

REVIVE

GI RESET DETOX

21 DAYS TO BETTER HEALTH

DECREASE INFLAMMATION

Cleaning up your nutrition
habits

METABOLIC CLEANSING

Address common causes of
health challenges

REVIVE & REPAIR

Continue to maintain health
& wellness



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Cleanse vs. Detox

Detoxification is a metabolic process that converts the toxins in our bodies into waste. That waste is then eliminated, and that activity can be harsh on us. The point of a detox is to ease the release of toxins from our fat storage cells in order to enhance the body's detoxification pathways (especially the liver). Your body is equipped to detoxify on its own however a detox program typically works to remove toxins like heavy metals, chemicals, cleaning solutions, cigarette residue, and other environmental elements from our bodies. It can include changes to your diet and lifestyle, as well as some herbal supplements and therapeutic sweating, in places like saunas or steam rooms.

A Cleanse is used to clean out the digestive tract. This includes eliminating toxins, fecal matter, parasites and fungi from the digestive tract. While cleansing you want to eliminate inflammatory foods like dairy, eggs, gluten, caffeine, processed foods and alcohol.

The words detox and cleanse are often used interchangeably, while you can see that they are different, for the purpose of this 21+ day program you are about to start you will actually be doing both. This GI RESET doesn't just eliminate junk from your diet, it also focuses on fueling your body with nutrient-rich foods that support your natural detoxification processes.

Not sure a detox/cleanse is right for you? Here are some signs of toxicity:

- Fatigue
- Headaches
- Joint pain
- Food sensitivities or allergies
- Mood swings
- Anxiety & Depression
- High blood pressure
- Constipation
- Muscle aches & muscle fatigue

Step 1 - Decreasing Inflammation

Structural Problems • Hidden Food Allergies Acute/Chronic Inflammation 7 Days +

Step One of the Easy 3-Step GI RESET program is focusing on reducing acute/chronic inflammation. This is accomplished by the following combined approach.

Common food allergens are removed from the diet and your healthcare practitioner may prescribe chiropractic, acupuncture or body work to realign the spine and restore the free flow of energy throughout the body. Special nutritional supplements are used to modify the inflammatory pathways.

This step lasts 5-7 days and is immediately followed by Step Two, which is the detoxication period. It is very important to follow the principles of the diet as closely as possible.

Rx - Step 1 (7 Days)

Step One consists of a hypo-allergenic diet along with inflammation modulating supplements Duration: 5-7 days

* **EnzymixPro™** - Incorporates a special proprietary blend of various enzymes, including brush border enzymes, that has been meticulously designed to support the gastrointestinal system. This formula combines a broad spectrum of enzymes to help support the digestion of sugars, starches, fibers, proteins, and fats.* It also includes HCl for further digestive support

* **Follow the anti-Inflammatory diet** outline on next page.

Some Tips As You Are Starting Out

1. Foods that are most likely to cause allergy/sensitivity reactions have been eliminated from this diet. Do not make food substitutions, except as allowed by your healthcare provider.
2. This diet is not designed to be a weight-loss program. Calories are not the concern. Portions can be adjusted so you never have to feel hungry.
3. There is flexibility within the daily menus provided. For example, if you are a large, active male, you may want to eat larger portions. If you have sensitivity or an aversion to some foods, you may choose substitutions from the lists provided.
4. Starting Day 1 of the Easy 3-Step Bio-Detoxication program, take only the nutritional supplements that have been prescribed by your healthcare provider. Do not take any extra vitamins or herbs. Your healthcare provider should monitor prescription drugs. Sometimes patients are able to reduce their usual dosage of prescription drugs after they have been on the Easy 3-Step Bio-Detoxication program.
5. Whenever possible, select organically grown fruits and vegetables to avoid exposure to toxins. All produce should be washed well to remove chemicals.
6. Now is a perfect time to become familiar with your local health food store to locate any of the unfamiliar foods listed in the diet. A health food store is also a good place to purchase organic foods.
7. Remember that the foods which may cause sensitivity reactions are very often the foods you eat most frequently. Therefore, where food choices are offered during the program, try to select from these foods, and don't eat the same foods day after day.

THE ANTI-INFLAMMATORY DIET

Foods to Avoid:

All gluten-containing foods including wheat, rye, oats and barley, which are commonly found in breads, pasta and other products from refined grains. The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know that you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine (coffee, black teas and sodas) + soy milk, soda and fruit drinks that are high in refined sugars. Both alcohol and caffeine are hard on the liver, so give your liver a vacation!

Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish, unless organic. These are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.

Tomato sauce (whole fresh tomatoes are OK)

Tomato sauce may contain common allergens that can contribute to pain and inflammation.

All dairy products (milk, cheese, butter, yogurt, etc.) are most likely to cause allergies and can increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.

Foods high in bad fats and oils, including peanuts, refined oils, margarine and shortening. This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils. Choose high quality fats and oils such as grass-fed butter or ghee, avocado oil, olive oil.

All refined sugar products (candy bars and other junk food)

Refined sugar slows the process of detoxification and weakens the immune system.

Any other foods not listed on these pages that you know you are allergic, give your nutritional therapy practitioner a list of foods that you know you are allergic to.



Approved Food List for Phase 1

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	1/2 Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Cucumber	2-4 oz
Garlic	1 clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushroom	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato/Yam	1/2 Potato
Swiss Chard	2-4 oz
Tomato - Fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

*Organic Produce & Protein Preferred

Fruits*	Portion
Apple (green)	1 medium
Blackberries	4 oz
Blueberries	4 oz
Cantaloupe	4 oz
Grapefruit	4 oz
Grapes	4 oz
Honeydew Melon	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Raspberries	4 oz
Strawberries	4 oz
Watermelon	4 oz

***Eat fruit sparingly**

Fats	Portion
Almond Butter	1 Tbsp
Almonds -raw / unsalted	2 oz
Cashew Butter- raw / unsal	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1Tbsp
Macadamia Nuts - raw / u	2 oz
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	4 oz

Daily Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed	2-4 oz
Black Beans	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Eggs - free range	2 eggs
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	1/2 Cup
Rice - white	1/2 Cup
Rice Crackers	2-3 crackers
Rice Pasta	1/2 Cup cooked

Beverages°	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day
Soda Water	3 Cups/day

° Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Stevia	To Taste
Honey	<1/2 Tbsp

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry Mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These Recommendations are on a per meal basis, not a per day basis. Select no more than one item per category per meal,

EXAMPLE MEAL PLAN

Phase One | Day 1 - 7

	Start Day	Breakfast	Lunch	Snack	Dinner
MONDAY	Shot of ACV then 12 oz. Water with Lemon	2 eggs + 1/2 Sweet potato with coconut oil or butter	Organic Green Salad with avocado	Raw Nut butter + Green Apple	Cauliflower rice + Microgreens with Wild Caught Salmon
TUESDAY	Shot of ACV then 12 oz. Water with Lemon	2 eggs with spinach mushrooms + Avocado	Organic Spinach Salad with mushrooms + olives	guacamole + jicama (or other veggie sticks)	Green Beans + Quinoa with Wild Caught Salmon
WEDNESDAY	Shot of ACV then 12 oz. Water with Lemon	2 eggs + 1/2 Sweet potato with coconut oil or butter	Organic Kale + carrots Salad	Hummus + Raw veggie sticks (jicama, carrots, celery etc)	Kale with Ground beef (onions, celery, tomatoes + homemade taco seasoning)
THURSDAY	Shot of ACV then 12 oz. Water with Lemon	Ground Chicken with Green apple & onion on bed Spaghetti squash	Organic Green Salad with avocado	Raw coconut chunks	Spaghetti Squash with tomatoes + ground turkey
FRIDAY	Shot of ACV then 12 oz. Water with Lemon	2 eggs + 1/2 Sweet potato with coconut oil or butter	Organic Green Salad	Raw Nuts + Green Apple	Sautéed zucchini, onions in ghee with tomatoes + grilled cod
SATURDAY	Shot of ACV then 12 oz. Water with Lemon	2 eggs with spinach mushrooms + avocado	Organic Spinach Salad with mushrooms + olives	Carrots + Hummus	Baby broccoli, baked sweet potato with steak
SUNDAY	Shot of ACV then 12 oz. Water with Lemon	Ground Chicken with Green apple + onion on bed Spaghetti squash	Organic Kale Salad with cucumber, avocado, tomatoes	Guacamole + Raw Veggie sticks (jicama, carrots, celery etc)	Carrot, celery, onions, sweet potato with sauteed chicken in bone broth



eat your veggies. eat them often.

The high fiber in many vegetables promotes healthy colon function by binding to toxins in the colon and preventing them from being absorbed. Fiber also helps cleanse your body by binding to bile acids in the intestinal tract, which prevents bile from being reabsorbed. It also prompts your liver to produce more bile, which clears excess cholesterol out of your bloodstream and provides an avenue for the liver to dispose of toxins it has recently collected.

- Global Institute for Alternative Medicine.

STEP 2 - METABOLIC CLEANSING

This phase addresses four of the most common underlying causes of chronic health challenges: Toxic Overload • Harmful Bacteria • Heavy Metal Toxicity • Leaky Gut

Step Two of the GI RESET Program consists of a thorough detoxification program designed to enhance the body's ability to eliminate toxins and harmful bacteria from the body.

This phase lasts either 10 or 20 days depending on the toxicity level, and is immediately followed by Step Three, which is designed to regenerate and rebuild. It is very important to follow the principles of the diet as closely as possible.

Rx - Step 2 (10 days +):

***GI-Synergy:** Take 1 Pill pack 3x/day. These support your immune system and also nourish your whole body.

***Apex Energetics ClearVite-ChC + Collagen Protein:** take 1 -2 scoop each, 2x/day

***Follow the diet program:** This is very important as you begin to detoxify. The supplements and shakes will assist you in releasing toxins and eating wholesome natural foods in your diet, will greatly assist this detoxification process.

***EnzymixPro™:** Take 1-2 with meals that include protein

GI RESET is designed to reduce your body's load of toxic substances, which may be present from either external sources (drugs, chemicals, alcohol) or your own physiological activities (bacterial toxins, intestinal toxins, metabolic byproducts). By following this program, you will eliminate many food and metabolic toxins or allergens, and achieve more "healthy" function and vitality.

Apex Energetics ClearVite-ChC is a complete and nutritionally balanced therapeutic food. ClearVite is carefully formulated so that even the most sensitive individuals can depend on it effectively, for relief of toxicity symptoms. ClearVite supports the detoxification processes of your body and provides you with the essential nutrients necessary for effective metabolic cleansing.

The purpose of this detox step is to:

1. Control the underlying cause of pain and inflammation
2. Remove the toxins
3. Repair the liver and digestive tract



Very Important!

UNDERSTANDING THE HEALING CRISIS

A healing crisis is any of a wide range of symptoms that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment, or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also characterized that when the symptoms have passed, you will feel better than prior to the crisis.

Most patients do not understand the healing crisis because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body's energy flow so that the body can restore itself to a healthy state.

Disease is a long, gradual process that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the disease may progress inwardly to become asthma. Sometime after that, you may even develop depression.

Increasing a person's health reverses the disease process, almost like putting a video of your disease on rewind. You must move through previous states of health, and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episodes, and later on, the skin problem may re-occur.

The aching body, headaches, nausea and fatigue often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

Once you understand that some discomfort is normal, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

NOTE: If your healing crisis is too intense or causing excessive discomfort, please consult your healthcare practitioner about the feasibility of altering your dosing schedule.

UNDERSTANDING THE HEALING CRISIS (CONT.)

Sufficient rest is very important since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals. Heavy, hard-to-digest foods should be avoided. Plenty of water should be consumed throughout the day.

Exercise is often helpful especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin (dry brushing) with a natural bristle brush can help stimulate blood and lymph flow.

Soaking in a warm bath with Epsom salts may also be helpful.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level, your diet and habits, such as smoking, alcohol and caffeine intake and other lifestyle elements may need to be changed.

Attitude can be one of the most beneficial factors in coping with healing crisis. A positive attitude will allow you to relax and to recognize that the symptoms are temporary and your treatment is on target.

Keep the lines of communication open with me. Report your symptoms and allow your NTP to help you if your symptoms become intolerable. Adjustments in the degree or frequency of your supplemental intake may be possible to lessen your discomfort.

The road to good health is an exciting and rewarding journey, but like any worthwhile endeavor, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you're on the road to good health.

• DIETARY REMINDERS •

- Chew food well (20-30 times per bite).
- Eat foods in whole forms as much as possible.
- The best raw food is salad.
- Eat only when you are hungry and calm.
- If you have a poor appetite, reduce sugars and starches, your appetite + digestion will improve.
- Do not overeat, it overloads digestion. Smaller, more frequent meals are best.
- Eat animal source foods in moderation.
- Drink at least 6-10 oz glasses of water daily. Most overeating occurs as a result of dehydration.
- Avoid hydrogenated or partially hydrogenated fats.
- Avoid preservatives or artificial colors and foods that cause reaction, like wheat and dairy.

Self care

TAKING TIME & CARE FOR YOURSELF

DRY BRUSHING - practice dry brushing by taking a natural bristle brush and using long, upward strokes (like you are fluffing the skin) start brushing your skin at your feet and work up your legs one at a time. Then move up your mid-section (front and back) and across your chest. Finish by brushing up your arms toward your armpits. You want to move the lymph towards the heart.

HYDROTHERAPY (hot/cold therapy) by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds. Do this three times, and then get into bed for 30 minutes

SWEAT - Exercise, move that body, sweating is a form of detoxification and moving helps circulate everything in the body so that you are able to assist in the process. Using a Hot dry or Infrared Sauna is another good option too.

OIL PULLING - The most effective oil pulling is done by placing around a tablespoon of cold pressed organic sesame oil or coconut oil into the mouth and swishing the oil around the mouth for approximately 10-15 minutes and then spitting it out. Lipids in the oils begin to pull out toxins from the saliva. As the oil is swished around the mouth, teeth, gums and tongue, the oil continues to absorb toxins, and usually ends up turning thick and viscous and white. Once the oil has reached this consistency, spit out before the toxins are reabsorbed.

SLEEP - You recover, repair and heal when you sleep... detoxification is all about moving things out of the body, sleep with help facilitate all of these processes. SLEEP, often and in a dark, cool room. Preferably after some hot/cold therapy and avoid watching tv or using computer or electronic devices at least a hour before sleeping.

MEDITATION - Allow yourself to spend some time alone reflecting on why you are choosing to take the time to cleanse your body, why health and longevity are valued by you and what you are looking to accomplish throughout this cleanse. Visualize yourself healthy, happy and feeling good.

PHASE 2 - FREQUENTLY ASKED QUESTIONS

What is ClearVite?

Apex Energetics ClearVite-ChC is an advanced formulation containing collagen-based protein and targeted amino acids that are intended to support the intestines, liver detoxification, and sugar metabolism. Hydrolyzed collagen, a hypoallergenic protein source, may support the gastrointestinal function and muscular system, as well as skin, hair, nail, and joint health. ClearVite-ChC™ is carefully formulated to help support energy levels with no added sugars or carbohydrates. It offers a mild chocolate taste lightly sweetened with luo han guo fruit extract. This product may also be ideal for those on anti-yeast diets or with caloric, sugar, or carbohydrate dietary restrictions.

ClearVite is often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently.

How can ClearVite help balance the body's chemistry?

Specific nutrients can help improve your nutritional status in a variety of ways:

- **Help to convert fat and carbohydrate to energy,** while maintaining muscle tissue. - Some nutrients, such as amino acids, function as building blocks, others are enzyme helpers (cofactors that function as metabolic “spark plugs”), and others function as fuel to run the body's machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair “wear-and tear” can occur.
- **Help eliminate potentially harmful substances.** ClearVite provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body's major waste disposal unit and specific nutrients can help in this role.
- **Help protect the body against free radicals and oxidation.** Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals - “pyromaniac molecules”, that randomly attack cells and increase the body's need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.
- **Help improve intestinal health.** The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.

Is it okay to exercise while I am on the GI RESET program? Yes, clinical experience has shown that some individuals experience reduced energy and stamina due to the body's detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

What is the reason for putting me on a restricted or elimination diet during the GI RESET program?

One of the purposes of the Bio-Detoxification program is to remove potentially allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver's detoxification functions.

What are the main foods I will be avoiding? Listed below are the main foods to avoid, see the approved food list and sample menus for more examples of approved foods to eat.

BIO DETOX CLEANSE	
Foods to Avoid	Why?
All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour	The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know you have an allergy to
Alcohol, caffeine, including coffee, sodas and soymilk, and all soda and fruit drinks that are high in refined sugars	Alcohol and coffee are hard on the liver, and this is going to be your liver's vacation.
Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish	These meats are typically high in estrogens, antibiotics, and other ingredients utilized in processing.
Corn and tomato sauce (fresh, whole tomatoes are ok)	These are (or contain) common allergens.
Eggs and all dairy (milk, cheese, butter, yogurt, etc.)	Dairy products are most likely to cause allergies.
All fruit and fruit juices.	Fruit and fruit juices are high in sugar content.
Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening	This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in refined fats and processed oils.
Any foods on the approved food list that you know you are allergic to	Give your healthcare provider a list of all foods that you know you are allergic to.

Approved Food List for Phase 2

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	1/2 Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Cucumber	2-4 oz
Garlic	1 clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushroom	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato/Yam	1/2 Potato
Swiss Chard	2-4 oz
Tomato - Fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

*Organic Produce & Protein

Fruits*	Portion
Apple - Green	1/2 medium
Blackberries	2 oz
Blueberries	2 oz
Cantaloupe	2 oz
Grapefruit	2 oz
Honeydew Melon	2 oz
Lemon	2 oz
Raspberries	2 oz
Strawberries	2 oz

Fats	Portion
Avocado	1/2 Avocado
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1Tbsp

Daily Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Beverages*	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day
Soda Water	3 Cups/day

* Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Stevia	To Taste

Protein*	Portion
Beef - ground / steak grass fed only	2-4 oz
Black Beans (home soaked/ cooked)	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Flounder	2-4 oz
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	1/2 Cup
Rice - white	1/2 Cup
Rice Crackers	2-3 crackers
Rice Pasta	1/2 Cup cooked

***Grey boxes indicate option that should be limited and eaten only if necessary.**

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry Mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These Recommendations are on a per meal basis, not a per day basis. Select no more than one item per category per meal, except for vegetables.

EXAMPLE MEAL PLAN

Phase Two | Day 8-18

	Start Day	Breakfast	Lunch	Snack	Dinner
MONDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Green Salad with avocado	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Cauliflower rice + Microgreens with Wild Caught Salmon
TUESDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Spinach Salad with mushrooms & olives	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Green Beans + Quinoa with Wild Caught Salmon
WEDNESDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Kale & carrots Salad	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Kale with Ground beef (onions, celery, tomatoes & homemade taco seasoning)
THURSDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Green Salad with avocado	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Spaghetti Squash with tomatoes + ground turkey
FRIDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Green Salad	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Sautéed zucchini, onions in ghee with tomatoes + grilled cod
SATURDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Spinach Salad with mushrooms & olives	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Baby broccoli, baked sweet potato with steak
SUNDAY	Shot of ACV then 12 oz. Water with Lemon	1 scoops Nutri-Clear + 1 Scoop Collagen Protein Powder in Water - add Power greens & MCT oil	Organic Kale Salad with cucumber, avocado, tomatoes	1 scoops Nutri-Clear + 1 Scoop Collagen Protein in water	Carrot, celery, onions, sweet potato with ground chicken in bone broth

STEP 3 - REGENERATION & REPAIR

This phase addresses two of the most common underlying causes of chronic health challenges: Cell Malnourishment + Joint Damage

Step Three (3-5 Days) begins immediately after Step Two and focuses on rebuilding and repair after the detoxification and the eradication of unhealthy bacteria and pathogens. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissues that may have occurred over time.

The duration of this phase is dependent on need and the overall well-being of the individual. It is very important to follow the principles of the diet as closely as possible.

Step Three diet and supplements are essential to maintain optimal wellness. You will return to an anti-inflammatory diet similar to the one you used in Step One. This phase lasts up to 30 days or more depending on your original evaluation or the results you are receiving from this program.

Rx - Step 3 (3-5 days +)

- Follow the anti-inflammatory diet from Phase 1*
- Probiotic of your choice - Take 1-2 pills daily with food (probiotic to help rebalance the gut flora) - we provide options if desired.
- Continue to use ACV daily + Lemon Water
- EnzymixPro (with Meals)





*food is
essential
to life.
therefore,
make it
good.*

- ANONYMOUS