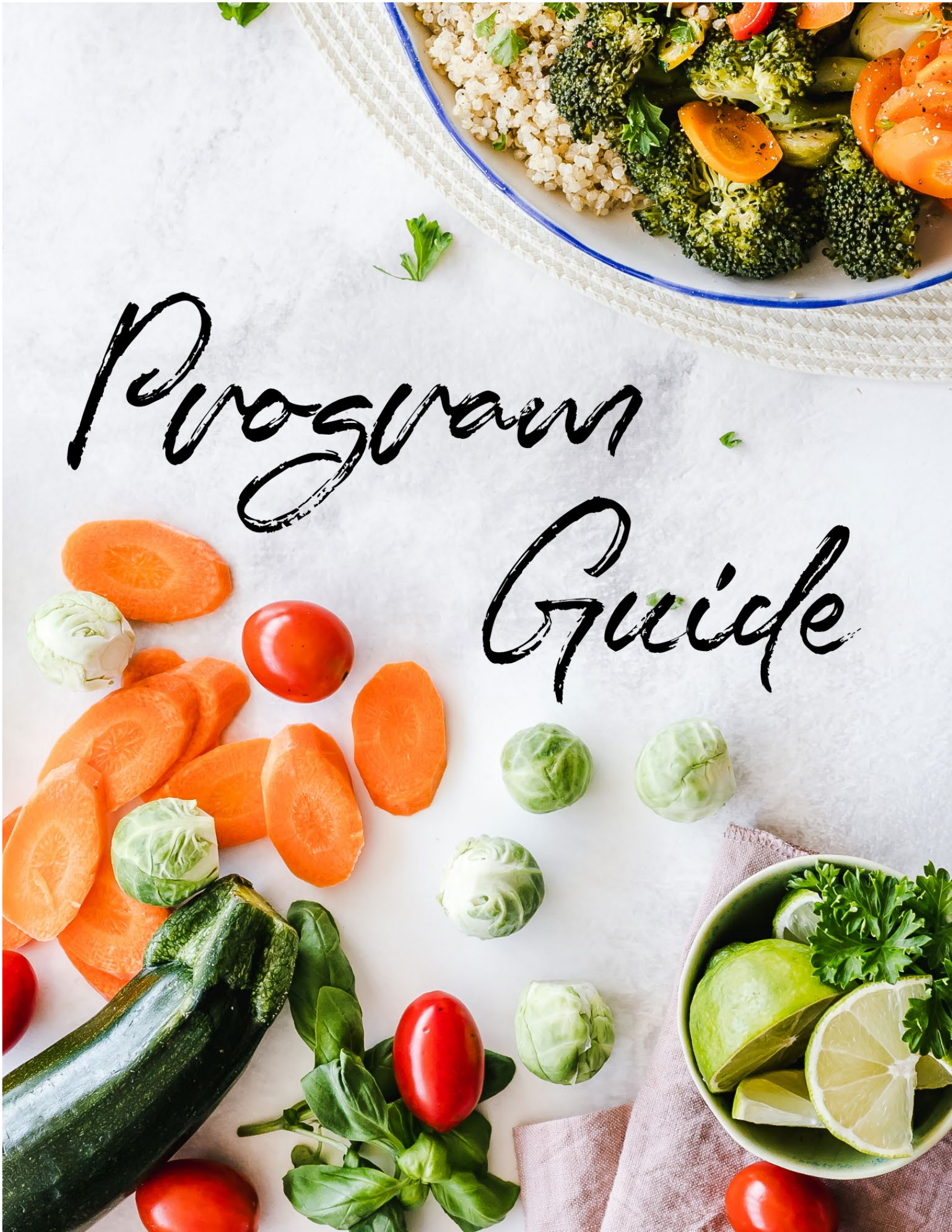
Program Guide



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WELCOME

I love that you have chosen to put yourself first. This is an important step - you're on your way now – and you are going to do great!
I am so thrilled for you to start my program because I know how excited you're going to be after just a few days - once you start having more energy, a better mood, are less bloated and start looking & feeling more vibrant and younger.
I created this cleansing program for real people like you and me. It contains a step-by-step plan incorporating self-care into your daily routine, guiding you into an age defying diet and lifestyle, which can improve your overall health and beauty.

You may think weight gain, gas and bloating, skin problems, headaches, joint pain, moodiness and brain fog are normal signs of aging. However, during this detox you will realize that weight gain and feeling lousy are not the results of aging, they are actually the culprits that make us look and feel older than our years. It's never too late to make a change or choose a new path, because your body is a dynamic system and will respond, rebound and adapt according to the direction it is given by you.
So, let's get going and start turning the clock back!

Some of the basic principles of this program include:

- Ridding the body of toxins that lead to cellulite and wrinkles.
- Eliminating foods that create imbalances in your digestive system that lead to bloating, exhaustion, skin issues, allergies, and more.
- Learning to eat foods that are not only nourishing to the body, but can regenerate the aging process.

The foods you eat matter in this toxic world. Detoxing your body should be a daily habit if you want to feel your best. That's why I'm so passionate about teaching you how to use parts of this program in your daily life.

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THE BENEFITS OF DETOXING?

Detoxification is a great way to hit your body's "reset" button. Our busy lives sometimes force us to make unhealthy food choices. We all need to give our bodies a break & take time to recharge, reboot, and cleanse naturally. This will speed up the functioning of your digestive system and make it more efficient. You will find that you have more energy because your body is better able to absorb essential nutrients. You will release toxins that lead to premature aging, brain fog, bloating, allergies, skin issues, inflammation, exhaustion and diseases such as: arthritis, diabetes, cardiovascular disorders and more.

Detoxing is not about self-deprivation. Instead, it is a way to reduce aging, have more energy, and eliminate toxins that are directly linked to several health challenges.

When toxins damage enzymes, they prevent hemoglobin reduction in your blood, resulting in accelerated aging and disorders.

A good detox gives you more energy, improves your sleep, and makes your skin radiant. When you cleanse your body, you'll look and feel better. You'll begin to awaken your senses and vibrate at a higher energetic frequency, increasing your desire to live life to the fullest.

You may also get rid of familiar aches and pains, boost a sluggish metabolism, lower high blood pressure & high cholesterol, improve your blood sugar. Even symptoms of tiredness, depression, headaches and digestive disorders can be reversed after a detox.

You're also likely to lose weight and have glowing, clearer skin once you remove inflammatory, processed and high sugary foods.

A seasonal detox is a natural solution for many common health problems in today's fast paced world, or simply by adding some detoxing elements from this program into your daily lifestyle.

The benefits are undeniable.

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OVERVIEW

Below is an overview of what this 3 Phase program has in store for you.

PHASE 1 (4 daily support emails)

- Prepare your mind, body, schedule and kitchen.
- Learn what foods are nourishing & help slow the aging process.
- Experiment with detox support tools and beverages.
- Clean out your pantry and fridge.
- Acquire necessary supplies, equipment and healthy foods.
- Start your food journal.

PHASE 2 (7 daily support emails)

- Seven days of detoxing.
- Meal guide, recipes and healthy substitutes for snacks & desserts.
- Remove temptations & bad foods to ensure the release of toxins and improve your digestive system.
- Eliminate foods that create imbalances, allergies & progressed aging.
- Add anti-aging foods to your diet.
- Try new recipes & healthier food substitutes.

PHASE 3 (7 daily support emails)

- Transitioning phase, reintroducing foods and noting symptoms / reactions.
- Discovering the foods that make you bloated, lethargic, cause headaches, allergies and sensitivities.

Once you've completed this program, you can then decide which new habits to carry on into your daily or seasonal lifestyle.

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WARNING

Please read over the following to ensure your safety and well-being.

During this program we will use a combination of beverages, support tools, specific diet and supplements to activate and support your body's cleansing process.

This starts by freeing the toxins within the cells and tissues of your body. These toxins are released into the blood and then filtered through the liver. If your liver is working well, these toxins are neutralized and eliminated mainly through excrement, so both liver and bowels need to be healthy and able to support this process. Toxins are also eliminated through the kidneys as urine, and through our skin & breath.

A natural detox is often a challenging process to go through. I will guide you step by step, however, you need to be committed to the cleansing process and prepared for the sacrifice of your regular daily diet and habits. This process also takes some time to fully detox your system, so you will need to have patience and not get discouraged. Focus and know that when it's complete, you will feel and look better, be healthier, happier and proud of your accomplishment.

*It is **not recommended** to follow a **strict detox** if you are taking **prescription drugs**. Most medicines are toxic to the liver, and the detox process treats them as any other toxin. It is far better to wean yourself off drugs/medications before trying a self-cleansing detox. Of course, please consult your doctor before attempting that by yourself, and get approval for safety of doing a detox.

If you are unable to take on the commitment of this ENTIRE detox, then just try one new habit at a time, paying attention to how your body reacts. Example, start with following the healthier diet (EAT LIST), then try the ACV Lemon Water Elixir for a few days. If all goes well, then add a mild detox tea, like Traditional Medicinals - Every Day Detox tea bags. In a few more days try a detox support tool, and so on. **Do not try multiple detox strategies on the same day.** Progress slowly allowing your body to acclimate. You can however, follow the Eat List, Suggested Meals & Recipes daily.

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PHASE 1 – PREP PHASE

By now you are familiar with all the wonderful benefits of a detox, so let's get ready by preparing your mind, body & kitchen for a successful journey. **This phase is set up for 4 days (of support emails) but you can stay here as long as you wish. In fact, even if you spend 2 weeks doing phase one, your body will reap amazing benefits.** So, feel free to take your time absorbing all the information in this phase - creating new habits and patters. Many suggestions here can be incorporated into your daily lifestyle forever, not "just during a detox".

Remember you are the foods you eat and the thoughts you think.
Have fun with this journey – this revolution!

In this phase, I suggest adding the following:

Include 2-3 glasses of detox drinks. (Lemon Elixir, Anti-aging Beaty Tea or see Beverage Handout)
Experiment with some Detox Support Tools (Handout)
Start getting familiar with writing in your food journal (Handout)
Do breathing exercises for 2 - 20 minutes (Handout)
Start taking a probiotic, or consuming probiotic rich foods. (pg)
Try to walk 10 minutes (or more) or do some type of exercise or stretching daily.

Also begin to cut back / eliminate caffeine, sugar, processed foods and foods that have un-pronounceable ingredients. If you cannot pronounce an ingredient, then your liver probably can't process it. There are no planned meals for this phase but you're encouraged to choose foods from THE EAT LIST (pg).

A sample schedule is provided for you, which you can follow on your daily food journal or create your own.

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IF YOU ARE TOO BUSY TO MAKE DETOX TEAS & SMOOTHIES

Invest in some collagen & superfood powders to simply add to a glass of water or shaker bottle and sip. This saves time, and assist in getting the vitamins and nutrients your body needs.

You can find Collagen powder, Superfood powders & detox Spirulina tablets at: https://www.healthylifecreations.com/

Spirulina/chlorella (50-50) tablets are another way to enhance your detox and add health to your body.

This powerful green superfood (tiny tablets) aid the body in maintaining optimal health, and daily consumption is recommended for strengthening, detoxing and elevating your body's nutritional profile.

Benefits of Taking:

- High level of Chlorophyll, an incredible antioxidant that helps detoxify the body, flush out any harmful toxins and chemicals.
- Boost immune system health.
- Chlorella helps bind and remove heavy metals from the body.
- Spirulina can even help increase fat burning during exercise.
- High in Beta-Carotene, an essential antioxidant that protects the body against free radicals, and promotes healthy skin and eyes.
- Rich in Omega-3, 6, and 9's.
- Dried Spirulina is very high in calcium at 120mg per 100 grams.
- A great source of iron at 28.5mg per 100 grams, which is wonderful for anyone with anemia, or type of iron deficiency.
- Spirulina is high in phosphorus, helping to re-mineralize teeth.
- Excellent source of Vitamin K, an essential fat-soluble vitamin the body needs for blood coagulation, and for binding calcium ions for healthy teeth and bones.
- Rich in Nucleic Acids, key factors in DNA and RNA that help protect cells.

You can find Collagen powder, Superfood powders & detox Spirulina tablets at: https://www.healthylifecreations.com/

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PREPARING YOURSELF

If you were going on vacation, you would organize your life to be sure everything was taken care of – the house, work, kids, bills and pets. You would arrange travel, buy tickets, pack bags and most importantly decide on a date and place to take your journey. So why not give the same importance to your health - Afterall, YOU ARE WORTH IT.

I recommend picking a weekend, or few days, when you are not working, traveling or have any big plans. Create your schedule (on the food journal) get all your supplies and focus your intensions on one thing - detoxification – and establishing new habits to overcome previous bad ones.

Example: One client drank wine every evening while she watched 4-6 hours of tv and ate junk food. During this detox, she changed that habit to instead; cooking a healthy dinner, only watching 1-2 tv programs, then doing a pm yoga stretch with mediation, afterwards skin brushing (detox tool in handout) followed by a relaxing Epson salt bath, lastly reading in bed. Within only a few days, she had more energy, slept better and had a positive attitude about establishing a new schedule, by making new habits to replace her bad ones.

Establishing new habits and staying busy is the most effective way to overcome old habits & cravings. Simplifying your diet during a weekend of detoxification allows you to redirect your energies, to making new habits and patterns. This will help empower your intentions, if you continue detoxing for the full week, you are certain to succeed.

Pick a date to start Phase 2 right now, ideally after 4 days in Phase One, put it on the calendar, commit, prepare and stick to it.

This is the date I commit to starting the Phase 2 Detox: _____

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PROJECT

☐ Prepare your mind.

You know the benefits of this detox, but what do "you" really want to get out of it? Perhaps the most important questions to ask yourself are, "What are the rewards if I do this? How do I want it to change my life" - At the end you will look and feel better, and be super proud of yourself, but what specifically do you want to achieve? More energy, better mood, weight loss, give up an addiction, to look younger than all your peers, lower your risk for another heart attack, or maybe just kick start yourself into a healthier lifestyle?

To manifest real change, you must
translate your thoughts into actions.

List below what your specific goals and motivation are for this detox.

_____

_____

Also, you may want to think of an extra special way to reward yourself once you complete this program – maybe a special gift, new outfit, new smoothie blender, mini-vacation, girl's weekend? What reward will help to motivate you and keep you committed throughout this journey (aside from all the fabulous benefits)?

_____

☐ PROJECT Explain and prepare family and friends of your upcoming journey and commitment, so they can help support you, and maybe even join you in doing this detox.

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SLOWING THE AGING PROCESS THROUGH YOUR GUT

Everyone likes to appear younger than their actual age, but very few address it from the perspective of their **gut health, which can affect the quality of your skin, belly bloat, headaches, arthritis, digestive issues, fighting off colds and so much more. Did you know that 70% of your immune system is actually in your gut?**

We must give importance to the small intestine, as it is responsible for absorbing nutrients. If there is damage, such as leaky gut, then nutrients can't be carried to your cells and transformed into energy. You may also experience dry skin, hormonal imbalances, bacterial or yeast infections, etc.

Whereas, if your gut is healthy, you can keep bad bacteria out and prevent allergens from leaking through your intestinal barrier. This **lowers inflammation and can help control your appetite and cravings.** When bad bacteria thrive, we get sick and experience weakened immune systems, allergies, weight gain and depression. In fact, **gastrointestinal disorders are responsible for many of the health problems today**.

In addition, due to our intake of antibiotics, prescription pills, high levels of stress, poor nutrition, increased intake of toxins and other factors, it is easy for bad bacteria to compromise your gut flora, leading to widespread inflammation and deteriorating health.
So, let's improve that right now and start this detox off with some healthy gut tools.

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If your gut health is suffering, you can improve it with a few basic steps.

1) Taking a **probiotic** supplement or consuming probiotic-rich foods regularly. Either will help restore the good bacteria in your gut and slow down the bad bacteria from thriving.

2) **Digestive Enzymes** can help break down foods, especially if you are having a hard time digesting them – depending on your gut's health, you can take 1- 2 capsules of a broad-spectrum plant based digestive enzyme with every meal, or just with the hard-to-digest meals. Enzymatica is a good brand.

3) **Eliminate** foods from your diet (for 6 weeks) that ferment and produce gas in your gut (beans, grains and all sugars, including artificial sweeteners, especially sugar alcohols). This will starve the bad bugs, and give the good bugs a chance to thrive.

The best natural sources of probiotics are food-based, like:

- Coconut milk yogurt (non-dairy)
- Coconut milk kefir (non-dairy)
- Sauerkraut
- Pickles
- Miso
- Tempeh
- Kimchi
- Kombucha (not for diabetics, or if troubled with yeast)

Some trusted brands are:

- Bubbie's cultured foods (like sauerkraut with pickles)
- inner-eco probiotic drinks
- KeVita Sparkling water probiotics drinks

You can also make your own kefir, yogurt or kombucha with a starter package from culturesforhealth.com.

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Or you can take a probiotic daily in pill form. Be cautious of ordering online in hot seasons (heat will deactivate strains and be a waste of money) – grocery stores are a safer bet. Here are some good ones:

- *Prescript Assist* is a soil-based organism and contains many strains. The most important are lactobacillus plantarum, which has been shown to reduce wall permeability in patients with leaky gut syndrome.
- *Gut Pro* is a fabulous probiotic for people who have an overly sensitive digestive system and tend to have a reaction to probiotics.
- *Renew life* 50 billion

You will find your probiotic health is as important as discovering what foods cause havoc in your individual body.

*If you have leaky gut, digestive issuers, inflammation or any other ailment mentioned previously, then I recommend eliminating BEANS & GRAINS now through the end of phase 2. Go ahead and cross them out on the EAT LIST and when you reintroduce them in phase 3, be sure to journal your body's reactions.

– One of the reasons some people don't tolerate grains well (even gluten-free) is that all grains, nuts and beans contain **phytic acid.** Phytic acid is a compound that comes from the phosphorous found in plants. Too much phytic acid can inhibit the thyroid, hamper digestion and leach vital minerals from the body, such as zinc and iron.

Phytic acid also interferes with the natural enzymes your body needs to digest your food. If you are not digesting a certain food properly, it will disrupt your gastrointestinal system and damper the ability to function well.

Be sure to always soak & rinse your beans & grains, even if you are super busy. Your thyroid and digestive health will thank you.

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MINIMIZE CRAVINGS

Cravings are very common. They play a major role in weight gain, food addiction and binge eating. Becoming aware of your cravings and their triggers makes them much easier to avoid. It also makes it a lot easier to eat healthy and lose weight.

If you have cravings, make sure you are eating enough protein throughout the day. Divide your weight in half and that's basically the "minimum" grams of protein your body needs daily, try to spread those out to 20-30 grams per meal/snack.
(1 gram of protein for every 2.2 pounds of your total weight is minimum according to the Mayo Clinic).

Following the tips on this list, can help you take charge next time cravings try to take over.

- Find a good probiotic as candida overgrowth in your digestive system can also lead to sugar cravings.

- Stock your kitchen with healthy snack foods & pre-made meals. Plan your meals - By already knowing what you're going to eat, you eliminate the factor of spontaneity and uncertainty.

- Eat small and frequent meals to prevent spikes in hunger, or getting extremely hungry.

- When in doubt, give in to a healthy snack. ALWAYS have healthy snacks close at hand.

- Consume plenty of fiber (psyllium powder or capsules, chia, flax or hemp seeds).

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- Eat more protein. It reduces cravings, and helps you feel full and satisfied for longer. Protein-rich foods, such as meat, fish and collagen powder are especially good for curbing hunger.

- Drink plenty of water. If you feel a sudden urge for a specific food, try drinking a large glass of water and wait a few minutes. You may find that the craving fades away, because your body was actually just thirsty.

- Either Chromium Picolinate supplements or Apple cider vinegar can help reduce cravings.

- Don't keep trigger foods in the house.

- Eat mindfully - this involves being present while you eat, slowing down and chewing thoroughly. It is also important to avoid distractions, like the TV or your smartphone.

- Keep yourself busy. Distance yourself from the craving. For example, you can take a brisk walk or a shower to shift your mind onto something else. A change in thought and environment may help stop the craving. Even walking into another room helps.

- Fight Stress - Try to minimize stress in your environment by planning ahead, meditating and generally slowing down.

BONUS NOTE:

An underlying theory is that the substances and patterns (addictions) that entice us to sacrifice long-term well-being for short-term relief (like eating junk food & sugar, smoking, drinking, etc.) are retained in lipid

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cell membranes and tissues. In other words, the toxins that cause us the most harm are fat-soluble, not water soluble. Therefore, drinking 8 cups of water, herbal teas/ juices alone will only eliminate a portion. To experience a more profound level of detox, and to help cut cravings and addictions, you'll need to mobilize and eliminate the fat-soluble toxins deeply buried in your tissues.
*I've had clients use this helpful tip to quit smoking and drinking.

How? By ingesting and applying pure organic herbarized oils.
The easiest way is to ingest oil-rich seeds: flaxseeds & sesame seeds are best, chia seeds close second.

Here are some options:

1) Consume 2-4 tablespoons of ground flax & sesame seeds daily. Homemade: Mix ½ cup of each (whole seeds) in skillet, heat until first seed pops, then grind the mixture in a coffee bean grinder. Take a Tbsp of this ground seed mixture with each meal, totaling 2-4 Tbsp per day. Keep in an air-tight container in fridge.

2) You can add seeds to your blender in a smoothie.

3) Or take 1 teaspoon of tahini (ground sesame seeds) and a teaspoon of flaxseed oil with or after each meal, totaling 2-4 times per day. These can be found in most grocery stores.

4) Add 1 tsp of Chia seeds to smoothie or sprinkle on food, and see chia seed pudding recipe.

5) During detoxification receiving a daily massage or performing a self-massage will facilitate the purification process. Applying pure oils to the skin will help to loosen and mobilize toxins.
    a) Use any of these as a massage oil; sesame seed, almond, olive, coconut, sunflower or safflower.

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BENEFITS OF FATS

Fats have received a bad rap for years, being lumped into the "bad" food group category for too long. The truth is, **a small amount of "good" fat is essential for a healthy balanced beautiful body & mind.** There is now a great deal of information about how the amount and kind of fat we eat affects our health. Fat is a source of essential fatty acids which the body cannot make itself. **It helps us to absorb vitamins A, D, E and K. It regulates body temperature and hormone production, it's an energy provider and necessity for overall body & brain function.**

Brain tissue is made up of about 60% fat, so consuming good fats has a positive overall effect on the cognitive functions of the brain. Healthy fats also reportedly alleviate symptoms of depression and reduce the risk of stroke and certain diseases, like Parkinson's and dementia in Alzheimer's patients.

Increasing your intake of good fats (and lowering the amount of bad) will result in better overall body composition, because healthy fats improve metabolism, balance hormones, and reduce food cravings. Good fats can also improve your skin and athletic performance.

"Good Fats" are unsaturated = monounsaturated and polyunsaturated full of omega-3 fatty acids, which can help lower cholesterol, reduce risk of heart disease and improve overall health. You can find these in fatty fish like **salmon and tuna, most nuts and seeds, olives, avocados and some oils.** You can visually distinguish them because they are liquid at room temp and may become cloudy or solid under refrigeration. **Avocado and Olive oil**, are both packed with healthy vitamins, fats, and antioxidants, which can contribute to healthier-looking skin.

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Some simple swaps to bring healthy fats into your diet:
Butter for sauteing = Olive oil
Butter for baking = Avocado oil
Steak = Salmon
Ground beef = Tofu
Processed snacks = Nuts

"Bad fats" are saturated and trans fats. These two groups raise your cholesterol, increase your risk for heart disease and carry several other health implications. Unlike "good fats" these are distinguished by being solid at room temperature. This includes many animal-based products. **Red meat, dairy products with whole milk, butter and egg yolks, margarine and vegetable shortening** contain a fair share of saturated fats. Trans fats, on the other hand, are largely found in **processed foods, like snack items, fried foods and baked goods.**
Also refined vegetable oils that undergo oxidation during processing belong to this class, like: **corn, peanut, sunflower, soy and canola oils.**
Saturated fat is also found in:
Butter, ghee, suet, lard, coconut & palm oil.
Cakes, crackers, cookies, pastries, biscuits, pies, quiches, rolls.
Fatty cuts of meat, sausages, bacon, cured meats like salami.
Cheese, cream, sour cream, ice cream, milkshakes.

PROJECT

- ☐ Go through your pantry and refrigerator to identify and discard common unhealthy fats; most prepackaged snack foods, baked goods, cookies, crackers and spreads. Throw out any "bad fats" and any oils that smell old or rancid. Exposure to air, light and warmer temperatures oxidize oils and they quickly become rancid, easily detected by the human nose. **Oxidized fats can damage DNA, promote the development of cancer and speed up aging and degenerative changes in our tissues.** When you purchase oils, buy

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smaller rather that larger containers, keep them in the refrigerator and use them up quickly. The tendency for most vegetable oils to oxidize rapidly, is the problem, particularly with polyunsaturated one likes: safflower, sunflower, corn, sesame and soy. I recommend not using any of those. The only exception is for the dark-roasted sesame oil that is popular in Chinese and Japanese cuisines. Its flavor is so intense that it can be used in small amounts – a few drops, to a teaspoon – to season soups and stir-fries at the end of cooking. It can also be used to make yummy low-fat dressings (see recipes).

Get rid of any margarine or solid vegetable shortenings, and any products made with them (such as cookies and crackers). If it comes to a choice between butter and margarine, always choose real butter (or ghee). Although, I do hope you will reduce your butter consumption, because it is one of the highest sources of saturated fat (causing atherosclerosis and arterial disease).

It is possible to learn to enjoy food without butter. If you feel, you must have it, instead, try a little olive oil or some mashed ripe avocado. You can also find emulsified vegetable oil spreads made without heat or hydrogenation in the refrigerator section of grocery stores as a better substitute.

Also, discard any products made with cottonseed oil, which is saturated, with natural toxins & a high level of pesticides. Read the labels so you can dispose of any containing partially hydrogenated oils. The best all-around oil is olive, containing mostly monounsaturated fat.

If you do not have any extra-virgin olive oil on hand, buy a bottle and start using it. ***You can easily get by with a bottle of <u>Extra Virgin Olive Oil</u> for salads and marinades, and <u>Avocado Oil</u> for high heat cooking. It is always best to buy organic expeller or cold pressed oils.***

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BENEFITS OF COLLAGEN POWDER

Clinical research shows that regularly consuming a high-quality pure collagen peptides powder, can **promote younger skin; improving the skins moisture level, skin smoothness, signs of deep wrinkles & skin suppleness.** Type 1 collagen makes up over 70% of the skin. **Collagen is also the most abundant protein in your body. Found in your skin, hair, fingernails, gut lining, joints, bones, muscles, brain and more. It provides strength, structure and elasticity throughout the entire body.**

As we age our collagen production slows, causing wrinkles, sagging skin, weakening bones and joints, digestive issues and other signs of aging. By consuming collagen, you can help fill this depletion and regenerate your skin and fight your body's symptoms of aging. It also helps provide a full feeling (satiety) for those trying to lose weight.

Collagen can also help you obtain your necessary protein needs. In addition, containing much larger amounts of the amino acids; glycine and proline, than many other types of protein. Glycine is instrumental in the body's immune support as it helps to reduce inflammation. It also helps with serotonin production, which lends itself to melatonin production and a restful night's sleep. Proline is found in cartilage and crucial for maintaining skin elasticity.

My brand, Healthy Life Creations, collagen powder is unflavored pure protein, no cholesterol, no sugar or fat, so it can be added to meals or drinks to provide a protein boost and optimum nutritional support, along with all the anti-aging benefits that come with it.

HEALTHY LIFE CREATIONS collagen powders are treated with a non-GMO food grade enzyme to provide low molecular weight protein for easy digestion, great for those with digestive issues. Our pure collagen powders are NOT FROM CHINA & are tested by an independent third-party accredited laboratory to ensure the purity and quality. Our Processing EXCEEDS the PURITY REQUIREMENTS of the United States, European and Japanese Pharmacopoeias for Collagen.

Learn more at: HealthyLifeCreations.com

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FOOD JOURNAL

During this program, we eliminate foods and use our Food Journal to pay close attention as to how they affect your body. Which is why I encourage you to use it daily and even after this program. Start to notice your energy levels, sleep patterns, mood, bowel movements, bloating, skin, and how food affects your physical and emotional state.

Food has the power to either fuel us or deplete us. Too often we are not aware of the physical and emotional effect it has on our body and mind.

I want you to be empowered, which is why (when you use this food journal) I want you to note how your body is being affected on a physical and emotional level daily.

Many people experience physical imbalances from eating certain foods such as; belly bloat, fatigue, skin breakouts, headaches, poor sleep, dry eyes, cramping and more.

Emotional imbalances can be caused by foods as well. Such as feeling anxious, sad, agitated, irritable, heart palpitations, cravings and more. Do your best to track physical and emotional changes daily in your journal.

Your body will tell you which foods are wrong for you; you just have to listen to it and be aware of the signs and symptoms of physical and emotional imbalance.

*If a certain food causes a reaction for you, or brings on imbalances, whether physical or emotional, remove the food from your diet, and then reintroduce it during Phase 3 to see if the same reaction occurs.

PROJECT

☐ **PRINT copies of DAILY FOOD JOURNAL sheet (Handout).**

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DAILY DETOX SCHEDULE

Before moving on to Phase 2, try to work all of the below items into your daily schedule. They are included on your DAILY FOOD JOURNAL sheet for convenience. Or you can write out your own schedule in a journal. Feel free to rearrange items for your convenience. The Food Journal handout is editable.

SAMPLE

UPON WAKING:

- Drink ACV Lemon Water Elixir (Recipe Guide)
- Tongue scraping (Detox Support Tool Handout)
- Dry skin brush before showering (Detox Support Tool Handout)

BREAKFAST:

- Take a probiotic at least 30 minutes after the Lemon Water Elixir, or add probiotic foods to meals.
- Collagen smoothie

MID-MORNING SNACK:

- Drink Detox Beverages (from Handout)
- (optional) Eat snack of your choice

LUNCH: See Eat List & Recipes

- Stop and take 5 deep relaxing breaths before eating your lunch.

AFTERNOON SNACK:

- Continue drinking Detox Drinks (non-caffeinated)
- (optional) Eat snack of your choice
- Write in your food journal

DINNER: See Eat List & Recipes

- Stop and take 5 deep relaxing breaths before you eat dinner.

MID-EVENING:

- Experiment with any detox support tools: Epsom salt bath, skin brushing, oil pulling, sinus rinse, tongue scraping, self-massage, etc.

BEFORE BED: Complete food journal activities and thoughts for the day.

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SAMPLE FOOD JOURNAL

Wake	☐	Tongue Scrape	Feelings - mental & physical
	☐	Lemon Detox Elixir	
	☐	Skin Brushing	
Breakfast	☐	Probiotic (30 mins after lemon water)	
	☐	Collagen Smoothie	
Snack	☐	Detox Drink + (optional snack)	
Lunch	☐	5 Deep Breaths before lunch:	
Snack	☐	(decaffeinated) Detox Drink + (optional snack)	
Dinner	☐	5 Deep Breaths before dinner:	

Breathe	☐	Breathing exercises; when & how do I feel?	
Exercise	☐	What type of exercise; when & how do I feel?	
Eve	☐	Complete journal & try a Detox Tool:	

PROJECT

☐ Plan your schedule by adding detox drinks & detox support tools (choose from Handouts). Add them to your food journal at times you think will work best for you.

☐ Think of a few ways you enjoy exercise: walking, swimming, stretching, biking, the gym or taking a yoga or dance class (even online), walking around a museum or the mall. Throughout the week, add your favorites to the bottom of your food journal in the Exercise section for you to do.

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EAT LIST

Aim for Clean Meats or omit during detox: Best is organic, nitrate free, grass fed, pasture raised.
Soak grains & beans to remove phytic acid for digestive & thyroid health.
If you want to omit meat, grains & beans, you can.
Many go grain free because they have digestive issues, hormonal imbalances or have more energy w/o grains.
You might want to experiment going without those during your detox and reintroduce them in PH 3.

MEAT
Chicken, skinless
Turkey, skinless
Bison, grass-fed
Lamb, grass-fed

Protein -Collagen powder

FISH
Alaskan & Sockeye Salmon
Sea Bass, Mackerel, Cod
Shrimp, Scallops, Tilapia
Canned (BPA free) Sardines
Anchovies, wild Salmon

LEGUMES (BEANS, PEAS, LENTILS)
black beans
black eye peas
chickpeas / garbanzo
edamame
green beans & peas
lentils, lima beans
northern, navy
split peas
soybeans (PH 1 & 3)

SEEDS
Chia seeds
Flaxseeds
Hempseeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

NUTS (PH 3)
Almonds
Brazil nuts
Walnuts

ANY FRUITS
berries
apple
apricot
avocado
banana
kiwi, guava
lemon, limes
melons
olives, pears

MOST VEGETABLES

artichoke
wild mushrooms
asparagus
beets
Bok choy
broccoli
Brussel sprouts
cabbage
carrots
cauliflower
celery
collard greens
cucumber
eggplant
kale

mixed greens
mushrooms
mustard greens
okra
onion, shallots
radish
spinach, sprouts
squash
swish chard
zucchini

NO:
Corn, Potatoes
(sweet potatoes ok)
Tomatoes
Peppers
Eggplant

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DETOX TEAS
Traditional Medicials or Store Brand

Daily Detox
Dandelion Root Tea
Nettle Tea
Smooth Move Tea

Sweeteners

Stevia, stevia with inulin
raw honey, maple syrup
monk fruit

BEVERAGES

Water
Coffee (PH 1 & 3)
Cocoa milk
Collagen Powder & Broth
Detox teas & Fruit Infused
Fresh green juices
Golden Milk
Lemon water
Smoothies
Kombucha
Unsweetened Dairy-free milks:
Flaxseed or Hempseed milk
Almond or Coconut (PH 1 & 3)

GRAINS

Amaranth, Quinoa
Brown & Wild Rice
Buckwheat, Millet
Oats (PH 1 & 3)

OILS

Almond oil
Avocado oil
Coconut oil
Extra Virgin Olive Oil
Flaxseed oil
Grapeseed oil
Toasted Sesame Oil

CONDIMENTS

Apple Cider Vinegar
Balsamic Vinegar
Bone Broth & Collagen
Coconut Aminos
Collagen Powder
Roasted Sesame oil
Tahini
Tamari

Any HERBS & SPICES

basil
bay leaves
Ceylon cinnamon
cilantro, curry
garlic, ginger
milk thistle - detox tea
mint, onion
oregano
parsley
rosemary
Raw Cacao, sea salt
thyme, turmeric

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SUGGESTED SHOPPING - PH 1

Listed below is everything discussed in Phase 1 (except homemade beverages from Handout). Highlight only the items you wish to explore, and go shopping.

Prebiotic supplement or probiotic-rich foods

- ❑ Coconut milk yogurt or kefir (non-dairy)
- ❑ Sauerkraut, pickles, miso, tempeh, kimchi, kombucha

Some trusted brands are:

- Bubbie's cultured foods (like sauerkraut with pickles)
- inner-eco probiotic drinks
- KeVita Sparkling water probiotics drinks

You can also make your own kefir, yogurt, kombucha from; culturesforhealth.com

- ❑ Digestive Enzymes (help with digestion)
- ❑ Chromium picolinate (helps with cravings)
- ❑ Fiber (psyllium powder or capsules)
- ❑ Extra Virgin Olive oil & Avocado oil (organic & cold pressed)
- ❑ Avocado (to use instead of butter)
- ❑ Apple cider vinegar (unfiltered organic)
- ❑ Lemons or juice concentrate
- ❑ Ginger root
- ❑ Unsweetened cranberry juice concentrate
- ❑ Raw Honey, stevia or monk fruit
- ❑ Collagen powder, superfood powders & detox spirulina tablets from: **https://www.healthylifecreations.com/**

- ❑ Veggies & Fruits for Smoothies; fresh or frozen. Try to do greens and mostly veggies, add only a little fruit to flavor smoothies.

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- ❑ TRADITIONAL MEDICINAL detox tea bags (they come in boxes of 16 tea bags): Organic EveryDay Detox, Dandelion Root, Nettle or Smooth Move Tea. (Or most stores offer their own brand of a Daily Detox Tea).

- ❑ Large Pitcher or jar container with lid, for fruit infused beverages & teas.

- ❑ Some Fruits, Veggies & Herbs needed for beverage recipes; Cucumber, raspberry, grape, lime, strawberry, orange, ginger, rhubarb, apple, Ceylon cinnamon, mint, pineapple.

Go thru the DETOX BEVERAGES HANDOUT and add any additional ingredients, like Chamomile for calming and sleep, Hibiscus for weight loss, etc.

<u>SUPPORT DETOX TOOLS (from Handout)</u>

- ❑ Dry skin brush
- ❑ Sinus neti-pot
- ❑ Epson salt
- ❑ Baking soda
- ❑ Sea salt
- ❑ Lavender oil
- ❑ A good body moisturizer – coconut oil, shea butter, jojoba oil (organic is best).

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CHECKLIST PROJECT

Phase 1 is crucial, get familiar with your Handouts; Detox Tools, Beverages, Breathing exercises & Food Journal schedule, so you are not overwhelmed with adding a meal plan in phase 2. Just know, that however long you do spend in PH 1, your body will reap amazing benefits. So, feel free to take your time.
BONUS - The suggestions during this phase can be incorporated into your daily lifestyle forever, not "just during a detox".

Complete checklist before starting Phase Two.

- ☐ Read through this entire Guide. Highlight important areas you want to remember or try.
- ☐ Clear out your kitchen and pantry of temptations and unhealthy foods. Go through your pantry and refrigerator to identify and discard common unhealthy fats and oils. (pg. 14) Throw out any "bad fats" and any oils that smell old or rancid. Get rid of any margarine or solid vegetable shortenings.
- ☐ Cut back on caffeine, sugar, processed foods and foods that have un-pronounceable ingredients.
- ☐ Edit & Print copies of the FOOD JOURNAL (Handout) or create one.
- ☐ Plan out your schedule. Add the detox beverages & support tools (you've chosen from Handouts), to the food journal at times that work best for you. Think of a few ways you like to exercise, and add one to each day at the bottom of your food journal.
- ☐ SHOP – read over handouts & decide on what goodies you will need during this phase and get them. (See pg. 23 for list).
- ☐ Be ready to follow your FOOD JOURNAL schedule. Drink 2-3 glasses of detox drinks. Experiment with detox support tools. Write daily in your food journal. Do breathing exercises. Start taking a probiotic, or consuming probiotic rich foods. Walk 10 minutes or do some type of exercise or stretching daily, and don't forget to stop and BREATHE.

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PHASE 2: THE DETOX (DAYS 1-7)

Welcome to Phase 2. Hopefully by this point you have dabbled with some of the suggested detox support tools, are drinking detox beverages and have figured out your food journal & schedule for this next week. Keep in mind, you should continue to do/use everything you learned in Phase One throughout this program.

To help you cruise through Phase 2 – THE MAIN DETOX - I have created a sample 7-day plan with meals. (See Meal Plan & Recipes). If you have limited time to cook, you can batch cook a few days worth of meals to make your life easier throughout this program. Suggested Meals do include beans, seeds and gluten free grains. So, if you want to avoid any of those, I suggest you choose a different meal from the **Recipe Guide** or make the meal without, and add a substitute from the **Eat List**. Do focus on getting PROTEIN & VEGGIES at every meal. If you are still hungry, add a soup, salad or an extra bowl of vegetables to any meal.

*If you can't live without coffee, pasta, chocolate etc.… try these substitutes:

Healthier Alternatives

Coffee - Chicory root, like coffee beans, can be roasted, ground and brewed into a delicious hot beverage. It tastes very similar to coffee but is caffeine-free. You can also try chia tea, matcha tea or golden milk.

Pasta - Miracle Noodles or Shirataki Noodles (made from Konjac, an Asian vegetable root). Cauliflower pasta or Artichoke pasta (they look and feel like pasta but are made from veggies). You can top any of these with Sauces listed in the Recipe Guide.

Chocolate – cacao powder (add to chia pudding, milks and smoothie recipes)

Sugar or other sweeteners –swap to Stevia, raw honey or monk fruit.

Milk – unsweetened nut & seed milks. Flax, hemp, chia, almond, coconut, add a sweetener alternative to the entire "unsweetened" milk container if needed.

Oats – switch to Quinoa flakes or Buckwheat (higher protein & gluten free).

Potato chips – roasted chickpeas, kale chips or veggie chips. (Recipe Guide)

Protein - add *collagen powder* to coffee, milk substitutes, smoothies, soups and stews. I recommend Healthy Life Creations Marine or Bovine Collagen powder.

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DO NOT EAT LIST (PHASES 2 & 3)

These foods and drinks are **NOT** recommended during phases 2 and 3. Refer back to the **EAT LIST**.

If you see **, you will add this food back in during Phase 3. This is your opportunity to find out which foods disturb your system.

- Coffee (phase 2 only)
- Sugar & other sweeteners - table sugar, corn syrup, cane juice, agave
- Artificial sweeteners - NutraSweet, Aspartame, sucralose, saccharine
- Sugar alcohols - mannitol, sorbitol, xylitol, lactitol, isomalt, maltitol, often found in chewing gum, protein bars & processed food.
- Alcohol
- Corn (grain)
- Mustard
- Processed foods – Breads, sweets, chips, boxed foods
- Soft drinks
- Nitrates - often found in lunch meats
- Nightshade vegetables: Potatoes, tomatoes, peppers, eggplant (sweet potatoes or yams are ok to eat)
- Dairy products – Milk, Cheese, Cream, Butter, Yogurt
- Soy processed products
- *Eggs ***
- *Nuts ***
- *Gluten ** Wheat, Rye & Barley*

Top Foods that cause sensitivities / allergies, brain fog, bloating, skin issues, inflammation, etc. are: Dairy, Eggs, Nuts, Wheat (gluten), Soy, Corn, Nightshade Veggies, Legumes, Grains, Sesame Seeds, Mustard, Fish.

☐ Print out your Shopping List, edit, add extras and get to shopping & meal prepping ;o)

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PHASE 3: THE TRANSITION (DAYS 8-14)

During this phase, you'll reintroduce common food allergens and pay close attention to your body for symptoms that may signal an allergic reaction or food sensitivity. Too often we think foods are good for us just because we are told they are healthy. However, food allergens can cause histamine reactions, dehydrate your body, leaving you tired, constipated, and with dry skin.

So, make sure to listen to your body and your intuition. Keep a detailed journal and don't forget to refer to your list of Suggested Meals.
If you have a chronic autoimmune disease or digestive issues, you may need to extend this phase and reintroduce a new food every 4 to 6 days.
If you know you are intolerant to a food that is suggested during this time, exchange it for another meal or introduce another common allergenic food.

Here's what you'll be reintroducing each day along with the meal:

Day 8: **eggs**: Egg Salad

Day 9: **eggs,** optional **sweet peppers**: Scrambled Eggs

Day 10: **nuts**: Strawberry Salad with Almonds

Day 11: **nuts & mustard**: Almond Butter Chia Pudding, Carrot Salad

Day 12: **grain with nuts**: Poke Bowl & Detox Salad

Day 13: **grain & sweet pepper**: Grain Bowl & Kabobs with Rice

Day 14: **wheat/gluten**: Lentil Burger on Rye or Wheat Bread

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As you reintroduce these foods, watch out for symptoms such as:

- weight gain
- bloating or constipation
- breakouts
- a stuffy or runny nose (Dairy causes mucus and inflammation)
- poor sleep
- cravings
- a shift in mood

Be sure to track all your symptoms in your food diary. It is important to write down any physical or emotional changes you experience during this time. Allergies, histamine reactions and sensitivities are very common for people with imbalances in their digestive system. Adding cultured foods and taking a daily probiotic will greatly improve the quality of your hair, skin, gut health and sleep.

The condition of your skin reflects the health of your gut.

AFTER THE PROGRAM

During this program, we eliminate foods and use the food diary to pay close attention as to how they affect your body, which is why I encourage you to use your food diary after this program. Continue to notice your energy levels, sleep patterns, mood, skin, and quality of hair, bowel movements, bloating and how food affects your physical and emotional state.
Continue to look for triggers with the foods you add back in. There are common allergens such as wheat, soy, dairy, cheese, eggs, citrus, nitrates, gluten, alcohol, caffeine, grains, beans, nuts, corn, chocolate. Some of these foods may be "healthy" but could still irritate your unique body.

Lastly, remember that I am always here for you and the Facebook group will always be open to you for support.

You are the foods you eat & the thoughts you think.

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