



STARTER MANUAL

CleanUP

The 21-Day Metabolic Cleanse — switch your metabolism from survival to thrival.

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REMEDY WELLNESS | CHARLESTON, SC

For 21 days you'll give your body a break from the most common food sensitivities — gluten, dairy, corn, soy, egg, peanut, and sugar — while supporting your organs of elimination with daily routines, targeted supplements, and simple physical therapies. This manual is your complete guide: read it before Day 1, then keep it close for the next three weeks.

How the Program Works

- **Before Day 1:** read this manual, complete the Metabolic Health Assessment (pages 7–8), stock your kitchen from the shopping list, and watch Training 1.1 in the member portal.
- **Day 1 is a prep day** — juices, broths, and smoothies only. Pick a day when you can relax and reflect.
- **Days 2–21:** follow the everyday routine (page 4) and eat from the optimal choices shopping list (pages 5–6).
- **Each week:** watch that week's training videos in the member portal. New material builds week by week, just like the in-class version of the program.
- **After Day 21:** repeat the Metabolic Health Assessment to measure your change, then reintroduce foods one at a time using the How to Challenge handout. Finish with the Post-Cleanse Maintenance Plan.
- **Track everything** on the Daily Checklist (last page). Print it and put it on the fridge.

The Member Portal

All of your program materials live in one place: remedycharleston.com/cleanse-members

- All training videos: the welcome, Weeks 1–3, and the post-cleanse plan
- Every handout in this program as a downloadable PDF, including the how-tos for skin brushing, contrast showers, castor oil packs, breathing exercises, and infrared sauna
- The Cleanse Questions Answered audio — the most common participant questions, answered by Dr. Sherri
- Use the member passcode provided by our office. The portal remembers you on your device after the first login.

Questions During the Program

We're here. Email team@remedycharleston.com or call the office at **843.737.5206**. Locals: your post-cleanse Exit Consultation is free — schedule it before you finish Week 3 so your spot is ready.

Day 1 of the CleanUP should start on a day when you can relax and reflect — you know your best day, so plan accordingly. You're giving your body a break from digesting food and resetting your taste buds to reduce cravings. All "food" today comes from fresh vegetable juices, broths, and smoothies. No solid foods today. If you're local, consider a juice shop with a variety of fresh options — and avoid sweetened or fruit-heavy juices.

Before You Start

Record any and all current symptoms on your Metabolic Health Assessment (pages 7–8) before the start of your Day 1 routine. You'll repeat it after Day 21 — this is how you measure your change.

Day 1 Routine

Remember: no gluten, dairy, corn, soy, egg, peanut, sugar

- Consume fresh, vegetable-based juices and smoothies, or fresh broths and stocks, throughout the day.
- **No supplements today.**
- **Avoid high-sugar, fruit-based juices** — pineapple, apple, grape, and the like.

Bieler's Broth

Recipe adapted from "Food Is Your Best Medicine"

Dr. Bieler's health broth (really more of a puree) is a great option for Day 1, and you can use it throughout the cleanse. Dr. Henry Bieler created this vitamin- and nutrient-rich soup to heal his patients. It contains zucchini and string beans — rich sources of organic potassium and sodium, which the liver (and probably other organs) uses to clean and revitalize the body. Occasionally, when you're sick, the best thing to do is not eat. Drink Bieler's healing broth for energy, weight loss, and cleansing.

Ingredients

- 3 stalks of celery
- 3 whole zucchini
- 2 cups of string beans
- 1 cup of (Italian) parsley

Dosage

Drink 2 cups a day of Bieler's broth — an excellent way to stay healthy, during the cleanse and beyond.

Directions: put 1 cup of water into a stockpot. Add the string beans first and steam for about 5 minutes. Then add the celery and zucchini and steam another 5–7 minutes, until tender but still crisp — do not overcook. Put the vegetable water and cooked vegetables in the blender and blend until liquefied. Add a teaspoon of sea salt and a large handful of parsley, then blend again until the parsley is liquefied.

Every day of the cleanse except Day 1 (your prep day), this is your daily rhythm. Print the Daily Checklist on the last page of this manual and check things off as you go.

Morning Drink

Every morning, except Day 1

- 8–10 oz. warm water
- Juice of 1 lemon (about ¼ cup)
- Sprinkle of cayenne powder — considered optional, but not really. It's very important.
- If you're avoiding nightshades, replace the cayenne with cinnamon powder.

Daily Dressing

Enjoy anytime, but every day (except Day 1)

- 4 tsp. organic cold-pressed oil: extra virgin olive, flax, or walnut oil. Do not heat the oil.
- 2 tsp. unfiltered apple cider vinegar
- **Directions:** whisk together. Enjoy over veggies, alone, or on salad.
- **Variations:** add your favorite herbs and spices, add stevia as a sweetener, or combine with a "clean" mustard.

Supplements

- **Daily smoothie:** ½ scoop of your cleanse protein powder plus 1 scoop of your cleansing powder, mixed in 10–16 oz. of your favorite cleanse-approved liquid — best cold. Easiest to blend by shaking in a jar with a lid on, or break out the blender and get creative with your favorite ingredients. (There's a scoop in the container — you may need to dig for it with a butter knife.)
- **Cleanse packet:** 1 packet, daily, with food.

Move, Brush, Shower, Hydrate

- **Dry skin brushing:** every day. See the Skin Brushing handout in the member portal.
- **Contrast shower:** every time you shower. See the Contrast Showers handout in the member portal.
- **Water:** aim for half your body weight (lbs.) in ounces of clean water daily. If you weigh 120 lbs., drink 60 oz. each day.
- **Exercise:** you must move every single day. Walk, stretch, yoga — move!

Choose One Other Physical Modality Each Day

- | | |
|--------------------------------------|-------------------------------|
| • Yoga | • Epsom salt bath |
| • Facial (careful of toxin exposure) | • Massage |
| • Breathing exercises | • Sauna (preferably infrared) |
| • Journaling | • Migun bed |
| • Castor oil pack | |

How-to handouts for breathing exercises, castor oil packs, and infrared sauna are in the member portal.

Remember: no corn, dairy, gluten, soy, sugar, peanuts, or egg. Some may wish to avoid the nightshade family of foods as well (peppers, potatoes, eggplant, tomatoes).

Optimal Non-Starchy Vegetables

- | | | |
|--|---|---|
| ☐ Arugula | ☐ Chives | ☐ Lettuce |
| ☐ Asparagus | ☐ Collard greens | ☐ Mustard greens |
| ☐ Bamboo shoots | ☐ Coriander | ☐ Onions |
| ☐ Bean sprouts | ☐ Cucumber | ☐ Parsley |
| ☐ Beet greens | ☐ Dandelion greens | ☐ Radishes |
| ☐ Bell peppers (red, yellow, green) | ☐ Eggplant | ☐ Radicchio |
| ☐ Broad beans | ☐ Endive | ☐ Snap beans |
| ☐ Broccoli | ☐ Fennel | ☐ Snow peas |
| ☐ Brussels sprouts | ☐ Garlic | ☐ Shallots |
| ☐ Cabbage | ☐ Ginger root | ☐ Spinach |
| ☐ Cassava | ☐ Green beans | ☐ Spaghetti squash |
| ☐ Cauliflower | ☐ Hearts of palm | ☐ Summer squash |
| ☐ Celery | ☐ Jicama (raw) | ☐ Swiss chard |
| ☐ Chayote fruit | ☐ Jalapeno peppers | ☐ Tomatoes |
| ☐ Chicory | ☐ Kale | ☐ Turnip greens |
| | ☐ Kohlrabi | ☐ Watercress |

High-Fiber Starchy Carbohydrate Choices

- | | | |
|--|---|---------------------------------------|
| ☐ Squash (acorn, butternut, winter) | ☐ Legumes | ☐ Kidney beans |
| ☐ Artichokes | ☐ Black beans | ☐ Lentils |
| ☐ Leeks | ☐ Adzuki beans | ☐ Mung beans |
| ☐ Lima beans | ☐ Buckwheat | ☐ Navy beans |
| ☐ Okra | ☐ Chickpeas (garbanzo) | ☐ Pinto beans |
| ☐ Pumpkin | ☐ Cowpeas | ☐ Split peas |
| ☐ Sweet potatoes or yams | ☐ French beans | ☐ White beans |
| ☐ Turnip | ☐ Great Northern beans | ☐ Yellow beans |
| | | ☐ Carrots |

Optimal Protein Choices

- ☐ Organic, hormone-free chicken and poultry
- ☐ Lamb
- ☐ Beans / legumes
- ☐ Grass-fed beef
- ☐ Grass-fed bison
- ☐ Cold-water fish: salmon, halibut, cod, mackerel, tuna — choose wild-caught over farm-raised
- ☐ Wild game

Clean meats should be considered more of a side dish for portion size.

Optimal Fat Choices

- ☐ Organic coconut oil (or milk) — use coconut oil ONLY for cooking (it has a high heat point)
- ☐ Flaxseed and walnut oils — use raw, uncooked
- ☐ Avocado
- ☐ Raw nuts and seeds
- ☐ Extra virgin olive oil — use raw, uncooked

Fruit Choices by glycemic index

Low glycemic

- ☐ Blackberries
- ☐ Blueberries
- ☐ Boysenberries
- ☐ Elderberries
- ☐ Gooseberries
- ☐ Loganberries
- ☐ Raspberries
- ☐ Strawberries

Moderate glycemic

- ☐ Cherries
- ☐ Pears
- ☐ Fresh apricots
- ☐ Melons
- ☐ Oranges
- ☐ Peaches, plums
- ☐ Grapefruit
- ☐ Pitted prunes
- ☐ Apples
- ☐ Kiwi fruit
- ☐ Lemons, limes
- ☐ Nectarines, tangerines
- ☐ Passion fruit
- ☐ Persimmons
- ☐ Pomegranates

High glycemic — eat sparingly, or after a workout

- ☐ Banana
- ☐ Pineapple
- ☐ Grapes
- ☐ Watermelon
- ☐ Mango
- ☐ Papaya

Gluten-Free Grains

- ☐ Quinoa, quinoa flakes, quinoa pasta
- ☐ Millet
- ☐ Brown or wild rice
- ☐ Amaranth
- ☐ Gluten-free oats

Beverages

- ☐ Herbal teas
- ☐ Unsweetened almond milk, rice milk, or coconut milk
- ☐ Spring water
- ☐ Organic chicken or vegetable broth
- ☐ Fresh vegetable juice

Snack Choices

- ☐ Rice or gluten-free crackers
- ☐ Hummus (chickpea spread)
- ☐ Almond or cashew butter
- ☐ Organic rice cakes

Other

- ☐ Epsom salts
- ☐ Castor oil (topical use)
- ☐ Dry skin brush — natural bristle
- ☐ Green tea bags or loose leaf

Condiments & Additions

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> ☐ Lemon, lime ☐ Cayenne pepper ☐ Sea salt ☐ Garlic | <ul style="list-style-type: none"> ☐ Fresh herbs and spices ☐ Apple cider vinegar ☐ Stevia sweetener (liquid) | <ul style="list-style-type: none"> ☐ Hemp seeds, chia seeds ☐ Flax seeds / meal ☐ 100% pure cocoa powder, unsweetened |
|---|---|---|

Name _____ Date _____

Part 1 — Circle All That Apply

MEDICATIONS YOU ARE TAKING

- ☐ Antacids
- ☐ Antibiotic / antifungal
- ☐ Antidepressants
- ☐ Antidiabetic / insulin
- ☐ Aspirin / Tylenol
- ☐ Chemotherapy
- ☐ Cortisone anti-inflammatories
- ☐ Diuretics
- ☐ Heart medications
- ☐ High blood pressure
- ☐ Hormones
- ☐ Laxatives
- ☐ Oral contraceptives
- ☐ Radiation
- ☐ Relaxants / sleeping pills
- ☐ Recreational drugs
- ☐ Thyroid meds
- ☐ Ulcer meds
- ☐ Other _____

IF YOU EAT, DRINK, OR USE

- ☐ Alcohol
- ☐ Candy
- ☐ Carbonated beverages
- ☐ Cigarettes / chew
- ☐ Coffee
- ☐ Distilled water
- ☐ Fluoridated / chlorinated water
- ☐ Fast food regularly
- ☐ Fried foods
- ☐ Refined (white) flour products
- ☐ Luncheon meats
- ☐ Margarine
- ☐ Refined sugars
- ☐ Milk products
- ☐ Artificial sweeteners
- ☐ Non-herbal teas
- ☐ Vitamins & minerals — specify:

IF YOU

- ☐ Diet often
- ☐ Salt food without tasting
- ☐ Exercise less than 3 times per week
- ☐ Are under excessive stress
- ☐ Are exposed to chemicals at work
- ☐ Are exposed to cigarette smoke

Part 2 — Your Five Most Prominent Health Concerns, by Importance

1. _____
2. _____
3. _____
4. _____
5. _____

Part 3 — Directions

Read each description on the next page and circle the number that best describes the frequency of your symptoms within the past year. If you don't understand a symptom, mark it with a "?".

Key: 0 = Never · **1 = Mild** (once per month or less) · **2 = Moderate** (several times per month) · **3 = Severe** (aware of it constantly)

Category I — Section A

1. Bad breath	0 1 2 3
2. Loss of taste for high-protein foods (meat, etc.)	0 1 2 3
3. Burning ("acid") or nervous stomach; eating relieves	0 1 2 3
4. Gas shortly after eating	0 1 2 3
5. Indigestion ½–1 hour after eating; may last 3–4 hours	0 1 2 3
6. Difficulty digesting fruits or vegetables; undigested food found in stool	0 1 2 3
7. Acid or spicy foods upset stomach	0 1 2 3

SECTION B

8. Lower bowel gas and/or bloating several hours after eating	0 1 2 3
9. Feet burn	0 1 2 3
10. "Whites" of eyes (sclera) yellow	0 1 2 3
11. Dry skin, itchy feet, and/or skin peels on feet	0 1 2 3
12. Brown spots or bronzing skin	0 1 2 3
13. Bitter metallic taste in mouth	0 1 2 3
14. Blurred vision	0 1 2 3
15. Headache over eyes	0 1 2 3
16. Feel nauseous, queasy, or gag easily	0 1 2 3
17. Color of stools light brown or yellow	0 1 2 3
18. Greasy or high-fat foods cause GI distress	0 1 2 3
19. Pain between shoulder blades	0 1 2 3
20. Dark circles under eyes	0 1 2 3
21. "Acid" breath	0 1 2 3
22. History of gallbladder attacks or gallstones, OR gallbladder removed	0 1 2 3
23. Appetite reduced	0 1 2 3

SECTION C

24. Coated tongue or "fuzzy" debris on tongue	0 1 2 3
25. Pass large amounts of foul-smelling gas	0 1 2 3
26. Irritable bowel or mucous colitis	0 1 2 3
27. Constipation, diarrhea, alternating; or stools alternate from soft to watery	0 1 2 3
28. Bowel movements painful or difficult; constipation, and/or laxative used	0 1 2 3
29. Burning or itching anus	0 1 2 3

Category II

30. Head congestion / sinus fullness	0 1 2 3
31. Sneezing attacks	0 1 2 3
32. Dreaming, nightmare-like bad dreams	0 1 2 3
33. Milk products and/or wheat products cause GI distress	0 1 2 3
34. Eyes and nose watery	0 1 2 3
35. Eyes swollen and puffy	0 1 2 3
36. Pulse speeds after meals and/or heart pounds after retiring at night	0 1 2 3

Category III — Section A

37. Crave sweets or coffee in afternoon or mid-morning	0 1 2 3
38. Hungry between meals or excessive appetite	0 1 2 3
39. Overeating sweets upsets	0 1 2 3
40. Eat when nervous	0 1 2 3
41. Irritable before meals	0 1 2 3
42. Get "shaky" or light-headed if meals delayed	0 1 2 3
43. Fatigue, eating relieves	0 1 2 3
44. Heart palpitates if meals missed or delayed	0 1 2 3
45. Awaken a few hours after sleep, hard to get back to sleep	0 1 2 3

SECTION B

46. Muscle soreness after moderate exercise	0 1 2 3
47. Vulnerability to insect bites (especially fleas and mosquitoes)	0 1 2 3
48. Loss of muscle tone or "heaviness" in arms or legs	0 1 2 3
49. Enlarged heart and/or heart failure	0 1 2 3
50. Worrier, feel insecure and/or highly emotional	0 1 2 3
51. Pulse slow / below 65 or irregular pulse	0 1 2 3

Category IV — Section A

52. Sex drive increased	0 1 2 3
53. "Splitting" type headaches	0 1 2 3
54. Memory failing	0 1 2 3
55. Tolerance for sugar reduced	0 1 2 3

SECTION B

56. Sex drive reduced or absent	0 1 2 3
57. Abnormal thirst	0 1 2 3
58. Weight gain around hips or waist	0 1 2 3
59. Tendency to ulcers or colitis	0 1 2 3
60. Increased ability to eat sugar without symptoms	0 1 2 3
61. Menstrual disorders (women)	0 1 2 3
62. Lack of menstruation (young girls)	0 1 2 3

SECTION C

63. Difficulty gaining weight, even with large appetite	0 1 2 3
64. Heart palpitations	0 1 2 3
65. Nervous, emotional, can't work under pressure	0 1 2 3
66. Insomnia	0 1 2 3
67. Inward trembling	0 1 2 3
68. Night sweats	0 1 2 3
69. Fast pulse at rest	0 1 2 3
70. Intolerant to high temperatures	0 1 2 3
71. Easily flushed	0 1 2 3

CATEGORY IV — SECTION D

72. Difficulty losing weight	0 1 2 3
73. Reduced initiative and/or mental sluggishness	0 1 2 3
74. Easily fatigued, sleepy during the day	0 1 2 3
75. Sensitive to cold, poor circulation (cold hands and feet)	0 1 2 3
76. Dry or scaly skin	0 1 2 3
77. "Ringing" in ears or noises in head	0 1 2 3
78. Hearing impaired	0 1 2 3
79. Constipation	0 1 2 3
80. Excessive falling hair and/or coarse hair	0 1 2 3
81. Headaches when awoken / wear off during day	0 1 2 3

SECTION E

82. Blood pressure increased	0 1 2 3
83. Headaches	0 1 2 3
84. Hot flashes	0 1 2 3
85. Hair growth on face or body (females)	0 1 2 3
86. Masculine tendencies (females)	0 1 2 3

SECTION F

87. Blood pressure low	0 1 2 3
88. Crave salt	0 1 2 3
89. Chronic fatigue / get drowsy	0 1 2 3
90. Afternoon yawning	0 1 2 3
91. Weakness / dizziness	0 1 2 3
92. Weakness after colds / slow recovery	0 1 2 3
93. Circulation poor	0 1 2 3
94. Muscular and nervous exhaustion	0 1 2 3
95. Subject to colds, asthma, bronchitis (respiratory disorders)	0 1 2 3
96. Allergies and/or hives	0 1 2 3
97. Difficulty maintaining manipulative correction	0 1 2 3
98. Arthritic tendencies	0 1 2 3
99. Nails weak, ridged	0 1 2 3
100. Perspire easily	0 1 2 3
101. Slow starter in morning	0 1 2 3
102. Afternoon headaches	0 1 2 3

Category V

103. Frequent skin rashes and/or hives	0 1 2 3
104. Muscle-leg-toe cramping at rest and/or while sleeping	0 1 2 3
105. Fever easily raised / fevers common	0 1 2 3
106. Crave chocolate	0 1 2 3
107. Feet have bad odor	0 1 2 3
108. Hoarseness frequent	0 1 2 3
109. Difficulty swallowing	0 1 2 3
110. Joint stiffness after rising	0 1 2 3
111. Vomiting frequent	0 1 2 3
112. Tendency to anemia	0 1 2 3
113. "Whites" of eyes (sclera) blue	0 1 2 3
114. "Lump" in throat	0 1 2 3
115. Dry mouth-eyes-nose	0 1 2 3

116. White spots on fingernails	0 1 2 3
117. Cuts heal slowly and/or scar easily	0 1 2 3
118. Reduced or "lost" sense of taste and/or smell	0 1 2 3
119. Susceptible to colds, fevers, and/or infections	0 1 2 3
120. Strong light irritates eyes	0 1 2 3
121. Noises in head or ringing ears	0 1 2 3
122. Burning sensations in mouth	0 1 2 3
123. Numbness in hands and feet (extremities "go to sleep")	0 1 2 3
124. Intolerant to monosodium glutamate (MSG)	0 1 2 3
125. Cannot recall dreams	0 1 2 3
126. Nose bleeds frequent	0 1 2 3
127. Bruise easily, "black and blue" spots	0 1 2 3
128. Muscle cramps, worse with exercise ("charley horses")	0 1 2 3

Category VI

129. Aware of heavy and/or irregular breathing	0 1 2 3
130. Discomfort in high altitudes	0 1 2 3
131. "Air hunger" / sigh frequently	0 1 2 3
132. Swollen ankles / worse at night	0 1 2 3
133. Shortness of breath with exertion	0 1 2 3
134. Dull pain in chest and/or pain radiating into left arm, worse on exertion	0 1 2 3

Category VII — Female Only

135. Premenstrual tension	0 1 2 3
136. Painful menses (cramping, etc.)	0 1 2 3
137. Menstruation excessive or prolonged	0 1 2 3
138. Painful / tender breasts	0 1 2 3
139. Menstruate too frequently	0 1 2 3
140. Acne, worse at menses	0 1 2 3
141. Depressed feelings before menstruation	0 1 2 3
142. Vaginal discharge	0 1 2 3
143. Menses scanty or missed	0 1 2 3
144. Hysterectomy / ovaries removed	0 1 2 3
145. Menopausal hot flashes	0 1 2 3
146. Depression	0 1 2 3

Category VIII — Male Only

147. Prostate trouble	0 1 2 3
148. Urination difficult or dribbling	0 1 2 3
149. Night urination frequent	0 1 2 3
150. Pain on inside of legs or heels	0 1 2 3
151. Feeling of incomplete bowel evacuation	0 1 2 3
152. Leg nervousness at night	0 1 2 3
153. Tire easily / avoid activity	0 1 2 3
154. Reduced sex drive	0 1 2 3
155. Depression	0 1 2 3
156. Migrating aches and pains	0 1 2 3

Why does a 21-day cleanse work? The essay excerpted here, from Elson Haas, M.D., lays out the thinking behind cleansing and detoxification — and behind the "Sensitive Seven" foods you're eliminating. Read it once before Week 2; it makes the middle of the cleanse easier.

This is about thinking simply, in a new way, and using common sense in your choices about your health. A basic philosophy of integrated (multidisciplinary) medicine in regards to healing is: lifestyle first, natural therapies next, and drugs last. As doctors, we view problems from their deeper, truer causes — which most often have to do with lifestyle: what we eat, our level of physical activity, whether we get the sleep we need to recharge our core systems, and how we create and manage our daily stress.

When our overall attitude is one of enhancement, we nurture the treasure of our life force — our vitality. A balanced mind has a beneficial influence on our body and allows our heart and spirit to join in life's uplifting, full-of-potential moments. Health issues challenge us to grow and change for the better.

These are "preventative challenges" — making changes in advance, before you fall apart, for the purpose of improving health and preventing disease. Ease can be the outcome of these healthful choices; dis-ease is the crisis created from years of habits, poor choices, and a lack of understanding of your personal needs within nature's cycles.

The simplest way to understand symptoms and disease integrates Western linear thinking, Chinese medicine and its philosophy of yin and yang, and the naturopathic approach to health and illness. Problems in the body and mind often arise from either **deficiency**, where we are not acquiring sufficient nutrients to meet our needs, or from **congestion**, where we have excessive intake — both from reduced eliminative function and the repetitive over-consumption of food and non-food substances such as caffeine, alcohol, nicotine, refined sugar, and food chemicals. (And driving more than walking, and talking more than listening.)

Most people have some deficiency along with their toxicity. In these modern times of processed and treated foods and environmental chemicals, we all have exposures. Along with that, food nutrient levels are lower from lack of soil minerals, so we often don't obtain all the vitamins, minerals, amino acids, and essential fatty acids our bodies need to function optimally. Nutritional supplements can help in obtaining these vital nutrients.

Naturopathically, deficiency and toxicity are a continuum of nutritional balance, or lack of it. People who are deficient may

experience problems like fatigue, coldness, hair loss, or dry skin, and the healing choice is to be nourished with wholesome foods. But congestive problems are more common in Western, industrialized civilizations — from acute colds, sinus and allergic problems, to skin rashes and digestive disturbances. Many chronic diseases, from arthritis and diabetes to cardiovascular disease and cancer, most often come from long-term health-destroying habits.

These health problems aren't only from poor food choices. We are constantly dabbing, spraying, and imbibing or inhaling more chemicals from the air, water, foods, vehicles, and medications than ever before. Many of our acute and chronic diseases result from the clogging of our tissues and the suffocating of our cells. These medical problems may be prevented, or treated at least in part and often dramatically, by embarking on a process of cleansing and detoxification. The detoxification process is the natural way to heal.

Incorporating dietary changes — more fresh fruits, vegetables, and water, while reducing animal fats and proteins and eliminating damaging substance habits — is the beginning of the rejuvenation process for the human body. Cleansing and detoxification is virtually one of the most powerful healing therapies — real healing of ailments, not just suppression of symptoms. Its effects rebalance the body and mind and are preventive for many health problems.

There are two important levels to the Purification Process. The first is cleaning up substance habits — even addictions for some, which are a serious type of imbalanced relationship to one's true nurturing needs. This program encourages you to take a break, temporary or lifelong, from habits like the daily intake of sugar (refined sugar and corn syrups — they put them in everything, it seems), caffeine, alcohol, nicotine, and chemicals in foods (watch regular use of aspartame especially), and, as able, from chemically-loaded beauty products and household cleansers. This is very often the first step in health liberation: freeing ourselves from the emotional dependence on certain items to give us energy or sedate us. All of these substances can alter our moods and vitality, both immediately and over time.

Of course, many of us eat a healthy diet and don't have those habits. People who exercise and eat well are sometimes still not well. The next level, then, is to look at food reactions.

Food reactions are quite common and often result from digestive dysfunction. Many factors cause the breakdown of optimal gastrointestinal function: overeating, too many foods combined at once, incomplete chewing, drinking too much while eating (which dilutes the digestive juices), and chronic stress all weaken our ability to digest foods thoroughly. Many people also have an imbalance of intestinal flora, having killed off healthy bacteria through overuse of antibiotics. Irritating bacteria, fermenting yeast organisms, or parasites can take up residence in the intestines. These irritate the membranes and affect proper absorption, causing abnormal absorption of larger molecules — often referred to as "leaky gut" syndrome. Allowing toxins into the bloodstream can affect brain function, mood, and energy, and cause secondary immune and biochemical reactions. Our digestive tract has the highest amount of immune activity of any area in the human body.

The **Sensitive Seven** are the seven most common food reactions, mainly due to the persistent intake of these foods in the diet and as the base of most processed foods: wheat (gluten), cow's milk, and sugar as the big three, followed by eggs, corn, soy, and peanuts. Healing the gastrointestinal tract is paramount to regaining overall health. The framework:

Rebalance your diet and your lifestyle. You may need to eat differently and live more healthfully, even think in a more positive way. Your digestion is deeply sensitive to your stresses and emotions.

Remove any offending organisms. This can be done with herbal medicines or pharmaceuticals — abnormal yeasts and parasites are quite common in modern times.

Replace any needed digestive enzymes or hydrochloric acid. Low stomach acid leading to improper protein digestion is quite common and undermines health.

Reinoculate the right bacteria, such as lactobacilli and bifidobacteria, to create the best environment for your digestive tract.

Repair by providing the right nutrients to heal damaged membranes and allow optimal function again. The amino acid

L-glutamine is helpful, as are the B vitamins, vitamins C, A, and E, and zinc, plus many others.

Food reactions are generated through multiple systems in the body — digestive, immune, biochemical, and hormonal — causing bloating and swelling in the body and gut, plus many other possible problems. Reactions from an allergic or depleted system make us more sensitive to environmental toxins. Allowing these reactions to quiet and clear can help you feel much better rather quickly. Following an elimination diet — avoiding our habit foods and the most reactive foods — is the heart of this Purification Process.

After a week or two of avoidance (once you get started and get through the fear, you'll be clear), you can challenge yourself by eating one of these foods and watching for effects. Watch three time periods, since responses can be delayed: immediately and over the first hour; later in the day, up to six hours; and how you feel when you wake the next morning. Do you feel a little foggy, like a hangover? If you feel worse — fatigue, irritability, itchy skin, digestive upset, mood or energy changes — or have any of your old symptoms, you are likely reactive to that food. (Your How to Challenge handout in the member portal walks through this step by step.)

The benefits of detoxification: improved mental clarity, physical wellbeing, and spiritual energy, and the lessening of many symptoms. Where relevant, you can lower your body weight, blood pressure, and cholesterol, and likely use less medication. Many people say they feel better than they have in years.

So much of your health is up to you. Be your own best doctor. It really matters how you live — what you do, what you eat, what you think and feel. Take hold of yourself and your habits, and do what you can to be vital and healthy. It is really worth it. **Be well.**

"I really enjoyed doing the cleanse again. It kick-started me back to health, which is exactly what I needed! I am having no sugar cravings and my psoriasis is under control. With such great results, I plan on continuing to eat on this regimen as much as possible." — C. Nielsen

	Morning Drink Warm water, lemon, cayenne	Skin Brush Daily, before shower	Contrast Shower Every time you shower	Smoothie Protein + cleanse powder in "clean" liquid	Packet Take with food	Daily Dressing 4 tsp oil + 2 tsp ACV	Modality Epsom bath, castor oil pack, yoga, journaling, etc.	Movement Gym, yoga, walking, stretching	Hydrate Half your body weight (lbs.) in oz. of water
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
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