



DETOX

Guide

WELCOME!	5
WHAT IS DETOX?	6
WHY DETOX IN THE FALL?	7
WHAT TO EXPECT	9
DETOX SIDE EFFECTS	9
THE DETOX PROGRAM	10
DETOX AND THE ELIMINATION DIET	10
INTRODUCTION TO THE PROGRAM	10
BEFORE YOU BEGIN YOUR DETOX	12
PHASE 1	
PRE-DETOX/PREP	13
PHASE 1	
DAILY PROTOCOL	14
PHASE 2	
DETOX	15
PHASE 2	
DAILY PROTOCOL	17
PHASE 2	
SUGGESTED MEALS	19
PHASE 2	
SHOPPING LIST	20
PHASE 3	
TRANSITION	23
PHASE 3	
DAILY PROTOCOL	25
PHASE 3	
FOOD RE-INTRODUCTION SCHEDULE	27
PHASE 3	
SUGGESTED MEALS	28
PHASE 3	
SHOPPING LIST	29
DETOX EAT LIST (ALL PHASES)	32
DETOX DO NOT EAT LIST (PHASES 2 & 3)	33
SUPPLEMENTAL DETOX INFORMATION	34
PROTEIN AND ENERGY	34

ALKALINITY AND JUICING.....	37
GOING ORGANIC	38
PHYTIC ACID	39
GUT HEALTH, HAPPINESS AND PROBIOTICS	40
FOOD COMBINING	42
DETOX SUPPORT TOOLS	43
CONTRAST SHOWERING	43
FULL-BODY SESAME MASSAGE.....	43
TONGUE SCRAPING	44
SKIN BRUSHING	44
EPSOM SALT BATH.....	45
ADVANCED DETOX TOOLS.....	45
OIL PULLING	45
ENEMAS/COLONICS	46
BENTONITE CLAY.....	48
EMOTIONAL SUPPORT TOOLS	48
DEEP BREATHING	48
JOURNALING	49
ADVANCED DEEP BREATHING FOR PURIFICATION	49
YOU DID IT!	50
A LOVING DISCLAIMER.....	51

Welcome!

I want you to repeat these words to yourself as you embark on this program—“I am reclaiming my health and my life. I deserve a revolutionary life. I deserve to feel amazing all year long.”

Yes, it's true—you are worth putting your health first and when you make this commitment to detoxify your body and uncover your unique health blueprint, beautiful things start to happen.

Did you know that the secret to everlasting beauty and health is in the foods you eat and the thoughts you think? Yes, it really is that simple. When you nourish both your body and mind as I teach you in this program, you'll start to feel like a brand new person.

This detox will guide you on a journey towards taking charge of your life. You will hit the reset button on your health, reboot your metabolism, boost your immune system and kickstart your digestion with 100% natural methods. As a result, you'll access easy weight loss, reduced inflammation, glowing skin, balanced hormones, an improved mood, emotional stability, great sleep, and healthy hair and nails. Put simply, your life will transform.

I promise you that you can get to a place where you feel radiant every day, even if it currently seems impossible.

Are you ready for this kind of outstanding life? Of course you are, and I can't wait to take you along for the ride.

Before you begin, I want to remind you there is no right or wrong in this program—your body and your personal health blueprint are unique. As long as you're nourishing your body and mind to the fullest extent possible during this program and after, you will thrive.

I made this program for you. I want you to feel empowered. You have the right to know what it feels like to take charge of your destiny and it starts today.

To your health,

Coach Peggy :-)

What is Detox?

My clients always ask me why I'm in love with detox. I often wonder how people cannot be in love with detox.

For me, the answer is simple—I see detox as a health guarantee. It's a fairly surefire way to stay disease-free, healthy, balanced, energetic, and happy, and to experience a greater quality of life. Who wouldn't want that?

Many people don't realize how toxic their bodies actually are. On a daily basis, it's estimated we're exposed to over two million toxins from pollution, EMF waves, stress, and pesticides, to name a few.¹

In cosmetics alone, there are over 13 thousand chemicals present, and only 10% of them have been evaluated for safety.²

Of course, though our bodies are designed to detox naturally, they are unable to do so when there is such an enormous amount of toxins present in our modern world. When our bodies cannot naturally detox on their own and we do not manually help them, our bodies become toxic.

According to Dr. Mark Hyman, functional medical doctor and teacher at the Institute for Integrative Nutrition: "When our bodies become "toxic," it means that our natural means of ushering out metabolic waste from normal human metabolism, environmental pollution, and what has become known as the Standard American Diet (or SAD diet – funny, right!) have exceeded the threshold for what the body's innate detoxification system can tolerate on its own. With this toxic load, every system in the human body can become affected. From our head to our toes and everything in between, toxicity makes us sick!"

The goal of this program is to release both the physical and emotional toxins that are harming your body. The more you reduce your toxic burden, the faster your body can return to a state of homeostasis.

¹ <http://naturalsociety.com/daily-toxin-intake-how-many-accumulating/>

² <http://articles.mercola.com/sites/articles/archive/2015/06/06/chemical-exposure.aspx>

Why Detox in the Fall?

Seasonal detoxes are my recommended cure for breaking free from toxicity. Fall detoxes in particular are miraculous for many reasons.

During the heat of the summer, the body builds up toxins. This can lead to coughs, rashes, migraines, and a weakened immune system. The fall season is a great time to boost the immune system and shed unwanted weight. It's also great for slowing down, turning inwards, and letting go of foods, thoughts, emotions, and people that don't serve you. Actually, the falling leaves are symbolic of us shedding negative memories, thoughts, and patterns.

Also, according to Traditional Chinese Medicine, the fall season is a time to honor two very important organs: the lungs and the large intestine. Let's talk about each.

LUNGS

Every metabolic action in your body depends on your lungs. Therefore, when the lungs are weak from toxic overload, you experience fatigue, pale skin, shallow breath, dry skin and hair, weak digestion, and constipation. When the lungs are strong, you experience the opposite.

In addition, the lungs are associated with grief and sadness. Therefore, during this detox, you'll begin to let go of old emotions that have left you with feelings of sadness.

LARGE INTESTINE

We also honor the large intestine during the fall season. In addition to other roles, the large intestine manufactures 95% of your body's serotonin. However, stress, antibiotics, toxins, and leaky gut can lead to imbalances in the large intestine and cause rapid aging, allergies, rashes, anxiety, and weight gain. When the large intestine is out of balance, serotonin production also suffers and therefore, so does your mood.

The large intestine is the partner organ to the lungs and is also associated with grief and sadness.

What to Expect

Many of my clients are nervous when they begin a detox because they don't know what to expect, but you do not have to be.

Detox is not scary—it's the best choice you can make for your body. During this program, you'll learn new ways to handle stress, you'll try some new foods, you'll discover any unknown allergies, and you'll experience a new lifestyle. I promise that it will be a beautiful and rewarding experience.

DETOX SIDE EFFECTS

During this program, you may or may not experience some unpleasant detox symptoms. While many people feel tons of energy when they remove processed foods, caffeine and sugar, others experience:

1. Headaches
2. Bloating
3. Constipation
4. Rashes
5. Fatigue
6. Poor sleep
7. Irritability
8. Emotional detoxification (feelings of anger, sadness, etc.)

The good news is that detox symptoms are manageable and don't last long. You can lessen these symptoms by using the detox support tools and advanced detox tools provided in this guide.

The Detox Program

DETOX AND THE ELIMINATION DIET

This detox program is based around the concept of an elimination diet. In short, an elimination diet means removing certain allergenic foods from your diet, giving your body time to recover from any allergies, and then reintroducing those foods to discover how your body reacts to each.

I designed the program this way because the majority of people who suffer from food allergies are unaware of them. Continuing to consume foods that you're allergic to, regardless of how healthy they are, causes significant disruption and inflammation in your body and prevents proper detoxification.

By combining the concepts of detox with an elimination diet, you are able to purge your body of toxins while reducing your internal inflammation and uncovering which foods do and do not serve your unique body.

INTRODUCTION TO THE PROGRAM

Your detox program is divided into three phases—a pre-detox phase, a detox phase, and then a transition phase. Each phase has been carefully designed to prepare, release and recover your body.

PRE-DETOX/PREP	(Phase 1)	4 Days
DETOX	(Phase 2)	7 Days (Days 1-7)
TRANSITION	(Phase 3)	7 Days (Days 8-14)

During the pre-detox phase, you'll prepare for your detox and begin to remove allergenic foods from your diet. During the detox phase, you'll be fully transitioned to a whole foods diet which will give your body a chance to heal from any food allergies. During the transition phase, you'll slowly reintroduce allergenic foods back into your diet every two days and gauge your body's response to each.

During the transition phase, you may or may not experience a reaction to a particular food. As your body clears out toxins, you will be more in tune to any sensitivities.

An allergic reaction may show itself in the form of any or many of the following symptoms:

1. Bags under the eyes, otherwise called shiners
2. Headaches
3. Mood swings
4. Bloating belly
5. Constipation or loose stools
6. Mucus in the stool
7. Difficulty breathing
8. Dry skin, rashes, or acne
9. Swollen joints
10. Excessive lower back pain
11. Imbalances in the gut such as candida, bacteria, or viruses

If you experience any reactions, you will note them in your journal and remove that food for 4-7 days. You'll then reintroduce the food after that time period and see if you experience another reaction. Make sure you refer to your "Phase

3 Transition & Beyond the Program" handout for more information on how to detect and handle sensitivities during Phase 3.

Keep in mind that some food allergies only occur when combined with other foods. For example, you may experience an initial reaction to quinoa sautéed with vegetables and topped with hemp seeds. However, when you eat a bowl of quinoa alone, you may not experience any issues. Or, you may find that you cannot tolerate quinoa regularly, but when you soak the seed-like grain to remove the phytic acid, you have no reactions.

During this program, it's important to test how your body reacts to foods in different combinations.

Use the food diary provided and purchase a journal at the store to reflect on how food makes you feel, both emotionally and physically.

Please note that stress can raise cortisol levels and higher cortisol levels lead to blood sugar imbalances. Therefore, it is important to eat when you are calm. We have a tendency to stress eat or eat when we are angry. During this program, be mindful of your body, breath and chewing. Chew each bite 30 times.

BEFORE YOU BEGIN YOUR DETOX

1. Clean out your cabinets and the refrigerator and toss out tempting processed foods that are on your Do Not Eat List. You cannot experience easy detox and a healthy relationship with food if you're constantly tempted to binge on the junk in the pantry.
2. Define your personal goals by writing them down in a journal. What do you want to accomplish with this program? I like to post my goals

somewhere where I can see them every day because the more I look at them, the more attainable they seem to become.

3. Talk to your loved ones about your upcoming journey and your goals and ask them for their support. The support of loved ones will go a long way in helping you achieve your goals.
4. Create space and free time for yourself during this program. Set aside time for detox baths, journaling, and prepping meals. Be selfish and put your needs first.
5. Read through your entire program so you have a clear understanding of what it entails. Review your suggested meals, print out your shopping list, and start meal prepping. It is time to have some fun cleaning house, both physically and mentally.

PHASE 1

PRE-DETOX/PREP

(4 DAYS)

During this phase, you'll follow the Phase 1 protocol (below) and begin to remove processed foods, sugar and caffeine from your diet, as well as the other foods and drinks on the Do Not Eat List.

You'll also drink half your weight in water daily. You can add lemon and lime to enhance the natural detoxification process.

Keep in mind that there are no recipes for Phase 1, but you can choose from any of the meals in your Recipe Guide.

You should also focus on reducing stress levels. I know this can be tough, but healthy food alone will not do the trick of complete detoxification.

Make it a priority to clean out your pantry. Buy BPA-free containers for batch cooking meals and any equipment or food you need for the program.

Start to take advantage of the detox tools. They are designed to help your body regenerate and recharge.

PHASE 1 DAILY PROTOCOL

PLEASE NOTE: There are detox support tools noted in your protocol; however, you may add any additional detox support tools such as oil pulling, an at-home enema or colonic, castor oil packs or a clay drink. Be sure to hydrate your body when you add additional support tools to flush out toxins.

UPON RISING:

Drink Lemon Water Elixir (see Recipe Guide)

Do tongue scraping

Dry skin brush before showering

Take a probiotic 45 minutes after Lemon Water Elixir

BREAKFAST:

Drink a cup of coffee substitute or organic coffee

Eat breakfast

MID-MORNING:

Eat a snack of your choice

LUNCH:

Eat lunch

AFTERNOON:

Drink the Cranberry Cleanser (See Recipe Guide)

Eat a snack of your choice

DINNER:

Eat a dinner

MID-EVENING:

Write in your diary or journal

BEFORE BED:

Drink a cup of dandelion tea

PHASE 2

DETOX

(DAYS 1-7)

During this Detox Phase, you will remove common allergenic foods from your diet. You will eat whole, seasonal foods that support natural detoxification plus drink throughout the day to hydrate and support elimination.

You can add clean sources of protein to lunch and dinner.

You also have juice recipes. I drink a juice a day. If you don't want to purchase a juicer, you can buy your juice at Whole Foods, a local juice shop, or another natural health food store.

Note that one cup of organic coffee is allowed during Phases 1 and 3. Coffee is acidic and ideally, you should opt for green tea or white tea.

I also suggest you consume these drinks to boost your detox results (find these in your recipes and the daily protocol for each phase). You can make the drinks in batches.

LEMON WATER ELIXIR

- jumpstarts the metabolism

DANDELION TEA

- naturally cleanses the liver

LEMON, LIME, AND GRAPEFRUIT WATERS

- cleanse the lymphatic system and liver

CRANBERRY CLEANSER

- cleanses the kidneys and lymphatic system

IMMUNE BOOSTER

- boosts the immune system and combats inflammation

PHASE 2

DAILY PROTOCOL

PLEASE NOTE: There are detox support tools noted in your protocol; however, you may add any additional detox support tools such as oil pulling, an at-home enema or colonic, castor oil packs or a clay drink. Be sure to hydrate your body when you add additional support tools to flush out toxins.

UPON ARISING:

Drink Lemon Water Elixir (see Recipe Guide)

Do tongue scraping

Dry skin brush before showering (optional)

Do contrast showering

Take a probiotic 45 minutes after the Lemon Water Elixir

BREAKFAST:

Drink a cup of coffee substitute or green tea

Eat breakfast

MID-MORNING:

Eat snack of your choice

LUNCH:

Eat lunch

AFTERNOON:

Drink the Cranberry Cleanser (see Recipe Guide)

Eat snack of your choice

Do deep breathing (at least 10 deep breaths)

DINNER:

Eat dinner

MID-EVENING:

Drink Immune Booster Drink (see recipe guide)

Do a castor oil pack or Epsom salt bath three times this week

BEFORE BED:

Massage your body with sesame oil

Write in your diary or journal

PHASE 2 SUGGESTED MEALS

*If you desire, feel free to add an extra salad or a raw or warm soup to any lunch or dinner.

DAY	BREAKFAST	LUNCH	DINNER
1	Go Green Smoothie	Waldorf Salad	Roasted Vegetables and a small salad
2	Kale Smoothie	Cold Zucchini Noodles with Tahini Sauce	Apple Butternut Squash Soup and a small salad
3	Warm Chia Pudding	Mock Chicken Salad	Roasted Brussel Sprouts with Sweet Potatoes and your choice of soup or small salad
4	Berry Cream Smoothie	Massaged Kale Salad	Lemon Broccoli Stir Fry and ½ sweet potato
5	Fresh Fruit Cup with Coconut Milk Yogurt	Spicy Fall Slaw	Roasted Vegetables and a small salad
6	Marathon Smoothie	Stuffed Lettuce Cups	Easy Sauté and ½ sweet potato

7	Orange Cream Smoothie	Spicy Fall Slaw	Apple Butternut Squash Soup and a small salad with ½ sweet potato
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PHASE 2 SHOPPING LIST

FRUITS

Blueberries—1 cup

Bananas—2

Oranges—1

Berries—1/2 cup

Pears—1

Apples—9

Lemons—8

Limes—1

VEGETABLES

Spinach—3/4 cup

Avocados—3 1/2

Kale—12 leaves + 1 bunch

Mixed greens—about 5 cups

Carrots—About 12 large

Celery ribs—4

Scallions—6

Purple cabbage—about 1 medium head

Red onions—about 1/2
Zucchini—2 large
Romaine leaves—2
Cucumber—about 1/2
Butternut squash—6 pounds
Onions—5
Beets—4
Fennel bulbs—2
Broccoli—1 head
Brussels sprouts—1 pound
Sweet potatoes—1
Cauliflower—about a quarter head

NUTS & SEEDS

Pumpkin seeds
Chia seeds
Sunflower seeds
Sesame seeds

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Raw cacao
Shredded coconut
Vanilla extract
Honey

Poultry seasoning
Extra-virgin olive oil
Bragg's raw apple cider vinegar
Sunflower seed butter
Coconut milk yogurt—about 1 cup
Tahini
Coconut oil
Vegetable broth—8 1/4 cups
Toasted sesame oil
Coconut aminos (optional)

BEVERAGES

Dairy-free milk—about 2 liters

HERBS/SPICES

Cinnamon
Ginger powder
Cumin
Sea salt
Pepper
Turmeric
Garlic powder
Ginger root—about 8 inches
Fresh parsley—about 3 bunches
Garlic cloves—5

PHASE 3

TRANSITION

(DAYS 8-14)

Phase 3 is the Transition Phase. Now that your toxic burden is lessened, it's time to reintroduce those allergenic foods we removed in Phase 2 that are on the DO NOT EAT list. We will add in a new food group every 2 days.

If you have an allergic reaction, remove the food for 7 days. Make sure you refer to your "Phase 3 Transition & Beyond the Program" handout for more information on how to detect and handle sensitivities during Phase 3.

If you know you are intolerant to the suggested food, then do not add that food. Instead, add another food. For example, if you are intolerant to grains, then add a nightshade or dairy. It is vital to include these notes in your journal.

You may find you are sensitive to foods when combined in a meal, but you can eat that food alone, otherwise called a mono meal.

Note that one cup of organic coffee is allowed during Phases 1 and 3. Coffee is acidic and ideally, you should opt for green tea or white tea.

Sensitivities and intolerances can wreak havoc on your body. A sign of sensitivity will be:

1. Gaining 1-3 pounds of water weight
2. Acid reflux
3. Mucus in the stool
4. Skin rashes
5. Sinus congestion
6. Sleepless nights
7. Fragile nails
8. Lower back or knee pain
9. A dry cough or tightness in the chest
10. Dry eyes or floaters
11. Bad breath

Many may also experience mood shifts and emotional imbalances. Food affects the body both physically and emotionally. Make sure to use your personal food diary and note how you feel during this phase. Adding extra detox support tools will lessen any unwanted symptoms as well.

PHASE 3

DAILY PROTOCOL

PLEASE NOTE: There are detox support tools noted in your protocol; however, you may add any additional detox support tools such as oil pulling, an at-home enema or colonic, castor oil packs or a clay drink. Be sure to hydrate your body when you add additional support tools to flush out toxins.

UPON ARISING:

Do tongue scraping

Drink Lemon Water Elixir (see Recipe Guide)

Dry skin brush before showering

Do contrast showering for 5 minutes

Take a probiotic 45 minutes after Lemon Water Elixir

BREAKFAST:

Drink a cup of organic coffee or green tea (organic coffee optional)

Eat breakfast

MID-MORNING:

Drink a cup of dandelion tea

Eat snack of your choice

LUNCH:

Eat lunch

AFTERNOON:

Drink Cranberry Cleanser (see Recipe Guide)

Eat snack of your choice

DINNER:

Eat dinner

MID-EVENING:

Drink Immune Booster Drink (see Recipe Guide)

Do a castor oil pack or Epsom salt bath three times this week

BEFORE BED:

Dry skin brush before bed

Do whole body self-massage with sesame oil

Write in food diary or journal

PHASE 3

FOOD RE-INTRODUCTION SCHEDULE

Here is a breakdown of what you'll be adding back in every two days during the Transition Phase.

DAYS 8 & 9 (days 1 and 2 of transition): You will add in grains.

DAY 8: Apple Cinnamon Spice Oatmeal

DAY 9: Lemon Broccoli Stir Fry with Brown Rice

DAYS 10 & 11 (days 3 and 4 of transition): You will add in beans.

DAY 10: Black Bean Sauté

DAY 11: Waldorf Salad Topped with Hummus

DAY 12 & 13 (days 5 and 6 of transition): You will add nuts.

DAY 12: Fall Kale Salad

DAY 13: Sautéed Green Beans and Carrots with Almonds

DAY 14 (day 7 of transition): You will add eggs.

DAY 14: Scrambled Eggs with Spinach

If you have the same reaction when you reintroduce this food after another 7 days, then remove this food for 3 months and then reintroduce again. As you build your gut health back up, you may experience decreased food allergies.

PHASE 3

SUGGESTED MEALS

*If you desire, feel free to add an extra salad or a raw or warm soup to any lunch or dinner.

DAY	BREAKFAST	LUNCH	DINNER
8	Apple Cinnamon Spice Oatmeal	Stuffed Lettuce Cups	Garlic Cauliflower Soup and a small salad with ½ sweet potato
9	Go Green Smoothie	Mock Chicken Salad	Lemon Broccoli Stir Fry with Basic Brown Rice
10	Fresh Fruit Cup with Coconut Milk Yogurt	Cold Zucchini Noodles with Tahini Sauce	Black Bean Sauté and ½ sweet potato
11	Pumpkin Seed Smoothie	Waldorf Salad Topped with Hummus	Roasted Brussel Sprouts and a small salad with 1/2 sweet potato
12	Berry Cream Smoothie	Fall Kale Salad	Easy Sauté and ½ sweet potato
13	Kale Smoothie	Stuffed Lettuce Cups	Sautéed Green Beans and Carrots with Almonds

14	Scrambled Eggs with Spinach	Massaged Kale Salad	Roasted Vegetables and a small salad with ½ sweet potato
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PHASE 3 SHOPPING LIST

FRUITS

Avocado—7

Blueberries—1 1/2 cups

Berries—1/2 cup

Figs—1

Banana—1

Apples—4

Lemons—9

Limes—2

VEGETABLES

Spinach—about 1 1/2 cups

Mixed greens—2 cups

Kale—4 leaves + 3 bunches

Carrots—about 9

Celery Ribs—5

Scallions—10

Zucchini—2 large

Onion—4

Cauliflower—1 1/4 heads
Romaine leaves—4
Cucumbers—about 1/2
Beets—2
Fennel bulbs—1
Brussels sprouts—1 pound
Sweet potatoes—1
Purple cabbage—1 1/2 heads
Broccoli—1 head
Mixed greens—4 cups
Green beans—1 pound

NUTS & SEEDS

Pumpkin seeds
Sunflower seeds
Sesame seeds
Pomegranate seeds
Walnuts
Almonds

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Raw cacao
Shredded coconut
Sunflower seed butter

Coconut milk yogurt—1 cup
Poultry seasoning
Sea salt
Pepper
Extra-virgin olive oil
Tahini
Honey
Coconut oil
Vegetable broth—4 1/4 cups
Coconut aminos (optional)
Toasted sesame oil
Rolled oats—1 cup
Brown rice—2 cups
Canned black beans—1 cup
Chickpeas—2 cups
Eggs—3

BEVERAGES

Dairy-free milk—about 2 liters

HERBS/SPICES

Cinnamon
Cumin
Turmeric
Garlic heads—about 2
Ginger—2 inches
Fresh parsley—1 bunch

Detox Eat List (All Phases)

- Dairy-free milk: almond, coconut, flax, hemp, and sunflower
- All fruits and vegetables (except nightshades; however, you can eat goji berries, which are the only approved nightshade fruit/vegetable)
- Healthy fats: coconut oil, flax oil, grapeseed oil, almond oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame (black and white), hemp, chia, and flax
- Beans: lentils, mung, and adzuki only (be sure to soak them first per instructions in the Phytic Acid section)
- Drinks: organic coffee (suggested phases 1 and 3 only), coffee substitutes (such as chicory or root blends like Mountain Rose Herbs Herbal Coffee, Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies
- Sweeteners: honey, raw honey, and stevia
- Detox tea suggestions: Traditional Medicinals Brand—Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Smooth Move Tea
- Elixirs and tonics: Cranberry Cleanser and Lemon Water Elixir
- Cultured foods and drinks: coconut water kefir, Kevita, kombucha (if no candida present), fermented vegetables (homemade or store-bought)

Detox

Do Not Eat List (Phases 2 & 3)

(If you see **, you will add this food back in during Phase 3)

- Coffee
- Sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum, like xylitol, or protein bars)
- Eggs**
- Soy milk
- Yeast
- Nuts**
- Alcohol
- Dairy products
- Corn (grain)
- Cheese
- Gluten
- Grains (except seed-like grains, or soaked/sprouted)**
- Processed foods
- Soft drinks
- Nitrates, often found in lunch meats
- Potatoes (except for sweet potatoes or yams)
- Beans (except for lentils, mung, and adzuki—be sure to soak them first per instructions in the Phytic Acid section)**

Supplemental Detox Information

This section is filled with supplemental information that will make your detox experience as effective as possible.

PROTEIN AND ENERGY

During this program, make sure you are getting enough protein to maintain your energy. You can add extra clean sources of protein to any meal. You do not want to lose muscle or energy during your program or feel fatigued.

IF YOU ARE FEELING TIRED, I SUGGEST YOU ADD:

A scoop of plant-based protein to smoothies, soups or even mixed into a dip

ON AVERAGE, MY CLIENTS ADD:

3-5 ounces of protein to both lunch and dinner (women)

5-7 ounces of protein to both lunch and dinner (men)

Choose healthy and clean protein sources that are organic and, ideally, grass-fed, such as those listed below. You can also make bone broth, which is loaded in minerals such as calcium, phosphorus, magnesium, and potassium. It is also a great source of fats and is perfect for nourishing the adrenals.

My favorite low-mercury fish choices are salmon, sardines, anchovies, shad and smelt. They are high in omega-3 fatty acids, which are great for fighting free radicals in the body.

ANIMAL-BASED PROTEIN SOURCES (DURING ALL PHASES OF DETOX)

MEATS (nitrate-free and organic is best)

- Chicken, pasture-raised
- Turkey, pasture-raised
- Bison, grass-fed
- Beef, grass-fed
- Lamb, grass-fed

FISH, SEAFOOD

- Canned fish (sardines, anchovies, wild salmon), but look for BPA-free cans if possible
- Fresh or frozen fish such as wild Pacific salmon or non-fatty white meat fish like Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore
- Shellfish, such as wild shrimp, or scallops

*Make sure the fish you are eating is low in mercury. A list of low-mercury fish can be found here: <http://www.nrdc.org/health/effects/mercury/guide.asp>

PLANT-BASED PROTEIN SOURCES (DURING ALL PHASES OF DETOX)

(These are simply suggestions for vegan options.)

- Three tablespoons hemp seeds, one-fourth cup sunflower seeds, or one-fourth cup pumpkin seeds
- Avocado
- One cup of green peas
- Coconut meat
- Sprouts
- Two tablespoons of chia seeds or chia gel
- Chia pudding
- Nutritional yeast: one to two tablespoons, if tolerated
- One to two scoops of plant-based protein powder for smoothies, soups or even mixed into a dip
- Miso soup

If you need even more energy during this program, add healthy carbohydrates such as yams, sweet potatoes, or root vegetables such as parsnips, carrots and beets. A yam with coconut oil and cinnamon is one of my favorites.

GOOD ENERGY-BOOSTING SNACK OPTIONS INCLUDE:

- An avocado with nitrate-free turkey slices or nutritional yeast
- A smoothie with hemp protein and/or a banana
- A nutrient-dense protein ball
- A banana spread with SunButter and shredded coconut
- A soaked date (if you don't suffer from sugar imbalances)
- Berries with a small amount of shredded coconut
- Chia pudding with berries, raw cacao, hemp protein, and cinnamon

ALKALINITY AND JUICING

One of the major downfalls of a poor diet filled with too many acidic foods, such as dairy, eggs, processed foods, and grains, is that it can cause your body to become acidic. This results in mineral loss and creates the perfect atmosphere for leaky gut and inflammation. Therefore, it is suggested that eating a diet rich in alkaline foods—such as fresh fruits and vegetables, nuts, seeds and legumes—will keep your body at a 6.5-7 on the PH scale and therefore, keep your cells and tissues healthy and reduce inflammation.

I recommend juicing during this detox because it is a great way to alkalize the body and reduce acid waste that leads to headaches, wrinkles, a weakened immune, and disease. Juicing also fills your body with a variety of minerals, live enzymes and nutrients, and gives your digestive system a break.

There are a variety of juicers to choose from that fit in all budget ranges, from \$30 to over \$200.

If you want to juice but do not have a juicer, add 1 teaspoon of chlorophyll, wheatgrass or spirulina to 20 ounces of water with lemon. You can buy any of those at Whole Foods, on Amazon or on vitacost.com. Keep in mind that fresh juices last up to 24 hours in your refrigerator but are best when consumed right after juicing.

OTHER WAYS TO ALKALIZE THE BODY INCLUDE:

- Eating more greens and water-rich foods, such as cucumbers and celery
- Adding lemon, lime and grapefruit to water
- Drinking coconut water and green juices
- Adding sprouts to your diet, or juicing with sprouts
- Adding sea vegetables, such as nori, dulse, or wakame to your salads, or buying Maine coast sea sprinkles (these are my favorites)
- Doing yoga, deep breathing, and meditation (and laughing as much as possible)

During this program, I recommend testing your levels to see how this detox affects your PH. You can buy litmus paper at Whole Foods, Vitamin Shoppe or on Amazon. I recommend testing your saliva upon waking and two hours after eating. It's a great idea to do this on a daily basis and record your results.

GOING ORGANIC

When most people hear the word organic, they visualize dollar signs. However, despite the price, I want you to realize the importance of organic foods.

Non-organic foods are covered in herbicides and pesticides which lead to hormone imbalances, poor gut health, and compromised immune systems. So even though you may be eating fruits and veggies now, if they aren't organic than they are actually contributing to your toxicity. The fewer toxins your liver and kidneys have to process, the healthier you will be.

Since I know many of you are on a budget, I want to share the Dirty Dozen and the Clean 15 lists with you. Produce on the Dirty Dozen list should always be purchased organic because they contain a greater toxic load. For those on the Clean 15 list, you may be able to get away with buying non-organic.

You can find the lists here: <https://www.ewg.org/foodnews/summary.php>

IN ADDITION, YOU CAN ALSO SAVE ON ORGANIC PRODUCE BY:

- Purchasing from a local farm or farmer's market in your city/town or joining a local CSA, otherwise known as a community supported agriculture, where you can buy from local farmers.
- Shopping at Trader Joes, Costco or Walmart, or buying produce that is on sale.

You should also buy hormone-free, organic animal products when the wallet permits.

PHYTIC ACID

Phytic acid, found on grains*, beans, nuts* and seeds (including flax and chia) is a compound that comes from the phosphorous found in plants. Too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body, such as zinc and iron. Phytic acid also interferes with the natural enzymes your body needs to digest your food.

Some people are not affected by phytic acid, while others experience a serious reaction in the form of bloating, constipation, headaches, skin problems, thyroid imbalance, joint pains, or weight gain. If you suffer from autoimmune disorders, thyroid issues, metabolism problems, chronic candida, or weight issues, you'll likely see improvement when you eliminate or reduce your intake of phytic acid.

During this program, it's recommended that you soak all grains*, beans, seeds and nuts* to remove phytic acid. Here's how to do it:

- Add the grains*, beans, seeds or nuts* to a bowl of warm or room-temperature water.
- Add 1-2 tablespoons of lemon juice or Bragg's raw apple cider vinegar.
- Soak the grains*, beans, seeds or nuts* (for 12-24 hours).
- Leave the bowl sitting on your countertop.
- Empty the grains*, beans, seeds or nuts* into a colander and rinse at least six times to remove any remaining phytic acid.
- Cook the grains*, seeds, or beans as usual, or store the seeds or nuts* in your fridge for 1-2 days.

*Not approved during Phase 2

GUT HEALTH, HAPPINESS AND PROBIOTICS

Gut health is the cornerstone of overall good health. Seventy percent of your immune system is located in your gut, so it makes sense that if your gut is not healthy, you probably don't feel well overall.

In addition, 95% of serotonin, your happiness hormone, is manufactured in the large intestine. Therefore, if your gut health is suffering, you'll also experience mood swings or sadness.

Poor gut health typically means your gut contains more bad bacteria than good bacteria. This is typically caused by antibiotics, poor diet, birth control pills, stress, etc.

If your gut is not made up of at least 80% good bacteria, you'll experience anxiety, weight gain, hormonal imbalances, dry skin, constipation, autoimmune diseases, leaky gut, candida, pathogens, skin problems, and more.

One of the ways to restore the good bacteria in your gut is by taking probiotics. Probiotics are an essential component to a healthy life, especially when you're detoxing.

PROBIOTICS:

- Improve digestive function
- Improve liver function
- Decrease toxicity
- Decrease allergies
- Improve adrenal function
- Increase energy

- Improve sleep
- Eliminate or decrease acid reflux
- Decrease bloating and gas
- Improve absorption of nutrients and minerals

You can consume probiotics in pill form, eat cultured foods that contain probiotics, or consume probiotic-rich drinks.

If taking probiotics in pill form, be sure to choose a high quality supplement such as Neo-Life Acidophilus. Buy one with at least 15-50 billion colony-forming units (CFUs).

In addition to probiotic supplements, you can also consume probiotic-rich foods. In fact, the best natural sources of probiotics are food-based.

My favorites are:

- Coconut water kefir such as Kevita (see the recipe in your Recipe Guide)
- Coconut milk yogurt or coconut milk kefir (see the recipe in your Recipe Guide)
- Inner-eco probiotic drinks
- Body Ecology probiotic drinks
- Bubbie's cultured foods
- Cultures for Health cultured and fermented foods

I consume a probiotic supplement daily and have for years.

I suggest taking a probiotic once a day, 45 minutes after your Lemon Water Elixir and consuming cultured vegetables or a cultured drink at each meal. I also suggest rotating your probiotic at least every three months so your body does not get used to the strain.

FOOD COMBINING

Another concept I would like to introduce you to is food combining. Food combining means eating certain food groups together to reduce fermentation in the stomach and enhance nutrient assimilation.

Food combining has been shown to work great in people who experience low energy, poor digestion, and weight issues.

Here are the principles:

EAT STARCHES WITH VEGETABLES AND FAT:

Foods that are considered starches include grains, legumes, and certain vegetables such as potatoes, corn, peas, parsnips, pumpkin, winter squash, sweet potatoes, and others. Starches should be eaten alone with another vegetable or with a small amount of fat because starches require different digestive enzymes than proteins.

EAT PROTEIN WITH VEGETABLES AND FAT:

Unlike starches, proteins require an acidic environment for optimal digestion, so it is best to eat protein with vegetables and healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

EAT ACID AND SUB-ACID FRUITS WITH LOW-STARCH VEGETABLE:

For optimal digestion, you can combine sub-acid fruits such as apples, blackberries, blueberries, raspberries, cherries, nectarines, peaches, pears, and plums with a low-starch vegetable. You can also combine acid fruits such as cranberries, grapefruit, kiwi, strawberries, lemons, limes, oranges, pineapple, or pomegranate with a low-starch vegetable.

Low-starch vegetables include lettuce, asparagus, broccoli, cauliflower, cucumber, spinach, mushrooms, onions, peppers, tomatoes, and others. For a full list, visit: https://en.wikipedia.org/wiki/List_of_non-starchy_vegetables

Detox Support Tools

You have many detox support tools included in your phase-specific protocols; however, you may add any additional detox support tools you see below to your schedule.

CONTRAST SHOWERING

Contrast showering is so easy to do and requires no extra purchases! In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water directs blood flow inward to the organs.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, and so on. You can repeat this for 15 minutes, always finishing with cold water.

FULL-BODY SESAME MASSAGE

Use sesame oil to massage your body. Sesame oil is great for balancing the nervous system and relaxing the body for a good night's sleep. It also supports lymphatic detoxification.

TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic buildup in your mouth.

Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tool is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store.

SKIN BRUSHING

I cannot say enough about skin brushing. It is easy to do and your kidneys will thank you for it. Skin brushing supports your lymphatic system, kidneys, and liver and has been shown to reduce toxins by 25% in the body. You can skin brush in the morning before your shower and at night.

HOW TO SKIN BRUSH:

- Skin brush with a dry brush (made for this purpose) before you shower or bathe. My favorite by Yerba Prima, available on Amazon or at your local natural food store.
- Always brush toward your heart with the flow of the lymphatic fluid.
- Start at the soles of your feet and then move up your legs, brushing in a circular motion.
- Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
- Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.

EPSOM SALT BATH

Epsom salt baths should be a detox tool you take advantage of during this program. Epsom salt, or magnesium sulfate, is wonderful for:

- Lessening muscle cramps
- Adding magnesium to your body, one of the most important minerals for sleep, healthy bowels, and brain function
- Improving nutrient absorption
- Easing stress and improving sleep and concentration

HERE'S HOW TO MAKE AN EPSOM SALT BATH:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil. Relax and enjoy your delicious detox bath.

Advanced Detox Tools

OIL PULLING

Oil pulling is by far one of my favorite tools and it is so easy to do. Oil pulling removes unwanted bacteria and yeast from the mouth.

I recommend oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling. You can use coconut oil or sesame oil.

TO DO OIL PULLING:

- Put 1-2 tablespoons of oil in your mouth
- Swish the oil for 5-20 minutes
- Spit the oil into the trash to avoid it hardening and clogging up your sink
- Rinse your mouth with water and sea salt, then brush your teeth

ENEMAS/COLONICS

Do not be scared when you see the word enema. This is a simple way to cleanse the colon of wastes, such as bacteria and yeast.

If you prefer to have a colonic done for you, find an experienced Colon Hydro Therapist in your area. You can also do an enema at home when you have some alone time on the weekend.

ACCORDING TO BODYECOLOGY.COM ARE TWO TYPES OF ENEMAS:

1. The cleansing enema is retained for a short period of time until your natural peristaltic movement eliminates both the water and the loose fecal material. It is used to gently flush out the colon.
2. The retention enema is held in the body for longer. For example, the famous "coffee enema" is retained for approximately 15 minutes or can also be left in and absorbed. Coffee enemas are an example of short-term (15 minute) retention enemas. They were made popular by Max Gerson, who used them with cancer patients to open the bile ducts and increase bile flow, helping to rid the liver of impurities.

EXAMPLES OF CLEANSING ENEMAS:

- **APPLE CIDER VINEGAR IN WATER** - Helps with viral conditions and clears mucus from the body. These are great if you suffer from nasal congestion or asthma.
- **BURDOCK ROOT** - Helps to eliminate calcium deposits and purify the blood.
- **CATNIP TEA** - Relieves constipation and congestion brings down a high fever.
- **LEMON JUICE** - Just what you need to clean the colon of fecal matter, balance its pH, and detoxify the system.

EXAMPLES OF RETENTION ENEMAS:

- **COFFEE** - A coffee solution (we mean a good organic breakfast blend, not decaf or instant) stimulates both the liver and the gallbladder to release toxins (15 minutes only).
- **MINERALS** - This one helps rebuild the energy of the adrenals and the thyroid.
- **PROBIOTIC** - This is perfect for candidiasis and other yeast infections.
- **RED RASPBERRY LEAF** - High in iron, great for the eyes, and particularly helpful for women.

Each enema requires a slightly different method, but the results for each are glorious.³

If you would like to purchase a home enema kit with instructions, visit <http://www.healthandyoga.com/html/product/enemaequipment.aspx>

For more information on the benefits of enemas, visit:

http://bodyecology.com/articles/home_enemas_how_and_why.php

³ http://bodyecology.com/articles/home_enemas_how_and_why.php

BENTONITE CLAY

Bentonite clay, composed of volcanic ash, is known for its ability to absorb and remove toxins.

Dissolve ½ cup of Epsom salts in warm water. Mix ½ cup bentonite clay in ½ cup of warm water and stir until clay is dissolved. Add the clay to the bath and then soak for 20 minutes. You can add the essential oils of your choice.

Alternatively, you can ingest bentonite clay, which is great for cleaning out the GI system of pathogens. Add 1 teaspoon to water and drink 45 minutes away from any supplements.

Emotional Support Tools

DEEP BREATHING

This form of breathing resets your nervous system.

Inhale slowly through your nose, and hold the breath for seven seconds (or as long as is comfortable for you). Then exhale slowly through your mouth. Repeat five times. Make the inhalation longer than the exhalation to increase energy, and make the exhalation longer than the inhalation to promote relaxation.

JOURNALING

Buy a journal at Marshall's or Target and set aside 10 minutes a day to write down your goals, desires and dreams, or just allow this journal to be a place where you express yourself. You can also use the journal to document your relationship with food and how specific foods affect you.

ADVANCED DEEP BREATHING FOR PURIFICATION

In the yoga world, there is a term called Prana, otherwise known as energy. The breathing exercises below help to distribute, circulate, and move your Prana.

We are all energy. The more you can circulate the flow of energy in your body, the less emotionally and physically congested you will be.

As we have learned, the lungs are vital for releasing toxins both emotionally and physically. Learning how to use stress relieving techniques such as these below will help you to detox naturally and reset your nervous system. My favorite is the Alternate Nostril Breathing.

HERE ARE THE SPECIFIC TYPES OF DEEP BREATHING AS TAUGHT BY BABA HARI DASS:

NADI SHODHANA (Alternate Nostril Breathing)

Exhale all air gently, close right nostril with thumb and inhale slowly and deeply through left nostril. Close left nostril with ring finger and exhale slowly and gently through the right nostril. Inhale through the right nostril and continue alternate nostril breathing for 10 rounds, increasing to 40.

KAPALA BATI (Skull Shining)

Quickly and lightly exhale through both nostrils. Emphasize exhalation, letting the inhale come as a natural reflex. Complete 3 rounds of 30 exhalations and build to 10 rounds of 60. Rest and breathe naturally between rounds.

AGNISARA DHATI (Fire Wash)

Inhale, then exhale all air. While holding breathe out, pull diaphragm up and toward backbone, release it suddenly and repeat in and out movement for as long as breath can be held without strain. Inhale gently. Do 3 rounds of 30 pulls, increasing to 10 rounds of 60 pulls.

ASHVINI MUDRA (Horse Mudra)

Inhale completely and hold breath. Contract and release the anal sphincter (mula bandha) rapidly and repeatedly while holding the throat lock (jalandhara bandha). Hold the breath as long as exhalation can be slow and controlled. Do 3 rounds of 30 pulls, increasing to 10 rounds of 60

You Did it!

Congrats, my friend.

I am so proud of you. You made a commitment to put your health first and you have transformed your body from the inside out.

Breathe it all in.

A Loving Disclaimer

I am a graduate of the Institute for Integrative Nutrition, certified as a Holistic Health Coach through the American Association of Drugless Practitioners.

Drawing on my background, training, skills and life experiences, I support my clients—spiritually, mentally, emotionally and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

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