

BEAR NUTRITION & HERBS

30 Day Detox

E-WORKBOOK

WWW.BEARNUTRITIONANDHERBS.COM





Welcome

Congratulations on taking action to improve your health!

We often don't realize how sluggish, achy or dare I say, even bad we feel until we start feeling good. I often hear this from my patients/clients. This Detox is designed to support such revelations. Depending on where you are in your health journey you may feel a little worse just before you blossom into feeling incredible.

I have designed the meals and supplements to work together for optimum, steady, safe and effective detoxification. Remember this is a marathon rather than a sprint. If you are unable to execute each task or meal perfectly, don't fret. Remember that even a little detox can go a long way. Further, you will have the opportunity to participate in our next [30 Day Detox January 23, 2022](#). Imagine detoxing quarterly. How good would you feel and be? What health concerns could you improve or even resolve? I have updated this quarter's supplements for an even more effective detox from the start and less confusion through the middle. Each detox is slightly different from the last and is adjusted based on my observations and participant feedback. Also with this Detox we have a wonderful APP to provide daily support and motivation.

It's great to have you onboard. Now, let's get this DETOX STARTED!

Cheers to Good Health !

NJERI KAI JARVIS MS/RD/LDN
INTEGRATIVE NUTRITIONIST - HERBALIST

Disclaimer

The information contained in this e-book is based on the experience and research of the author. It is not intended as a substitute for consulting with your physician or other health-care provider. The purpose of this book is to educate. It is not meant to be a comprehensive source for the topic covered and is not intended as a substitute for medical diagnosis or treatment or intended as a substitute for medical counseling. Information contained in this book should not be construed as a claim or representation that any treatment, process or interpretation mentioned constitutes a cure, palliative, or ameliorative. Any attempt to diagnose and treat an illness should be done under the direction of a health-care professional.

Njeri Jarvis and Bear Nutrition & Herbs is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book.

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30 Day Detox At A Glance

1 **ORIENTATION**

October 17, 2021
Pre Recorded call &
ZOOM Video Call

2 **HERBS IN THIS DETOX**

Cleanse More, Hepataton Plus,
RepaireVite SE, GI Synergy
(*contains walnuts*), Primal
Defense Ultra Probiotic, Primary
Detox, PGX Fiber; Daily Herbal Tea

3 **SYMPTOM TRACKER**

Each week we will begin by
tracking our symptoms to see
our progress and to maintain
safety.

4 **WHY DETOX?**

There are so many reasons. Reasons
that increase everyday a new toxin
enters our environment.

5 **DID YOU KNOW?**

Here you will learn a little more
about why it is important to
detox as well as how to do it
safe and effectively.

6 **WEEK 1**

ALL IN with EVERYTHING
GI Cleanse &
Tissue Repair

7 **WEEK 2**

Microbe / Parasite
/ Yeast Cleanse

8 **WEEK 3**

Liver Detox .

9 **WEEK 4**

Kidney, Blood &
Lymphatics .

10 **TAKE MORE ACTION**

What to do after the
Detox is Complete.

Every Sunday

60 minutes

30 Day Detox LIVE Education Session

October 17, 2021 PM - Orientation

October 24, 2021 06:00 PM - Week 1

October 31, 2021 04:00 PM - Week 2 - Halloween

November 7, 2021 06:00 PM - Week 3

November 14, 2021 06:00 PM - Week 4

November 22, 2021 06:00 PM - Awards

Join Zoom Meeting

[https://us02web.zoom.us/j/82529598814?
pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09](https://us02web.zoom.us/j/82529598814?pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09)

Meeting ID: 825 2959 8814

Passcode: 728008

One tap mobile

+19292056099,,82529598814#,,,,*728008# US (New York)

+13017158592,,82529598814#,,,,*728008# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 825 2959 8814

Passcode: 728008

Find your local number: <https://us02web.zoom.us/j/82529598814>



EVERY WEDNESDAY
Optional - 30 minutes

Q & A

Group Sharing & Comments, Share Your Experience

October 27, 2021 06:30 - 7PM - week 1
November 3, 2021 06:30 - 7 PM - week 2
November 10 , 2021 06:30 -7PM - week 3
November 17, 2021 06:30 - 7PM - week 4

Join Zoom Meeting

[https://us02web.zoom.us/j/82529598814?
pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09](https://us02web.zoom.us/j/82529598814?pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09)

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Accessing The Bear Nutrition & Herbs Body Site APP

Through the App you will get
DAILY email feeds
to support you in the Detox.

Here you can:
track you Activity, Food Intake and can
Participate in Daily Exercise.

[Click This Link to Sign in to the App](#)

and to start the Orientation Week
7 Day Liver Gall Bladder Detox

This Orientation Detox is optional

You can also go to the App store on your
phone and download the Body Site App to
have all your guides at your fingertips.

GETTING STARTED- **OPTIONAL**

Orientation Week



BNH 30 DAY DETOX

Orientation Important Links

1

Sunday 6 - 7 pm EST - Weekly Education Zoom Link

We will meet as a group over ZOOM each Sunday to review each weeks goals. Video will be recorded and posted for any who miss it.

- Meeting ID: 825 2959 8814
- Passcode: 728008

2

Wednesday 6:30 - 7 pm EST - Optional - Check in In Q&A - Zoom Link

Attend the weekly Optional ZOOM Q &A Call where you can discuss your progress and ask questions.

- Meeting ID: 825 2959 8814
- Passcode: 728008

3

Fridays 10am - 12 noon EST - Nutritionist Office Hours for Personal Email

Here you can reach out to your Nutritionist to ask questions on a one on one basis via email.

NKJarvis@BNHwellness.com

4

Tuesday, Thursday, Saturday Activity / Exercise / Logging / Journaling

On these days you can start or increase your activity / exercise, using the exercise recommendations in the APP. You can also log your meals and journal your thoughts.

Look out for your **Activation Email in order to get the Optional Orientation Week in a daily email format.** It may be in your SPAM or PROMOTIONS FOLDER or [Click this link to Start](#)

5

Saturday & Sunday (Activity, Relaxation & Preparation)

Take these days as days of recreation, reflection and preparation for the upcoming week. 1-4 hours placed here will make your week run smoothly.



What to Expect

DETOX ORDER

Detox Order is important. You need to repair the body in the right order so you can detox the toxins in a way that your body can safely handle removal.

A successful safe detox must balance the rate of toxin release with each person's ability to detoxify and excrete the toxins.

To start supporting each person's ability to excrete toxins, we will take the first week to get situated, preparing our bodies with 15 - 20 g more fiber daily and supporting elimination.

THE MEAL PLAN

The Meal Plan is a high in fiber, flavonoid rich, carotenoid rich, glutamine rich plan to help with the following:

- decrease gut permeability and to help with safe release of gut toxins
- reduce inflammation
- support the production of short chain fatty acids (butyric acid etc) which promotes intestinal-cell health.

THE BNH 30 DAY DETOX ORDER OF CLEANSING

- Gut Cleans: Colon / Liver Toning / Tissue Repair of the lining of the Digestive tract. Key tenants of this process are:
 - Eating Fermented Foods
 - Eating Fiber
 - Improving the function of the gut
 - Crowding our and Eliminating toxic gut bacteria
- Parasite Cleanse
 - Eliminate parasites and Yeast overgrowth
- Liver / Gallbladder Cleanse
- Kidney / Blood / Lymphatics

Each Phase is initiated from Day 1 - 30 but education around each is addressed in a 1 week interval. This Detox can also be done over 60 - 90 days, using a 2 -4 week cycle for each cleanse week we address here.

Key Detox Concepts

LISTEN TO YOUR BODY

Listen to your body so you can customize the program as we go.

Keep up with your Daily Symptom Tracker to know whether to reduce your supplements by 50% if you are not feeling well.

REMOVE KEY INFLAMMATORY FOODS

Remove gluten, dairy and alcohol to start. We will remove added sugar and salt for a portion of the detox as well.

Reducing Inflammation supports better digestion and elimination.

REMOVE KNOWN TOXINS IN YOUR HOME

Remove Items such as:

- Plug in air fresheners
- Nonstick cookware
- Plastic containers / bottles
- Toxic Personal Care Products
- make up, lotions etc.

FAMILIARIZE YOURSELF WITH THE EWG WEBSITE

Get familiar with the [Environmental Working Groups Website](https://www.ewg.org/) to learn more about hidden toxins in your everyday environment.
<https://www.ewg.org/>

REMOVE KNOWN TOXINS FROM YOUR FOOD

Choose Organic wherever possible. Avoid Conventionally grown foods listed on the [EWG Dirty Dozen List](#). Grow your own food or work with growers you know. Get connected with a [local CSA](#). Check out [Edible DC's CSA Recommendations for 2020](#); Check out [Local Harvest's Website](#) to enter your location.

BE MORE CONSCIOUS OF EXPOSURES TO TOXINS OUTSIDE THE HOME

- When pumping gas
- Using incense
- Detergents,
- Soaps and Cosmetics
- Check out this [APP to help ID items](#)

IMPROVE AIR QUALITY IN YOUR HOME

Get HEPA Filter Air purifiers ([WINIX 5500 & 5300](#)) series are great and affordable.

Get more Air Cleaning plants especially for your bedroom.

Listen to this [TED Talk: "How To Grow Clean Air"](#)

IMPROVE WATER QUALITY IN YOUR HOME

Get and Use a water purifier ideally on every faucet in your home for cooking, drinking and bathing; Use reusable glass bottles and discontinue use of plastic water bottles.

Reverse Osmosis is best but carbon filters are good. Visit [EWG's Water Purifier Guide](#) and the [Big Berkey Gravity Water Filter](#) is Good.

Signs That You Are Detoxifying Successfully

SIGNS AND SYMPTOMS TO LOOK FOR:

Having the below listed Symptoms shows that your body is releasing toxins through every route available to it:

- Skin rash
- Increased mucus secretion (stuffed or runny nose)
- Bad breath
- Smellier stools or urine
- Headache
- Heavy, achy lungs

These symptoms should improve or clear up completely by the second week. But remember the more toxins you have to excrete, the more symptoms you will likely experience and the longer it will take to remove the toxins from your body.

Feel Free to get Activated Charcoal and use if symptoms become too overwhelming or are not subsiding. Using activated charcoal twice daily may be helpful. Additionally, you may need to slow down your detoxification process as well. You can get it at your local health food store or through the [BNH FullScripts Dispensary](#). It is usually between \$7 - \$15

SIGNS THAT YOU ARE DETOXYING TOO QUICKLY

The following symptoms are signs that you are detoxing too quickly and may need to slow down or make adjustments to your program.

- brain fog
- debility,
- depression
- disorientation
- dizziness
- fast heart rate
- headache
- insomnia
- irregular heartbeat
- irritability
- muscle spasms
- nausea
- shortness of breath
- weakness.

ORIENTATION WEEK

What to do if you are detoxing too quickly:

Four actions you can take to improve your symptoms

CUT YOUR DETOX HERBAL DOSE IN HALF:

Reduce your dose of daily herbals by 50%; You can cut the dose or the frequency, whichever feels most comfortable..

1

2

CONSUME MORE BERRIES

Aim to eat 1 extra cup of berries: Blackberries, blueberries, Raspberries daily; add them to smoothies, salads and mid day snacks.

EAT MORE FIBER

3

Eating more fiber will help you absorb all the toxins being dumped by your liver. It is this dumping that is causing symptoms.

- 3 - 4 Granny Smith apples daily = 15 - 20 g fiber
- 1 cup blueberries = 4 g fiber
- 1 cup black berries or raspberries = 8 g fiber
- 1 teaspoon of PGX Fiber = 5 g of fiber with a full glass of water three times a day; Can get from the [BNH FullScripts Dispensary](#).
- Eat Miracle Noodles/Rice (Shirataki Konjac Noodles & Rice)
- Take 1 capsule of activated Charcoal in the morning and 1 capsule at night

4

START ADDITIONAL SUPPLEMENTS

Starting additional Supplements to provide more nutrients that help the liver with its detoxification pathways can also be helpful:

- A good quality Broad spectrum multivitamin and Mineral
- Designs for health Complete Multi (4-6 tabs per day) or any good quality multivitamin and multi-mineral
- Designs for Health Pantothenic Acid - Vitamin B5 (1 Capsule every other day) or any good quality Pantothenic Acid (Vitamin B5)
- Designs for Health Liposomal Vitamin C (1 teaspoon twice daily) Low protein diet or any good quality liposomal Vitamin C
- Can Access All of these through the [BNH FullScripts Dispensary](#)

Liver Gallbladder Cleans

1

1 Tbsp Good Quality Olive Oil:

For 5 - 7 days Upon rising take 1 Tbsp of Good Quality Olive Oil. Choose olive oils with 3rd party testing such as NAOOA. Check out NAOOA's web site for a [list of certified authentic olive oils.](https://www.aboutliveoil.org/certified-olive-oil-list)
<https://www.aboutliveoil.org/certified-olive-oil-list>

2

1 Tbsp Fresh Squeezed Lemon Juice:

Immediately after taking your olive oil, chase it with Fresh Squeezed lemon Juice

3

3 -4 Organic Granny Smith Apples:

Aim to eat 3 - 4 organic Granny Smith Apples each day. The fiber in the apples helps soften or break up any sludge or stone formations



ORIENTATION WEEK

Foods To Remove

1

PROCESSED FOODS:

These will be avoided due to loss of nutrient density, increased chances of agricultural toxins as well as high sugar and salt content.

GLUTEN, DAIRY, SOY & ANY FOODS YOU ARE SENSITIVE TO:

These are inflammatory foods that make detoxification less effective. They may be added back once the detox is done in organic, non GMO forms; Small amounts of dairy will be included during the liver specific week for nutrients that support liver detox pathways .

2

3

ALCOHOL, SALT & SUGAR:

We will avoid alcohol for the duration of the detox with the final 3 weeks having all alcohol avoided. 6 oz ounce of dry wine or 1 oz liquor straight up is allowed once a week in the orientation week and 1st week. Avoid all else. Alcohol, Salt and Sugar all alter the gut microbiome to less optimal levels. Reduce intake of added sugar to 6tsp or less and be mindful of added salt.

BEEF, CHICKEN, FARMED FISH :

These are allowed in the orientation week but will be removed for Weeks 1 - 4 for 30 days when we start the supplements.

4

5

NON ORGANIC FOODS ON THE DIRTY DOZEN LIST :

All of these must be purchased ORGANIC ONLY or avoided all together: Strawberries, Spinach, Kale, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Potatoes, Hot Peppers

Foods To Choose Daily



GOOD QUALITY WATER

During This Detox aim to Drink at least 4 quarts of clean water. This is key for flushing out the toxins from the body.

- Upon Rising: 8 - 16 oz (water plain or with fresh lemon or Apple Cider Vinegar)
- Drink 8 oz before each meal
- Drink 8 - 16 oz between meals
- 8 - 16 oz 1-2 hours before bed
- Herbal Leaf tea blends count here as well

FERMENTED FOODS

Aim to eat 1 Tbsp or at least 1 - 4 oz of fermented beverage with each meal, either:

- 1 Tbsp fermented sauerkraut
- 1 Tbsp Kimchi
- 1 Tbsp fermented mixed veggies of your choice
- 1 - 4 oz Kombucha
- We will add a high quality multi strain probiotic in conjunction with these fermented foods in later weeks.

EAT REAL UNPROCESSED FOOD

Aim to eat primary sourced foods . Depending on your age, If you grand or great grandparents could recognize what your are eating as food, Choose it!. If your 5 year old nephew can, you may want to reconsider what you are eating.

USE TURMERIC

FIBER FIBER & MORE FIBER

Include more fiber in your diet. Once you start detoxing, you need the fiber in your gut to take the toxins out in the stool or they will simply get reabsorbed into your system. Easy ways to Include more fiber:

- Flaxseed powder (add to meals; smoothies and more) 1 heaping Tbsp = 3 g
- Fiber supplements: pectin, alginate, PGX (combination fiber); 1 scoop = 5 g
- 1 granny smith apple (moderate to large) = 5 g fiber
- 1 cup Blackberries or raspberries = 8 g fiber
- 1 cup blueberries = 4 g fiber

EAT 3 CUPS OF BRASSICA FAMILY FOODS

Aim to eat 6 - 9 cups of vegetables daily in general. Within this, make sure you eat least 3 cups daily from the Brassica Family: Cabbage, broccoli, Brussels sprouts, cauliflower, kale; Aim to keep these as baseline. Alert your Nutritionist if you are sensitive to these foods.

EAT LOTS OF VEGETABLES FROM THE CLEAN 15 LIST

Avocado, Sweet Corn, Pineapples, cabbage, sweet peas, asparagus, mangoes, papayas, Kiwi fruit, domestic cantaloupe, cauliflower, sweet potatoes except for eggplant, grapefruit; Snack on Olives and Avocados

USE OILS CAREFULLY

Pantry Staples



MISCELANEOUS

- Can/Jar: Tomatoes, Artichokes
- Olive Oil, Coconut Oil, Ghee
- Broth (Bone / Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- Flax Seeds, Chia Seeds

SPICES / HERBS

- cumin,
- paprika,
- Black peppercorns,
- cinnamon,
- Ginger,
- Dill,
- Caraway Seeds,
- oregano,
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers

GLUTEN FREE FLOURS

- Nutritional Yeast
- Vinegars: Apple Cider, Rice Wine, Balsamic,
- cacao, 70% dark chocolate
- Stevia - Optional
- Gluten Free Oatmeal, Quinoa
- Flax Seeds, Chia Seeds
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch



BnH

Bear Nutrition & Herbs

www.BearNutritionandHerbs.com

202.390.4938

SUPPLEMENTS & Herbs Used in this Detox

[Download Our
BNH 30 Day Detox
PDF Supplement
Guide](#)



1 RenewLife Cleanse More: Using this to support regular elimination.

Hepatatone Plus: using this to

- Restore your liver and repair any damage
- It has nutrients and herbs that support the liver's special detox enzymes that support and balance Phase I and Phase II detoxification mechanisms of the liver
- It will help rebuild your detox capacity
- We will add foods that support this as well

3 RepairVite: Using either of these helps to repair gut tissue that may be damaged from inflammation and sensitivities. Bone broth and Cabbage juice may also be used in addition to or along with this.

4 GI Synergy: This will kill the pathogenic microbes, parasites and yeast in the intestines. Adding 2 cloves of raw garlic three times daily coupled with this may also be added.

CONTINUED....

Herbs & Supplements

[Download Our
BNH 30 Day
Detox PDF
Supplement
Guide](#)

5

PRIMAL DEFENSE ULTRA

This is a probiotic with multiple key strains that support digestion and immunity.

6

PRIMARY DETOX

This supplement Supports Heavy Metal Detoxification. This formula may help Improve: memory, immune function, tolerance of environment; Inhibit excessive histamine response; Eliminates brain fog; Increases vitality, energy & focus.

7

PGX FIBER

PGX reduced hunger and prospective consumption when combined with a low calorie diet, and in an earlier trial enhanced weight loss and reduced percent body fat

OPTIONAL YOU CAN GET THESE IF YOU NEED ADDED ENERGY & SUPPORT

1

ACTIVATED CHARCOAL

This will be used for if you start having a "Detox Reaction" where in removing toxins you don't feel well. Activated Charcoal is highly porous and can adsorb unwanted substances, carrying them out of the digestive system. You may not need it at all but it is better to be prepared. (Request a link from our Dispensary to get 25% off)

2

ENERGY BOOST 70 - LIQUID TRACE MINERALS

Minerals are the co-factors needed in enzyme reactions of every cell of our bodies. Without minerals our cells, organs and body does not perform optimally. Due to depleted soils, we often do not get adequate trace minerals. This is a key supplement to use year round. This is recommended if you are detoxing while still working and being active.

3

PARADISE HERBS PROTEIN AND GREENS

This is blend of powdered greens, adaptogenic herbs and pea protein that help to boost antioxidants, support stress management. It also has vitamins and minerals, pro and pre-biotics to support energy and regularity.

4

PRO OMEGA CRP

This supplement combines turmeric and fish oil, acting as a potent anti-inflammatory and a source for essential fatty acids. (Request a link from our Dispensary to get 25% off)



Initial Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
- Brain Fog
- Dizziness
- Insomnia

Total:

EARS

- Itchy ears
- Ear aches, ear infections
- Drainage from ear
- Ringing in ears,
- hearing loss

Total:

EYES

- Watery or itchy eyes
- Swollen red and sticky eyelids
- Bags or circles under eyes
- Blurred or tunnel vision (this
- does not include near or

farsightedness)

Total:

NOSE

- Stuffy nose /Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total:

Initial Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.

0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea,vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Initial Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.

0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
- Confusion, poor-comprehension
- Poor concentration
- Poor physical coordination
- Difficulty in making decisions
- stuttering or stammering
- Slurred speech
- Learning disabilities
- Total:

EMOTIONS

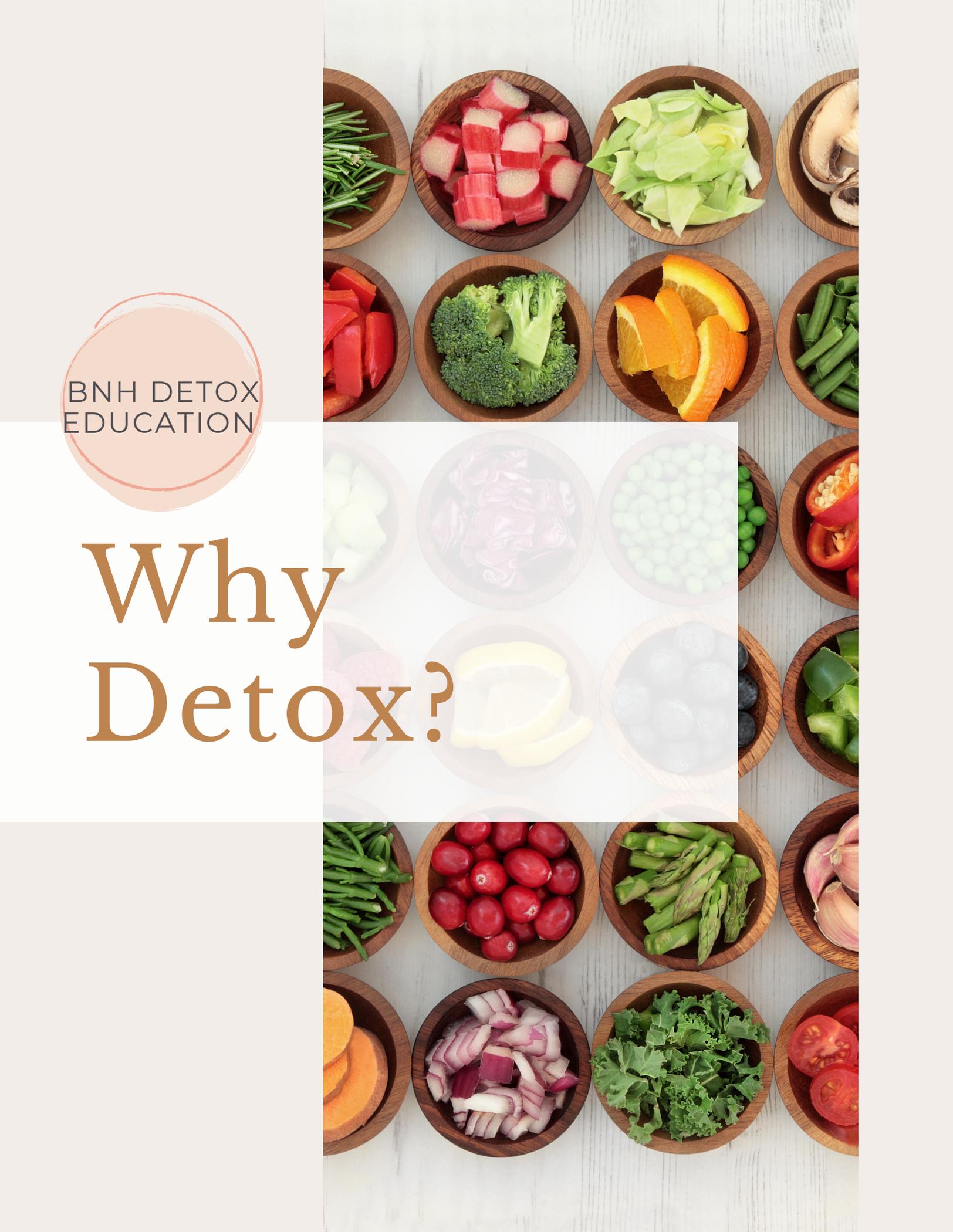
- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, aggressiveness
- Depression
- Total:

OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge
- Total:

GRAND TOTAL:





BNH DETOX
EDUCATION

Why Detox?



DON'T FORGET TO JOIN

Why We Detox

- 1 Did you know that **as we age our DNA ages and becomes damaged by toxins**. We typically lose our ability to increase production of enzymes for detox on demand and the detox enzymes progressively become less effective. This is why we need to detox regularly and
- 2 **Toxic Chemicals are obesogens and diabetogens**; Did you know that the bodies pesticide load is a better predictor of type 2 diabetes risk than any other factor. They block the insulin receptor sites so that insulin can no longer perform its functions. Pesticide toxins stimulate enzymes that convert calories into fat. And fat is where toxins are stored.
- 3 **Detoxing is key to successful long term weight loss as well as chronic disease prevention**. As we lose weight we release more toxins from our fat cells, making both weight loss and detoxification difficult for some. So, detoxing should be done with care.

Why Detox

RECIPE FOR ILLNESS

Ingredient 1

NUTRIENT DEFICIENT FOOD

Eating nutritionally deficient foods contaminated with pesticides. These and other toxins damage key receptors in the body; lack of sufficient vitamins and minerals make our cellular function less optimal.

Ingredient 2

USING TOXIC HEALTH & BEAUTY

Using toxic health and beauty aids, unnecessary drugs. Some of their toxins cause gut breakdown which increases toxin absorption. Did you know there are over 80,000 new to nature chemicals in our environment, many are specifically designed to be difficult to detoxify or break down.

Ingredient 3

SEDENTARY LIFESTYLE

Being physically active and sweating often and daily are healthy natural ways the body operates.

KEY CONCEPT

Did you know that Enzymes run our whole body. Enzymes are made of 2 parts: an inactive protein skeleton and a cofactor that activates it. Almost all enzyme cofactors are vitamins and minerals. If you are deficient in vitamins and minerals your enzymes will not work or work properly. Minerals in food have declined over the past 50 - 70 years.

KEY CONCEPT

Unlike 64 other countries, the USA does not require labeling of Genetically Modified Organisms (GMO) foods; **If you are eating GMO, you are getting a lot of pesticide residues.** This makes eating organic even more important. Common GMOs: Corn, soy, canola, cotton, alfalfa, apples, sugar beets, AquAdvantage salmon, insulin.
[Learn more about GMO here.](https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond)
<https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond>

Did You Know?

ABOUT USA APPLES

80% of Apples grown in the US have a chemical called diphenylamine sprayed on them just after harvesting to keep them from turning brown. It breaks down into cancer causing nitrosamines which are linked to increased incidence of Alzheimer's Parkinson's and type 2 Diabetes. The European Union banned American Apples in 2012. And this is not the only chemical sprayed on apples.

EATING ORGANIC

Eating organic for 2 weeks makes a big difference. Urine tested of a family who switched to organic produce had 95% less toxins in their urine. Neurotoxic pesticide levels of the children who ate conventionally grown foods was nine times higher than those who ate from a local Co-op that had organically grown foods.

INDUSTRIAL AGRICULTURE

Industrial agriculture causes produce to get contaminated with herbicides and pesticides and insecticides are sprayed to keep the growth of weeds at bay.

GMO

GMO (Genetically Modified Organisms) are designed to be resistant to the effects of specific herbicides.

FARMING HAS CHANGED

70 years ago, small family farms were overtaken by larger agribusiness and soil replenishing techniques were swapped for synthetic fertilizers to increase profits by increasing yields. Phosphate is a major ingredient in synthetic fertilizers. It can release high levels of cadmium into the soil.

Further, this farming method does not put the trace minerals back in the soil. This causes the soil to become progressively more depleted. Produce grown in minerally depleted soil has a much greater change of absorbing metals like cadmium.

MODERN FIBER INTAKE

Did you know humans used to eat 100 - 150 grams of fiber daily. Today in Western Countries about 15 grams of fiber is consumed daily and 12 grams among non-Hispanic Blacks.

To put this in perspective: Fiber Content: 3 Apples is 15 g; 1 cup Broccoli = 2.4 g, 1 cup oats = 4 g; 1 cup quinoa = 5 g Fiber; 1 cup black berries = 8 g; 1 heaping Tbsp flax seed meal = 5 g

References:

Crinnion W, Pizzorno J. (2019). *Clinical Environmental Medicine*. Elsevier. St. Louis, Missouri
Pizzorno J. (2017). *The Toxin Solution*. Harper Collins. New York, NY

WEEK ONE

Gastro- Intestinal

- COLON CLEANS
- LIVER PROTECTION
- TISSUE REPAIR





Week 1 Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
- Brain Fog
- Dizziness
- Insomnia

Total:

EARS

- Itchy ears
- Ear aches, ear infections
- Drainage from ear
- Ringing in ears,
- hearing loss

Total:

EYES

- Watery or itchy eyes
- Swollen red and sticky eyelids
- Bags or circles under eyes
- Blurred or tunnel vision (this
- does not include near or

farsightedness)

Total:

NOSE

- Stuffy nose /Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total:

Week 1 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea,vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Week 1 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
 - Confusion, poor comprehension
 - Poor concentration
 - Poor physical coordination
 - Difficulty in making decisions
 - stuttering or stammering
 - Slurred speech
 - Learning disabilities
- Total:

EMOTIONS

- Mood swings
 - Anxiety, fear, nervousness
 - Anger, irritability, aggressiveness
 - Depression
- Total:

OTHER

- Frequent illness
 - Frequent or urgent urination
 - Genital itch or discharge
- Total:

GRAND TOTAL:



GastroIntestinal Detox

Step 1

MORNING

Upon Rising: Drink 2 cups of clean water or clean water with 1/2 - 1 whole fresh squeezed lemon juice

Make Breakfast, eat it once you get the urge to eat: 1 - 2 cups veggies

- Do the 5/5/5 breathing before your first bite
- Take 1 Tbsp **RepairVite** in 4 -8 oz Water
- Take 2 capsules **Hepatatone plus** and 2 cups of water
- Take 1 Packet **GI Synergy**

Step 2

MID DAY

Eat Lunch

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
- Increasing Fiber with 1 - 2 cup veggies
- Do the 5/5/5 breathing before your first bite
- Take 2 capsules of the **Hepatatone plus**
- 1 dropperful **Primary Detox** in 8 oz water
- drink 1 cup of water

Step 3

EVENING

Eat Dinner

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
 - Increasing Fiber with 1 - 2 cups veggies
 - Do the 5/5/5 breathing before your first bite
 - drink 1 cup of water
- Before bed:
- 2 capsules of **Cleanse More** with 8 oz water
 - Take 1 Capsule **Primal defense Ultra** on an empty stomach

AM SNACK

- Drink 2 cups of Water
- 1 cup Herbal Tea Optional: Green Tea, BNH 6 Spice tea, Uplifting Tea, or any that you like
- Snack List Options: Be ready so you don't blow your Detox
- Do Any Breathing Exercise You Like: Fire Breath, 5/5/5 Breathing, etc.
- This is a great time to take a 15 minute computer break, walk or 5 minutes of rebounding on a [trampoline](#)

HELPFUL VEGGIE MASH RECIPE

Download the [Veggie Mash Recipes](#) Here. You can use these recipes as gut supports, antioxidant and protein support as well as a great way to increase your daily fiber.

It can also serve as a total meal replacement.

PM SNACK

- Drink 2 cups of Water
- 1 cup Herbal Tea Optional: Green Tea, BNH 6 Spice tea, Uplifting Tea, or any that you like
- Snack List Options: Be Ready so you don't blow your Detox
- Do Any Breathing Exercise You Like: Fire Breath, 5/5/5 breathing, etc.
- This is a great time to take a 15 minute computer break, walk or 5 minutes of rebounding on a [trampoline](#)

What to Expect

WEEK 1 THE GUT

- We always want to start a cleanse while supporting Gut Health.
- Supplements Specific to GI Cleanse More, RepairVite, PGX fiber, Primal Defense Ultra

GOALS:

Better Elimination:

- Increase Bowel Movements, aiming for 2-3 per day; The colon Cleanse has herbs that improve transit times and soothe tissue.
- You can get added support adding an extra 5 g fiber with 1 apple or 1 cup berries and 1-2 cups water.
- Improve The Body's Microbiome which will help support additional detoxification, reducing some of the load from the liver.

Improving the Microbiome will do the following:

- *reduce endotoxins*
- *grow good gut microbes* that will make more Short Chain Fatty Acids which will:
 - Reduce cancer risk
 - Reduce cholesterol levels
 - Improve cellular integrity of all enterocytes
 - Improve mucosal barrier and tight junctions
 - Reduce intestinal and systemic inflammation
 - Improve anti-pathogen environment
 - Reduce candida, reducing candida biofilm and improve immune health
 - Improves mood

WHAT WE ARE DOING:

GI Tissue Repair

- We are starting to Bind the toxins with more fiber, getting them out of your body swiftly so that we are not recycling them back into the blood.
- We are *Repairing the gut* by using the RepairVite. You can add more food supports by eating the following:
 - bone broth; aloe vera gel
 - fresh cabbage juice - 1 quart per day;
 - quercetin 250 mg 2 times per day,
 - DGL 250 - 500mg 3 times per day (let the lozenges dissolve in the mouth).
- *Stop gut damage* moving forward: use gluten free, dairy (casein) free; clean water daily, avoid foods you are sensitive to.
- *Alkalinizing the urine* by eating 6- 9 cups of vegetables, whole foods and reducing sugar. This reduces renal re-uptake, reducing kidney load.
- Eating *whole foods* that produce alkaline ash
- Be Sure to eat *Fermented Foods* like: Sauerkraut, Kimchi, Kombucha, cultured vegetables, etc daily . You only need 1 Tbsp or 1-4 oz liquid with each meal.

Week 1 - Meal Plan

Breakfast

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

GLUTEN FREE BANANA NUT PANCAKES OR PEANUT BUTTER FLAX PANCAKES. FOR A "TRADITIONAL BREAKFAST/BRUNCH" ADD SMOKED SALMON HEATED TILL OPAQUE IN A SKILLET OR IN THE OVEN AND A SIDE OF BNH ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES AND ONIONS

MONDAY

3 OPTIONS - CHOOSE 1:

- EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS
- VEGETABLE HASH WITH FRIED EGGS
- ON THE GO EGG MUFFIN

TUESDAY

3 OPTIONS - CHOOSE 1:

- GREG IN SAN DIEGO'S ROASTED PECAN PUMPKIN SOUP (FRESH OR BPA FREE CANNED PUMPKIN)
- MINIMALIST BAKERS SIMPLE PUMPKIN SOUP (FRESH PUMPKIN)
- SWEET POTATO AND TAHINI SOUP

WEDNESDAY

4 OPTIONS - CHOOSE 1

- SIMPLE GLUTEN FREE OATMEAL WITH BERRIES
- ALMOST KETO OATMEAL
- EASY CHIA SEED PUDDING
- OVERNIGHT OATS

THURSDAY

3 OPTIONS - CHOOSE 1:

- SWISS CHARD AND ONION FRITTATA OR LEFTOVER MUSHROOM AND ASPARAGUS QUICHE WITH SAUTEED SWISS CHARD OR BOK CHOY OR SPINACH (LEAVE THE CHEESE OUT FOR THIS WEEK OR USE VEGAN CHEESE)
- FRANKIE COX'S BRASSICA BOWL WITH BOILED EGG
- EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS OR SAUTEED GREENS (BOK CHOY OR SPINACH) OR EGGS NESTED IN SWISS CHARD AND MUSHROOMS

FRIDAY

3 OPTIONS - CHOOSE 1:

- AMARANTH HOT CEREAL WITH CHERRIES AND WALNUTS
- BLUEBERRIES & CREAM AMARANTH
- BREAKFAST QUINOA

SATURDAY

2 OPTIONS - CHOOSE 1:

- BNH'S ADAPTED MUSHROOM AND ASPARAGUS QUICHE (AVOID DAIRY CHEESE - USE DAIRY FREE CHEESE HERE) WITH A 2 CLEMENTINES OR 1 ORANGE
- BNH VEGETABLE MASH SMOOTHIE

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 1 - Meal Plan

Lunch

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BOK CHOY STIR FRY WITH BLACK COD WITH A SIDE OF QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1 - 2 VEGGIE PATTIES

MONDAY

CITRUS SHRIMP LETTUCE WRAP TACOS WITH A SIDE OF MEGAN GILMORE'S MEDITERRANEAN CAULIFLOWER "RICE" SALAD AND 1 - 2 VEGGIE PATTIES

TUESDAY

LEFT OVER LENTIL SAGE SOUP WITH A SIDE OF BEET AND RED CABBAGE MIXTURE AND 1 VEGGIE PATTIE OPTIONAL

WEDNESDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD AND 1 SARDINES (WILD PLANET BPA FREE CANS) OR CANNED WILD CAUGHT SALMON OR LEFTOVER SHRIMP / COD / TROUT / SALMON AND 4 - 8 OZ BONE BROTH FOR SIPPING OR TURNED INTO A SOUP.

THURSDAY

LEFT OVER BLACK BEAN SOUP WITH QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1 VEGGIE PATTIE OPTIONAL

FRIDAY

HEIRLOOM TOMATO, CUCUMBER, AND RADISH SALAD WITH MAYO FREE TUNA SALAD (TUNA FROM CHUNK LIGHT BPA FREE CANS) OR ASIAN SPICED SALMON CAKES

SATURDAY

COOKIE + KATE'S VEGETARIAN SWEET POTATO CHILI WITH MEGAN GILMORE'S MEDITERRANEAN CAULIFLOWER "RICE" SALAD

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 1 - Meal Plan

Dinner

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BLACK BEAN SOUP CHARBEL BARKER'S JICAMA AND CUCUMBER SLAW WITH SWEET AND SPICY DRESSING AND CRISPY QUINOA SWEET POTATO FRITTERS

MONDAY

LENTIL SOUP AND BNH'S GARLICKY GREENS AND CRISPY QUINOA SWEET POTATO FRITTERS

TUESDAY

ANY SKILLET RECIPE - CHOOSE 1:

- BRASSICA STIR FRY WITH SALMON CAKES AND VEGGIE PATTIES (OPTIONAL)
- BASIC MEAT AND GREENS SKILLET OLIVIA RIBA'S
- MUSHROOM CAULIFLOWER "RICE" SKILLET RECIPE AND ROASTED BROCCOLI

WEDNESDAY

SWEET POTATO CASSEROLE BOATS, GREEN BEANS AND CITRUS CABBAGE SLAW

THURSDAY

ZOODLES, SPAGHETTI SQUASH, JULIENNED SUMMER SQUASH OR MIRACLE / SHIRATAKI NOODLES WITH TURKEY MEATBALLS AND YOUR FAVORITE MARINARA SAUCE AND ROASTED BROCCOLI AND CAULIFLOWER OR A KALE CAESAR SALAD

FRIDAY

ANY FISH FRIDAY - CHOOSE 1:

- CRISPY TROUT WITH LEMON CAPER SAUCE, BNH'S GARLICKY GREENS, CAULIFLOWER MASHED "POTATOES" OR MASHED TURNIPS
- YOUR FAVORITE BAKED FISH WITH BALSAMIC MUSHROOMS AND ONIONS OVER CAULIFLOWER RICE
- BAKED COD WITH GARLIC STRING BEANS AND SWEET POTATO FRIES

SATURDAY

COMFORT SATURDAY - CHOOSE 1 -

- SWEET POTATO BLACK BEAN BURGER (WITH GLUTEN FREE BUN / OR PORTOBELLO MUSHROOM BUN TOPS)
- SPICY RED CURRY CAULIFLOWER "WINGS" WITH JICAMA FRIES AND A KALE CAESAR SALAD.

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 1 - Meal Plan

Snack

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

- AM: BNH **VEGGIE MASH GREEN DRINK** WITH 15 - ¼ CUP RAW UNSALTED CASHEWS
- PM: WALNUTS WITH SLICED ORGANIC APPLES OR ORGANIC APPLE AND 15 - ¼ CUP RAW NUTS

MONDAY

- AM: ORGANIC APPLE AND 15 - ¼ CUP RAW NUTS
- PM: SNACK BAG SWEET MIX: ¼ CUP GLUTEN FREE OATS; ¼ CUP RAW NUTS, 1 TBSP RAISINS, 70% DARK CACAO; OPTIONAL: COCONUT MEAT, GOJI BERRIES OR MUESLI

TUESDAY

- AM: DAIRY FREE COCONUT YOGURT WITH CHOPPED ALMONDS AND ½ CUP BERRIES
- PM: CRUDITES (BROCCOLI, CAULIFLOWER, ZUCCHINI, CELERY, CARROTS) WITH CASHEW AND RICOTTA CHEESE DIP

WEDNESDAY

- AM: BNH VEGGIE MASH GREEN DRINK WITH 15 - ¼ CUP RAW UNSALTED CASHEWS
- PM: GLUTEN FREE CRACKERS WITH CASHEW OR ALMOND BUTTER

THURSDAY

- AM: CHIA SEED PUDDING
- PM: CRUDITES WITH MEGAN GILMORE'S CREAMY DILL DIP

FRIDAY

- AM: ANY SMOOTHIE OF YOUR CHOOSING
- PM: ORGANIC POPCORN WITH OLIVE OIL AND NUTRITIONAL YEAST

SATURDAY

- AM: ANY SMOOTHIE OF YOUR CHOOSING
- LENTIL CHIPS

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.



Shopping List

PRODUCE: VEGETABLES / FRUITS

- Cauliflower, Broccoli, Brussels' Sprouts, Cabbage (Red/White)
- Greens: collards, Kale, parsley, cilantro, Lettuce , Bok Choy
- Asparagus, green beans
- Onions, garlic, Leeks
- Mushrooms, summer squash, Jicama
- carrot, sweet potato, beets, sweet peppers
- Swiss Chard, Turnips
- Berries, Apples, oranges, avocado, pineapple,
- Fresh Herbs (ginger, thyme, Basil, sage); Fermented Foods: kombucha, Sauerkraut

PROTEIN

- Eggs
- Fresh / Frozen Fish (Cod, Trout, Salmon)
- Shrimp
- Sardines, Tuna, Salmon
- Lentils
- Beans: Kidney, Black, Black Eyed Peas
- Dairy Free Cheese (optional)
- coconut yogurt
- Raw Nuts
- Organic Ground Turkey or chicken

GRAINS / GRAINS LIKE SEEDS

- Gluten Free Oatmeal, Quinoa
- Flax Seeds, Chia Seeds
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch
- Tahini, Hummus
- Nut Butters: almond or cashew, etc
- Meusli
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- grocery item here
- grocery item here

PANTRY ITEMS / CONDIMENTS

- Can/Jar Tomatoes
- Olive Oil, coconut oil, Ghee
- Broth (Bone / Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Spices: cumin, paprika, Black peppercorns, cinnamon, Ginger, Dill, Caraway Seeds, oregano,
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers
- Nutritional Yeast
- Vinegars: Apple Cider, Rice Wine, Balsamic,
- cacao, 70% dark chocolate
- Stevia - Optional

WEEK TWO

Parasite Cleanse





Week 2 Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
- Brain Fog
- Dizziness
- Insomnia
- Total:

EARS

- Itchy ears
- Ear aches, ear infections
- Drainage from ear
- Ringing in ears,
- hearing loss
- Total:

EYES

- Watery or itchy eyes
- Swollen red and sticky eyelids
- Bags or circles under eyes
- Blurred or tunnel vision (this does not include near or farsightedness)
- Total:

NOSE

- Stuffy nose /Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation
- Total:

Week 2 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea,vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Week 2 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
 - Confusion, poor comprehension
 - Poor concentration
 - Poor physical coordination
 - Difficulty in making decisions
 - stuttering or stammering
 - Slurred speech
 - Learning disabilities
- Total:

EMOTIONS

- Mood swings
 - Anxiety, fear, nervousness
 - Anger, irritability, aggressiveness
 - Depression
- Total:

OTHER

- Frequent illness
 - Frequent or urgent urination
 - Genital itch or discharge
- Total:

GRAND TOTAL:



Parasite Cleanse

Step 1

MORNING

Upon Rising: Drink 2 cups of clean water or clean water with 1/2 - 1 whole fresh squeezed lemon juice

Make Breakfast, eat it once you get the urge to eat: 1 - 2 cups veggies

- Do the 5/5/5 breathing before your first bite
- Take 1 Tbsp **RepairVite** in 4 - 8 oz Water
- Take 2 capsules **Hepatatone plus** and 2 cups of water
- Take 1 Packet **GI Synergy**

Step 2

MID DAY

Eat Lunch

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
- 1 - 2 cup veggies
- Do the 5/5/5 breathing before your first bite
- Take 2 capsules of the **Hepatatone plus**
- 1 dropperful **Primary Detox** in 8 oz water
- drink 1 cup of water

Step 3

EVENING

Eat Dinner

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
 - 1 - 2 cups veggies
 - Do the 5/5/5 breathing before your first bite
 - drink 1 cup water
- Before bed:
- 2 capsules of **Cleanse More** with 8 oz water
 - Take 2 Capsule **Primal defense Ultra** on an empty stomach

ABOUT GI SYNERGY

NOTE: GI Synergy

Contains Walnuts. Do NOT

TAKE if you are allergic to

Walnuts. Talk to your

Nutritionist about

alternatives: Oregano Oil,

Berberine, Garlic

SNACKS - AM & PM

- Drink 2 cups of Water
- 1 cup Herbal Tea Optional: Green Tea, BNH 6 Spice tea, Uplifting Tea, or any that you like
- Snack List Options: Be Ready so you don't blow your Detox
- Do Any Breathing Exercise You Like: Fire Breath, 5/5/5 etc
- This is a great time to take a 15 minute computer break, walk or 5 minutes of rebounding on a trampoline

What to Expect

THE MICROBIOME, PARASITES & LPS- ENDOTOXINS

WEEK 2 PARASITE CLEANSE

While supporting Gut Health we are also doing an antimicrobial cleanse removing and yeast, bacteria, parasites. We are also balancing good gut microbes needed for health.

The supplements specific to this are:

- GI Synergy (*contains Walnuts*)
(cleansing the microbes we want to remove)
- Primal Defense Ultra (balancing good gut microbes)

We will kill the bad bacteria in the gut we will use the colon cleanse and the parasite cleanse supplements; extra 5 grams of fiber 3 times daily, adding Raw garlic cloves 2 cloves 3 times a day for 1 week may also be added or used in raw salads and dressings.

Bind the toxins released from the bad bacteria when they die by using high Fiber 6- 9 cups of vegetables daily in the Meal Plan. May use activated charcoal as needed. Continue to Drink 8 (8oz) cups of clean water daily. Add 1 extra cup of berries if needed.

Reseed the good gut bacteria -

- use 1 Tbsp or 1 oz fermented foods with each meal or you can get a probiotic; Aim to use Fermented Sauerkraut and and its juices and / or Kombucha

The function of the Microbiome:

- affects how we metabolize hormones and end products with our gut.
- Determines if you can clear hormones and toxins
- the microbiome acts like the liver it does phase 1 and phase 2 biotransformation pathways
- some gut microbes can activate flavonoids

Bacteria make short chain fatty acids butyrate and postbiotics which are polysaccharides. They are signaling agents - that bacteria make and they turn down inflammation in autoimmune disease

WHAT AFFECTS THE MICROBIOME

- Genetics
 - Environmental Influences: Getting environmental toxins down to prevent them from destroying your microbiome,
 - Diet
 - Neurotransmitters and Metabolites: this is the brain gut axis. It affects how our brains fire and our gut motility; We need to have communication from our brain to our gut to move food, which then changes our endocrine function and our immune function and allows us to release enzymes and have blood flow, they all have to work;
 - If pills cause problems: brain gut access disorder
 - If you eat really slowly usually they can't make saliva well: that's an endocrine issue; disautonomia an early neurodegenerative disease
- Host Health and Immune Function

Lets Learn About the Parasite Cleanse ?

THE GUT & BRAIN FUNCTION

The Gut and its microbiome and function impacts the brain. When dendritic and T-cells in the gut get inflamed the brain gets inflamed too. The liver Kupffer cells can also get inflamed. The primary function of the Kupffer cell is to remove foreign debris and particles that comes from the portal blood vessel system when passing through the liver.

DIFFERENT GUT AND ORGAN AXISES:

- Gut Brain Axis
- Gut Thyroid Axis
- Gut Lung Axis: intestinal disturbances affect the lung; you may need to treat the asthma to fix the gut. Sometimes you have to fix everything else to fix the gut especially if you have tried fixing the gut already.
- Gut Thyroid Axis: Altered microbiome affects thyroid hormones by regulating iodine uptake, break down and enterohepatic cycling as does Selenium, Iron and Zinc
- Gut and Hormones (microbial Endocrinology): The gut controls hypothalamic activity. This directly affects endocrine function and then the endocrine hormones have an affect on the microbiome; 20 - 30 % of hormones are activated by gut microbiota
- Urologic Disorder and the Gut Axis

GI CLINICAL AXIS DISORDERS

- GI Clinical Axis Disorders due to Autoimmune: Celiac, Crohn's, Autoimmune gastritis, Ulcerative colitis, irritable bowel syndrome (IBS)
- GI Clinical Axis Disorders Due to metabolic conditions: Gallstones (choledochlithiasis); Bowel Incontinence (metabolic and brain axis)
- GI Clinical Axis Disorders Due to Infection: Hypochlorhydria, Ulcer intestinal, Dyspepsia, Gastritis due to infection, Acute and chronic cholecystitis, Duodenal ulcer, Malabsorption syndrome, Colitis infection, Diverticulitis, Colorectal cancer
- GI Clinical Axis disorders Due to Neurological Disorder (can be neurodegenerative or neurodevelopmental): Smell hypoxia, Taste hypogeusia, Mastication, Saliva production, Swallowing dysphagia, Cyclic vomiting syndrome nausea, Globus, Achalasia, Functional dyspepsia, Gastroesophageal reflux disease, Gastroparesis, Biliary dyskinesia, Sphincter of Oddi Dysfunction, *Small intestinal bacterial overgrowth (SIBO)*, Intestinal pseudo obstruction (intestinal motility), Bowel incontinence.

Lets Learn **More** About the Parasite Cleanse ?

FOODS THAT SUPPORT HEALTHY GUT FUNCTION

HIGH FIBER FOODS

- Vegetables multiple colors
- Aim for 6-9 cups of vegetables daily from different groups
- seaweed
- Shirataki noodles (Miracle Noodles, Miracle Rice) from Konjac root
- Psyllium
- flax seed / chia seeds

FERMENTED FOODS

- Sauerkraut
- Kimchi
- Kefir
- Kombucha
- Pickled Vegetables

Fermented Foods are Key to making Short Chain Fatty Acids (SCFA) like Butyrate which is needed in ALL gut Axis health.

SCFAs likes butyrate fuel diversity in all of the microbiomes in the other gut axis. This is why eating 6 - 9 cups of vegetables daily works so well.

NOTE: when people get worse from eating more fiber rich vegetables it means they have a motility issues. They can't move their food. People will get bloated when they first start eating fermented foods so start slow and eventually as they increase it the bloating will go away.

NATURAL ANTIMICROBIALS

- Apple Cider Vinegar
- Garlic
- Onions
- The BNH 6 Spice Tea

SUPERFOODS

- Berries
- Avocado
- Olive oil

SUPPLEMENTAL SCFA

- Butyrate
- Acetate
- Propionate



WHAT WE ARE DOING THIS WEEK

- We are using the Parasite Cleanse to Get LPS-Endotoxins down and Remove BioFilms using the herbs in the GI Synergy: Wormwood, black walnut hulls, Berberine, Neem; Cinnamon & clove also help this
- We continue to use the RepairVite to heal the gut/intestinal permeability caused by them. The following will also help to heal gut/intestinal permeability: SCFA, glutamine, bone broth, vitamin D

Week 2-Meal Plan

Breakfast

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

GLUTEN FREE BANANA NUT PANCAKES OR PEANUT BUTTER FLAX PANCAKES. FOR A "TRADITIONAL BREAKFAST/BRUNCH" ADD SMOKED SALMON HEATED TILL OPAQUE IN A SKILLET OR IN THE OVEN AND A SIDE OF BNH ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES AND ONIONS (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS
- VEGETABLE HASH WITH FRIED EGGS
- ON THE GO EGG MUFFIN

TUESDAY

3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- GREG IN SAN DIEGO'S ROASTED PECAN PUMPKIN SOUP (FRESH OR BPA FREE CANNED PUMPKIN)
- MINIMALIST BAKERS SIMPLE PUMPKIN SOUP (FRESH PUMPKIN)
- SWEET POTATO AND TAHINI SOUP.

WEDNESDAY

4 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- SIMPLE GLUTEN FREE OATMEAL WITH BERRIES
- ALMOST KETO OATMEAL
- EASY CHIA SEED PUDDING
- OVERNIGHT OATS

THURSDAY

3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ OF FERMENTED FOOD)

- SWISS CHARD AND ONION FRITTATA OR LEFTOVER MUSHROOM AND ASPARAGUS QUICHE WITH SAUTEED SWISS CHARD OR BOK CHOY OR SPINACH (LEAVE THE CHEESE OUT FOR THIS WEEK OR USE VEGAN CHEESE)
- FRANKIE COX'S BRASSICA BOWL WITH BOILED EGG
- EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS OR SAUTEED GREENS (BOK CHOY OR SPINACH) OR EGGS NESTED IN SWISS CHARD AND MUSHROOMS

FRIDAY

3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- AMARANTH HOT CEREAL WITH CHERRIES AND WALNUTS
- BLUEBERRIES & CREAM AMARANTH
- BREAKFAST QUINOA

SATURDAY

2 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- BNH'S ADAPTED MUSHROOM AND ASPARAGUS QUICHE (AVOID DAIRY CHEESE - USE DAIRY FREE CHEESE HERE) WITH A 2 CLEMENTINES OR 1 ORANGE
- BNH VEGETABLE MASH SMOOTHIE

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 2-Meal Plan

Lunch

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BOK CHOY STIR FRY WITH BLACK COD WITH A SIDE OF QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1 - 2 VEGGIE PATTIES -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

CITRUS SHRIMP LETTUCE WRAP TACOS WITH A SIDE OF MEGAN GILMORE'S MEDITERRANEAN CAULIFLOWER "RICE" SALAD AND 1 -2 VEGGIE PATTIES -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

LEFT OVER LENTIL SAGE SOUP WITH A SIDE OF BEET AND RED CABBAGE MIXTURE AND 1 VEGGIE PATTIE OPTIONAL - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

WEDNESDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD AND 1 SARDINES (WILD PLANET BPA FREE CANS) OR CANNED WILD CAUGHT SALMON OR LEFTOVER SHRIMP / COD / TROUT / SALMON AND 4 - 8 OZ BONE BROTH FOR SIPPING OR TURNED INTO A SOUP - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

LEFT OVER BLACK BEAN SOUP WITH QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1 VEGGIE PATTIE OPTIONAL - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

HEIRLOOM TOMATO, CUCUMBER, AND RADISH SALAD WITH MAYO FREE TUNA SALAD (TUNA FROM CHUNK LIGHT BPA FREE CANS) OR ASIAN SPICED SALMON CAKES -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

SATURDAY

COOKIE + KATE'S VEGETARIAN SWEET POTATO CHILI WITH MEGAN GILMORE'S MEDITERRANEAN CAULIFLOWER "RICE" SALAD- (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 2-Meal Plan

Dinner

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BLACK BEAN SOUP CHARBEL BARKER'S JICAMA AND CUCUMBER SLAW WITH SWEET AND SPICY DRESSING AND CRISPY QUINOA SWEET POTATO FRITTERS -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

LENTIL SOUP AND BNH'S GARLICKY GREENS AND CRISPY QUINOA SWEET POTATO FRITTERS - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

ANY SKILLET RECIPE - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- BRASSICA STIR FRY WITH SALMON CAKES AND VEGGIE PATTIES (OPTIONAL)
- BASIC MEAT AND GREENS SKILLET OLIVIA RIBA'S
- MUSHROOM CAULIFLOWER "RICE" SKILLET RECIPE AND ROASTED BROCCOLI -

WEDNESDAY

TURKEY CHILI AND RICE WITH GARLICKY GREENS-(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

ZOODLES, SPAGHETTI SQUASH, JULIENNED SUMMER SQUASH OR MIRACLE / SHIRATAKI NOODLES WITH TURKEY MEATBALLS AND YOUR FAVORITE MARINARA SAUCE AND ROASTED BROCCOLI AND CAULIFLOWER OR A KALE CAESAR SALAD -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

ANY FISH FRIDAY - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- CRISPY TROUT WITH LEMON CAPER SAUCE, BNH'S GARLICKY GREENS, CAULIFLOWER MASHED "POTATOES" OR MASHED TURNIPS
- YOUR FAVORITE BAKED FISH WITH BALSAMIC MUSHROOMS AND ONIONS OVER CAULIFLOWER RICE
- BAKED COD WITH GARLIC STRING BEANS AND SWEET POTATO FRIES

SATURDAY

COMFORT SATURDAY - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- SWEET POTATO BLACK BEAN BURGER (WITH GLUTEN FREE BUN / OR PORTOBELLO MUSHROOM BUN TOPS)
- SPICY RED CURRY CAULIFLOWER "WINGS" WITH JICAMA FRIES AND A KALE CAESAR SALAD.

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 2-Meal Plan

Snack

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

- AM: BNH VEGGIE MASH GREEN DRINK WITH 1 CUP BERRIES 15 - ¼ CUP RAW UNSALTED CASHEWS
- PM: WALNUTS WITH SLICED ORGANIC APPLES OR ORGANIC APPLE AND 15 - ¼ CUP RAW NUTS
 - **ADD 1/4 - 1/2 OF AN AVOCADO OR GUACAMOLE WITH VEGGIES**

MONDAY

- AM: ORGANIC APPLE AND 15 - ¼ CUP RAW NUTS AND 1/2 CUP OF BERRIES
- PM: SNACK BAG SWEET MIX: ¼ CUP GLUTEN FREE OATS; ¼ CUP RAW NUTS, 1 TBSP RAISINS, 70% DARK CACAO; OPTIONAL: COCONUT MEAT, GOJI BERRIES OR MUESLI

TUESDAY

- AM: DAIRY FREE COCONUT YOGURT WITH CHOPPED ALMONDS AND ½ CUP BERRIES
- PM: CRUDITES (BROCCOLI, CAULIFLOWER, ZUCCHINI, CELERY, CARROTS) WITH CASHEW AND RICOTTA CHEESE DIP
 - **ADD 1/4 - 1/2 OF AN AVOCADO OR GUACAMOLE WITH VEGGIES**

WEDNESDAY

- AM: BNH VEGGIE MASH GREEN DRINK WITH 1 CUP BERRIES WITH 15 - ¼ CUP RAW UNSALTED CASHEWS
- PM: GLUTEN FREE CRACKERS WITH CASHEW OR ALMOND BUTTER AND 1/2 CUP BERRIES OR **1/4 - 1/2 OF AN AVOCADO OR GUACAMOLE**

THURSDAY

- AM: CHIA SEED PUDDING
- PM: CRUDITES WITH MEGAN GILMORE'S CREAMY DILL DIP
 - **ADD 1/4 - 1/2 OF AN AVOCADO OR GUACAMOLE WITH VEGGIES**

FRIDAY

- AM: ANY SMOOTHIE OF YOUR CHOOSING MADE WITH 1 CUP BERRIES
- PM: ORGANIC POPCORN WITH OLIVE OIL AND NUTRITIONAL YEAST

SATURDAY

- AM: ANY SMOOTHIE OF YOUR CHOOSING
- LENTIL CHIPS
 - **ADD 1/4 - 1/2 OF AN AVOCADO OR GUACAMOLE WITH VEGGIES**

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.



Shopping List

PRODUCE: VEGETABLES / FRUITS

- Cauliflower, Broccoli, Brussels' Sprouts, Cabbage (Red/White)
- Greens: collards, Kale, parsley, cilantro, Lettuce , Bok Choy
- Asparagus, green beans
- Onions, **garlic**, Leeks
- Mushrooms, summer squash, Jicama
- carrot, sweet potato, beets, sweet peppers
- Swiss Chard, Turnips
- **Berries**, Apples, oranges, **avocado**, pineapple,
- Fresh Herbs (ginger, thyme, Basil, sage); **Fermented Foods: kombucha, Sauerkraut**

PROTEIN

- Eggs
- Fresh / Frozen Fish (Cod, Trout, Salmon)
- Shrimp
- Sardines, Tuna, Salmon
- Lentils
- Beans: Kidney, Black, Black Eyed Peas
- Dairy Free Cheese (optional)
- coconut yogurt
- Raw Nuts
- Organic **Ground Turkey** or chicken

GRAINS / GRAINS LIKE SEEDS

- Gluten Free Oatmeal, Quinoa
- Flax Seeds, Chia Seeds
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch
- Tahini, Hummus
- Nut Butters: almond or cashew, etc
- Meusli
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- Rice
- millet

PANTRY ITEMS / CONDIMENTS

- Can/Jar Tomatoes
- **Olive Oil**, coconut oil, Ghee
- Broth (Bone / Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Spices: cumin, paprika, Black peppercorns, cinnamon, Ginger, Dill, Caraway Seeds, oregano,
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers
- Nutritional Yeast
- Vinegars: **Apple Cider, Rice, Wine, Balsamic,**
- cacao, 70% dark chocolate
- Stevia - Optional

WEEK THREE

Liver cleanse

LIVER DETOXIFICATION
PATHWAYS I & II





Week 3 Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
- Brain Fog
- Dizziness
- Insomnia

Total:

EARS

- Itchy ears
- Ear aches, ear infections
- Drainage from ear
- Ringing in ears,
- hearing loss

Total:

EYES

- Watery or itchy eyes
- Swollen red and sticky eyelids
- Bags or circles under eyes
- Blurred or tunnel vision (this
- does not include near or

farsightedness)

Total:

NOSE

- Stuffy nose /Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total:

Week 3 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.

0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea,vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Week 3 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
 - Confusion, poor comprehension
 - Poor concentration
 - Poor physical coordination
 - Difficulty in making decisions
 - stuttering or stammering
 - Slurred speech
 - Learning disabilities
- Total:

EMOTIONS

- Mood swings
 - Anxiety, fear, nervousness
 - Anger, irritability, aggressiveness
 - Depression
- Total:

OTHER

- Frequent illness
 - Frequent or urgent urination
 - Genital itch or discharge
- Total:

GRAND TOTAL:



Liver Cleansing & Toning

Step 1

MORNING

Upon Rising: Drink 2 cups of clean water or clean water with 1/2 - 1 whole fresh squeezed lemon juice

Make Breakfast, eat it once you get the urge to eat: **3 cups veggies**

- Do the 5/5/5 breathing before your first bite
- Take 1 Tbsp **RepairVite** in 4-8 oz Water
- Take 2 capsules **Hepatatone plus** and 2 cups of water
- Take 1 Packet **GI Synergy**
- **5 Extra grams of fiber**

Step 2

MID DAY

Eat Lunch

3 cups veggies

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
- Do the 5/5/5 breathing before your first bite
- Take 2 capsules of the **Hepatatone plus**
- 1 dropperful **Primary Detox** in 8 oz water
- drink 1 cup of water
- **5 Extra grams of fiber**

Step 3

EVENING

Eat Dinner

3 cups veggies

- Before the meal - take 1 scoop **PGX fiber** in 8 oz water
 - Do the 5/5/5 breathing before your first bite
 - drink 1 cup of water
 - **5 extra grams of fiber**
- Before bed:
- 2 capsules of **Cleanse More** with 8 oz water
 - Take **3 Capsule Primal defense Ultra** on an empty stomach

THIS WEEK WE AIM TO INCREASE FIBER BY AT LEAST **15 EXTRA GRAMS DAILY**

- 1 Tbsp Chia seed = 5 g fiber
- 1 cup blueberries = 8 g fiber
- 1 cup raspberries = 5 g fiber
- 1 cup blackberries = 5 g fiber
- 1 Granny Smith apple = 5 g fiber

SNACKS - AM & PM

- Drink 2 cups of Water
- 1 cup Herbal Tea Optional: Green Tea, BNH 6 Spice tea, Uplifting Tea, or any that you like
- Snack List Options: Be Ready so you don't blow your Detox
- Do Any Breathing Exercise You Like: Fire Breath, 5/5/5 etc
- This is a great time to take a 15 minute computer break, walk or 5 minutes of rebounding on a trampoline

Lets Learn About Supporting Liver Detox Pathways

LIVER IS KEY TO A SUCCESSFUL DETOX

The liver is key to a successful detoxification. Health and Vitality are based on your liver's ability to detoxify by processing, neutralizing, excreting chemical toxins from food, agriculture, industry and consumer products but also the toxins that are generated by our own bodies.

It filters the blood to get rid of larger toxins; synthesizes and secretes bile to get rid of fat soluble toxins. It uses enzymes to break down toxic chemicals.

CAN I JUST EAT CLEAN

If a person's enzymes systems within the liver are poisoned by chemical and metal toxins, all the right foods and all the nutritional supplements will not do much good.

GUT / LIVER / BLOOD CONNECTION

Before toxins get in the bloodstream from the digestive system, they must travel through the liver by way of the portal vein that travels from the gut to the liver. It carries healthy vitamins and minerals. It also carries the chemicals, herbicides and pesticides, BPA, phthalates from the plastic containers and non stick pots and pans that contaminate the food we eat.

LIVER FUNCTION

Even a small decrease in liver function allows a lot more toxins to pass into the blood. It is possible to regenerate your liver as long as it is not weakened beyond repair.

FIBER & ELLIMINATION

Fiber is so important to detoxification because as toxins are dissolved by the bile from the gallbladder, consumed fiber absorbs the toxin-saturated bile. When your gut excretes that fiber through your stool it releases a portion of your toxic load. This is why being regular and having 2-3 bowel movements daily is so important to health and detoxification.

LIVER ENZYMES

The liver enzymes (break down unwanted chemicals so they can be harmlessly released or so they can bind to other molecules that deactivate them so they are easier to release). They deactivate: industrial chemicals, agricultural chemicals, chemicals from consumer products, toxins from the gut, drugs, normal body chemicals such as hormones estrogen and testosterone, inflammatory chemicals such as histamines and prostaglandins.

Lets Learn **MORE** About Liver Detox Pathways

WHY DO I FEEL WORSE?

When toxin release begins, the person's symptoms might actually get worse. This shows that your body is releasing unwanted substances through every route available.

These symptoms should improve or clear up completely by the second week. The more toxins you have to excrete, the more symptoms you will likely experience and the longer it will take to remove the toxins from your body.

GLUTATHIONE

The most important antioxidant in the body is glutathione (GSH). It neutralizes free radicals, especially those produced in phase I of liver detoxification.

PHASE I - LIVER DETOXIFICATION

Liver detoxification happens in 2 phases (phase I - can sometimes make toxins even more toxic while they await going to phase II and if you have a slower phase II and a faster phase I body, this can become a problem). Glutathione also supports phase II. If your glutathione gets used up, your liver may be more susceptible to liver damage by free radicals

SUPPRESSORS OF PHASE I

Things that suppress Phase I detoxification: Benzodiazepine antidepressants (Centrax, Librium, Prozac, Valium), Cimetidine and other stomach acid secretion blocking drugs (used for stomach ulcers), Ketoconazole, Sulfaphenazole, Grapefruit / grapefruit juice, Capsaicin from red chili pepper, Eugenol from clove oil.

SUPPORTERS OF PHASE I

Foods and nutrients that support Phase I detoxification: Brassica foods (Cabbage, broccoli, Brussels sprouts), B vitamins (nutritional yeast, whole grains), Vitamin C

FOODS TO MAKE GLUTATHIONE

The body makes glutathione by using foods rich in cysteine and other nutrients from fresh fruits and vegetables: avocados, cooked fish, dairy products, walnuts and meat, sesame and sunflower seeds, walnuts.

SUPPLEMENTS TO INCREASE GLUTATHIONE

Supplemental N-acetyl cysteine (NAC) raises the bodies ability to make glutathione in the blood, liver, cellular and mitochondrial levels. You can also use Topical glutathione supplements, Liposomal glutathione

DEFICIENCY

Deficiencies of glutathione are increased in the following conditions: Adult respiratory distress syndrome (ARDS), Age-related hearing, Atherosclerosis, brain dysfunction, cancer, cardiovascular disease, cataract formation, chronic obstructive pulmonary disease (COPD), Cystic fibrosis, Drug sensitivity, Dubin-Johnson syndrome, Emphysema, Hemolytic anemia, Hepatic cirrhosis, HIV infection, hypoglycemia, idiopathic pulmonary fibrosis, kidney stones, metabolic acidosis, multi-drug resistance, myocardial infarction, osteoporosis, reduced inflammatory response, schizophrenia; Large amounts of the elderly population; Low vitamin B6 causes low glutathione production.

Lets Learn **EVEN MORE** About Liver Detox Pathways

DETOXING AS WE AGE

Did you know that as we age our DNA ages and becomes damaged by toxins. We typically lose our ability to increase production of enzymes for detox on demand and the detox enzymes progressively become less effective. This is why we need to detox regularly and

SIGNS YOUR LIVER IS NOT DETOXING EFFECTIVELY

Signs and Symptoms to know your Liver is not detoxifying effectively:

- Adverse reactions to sulfite food additives (commercial potato salad, salad bars, wine and dried fruit)
- Asthma reaction after eating at a restaurant
- Caffeine intolerance (even small amounts keep you awake at night)
- A strong urine odor after eating asparagus
- Feeling sick after eating garlic
- Yellow discoloration of eyes and skin, not due to hepatitis
- Intolerance to perfumes or strong odors

SUPPRESSORS OF PHASE II

What slows down Phase II detoxification: Depleted glutathione stores (due to toxin overload, alcohol consumption, regular use of NSAIDS), Poorly functioning mitochondria, Specific nutrient deficiencies, inadequate exercise, Low levels of thyroid hormone

FOODS THAT SUPPORT PHASE II DETOXIFICATION

Foods that support Phase II detoxification:

- Brassica-family foods (cabbage, broccoli and Brussels Sprouts)
- Limonene containing foods (citrus peel, dill oil, caraway oil)
- Glycine (amino acid in turkey, seaweed and soy)
- Protein rich foods (small fish, eggs, Swiss cheese, feta)
- Choline rich foods (lecithin, eggs), folic acid (green leafy vegetables), B12 (animal products or supplements)
- NAC and foods high in cysteine (dairy products, beans, whole grains)
- B Vitamins (yeast, whole grains) Vitamin C (peppers, cabbage, citrus fruits)
- Fish oil. (I like the combination Nordic Naturals: Omega CoQ10 and Omega CRP)

Week 3-Meal Plan

Breakfast

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

GLUTEN FREE BANANA NUT PANCAKES OR PEANUT BUTTER FLAX PANCAKES. FOR A "TRADITIONAL BREAKFAST/BRUNCH" ADD SMOKED SALMON HEATED TILL OPAQUE IN A SKILLET OR IN THE OVEN AND A SIDE OF BNH ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES AND ONIONS (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

- 3 OPTIONS - CHOOSE 1:(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)
- EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS WITH 1/2 - 1 CUP OATMEAL
 - VEGETABLE HASH WITH FRIED EGGS WITH 1/2 - 1 CUP OATMEAL
 - ON THE GO EGG MUFFIN WITH 1/2 - 1 CUP OATMEAL

TUESDAY

- 3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)
- GREG IN SAN DIEGO'S ROASTED PECAN PUMPKIN SOUP (FRESH OR BPA FREE CANNED PUMPKIN) AND 2 BOILE EGGS AND 1-2 CLEMENTINE OR 1 ORANGE
 - MINIMALIST BAKERS SIMPLE PUMPKIN SOUP (FRESH PUMPKIN)
 - SWEET POTATO AND TAHINI SOUP AND 2 BOILED EGGS AND 1 CLEMENTINE /ORANGE

WEDNESDAY

- 4 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)
- SIMPLE GLUTEN FREE OATMEAL WITH BERRIES AND 2 EGGS ANY STYLE
 - ALMOST KETO OATMEAL AND 2 EGGS ANY STYLE
 - EASY CHIA SEED PUDDING AND 2 EGGS ANY STYLE
 - OVERNIGHT OATS AND 2 EGGS ANY STYLE

THURSDAY

- 3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ OF FERMENTED FOOD)
- SWISS CHARD AND ONION FRITTATA OR LEFTOVER MUSHROOM AND ASPARAGUS QUICHE WITH SAUTEED SWISS CHARD OR BOK CHOY OR SPINACH (LEAVE THE CHEESE OUT FOR THIS WEEK OR USE VEGAN CHEESE) AND 1 CLEMENTINE OR ORANGE
 - FRANKIE COX'S BRASSICA BOWL WITH BOILED EGG AND 1-2 CLEMENTINE OR 1 ORANGE
 - EGGS OVER EASY, HARD OR SCRAMBLED WITH CHOPPED BRUSSELS SPROUTS OR SAUTEED GREENS (BOK CHOY OR SPINACH) OR EGGS NESTED IN SWISH CHARD AND MUSHROOMS AND 1-2 CLEMENTINE OR 1 ORANGE

FRIDAY

- 3 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)
- AMARANTH HOT CEREAL WITH CHERRIES AND WALNUTS
 - BLUEBERRIES & CREAM AMARANTH
 - BREAKFAST QUINOA

SATURDAY

- 2 OPTIONS - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)
- BNH'S ADAPTED MUSHROOM AND ASPARAGUS QUICHE (AVOID DAIRY CHEESE - USE DAIRY FREE CHEESE HERE) WITH 2 CLEMENTINES OR 1 ORANGE
 - BNH VEGETABLE MASH SMOOTHIE AND 2 EGGS AND 1-2 CLEMENTINE / 1 ORANGE

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 3-Meal Plan

Lunch

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BOK CHOY STIR FRY WITH SHRIMP OR COD OR OYSTERS OR TROUT WITH A SIDE OF QUICK CITRUSY CABBAGE SLAW (MAYO FREE) WITH 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1/2 - 1 CUP **BEANS** - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP **BEANS** AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1 CAN SARDINES (WILD PLANET BPA FREE CANS) OR MACKEREL, (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 3 OZ **SWISS OR FETA CHEESE** AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1 CAN SARDINES (WILD PLANET BPA FREE CANS) OR MACKEREL, (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

WEDNESDAY

LEFT OVER 1/2 - 1 CUP **BLACK BEAN SOUP** WITH QUICK CITRUSY CABBAGE SLAW (MAYO FREE), 3 OZ SHRIMP OR COD OR OYSTERS OR TROUT AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** ON THE SLAW- (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 3 OZ **SWISS OR FETA CHEESE** AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1 CAN SARDINES (WILD PLANET BPA FREE CANS) OR MACKEREL, (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP **BEANS**, AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1 CAN SARDINES (WILD PLANET BPA FREE CANS) OR MACKEREL, (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

SATURDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 3 OZ **SWISS OR FETA CHEESE** AND 1 TBSP **SUNFLOWER OR SESAME SEEDS** AND 1 PAN SEARED SHRIMP (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 3-Meal Plan

Dinner

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BLACK BEAN SOUP OR SALMON CAKES WITH COOKED BRUSSELS SPROUTS WITH DILL AND CARAWAY AND QUINOA - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

TURKEY CHILI AND QUINOA WITH COOKED CABBAGE OR BOK CHOY WITH DILL AND CARAWAY, AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

ANY SKILLET RECIPE - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- BRASSICA STIR FRY WITH SALMON CAKES AND COOKED CABBAGE WITH DILL AND CARAWAY AND QUINOA
- TURKEY MEATBALLS OR MEAT SAUCE WITH MUSHROOM CAULIFLOWER "RICE" SKILLET RECIPE AND ROASTED BROCCOLI WITH DILL AND CARAWAY AND QUINOA
- SHRIMP AND BROCCOLI STIRFY WITH DILL AND CARAWAY AND QUINOA

WEDNESDAY

SALMON CAKES OR ANY FISH WITH BNH'S GARLICKY GREENS WITH DILL AND CARAWAY AND QUINOA - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

TURKEY MEATBALLS AND YOUR FAVORITE MARINARA SAUCE OR TURKEY MEAT SAUCE AND ROASTED ASPARAGUS WITH DILL AND CARAWAY AND QUINOA - (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

ANY FISH FRIDAY - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- CRISPY TROUT WITH LEMON CAPER SAUCE, BNH GARLICKY GREENS WITH DILL AND CARAWAY AND QUINOA
- YOUR FAVORITE BAKED FISH WITH BALSAMIC MUSHROOMS AND ONIONS AND BNH GARLICKY GREENS AND QUINOA

SATURDAY

SAVORY SATURDAY - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- PAN SEARED SHRIMP WITH ROASTED BROCCOLI / CAULIFLOWER MIX, 1/2 CUP QUINOA AND SWEET POTATO FRIES
- LETTUCE WRAP TURKEY BURGER WITH ROASTED BROCCOLI / CAULIFLOWER MIX, 1/2 CUP QUINOA AND SWEET POTATO FRIES.

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 3-Meal Plan

Snack

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

- AM: NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS, RAISINS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: 1/4 - 1/2 OF AN AVOCADO SLICED OR 1/4 - 1/2 CUP GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS

MONDAY

- AM: NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS & RAISINS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- ARTICHOKE HEARTS ½ - 1 CUP; 1 CLEMENTINE/ORANGE

TUESDAY

- AM: ½ CUP BEAN DIP WITH CRUDITE VEGETABLES & CLEMENTINE / ORANGE
- PM: ARTICHOKE HEARTS ½ - 1 CUP OR ROASTED ARTICHOKE; 1 APPLE

WEDNESDAY

- AM: NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS, RAISING; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: AVOCADO SLICES OR GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS

THURSDAY

- AM: ½ CUP HUMMUS WITH CRUDITE VEGETABLES CLEMENTINE / ORANGE
- PM: AVOCADO SLICES OR GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS; 1 CLEMENTINE/ORANGE OR POPCORN WITH NUTRITIONAL YEAST

FRIDAY

- AM: NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS WALNUTS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: ARTICHOKE HEARTS ½ - 1 CUP ; 1 APPLE

SATURDAY

- AM: ½ CUP BEAN DIP WITH CRUDITE VEGETABLES & CLEMENTINE / ORANGE
- PM: ARTICHOKE HEARTS ½ - 1 CUP OR ROASTED ARTICHOKE WITH OLIVE OIL AND LEMON JUICE; 1 APPLE

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.



Shopping List

PRODUCE: VEGETABLES / FRUITS

- Cauliflower, Broccoli, Brussels' Sprouts, Cabbage (Red/White)
- Greens: collards, Kale, parsley, cilantro, Lettuce , Bok Choy
- Asparagus, [Artichoke](#), green beans
- Onions, [garlic](#), Leeks
- Mushrooms, summer squash, Jicama
- carrot, sweet potato, beets, sweet peppers
- Swiss Chard, Turnips
- [Berries](#), [Apples](#), [oranges](#), [avocado](#), pineapple,
- Fresh Herbs ([dill](#), [caraway](#), thyme, Basil, sage); [Fermented Foods: kombucha, Sauerkraut](#)

PROTEIN

- Eggs
- Fresh / Frozen Fish (Cod, Trout, Salmon)
- Shrimp
- [Sardines](#), Tuna, Salmon
- Lentils
- [Beans: Kidney, Black, Black Eyed Peas](#)
- [Cheese \(Swiss, Feta\)](#)
- coconut yogurt
- Raw Nuts
- Organic [Ground Turkey](#) or chicken

GRAINS / GRAIN LIKE SEEDS

- [Gluten Free Oatmeal, Quinoa](#)
- Flax Seeds, Chia Seeds
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch
- Tahini, [Hummus, Bean Dip](#)
- Nut Butters: almond or cashew, etc
- Meusli, corn/popcorn
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- Rice, millet
- [Sunflower & Sesame Seeds](#)

PANTRY ITEMS / CONDIMENTS

- Can/Jar Tomatoes
- [Olive Oil](#), coconut oil, Ghee
- Broth (Bone / Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Spices: cumin, paprika, Black peppercorns, cinnamon, Ginger, [Dill, Caraway Seeds](#), oregano,
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers
- [Nutritional Yeast](#)
- Vinegars: [Apple Cider, Rice Wine, Balsamic](#),
- cacao, 70% dark chocolate
- Stevia - Optional

WEEK FOUR

Kidney, Blood, Lymphatic Cleanse





Week 4 Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
- Brain Fog
- Dizziness
- Insomnia

Total:

EARS

- Itchy ears
- Ear aches, ear infections
- Drainage from ear
- Ringing in ears,
- hearing loss

Total:

EYES

- Watery or itchy eyes
- Swollen red and sticky eyelids
- Bags or circles under eyes
- Blurred or tunnel vision (this
- does not include near or

farsightedness)

Total:

NOSE

- Stuffy nose /Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

Total:

Week 4 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea,vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Week 4 - Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
 - Confusion, poor comprehension
 - Poor concentration
 - Poor physical coordination
 - Difficulty in making decisions
 - stuttering or stammering
 - Slurred speech
 - Learning disabilities
- Total:

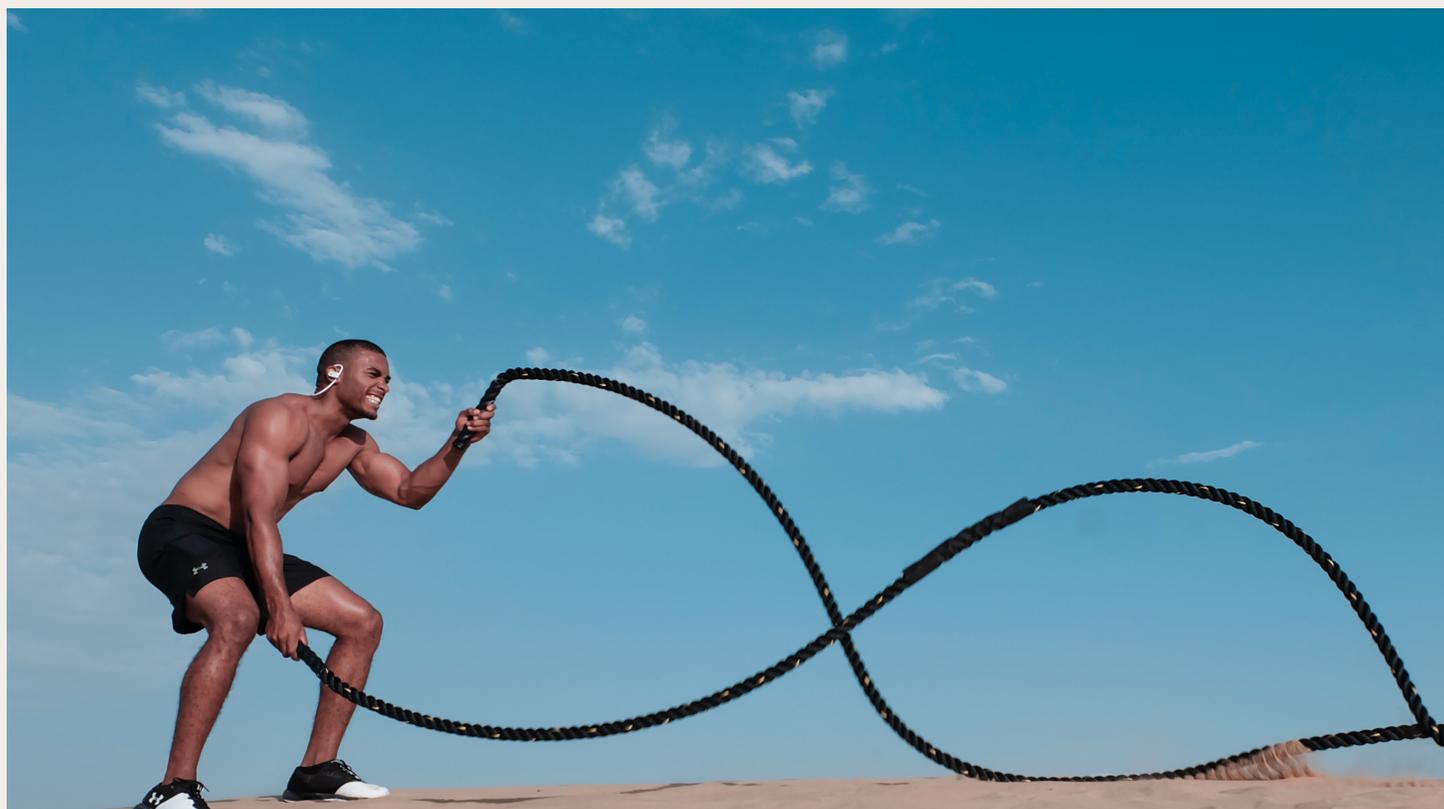
EMOTIONS

- Mood swings
 - Anxiety, fear, nervousness
 - Anger, irritability, aggressiveness
 - Depression
- Total:

OTHER

- Frequent illness
 - Frequent or urgent urination
 - Genital itch or discharge
- Total:

GRAND TOTAL:



Kidney, Blood, Lymphatics Cleansing

Step 1

MORNING

Upon Rising: Drink 2 cups of clean water or clean water with 1/2 - 1 whole fresh squeezed lemon juice

5 Rounds

Fire Breathing

Beet/Blueberry/Ginger Drink

Make Breakfast, eat it once you get the urge to eat: 3 cups veggies

- Take 1 Tbsp RepairVite in 4 -8 oz Water
- Take 2 capsules Hepatone plus and 2 cups of water
- Take 1 Packet GI Synergy
- 5 Extra grams of fiber

Step 2

MID DAY

Eat Lunch

5 Rounds

Fire Breathing

- Before the meal - take 1 scoop PGX fiber in 8 oz water
- 3 cups veggies
- Take 2 capsules of the Hepatone plus
- 1 dropperful Primary Detox in 8 oz water
- drink 1 cup of water
- 5 Extra grams of fiber

Step 3

EVENING

Eat Dinner

5 Rounds

Fire Breathing

- Before the meal - take 1 scoop PGX fiber in 8 oz water
 - 3 cups veggies
 - drink 1 cup of water
 - 5 extra grams of fiber
- Before bed:
- 2 capsules of Cleanse More with 8 oz water
 - On an empty stomach - Take 3 Capsules Primal defense Ultra

MAIN GOALS THIS WEEK

15 grams extra fiber daily

KEY TENANTS THIS WEEKS

- No Animal Foods (No Meat, Chicken, Fish, Eggs, Beef, Pork, Cheese)
- 3 oz nuts and seeds (almonds, cashews, pumpkin seeds) TID = 1/2 cup of nuts (avoid sunflower seeds this week due to P)
- Daily Morning Beet Ginger Blueberry cocktail (8oz beet juice, 1 inch ginger, 1 cup blueberries)
- Continue the Wahls' Salad with lunch daily
- AM Snack: 6 Spice Tea or any Spice Tea with an apple or 1 cup berries and 1/4 cup nuts or 2 Tbsp nut butter
- PM Snack: Ginkgo 60 mg, Gotu Kola 100 mg and/ or herbal tea of both with an apple or 1 cup berries and 1/4 cup nuts or 2 Tbsp nut butter
- Bed Snack: Ginkgo or Gotu Kola Herbal tea before bed
- Decrease Salt to 1/8 tsp = 1/2 gram
- Decrease phosphates (no sunflower seeds)
- 4 quarts of water and (Herbal Tea)
- Breathing exercises Daily

[HTTPS://WWW.BEARNUTRITIONANDHERBS.COM/EXERCISE](https://www.bearnutritionandherbs.com/exercise)

Lets Learn About Supporting Kidney, Blood & Lymphatics

KIDNEY'S & TOXINS

When the kidneys are overwhelmed and become toxic they produce kidney stones, infections, cysts and tumors or shut down.

WHAT DO THE KIDNEY'S DO

The kidneys must remove: ammonia, urea, uric acid, creatinine, Hormone metabolites, Post - Phase-II water soluble toxins, New to nature molecules / chemicals, excess vitamins, salt and phosphates.

CONSIDER THIS

The kidneys remove toxins from the blood but it does not necessarily mean it is passing these toxins into the urine. If not going to the urine, they cause damage. Poor kidney function can be reversed

SIGNS / SYMPTOMS OF KIDNEY DISEASE

Nausea, vomiting, loss of appetite, fatigue and weakness, sleep problems, changes in urine appetite, decreased mental sharpness, muscle twitches and cramps, hiccups, swelling of feet and ankles, persistent itching, chest pain if fluid builds up around the lining of the heart, shortness of breath if fluid builds up in the lungs, high blood pressure that is difficult to control.

IMPROVING YOUR KIDNEYS DETOXIFICATION CAPACITY:

Having enough blood flow through the kidneys is integral to detoxification. Using key foods herbs and spices that improve kidney microcirculation is important.

FOODS THT IMPROVE KIDNEY MICROCIRCULATION

Ginger - helps to prevent cadmium damage to the kidneys. It also reduces pro-inflammatory cytokines and it helps to increase the activity of the kidneys own antioxidant enzymes. Ginger also protects from alcohol toxicity and from pesticides used on foods. It helps protect the kidney from toxic drugs.

Beat root juice twice a day helps the body to make nitric oxide which dilates the blood vessels basically it increases blood flow. It has the ability to improve circulation by dilating blood vessels.

Dark chocolate: It must be dark chocolate that has low or no sugar and is at least 65% cocoa. Dark chocolate supports the kidneys by improving oxygenation and also increasing blood flow. Additionally, it protects the kidneys from oxidation stress and from certain toxic drugs.

Lets Learn About Supporting Kidney, Blood & Lymphatics

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Lets Learn **MORE** About Supporting Kidney, Blood & Lymphatics

FOODS THT IMPROVE KIDNEY MICROCIRCULATION CONTINUED

Blueberries: They increase the filtration rate of normal kidneys. They also protect the kidneys from decreased filtration that might come from having gut toxins that have not been cleaned up for detox out of the body.

Curmin / Tumeric: Protects the kidneys from toxins and helps to maintain filtration rates and protects against cadmium (heavy metal toxicity)

Ginkgo biloba: improves blood supply in the brain and other critical tissues. Improves kidney blood flow and function helps to protect from kidney damage from glycol seat a common herbicide used in agriculture. Ginkgo also protects the kidneys from Mercury Marine a.m. Nath Ballentine and other toxins

HEAVY METAL TOXICITY AND THE KIDNEY:

The oxidative stress induced by cadmium may be one of the mechanisms responsible for several liver and kidney diseases. When mitochondria become dysfunctional after exposure to Cadmium, they produce less energy (ATP) and more Reactive Oxygen Species (ROS) - A type of unstable molecule that contains oxygen and that easily reacts with other molecules in a cell. A build up of reactive oxygen species in cells may cause damage to DNA, RNA, and proteins, and may cause cell death. Reactive oxygen species are free radicals.

ABOUT THE LYMPHATIC SYSTEM

When the lymphatic system becomes clogged and the lymphatic fluid is not allowed to flow freely, it compromises your immune system and allows toxins to build up. The resulting buildup of toxins can cause symptoms and can ultimately lead to infection and disease.

The lymphatic system, runs parallel to the circulatory system and carries a clear fluid, known as lymph throughout the body. Lymphatic fluid helps to deliver vital white blood cells throughout the body which help to fight disease. But lymph fluid is also where toxins are deposited from the body to be filtered by the lymph nodes.

3 FUNCTIONS OF THE LYMPHATIC SYSTEM

- The removal of excess fluids from body tissues. This process is crucial because water, proteins, and other substances are continuously leaking out of tiny blood capillaries into the surrounding body tissues. If the lymphatic system didn't drain the excess fluid from the tissues, the lymph fluid would build up in the body's tissues, and they would swell.
- Absorption of fatty acids and subsequent transport of fat, chyle, to the circulatory system.
- Production of immune cells (such as lymphocytes, monocytes, and antibody producing cells called plasma cells).

Lets Learn **EVEN MORE** About Supporting Kidney, Blood & Lymphatics

WHEN THE LYMPHATIC SYSTEM GETS CLOGGED

When the lymphatic system becomes clogged and the lymphatic fluid is not allowed to flow freely, it compromises your immune system and allows toxins to build up. The resulting buildup of toxins can cause symptoms and can ultimately lead to infection and disease.

A poorly working lymphatic system causes tissues to become swollen with fluid. This is called lymphedema. It commonly results in swelling in your arms or legs. Other parts of the body can be affected, too.

SIGNS YOUR LYMPHATICS MAY BE IN NEED OF SUPPORT

Bloating, Swelling in your fingers/rings fitting more tightly, Brain fog, Digestive issues, Parasites, Depression, Sinus infections, Skin problems/dry and or itchy skin, Enlarged lymph nodes, Chronic fatigue, Feeling sore or stiff when you wake up in the morning, Unexplained injuries, Excess weight, Cold hands and feet, Constipation, Worsened allergies, Food sensitivities, Increased colds and flu

SUPPORTING LYMPHATIC DETOXIFICATION

Unlike the circulatory system, in which the heart acts as a pump, this system has no pump. But there are certain things that you can do to activate your lymphatic system and get it flowing and removing toxins again.

- Exercise (rebounding is great)
- Deep Breathing Exercises
- Dry Brushing
- Avoid Tight Fitting Clothes
- Eating a Clean Diet
- Drinking a lot of water

FOODS THAT SUPPORT LYMPHATIC DRAINAGE AND BLOOD DETOXIFICATION

- Leafy green vegetables
- Low sugar fruits
- Ground flaxseed
- Chia seeds
- Avocados
- Garlic
- Brazil nuts
- Almonds
- Walnuts
- Cranberries
- Dandelion
- Milk thistle
- Burdock
- Cleavers
- Red Clover

Week 4-Meal Plan

Breakfast

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BEET GINGER BLUEBERRY COCKTAIL (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH GLUTEN FREE BANANA NUT PANCAKES OR PEANUT BUTTER FLAX PANCAKES. AND A SIDE OF BNH ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES AND ONIONS WITH MUSHROOMS

MONDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE)

- **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:
 - **1/2 - 1 CUP OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGETABLE HASH WITH 1/2 OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

TUESDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE) **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:

- **GREG IN SAN DIEGO'S ROASTED PECAN PUMPKIN SOUP** (FRESH OR BPA FREE CANNED PUMPKIN) OR ANY VEGETABLE SOUP WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
- **MINIMALIST BAKERS SIMPLE PUMPKIN SOUP** (FRESH PUMPKIN OR SWEET POTATO AND TAHINI SOUP WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
- **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

WEDNESDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE) **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:

- **SIMPLE GLUTEN FREE OATMEAL WITH BERRIES 1/3 CUP OF NUTS** (ALMONDS, CASHEWS, PUMPKIN SEEDS)
- **EASY CHIA SEED PUDDING OR OVERNIGHT OATS WITH 1/3 CUP OF NUTS** (ALMONDS, CASHEWS, PUMPKIN SEEDS)
- **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

THURSDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE)

- **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:
 - **1/2 - 1 CUP OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGETABLE HASH WITH 1/2 OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

FRIDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE)

- **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:
 - **AMARANTH HOT CEREAL WITH CHERRIES AND WALNUTS WITH 1/3 CUP OF NUTS** (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **BLUEBERRIES & CREAM AMARANTH OR BREAKFAST QUINOA WITH 1/3 CUP OF NUTS** (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

SATURDAY

NO ANIMAL PRODUCTS (NO MEAT, FISH, CHICKEN, BEEF, PORK, EGGS, CHEESE)

- **BEET GINGER BLUEBERRY COCKTAIL** (8 OZ BEET JUICE, 1 INCH GINGER, 1 CUP BLUEBERRIES) WITH EITHER:
 - **1/2 - 1 CUP OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGETABLE HASH WITH 1/2 OATMEAL** WITH 1/3 CUP OF NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)
 - **VEGGIE MASH DRINK WITH PROTEIN AND GREENS PEA PROTEIN 20 G**

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 4-Meal Plan

Lunch

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BOK CHOY STIR FRY WITH A SIDE OF QUICK CITRUSY CABBAGE SLAW (MAYO FREE) WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) AND 1/2 - 1 CUP BEANS -(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP BEANS WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP BEANS WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

WEDNESDAY

LEFT OVER 1/2 - 1 CUP BLACK BEAN SOUP WITH QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP BEANS WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

1/2 - 1 CUP LENTLE SOUP WITH QUICK CITRUSY CABBAGE SLAW (MAYO FREE) AND 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

SATURDAY

SIMPLE EASY LUNCH: ANY WAHL'S INSPIRED SALAD WITH 1/2 - 1 CUP BEANS WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 4-Meal Plan

Dinner

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

BLACK BEAN SOUP WITH COOKED BRUSSELS SPROUTS WITH DILL AND CARAWAY AND QUINOA AND 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

MONDAY

VEGETABLE CHILI AND QUINOA WITH COOKED CABBAGE OR BOK CHOY WITH DILL AND CARAWAY, WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

TUESDAY

ANY SKILLET RECIPE - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- BRASSICA STIR FRY WITH SAUTEED MUSHROOMS AND COOKED CABBAGE WITH DILL AND CARAWAY AND QUINOA
- CAULIFLOWER "HOT WINGS" WITH BROCCOLI WITH DILL AND CARAWAY AND QUINOA
- MIXED VEGETABLE AND BROCCOLI STIRFRY WITH DILL AND CARAWAY AND QUINOA WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)

WEDNESDAY

VEGETABLE CHILI AND QUINOA WITH GARLICKY GREENS WITH DILL AND CARAWAY, WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS) AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

THURSDAY

VEGETABLE MARINARA SAUCE WITH ZOODLES OR SPAGHETTI SQUASH AND ROASTED ASPARAGUS WITH DILL AND CARAWAY AND QUINOA WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)-(AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

FRIDAY

CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- CRISPY TROUT WITH LEMON CAPER SAUCE, BNH GARLICKY GREENS WITH DILL AND CARAWAY AND QUINOA
- SAUTEED BALSAMIC MUSHROOMS AND ONIONS AND BNH GARLICKY GREENS AND QUINOA

WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)

SATURDAY

SAVORY SATURDAY - CHOOSE 1: (AT LEAST 1 TBSP OR 1 OZ FERMENTED FOOD)

- ROASTED BROCCOLI / CAULIFLOWER MIX, 1/2 CUP QUINOA AND SWEET POTATO FRIES
- LETTUCE WRAP OR GLUTEN FREE BUN VEGGIE BURGER WITH ROASTED BROCCOLI / CAULIFLOWER MIX, 1/2 CUP QUINOA AND SWEET POTATO FRIES.

WITH 1/3 CUP NUTS (ALMONDS, CASHEWS, PUMPKIN SEEDS)

Remember, you can always make and eat a [Veggie Mash Recipes](#) meal replacer.

Week 4-Meal Plan

Snack

30 DAY DETOX CURATED RECIPE GUIDE

SUNDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA WITH NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS, RAISINS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: GOTU KOLA OR GINKGO TEA, 1/4 - 1/2 OF AN AVOCADO SLICED OR 1/4 - 1/2 CUP GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS

MONDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS & RAISINS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: GOTU KOLA OR GINKGO TEA, ARTICHOKE HEARTS ½ - 1 CUP; 1 CLEMENTINE/ORANGE

TUESDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA CUP, BEAN DIP WITH CRUDITE VEGETABLES & CLEMENTINE / ORANGE
- PM: GOTU KOLA OR GINKGO TEA, ARTICHOKE HEARTS ½ - 1 CUP OR ROASTED ARTICHOKE; 1 APPLE

WEDNESDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS, RAISING; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: GOTU KOLA OR GINKGO TEA, AVOCADO SLICES OR GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS

THURSDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA ½ CUP HUMMUS WITH CRUDITE VEGETABLES CLEMENTINE / ORANGE
- PM: GOTU KOLA OR GINKGO TEA, SLICES OR GUACAMOLE ENDIVE BOATS OR GUACAMOLE AND KALE CHIPS; 1 CLEMENTINE/ORANGE OR POPCORN WITH NUTRITIONAL YEAST

FRIDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA, NUT / SEED MIX WITH SUNFLOWER AND / OR SESAME SEEDS & WALNUTS WALNUTS; ORGANIC APPLE (CAN BE MIXED WITH ¼ CUP OAT BASED MEUSLI - OPTIONAL).
- PM: GOTU KOLA OR GINKGO TEA, ARTICHOKE HEARTS ½ - 1 CUP ; 1 APPLE

SATURDAY

- AM: 6 SPICE TEA OR ANY SPICE TEA 1/2 CUP BEAN DIP WITH CRUDITE VEGETABLES & CLEMENTINE / ORANGE
- PM: GOTU KOLA OR GINKGO TEA, HEARTS ½ - 1 CUP OR ROASTED ARTICHOKE WITH OLIVE OIL AND LEMON JUICE; 1 APPLE



Shopping List

PRODUCE: VEGETABLES / FRUITS

- Cauliflower, Broccoli, Brussels' Sprouts, Cabbage (Red/White)
- Greens: collards, Kale, parsley, cilantro, Lettuce , Bok Choy
- Asparagus, [Artichoke](#), green beans
- Onions, [garlic](#), Leeks
- Mushrooms, summer squash, Jicama
- carrot, sweet potato, [beets](#), sweet peppers
- Swiss Chard, Turnips
- [Berries](#), [Apples](#), [oranges](#), [avocado](#), pineapple,
- Fresh Herbs ([dill](#), [caraway](#), thyme, Basil, sage); [Fermented Foods: kombucha, Sauerkraut](#)

PROTEIN

- [Nuts \(almonds, Cashews, Pumpkin Seeds\)](#)
- [Flax seeds](#)
- [Chia seeds](#)
- Lentils
- [Beans: Kidney, Black, Black Eyed Peas](#)
- coconut yogurt
- Raw Nuts

GRAINS / GRAIN LIKE SEEDS

- [Gluten Free Oatmeal, Quinoa](#)
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch
- Tahini, [Hummus, Bean Dip](#)
- [Nut Butters: almond or cashew, Brazil Nuts](#), etc
- Meusli, corn/popcorn
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- Rice, millet
- [Pumpkin Seeds](#)

PANTRY ITEMS / CONDIMENTS

- Can/Jar Tomatoes
- [Olive Oil](#), coconut oil, Ghee
- Broth (Bone is ok, Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Spices: [cumin](#), paprika, Black peppercorns, cinnamon, [Ginger](#), [Dill](#), [Caraway Seeds](#), oregano, [Ginkgo & Gotu Kola](#)
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers
- [Nutritional Yeast](#)
- Vinegars: [Apple Cider](#), [Rice Wine](#), [Balsamic](#),
- [cacao](#), [70% dark chocolate](#)
- Stevia - Optional

Congratulations!



You Did It!

You made it through the 30 Day Detox and did it with style. Even if you were not perfect with each weeks meal plan or supplements, what you did change will go a long way in supporting your health and wellness goals.

Consider Detoxing throughout the year. An annual 30 Day Detox is recommended and as we age, quarterly to every 6 months can be especially beneficial.

Now that you have completed the 30 Day Detox, your are ready to REALLY DETOX!

Detoxing really happens in 2 Stages. You just completed **Stage 1** which is done in 4 parts:

1. Avoidance: Removing toxins from your home, food, cosmetics, environmental exposures and eliminating 2-3 times daily via daily bowel movements
2. Clearing out low grade infections (pathogens, parasites)
3. Improving the Microbiome by eating 6-9 cups of vegetables and a variety of fibers
4. Reducing Liver and Kidney Recycling and improving their ability to clear toxins from the body.

Stage 2 is using Saunas. There are 4 types:

1. Steam Bath
2. Dry heat saunas
 - a. Infrared sauna
 - b. far-infrared sauna (FIR)

NJERI KAI JARVIS, MS/RD/LDN

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Let's Learn About Saunas

Did you know that "sauna" is the only commonly used Finnish word in the English language? But it is actually pronounced "Sow-u-na". Saunas help improve cardiovascular output increasing heart rate and output by 70%; Improves peripheral circulation to the bodies limbs and extremities;

ABOUT STEAM SAUNAS

A wet sauna is not really a sauna at all, at least, not in the way of traditional saunas. The term "wet sauna" is usually used to describe a steam room, which generates moist heat. Like a sauna, it can open your pores and loosen up muscles and provide some health benefits.

DRY HEAT SAUNAS (TRUE SAUNAS)

- Temperatures: 158 - 212 degrees Fahrenheit and face level temperature of 176 -194 degrees Fahrenheit
- Steam is produced by pouring water over heated rocks for a humidity of 50 -60 g water vapor/m³
- Standard Length of a Sauna is 5 to 20 minutes followed by cold immersion and temperature recovery and then repeating this pattern 2 to 3 more times

ABOUT INFRARED AND FAR-INFRARED SAUNAS

- Use incandescent infrared heat lamps that are ceramic or metallic elements for heating
- Infrared wavelengths act primarily on cutaneous blood vessels, nerve receptors.

HOW SAUNAS AFFECT BLOOD PRESSURE

Reduces diastolic blood pressure. This is the bottom number on the Blood Pressure measurement. This is the pressure in the arteries when the heart rests between beats. This is the time when the heart fills with blood and gets oxygen. A normal diastolic blood pressure is lower than 80.

SAUNAS MIMIC EXERCISE

Provides an acute increase in metabolic rate and oxygen consumption similar to doing moderate exercise. This is especially helpful for individuals who have limitations in exercising due to arthritis or other conditions that limit range of motion.

WHAT ELSE DO SAUNAS DO?

- Reduces oxidative stress.
- Reduces low density lipoprotein (LDL) cholesterol levels
- Increases high density lipoprotein (HDL).
- Supports the sympathetic nervous system and the HPA axis (adrenal glands)
- Increases growth hormone, Beta endorphins and prolactin (pleasure hormones)
- Muscle relaxation
- Increases elasticity of tendons and joint capsules and reduces viscosity of synovial joint fluid.

STAY IN TOUCH!

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Moving Forward

HOW TO PROCEED IN YOUR HEALTH JOURNEY #1

Once you have completed the Detox and changed your eating habits you must not go back to an eating plan that causes disruptions in your gut.

KEY CONCEPT: PREVENT A TOXIC GUT

A toxic gut produces many of the same inflammatory molecules released when we have a viral infection and can increase the risk of Metabolic Endotoxemia (ME) especially if obese. Clean up your gut and lose 20 lbs 1 -6 months without even trying to lose weight.

Diseases associated with ME:

- cardiovascular disease,
- chronic inflammation,
- Diabetes Mellitus type 2,
- Dyslipidemia,
- insulin resistance, non alcoholic fatty liver disease, obesity, stroke

CHECK THE TOXINS IN YOUR GUT PERIODICALLY

Get an **Indican Urine Test**. This urine test measures toxins that come from the gut. It screens you for the presence of harmful anaerobic bacteria and bowel dysbiosis, which is an indicator of intestinal toxemia and overgrowth of anaerobic bacteria. The Causes for symptoms such as Constipation, Gastritis, Allergies, Aches and Pains may be picked up using this test. [Read More Here.](#)

Urine indican (the topic of this paper) Indican (indoxyl sulfate) is produced by bacterial action on tryptophan in the intestine. Most is eliminated in the feces while the remainder is absorbed, detoxified and excreted as indican in the urine. Increased amounts in disease results from putrefactive reactions.

Final Takeaways

HOW TO PROCEED IN YOUR HEALTH JOURNEY #2

Grow your own food if you can. Start out with simple raised beds or Clay ceramic pots that you can put indoors or outdoors or use whatever you have to get started. Starting with Fresh Herbs in a pot is always a great place to begin

SHOPPING & COOKING

- Limit your use or avoid buying foods that are packaged in plastic.
- You may want to purchase products in glass jars that you can also save with the lid and use as storage containers for the future rather than having to buy or replace glass storage containers.
- Buy organic produce from the Dirty Dozen list. Stay familiar with the Clean 15
- Cook in quality cookware: Avoid Teflon and aluminum cookware. Look for cast-iron Glass stainless steel, ceramic cookware instead.
- Aimed to cook your meals by steaming, stir frying, baking, roasting, and stewing.
- Limit or avoid cooking food at very high temperatures.

ALCOHOL & RECREATIONAL ITEMS

- Limit or avoid alcohol consumption. Aim to choose organic wine over nonorganic;
- Consider that vodka is less toxic than whiskey and beer and wine are better than whiskey and vodka. However, again note to your tolerance of any of these alcoholic beverages and if tolerance is low limit or avoid.
- If you are a marijuana smoker aim to find or organically grown herbs and avoid those that are not organic as they tend to be high and pesticide residues and herbicide residues. Consider avoiding smoking altogether

JOIN

COMPLETE Indican Test - urine test that measures toxins that come from the gut

Final Takeaways

HOW TO PROCEED IN YOUR HEALTH JOURNEY #3

Drink clean water using a water purification system. If you can use reverse osmosis (RO) that is ideal. Otherwise, any carbon filter is helpful. Limit or avoid drinking water from plastic water bottles if possible and be sure to have your water quality checked. Get Familiar with the [Environmental Working Groups Website](#).

INDOOR AIR

Clean your inside air as much as possible get a HEPA filter air purifier; get plants that will help clean the air.

- Mother-in-law's tones are helpful especially when you get three hip high plants for every one person in the household.
- Be careful with exposing yourself to volatile organic compounds through paint through carpeting inexpensive furniture that uses formaldehyde and particleboard and other chemicals. Be sure to use an airpurifier in rooms that contain VOCs

SMOKE DETECTORS & HOUSEHOLD CLEANERS

- Make sure you have a smoke detector and a carbon monoxide detector.
- Consider using natural cleaners instead of chlorinated diethylene glycol window cleaners chlorinated phenol toilet bowl cleaners the disinfectants that have phenols laundry detergent and all purpose cleaners and petroleum solvents in floor cleaners
- consider using 1 quart of water to 2 to 3 ounces of white vinegar +8 to 10 drops of essential oils typically lavender or rosemary or rose oil to clean with it instead.



Final Takeaways

HOW TO PROCEED IN YOUR HEALTH JOURNEY #4

Continue to be mindful of the different health and beauty products that you have in your home, particularly those that have a nice fragrance as they are likely to have a lot of phthalates. The more pleasant the smell the more phthalates which can be carcinogenic and can also cause reproductive damage

VOLATILE ORGANIC COMPOUNDS (VOC)

Avoid stain resistant chemicals on fabric furniture and other household items particularly those with bedding and mattresses as they release volatile organic compounds which can be toxic.

CLOTHES & BEAUTY PRODUCTS

- Aim to wear breathable clothing from natural fibers particularly cotton wool hemp or silk. He12.
- Continue to be mindful of the different health and beauty products that you having your home particularly those that have a nice fragrance as they are likely to have a lot of phthalates the more pleasant the smell the more phthalates are you guys staying here or going to go with the overdue okay which can be carcinogenic and can also cause reproductive damage

Helpful Supplements

HOW TO PROCEED IN YOUR HEALTH JOURNEY #5

As you transition to a daily health supportive meal plan, using good quality supplements can be key supports to keep in your home and utilize through the year. The key to a good supplement program is ensuring that you have a good vitamin and mineral complex along with trace minerals; essential fatty acids, vitamin D3 with K2, a Probiotic and Short Chain Fatty Acids

VITAMINS & MINERALS

Vitamins are a group of substances that are needed for normal cell function, growth, and development. We can not make them ourselves or in amounts sufficient for good health and as a result need to get them from food.

Minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions – from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat. They essentially turn the food we eat into energy.

RECOMMENDATIONS:

2 **Vitamin/Mineral Complex** Options (choose one):

- Design's for Health Complete Multivitamin
- Design's for Health Metabolic Synergy (this one is good if you are diabetic or prediabetic)

Trace Mineral Option:

- Morning Star Minerals Energy Boost 70 (Remember if its not in the soil, its not in the food and its not in your body)

Eat A Variety of Foods:

6 - 9 Cups of Vegetables Daily, Raw Nuts and Seeds, Gluten Free Whole Grains and Low Lactose Dairy (Fermented Cheeses), Fish and Poultry; nutritional yeast, herbs & spices



Helpful Supplements

HOW TO PROCEED IN YOUR HEALTH JOURNEY #6

Essential Fatty Acids are: Linoleic acid (LA), an omega-6 fatty acid, and α -linolenic acid (ALA), an omega-3 fatty acid. They are considered essential fatty acids because they cannot be synthesized by humans and must be taken in via foods or supplements.

ESSENTIAL FATTY ACIDS

Essential fatty acids regulate blood pressure, immune responses and liver function, as well as help with blood clotting and breaking down cholesterol.

Both omega-6 and omega-3 fatty acids are important structural components of cell membranes, serve as precursors to bioactive lipid mediators, and provide a source of energy.

RECOMMENDATIONS:

I Recommend These Two Supplements:

- Nordic Naturals Pro Omega CRP
- Nordic Naturals Pro Omega CoQ10

I recommend taking both of these together 2 of each daily. In addition to the essential fatty acids, they also have liver supportive nutrients for Phase I liver detoxification, Mitochondrial supports for Phase II liver detoxification and herbs to reduce inflammation & pain

Foods to eat:

Omega 6 - sunflower seeds, pine nuts, pecans, Brazil nuts, Sesame Seeds and all of their oils, corn oil, soybean oil, safflower oil

Omega 3 - Flaxseeds, chia seeds, walnuts and their oils, soybean oil, mustard oil, firm tofu; sardines, salmon, cod, herring, tuna, crab, oysters, rainbow trout, oysters



Helpful Supplements

HOW TO PROCEED IN YOUR HEALTH JOURNEY #7

Having Adequate Vitamin D All year round is Key to staying healthy especially in the presence of viral infections. Vitamin D is a fat-soluble vitamin that regulates calcium homeostasis and is vital for bone health. While it can also be obtained from dietary sources or supplements, vitamin D3 (cholecalciferol) is synthesized in the human skin from 7-dehydrocholesterol upon exposure to ultraviolet-B (UVB) radiation from sunlight. Vitamin D2 (ergocalciferol) is a vitamin D analog photosynthesized in plants, mushrooms, and yeasts; vitamin D2 is also sometimes used in vitamin D food fortification. When vitamin D3 in skin is inadequate due to insufficient exposure to UVB radiation, oral intake of vitamin D is necessary to meet vitamin D requirements.

VITAMIN D

Cholecalciferol (D3) and ergocalciferol (D2) are biologically inactive precursors of vitamin D and must be converted to biologically active forms in the liver and kidneys. Vitamin D is a potent immune system modulator its receptor is expressed by most cells of the immune system,

There is considerable scientific evidence that Vitamin D has a variety of effects on immune system function, which may enhance innate immunity and inhibit the development of autoimmunity. Conversely, vitamin D deficiency may compromise the integrity of the immune system and lead to inappropriate immune responses. Vitamin D deficiency causes muscle weakness and pain in children and adults.

RECOMMENDATIONS:

I Recommend This Supplements (Choose one or the other):

- Designs for health Vitamin D Supreme (for situations where more aggressive repletion is required) - capsules
- Ortho Molecular Products Liquid Vitamin D 3 (this is a liquid - 1 drop is 1000 IU and can be regulated as needed)

Foods: Fortified dairy, breads, flowers and more

Know your Vitamin D Status: goal range is 60 - 80 ng/ml long term. If you level is low be sure to take 5000 IU daily through the winter. It is best to have your level check every 6 -12 months to be safe.

Helpful Supplements

HOW TO PROCEED IN YOUR HEALTH JOURNEY #8

Probiotics are live, beneficial bacteria that can be ingested and temporarily inhabit the lower part of the gastrointestinal tract (the colon). The most commonly available probiotics are called Lactobacilli and Bifidobacteria. Because probiotics stay in the colon only temporarily, regular consumption is necessary to maintain their populations in the colon.

PROBIOTICS & SHORT CHAIN FATTY ACIDS

The human body coexists with millions of bacterial species that can influence various aspects of health. The bacteria that live specifically in our colon (collectively referred to as the gut microbiota) can influence several aspects of immunity by:

- creating a barrier against colonization by pathogens
- interacting with host immune cells to influence their function.

Probiotics facilitate the colonization of beneficial microbes in the colon. They produce metabolic products, such as Short Chain Fatty Acids (lactic acid and Butyric Acid) and antibiotic proteins, that directly inhibit the growth of pathogens and influence the activity of host immune cells.

RECOMMENDATIONS:

I Recommend Supplements That contain the following (Lactobacillus, Bifidobacterium, Bacillus subtilis and Saccharomyces boulardii): Avoid probiotics if you have SIBO

- Probiotic: Garden of Life's Primal Defense Ultra
- Short Chain Fatty Acids: Apex Energetics EnteroVite

Foods to Eat Daily:

Fermented foods - kimchi, kombucha, sauerkraut, pickles, fermented veggies, kefir, yogurt,



Long Term Meal Planning

HOW TO PROCEED IN YOUR HEALTH JOURNEY #9

For ongoing support with weight loss. Consider Alternating your weekly meal plans to resemble the meals from Weeks #1, 2, 3 and 4

STRUCTURING YOUR WEEK IF YOU EXERCISE A LOT & DO RESISTANCE WORK

- Day 1 - Meals from week # 3 (Can have 1 glass wine or 1 oz Spirit neat)
- Day 2 - Meals from week #4
- Day 3- Meals from week # 3 (Can have 1 glass wine or 1 oz Spirit neat)
- Day 4 - Meals from week # 4
- Day 5 - Meals from week # 3
- Day 6 - Meals form week # 4
- Day 7 - Meals from week #3 (Can have French Fries or 1 Pie / cake or Pasta)

STRUCTURING YOUR WEEK IF YOU DO LIGHT WALKING OR LITTLE TO NO ACTIVITY

- Day 1 - Meals from week # 3 (Can have 1 glass wine or 1 oz Spirit neat)
- Day 2 - Meals from week #4 (Vegan)
- Day 3- Meals from week # 4 (Vegan)
- Day 4 - Meals from week # 4 (Can Have 3 oz fish/seafood in place of nuts w/ L or D)
- Day 5 - Meals from week # 4 (Vegan)
- Day 6 - Meals form week # 4 (Can Have 3 oz fish/seafood in place of nuts w/ L or D)
- Day 7 - Meals from week #3 (Can have French Fries or 1 Pie / cake or Pasta)



Final Thoughts

We appreciate your participation in the
BNH 30 Day Detox Group

We would love your **feed back** as well as to offer you **Discounts** on
Future Services and Products from Bear Nutrition & Herbs.



DISCOUNT CODE FOR ONE ON ONE CONSULTATION - \$75 OFF

Join any 30 Day Group Program and receive \$75 off. Our Next Group meets at the end of January 2021 and is a Detox Group; We have a Weight loss group meeting in February 2021 and a Cardio-Metabolic Group in March 2021 - **CODE: GRPD**



DISCOUNT CODE FOR CHINESE HERB SAMPLER: \$25% OFF

Get 25% off the Chinese Herb Sampler. You can Choose What you would like in your sampler. We have herbs for constipation, migraines, blood pressure, sleep, relaxation and more
CODE: CHS



VIDEO TESTIMONIAL VALUED AT \$50

Record and **Submit a Quick 1 minute video** sharing your experience doing the 30 Day Detox and receive a Complementary bag of our Flagship **BNH 6 Spice Tea** along with a Surprise Tea Sampler



LOOK OUT FOR OUR BNH SURVEY

We want to hear your feed back to improve on this program. Complete the survey and get **\$100 off a 4 week comprehensive assessment** normally valued at \$250.
CODE: SRVYDC



“

The Doctor of the
Future will no
longer treat the
human frame with
drugs, but rather
will cure and
prevent disease
with Nutrition.

”

THOMAS EDISON

www.BearNutritionandHerbs.com

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