

Detoxification to Maintenance

What now?



Reintroducing Eliminated Foods Back into the Diet

- If I am feeling good, do I have to? Absolutely not, you may continue your elimination diet as long as you like.
- Some people may notice no difference when re-introducing foods back into the diet.
- Other people may notice rather immediate or delayed reactions to the foods re-introduced.

Instructions for Adding Eliminated Foods Back into the Diet

- Add one food at a time, every 72 hours.
- Write down day/time that food was re-introduced. For example, introduced dairy (1/2 cup of cottage cheese) on Monday at 7:30 am.
- Journal for the next three days. Observe if you experience excessive gas, bloating, constipation, cramping, heartburn, water retention, weight gain, etc. from the dairy.

Instructions for Adding Eliminated Foods Back into the Diet

- Other delayed food sensitivity reactions include headaches, difficulty sleeping, fatigue, poor concentration, mental dullness, mood swings, irritability, food cravings, anxiety, frequent clearing of throat, postnasal drip, runny or stuffy nose, palpitations or rapid heart beat, skin rashes, swelling, and stiffness.

Instructions for Adding Eliminated Foods Back into the Diet

- If you experience symptoms, remove that food from your diet again and add it back in after four days. If you experience a similar reaction the 2nd time, you have identified the food culprit. Keep this food out of your diet for 3 to 6 months and then try re-introducing it again.
- Do not re-introduce 2nd food until you are clear that you have/do not have symptoms from the first food!
- If you have a hard time figuring out if your body is reacting to a certain food or foods, consider food sensitivity testing!

Dr. Arthur Cocoa's Pulse Test for Allergies

Directions for Pulse Testing:

- Get baseline pulse before testing, in early morning before eating. Take for full 60 seconds.
- Make a test substance. For example, if testing wheat, eat plain wheat such as dry shredded wheat without any milk!
- Take pulse at 20 minutes, 60 minutes, and 90 minutes after eating a good portion of the test substance. If sensitive to the food, there will be a difference of 8 or more beats.

What is Balanced Eating

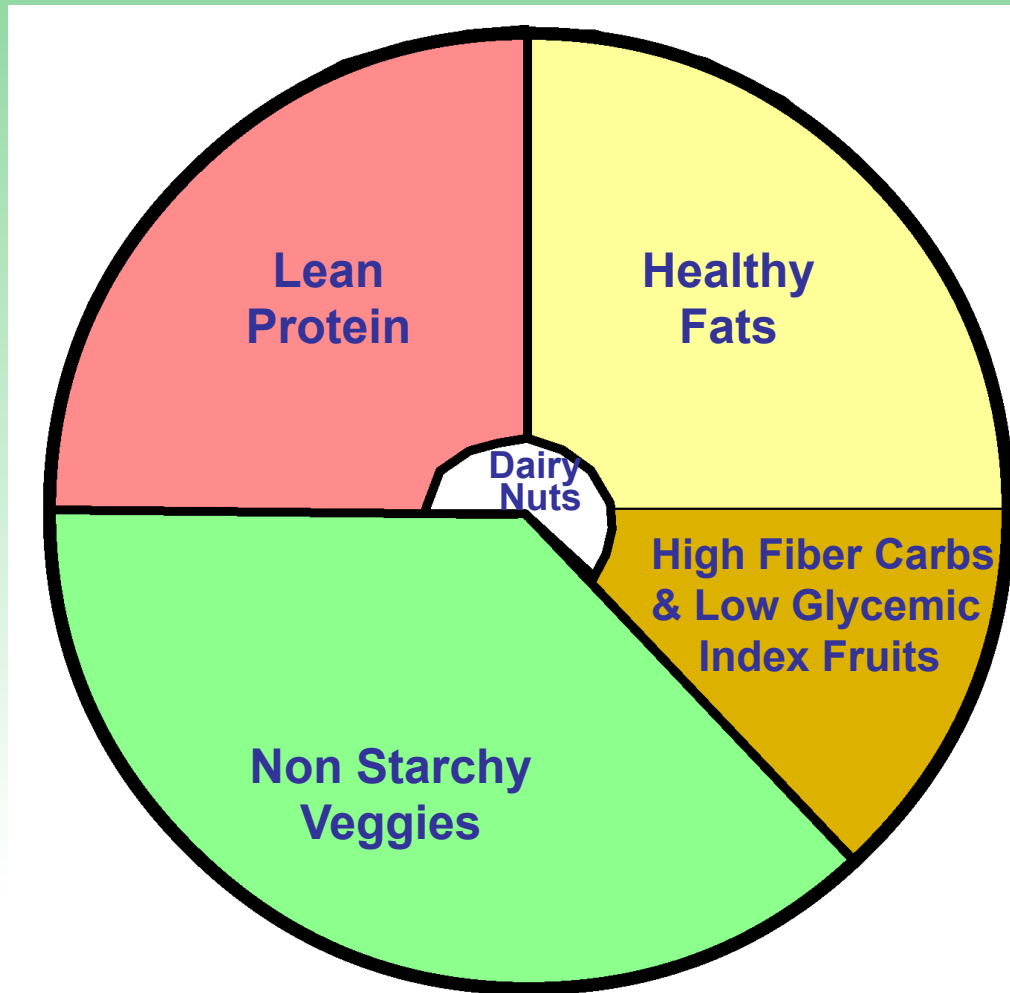
Calories Count

- But Where They Come From



...Counts More

BALANCED FOOD CIRCLE



THE ROLES OF THE 3 MACRONUTRIENTS

Protein
Carbohydrates
Fat



Protein

- **Increases** metabolic rate & satiety
- Necessary to make neurotransmitters and hormones
- Recommendations shift with exercise, illness
- Dose per lean body mass
 - $\frac{3}{4}$ -1 gram/pound of Fat Free Mass



Carbohydrates

- Provide fiber
- Contain phytonutrients & antioxidants
- brain fuel
- Raise serotonin
- Raise insulin



Fats

- Critical for brain function, joint health, bone remodeling, great skin, satiety, nutrient absorption.
- Choose organic monounsaturated and Omega 3 polyunsaturated when possible.
- Avoid damaged and rancid fats.



Water



- Even **mild** dehydration can impact metabolism.
 - Can increase stress hormones and lower metabolism
- Symptoms of dehydration include:
 - Nothing!
 - thirst
 - fatigue
 - weakness

Water

- Dehydration has also been associated with dyspeptic pain (gastritis, heartburn), headaches, constipation, high blood pressure, excess body weight, asthma and allergies.
- Have you lost *your* thirst sensation?

Rules for Healthy Eating

- Eat within one hour of waking up, if possible.
- Eat at least 1 cup of raw or ½ cup cooked veggies at lunch and dinner.
- Practice C.R.O.N.:
Caloric restriction with optimal nutrition
- Stop eating 2 to 3 hours before bedtime.
- Try to sit down when eating and chew your food slowly and mindfully. Practice gratitude when eating.

Rules for Healthy Eating

- Make an oil change.
- Eat from the rainbow. Visit your Farmers markets frequently!
- Follow the 4-6 hour rule for meal timing.
- If you are healing hypoglycemia, carry a small snack that contains protein with you.



What This Looks Like

- **Breakfast** – Veggie Scramble: 2 to 3 organic eggs scrambled with spinach, onions, red peppers in extra virgin olive oil at low heat, 1 serving fruit. Green tea.
- **Lunch** – 2 cups of mixed greens including tomatoes, peppers, carrots, radishes, 4 oz chicken, 2 tbsp extra virgin olive oil vinaigrette dressing
- **Dinner** – 1 cup mixed green salad with 1 tbsp balsamic vinaigrette, ½ to 1 cup steamed, sautéed, or roasted non-starchy veggies, ½ cup cooked brown rice, 6 oz broiled pesto halibut
- **Snack if needed** – apple slices with almond butter, Green drink, Green Tea, Herbal tea, Water in between meals
- **OPTIONAL**-replace one meal with a **PaleoCleanse/ PaleoMeal Shake!!!**



Superfoods

- Based on a simple but profound premise: some foods are dramatically better than others for our health and longevity.



Broccoli
Wild salmon
Blueberries
Garlic
Flaxseed Meal
Lentils
Green Tea
Tomatoes
Avocados

Nuts & Seeds:
especially
Walnuts, Almonds
Pumpkin Seeds
Deep Green & Leafy
Extra Virgin Olive Oil
Long cooking
Oatmeal

Sardines
DHA eggs
Yellow/red
peppers
Beets
Sea vegetables
Seaweed/algae

Nutrient Deficiencies



- **Food may be plentiful, but the nutrient content is lacking.** Over 50 years ago the Federal Department of Agriculture released a study revealing that our farm land is deficient in almost all of the nutrients required by our bodies, and it hasn't gotten any better.
- Unless you have *access* to organically cultivated foods that are grown on soils that have been continually enriched with all the trace minerals, you are not getting the nutrition necessary for optimal health.

Factors Affecting Nutrient Status

Dietary Intake

Absorption

Transport

Storage

Receptors

Activation

Inhibition

Metabolism

Excretion

Hormonal Status

Genetic Influences

Disease

Lifestyle Factors

Pharmaceuticals

Age

Gender

Socioeconomic

Cultural/Ethnic

Pregnancy

Exercise

Smoking

Alcohol

Importance of Multi Vitamins

- A recent study reported that **most Americans weren't even getting the Recommended Daily Intake¹ (RDI) of vitamins and minerals**, much less the optimal levels of them and that this suboptimal intake of vitamins and minerals is a risk factor for many chronic diseases (breast cancer, osteoporosis, heart disease, diabetes, ...).



Multi Vitamin & Mineral

Why do we need a Multi Vitamin?

- Stress and toxins deplete our nutrients faster than food can replete them.
- Americans are not meeting the RDA for several nutrients day after day.
- RDA's are the amount we need to take in order to prevent major deficiency diseases such as "scurvy".
- RDA's are not the amounts we need for "optimal" health



Keep up the Green Drinks

- **Green drinks are naturally alkalizing and can also act as an anti-inflammatory**
 - Which can help the body regain balance against toxicity and are particularly effective against acetaldehyde (the toxin produced from metabolizing alcohol)



PaleoGreens

- Offers a powerful load of antioxidants that helps stop cell damage due to stress, air & water pollution and poor diet.



PaleoFiber™

Do a fiber check every 3 to 4 months. Are you getting 25 to 35 mg fiber per day?



- High antioxidant content from polyphenols
- Good balance of soluble and insoluble fibers, with an emphasis on soluble fiber (which is hard to achieve from common diets)
- Supports the detoxification process via supplying “soft matter” which will carry toxins out of the body
- Contains prebiotics and probiotics to support optimal gut health.

Continue with one shake per day if you prefer more structure...and it ensures that you get in breakfast!

PaleoMeal and PaleoMeal DF

- Made with exceptional quality whey protein, which comes from herds that graze on pesticide-free, chemical-free natural grass pastures.
- No bovine growth hormone or any other hormones, genetically modified organisms or injected pathogens.
- This whey protein is never exposed to high heat temperatures. The result is the highest quality protein supplement, rich in immunoglobulins and lactoferrin.
- PaleoMeal DF: derived from non GMO pea protein; rich in the Branch Chain amino acids!




BETH
GILLESPIE
Nutrition with Beth

Maintaining the Benefits of Your Detox Cleanse

- Gently detox daily with **PaleoMeal**, **PaleoFiber**, **PaleoGreens**, lots of organic veggies, fruit and clean lean protein.
- Add **PaleoCleanse** and/or **Amino-D-Tox** for additional support on a quarterly basis. Or join a detox support group 2 to 3 times per year! You know best how often you need to cleanse!



Congratulations!

- You have completed the detoxification program! This is a HUGE accomplishment!
- As a token of my appreciation, please use this special code (BETH10) to take advantage of a 10% discount on Designs For Health supplements that you may want to continue to use in the maintenance phase.



Congratulations!

- And as an extra bonus, you may use this code (TNP2012) to receive a \$300.00 discount on my Targeted Nutrition program. Take it to the next level working one-on-one with me to reach your highest potential and live the life that you truly deserve! Click below to learn more and apply for a strategy session.

<http://www.nutritionwithbeth.com/targeted-nutrition>

