14 Day Cleanse

Congratulations! You’re decided to take these next 2 weeks to take control of your health. Take a moment to think about what you hope to accomplish during the next 14-days.

This Program consists of a 14-day Elimination Diet and metabolic cleanse. It will:

* educate you on how to minimize toxins and chemicals you are exposed to on a regular basis
* engage you in depuration activities that will optimize and enhance the detoxification functions of your digestive organs
* Give you more energy and supercharge your life!

The **elimination diet portion** of the program removes potentially allergenic foods from your diet and allows you to choose from a group of healthy foods – Go To Town! – to which you are less likely to have a negative response. The Go To Town! foods will less likely contain other substances that could interfere with the natural cleansing process and put less stress on the digestive, immune, and endocrine systems.

By removing the most common food culprits from your diet you will better understand how your body functions without these types of foods, but also give your body a well-needed rest from foods that can be an underlying issue in your health that you may not otherwise be aware of.

This program has been designed to optimize your metabolism and energy, decrease inflammation, and allow your body to detoxify. The 2-week program consists of a personalized dietary plan, Cleansing from the Outside In recommendations, Me Time activities and supplementation to enhance detoxification.

**Week 1:**

* Diet: Follow the Go To Town! list and avoid the Just Say “No Thank You” list
* Start Cleansing from the Outside In recommendations and Me Time activities
* Replace 1 meal a day with Vital Clear shake

**Week 2**

* Diet: In addition to week 1, avoid meats and fish. (Just for a week, you can do it I promise)
* Continue Cleansing from the Outside In recommendations and Me Time activities
* Replace 2 meals a day with Vital Clear shake for days 7-10
* Replace 1 meal a day with Vital Clear shake for days 11-14

**Supplements**

* **Whole Fiber Fusion:** 1 Tablespoon two times a day
* **Liver Support II:** 2 capsules twice daily
* **Pan Plex 2:** 2 capsules with lunch and dinner. No need to take them with the shake.

**We Are What We Eat**

Over the next 14 days you will re-educate your palette on what foods you enjoy eating (the first 3-4 days are the most difficult). You will also give your body a rest from dealing with foods that cause inflammation and build up toxic compounds in your body. Remember **Week 2: Eliminate all fish and meat.**

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|  | **Go to Town!** | **Just Say “No Thank You”** |
| **Allergens** | Obviously let’s not Go To Town on any allergen. We’re going to remove the most common allergens and also **remove any foods you know you have an intolerance or allergy to.** Consider corn, shellfish, tree nuts (cashews, almonds, pecans, and walnuts), peanuts, tomatoes, beans, lentils, and yeast-containing foods (bread, alcohol) | **Eggs**: mayonnaise, fried foods, snack foods, pastries**Dairy**: cheese, milk, yogurt, butter**Soy (see below)****Peanuts (see below)****Gluten (see below)** |
| **Drinks** | **Adequate water** is crucial for an effective cleanse – aim for at least ½ of your body weight in ounces a day.Your personal goal: \_\_\_\_\_\_\_\_\_\_*In addition*, you may have herbal teas, white tea, green tea, red bush (rooibos) tea, rice or almond milk (unsweetened), and green juices. Wheatgrass juice may enhance the detoxification process.  | **Alcohol, caffeine, and sugar**: these put increased stress on your liver, and the purpose of this cleanse is to allow it to rest as much as possible. Many drinks contain large amounts of high fructose corn syrup (HFCS) – it is important to read labels carefully. |
| **Surf** | Wild fish: wild salmon and any fish not mentioned to the right will provide an excellent source of the essential omega-3 fatty acids and provide lean protein. Herring, cod, haddock, Hake, Flounder/Sole, Ocean Perch, Trout, Tilapia, Monkfish.**Remember not during week 2** | **Shellfish and the following types of fish**: farmed or Atlantic salmon (if it doesn’t say “wild” it is farmed), tuna, shark, swordfish, sea bass, Gulf Coast oysters, halibut, marlin, kind mackerel, pike, and walleye: these types of fish are high in mercury. |
| **Turf** | Like it Lean! Turkey, chicken, lamb, and wild game including buffalo, elk, and venison. Animal proteins should be labeled “free range” or “organic” which means they are not fed antibiotics or hormones and their feed is not genetically modified.**Remember not during week 2** | Beef, pork, bacon, hot dogs, cold cuts, canned meats, and sausage: these types of meats typically contain additives, hormones, and antibiotics. |
| **Veggie protein** | Beans: adzuki, Anasazi, black beans, chick peas, lentils, lima beans, navy beans, split peas, butter beans, cannellini beans, and pinto beans. | **Soy products**: soy, soy milk, tempeh, tofu, miso, soy sauce. Don’t rely on processed products during **week 2.**  |
|  | **Nuts and seeds**: Brazil nuts, walnuts, almonds, raw pistachio nuts, sunflower seeds, chia seeds, sesame seeds, and fresh ground flax seeds (use mortar and pestle or coffee grinder and grind fresh before use). Non-peanut nut or seed butters are also permitted.  | Peanuts and peanut butter |
| **Fruits** | **Any fruits** with the exception of those listed to the right. Avoid canned fruit or fruits packed in syrup. Frozen is fine. There are lot of different fruits out there so try some new ones during this process! | **High glycemic/high sugar fruits: banana, papaya, grapes, and dried fruits** contain high amounts of sugar and/or carbohydrates that cause insulin spikes. These spikes can result in irritability, headaches and an unpleasant cleanse experience. |
| **Veggies** | These will be the bulk of your diet while on the cleanse. Vegetables provide an excellent source of antioxidants, nutrients and minerals as well as fiber to enhance the excretion of toxins and increase satiety. **Aim for a rainbow of colors and lots of leafy greens.**  | Buy organic when possible, or at least when consuming the most commonly contaminated vegetables  |
| **Grains** | Brown rice, wild rice, quinoa, amaranth, millet – any **gluten free grain**. Aim for whole grains. You may also eat cereals made from rice, buckwheat, and tapioca. | Anything made with or containing **wheat, barley, rye, spelt and kamut, triticale**. Breads or cereals containing wheat starch contain small amounts of gluten; as do cereals and crackers containing wheat and oat bran, graham, wheat germ, and bulgar. Cereals or breads containing malt flavoring of unspecified origin. Regular spaghetti, macaroni, and noodles. Most packaged rice mixes such as Rice-a-roni.  |
| **Oils** | Nutritional cooking oils: extra virgin cold-pressed olive oil, sesame oil, coconut oil. Purchase organic if possible and store in the refrigerator. Flax oil maybe used, but not for cooking – it should not be heated. | Refined oils and fats and fried foods: trans fats (margarine, shortening, snack foods, “partially hydrogenated”) are unnatural and unrecognized by the body, causing an inflammatory response. Read labels carefully. Fried foods are high in fats and often fried in rancid oil.  |
| **Flavor!** | Sauces, condiments, and spices: wasabi, pesto (dairy-free), any dried or fresh herbs, lemon juice, vinegarsSpices such as cinnamon, basil, fennel, cardamom, ginger, thyme, turmeric, garlic, and salt.  | **Processed foods**: canned, packaged, frozen, etc. These are high in sugar and additives. |
| **Sweets** | Stevia may be used for sweetener, but in small amounts only and the herb is preferable to the processed (white) form.**Real World Tip:** Try fresh fruit as your dessert during the cleanse. | Sweet-n-low, aspartame (Nutra-Sweet, Equal), sucralose (Splenda) are unnatural chemicals not found in nature. They increase the amount of chemicals the liver and kidneys must detoxify and excrete, and may contribute to weight gain. These are commonly in diet soda drinks, gum, and sugar free sweets |

Cleansing from the Outside In

The skin is the largest organ in the body; it protects us from our toxic environment and helps us sweat out harmful substances. Many people don’t realize that some of our everyday products actually contain toxic chemicals. These get absorbed through the skin and add to our toxic burden. It’s time to limit our exposure!

**Personal Care products:** Use natural based healthcare/beauty products ex. Deodorants,

shampoos, toothpaste, make-up,etc

* Discontinue use of products that contain: Benzoic acid, BHA, BHT, DMDM hydantoin, **fragrances**, dyes, **parfum**, imidazolidinyl urea, sodium lauryl (laureth) sulfate, nonylphenol ethoxylates, phophates, anything ending in “**paraben**”, polyethylene glycol and anything ending in “eth”.
	+ Tom’s of Maine, Burt’s Bee’s, JASON, Juice Beauty, DeVita
	+ Check out <http://www.ewg.org/skindeep>
* Use non-scented laundry detergent and dryer sheets. (eg. ECOS, Seventh Generation, BioKleen, Meyers, TJ’s Brand). Avoid commercial brands that say “scent free” unless they are listed above.
* Gluten intolerant patients check all food labels and healthcare/beauty products to make sure they are free of gluten.
	+ This is most important for healthcare products that are used in or/around the mouth.

**Home environment**. Begin to reduce the toxicity of the air inside your home.

* **Don’t wear shoes indoors.** We track pesticides and solvents in on our shoes that stay in our homes.
* **Replace your home air filters every 10-12 weeks** with high quality pleated filters (rated MERV 7-9).
* Have **dry-cleaning air out in the garage** or car trunk for at least **7 days** before bringing them into the house.
* **Do not smoke indoors** or if you do, let’s work on a plan to help you quit.
* Consider **room air purifier w/ HEPA filter** – the best are IQ-Air, Blue Air or Austin. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 minutes.

Me Time Activities

1. **Relaxation**: make time for emotional/spiritual cleansing during these 3 weeks. This may include meditation, prayer, reading an inspirational book, take a hot bath or any other relaxing and fulfilling activity.
2. **Breathing**: Breathing connected to your parasympathetic system (your rest and digest) which will enhance digestion, help you get the most nutrients out of your food, and allow healing.
3. **Sleep**: adequate sleep is essential for optimal functioning, and will allow your body to regenerate each night of the program.
4. **Light exercise** will increase excretion of toxins and move stagnant lymph. Examples include a walk, yoga, or chi gong. Do not do strenuous exercise while on a cleanse. Aim for mild exercise daily
5. **Castor oil pack:** soak a cotton towel or flannel cloth in castor oil and place over your liver (below the ribs on the right side). Or purchase a castor oil pack from a natural food store. Cover with plastic (castor oil can stain) and then with a hot water bottle or heating pad. Relax for 30-45 minutes. When finished, you can use a little baking soda to clean off the surface oil, but no not wash off the area. The cloth/flannel can be placed in the fridge until the next day. Optimally performed at least 5x/week. This is a relaxing way to wind down before bed.
6. **Dry skin brushing:** Before each shower, gently brush skin with a dry loofah, natural sponge, brush or dry washcloth. Start at the hands and feet and work toward the chest. Don’t forget the back and buttocks. Use light pressure, and brush for about 1 minute prior to bathing.
7. **Contrast hydrotherapy:** In shower perform 3 cycles of alternating hot and cold water. Do several minutes of hot, then about 30 seconds of cold water and repeat 2x, ending on cold. Use temperatures you can tolerate. Perform in each shower for optimal detoxification.
8. **Sauna**: 3 sessions each 10-15 minutes, with a short cold shower or cold sponge bath between each session, ending with the final cold shower/sponge bath. Aim for 2-3 times a week. IR saunas are the most comfortable, but the standard heating dry saunas in gyms are ok as well. Make sure it is a dry sauna, not a steam room. If you have never been in a sauna before, start with just a few minutes for each session. Stop the sauna if you feel dizzy, have heart palpitations, or other discomfort, and ensure you have Dr. Stage’s recommendation to do sauna treatments.

POST-CLEANSE

After your cleanse, it is important to introduce foods back slowly into your diet. This is an excellent chance to evaluate for any symptoms from each food.

1. Introduce each potential allergen (gluten, eggs, dairy, etc) one at a time, several times a day for at least 3 days.
2. Note any symptoms (fatigue, changes in BM consistency/frequent, allergies, headaches, etc). If no symptoms, move on to the next food.
3. If there are symptoms, avoid that food and wait until the symptoms subside, then challenge the next food.

Food reactions are not uncommon during the reintroduction phase, and may serve as a sign that the body has been properly detoxified and is more responsive. If a reaction does occur, the food in question should be discontinued immediately for another 3 weeks. Gluten intolerances may not manifest as obvious digestive or allergic symptoms so gluten should only be reintroduced in the diet cautiously. Eliminating offending foods and slowly introducing them one at a time is a sound way to gain an understanding of what your detoxified body will and will not tolerate. Your system should be completely non-reactive before introducing any additional new food, so the process of expanding your food choices may take a few weeks.