

General Recommendations for a Detox ReSet

Most people I talk with are confused about cleanses. Some think it's good to fast for weeks at a time. Some think it's complicated and requires special potions or supplements. And, there are products on the market that are frankly dangerous. The following is a very simple detox plan that you can do yourself without supplement protocols or classes that "cleanse" your bank account.

First it is important to understand that putting your body through even a gentle detox program actually increases your exposure to toxins in the short term because the body releases toxins that it had previously sequestered. It is vital that you DO NOT try to do a cleanse while you are sick. Your body is already working really hard and trying to deal with both the virus, bacteria or fungus itself in addition to the toxins created in the process (and from any medications you may be taking). Wait until you are healthy before embarking on a cleanse.

Some healthcare practitioners and enthusiasts believe that month long cleanses or bi-weekly fasts for months at a time are a good idea. I have found that for most people this isn't a healthy option. Part of the cleansing process I propose involves removing certain foods from the list of choices. This can naturally reduce caloric intake, but I don't want you to fast. If you spend too long with a dramatically reduced energy intake, or if you yo-yo between high intake and low, you can wreak havoc on your metabolism. This is the main reason that "dieting" doesn't work. If you choose to cleanse, think of it as pressing a reset button or as a Spring cleaning, not giving up eating.

Basic ground rules:

1. Increase your clean water intake to at least 2 quarts per day before you begin the cleanse regimen. Ideally you want to be shooting for about half your body weight in ounces total. Herbal tea counts as part of your hydration total, but caffeinated drinks and alcohol do not.
2. If you indulge in caffeine daily, please taper yourself off during the weeks before you begin. If you drink coffee, start by reducing your intake to one caffeinated cup per day (preferably in the morning). Then start mixing in decaf gradually until you are only drinking decaf in the week before your cleanse. The same holds true for caffeinated teas and sodas. If you take the time to titrate down, you won't get the withdrawal headaches so common with stopping "cold turkey". There is no need to be miserable.
3. If you are taking prescription medications, find out from your healthcare practitioner how they are cleared from the body. All medications are considered to be toxins by the body and the drug makers try hard to find ways to trick the detox system into holding onto them as long as possible. Some of the suggestions for detoxing include foods that can accelerate the removal of medications from the system and you don't want to jeopardize your health by rendering a key medication inactive or accelerating it's removal beyond therapeutic parameters. This is key with time-release medications.
4. Plan for the process to take a week of your time, so don't schedule your cleanse during a vacation or during the week of a big social event that will have foods and drinks you are abstaining from.
5. Be sure to walk, swim, bike or otherwise move for a minimum of 30-60 minutes EVERYDAY. If you tell yourself you will do this every other day, or 3 days a week, it won't happen. Life gets in the way and this essential part of the process gets put aside first. If you

plan it into everyday, you stand a much better chance of getting it in. Some people find it helpful to plan regular walks or hikes with a friend to help keep them on track.

6. Commit to getting to bed by 11pm every night and rising before 8am during this process.
7. Know at the start that we all have inner gremlins that will try to sabotage the process. Keep putting it in mind that this is just a week. You can do anything for a week, and you just might find that by the end of the week those gremlin voices have lost much of their volume.

Helpful But Not Essential Supplements:

Vitamin C: extremely useful in detox and antioxidant processes	500mg 3-6x day
Milk thistle: the silymarin component helps the liver do its work	100mg 3x day
Artichoke: assists with the production of bile and lowering of blood lipids	300mg 3x day
Turmeric: antioxidant and anti-inflammatory	300mg 1x day
Combination probiotics: immune defense boosters	10 billion per day, especially before bed
Digestive enzymes: assists with digestion, especially with increased fiber	As Needed

What Groceries To Stock:

Before you even go shopping for your week, spend some time in your pantry and fridge and purge your kitchen of highly processed foods so they don't tempt you later. Take any unopened foods to your local food bank, or give them personally to people in need. It will make you feel good and set the stage for the cleanse to work at many levels. Then stock up on the following options:

1. Carbohydrates: focus on veggies. See if you can challenge yourself to have at least one serving of veggies with each meal, including breakfast. Use fruits as your sweet food, but have your fruit with a protein and a fat. A good example is an apple with a tablespoon of nut butter, or a banana with a scoop of organic whole milk yogurt. Keep your grains whole and consider trying these: oatmeal, quinoa, amaranth, kamut, millet, wild and brown rice.
2. Special Note on Cruciferous veggies: broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale all contain sulfur molecules which the liver needs in the detox process. Eat at least 2 servings of these veggies daily during your detox week.
3. Organic: be sure to get the following foods as organic only: peaches, apples, bell peppers, celery, strawberries, cherries, pears, grapes, raisins, peanuts (or peanut butter), spinach, lettuce and nectarines. The conventionally grown versions of these foods are heavily laden with pesticides, fungicides and herbicides that make it directly onto your plate.
4. Water: If you don't already have a filtration system in your house consider investing in at least a Brita carafe system or a water delivery company such as Shasta Spring Water. Water is vital to the process of detoxification. Think of your blood stream as just that, a stream. You want it to be running clear and clean and at a steady volume as it carries toxins to the liver and kidneys for processing. You want these detox organs to be constantly bathed in fluid to flush out toxins so they make it out in urine and feces. Add a squeeze of fresh lemon or lime to your water to aid the liver's production of bile and to make water more interesting.
5. Lean clean proteins: consider reducing your meat and poultry intake to only a few meals during your week (and in the months after your cleanse if you want to maintain a healthy lifestyle). Consider some meals where your protein source is a legume and grain together for

a complete range of amino acids and a good source of scrubbing and sponging fibers to help with intestinal clean up.

6. Healthy fats: animal fats are highest on the food chain so be sure to choose organic butter or ghee; olive oil; coconut oil.

Foods to Avoid:

During the cleanse week, avoid the following foods and ingredients:

1. High fructose corn syrup, corn syrup, and corn sugar
2. Hydrogenated and partially hydrogenated oils
3. Artificial sweeteners (aspartame, Nutrasweet, sucralose, Splenda, trichlorogalactosucrose, Aminosweet, Neotame, sucrogen, saccharine, and processed steviocides from stevia)
4. Artificial flavors and colors
5. Cured meats with nitrates or nitrites
6. Farmed fish and conventionally raised meats
7. Char-grilled or char-broiled or otherwise blackened or burnt foods
8. Foods with added sugars (look for ingredients that end in “-ose” and choose alternates)
9. Chips, crackers, pretzels, popcorn, rice cakes, or other snacky foods
10. Juices (unless you make it AND it has ALL the pulp, then it’s ok diluted as a smoothie base)
11. Alcohol
12. Caffeine

You may decide to continue to limit some or all of these foods after your cleanse week because it makes you feel so much better to live without them! I would suggest avoiding 1-7 in general, and limit 8-12 to help maintain your health for the long term.

Smoothies vs Juicing:

Many people equate detox programs with juicing. I am not a big juicing advocate, especially if the machine used is the type that separates the fiber from the juice. Yes, you can get some great enzymes from a glass of freshly made juice, but you also get a big load of sugar. Without the fiber to slow it down, the sugar in the juice is the cause of the rush you feel, not the enzymes, vitamins or minerals. You can also set yourself up for unnecessary kidney and thyroid stress due to some of the anti-nutrients found in raw versions of some popular vegetables such as kale and spinach. I would rather you increase your intake of veggies by actually eating them, but if you want to create a healthy smoothie, I suggest using a blender style juicer that leaves all the components of the vegetables and fruit together. Then, take that juiced product and create a smoothie from it that supports stable glucose and insulin levels as well as longer lasting satiety. To do this you need to add some healthy fat and protein to the mix. There are quite a few options on the market for smoothie bases, detox systems, and protein potions. Sadly, a lot of them are pretty poor in quality and many of them taste terrible. You can build your own from real foods (recipes abound online) or if you would like to use a product to simplify your week let me know and I will help you choose a good option. I have listed the things I use below. I don’t recommend replacing more than two meals a day with a smoothie. It’s important to keep the digestive fire going strong so that you can assist your detoxification systems in doing their jobs well.

Putting It All Together:

Some people do better eating 4-5 small meals throughout the day while others do better with the traditional 3 meals and a couple of snacks. When building your meal plate, think about covering half of it with colorful vegetables and a bit of fruit. Have more than a single “side” of veggies. Then have about a quarter of your plate represent your protein source and the other quarter as your whole grain source or an additional vegetable. On top of these things you can think of sauces and dressings that will contain the fat portion of your meal.

Make your beverage of choice water or herbal tea, but don't use purging herbs such as cascara sagrada or senna during this week. You want to be gentle on your GI tract and let it ease itself into health. It doesn't like to be beaten into submission. If you find your stools get loose or you suffer a bout of constipation, be sure your water intake is up and keep moving. Often a dramatic change in fiber intake can surprise the colon a little but the effects should resolve on their own in a day or so.

And, if you can, find time throughout your week to devote to doing nothing. Really nothing. No TV, no cell phone, no computer. You can wander in nature, sit in the sun, meditate formally, or just breathe. Let the mind detox from it's busyness as well. Enjoy!

Basic Real Food ReSet Smoothie Recipe

In a blender:

1/2 pear or apple, washed and cored
1/4 cup cooled blanched kale
1/2 cucumber
1/4 cup raw cashews or 3 Brazil nuts
1/8 cup chopped flat leafed parsley (Italian) and/or
1/8 cup chopped fresh cilantro or mint
1/2 fresh avocado
2 Tbsp fresh lemon juice
1/2 inch fresh ginger, minced
1 medjool date

Detox ReSet Smoothie Product Suggestions

Items listed with codes can be ordered through Emerson Ecologics (see separate handout for instructions on how to get 20% off retail prices)

Metabolic Detox Complete (vanilla is best) by Metabolic Maintenance (#MET32), or
PaleoCleanse by Designs for Health (Available at Gathering Thyme)

Renewal Greens by Innate (#I40111), or
Vitamineral Green by HealthForce (Available at Gathering Thyme)

PaleoFiber by Designs for Health (#PAL21), or
Triple Fiber by ReNew Life (Available at Gathering Thyme)