

14 Day Cleanse/Detox Program



Staying Healthy in a Toxic World

Today, we see how important detoxification is becoming once again. No one is free from the enormous amounts of environmental toxins assaulting us in the world every day. No one is immune to unhealthy lifestyle options. How can we remain healthy in this toxic environment?

Our bodies detox continuously as a natural process. It's only when the detox mechanism becomes overloaded that the process becomes less efficient and symptoms may occur. Improper digestion and imbalanced gut tract ecology provide internal toxins in the form of metabolic by-products stemming from certain bacteria, yeast and parasites, that have toxic side effects hindering the natural detox pathways.

Many of the chemicals detected are known to disrupt hormones, cause cancer, and contribute to many health problems, including weight gain, fibromyalgia, autoimmune disorders, chronic fatigue, psychological disorders and birth defects. Our bodies store foreign substances in fatty deposits — a significant reason to keep your body fat low. Some people carry around 15 pounds of mucous that harbors this waste.

Body purification has been a part of mankind's rituals for health and well-being for thousands of years. Cleansing is a rich tradition that has helped humans through all ages and cultures. It is the foundation of every great healing philosophy. Detoxification is the most exciting tool in natural medicine for its simplicity, low cost and superior therapeutic results.

The 14 Day Cleanse/Detox Program

Health Center has designed this 14 day cleanse program to provide you with a better understanding of nutrition and to help you craft a more healthful diet, based on your goals and needs. This program was not designed as a weight loss program but most participants experience a reduction in body fat. It is also not a fast. Rather it is a program designed to help identify and correct many metabolic imbalances such as allergies or intolerances, yeast and bacterial overgrowths, sluggish metabolism and leaky gut syndrome, that could be contributing to a lack of energy, as well as weight-loss resistance.



Our 14 day detox will change your relationship with food. The program, in addition to stressing the importance of whole food nutrition, helps you better understand "diets don't work" and that lifestyle is everything. We will explore the mind body connection and the emotional connection to food and why you turn to bingeing or eating sugary foods to "fill you up" emotionally. Good nutrition, exercise and a healthy emotional state are key to achieving your goals. You will



learn how to identify and eliminate the toxic and inflammatory foods that could be contributing to your health problems. This 14 day detox is partially designed to help you break bad habits or addictive behavior that could be plaguing you, and keeping you from making better choices for your health and well-being.

This program is a short cut to an allergic-free diet without all the preparation time. It is simple and delicious, and anyone can benefit, especially those of you who live a busy, "on the go" lifestyle.

Symptoms that may be relieved by following our detox program include:

- Weight loss resistance
- Irritability
- Constipation
- Poor concentration
- Headaches
- Fibromyalgia
- Blood sugar imbalances
- Bad breath & body odor
- Skin conditions
- Fatigue

Our carefully-planned detox program can offer you:

- Increased energy
- Clear skin & eyes
- Reduced allergy symptoms
- Healthier immune system
- Restful sleep
- Longevity
- Weight loss/body fat reduction
- Improved appearance & enhanced vitality
- Happier mood

Here are a few of our favorite Protein Shake Meal Replacements for you to enjoy! Use only milk alternatives: Unsweetened rice, coconut, or almond milk.

Raspberry Apricot Delight

1 Scoop Cleanse
2 Scoops Pea Protein
1 cup milk alternative
1/2 cup frozen organic raspberries
1/2 cup apricots
(fresh or waterpacked canned)
Pinch of cinnamon
Ice
Blend

Nutty Chocolate

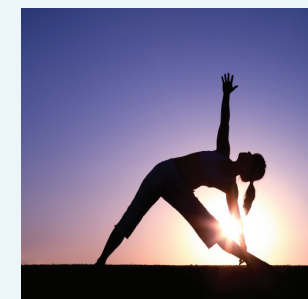
1 Scoop Cleanse
2 Scoops Pea Protein
1 cup milk alternative
1 Tbsp almond Butter
1 Tbsp unsweetened cocoa
Pinch of cinnamon
Ice
Blend

Tropical Smoothie

1 Scoop Cleanse
2 Scoops Pea Protein
1 cup milk alternative
1 cup pineapple
1/2 cup shredded unsweetened coconut
Ice
Blend

Workout Blend

1 Scoop Cleanse
2 Scoops Pea Protein
1 cup milk alternative
1/2 cup frozen mangoes or 1/2 banana
Pinch of Ginger
Ice
Blend



The Clean Lifestyle

1. Plastic hazard: Never heat in plastic. Use glass or ceramic. Plastic releases harmful chemicals when heated.

2. Dry-brush skin: To aid in lymphatic drainage, use a natural bristle bath brush to dry brush before bathing. Start at the feet and gently brush in a circular motion towards the heart. Our skin is our largest detox organ.

3. Lose the microwave oven: Although microwaves are fast and convenient, they denature proteins and dramatically decrease the nutritional value of food. Heat on a stove top or conventional oven. Avoid Teflon and synthetic non-stick coated cookware.

4. Drink clean water: Public tap water is often contaminated. Drink and cook with filtered water. Avoid plastic water bottles and never leave them in a car where they can heat up and expand, which releases toxins.

5. Exercise: One of the best ways to improve your metabolic activity is simply to use your body. Find an activity or exercise program that motivates you and keeps your interest. Try jumping on a re-bouncer or trampoline which will also increase lymph flow. Sweating also releases toxins.

Acceptable Snacks

1 Small Apple
1 Tbs Almond Butter
Hard Boiled Egg
1 Tbs Nut Butter on Celery
10-15 Almonds or Cashews
1/4 cup Hummus with Celery,
Red Pepper, or Cucumber
1/2 cup Strawberries
1 Piece Fruit with 10 raw Walnuts
1 oz Meat (Chicken, Turkey, or Fish)

Why no wheat (gluten) products? Gluten intolerance vs. Celiac disease.

- The key difference is that, in people with celiac disease, the body attacks the small intestine. But in people with non-celiac gluten intolerance, the immune system attacks the gluten.
- It's basically a case of mistaken identity. The immune system sees gluten as a bacteria or virus and mounts a full-scale war. To do so, it produces an arsenal of antibodies to launch against whatever gluten you've ingested - even if it's a tiny amount.

Gluten intolerance...

- About 30% of the population is gluten intolerant prompting the body to release a crowbar-like substance, called zonulin, that pries apart the cells of the intestinal lining, allowing bits of undigested food to scoot into the bloodstream, like prisoners squeezing through bars on a jailhouse window. The result is known as leaky gut syndrome.
- End result is inflammation and improper digestion.

Detox Program Guidelines

• Drink half your body weight in oz. of water daily.

• Eliminate all dairy products (anything that comes from a cow).

• Eliminate all yeast-containing foods (processed food, refined sugar, commercially-prepared condiments, breads, peanuts vinegar and alcoholic beverages).

• Eliminate gluten by avoiding foods containing wheat, rye, barley, and oats. This includes pasta, bread products, crackers, cereal and cornmeal. Gluten-free products, including brown rice, quinoa, buckwheat and millet are acceptable.

• Eliminate meats such as pork, beef, veal and all organ meats. Chicken, turkey, lamb and cold water fish such as salmon, mackerel and halibut are acceptable. Select from free range/organic when possible and wild salmon over farmed.

• Eliminate all alcoholic beverages.

• Eliminate all caffeine-containing beverages including coffee, tea and sodas. Water-processed decaffeinated coffee is acceptable.

• Eliminate all fake sugars, including Sucralose, Splenda, NutraSweet, Aspartame, Sweet and Low and Saccharin.

• Replace ordinary table salt with 'Life Salt', no salt or 'Celtic Sea Salt'.

• No hydrogenated oils, MSG, artificial coloring and flavoring, sulfites and other preservatives.

• Consume only organic produce during cleanse.