

21 Day Cleanse and Revive Program



D ETOXIFICATION



FOR PHYSICAL AND SPIRITUAL HEALTH

Our bodies detox continuously as a natural function. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxins may be internal or external in origin. Pollution or pesticides in our food source put undue stress on our detox organs, the kidneys and liver. Improper digestion and imbalanced gut ecology provide internal forms of toxins in the way of metabolic by-products stemming from certain bacteria which have toxic side effects and therefore impact negatively on overall health by compromising detox pathways.

It has been suggested that toxic overload contributes to more serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's. The goal of this program is to gently and slowly cleanse your body of toxins that add an extra burden while at the same time supporting your major organs of detoxification. This program should turn your liver into a healthy, cleansing machine.

"Doing a cleanse was a great experience. I was amazed how easy it was to eat healthy organic foods all the time and completely cut out sugar, caffeine, and damaged fats (AKA french fries!). The cleanse was actually fun to follow and the shakes tastes great! I felt great both physically and mentally and had a lot of energy throughout the cleanse. An added benefit was that I lost some weight and I lowered my body fat percentage." –Terri (Novato, CA)

Symptoms which may be relieved by following a detox program include:

Digestive problems	Bad breath
Fatigue	Irritability
Allergies	Constipation
Headaches	Itchy skin
Skin rashes	Joint pain
Bloating/gas	Poor concentration

What a carefully planned detoxification program can offer you:

Increased productivity	Clearer skin and eyes
Weight loss	Softer hair
Sustained Energy	Greater motivation and creativity
Deep sleep	Better mental focus

Mental Detoxification:

The cleansing of our mind of negative thought patterns is essential to health and physical detoxification and can aid in this process. Emotionally, detoxification helps us uncover and express hidden frustrations, anger, resentments and fear and replace them with forgiveness, love, joy and hope.

RELAX... BREATHE...GO FOR WALKS...

ENJOY THE CHANGE OF SEASON...

THIS IS A TIME FOR YOU TO CARE FOR YOUR UNIQUE SELF...

YOU ARE A PRIORITY, IF ONLY FOR THIS SHORT TIME



Will it be uncomfortable?

There is bound to be differing opinions about the change in diet but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or a lot of sugar. Amino-D-Tox is a scientific formula which will assist you through some of the challenging days. Have faith, it will pass, and it will all be worth it!

Will I be in the bathroom all day?

It is very important to consume extra water while detoxifying to help flush out toxins. Therefore, most people urinate more often than usual on this program.

Will I lose weight?

This detox program is not designed to be a weight loss program. However, many people lose weight during the course of their detox program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes for meals, taking sugar out of the diet, decreased consumption of allergenic foods such as wheat and dairy and release of toxins from fat stores.

Will I get headaches?

Some people experience headaches during the first few days of their detox due to withdrawal from sugar and caffeine. Remember, the week prior to detox you will be decreasing intake of these substances to minimize discomfort. The Amino-D-Tox capsules will assist your body in cleansing out these substances as quickly and efficiently as possible.

Can I exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching or yoga, etc.

Should I continue with my regular vitamins?

PaleoCleanse contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural supplements during the detox if your health care practitioner agrees, but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

What about organic produce?

Fruits and vegetables that are consistently the most contaminated with pesticides should be purchased organic. These include:

Celery	Apples	Bell Peppers	Kale/Collard Greens	Lettuce
Peaches	Blueberries	Spinach	Potatoes	Cucumbers
Strawberries	Nectarines	Cherries	Grapes (Imported)	

If organic varieties are not available, fresh fruits and vegetables that consistently have the lowest levels of pesticides are the safest choices for conventionally grown produce. These include:

Onions	Mangos	Cabbage	Grapefruit
Avocado	Sweet Peas	Eggplant	Sweet Potato
Sweet Corn	Asparagus	Watermelon	Cantaloupe
Pineapple	Kiwi	Mushrooms	

To download this guide as a PDF, go to ewg.org/foodnews/summary.



Nutritional Supplements for Gentle Cleansing/Detox



To enhance the gentle detoxification process, we include the use of the following nutritional supplements:

ESSENTIAL PRODUCTS

Amino-D-Tox Capsules

We are being inundated with toxins on a daily basis. Our ability to handle these toxins is dependent on our body's ability to detoxify them. Cleaning up our diet is a great first step. Less toxins going in means less toxins that have to come out. Amino-D-Tox capsules are crucial for preventing toxins from getting partially detoxified into more harmful compounds and then being dumped back into the bloodstream.

PaleoCleanse

A comprehensive functional food powder that is the backbone of support for the detoxification program. PaleoCleanse is a dairy free formula, featuring protein from non GMO North American yellow peas. Its nutrients and herbs fuel detoxification pathways and promote liver function. PaleoCleanse also contains a full multivitamin/mineral and antioxidant complex.

PaleoMeal

A complete protein powder used as a meal replacement. The nutrient combination in PaleoMeal is ideal for use within a detoxification program. It provides protein and minerals that are in greater demand while one is detoxifying, and helps to prevent muscle loss. The dairy free version features non GMO North American yellow peas.

PaleoFiber

This blend of soluble and insoluble fibers from nature will aid regularity as well as move toxins out of the gastrointestinal tract quickly. PaleoFiber is gluten and lectin free, has significant antioxidant activity, and contains added probiotics! Do not take PaleoFiber at the same time as any prescription medications.

PaleoGreens

A combination of vegetables, fruit and berries high in nutritional value that helps to alkalize the body. PaleoGreens are made with organic ingredients, have a Paleo profile (no grains, legumes or fillers), and are gluten free. These special greens are over 95% active, meaning that you are getting the full nutritional value of the greens.

Hydrolyzyme:

A unique blend of proteolytic enzymes specifically designed to break down protein supplements. Since protein supplements consumed as a smoothie pass through the stomach more quickly than a solid meal, this means less time in the stomach for digestion of the protein. Undigested protein can result in gas, bloating, gut inflammation, and reduced protein absorption. Hydrolyzyme breaks down most protein supplements in less than 30 minutes to make sure that you are getting all the benefits from your protein powder, without the downside!

Products provided by Designs For Health
980 South St., Suffield, CT 06078
Tel: (800)-for-health (367-4325)
Fax: (860) 627-0661



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Living A Detox Lifestyle

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. Our program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.



Notes on Plastic

Heating foods in plastic releases harmful chemicals. Never heat food in plastic. Use a glass or stainless steel water bottle instead of plastic.



Cosmetics and Sunscreen

Reduce everyday exposure to chemicals by choosing safer cosmetics and personal care products. Please visit www.ewg.org/skindeep for a cosmetic safety database and a sunscreen safety guide.



Clean Water

Public tap water is often contaminated. Drink and cook with only pure filtered water and consider adding a filter to your shower. Visit www.aquasana.com for more information on water filters.



Cooking Methods

The use of higher temperature cooking in the absence of moisture promotes the formation of toxic compounds. Choose steaming, poaching, braising, and boiling when possible over frying, broiling, and roasting. Avoid direct contact of meat with cooking flames. Use cast iron, stainless steel, or ceramic cookware. Steer clear of Teflon and synthetic non-stick coatings.



Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass which helps you burn more calories at rest. Sweating also releases toxins.



Fun and Easy Tips

For Enhancing the Detox

- 1 Drink 1 cup of hot water with 1/4 squeezed lemon & 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!
- 2 Use a 'dry brush' to massage your entire body before getting into the shower. Start at the toes, and gently scrub using circular motions toward your heart. Then shower or bathe. This facilitates circulation and toxic elimination through the skin. An invigorating way to start the day!
- 3 Take a warm bath with Epsom salts added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in bath or shower-very invigorating.
- 4 Jump on a rebounder (mini trampoline) for 3-5 minutes at a time. This shakes up your whole body and is particularly useful for stimulating your lymph drainage system, thereby moving those toxins OUT! And it is fun!
- 5 Try your own 'hydrotherapy' in the shower by alternating hot/cold. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. Consider trying an infrared sauna - infrared heat penetrates the body tissues much more deeply compared to the traditional sauna and your body can get a good detoxifying sweat going at about 120 degrees as compared to 180 degrees required from a traditional sauna!

21 DAY CLEANSE AND REVIVE SIMPLE SCHEDULE

Days 1-7: Also Known as the Pre-Cleanse Week

Take two Amino-D-Tox caps upon arising and two Amino-D-Tox caps before dinner. Eat three healthy meals per day, and one to two snacks if needed. (If you have an active job or you are an athlete, you may need the snack option). See pages 8-11 for a variety of gluten and dairy free meal suggestions.

Please note: It is very important to take the Amino-D-Tox capsules! These capsules help the liver to safely detoxify chemicals and other toxins, avoiding toxic overload and reabsorption of harmful toxins.

Days 8-21:

Breakfast:

Meal Replacement Shake: Combine PaleoCleanse and PaleoMeal Dairy Free, PaleoFiber, and PaleoGreens in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative. See chart below for amounts of above ingredients to include. Tasty shake ideas are included on page 7. Take one Hydrolyzyme capsule with your shake.

Note: Continue to take two Amino-D-Tox capsules upon arising.

Lunch:

Regular Meal: Choose healthy items suggested from the optimal food choice on page 7 and see page 8-11 for a variety of gluten and dairy free meal suggestions.

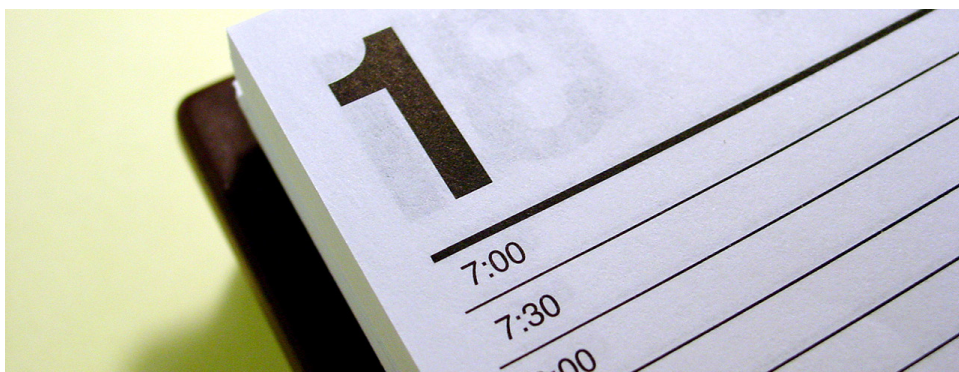
Dinner :

Meal Replacement Shake: Combine PaleoCleanse and PaleoMeal Dairy Free, PaleoFiber, and PaleoGreens in water or your choice of unsweetened almond milk, coconut milk, or other milk alternative. See chart below for amounts of above ingredients to include. Tasty shake ideas are included on page 7. Take one Hydrolyzyme capsule with your shake. Also take two Amino-D-Tox capsules before your shake or one to two hours after your shake.

Snacks :

This is not a calorie restrictive program. If you must eat between meals, you can snack on healthy whole foods in moderation. However, tune in to your body and make sure that you are truly hungry, not just bored, tired, or stressed!

Note: If desired, lunch and dinner can be switched in order to meet your schedule needs. Some people prefer to have their second meal replacement shake at lunch so that they can eat dinner with their family in the evening.



21 Day Detoxification Meal Replacement Titration Schedule

	Amino-D-Tox Capsules	PaleoCleanse	PaleoMeal DF	PaleoFiber	PaleoGreens*	Number of Shakes/day
Days 1-7	2 capsules AM 2 capsules PM	N/A	N/A	N/A	N/A	N/A
Days 8-11	2 capsules AM 2 capsules PM	1 scoop 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 12-13	2 capsules AM 2 capsules PM	1 1/2 scoops 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 14-18	2 capsules AM 2 capsules PM	2 scoops 2x/day	1 scoop 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 19-21	2 capsules AM 2 capsules PM	1 scoop 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2

* PaleoGreens can be taken all at once, or can be divided into separate dosages.

* Hydrolyzyme: Take 1 capsule with each smoothie.

Cleanse and Revive Program Guidelines

Follow these guidelines THROUGHOUT the 21 Day Detoxification Program (including precleanse week):

- Focus on whole and seasonal foods. This usually means shopping the outer aisles of your grocery store or visiting your local farmers market. Avoid processed and packaged foods whenever possible.
- Drink one half oz per pound of body weight of purified water each and every day for the entire 21 day program.
- Eliminate sugars, desserts & artificial sweeteners. Natural low-impact sweeteners, such as stevia & polyols (eg. xylitol & erythritol) are allowed.
- Eliminate dairy products such as milk, cheese, ice cream and yogurt.
- Eliminate gluten by avoiding foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains include brown rice, wild rice, millet, quinoa, amaranth, and buckwheat and are allowable in moderation during the detox program.
- Choose lean, clean quality protein. Organic/grass fed meat & poultry are allowed. Cold water fish (preferably wild over farm-raised) is acceptable. Avoid fish known to be high in mercury such as swordfish, shark, tuna steak, king mackerel, halibut, and tilefish.
- Eliminate all alcohol and caffeine-containing beverages including coffee, tea and soda.



OPTIMAL FOOD CHOICES

to be followed for the entire 21 day detoxification program.

OPTIMAL PROTEIN CHOICES:

Organic/hormone-free chicken, turkey, lamb and grass-fed beef, cold water fish (salmon, cod, sardines, pacific flounder/sole, but-terfish, and trout- choose wild ocean fish over farm raised fish), organic eggs. Organic legumes are acceptable for vegetarians.

OPTIMAL FAT CHOICES:

Flaxseed and walnut oils, extra virgin olive oil, hempseed oil, avocado, raw, sprouted, or dry roasted nuts and seeds, organic cultured butter, ghee, coconut oil for higher heat cooking

ALKALINE BROTH

Choose a combination of the following vegetables equaling approximately 1 ½ - 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want during the 21 day Detoxification Program but at least 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive system you may puree the vegetables and broth together in a blender and take as a heartier soup.

DETOX SMOOTHIE RECIPES

*See page 5 for PaleoCleanse and PaleoMeal amounts

**For liquid base, use ½ to 1 cup water, coconut water, unsweetened almond, rice, or coconut milk.

***Add fiber to your smoothies with PaleoFiber, flaxseeds or chia seeds, or your favorite fiber source.

****If using frozen fruit, it is not necessary to add ice to the smoothies. If using fresh fruit, you may want to add ice if you prefer a colder smoothie.

Basic Recipe

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 to 2 scoops PaleoMeal DF
- ½ cup frozen organic berries
- ½ to 1 cup water or coconut water

Apricot and Raspberry Smoothie

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 to 2 scoops PaleoMeal DF
- ½ cup frozen organic raspberries
- ½ cup fresh or water packed apricots
- pinch of cinnamon
- ½ to 1 cup unsweetened almond milk

LOW GLYCEMIC INDEX FRUIT CHOICES:

Berries (blueberries/raspberries/ strawberries)

MODERATE GLYCEMIC INDEX FRUIT CHOICES (FRESH OR FROZEN):

Cherries, pears, apricots, melons, plums, oranges, peaches, grapefruit, apples, prunes, kiwi, nectarines, tangerines

BEVERAGES:

Herbal teas, naturally decaffeinated green tea, spring water, vegetable juices, coconut water

VEGETABLE CHOICES:

Unlimited vegetables such as salad greens, cruciferous veggies, carrots, cucumbers, sweet pep-pers, and raw sauerkraut. Limit starchy veggies such as potatoes.

CONDIMENTS:

Lemon, lime, cayenne pepper, sea salt, garlic, fresh herbs and spices, flax/olive oil & raw apple cider vinegar for dress-ings

MISC. SNACK CHOICES:

Nuts (raw are best), hummus, raw or steamed vegetables, low glycemic fruit, almond butter with apple slices

Post-Workout Smoothie

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 scoop PaleoFiber
- 1 Tbs PaleoGreens
- ½ cup frozen mango
- ½ frozen banana
- ½ cup coconut water
- pinch ground ginger
- water and ice

Blueberry Delight

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 to 2 scoops PaleoMeal DF
- 1 cup frozen blueberries
- ½ cup water
- ½ cup coconut milk
- 2 Tb ground up flaxseeds

Southern Style Smoothie

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 to 2 scoops PaleoMeal DF
- 1 scoop PaleoFiber
- ½ cup frozen organic peaches
- ½ cup coconut water or coconut milk
- 2 tsp grated ginger
- pinch of cinnamon

Go-Green Smoothie

Blend the following ingredients:

- *PaleoCleanse
- *PaleoMeal Dairy Free
- 1 to 2 scoops PaleoMeal DF
- 2 Tbs PaleoGreens
- 1 scoop PaleoFiber
- ½ cup frozen strawberries
- water

SAMPLE DETOX MENU

SAMPLE BREAKFAST MENUS

Breakfast (option 1)

- 2-3 hard boiled eggs with ½ grapefruit

Breakfast (option 2)

- 2/3 cup hot quinoa cereal or gluten free steel cut oats, 1 scoop protein powder (about 8 to 10 grams), ½ cup berries, and a small handful of walnuts or pecans

Breakfast (option 3)

- Breakfast Sulfur Detox Scramble: 2-3 eggs scrambled with onion and/or garlic and/or broccoli

Breakfast (option 4)

- Add leftover salmon from night before to sautéed veggies, stir to heat up, add condiments/spices

Breakfast (option 5)

- 2 to 3 poached eggs over a bed of fresh spinach and sliced tomato

Breakfast (option 6)

- 2 to 3 slices turkey bacon with leftover veggies from night before or sliced tomato and avocado

SAMPLE DETOX MENU

SAMPLE LUNCH & DINNER MENUS

Lunch or Dinner (option 1)

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, ½ c. red onion, ½ c. capers (drained), 1/4 c. fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 tablespoons lime juice.

Lunch or Dinner (option 2)

- 1 cup black bean soup
- Chopped cabbage salad topped with chicken with apple cider vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and apple cider vinegar).

Lunch or Dinner (option 3)

- Organic vegetable broth
- Shrimp and vegetables: Sauté fresh tail-on shrimp and chopped garlic in a pan with coconut oil, over moderate heat. Roughly chop 5 - 10 different vegetables and lightly stir-fry with freshly grated ginger, ½ c. cooked buckwheat noodles, lightly drizzle sesame oil.

Lunch or Dinner (option 4)

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts

Lunch or Dinner (option 5)

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)

SAMPLE DETOX MENU

Lunch or Dinner (option 6)

- Mixed greens salad with extra virgin olive oil or lemon flavored flax seed oil
- Broiled chicken with peppers: Roughly chop: green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic
- ½ c. wild brown rice.

Lunch or Dinner (option 7)

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steamed.
- Baked halibut topped with tomato pesto

Lunch or Dinner (option 8)

- Roasted green beans
- Grilled turkey breast with sage
- ½ baked sweet potato

Lunch or Dinner (option 9)

- Baked sole with lemon
- ½ cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Lunch or Dinner (option 10)

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or ½ tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

SAMPLE DETOX MENU

Lunch or Dinner (option 11)

- 1 c. hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon

Lunch or Dinner (option 12)

- 3 to 4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggie of your choice

Lunch or Dinner (option 13)

- Large mixed green salad with veggies of your choice, 3 to 4 oz grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs of choice.

KID FRIENDLY MENU IDEAS

- Brown ground turkey, sauté veggies, add tomato sauce and heat through, serve with spaghetti squash or quinoa spaghetti noodles
- Mashed sweet potato or parsnips with or without olive oil and cut up chicken
- Grilled chicken or fish and cut up mango in small corn tortillas. (May add chopped onion, tomato, and cilantro if tolerated)

HEALTHY SNACK OPTIONS

- 1 piece fruit and 10 to 12 almonds, walnuts, or pecans
- Cut up carrots or bell pepper with 1 to 2 TB hummus
- Apple slices or celery sticks with 1 TB almond butter
- Turkey Roll Up: Chop up tomato, cucumber, and ¼ avocado, grate a carrot, and add to the middle of a slice of nitrate free turkey. Roll the turkey around the ingredients and you have a turkey roll up. Variation: add salsa or hummus



© 2013 Nutrition with Beth.