



DETOXIFICATION

FOR PHYSICAL AND SPIRITUAL HEALTH

Detoxification is the most exciting tool in natural medicine for its simplicity, low cost and superior therapeutic results. It's actually fun to participate and you'll feel results almost immediately.

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 the internal form 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 Alzheimer's and Parkinson's.

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

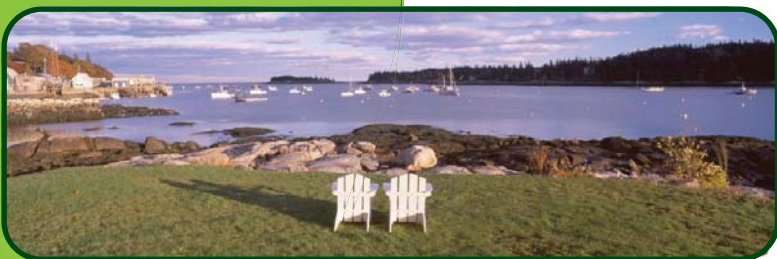
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| Digestive problems | Bad breath | Fatigue |
| Irritability | General malaise | Constipation |
| Headaches | Itchy skin | Skin rashes |
| Joint pain | Pallor | Poor Concentration |

What a carefully planned detoxification program can offer you:

- | | |
|------------------------|-----------------------------------|
| Anti-aging effects | Clearer skin and eyes |
| Increased productivity | Greater motivation and creativity |
| Weight loss | Reduction of allergic symptoms |

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.

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 your system working 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 burden low and your detox mechanisms working for the long haul.



Microwave Ovens

Although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and decrease the nutritional value. Heat on a stovetop or oven whenever possible and use a cast iron pan. Avoid 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. Consider jumping on a mini trampoline for 3-5 mins a day to give a boost to your health and vitality. Sweating also releases toxins.



Notes on Plastic

Heating foods in plastic releases harmful chemicals. You should never heat food in plastic... use glass or ceramic instead.



Skin Brushing

To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofa to massage your entire body before you shower or bathe. Start at the toes, and gently scrub using circular motions toward your heart.



Clean Water

Public tap water is often contaminated. Drink and cook with only pure filtered water and consider adding a filter to your shower.

Guide to Organic Produce

Highest in Pesticides - BUY THESE ORGANIC -



These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides:

Apples
Bell Peppers
Celery
Cherries

Grapes (imported)
Nectarines
Peaches
Pears

Potatoes
Red Raspberries
Spinach
Strawberries

Lowest in Pesticides

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

Asparagus
Avocado
Bananas
Broccoli

Cauliflower
Corn (sweet)
Kiwi
Mangos

Onions
Papaya
Pineapple
Peas (sweet)



Detoxification Program Nutritional Supplements

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



PaleoCleanse

A hypoallergenic rice protein powder containing nutrients and herbs which fuel detoxification pathways and promote optimal liver function. It also contains a full multivitamin/mineral and antioxidant complex. PaleoCleanse is the backbone of nutritional support for the detoxification program.

Dose: Titrated up and down to a maximum of 2 scoops 3 times a day.

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. It comes as either a whey (dairy) or rice (non-dairy) based formulation.

Dose: 1 scoop per meal, as desired for meal replacement. Dairy-free PaleoMeal dose is 2 scoops per serving.

Amino-D-Tox™

This product supports detoxification by supplying sulfur containing amino acids needed for phase II liver detox. Used along with PaleoCleanse or prior to PaleoCleanse, Amino-D-Tox will help minimize uncomfortable detox symptoms.

Dose: 2 caps 3 times per day.

Three-A-Day Antioxidant

This product synergistically combines powerful antioxidant nutrients and herbs including selenium, curcumin, green tea, lipoic acid, NAC and grape seed that help detoxify heavy metals and protect the body from their ravaging damages.

Dose: 1 cap 3 times per day.

Omega Synergy

A synergistic blend of EPA, DHA, GLA and flax oil. This blend covers all the health concerns that these fatty acids would be useful for including brain function, hormonal balance, constipation, dry skin, unhealthy cholesterol levels, inflammation and stiffness, and heart disease.

Dose: 1-2 softgels 3 times per day

PaleoFiber

This blend of soluble and insoluble fibers from nature will aid regularity as well as move toxins out of the gastrointestinal tract quickly.

Dose: 1 Tbs per day in water or with PaleoCleanse.

PaleoGreens

A combination of vegetable, fruit and berries high in nutritional value that helps to alkalinize the body.

Dose: 1 Tbs per day in water or with PaleoCleanse.

AllerGzyme

A true full spectrum proteolytic enzyme complex which is focused on assisting with the digestion of proteins.

AllerGzyme can be used as a stand alone product along with meals or the capsule can be simply opened and mixed into your protein shake to maximize digestion and assimilation

Dose: 1 cap 3 times per day

PaleoReds

A flavorful fruit and berry combination that is high in antioxidants and potassium for energy.

Dose: 1 Tbs as desired, in water or with PaleoCleanse

LV-GB Complex

A comprehensive formula of nutrients for aiding the liver and bile flow for the proper processing and elimination of toxins. By supporting liver and gall bladder function, LV-GB complex aids in the digestion and elimination of fatty substances from the liver and the complete assimilation of fats and fat soluble vitamins.

Dose: 1 cap 3 times per day.

GI Revive

This peach tea flavored powder not only aids regularity but also reduces inflammation and ulceration in the gut while healing intestinal mucosa to prevent or improve food allergies.

Dose: 1 teaspoon twice per day.



- 1 Drink 1 cup of hot water with 1/4 lemon and 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. Use a circular motion and work towards the heart. Then shower or bathe. Facilitates circulation and toxic elimination through the skin.
- 3 Take a warm bath with Epsom salt 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!
- 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. Not for the squeamish! But it is very invigorating! You'll feel like a million bucks when you're done. Of course, just a sauna and a shower are beneficial as well.

DETOX SMOOTHIE RECIPES



Other variations to enhance flavor and nutritional value include adding any of the following: PaleoFiber, Ground flaxseeds, PaleoGreens, PaleoReds, Cod liver oil or fish oil, Frozen organic fruit

Basic Recipe



Blend the following ingredients:
PaleoCleanse (follow dosage on titration schedule)
1 scoop PaleoMeal vanilla
½ cup frozen organic berries
½ cup water or rice milk
Ice

Go-Green Smoothie



Blend the following ingredients:
PaleoCleanse
1 scoop PaleoMeal Vanilla
2 Tbs PaleoGreens
1 Tbs ground flaxseeds
Ice

Strawberry Dream



Blend the following ingredients:
PaleoCleanse
1 scoop PaleoMeal Strawberry
½ cup frozen strawberries
½ cup rice milk or water
Ice

Apricot and Raspberry Smoothie



Blend the following ingredients:
PaleoCleanse
1 scoop PaleoMeal Vanilla
½ cup frozen organic raspberries
½ cup fresh or water packed apricots
½ cup rice milk or water
Pinch of cinnamon
Ice

Tropical Smoothie



Blend the following ingredients:
PaleoCleanse
1 scoop PaleoFiber
1 Tbs PaleoGreens
½ cup frozen mango
½ cup coconut milk
Pinch ground ginger
Ice



Southern Style Smoothie



Blend the following ingredients:
PaleoCleanse
1 scoop PaleoMeal Vanilla
1 Tbs ground flaxseeds
½ cup frozen organic peaches
½ cup almond milk
2 tsp grated ginger
Pinch of cinnamon
Ice

MODIFIED ELIMINATION DIET



POSSIBLE SHOPPING LIST

For Modified Elimination Diet and 21-Day Intensive Detox

Bob's Red Mills Gluten Free Hot Cereal
Millet
Quinoa
Brown and/or Wild Rice
Ezekiel Bread (found in freezer section)
Frozen Berries (for shakes, if desired)
Almond Butter
Organic Eggs
Sesame/Pumpkin/Sunflower Seeds
Walnuts/Almonds/Pecans/Macadamian Nuts

Hummus (Chick Pea Spread)
Lemons
Cayenne Pepper
Spring/Distilled Water
Herbal Teas
Extra Virgin Olive Oil
Assorted Fresh Vegetables/Fruits
If Making Alkaline Broth:
Parsley, Zucchini, Celery,
Green Beans, Spinach
Assorted Protein:
Organic Chicken, Turkey,
Salmon, Tuna, Halibut,
Cod, Sole, Tofu, Beans
'Dry Brush' or Loofah
Epsom Salt

ALKALINE BROTH



Choose a combination of the following vegetables equaling approximately 1 1/2 - 2 cups:

celery
green beans
zucchini
spinach
parsley

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. Drain and keep the broth.

You may drink as much of this broth as you want during the 21 day Intensive 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.

Follow these guidelines for the 7 days PRIOR to The 21 Day Intensive Detoxification Program:

Drink at least 8 glasses of filtered water, daily.

Add Amino-D-Tox and Three A Day Antioxidant to your diet, daily.

Decrease or eliminate dairy products such as milk, cheese or ice cream. If you are tolerant, you may use natural, unsweetened, live culture yogurt.

Decrease or eliminate all foods containing yeast and all foods that promote yeast overgrowth. (Processed foods, refined sugars, commercially prepared condiments, breads, peanuts, vinegar and alcoholic beverages.)

Decrease or eliminate gluten by avoiding foods which contain wheat, oats, and barley. This includes pasta, bread products, crackers, cereals. Try sprouted bread such as Ezekiel bread found in the frozen department of Health Food Stores. Gluten-free grains include brown rice, millet, quinoa, wild rice and cornmeal. Pastas are available made from these grains as well.

Decrease or eliminate meats such as beef, pork and veal. Chicken, turkey, lamb and cold water fish such as salmon, mackerel, halibut, and tuna are acceptable fresh or canned. Select from free range whenever possible, and select wild salmon over farm-raised.

Decrease or eliminate all alcohol-containing products including beer and wine.

Decrease or eliminate all caffeine-containing beverages including coffee, tea and soda. Please avoid decaffeinated coffee also.

21-Day Intensive Detoxification Plan Titration Schedule

Day 1-3	1/2 scoop PaleoCleanse 1 scoop PaleoMeal	2 times per day
Day 4-6	1 scoop PaleoCleanse 1 scoop PaleoMeal	2 times per day
Day 7-8	1 1/2 scoops PaleoCleanse 1 scoop PaleoMeal	2 times per day
Day 9-14	2 scoops PaleoCleanse 1 scoop PaleoMeal (omit eggs and soy)	3 times per day
Day 15-16	1 1/2 scoops PaleoCleanse 1 scoop PaleoMeal	2 times per day
Day 17-18	1 scoop PaleoCleanse 1 scoop PaleoMeal	2 times per day
Day 19-21	1/2 scoop PaleoCleanse 1 scoop PaleoMeal	2 times per day



Detox Program FAQs

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. PaleoCleanse is a scientific formula, a "medical food", 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 PaleoCleanse powder 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 you wish but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.



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