

Detoxification Basic DO List

- **Do** wash your hands frequently and practice proper hygiene daily
- **Do** take a hot bath/shower at least once a day (releasing toxins through heat and steam)
- **Do** drink at least 8 glasses of water a day
- **Do** gradually but consistently increase your daily intake of both soluble and insoluble dietary fiber
- **Do** exercise daily alternating days with resistance training or cardio, followed by flexibility exercises
- **Do** use high quality supplements to replace what is missing and to support your body in detoxifying
- **Do** choose organic foods whenever possible

This **Detoxification for Health** booklet is the result of a combined effort by David Brady, ND, DC, CCN, DACBN, JJ Virgin, CNS, CHFI & Danielle Jacques, RD

Brought to you by:



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Choosing Your Daily Supplements

Choosing nutritional supplements from the massive array of vitamins, minerals, and other nutraceuticals available can be both bewildering and complex. However, the healthcare professional who is committed to excellence in nutritional healthcare will choose only scientifically formulated professional brands that have a proven track record for getting superior results time and time again. Because Designs for Health has the same unwavering commitment to excellence, it formulates clinically effective products based only on the most current evidence-based research.

Unlike many brands that can be found on store shelves, the professional products from Designs for Health undergo intense examination procedures that monitor the quality of both the raw materials and the finished products. Additionally, Designs for Health professional brand supplements are geared only for the clinician and are not sold through direct retail sales outlets. Healthcare professionals trust Designs for Health because they know that with every product what is on the label is what is in the bottle.

Patients trust their healthcare providers, and like the clinician, Designs for Health does not take this trust for granted. This is why ***Designs for Health is the leader in professional brand supplements.*** The healthcare professional can have absolute confidence in knowing that every single Designs for Health product has been formulated with evidence-based research for clinical efficacy. Go with the brand health professionals trust, recommend to their patients, friends and family, and use themselves -- Designs for Health.

Detoxification

Program for Health

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PROGRAM OVERVIEW

Total Toxic Overload

Over the past several decades our environment has become increasingly more toxic. We are exposed to thousands of toxic chemicals from our air, water and food supplies. We also consume an ever growing list of toxins every day including artificial sweeteners, MSG, caffeine, over-the-counter medications, alcohol, nicotine and damaged fats. The body also produces toxins as a by-product of normal cellular functions.

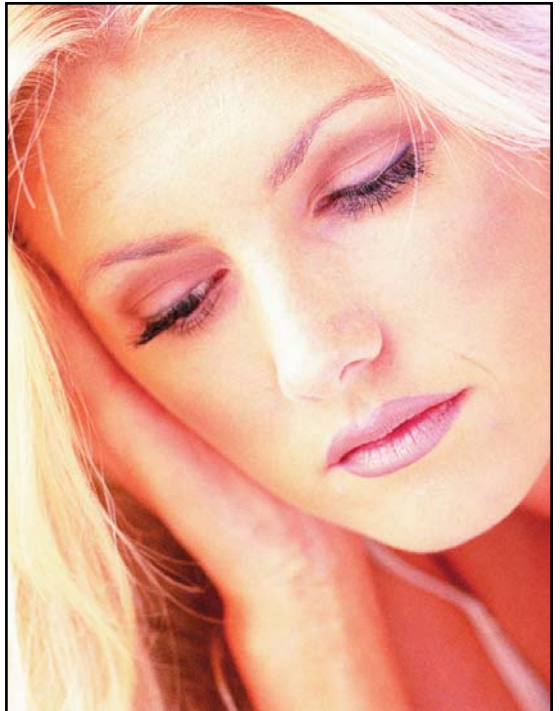
The accumulation of these toxins can create a total toxic overload. Our bodies are able to counteract, neutralize and remove a certain level of toxins; however, when we ingest, inhale or are exposed to more toxins than the body can handle, toxicity occurs. When these toxins accumulate in the body excessive oxidative stress occurs and this can threaten our health by damaging DNA. Damaged DNA may be a catalyst for cancer and birth defects. You may be burdened by any of the common symptoms of toxicity or a combination of them including headaches, fatigue, joint pains, insomnia, mood changes, weakened immune system, or chronic GI issues.

This total toxic overload has been implicated in a variety of diseases including cardiovascular disease, cancer, chronic fatigue syndrome, allergies, skin conditions, asthma, mental illness, hypertension, gastritis, kidney disease and obesity.

Mental House Cleaning

Stress is likely one of the least understood factors in toxic overload. Unnatural tension held in the body for extended periods of time can affect every system. Suffering from chronic elimination problems can be directly linked to emotional overload from stress, worry, guilt, and shame.

When you begin a detox program it is strongly recommended that you do an emotional house cleaning, so you can gain the optimal benefits of undergoing a detoxifying treatment. Those with significant unresolved psychological issues may want to seek the help of a trained mental health professional.



HOW THE BODY DETOXIFIES

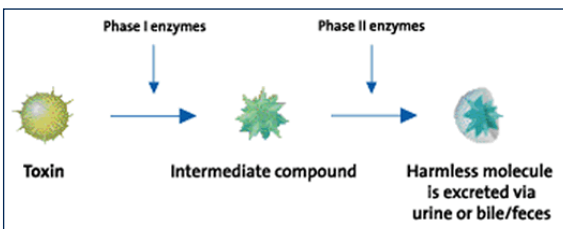
The body has many different systems that it utilizes every day to detoxify, including sweat glands, tears, lymph nodes/channels, throat, nose, lungs, kidneys, bladder, gallbladder, GI tract and the liver. Antioxidants such as vitamin C, E, beta-carotene, selenium and zinc neutralize free radicals caused by environmental toxins and thus are superstars in protecting our health.

The liver is the most important detoxification organ in the body. In the detoxification process the liver transforms toxins into harmless molecules that can be eliminated. The liver sends bile into the GI tract where it binds toxins so they can be excreted in the feces. Toxins that are not rid by this process go to the liver to go through the washer and dryer (known as Phase I and Phase II) to be eliminated in the urine.

Phase I & Phase II Detoxification

Phase I enzymes change toxins into intermediate compounds. These compounds are often more toxic than the original one, so they are not ready to enter the blood yet. Phase II enzymes must convert them into harmless molecules next so they are safe for excretion.

Fig. 1: Detoxification of chemicals



Serious health problems can occur when Phase I is sluggish which results in a slow poisoning. Multiple chemical sensitivities and chronic fatigue are some of the consequences. The capacity of the liver to detoxify any given compound is determined not only by the inherent toxicity of the compound but also by the available supply of nutrients required for Phase I and II reactions, by any pre-existing liver disease (such as cirrhosis of the liver or hepatitis) and by the total load of all toxins to which it is exposed. Unfortunately, just by living in this world, our liver is being constantly bombarded with thousands of toxic chemicals.

Our body is slowly depleted of detoxifying nutrients because of chronic exposure to food additives, solvents (cleaning materials, formaldehyde, toluene, benzene, etc.), pesticides, herbicides, heavy metals (lead, mercury, cadmium, arsenic, nickel, and aluminum) and toxic metabolites from pathogenic overgrowth in the gastrointestinal system including yeast and parasites.

It is crucial that we build up our bodies by building up the reserves of the superstar nutrients that allow the liver to take on any challenge that comes along. For successful detoxification we need to enhance the effectiveness of these systems mentioned above so we can feel our best. The best detoxifying methods incorporate a combination of therapies, including:

- basic detox diet
- high quality supplements
- green drinks
- exercise
- infrared sauna
- elimination

Basic Detox Diet

The foundation of health begins with what we put into our bodies. A detox diet strengthens the organs involved in detox and releases stored toxins, expelling them through the organs of elimination: the skin, intestines, liver, lungs, kidneys and lymphatic system. Additionally this diet eliminates potential food allergens and toxic chemicals. For optimal results you should follow a whole foods based, macronutrient balanced diet, with a strong emphasis on well-washed, organic fresh vegetables and fruits and lean, clean protein. It is strongly recommended to eliminate gluten and dairy products from your diet while undergoing a detoxification treatment.

Supplements

Experts agree that first you must replace what is missing before you can remove an excess of any substance from the body. Using high quality supplements will not only provide you with essential vitamins, minerals, antioxidants and essential fatty acids, but many of these nutrients are powerful enough to push toxins out of the body. PaleoCleanse Complete Detoxification Powder and Amino-D-Tox Capsules have been designed specifically for this purpose.

PaleoGreens Green Drink

PaleoGreens (dried vegetable and berries) offers a powerful load of antioxidants that may help prevent cell damage caused by stress, air and water pollution, and poor diet. Green drinks are both anti-inflammatory and alkalizing which helps us feel great while detoxifying.

Exercise

When we exercise, we detoxify as we sweat through our skin and exhale from our lungs. Exercises that increase core body temperature and involve the major muscle groups over an extended period of time are particularly effective for detoxification. Examples of this include jogging, dancing and kickboxing.

Infrared Sauna

Infrared sauna is a dry-heat that penetrates your body 1.5 to 2 inches deep, causing 2-3 times more sweat. Poor detoxifiers are strongly advised to prepare their biochemistry for detoxification (i.e.: PaleoCleanse Powder) for at least two weeks before utilizing sauna therapy.

Elimination

Elimination of stools and urine is the body's primary method of getting rid of toxic substances. Regular bowel movements are especially important during detox as they decrease the likelihood that toxins will be reabsorbed into the body. By following the detox diet and maintaining your hydration levels you will enable your body to properly eliminate toxins.

You may feel worse before you feel better. This means your detox is working. The body can begin eliminating the toxins as soon as the third full day of detoxifying. *Common symptoms include coated tongue, bags under the eyes, slight nausea, diarrhea, cramping, anal itching, insomnia, sore throat, fever, headache -- especially when breaking a stimulant habit. ***End result: you will feel better than you have felt in years!***

**If symptoms are severe, please consult your health care provider.*

SUPPLEMENTS TO SUPPORT THE DETOX PROCESS

- **PaleoCleanse** - Functional food powder containing quality hypoallergenic protein and all nutrients needed for fueling detoxification pathways. PaleoCleanse combines a high level of antioxidants for safe detoxification, full enzyme support, substrates for Phase II conjugation and botanicals to promote liver function and elimination.

In addition to PaleoCleanse Comprehensive Detox Powder your healthcare professional may recommend some of these complementary supplements:

- **Amino D-Tox** - Formulated to aid the liver in Phase II detoxification of harmful chemicals. This formula is especially recommended for even the most sensitive of patients, such as those with multiple chemical sensitivity (MCS).
Dosing: 2 capsules three times per day throughout the detoxification program
- **GI Revive** - Provides nutritional support for the regeneration and healing of the gastrointestinal tract lining which is a key component of the detoxification process. This powder easily mixes into any beverage and provides therapeutic levels of gastrointestinal healing nutrients to support optimal function.
Dosing: 1 teaspoon twice per day
- **LV-GB Complex** - LV-GB Complex provides nutritional support for liver and gallbladder function. It aids in the elimination of fatty substances from the liver, as well as promoting proper bile flow. LV-GB Complex was designed with a combination of specific herbs that aid in processing and elimination of toxins.
Dosing: 1 capsule three times per day

- **PaleoGreens** - The alkalizing action of greens are a natural detoxifier for the body. Alkaline based foods are the greatest biochemical balancer for the person consuming the typical Western Diet.
Dosing: 1-3 tablespoons in water daily
- **PaleoFiber** - A combination of 12 fibers derived from fruits, vegetables, roots, and seeds. Fiber both protects the gastrointestinal tract from toxins and increases stool matter. This allows toxins to be picked up and removed from the body. As with all types of dietary fiber, increase your consumption gradually.
Dosing: start with 1 teaspoon per day and slowly increase to 1 per meal, 3 teaspoons daily
- **Omega Ultra Marine or Omega Synergy** - Essential fatty acids help cells “talk” to one another and act as anti-inflammatory agents throughout the body. This enables systems to work at their full potential.
Dosing: 1-2 capsules three times per day

NOTES: _____

OPTIMAL FOOD CHOICES

(gluten free /dairy free)

OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken and turkey
- Eggs(if no allergy/sensitivity)
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Shellfish
- Lean red meats - 2-3 times per week
- Lamb

OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanuts)
- Macadamia nuts
- Freshly ground flaxseed meal
- Cod liver oil
- Olive oil, olives
- Flaxseed oil
- Avocado
- Coconut milk or oil

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Broadbeans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chayote fruit
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Radishes
- Radicchio
- Snap beans
- Snow peas

- Spaghetti squash
- Summer squash
- Swiss chard
- Tomatoes
- Turnip greens
- Watercress

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potatoes or yams
- Turnip
- Legumes
- Black beans
- Adzuki beans
- Buckwheat
- Chick peas (garbanzo)
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Yellow beans
- Barley
- Brown rice
- Steel cut oats (processed gluten free)
- Quinoa
- Amaranth
- Wild rice

LOW GLYCEMIC INDEX FRUIT CHOICES

Low Glycemic Index

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate Glycemic Index

- Cherries
- Pears
- Fresh apricots
- Melons
- Oranges
- Peaches
- Plums
- Grapefruit
- Pitted Prunes
- Apples
- Plums
- Avocados
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion Fruit
- Persimmons
- Pomegranates

High Glycemic Index - eat sparingly, or after a workout

- Banana
- Pineapple
- Grapes
- Watermelon

1-2 WEEK SIMPLE DETOX

You can take action immediately to improve your health, jump-start a weight loss program, or taper off chemicals such as: nicotine, caffeine, alcohol or over-the-counter medications.

You can substitute 1-2 meals per day with a Paleo Detox Shake (as directed by your health care provider).

Below are sample meal menus:

REPLACE BREAKFAST & LUNCH

Breakfast - Paleo detox shake

Lunch - Paleo detox shake

Optional snack - celery with almond butter, Herbal tea

Dinner - green salad with sprouts and vinaigrette,
Baked cod topped with avocado salsa
Chop: 1 avocado, 1 tomato, ½ c red onion, ½ c capers (drained), ¼ c fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 tbl. lime juice

REPLACE BREAKFAST & DINNER

Breakfast - Paleo detox shake

Lunch - 1 cup black bean soup, chopped cabbage and chicken salad with rice vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and rice vinegar).

Optional snack - peach and 10 pecans, herbal tea

Dinner - Paleo detox shake

REPLACE LUNCH & DINNER

Breakfast - hot rice cereal (Bob's Red Mills), 1 scoop PaleoMeal vanilla, ½ cup coconut milk, ¼ cup berries with a pinch of nutmeg

Lunch - Paleo detox shake

Optional snack - apple with almond butter, herbal tea

Dinner - Paleo detox shake



Designs for Health PaleoCleanse

INTENSIVE DETOXIFICATION PROGRAM

This program is intended as a 1 month detoxification process, under the guidance of your health care provider. We have included a titration guideline for the PaleoCleanse Powder (see table below).

Titration guideline

DAY 1-3	1/2 scoop	twice a day
DAY 4-7	1 scoop	twice a day
DAY 8-11	1 1/2 scoops	twice a day
DAY 12-23	2 scoops	twice a day
DAY 24-27	1 scoop	twice a day
DAY 28-30	1/2 scoop	twice a day

Below are sample meal menus:

REPLACE BREAKFAST & LUNCH

Breakfast - Paleo detox shake

Lunch - Paleo detox shake

Optional snack - celery with almond butter, herbal tea

Dinner - green salad with sprouts and vinaigrette,
Baked cod topped with avocado salsa
Chop: 1 avocado, 1 tomato, 1/2 c red onion, 1/2 c capers (drained), 1/4 c fresh cilantro, 1/2 tsp. cumin, 1/8 tsp. cayenne and 2 tbl. lime juice

REPLACE BREAKFAST & DINNER

Breakfast - Paleo detox shake

Lunch - 1 cup black bean soup, chopped cabbage and chicken salad with rice vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and rice vinegar).

Optional snack - peach and 10 pecans, herbal tea

Dinner - Paleo detox shake

REPLACE LUNCH & DINNER

Breakfast - hot rice cereal (Bob's Red Mills), 1 scoop PaleoMeal vanilla, 1/2 cup coconut milk, 1/4 cup berries with a pinch of nutmeg

Lunch - Paleo detox shake

Optional snack - apple with almond butter, herbal tea

Dinner - Paleo detox shake

PALEO DETOX SHAKE RECIPES

GO-GREEN SMOOTHIE

Blend: PaleoCleanse (follow titration guide for amount)
2 Tbl. PaleoGreens
1 Tbl. flaxseed meal
1 scoop PaleoMeal Vanilla
1 teaspoon Genuine Norwegian Cod Liver Oil
Ice

COCONUT SMOOTHIE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Vanilla
1 teaspoon PaleoFiber
½ banana, frozen (this does require planning)
½ cup coconut milk
Ice

TROPICAL SMOOTHIE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Vanilla
2 teaspoons PaleoFiber
1 Tbl. PaleoGreens
½ cup frozen mango
½ cup coconut milk
pinch of ground ginger
Ice

STRAWBERRY DREAM

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Strawberry
1 teaspoon PaleoFiber
1 Tbl. GI Revive
½ cup frozen strawberries
½ cup rice milk
Ice

SOUTHERN STYLE SMOOTHIE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Vanilla
1 teaspoon PaleoFiber
1 Tbl. flaxseed meal
½ cup frozen or fresh peaches
½ cup almond milk
2 teaspoons freshly grated ginger
pinch of cinnamon
Ice

KUMQUAT-BLUE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Vanilla
1 teaspoon PaleoFiber
½ cup frozen blueberries
1 Tbl. grated kumquat
½ cup coconut milk
Ice

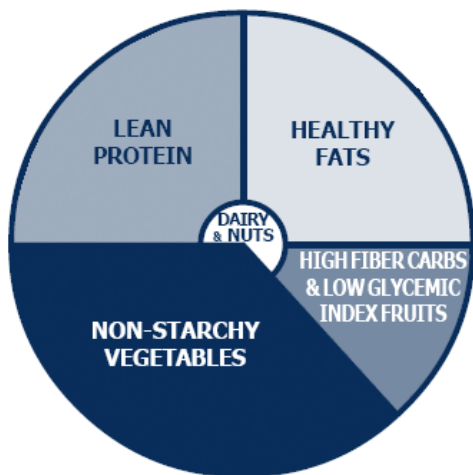
DARK AS NIGHT SHAKE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Strawberry
1 teaspoon PaleoFiber
2 Tbl. PaleoGreens
½ cup frozen blackberries
½ cup frozen cherries
½ cup rice milk
2 teaspoons freshly grated nutmeg
Ice

APRICOT & RASPBERRY SMOOTHIE

Blend: PaleoCleanse (follow titration guide for amount)
1 scoop PaleoMeal Vanilla
1 teaspoon PaleoFiber
½ cup frozen raspberries
½ cup fresh or water packed apricots
½ cup rice milk
pinch of cinnamon
Ice

BALANCED FOOD CIRCLE



SAMPLE BREAKFAST MENUS

Breakfast (option 1)

- Rice cakes topped with organic nitrate-free chicken sausage & sliced tomatoes

Breakfast (option 2)

- Ham & veggie hash (2 slices ham, 1 Tbl. coconut oil, 1 leek sliced thinly, 1 onion finely chopped, 1-2 garlic cloves minced, 2 carrots cut into 1/4 inch dice, 1 yam cut into 1/4 inch dice, 1 zucchini cut into 1/4 inch dice, 1 red bell pepper seeded and cut into 1/4 inch dice, 1 cup corn, 1/4 pound mushrooms cut into 1/4 inch dice, 1 bunch fresh cilantro, 1 Tbl. vinegar Sea salt & fresh ground pepper if desired).

Over moderate heat, sauté leek and onion in oil until soft, about 5 minutes. Add remaining ingredients (including ham), cover and cook until vegetables are tender, 5 to 7 minutes.

Breakfast (option 3)

- 2 Tbl. almond butter on gluten-free bread or rice cakes & peach

Breakfast (option 4)

- Mock Granola & rice milk (Combine Low Roasted Nuts [soak raw nuts, not peanuts] in water and sea salt over night. Drain, sprinkle with cinnamon and roast at 250 for 4 hours with puffed rice cereal, puffed corn cereal, and a mixture of fresh berries).

Breakfast (option 5)

- Hot rice cereal (Bob's Red Mills) with 1 scoop PaleoMeal Vanilla, 1/2 cup coconut milk, 1/4 cup berries & a pinch of nutmeg

SAMPLE LUNCH & DINNER MENUS

Lunch or Dinner (option 1)

- Green salad with sprouts and vinaigrette
 - Baked cod topped with avocado salsa
- Chop: 1 avocado, 1 tomato, 1/2 c red onion, 1/2 c capers (drained), 1/4 c fresh cilantro, 1/2 tsp. cumin, 1/8 tsp. cayenne and 2 tablespoons lime juice, 1/2 c. Quinoa.

Lunch or Dinner (option 2)

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

Lunch or Dinner (option 3)

- Organic vegetable broth
 - Shrimp and vegetables
- Sauté fresh tail-on shrimp and chopped garlic in a non-stick pan with coconut oil, over moderate heat. Roughly chop 10 different vegetables and lightly stir-fry with freshly grated ginger, 1/2 c buckwheat noodles, lightly drizzle sesame oil.

Lunch or Dinner (option 4)

- Baby greens salad with extra virgin olive oil & vinegar
- Grilled buffalo burger on a portabella mushroom
- Mixed roasted vegetables

Roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary).

Lunch or Dinner (option 5)

- Beet greens with balsamic vinegar & extra virgin olive oil
- Wild salmon
- Steamed beets (20-30 minutes or until soft)

Lunch or Dinner (option 6)

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

Lunch or Dinner (option 7)

- Baby greens with extra virgin olive oil & vinegar
 - Grilled beef kabobs (lean, free-range organic beef),
- Alternate beef with large chunks of: red, yellow & green peppers, red onion & wild mushrooms, rub with garlic, ½ c. Amaranth.

Lunch or Dinner (option 8)

- Baby greens, chopped red cabbage, celery, broccoli with extra virgin olive oil & vinegar
- Baked halibut topped with tomato pesto

Lunch or Dinner (option 9)

- “Beeler’s Broth” (1 lb of green beans, 1 lb of zucchini, 1 bunch of parsley, 1 bunch of celery)
- Dice, boil until soft, then puree in blender and flavor with lemon juice. It makes a very mild, super-green mixture that alkalizes your system.
- Grilled turkey breast with sage
 - Steamed spinach

Lunch or Dinner (option 10)

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

Lunch or Dinner (option 11)

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

Lunch or Dinner (option 12)

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

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