

# JACOBSON CHIROPRACTIC CLEANSE PROGRAM

*14 & 21 Day Survival Guide*

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194 Gold Flat Road  
Nevada City, CA 95959  
530.265.2220



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\*Exclusive Cleanse Webpage: Access to the archive of all our best approved cleansing recipes as well as a host



# Chapter 1

## Why Cleanse?

**W**elcome! Thank you for allowing us to guide and accompany you on your cleanse journey. Cleansing has the ability to have far reaching effects on your health and to reset your system both physically and mentally. You have chosen a professionally guided cleanse where you and your own health will be personally assessed and monitored by two professionals, Dr. Heather Hunt DC and Jessica Flanigan, Clinical and Functional Nutritionist. We have teamed up to bring you what we think is the best possible food and whole food nutritional supplement supported purification program to aid your body's natural detoxification pathways, your immune system and your body's ability to handle environmental, emotional and genetic stress. On average, we consume 14 pounds of food additives, including colorings, preservatives, flavorings, emulsifiers, humectants and antimicrobials a year. It is estimated that the average person is exposed to 100 synthetic chemicals daily. If you have ever bought a new couch, flown on a plane, sat in a new car, used plastic food containers, taken birth control pills, eaten conventionally raised/non-organic produce, lived in a city with smog, drank tap water, etc., you have been exposed to toxins. Removing as many of these chemicals and exposures as possible while strengthening the body's ability to perform the task of dismantling toxins and shuttling them out of the body is a big job that falls squarely on the liver. This cleanse is unique in that it focuses on strengthening the liver while at the same time gently removing the buildup of toxins that have accumulated over time. It also supports cleansing the other organs of detoxifications: the kidneys, skin, lungs, and digestive tract. By cleaning these organs you help bring balance to your hormonal system and help flush out your lymphatic system.

Why focus on the liver? The liver is key in our overall health and well being. It is the primary organ of detoxification. It filters the blood, separating out harmful compounds, excessive hormones, etc that might have a negative effect on your health. It acts as the blood reserve for your body. It makes cholesterol and helps to break down fats to help in better digestion of them. It helps to balance blood sugar and signals the body to make its own glucose if blood sugar gets low. It helps to keep digestion regular and clears extra metabolites from the body. Maintaining a healthy liver is crucial for balanced hormones (thyroid, sex and adrenal), for blood sugar balance, and for optimum health. The liver also helps to determine whether you store sugar as fat on your body, or use it as fuel to feed your cells.

**Signs of liver congestion:**

Do your  
liver a favor...



## Chapter 2 Benefits of the Cleanse

Sometime by the second or third week, you will start to notice some positive changes in how you are feeling. The following are just some of the changes you can look forward to as your body becomes more pure:

- Increased Energy
- Decreased appetite
- More stable blood sugar, energy
- Decreased carbohydrate/sweet cravings
- Stronger immune function
- Weight reduction (usually significant)
- Elimination of food cravings

- Improved digestion
- Improved physical appearance
- Improved blood profile
- Clearer thinking (less mental fog)
- Improved elimination
- Improved sleep
- Better mood, more positive outlook

Here is what some of our previous cleansers are saying:  
(more at [www.heatherhunt.com](http://www.heatherhunt.com))

"Thank you Heather and Jessica, your dedication and care, it was most felt and greatly appreciated! And thank you to our circle of community as it so helped me stay committed and accountable.

On this last day it was interesting this morning as thoughts of coffee entered my mind as I can drink it again tomorrow! I was reflecting on how much these 21 days have brought the value of calm to my life and how I have less appeal for the adrenaline rush of caffeine and sugar. Coffee is a beautiful fun zip, and yet calm is drawing me these days since this cleanse. It feels great and I don't even think I will drink coffee tomorrow! I have such gratitude for this experience."

--C.E. Nevada City, age 42

"You and Jessica are rock stars in my book!! Thanks so much for all the support, info, and encouragement. I am feeling better than I have felt in an exceptionally long time! And losing weight to boot!!"

--C.M. Rough and Ready, 47

"I am so grateful you both got this cleanse going here in Nevada County! It has rebooted my entire system. It was such a great way to start the new year and I feel so good from it that I've kept a slightly modified version going ever since. Big gratitude."

--J.G., Nevada City, age 42

"Eye opening. Wasn't much of a believer in types or origins of food. After having gut/digestive issues for over 12 yrs, this cleanse started a whole new thought process on how I can eat and not hurt."

--J.K., Grass Valley, age 34





# Chapter 3

## Preparing for the Cleanse

Let's start by saying that the preparation you put into making simple changes for this cleanse we hope will be permanent. Many people who have done this cleanse with us do make permanent changes in their household after completing the program because they feel so much better and want to continue feeling even better and better.

### **Preparing:**

- Get a notebook to make shopping lists
- Clean your fridge and cupboards out of irresistibly tempting items
- Check your to-go container supply at home to make sure you have enough (glass or metal, no plastic please!)
- Dust off your blender
- Start weaning yourself off of caffeine (by ¼ to ½ cup per day)
- Buy box of green tea if you want to replace your coffee. Be sure to buy an organic brand that is not from China. Numi Tea is a very reputable brand
- Have a family meeting so everyone knows about your great adventure

### **Food Rules:**

- Buy organic while you are cleansing. Your liver will be required to do less work by not having to metabolize the chemicals/pesticides/antibiotics of conventional foods
- Be sure your vegetables are fresh
- Stock up on frozen organic fruit to put in your smoothies
- Apple cider vinegar is allowed in all parts of this detox due to its alkaline nature and is good to add it to salad dressings. Also fresh lemon, mandarin, orange and grapefruit juice can be put in your salad dressings if you don't like vinegar.
- Mineralized sea salt is also good (Celtic Sea Salt)

### **Golden Rules:**

- Plan ahead. Menu plan and shop for a week. Make extra food every single meal so that you have some for your next meal, or a snack
- If you get constipated, contact us and try Smooth Move Tea for a day. Add 1 TBS ground flax seeds to your smoothies and drink more water.
- Bring an extra serving of shake with you to keep in your purse or bag in case you need an extra boost
- If you become very hungry in the first few days of the cleanse, drink an extra serving or two of the shake

### **When you Begin Your Cleanse:**

Prepare for how you may feel during the cleanse (You may experience some of the following symptoms)

Headaches - Sugar cravings - Caffeine withdrawal - Weakness and dizziness - Muscular aches - Skin irritation  
Disrupted sleep - Kidney and liver referral pain - Low back pain, usually a referred pain - Flu like symptoms  
Feeling reclusive, anti-social - Irritability - Fatigue - Changes in bowel movements - Restless sleep on occasion  
Rashes - Increase in urination

These symptoms will usually go away in about 3-8 days. Some people do not notice any significant negative symptoms. Don't be discouraged if you feel symptomatic; remember, the worse you feel, the more you know that this is exactly what your body needs. Slowing down, getting extra rest and drinking plenty of water can always help your detoxification symptoms. If you are not having a bowel movement EVERY DAY, please contact us immediately. You need to have at least 1 bowel movement a day.





# Chapter 4

## Two Tracks of Purification

### Which is right for you?

1. Nurtured Detoxification
2. Weight Loss and Detoxification

\*\*\*\*\*These tracks are the same for the 14 Day and the 21 Day Cleanses\*\*\*\*\*

### **A Note about Weight Loss:**

Weight loss is usually significant on this cleanse with both tracks. In some ways losing weight can be the easiest while you are detoxifying. On this cleanse, your body gets extra support from the nutrients you are getting in the supplements and your diet will produce a more anti-inflammatory state that will be more efficient at metabolizing carbohydrates and fats. When we have less inflammation in our bodies, it is easier to lose weight.

If you are not losing weight by week 2 and your goal is to lose weight, please contact us. We have found that people who do not lose weight have pretty serious adrenal fatigue or a hidden thyroid problem, and it is not until we support the adrenals and/or thyroid more comprehensively that they start to lose.

We ask that everyone do an intensive cleanse (no protein) for the first 3 days of the cleanse. This is a great way to jumpstart the program. If this is too difficult or you do not want to lose too much weight, keep on Days 4-21 Nurtured detox track.

**Track 1: Nurtured Detoxification** is for those of you who are dedicated to a whole system detoxification while also being realistic that your daily activities may require more calories or your life may require something not quite so extreme. If you have had a serious illness, are under a lot of daily stress, are a first time cleanser or are at a comfortable weight right now, choose this route. We recommend this track for people who need to keep high energy levels through out the cleanse. Weight loss is still usually substantial with this track.

### **Track 1, Nurtured Detox Track:**

#### Days 1-3- Intensive Cleanse/Detox time

include the following food and nothing else:

- Unlimited vegetables & fruits (2x as many veggies as fruits)
- Meat stocks/bone broths
- Up to 5 TBS of Olive oil, butter, or coconut oil a day
- Add an avocado if you are feeling light headed or weak

#### Days 4-21 Nurtured Detox Track

include the following foods (you can refer to the foods allowed on the cleanse in this guide):

- Unlimited fruits and vegetables (twice as many veggies as fruits)
- Up to 5 TBS of butter, olive oil or coconut oil a day
- Two Protein sources a day:

Choose from:

1. Meat/fish (4 ounces per serving, the size of your palm)
2. Lentils/rice
3. Quinoa (up to 1 cup)
4. 3 TBS nut butter

*I participated in the first cleanse Heather Hunt offered our lovely community; not only did I enjoy the experience, but also I have continued to use the products daily. I can admit that I have not felt this good in years. I had never done a group cleanse before, yet I found the experience to be very rewarding; hearing the insights and experiences from the other participants was both enlightening and supporting; simply hearing that others were having some of the same results as me was comforting. I would highly recommend Heather's group cleanse to anybody interested. I feel this group cleanse is a wonderful service that Heather offers our community, and who doesn't want (and deserve) to feel their best?*

- T. K., Nevada City, age 44



# Chapter 4

## Two Tracks of Purification

**Track 2: Weight loss and Detoxification** is for those who really have a significant weight loss goal and are OK with fewer calories. Please don't push yourself, but for some people this track makes the most sense. We ask everyone to do this track for the first 3 days of the cleanse.

If you chose the more intense and dedicated weight loss detoxification track, you will be eating more vegetables and fruit and no grains.

### **Track 2, Weight Loss and Detoxification Track:**

#### Days 1-3- Intensive Cleanse/Detox time

include the following food and nothing else:

- Unlimited vegetables & fruits (2x as many veggies as fruits)
- Meat stocks/bone broths
- Up to 5 TBS of Olive oil, butter, or coconut oil a day
- Add an avocado if you are feeling light headed or weak

#### Days 4-7- Weight Loss Detox Track

include the following food and nothing else:

- Vegetables & fruits, avocado
- Meat stocks, bone broths
- Olive oil, coconut oil, butter
- 1/4 cup almonds (or other crispy nuts) a day or 3 TBS nut butter (not peanut)
- 1-2 Cups of Lentils a day

#### Day 8-21 follow the Nurtured Detox Track days 4-21

### **Constipation**

It is very important to get the digestion going and to make sure you are not constipated as you start the cleanse or are on the cleanse. If you are, please talk to us immediately, or try 1 TBS ground flax seeds daily and we have a product called Fen-Cho that is helpful to keep stools soft. Smooth Move tea (from a health food store) works well too.

### **Bone Broth**

\*\*We highly encourage people to make their own meat stocks or bone broths on this cleanse. It is easy, highly nutritious and deeply healing for the gut in particular. Recipes are in the free download cookbook Healthy4Life by the Weston A. Price Foundation <http://www.westonaprice.org/images/pdfs/healthy4life2011.pdf>

Please use common sense and caution. If you cannot function because you are eating so little, disregard what we are suggesting and eat more food. It is wise to eat EVERY 2-3 HOURS while you are detoxing. If possible, stay off grains. They interfere with weight loss and blood sugar stabilization.

*I have had chronic digestion problems for more than 20 years and I have never felt as good as during and after this cleanse. I felt that doing it with a group was great because there were other people to chat with and share recipes with. But the best part was having Heather and Jessica lead the cleanse! I felt that the two of them were such a wonderful team and so complete in their care. Any questions or concerns I had were answered with a wealth of information. I've never understood my body more! And having Dr. Heather adjust me when I was detoxing was so helpful.*

- L.R. age 35, N. San Juan



# Chapter 5

## The Pre-cleanse Week

### Pre-Cleanse Week: Gut, Liver, Gall Bladder and Adrenal Prep:

During this week no dietary changes are required. If you want to make the cleanse more gentle when it does start, try cutting out (or back on) gluten, sugar and dairy during this prep week. Also, if you are drinking caffeine, begin weaning yourself off slowly and replacing coffee and black teas with green tea if needed. By doing this prep, it will make the first week of the cleanse a lot more comfortable. This week we will prepare your body's elimination pathways by taking supplements. We will also support your adrenal glands (your stress response system). The regimen will be more complicated than during the cleanse, but important to follow as strictly as possible.

#### Zypan or Multizyme:

Take 2 tablets 3x/day with meals.

Preferably at the beginning of meals or 5 minutes before.

#### A-F Betafood or Betafood: \*

Take 2 tablets 3x/day ideally 15 minutes before meals

(if you have problems sleeping try taking 3 A-F Betafood an hour before bed)

*\* A-F Betafood/Betafood included in 21 day cleanse only, can be purchased separately for 14 day cleanse*

#### Drenamin:

Take 2 tablets, 2x/day with breakfast and lunch



# Chapter 6 Supplements and Schedules

## 14 Day Cleanse Kit:

(please check your kit to make sure everything is there!)

- 1 SP Complete
- 1 Whole Food Fiber or 1 Gastro Fiber
- 1 SP Cleanse
- 1 Livco
- 1 Zypan or 1 Multizyme
- 1 Drenamin

## 14 Day Cleanse Supplement Schedule

### Pre-Cleanse week:

Drenamin: 2 tablets, 2x a day with breakfast and lunch

Zypan or Multizyme, 2 tablets with each meal, preferably 5 minutes before the meal or at the beginning

Start 1 smoothie a day (2 scoops SP Complete and 1 TBS Whole Food Fiber)

Cut back or eliminate on all highly allergenic foods: Dairy, Gluten, Eggs, Sugar, Corn, Soy.

### For all 14 Days of cleanse

2 shakes/day of SP Complete. Use 2 scoops of SP Complete in each shake.

Whole Food Fiber (1 tablespoon/day in a shake) or Gastro Fiber 2 caps, 3x/day

### Days 1-7

Take SP Cleanse: 7 capsules, 3x/day

Continue Drenamin & Zypan/Multizyme

### Day 8-end of bottle

Take Livco: 1 tablet, 3x/day

Continue Drenamin & Zypan/Multizyme

## 21 Day Cleanse Kit:

(please check your kit to make sure everything is there!)

1 SP Complete - 1 SP Cleanse - 2 Livco - 1 Whole Food Fiber or 1 Gastro Fiber - 1 AF Betafood

2 Drenamin or other adrenal support - 1 Zypan or Multizyme

## 21 Day Cleanse Supplement Schedule

### Pre-Cleanse week:

Drenamin: 2 tablets, 2x a day with breakfast and lunch

Zypan or Multizyme, 2 tablets with each meal, preferably 5 minutes before the meal or at the beginning

AF Betafood or Betafood: take 2 tablets, 15 minutes before meals. Can also take a dose before bed of 2-3 and it may help you sleep!

*I am really glad that I did the cleanse. I am feeling so much better in every way. I am sleeping well, my pain is much better and I have had no stomach problems. I plan to continue to eat fresh fruit & vegetables with small portions of meat. I also have really enjoyed the smoothies and plan to continue with them.*

Cut back or eliminate all highly allergenic foods: Dairy, Gluten, Eggs, Sugar, Corn, Soy.





# Chapter 5 Supplements and Schedules

## For all 21 Days

2 shakes/day of SP Complete. Use 2 scoops of SP Complete in each shake.

Whole Food Fiber (1 tablespoon/day in a shake) or Gastro Fiber 2 caps, 3x/day

Continue on the Drenamin 2 tablets, 2x a day with breakfast and lunch

Livco- 1 tablet 3x a day

## Days 1-7

Take SP Cleanse:

7 capsules, 3x/day

Finish Zypan and AF Betafood

## Days 8-21

Continue on the Drenamin 2 tablets, 2x a day with breakfast and lunch

Livco- 1 tablet 3x a day

## Explanation of the Supplements Included in your Kit:

**SP Cleanse** is used during the first week only and is the foundational part of your purification protocol. It supports liver detoxification as well as the lymph, skin, kidneys and the blood, which makes it a well-rounded product, supporting multiple avenues of elimination.

<http://www.standardprocess.com/Products/Standard-Process/SP-Cleanse>

**SP Complete or SP Complete Dairy Free** is kind of magic and it will be included in your daily shakes. I am not sure how it works so well. It is rich in antioxidants, which will reduce the chances of these toxins causing any kind of collateral damage as they exit your body. It is also high in nutrients and supposedly like eating a pound of fruits and veges in 2 scoops.

<https://www.standardprocess.com/Products/Standard-Process/SP-Complete>

**Whole Food Fiber or Gastro-Fiber** will help bind the toxins, heavy metals, excess hormones and other unwanted compounds, helping to eliminate them quickly and efficiently. Adequate water intake is very important during your purification to flush out the toxins. It is extremely important during this cleanse that you have a bowel movement every day to prevent re-absorption of any excess hormones/toxins. <https://www.standardprocess.com/Products/Standard-Process/Whole-Food-Fiber>

<https://www.standardprocess.com/Products/Standard-Process/Gastro-Fiber>

**Zypan** (in 21 Day Kit Only) Promotes gastric secretions, protein digestion and hydrochloric acid production.

<https://www.standardprocess.com/Products/Standard-Process/Zypan>

**OR Multizyme** is a well-rounded digestive support with particular emphasis on helping the body digest carbohydrates.

<https://www.standardprocess.com/Products/Standard-Process/Multizyme>

**Livco** is an additional liver cleansing supplement. It is a key player in eliminating toxins and cleansing the liver. It protects liver tissue by supporting normal cellular defenses, and also provides antioxidant protection. In addition, it can help to ease the effects of everyday tension and stress.

<https://www.standardprocess.com/Products/Medit-Herb/LivCo>



## Chapter 6 Supplements and Schedules

• **Drenamin adrenal gland support.** Promotes healthy adrenal function and increases energy. This is a protomorphogen, which is a specialized type of product that Royal Lee invented. The idea is to give your gland a healthy blueprint from which to model itself to start functioning well again. This product has a tiny amount of glandulars in it and is not vegetarian. It is highly effective though which is why it is included in the kit. Vegetarians will be offered another type of adrenal support.

<https://www.standardprocess.com/Products/Standard-Process/Drenamin>

• **A-F Betafood/Betafood** (in 21 Day Kit only, 14 day cleansers can buy this supplement in addition if they desire) Liver and gall bladder decongestant. Thins the bile and helps ready the liver and gall bladder for cleansing and better fat digestion. The gallbladder has an important job of concentrating the bile made in the liver so that it can support the body in a more effective way if a high fat meal is eaten. A-F Betafood helps contract the gallbladder, effectively like strengthening a muscle, removing buildup and thinning bile increasing the effectiveness of digesting fats. Betafood is the gluten-free version of AF Betafood.

<https://www.standardprocess.com/Products/Standard-Process/A-F-Betafood>

**Additional Optional Supplements** you may have in your cupboard or that we have available for sale at our office: These supplements do not come in your kit, but we think they are important and encourage everyone to take them during the cleanse.

• **SP Whey Protein** can be mixed into your shakes every day. It provides 15 grams of protein per serving, plus calcium and other minerals that help with weight management, promote satiety and helps stabilize blood sugar. Its pure, minimally processed components encourage a healthy immune response, a normally functioning digestive tract, as well as support muscle growth and repair. The whey is the non-protein part of milk; so even people that are Casein sensitive can usually enjoy it. In addition, we request everyone to use this unless they are totally lactose intolerant, especially if a goal for you on your cleanse is weight loss. Lactose intolerance is a lack of the enzyme to digest lactose, not a milk allergy. Most milk allergies are to casein, as we see few lactose intolerances.

Un-denatured whey is high in cysteine which is cleaved off of the whey by the stomach acid and shuttled into the liver to make the body's master antioxidant: Glutathione. Also important is to not blend the whey in a blender, mix it into shakes after the smoothie is smooth. The cysteine bonds are too fragile to be blended and it disrupts the integrity of the whey. Standard Process' Whey is made of un-denatured (aka raw milk) and it is of very high quality. We encourage you to only use un-denatured whey. \*Not available locally, except at Jacobson Chiropractic as far as we can tell.

<http://www.standardprocess.com/Products/Standard-Process/Whey-Pro-Complete>





## Chapter 6 Supplements and Schedules

- **Probiotics** of your choice. Great for populating your gut with healthy flora. Take extra if you are experiencing any gas/bloating during the cleanse. We sell our favorites, Bio-Kult and Strengthia at our office.
- **Omega 3 Oils** in the form of fish oils or Cod Liver Oil. These essential fatty acids help to maintain memory and brain function, strengthen your cell's membranes, supports normal cell function, support healthy emotional response and overall mood and they are a wonderful natural anti-inflammatory agent. Ensuring adequate levels of Omega-3 fatty acids in your diet enhances overall immune function and decreases inflammation. We recommend this as a lifelong supplement.
- **Gymnema**, an optional supplement, is excellent for controlling sugar cravings or handling blood sugar issues. Keeps energy balanced during the day. Take 1 with breakfast, 1 with lunch, 1 with dinner. You can dose up to 2 tablets, 3 times a day if needed. Or two with breakfast and lunch and none with dinner. See how you feel and when your sweet tooth kicks in. Excellent with Diabetes.  
<https://www.standardprocess.com/Products/MediHerb/Gymnema-4g>
- **Coleus Forte** is a good choice for repeat cleansers who want to lose additional weight. If you have already done our cleanse and lost weight, it may be more difficult to continue losing with a second cleanse (especially if it is relatively close to the date you did the first cleanse). Coleus Forte is an herb which helps increase metabolism and aids in weight loss. Take 1 tablet, 3x a day.  
<https://www.standardprocess.com/Products/MediHerb/Coleus-Forte>
- **Cholacol** If you do not have a gall bladder anymore, we recommend you take cholacol which is described as 'gall bladder in a bottle". This will be important to have for the cleansing process, and Standard Process recommends being on this product indefinitely if you have had your gall bladder removed.  
<https://www.standardprocess.com/Products/Standard-Process/Cholacol>

### Notes

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# Chapter 7

## What Can I Eat?

### What is not allowed?

#### What can I eat?

In addition to your SP Complete protein shake taken twice per day (or more if needed), you can enjoy the following items. Please eat organic! This is a time to cleanse toxins, including pesticides on non-organic veggies/fruits and hormones/antibiotics in non-organic meats:

- Unlimited amount of organic (if possible) fresh or frozen fruits and vegetables
- Broth Broth Broth! Make your own meat stock and drink/eat liberally (more information on how to make broth, crispy nuts, soak grains, etc at this free cookbook download <http://www.westonaprice.org/images/pdfs/healthy4life2011.pdf>)
- Fermented raw sauerkraut, Kim chi, Kombucha, coconut kefir, etc (non-dairy)
- Avocados in moderation
- Be sure to have twice as many vegetables as fruits
- Proteins can include red meat, chicken and fish
- Nuts should be limited to no more than 1/4 cup per day if absolutely necessary, and should be soaked and turned into crispy nuts because then they are easier to break down. \*Recipe in digital cookbook.
- Brown or wild rice up to 1 cup per day
- Lentils or Mung Beans- 1/2 to 1 cup a day
- Brown Rice or other non-gluten pasta is fine in moderation (every few days at most!)
- Quinoa up to 1 Cup/day
- Olive oil, coconut oil, flax seed oil, or butter (up to 5 TBS a day)
- Nut butters (not peanut), up to 3 TBS a day
- Celtic Sea Salt
- Organic Butter, ghee
- Apple cider vinegar and other vinegars
- Ground flax seeds/chia seeds (great in smoothies)
- Coconut Milk (in moderation, up to 1/2 cup a day, get BPA free cans or cartons or you can make your own)
- Coconut Manna (a yummy dessert)

**What foods should I avoid?** The main allergens (gluten, eggs, dairy, soy, corn) plus a few more

- Dairy proteins (milk, cheese, cottage cheese, sour cream, ice cream, yogurt)
- Soy
- Alcohol
- Corn
- Dried fruits
- Beans
- Gluten (anything made from white or wheat flour)
- Potatoes (inflammatory)
- Shellfish
- Eggs
- Excessive amounts of nuts and/or nut butters
- Processed Foods
- Caffeinated beverages (green tea is fine)
- Hydrogenated fats
- Refined sugars/natural sweeteners, or sweeteners of any sort
- And anything else not included on the yes list







# Chapter 7

## What Can I Eat?

### What is not allowed?

#### **A note about Nuts:**

Nuts can be highly allergenic. Some cleanses do not allow nuts for this reason. We have chosen to keep them in as they are an important source of protein and healthy fat. However, if you are going for a true elimination diet to test for more complete food sensitivities, you may consider eliminating nuts also. Soaking and dehydrating nuts "crispy nuts" makes them much easier to break down/digest and we think makes them even more delicious! Again, refer to the free Healthy4Life cookbook online for Crispy Nut Recipe.

#### **What will my diet look like every day?**

Eat 2 meals a day with 2 snacks; you should eat every 2-3 hours in general to keep your blood sugar balanced. One meal will be replaced with a smoothie. This is where Whey Protein comes in really handy, when you are using the smoothies as a meal replacement. Whey adds an extra 15 grams of protein per shake.

#### Example:

**Morning:** Drink warm water with lemon first thing. Then a SP Complete protein shake combine with your choice of fruits/veges/greens and a fat (1 tsp-1 TBS of coconut oil/olive oil, etc). When using the whey protein, remember to mix it in after the shake is blended so as not to disrupt the integrity of the bonds within the whey. Broth is a great breakfast or snack compliment.

**Snack:** 1/4 cup mixed nuts, soups/stocks, apple with almond butter, etc

**Lunch:** Large green salad topped with tuna and olive oil/balsamic vinegar dressing

**Snack:** SP Complete protein shake plus 2 scoops of whey combined with choice of fruits and a fat (1 TBS coconut oil, etc)

**Dinner:** Baked chicken, steamed broccoli, small salad.

**Half hour before bed:** 1 tsp or more coconut oil melted in warm water. So nourishing!

*Today, Sunday, was my last day. I feel great. It was good to try some different foods including trying or discovering the different stores and restaurants. Learned how to eat more vegetables, and I have a new respect for kale in my blender. I have three different doctor checkups within the next two weeks. Heart fibrillation, high blood pressure, and cholesterol, prostate PSA level increasing...a bunch of stuff. I am excited to see how the cleanse helped my overall health.*

**- T.S., Nevada City, age 63**



# Chapter 8 Shopping List

*Purchase twice as many veggies as fruit—fresh or frozen only, organic.*

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <input type="checkbox"/> Artichokes               | <input type="checkbox"/> <input type="checkbox"/> Cucumbers               |   |
| <input type="checkbox"/> <input type="checkbox"/> Arugula                  | <input type="checkbox"/> <input type="checkbox"/> Dandelion greens        |   |
| <input type="checkbox"/> <input type="checkbox"/> Asparagus                | <input type="checkbox"/> <input type="checkbox"/> Eggplant                | <input type="checkbox"/> <input type="checkbox"/> Radicchio                           |
| <input type="checkbox"/> <input type="checkbox"/> Bamboo shoots            | <input type="checkbox"/> <input type="checkbox"/> Endive                  | <input type="checkbox"/> <input type="checkbox"/> Radishes                            |
| <input type="checkbox"/> <input type="checkbox"/> Bean sprouts             | <input type="checkbox"/> <input type="checkbox"/> Escarole                | <input type="checkbox"/> <input type="checkbox"/> Romaine lettuce                     |
| <input type="checkbox"/> <input type="checkbox"/> Beet greens              | <input type="checkbox"/> <input type="checkbox"/> Garlic                  | <input type="checkbox"/> <input type="checkbox"/> Sea vegetables                      |
| <input type="checkbox"/> <input type="checkbox"/> Beets, red               | <input type="checkbox"/> <input type="checkbox"/> Kohlrabies              | <input type="checkbox"/> <input type="checkbox"/> Spinach                             |
| <input type="checkbox"/> <input type="checkbox"/> Bok choy                 | <input type="checkbox"/> <input type="checkbox"/> Leeks                   | <input type="checkbox"/> <input type="checkbox"/> Squash(acorn, butternut, spaghetti) |
| <input type="checkbox"/> <input type="checkbox"/> Broccoli or brocciflower | <input type="checkbox"/> <input type="checkbox"/> Lettuce (red and green) | <input type="checkbox"/> <input type="checkbox"/> String beans                        |
| <input type="checkbox"/> <input type="checkbox"/> Brussels sprouts         | <input type="checkbox"/> <input type="checkbox"/> Mushrooms               | <input type="checkbox"/> <input type="checkbox"/> Sweet potatoes                      |
| <input type="checkbox"/> <input type="checkbox"/> Cabbage (all types)      | <input type="checkbox"/> <input type="checkbox"/> Mustard greens          | <input type="checkbox"/> <input type="checkbox"/> Swiss chard                         |
| <input type="checkbox"/> <input type="checkbox"/> Carrots                  | <input type="checkbox"/> <input type="checkbox"/> Okra                    | <input type="checkbox"/> <input type="checkbox"/> Turnips                             |
| <input type="checkbox"/> <input type="checkbox"/> Cauliflower              | <input type="checkbox"/> <input type="checkbox"/> Onions                  | <input type="checkbox"/> <input type="checkbox"/> Water chestnuts Watercress          |
| <input type="checkbox"/> <input type="checkbox"/> Celery                   | <input type="checkbox"/> <input type="checkbox"/> Oyster plant            | <input type="checkbox"/> <input type="checkbox"/> Yams                                |
| <input type="checkbox"/> <input type="checkbox"/> Chicory                  | <input type="checkbox"/> <input type="checkbox"/> Parsley                 | <input type="checkbox"/> <input type="checkbox"/> Zucchini                            |
| <input type="checkbox"/> <input type="checkbox"/> Chives                   | <input type="checkbox"/> <input type="checkbox"/> Peppers (any color)     | <input type="checkbox"/> <input type="checkbox"/> Kale                                |
| <input type="checkbox"/> <input type="checkbox"/> Collard greens           | <input type="checkbox"/> <input type="checkbox"/> Pimentos                |   |

## Fruit

*Fresh or frozen only, organic.*

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <input type="checkbox"/> Apples                    | <input type="checkbox"/> <input type="checkbox"/> Grapes         | <input type="checkbox"/> <input type="checkbox"/> Oranges      |
| <input type="checkbox"/> <input type="checkbox"/> Apricots, raw             | <input type="checkbox"/> <input type="checkbox"/> Guavas         | <input type="checkbox"/> <input type="checkbox"/> Papayas      |
| <input type="checkbox"/> <input type="checkbox"/> Avocados                  | <input type="checkbox"/> <input type="checkbox"/> Honeydew melon | <input type="checkbox"/> <input type="checkbox"/> Peaches      |
| <input type="checkbox"/> <input type="checkbox"/> Bananas (for shakes only) | <input type="checkbox"/> <input type="checkbox"/> Kiwis          | <input type="checkbox"/> <input type="checkbox"/> Pears        |
| <input type="checkbox"/> <input type="checkbox"/> Blackberries              | <input type="checkbox"/> <input type="checkbox"/> Kumquats       | <input type="checkbox"/> <input type="checkbox"/> Pineapple    |
| <input type="checkbox"/> <input type="checkbox"/> Blueberries               | <input type="checkbox"/> <input type="checkbox"/> Lemons         | <input type="checkbox"/> <input type="checkbox"/> Plums        |
| <input type="checkbox"/> <input type="checkbox"/> Cantaloupe                | <input type="checkbox"/> <input type="checkbox"/> Limes          | <input type="checkbox"/> <input type="checkbox"/> Pomegranates |
| <input type="checkbox"/> <input type="checkbox"/> Cherries                  | <input type="checkbox"/> <input type="checkbox"/> Loganberries   | <input type="checkbox"/> <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> <input type="checkbox"/> Cranberries               | <input type="checkbox"/> <input type="checkbox"/> Mangos         | <input type="checkbox"/> <input type="checkbox"/> Rhubarb      |
| <input type="checkbox"/> <input type="checkbox"/> Figs                      | <input type="checkbox"/> <input type="checkbox"/> Mulberries     | <input type="checkbox"/> <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> <input type="checkbox"/> Grapefruit                | <input type="checkbox"/> <input type="checkbox"/> Nectarines     | <input type="checkbox"/> <input type="checkbox"/> Tangerines   |
|   |  | <input type="checkbox"/> <input type="checkbox"/> Tomatoes     |

## Protein Sources

*Select organic, free-range, antibiotic-free, and hormone-free protein sources—no cured, smoked, or luncheon meats*

- |   |   |
|---|---|
| <input type="checkbox"/> <input type="checkbox"/> Chicken | <input type="checkbox"/> <input type="checkbox"/> Beef    |
| <input type="checkbox"/> <input type="checkbox"/> Fish    | <input type="checkbox"/> <input type="checkbox"/> Lentils |
| <input type="checkbox"/> <input type="checkbox"/> Nuts    | <input type="checkbox"/> <input type="checkbox"/> Quinoa  |

*(cashews and almonds are our fave)*

## Grains

- Wild or Brown Rice
- Quinoa

## Fats

- Butter
- Coconut oil
- Extra-virgin olive oil



# Chapter 9

## Basic Cleanse Recipes

### Basic Shake Recipe:

- 1/2 banana
- 1/2 Cup of frozen fruit of your choice (blueberries and berries in general are a nice choice and low on the glycemic index, meaning they don't spike your blood sugar like say a banana, mango, pineapple, etc)
- 1 tablespoon of raw cold pressed coconut oil (melted in hot water or not)
- Water, coconut water etc to obtain desired consistency. Blend Well on High before adding powders, add powders and blend on low to mix.
- 2 scoops of SP Complete powder (and 2 scoops SP Whey Protein powder)
- 1 TBS Whole Food Fiber (or take your 2 Gastro Fiber capsules) Only 1 TBS Whole Food Fiber a day

### Coconut Milk Recipe:

- Take 1 Cup of Shredded Coconut (in bulk at the health food store or already packaged)
- Soak in 4 Cups Boiling Water for 4 minutes
- Blend in blender on high for 2 minutes
- Strain through cheese cloth/nut bag/fine colander.

Refrigerate and enjoy!

*\* Note: for a yummiier mix, use 1/2 Coconut water and 1/2 plain water. SOOO YUMMMY!!!!*

### Crispy Nuts

- 4 cups raw walnuts, pecans, almonds, macadamia nuts, cashews or peanuts
- about 6 cups warm water
- 2 tablespoons unrefined salt

Place nuts in a bowl with water and salt, adding more water if necessary to completely cover the nuts. Cover the bowl with a towel and soak nuts at room temperature for 7 hours. (Soak cashews only 6 hours.) Drain and spread on stainless steel baking pans. Add more salt if desired. Place in a warm oven (150-170 degrees) for 24-48 hours, turning occasionally, until nuts are completely dry and crisp. Store in airtight containers. Makes 4 cups.

*\* NOTE: Nuts may be stored for several weeks at room temperature, except for walnuts, which should be stored in the refrigerator or freezer.*





# Chapter 10

## What Else Do I Need To Know?

*Is there anything else I need to know?*

- The importance of **water**. Drink warm water with lemon first thing every morning! Avoid drinking excess amount of fluid with your meals. Try to drink your water about an hour before your meal or two hours after. Avoid ice and very cold beverages before, during, and after your meals because they reduce digestive function.
- Daily **exercise** is also important for a successful detoxification experience unless you have been instructed otherwise. This will also assist with weight loss. When you sweat, toxins are released through the skin, which is the largest organ in the body. If you are able, start by exercising 3 times each week (at least! I would prefer everyday) for no less than 30 minutes. Avoid strenuous exercise the first week of the cleanse.
- **Sleep** is very important during the three-week purification. Try to get at least 8 hours of sleep each night, beginning at or before 10pm.
- **Quiet meditation and rest**. Taking time each day for quiet meditation or rest is also beneficial. The stressors imposed on us every day can take a toll on our ability to slow down and relax. Watch the sunset, go for a nice walk, listen to classical music or enjoy the sounds of children playing – do what ever it is that causes you to take a deep breath and slow down.
- **Baths** take as many baths as you can! I will keep giving you permission to do this because they are so warming and help elimination.
- **Constipation**: You should be having 1-3 bowel movements a day. If not, it is very important you work to achieve that. Mix 1 TBS of ground flax seeds in water and drink it once a day. Standard Process makes an inexpensive product called Fen Cho that can be purchased to help. Please talk to us if you are not eliminating regularly!
- **Caffeine withdrawal** if you are used to caffeine and are experiencing headaches in the first few days of the cleanse due to withdrawal, drink caffeinated green tea! It is OK on this cleanse.

Whenever you begin something new, it can feel overwhelming and almost impossible to complete. However, the 14 and 21 day liver purification is actually quite simple and, once you get started, you will likely want to incorporate many of the new habits you have acquired into your daily life even after you are finished. To ensure success, make sure you plan ahead for each day and decide from the very beginning that you are going to be 100% dedicated for the full cleanse without cheating! We are here to support you, so feel free to contact our office with any questions or concerns.

**"We cannot  
start over, but we  
can begin now"**





# Chapter 11

## Question & Answers

**Q:** *What can I do if I'm tired or lack energy while on the program?*

You may be fatigued because your body may require a higher amount of protein and fat while purifying, or it may be part of your detoxing. Add Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements. Also, add a Tbs of coconut oil to each shake. Eat 2 servings of meat protein a day. If you are still fatigued, it is most likely a detox symptom. On my first cleanse I was very tired for the first two weeks. I had to prioritize what I most needed to do and delegate or drop the rest of my tasks. What I realized though was that fatigue was a great gift as it really helped me experience a "mind reset" to what was really important to do and what was not. The fatigue really helped cleanse my mental state!

**Q:** *Will I get constipated?*

Remember to drink plenty of water- at least 64 ounces per day. Eat plenty of vegetables and fruits with high fiber content. Eating one to three beets daily encourages regular bowel movements. Also, add a tablespoon of ground flax seeds to your shakes and try Smooth Move tea from the health food store. We do not want you constipated, you need to be eliminating, so if you need additional help, please ask as there is a supplement called FenCho that can help.

**Q:** *Will I be able to keep working while on the cleanse?*

Yes! Most of us work. We start the cleanse on a Friday because usually Days 2 and 3 are the biggest detox days, so you can do that over the weekend. This is such a nourishing cleanse though that many people report increased energy by week 2.

**Q:** *I don't have a bathroom at work, will this be OK during the cleanse?*

Yes. While you will have bowel and bladder changes, it should not inhibit you from your customary habits.

**Q:** *I am a vegetarian, can I do the cleanse?*

Yes. We have a special modified version for our vegetarians!

**Q:** *I am on medications for high blood pressure, etc. Can I do the cleanse?*

Yes. In general nothing is contraindicated for medications as all the supplements we use are based in whole food ingredients. Therefore, taking the supplements is like eating whole food. This cleanse can be very good at lowering blood pressure and cholesterol, so you may need to have your medications adjusted and lowered during or after the cleanse.

**Q:** *I can't imagine giving up my coffee but I really want to do the cleanse. Any way I can keep it in?*

While we do not usually allow this, we have made one exception for my aunt! If this is the ONLY thing keeping you back from signing up, please talk to us.



# Chapter 11

## Question & Answers

**Q:** *Will I be hungry during the cleanse? I have tried other cleanses and always felt hungry!*

Our participants report feeling more satisfied and nourished than in their regular lives. Most people are shocked by how little they eat and feel satiated. The SP Complete product is so good at balancing blood sugar that people usually decide to stick on that product after the cleanse for this reason.

**Q:** *What about cooking for my family? I have kids and a husband to feed, how will I do that during the cleanse?*

Again, no problem. They will only benefit from you making healthier food. I have 2 kids and a husband, and I would simply make them an extra grain in addition to what I made for myself (like pasta, rice, etc). My husband even lost 5 pounds when I did my first cleanse as he was eating differently and more healthily, even though he was not on it!

**Q:** *I really want to lose weight, will that happen with this cleanse?*

Usually our participants lose anywhere from 7-21 pounds for our 21 Day Cleanse, a little less with the 14 day. If this is a real goal for you, I would encourage you to check into your adrenal health and thyroid health before you do the cleanse. We can order a simple blood test for thyroid (Jessica specializes in thyroid health) and a saliva test to assess your adrenals. Your adrenal glands secrete all your stress hormones and if they are fatigued your body is trying too hard to hold on to its reserves to drop weight. We have effective supplements to help treat both of these conditions.

**Q:** *I am addicted to sugar. I can't possibly give it up!*

Yes you can, and you will never find an easier way than with this cleanse! The SP Complete is so blood sugar stabilizing that people usually report that they do not experience sweet cravings after the first 2-3 days. We also have Gymnena (an herb that helps decrease sugar cravings) that you can buy in addition if you are concerned about your cravings. Participants usually find that by the end of week one they look at a sweet and are almost repulsed as they think of the blood sugar roller coaster that they would be stuck on if they ate it. When you learn what balanced blood sugar feels like, it is hard to go back to your old sugar habits!

**Q:** *I have been advised to go off gluten but can't seem to do it. Can this cleanse help?*

Yes! This cleanse is gluten free and we have many recipes to support you in this. I had a similar experience here I had wanted to go gluten free to try it, but never had the will-power/tools. With this cleanse it was EASY to drop gluten out of my diet and I felt so much better that after the cleanse I would find myself naturally choosing gluten-free alternatives. Also, Jessica has a whole food blog and facebook page dedicated to helping people eat healthier and get off gluten!

*After the cleanse I'm feeling so much more myself! I am experiencing real joy and no anxiety!! I think your cleanse helped so much. Cleaned out the anxiety pipes.*

- S.P. Nevada City. Age 43



# Chapter 12

## How to Modify for The Vegetarian



ay). Boost lentils/mung beans (up to 2-3 cups/day). Sprouting legumes and nuts (no soy though) is also a good way to increase protein intake and digestability. Quinoa (up to 2 cups/day). Consider keeping in brown rice. And if you eat eggs normally and you feel like you need that extra protein, keep eating eggs. If you usually eat hummus, eat hummus. Drink more smoothies! You can have more than 2 a day, and if you use the whey protein that is 25 grams of protein per shake. Coconut products (coconut milk, oil, etc) are highly satiating and good for vegetarians.

As for supplements, we will change the adrenal support we give as it is not a vegetarian product. We will substitute with an herbal product. We also suggest considering taking fish oils, or better yet, fermented cod liver oil if you are comfortable with that as a vegetarian. Vegetarian forms of essential fatty acids are filled with Omega 6 (like flax seed oil) and generally poorly converted to the usable form of DHA. Another option is to keep your saturated fats like coconut oil up so that they can preserve the fatty acids from your diet in the cells of the body if you are not supplementing with extra fatty acids from non-vegetarian sources.

*My poor sleep and insomnia are greatly improved. Some eczema, allergies (seasonal) have been better too. I lost 14 lbs! My energy has skyrocketed! I feel more consistent energy and have felt so much more productive! Worked out a lot and felt more energy there too. Easier to work out harder and run further. I was surprised about how easy it was. After Day 3 I felt pretty good. I had some fatigue until Day 10, but since then I am feeling fabulous! I will continue with the smoothies and diet, I love it!*

**- K.S. Grass Valley, age 44**

### Notes

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# Chapter 13

## How to Modify for Pregnancy and Nursing

When you are pregnant and nursing it is not the time to rigorously cleanse your system. However, because the liver is the primary organ that rids the body of excessive hormones, we know that your liver needs support in these times! Therefore, we have devised a way for pregnant and nursing moms to partake. We will refer to it still as a cleanse, but really it is a supportive nourishment and gentle mobilization/cleansing of the liver and entire system.

### Supplement Changes:

All the products on the 14 and 21 Day Cleanses are allowed except the SP Cleanse and Livco. Please refrain from using these, they will promote too much cleansing, and we just want to support your body. Instead of these liver products, we will substitute with Pam Caldwell's Herb Lore Nursing Mother's Liver Tonic and Pregnant Mother's Liver Tonic. Pam is an amazing local herbalist and was trained as a midwife also. Her whole herbal line is dedicated to Pregnancy, Birth and Postpartum. More info at [www.herblor.com](http://www.herblor.com)

### Dietary Changes:

These are obviously no times to fast! Pregnant and Nursing moms need to be eating plenty of high quality whole foods. I have a whole handout on that on my website just for this purpose. However, a gentle dietary change and supportive supplements can help balance your blood sugar and clear up the excessive hormonal issues, as well as begin to reset your metabolism and help revive your energy.

### Supplements/day:

- Herb Lore Liver Tonic 4 oz. through out cleanse. 2 Droppers' full, 3x/day
- SP Complete- 2 scoops per shake, Add 2 shakes per day
- Whole Food Fiber or Gastro Fiber 1 TBS Whole Food Fiber or 2 Gastro Fiber 3x/day
- Zyan/Multizyme 2 tabs 5 mins before meal or at beginning of meal
- Drenamin 2 tabs with breakfast, 2 with lunch
- AF Betafood 2 about 15 mins before each meal
- Recommended: Use Whey Pro Complete with each shake

### How to Modify for Postpartum Nursing Moms:

Wait until your baby is eating solids. Consider keeping eggs in your diet as they are a good source of healthy calories. Just gage for yourself, but most importantly we want to make sure you get enough food-- the right kinds of foods.

*Follow "Foods to Avoid" - No restrictions on calories. - 2 shakes/day at least*

### How To Modify for Pregnancy:

*Do not do in first trimester.*

Keep in eggs (but follow all the other "Foods to Avoid" if you need the protien)





# Chapter 14

## One Week

### Meal Plan

	Breakfast:	Lunch:	Dinner:
<b>Day 1</b>	<b>Blueberry Smoothie</b>	<b>Carrot Ginger Soup</b>	<b>Chicken Stir-fry</b>
Day 2	Kale Coconut Smoothie	Chicken Rosemary Salad	Chard and Kale Soup
<b>Day 3</b>	<b>Mango Kale Smoothie</b>	<b>Kale Market Salad</b>	<b>Oven Roasted Chicken Thighs with Leeks</b>
Day 4	Raspberry Vanilla Smoothie	Plum Chutney Salad	Meatballs
<b>Day 5</b>	<b>Coconut Blueberry Chia Pudding</b>	<b>Ginger Coconut Milk Soup</b>	<b>Easy Meatloaf</b>
Day 6	Peach Ginger Smoothie	Roasted Beet Dip, Nectarine Basil and Tomato Salad	Parchment Baked Salmon
<b>Day 7</b>	<b>Banana Smoothie</b>	<b>Roasted Vegetables, Turkey Rollups, Arugula Pear Salad</b>	<b>Magic Vegetable Soup</b>

### Recipes

#### Arugula & Pear Salad

2 cups arugula  
 1 pear  
 1 Tbls olive oil  
 1/4 tsp. cinnamon  
*1. Wash arugula with olive oil  
 2. Slice pear into slices and sprinkle with cinnamon. Top  
 3. Toss arugula with pears*

#### Banana Smoothie

1 cup almond milk 1 cup ice  
 1 banana 1/4 tsp. cinnamon

*Blend Until Smooth*

#### Blueberry Smoothie

1 cup frozen blueberries

#### Carrot Ginger Soup

1.5 lbs carrots  
 1 zucchini  
 1 onion  
 3 cups water or stock  
 3 cloves garlic  
 1 Tbls fresh grated ginger  
 1 tsp. cumin

*Chop vegetables and simmer with spices in stock or water until soft. Use immersion blend or regular blender and blend until smooth*



# Chapter 14

## One Week Meal Plan

### Chard and Kale Soup

- 1 bunch chard
- 1 bunch kale
- 1 tsp heaping curry powder
- 1 tsp mustard seeds
- 1 tsp fennel seeds toasted
- 2 tsp cumin powder
- 3 Tbls olive oil

*In an omelet pan, toast mustard and fennel seeds until browning and popping. Be careful not to burn though; they go from brown to burned quickly. Set aside.*

*Lightly steam entire bunch of chard and kale.*

*In a blender, add both bunches of steamed chard and kale and 1 ½ cups of leftover steamer liquid. Add the toasted mustard and fennel seeds, curry and cumin powder, two pinches of salt*

*Blend on high for 2 minutes*

*Stop blender, scrape down sides if needed. Add olive oil and blend for one more minute.*

### Chicken Rosemary Salad

- 1 Tbls fresh rosemary
- 1 pound chicken breast
- 1 cup grapes
- 1 tsp. stone ground mustard
- pinch salt
- 2 Tbls olive oil
- ½ 1½ cup black olives

*Oven or pan roast chicken. Cut into ½ inch pieces and let cool. Chop rosemary and cup grapes and olives. In a mixing bowl, add chicken, olives, grapes, mustard, salt, pepper and olive oil and toss*

### Chicken Stir-fry

- 1 pound chicken breast
- 1 red pepper
- 1 head bok choy
- 1 lemon

### Chicken Stir-fry, cont.

*Cut bok choy, chicken and red peppers into long strips 1 inch wide. In hot skillet with coconut oil, sauté chicken breast. After chicken starts to brown, add red peppers and bok choy along with the juice of the lemon and the toasted sesame seed oil. Saute for 10 minutes and remove from heat*

### Coconut Blueberry Chia Seed Pudding

- 1 can bpa free organic coconut milk
- $\frac{3}{4}$  cup hot water
- $\frac{1}{3}$  cup chia seeds
- $\frac{1}{4}$  cup maple syrup
- pinch salt
- 2 cups fresh blueberries
- 1 cup slivered almonds

*Heat ¾ cup water until almost boiling. Pour over chia seeds and let sit for 15 minutes stirring occasionally with a fork to get lumps out.*

*Add coconut milk, salt and maple syrup. Mix well and chill for 2 hours. Top with almonds and blueberries*

### Easy Meatloaf

- 1 pound ground beef
- 1 cup shredded zucchini
- 1 cup shredded carrot
- pinch salt

*Mix beef, zucchini, carrot and pinch salt. On a cookie sheet, form loaf like a flattened balloon. Bake at 375 for 35 min. Check internal temperature for doneness*



# Chapter 14

## One Week Meal Plan

### Kale Coconut Smoothie

- 1 pint coconut water
- $\frac{1}{2}$  cup shredded unsweetened coconut
- $\frac{1}{2}$  tsp. cinnamon
- 1 cup ice cubes
- 4-5 kale leaves
- 1 pitted date

*Blend for 1 minute on high*

### Kale Market Salad

- 2 stalks green garlic or scallions rinsed and chopped ( $\frac{1}{4}$  cup)
- $\frac{1}{4}$  tsp salt
- 2 Tbls fresh lemon juice
- $\frac{1}{3}$  cup extra virgin olive oil
- 2 Tbls ripe avocado
- 1 tsp. honey
- $\frac{1}{2}$  bunch kale, de-stemmed, torn into pieces
- 4-5 carrots shredded

*Make the dressing using blender or food processor to puree the onion/green garlic, salt, lemon, olive oil, avocado, honey, salt. Taste and adjust with more salt or honey or lemon juice.*

*Before you are ready to serve, combine the kale with about half of the dressing in a large bowl, using your hands to work the dressing into the kale, softening it up a bit. Add the carrots and more dressing and toss again. Add avocados on top.*

### Kale Pesto

- 2 bunches kale (stems removed)
- 1 cup pecans
- zest of 2 lemons,
- 1 clove garlic
- 1 Tbls fresh lemon juice
- $\frac{1}{2}$  cup olive oil

*Blanch kale leaves for 10 seconds in boiling water.*

*Remove with tongs and run under cold water. Squeeze the kale very well with your hands to remove the excess*

### Magic Vegetable Soup

- 6 zucchini
- 1 head cauliflower or broccoli
- 1 bunch asparagus
- $\frac{1}{3}$  cup olive oil
- 2 big pinches salt
- zest of a lemon
- 10 big basil leaves (around 1 cup)
- 8 kale leaves

*Trim bottom inch off of asparagus. Cut stems off of zucchini. In pressure cooker add 3 cups water and add asparagus, broccoli/cauliflower and zucchini. Cook on high pressure for 5 minutes. Use cold water release to open pressure cooker. If you are not using a pressure cooker, you will want to steam until tender. Add vegetables and hot water from pressure cooker to blender. This will be done in two batches to fit. Before blending, add raw kale leaves, basil, salt and olive oil. Blend on high until smooth and creamy. Pour in hot safe bowl and work on second batch. Mix batches together. Taste for salt.*

### Mango Kale Smoothie

- 4 kale leaves
  - 1 cup frozen mango
  - 1 cup coconut milk
  - 1 cup water
- Blend on high for 2 minutes*

### Meatballs

- 1 pound grass fed beef
- 1 Tbls fennel seeds
- 1 pinch salt

*Mix beef, seeds and salt in bowl. Form into 1 inch balls and place on cookie sheet. Bake at 375 for 20 minutes*



# Chapter 14

## One Week Meal Plan

### Nectarine Basil Salad

- 6 nectarines
- 1 cup chopped basil
- 2 cups sun gold cherry tomatoes with stems removed

*Cut nectarines into 2 inch pieces. Toss with basil and cherry tomatoes*

### Oven Roasted Chicken Thighs with Leeks

- 2 pounds boneless skinless chicken thighs
- 2 medium leeks
- 1 cup pitted sun cured olives
- 1/2 cup olive oil
- 2 big pinches salt
- 1 meyer lemon

*Trim leeks into 1/2 inch pieces. Remove the bottoms and green tops leaving only the inner white parts that will cook tender. Soak in a bowl of cold water to keep crisp and remove any lingering dirt. With sharp pairing knife, cut long ways to remove the skin of the lemon. Slice those pieces of skin into 1/2 inch wide strips. Set aside. Cut olives in half*

*In large roasting pan, add leeks. Top with chicken thighs, olives, strips of lemon skin. Pour olive oil on top. On medium high heat, cook on stove for 15 min covered. Transfer to a 400 degree oven. Cook for 20 min then remove cover and cook for an additional 15-20 minutes. You are looking for juices to reduce and thicken.*

### Parchment Baked Salmon

- 6 oz. wild salmon
- 2 slices fresh lemon
- 1 sprig thyme
- 1 cup zucchini
- pinch salt

*Slice zucchini into 1/2 inch thick coins. In a 8 inch piece of parchment paper, arrange zucchini in middle. Top with salmon, salt and lemon slices. Wrap parchment up and place on baking sheet. Bake at 375 for 20 min.*

### Peach Ginger Smoothie

- 1 cup frozen peaches
- 1 tsp. fresh grated ginger
- 1 cup almond milk

### Plum Chutney Salad

- 1 small head radicchio chopped into thin strips
- 10 plums pitted and cut into 1 inch pieces
- 2 Tbls chopped fresh ginger root
- 1/2 cup chopped green scallions
- 1 pinch salt
- 2 Tbls olive oil
- 1/4 tsp. fresh chopped jalapeno

*In a bowl, combine plums, ginger, scallions, salt, olive oil and jalapeno. Toss and pour over radicchio and gently toss together.*

### Raspberry Vanilla Smoothie

- 1 1/2 cups almond milk
  - 1/2 tsp ground vanilla
  - 1 cup frozen raspberries
- Blend on high for a minute.*

### Roasted Vegetables

- 1 head broccoli
- 1 head cauliflower
- zest of lemon
- pinches of salt
- 1-2 Tbls olive oil

*On a half pan cookie sheet, line with parchment paper. Trim vegetables into bite sized pieces and arrange on cookie sheet lined with parchment paper. With a micro-plane zester, zest the lemon over the broccoli and cauliflower.*

*Sprinkle generously with salt and drizzle olive oil over vegetables. With clean hands, toss vegetables on the cookie sheet to coat evenly. Roast in oven at 400 degrees for 25 min or until broccoli is starting to crisp and brown on edges.*





# Chapter 15

## How To Cook Fish

### Turkey Rollups

- 4 large leaves of lettuce (romaine or butter work best)
- 4 slices of organic deli turkey
- 2 tsp. stone ground mustard
- 1 dill pickle

*Cut pickle into fourths long ways. Set one piece of turkey on each of the lettuce leaves. Spread ½ tsp of mustard on each turkey slice and then a piece of pickle. Roll up!*

Make sure to buy fish from a sustainable source. Also, smaller fish have less risk of heavy metal exposure. Shellfish has the least.

Cooking fish in parchment is an easy trick that imparts a lot of flavor while sealing in all the juices. It also is super easy to clean up and better for you than using tin foil.

Here is an easy recipe:

1. 1 4oz-6oz. portion of fish
2. 1 cookie size sheet of parchment paper
3. 1 clove garlic chopped
4. 6-8 cherry tomatoes
5. ½ cup thinly sliced trimmed fennel bulb
6. 1 tbs olive oil
7. big pinch salt
8. 2 sprigs of thyme
9. lemon slices\*\*



*\*\*optional, but I will throw a few thinly sliced lemons in too along with some capers which is really lovely together*

The parchment paper will be your cooking vessel. In the middle of the sheet place the fish and pile on fennel, chopped garlic, thyme, salt, tomatoes and top with olive oil. Fold up the parchment paper and fold over sides to lock it together. You can use a piece of butcher twine too if it seems too difficult to fold it shut.

Place the baking sheet in the oven and bake 10 minutes for a ¾-inch-thick fillet or 12 minutes for a 1- to 1-¼-inch-thick fillet at 400 degrees. Cooking times will vary depending on how thick your fish is. The thicker the fish the longer the cooking times.

Remove from oven, but be careful not to burn yourself with the escaping steam when you open up your parchment pouch. S



# Chapter 16

## Healthy Cleanse Snacks

### Turkey Rollups:

- 1 slice turkey
- 1 tsp. stone ground mustard
- 1 dill pickle

*Roll up and enjoy!*

### Easy Cucumber Salad

- 1 cucumber, peeled and chopped into 1 inch pieces
- 1 piece of seasonal fruit, chopped into 1 inch pieces (pear, apple, plum, nectarine)

*Mix together.*

### Oven Baked Sweet Potato Chips

- 1 sweet potato, sliced paper thin

*Brush with olive oil and sprinkle with salt.*

*Bake on parchment lined cookie sheet at 350 for 40 min.*

### Kale Rollups

- 1 leaf of Lacto/Dino Kale
- 1 piece of turkey
- 1 slice fresh mango

*Roll up Kale like a burrito and enjoy.*

### Coconut Crunches

- 2 cups fancy coconut shreds
- 1 big pinch salt
- 1 tbs coconut oil

*Toss coconut shreds with salt and coconut oil. Bake on parchment lined cookie sheet for 15 min. at 350. Be sure to stir every few minutes to prevent burning!*

### Eggplant Dip

- 1 eggplant
- 2 tbs olive oil
- 1 tsp paprika

*Roast eggplant in oven on parchment lined cookie sheet. Brush each slice lightly with olive oil. Roast for 40 min. at 350 degrees.*

*Blend roasted eggplant, rest of olive oil and paprika and sprinkle of salt in food processor until smooth.*

### Olive Oil Tarragon Salad

- 1 avocado sliced into pieces
- 1 cucumber, peeled, cut into 1 inch pieces
- 1 Tbs Fresh Tarragon
- 2 tsp. apple cider vinegar
- 1/3 cup olive oil
- pinch salt
- 1 tsp. stone ground mustard

*In blender, add tarragon, mustard, pinch salt, vinegar, olive oil and blend for 1 minute. Drizzle over cucumber and sliced cucumber*

### Almond Butter and Celery Sticks

**1/2 cup Olives and unlimited sliced carrots**

*I loved this cleanse. I think it nurtured / nourished my body, mind and spirit... and balanced me in general. I felt really great during the process and found it "allowed" me to focus on myself more than I normally do. I made "me" a priority for a change and my family benefited in the long run because I had more energy, was balanced and nurtured!*

*Thank you for making this available. I would love to do it again!*

**- M.S. Grass Valley, age 46**



# Chapter 17

## Ultimate Vegetable Cheat Sheet

### 10 Kitchen Must-Haves:

1. Parchment Paper: I buy unbleached parchment paper and line baking sheets with it. It makes pans essentially non-stick and makes for easy cleanup. When I oven roast vegetables, I toss vegetables with olive oil and salt and then oven roast them on parchment lined sheets.
2. Good Quality Olive Oil: High quality olive oil tastes better. I look for Olive Oil from California because it is regulated and guaranteed not to contain filler oils like many olive oils from overseas do.
3. Celtic Sea Salt: High in minerals, minimally processed
4. Oven Roasting: The oven is your friend when it comes to cooking vegetables. High dry oven heat caramelizes uices in vegetables and you can roast many vegetables at one time so you have 2 or 3 days worth of workable ingredients for meals. Plus oven roasting requires almost no effort on your part
5. Slow Cooker: A wonderful investment for you kitchen. Slow roasters can make an endless amount of soups, stews and dishes that are vegetable heavy and packed with flavor. Just a bit of preparation of menus required
6. Pressure Cooker: You can prepare soup from start to finish in under 40 minutes with a pressure cooker. Meats, beans, vegetables all under an hour.
7. Onions: Add a bit of sweetness to your dishes and a great flavor profile. Natural sugars really caramelize in the oven to add depth to dishes. Roasting scallions or leeks whole are especially tasty and very easy
8. Fresh Herbs: Buy a package every week or grow your own! Fresh herbs replace the fat, sugars and starches in a dish. Fresh oregano in sauce, tarragon in roasted chicken, rosemary in roasted vegetables
9. Lemon: Lemon Zest is a secret weapon for my roasted vegetables, soups and dressings. Invest in a micro-plane zester and use the zest of oranges, limes and lemons to increase flavor
10. Roast Your Winter Squashes Whole: Put your hard winter squash (butternut, delicata spaghetti are my favorites) on a cookie sheet whole. Bake at 350 degrees until knife tender (about 1 hour) let cool for 15 minutes then slice in half, scoop out seeds and use. I started this technique because cutting large, hard squashes was scary to me; I was worried I would somehow cut myself. Turn out roasting squash whole is simple, and makes it much easier. If you bake on a parchment lined cookie sheet then there is almost no cleanup.

### *Tips From Our Kitchen:*

- Oven roasted broccoli with lime zest and olive oil
- Oven roasted cauliflower with fresh rosemary and olive oil
- Oven baked leeks with lemon tarragon vinaigrette
- Oven roasted asparagus with parsley butter
- Oven roasted eggplant with smoked paprika and cumin
- Oven roasted spaghetti squash with tomato sauce

I also have a "roast day" where I will oven roast 3 or 4 different vegetables at one time in my oven and set aside to use for meals the following days. Oven roasted vegetables have a tremendous amount of flavor compared to steamed vegetables



# Chapter 18

## Food Re-introduction

Here is an example of roasting I will do (usually twice per week) in preparation of having vegetables over a three day period for dishes and soups.

On roasting sheets (lined with parchment paper)

1. One cauliflower (broken into pieces)
2. 5 leeks, cleaned, trimmed and cut in half down middle
3. 1 bunch asparagus
4. 1 spaghetti squash (roast whole, it is done when tender when poked with knife)
5. 3 red peppers

With those vegetables I would blend into a soup, chop and use on a salad, toss with a bowl of brown rice. I prepare all of them the same; wash them, break them apart if they are large and cumbersome for baking and toss with a little olive oil and sprinkle Celtic sea salt on everything.

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### Food Reintroduction Instructions

1. One Food Per every 72 hours (if you want to be very careful, add it one food per week)
2. Eat the food in question for 3 days in a row, at least twice a day in a meal
3. Food symptoms can be immediate or delayed; it may take up to 3 days to manifest a symptom

Common Food Sensitivity Symptoms:

Lethargy	Headaches	Body Aches	Constipation
Moodiness	Nausea	Rash/hives	Stomach Ache
Insomnia	Indigestion/Gas/Bloating	Fatigue	Foggy thinking
Depression	Anxiety	Feel hungover	Feeling like you have the flu
			Night Sweats

### **From Standard Process: The Difference between Allergy and Intolerance**

#### Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy but some other "highly" allergenic foods are: milk, eggs, soy products, and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.





# Chapter 19

## What is next?

### **Intolerance**

Food intolerance is the digestive system's response to the part of a food or additive that it can't process or that causes irritation. Sugar intolerance, for example, could be from a biological cause in which the body lacks the enzymes needed to process lactose or fructose. It could also be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut.

The body's response to food intolerance is usually based on portion: A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.

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## **Chapter 19: What is Next? Future Planning and a Long Term Anti-Inflammatory Diet**

You have just done all this hard work to get healthy and give your body a fresh start. What next? Take a few moments to think of or write down some ideas on

1. What steps you want to take to further your health now?
2. What commitments do you want to make to yourself now that you are done?

After successfully running hundreds of people through this program, we have heard many stories from people after the cleanse. Many people make a full lifestyle change (which is our goal with this cleanse). Some people make permanent little changes. Some people go back to their previous way of eating. I have done this cleanse three times, and it took two times for me to adopt more permanent lifestyle changes. It is a huge deal to change habits, even when you feel so much better while eating the way you do on the cleanse! But you can make little changes and we also encourage people to do a cleanse at least two to three times a year. It is a good way to clear out our accumulated toxins and reset. It also keeps our general inflammation down which should help prevent chronic disease and physical discomforts.

Health is a state of being in our bodies, mind and spirit. Continually choosing how to eat for the long-term benefit of your health is one of the best ways to invest in your personal health care costs. Your diet is the very most important medicine for preventing, reversing or controlling chronic disease.

1. Don't skip meals
2. Eat a balanced amount of foods like carbohydrates, fats and proteins
3. Eat every 2-3 hours
4. Learn the foods that are inflammatory to you
5. Probiotic foods and drinks are essential for continual healing of gut mucosa as well as synthesis of vitamins, hormones and immune function



# Chapter 19

## What Is Next?

Stabilizing blood sugar levels by eating breakfast and consuming food every 2-3 hours help your organs and endocrine system to work efficiently by providing optimal fuel for the use and storage of the high quality fuel you are feeding yourself.

### Proteins:

Should make up 40% (by weight) of every meal or snack. Proteins supply cells with strong building material to heal and repair body. Antibiotic free, grass fed, hormone free, organic and free range. Be sure to ask if the grass fed beef is corn finished and purchase all grass fed if possible. Nevada County Free Range beef is not corn finished.

Eggs (hard boiled, scrambled, poached, omelet)  
Chicken (roasted, sliced, cubed, grilled)  
Wild Caught Fish (salmon, halibut, tilapia, tuna)

Turkey (roast, sliced) watch for additives!  
Nuts (soaked and slow roasted in oven)  
Beans and lentils

### Carbohydrates:

Should make up about 20-40% (by weight) of every meal or snack. This does not have to be a like a grain; starchy vegetables will provide you with carbohydrates if you are grain free. These provide fuel that helps keep you body running. Organic carbohydrates means fewer pesticides for your liver to break-down and eliminate. Include fruits and vegetables in this category too.

### Fruits

Apples, Pears, Bananas, Grapes, Grapefruit, Peaches, Plums, Strawberries, Blueberries, Raspberries, Mulberries, Blackberries, Mangos, Pineapple, Papaya, Guavas, Kiwis, Watermelon, Figs, Freshly Juiced Fruit

### Vegetables

Celery, Cucumber, Bell Peppers, Mushrooms, Onions, Carrots, Spinach, Kale, Chard, Fennel, Arugula, Lettuce, Eggplant, Zucchini, Turnips, Squash, Beets, Broccoli, Bok Choy, Brussel Sprouts, Green Beans, Sugar Snap Peas, Cauliflower, Leeks, Okra, Cabbage, Rutabagas, Potatoes

### Grains

Organic Certified Gluten Free Oats  
Rice Crackers  
Brown Rice, Heirloom Rice  
Quinoa

Rice Pasta  
Rice Wraps  
Millet

### Fats

Your meal will be complete by adding approximately 20-30% fat. Fat is needed for adequate energy and to ensure absorption of fat-soluble vitamins.

Organic Coconut Oil and Manna  
Extra Virgin California Olive Oil  
Avocados

Butter or Ghee  
Nuts  
Nut Butters



# Chapter 20

## Final Notes

### Things to remember

1. portion amounts
2. consume twice as many vegetables as fruits (2:1 ratio)
3. if you perhaps have chronic disease, many of these things may not apply to you and a more comprehensive inflammation diet may be needed such as eliminating all reactive foods in your body

### General Supplements that are healthy to stay on

*We can help you come up with a personalized supplement schedule depending on your specific health concerns and wellness goals at the post-cleanse consultation.*

Cod Liver Oil

(we like the Fermented Cod Liver oil by Green Pastures)

Multi-Vitamin such as Catalyn by Standard Process

Probiotics

Vitamin D

Whatever else your system survey dictates

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## Chapter 20

### Final Notes

We want all of our participants to think of Jessica and I as a touchstone for your best health, self and wellness. After the cleanse finishes, if you feel like you are wandering off track too far or just want some encouragement or new ideas, feel free to come to us. Join another cleanse, make a personal appointment, login to our cleanse website for new ideas, or take the next step in your health by doing some lab testing and follow-up health plan with Jessica or I. We order comprehensive wellness blood panels and have accounts with Quest labs for people with insurance or Labcorp for cash-payers. We can order a blood work for about a 1/5 normal local cost for our cash payers. We read the results from a functional health perspective. What this means is a narrowed reference range for what is considered normal. The reference ranges used by the mainstream medical profession are an average of the population that was tested in the previous year usually and can be far too broad to detect problems before they fall into a disease state. With functional blood reference ranges one can identify patterns, analyze how the whole body is working together and catch potential problems before they become serious.

We also have accounts with Diagnos-Techs and Genova Diagnostics, which both do comprehensive saliva and stool tests for adrenal health, hormonal health, gut health, and food allergies. Finally, we order tests through Cyrex Labs, which is the best lab right now for diagnosing celiac's disease and detecting what foods may cross-react in your body like gluten does.

We are happy to help you investigate your health more deeply and create a dietary and supplement protocol personalized for your own body to achieve your greatest vitality.

We are here for you and deeply care about your well-being.





# Chapter 21

## Daily Journal

**Day #** \_\_\_\_\_

What did you eat today?

- Breakfast: \_\_\_\_\_

- Lunch: \_\_\_\_\_

- Dinner: \_\_\_\_\_

- Snacks 1: \_\_\_\_\_

- Snack 2: \_\_\_\_\_

- Other: \_\_\_\_\_

Other Detox techniques (chiropractic, massage, bath, sauna, etc)

How many glasses of water today?

What else did you do to support yourself today?

Physical Activity

How are you feeling physically and emotionally?

**Day #** \_\_\_\_\_

What did you eat today?

- Breakfast: \_\_\_\_\_

- Lunch: \_\_\_\_\_

- Dinner: \_\_\_\_\_

- Snacks 1: \_\_\_\_\_

- Snack 2: \_\_\_\_\_

- Other: \_\_\_\_\_

Other Detox techniques (chiropractic, massage, bath, sauna, etc)

How many glasses of water today?

What else did you do to support yourself today?

Physical Activity

How are you feeling physically and emotionally?

### Personal Journaling:

We encourage you to take time to deeply investigate your thoughts and feelings while on the cleanse. Beyond physical cleansing, you will most likely notice a mental cleansing.

### Prompts:

1. Write about where you are in your life right now..... where you live, your work, relationships, etc. Are you where you want to be? How can you make changes for the positive?
2. Write what thoughts / fears and stories come up while cleansing. Ask yourself how these affect you, experience them, and see what you are ready of let go and/or resolve.
3. For five to ten minutes just start writing in a "stream of





**O**ur primary mission is to help support you and your decision to make this important change in your overall health. You will be consuming whole food based supplements along with a diet that supports and encourages your body's natural ability to eliminate toxins, decrease inflammation and repair cellular damage. What makes this cleanse unique is that it is based in nutritional supplements from Standard Process that promote efficient and comprehensive detoxification that diet change alone could not achieve. We have chosen Standard Process because they are a well-respected and established company since 1929. The founder, Royal Lee, was a colleague with Weston A. Price of Nourishing Traditions. Royal Lee perfected the process condensing whole organic foods into supplements from their large organic gardens in Wisconsin, so the supplements are very safe as they mimic the process of eating whole organic foods. Standard Process whole foods approach is completely in line with our beliefs in the importance of eating whole organic foods. With the right supplements you can see dramatic effects quite quickly.

We live in a world full of toxins and stresses out of our personal control, but what we can take control of is our diet, lifestyle choices and how we react to these stresses. This cleanse is an efficient but gentle way to reveal your own health issues and revitalize the internal systems in charge of your health. We hope that what you learn will change the way you feel about your body and self for the better as well as change any unhealthy or unwanted habits for a lifetime.

In health,

Dr. Heather Hunt, DC and Jessica Flanigan, Clinical & Functional Nutritionist



**Jacobson Chiropractic**