



detox

FOR BEGINNERS

SHOPPING TIPS



TOTAL
BALANCED
HEALTH

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SHOPPING TIPS

On the following pages, you will find an empty meal plan and blank grocery list to write down all of the ingredients you will need, along with some shopping tips. Set aside 20 minutes to choose the recipes you will use to make your week successful. If you are using the **5-Day Detox Suggested Recipes Meal Plan** be sure to print out the shopping list that goes with the meal plan you choose. If you swap recipes don't forget to add those items to your list. Check your pantry before heading to the store.

- ▶ If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- ▶ Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- ▶ Consider going to a health foods store as they'll likely have more organic items.
- ▶ Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- ▶ Remember to bring re-usable shopping bags. If you don't have any, check out www.envirosax.com. These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- ▶ If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- ▶ Ask questions – if you don't know where to find something, just ask someone who works there.
- ▶ Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print **The Dirty Dozen & Clean Fifteen list** at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

■ Produce

Download the [Environmental Working Group's Guide to Pesticides in Produce](#) so you can reduce your pesticide load by 80%.

■ Spices & Herbs

Check the bulk section for Spices and Herbs – they are often much fresher and it saves money to buy just what you need rather than purchasing them in a jar.

Grab some sea salt to add quality minerals to your meals this week. Sodium in the right form (such as [Celtic Sea Salt®](#)) is important for the heart, lymphatic system and production of digestive fluid. Getting the right kind of salt may actually boost your metabolism.

■ Oils/Fats

Fat is essential for our health. Since our body doesn't make this fat, we must get it from the foods we eat. Many oils contain saturated, polyunsaturated, and monosaturated fats. While our bodies use all three of these fats, diets high in saturated fats can lead to serious health problems.

Choose oils rich in omega-3 fatty acids for additional health benefits. Research shows these can increase blood flow, reduce inflammation, and assist in preventing cardiovascular disease.

Some great choices:

- ▶ **Extra Virgin Olive Oil** - good for high heat cooking, drizzle on salads, use in marinades or sauces
- ▶ **Avocado Oil** - good for highest heat cooking and frying, drizzle on salads, use in marinades or sauces
- ▶ **Coconut Oil** - good for frying, sauteing, great substitute for butter; use unrefined for coconut flavor or refined for neutral taste

References

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Group Founder, Written by Dr. Edward. "Healthiest Cooking Oils: 7 Oils to Use & 7 to Avoid." Dr. Group's Healthy Living Articles, 12 Nov. 2018, globalhealing.com/natural-health/healthiest-cooking-oils/

Leonard, Jayne. "12 Healthy High-Fat Foods." Medical News Today, MediLexicon International, www.medicalnewstoday.com/articles/322295

■ Supplements

The 5-Day Detox protocol recommends a number of supplements in partnership with removing inflammatory foods in order to give your body a break and provide you with the best detox possible during our work together.

The supplements are completely **optional** in this program, but can support your body through this process.

Be sure to check with your doctor before beginning this protocol, and in particular if you have never taken supplements before, or if you have chronic health conditions, or are taking medication.

Please skip supplements if you are pregnant or nursing.

Detox Protocol Supplements

Daily supplement protocol:

- ▶ 1 probiotic
- ▶ 1 Vitamin B Complex (bottle recommended dose)
- ▶ 1000 mg Vitamin C
- ▶ 1,000-2,000 IU Vitamin D

Probiotics

Probiotics are beneficial bacteria that can support your body's ability to absorb nutrients and fight infection. They also are known to produce vitamin B-12 and vitamin K2. Probiotics support the immune system, improve digestive function, help inflammatory bowel conditions, and fight food-borne illness.

Vitamin B Complex

A vitamin B complex is a dietary supplement that delivers all eight of the B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B7 (biotin), B9 (folate), and B12. B vitamins help the body produce energy and form red blood cells. The B vitamins are crucial for liver detoxification and chemicals like heavy metals, histamines and bacterial toxins that are at the root of immune and neurological issues. They also have dramatic mood elevating effects, more so than any other nutrient.

Vitamin C

Vitamin C is a potent antioxidant and buffers the activities of detoxification. It helps to reduce symptoms of fatigue, joint pain, bruising and infections. Vitamin C also supports our adrenal system and aids in hormone production, boosts our immune system, decreases histamine production as well as supporting our skin and blood vessels with collagen production.

Vitamin D

Vitamin D is a fat-soluble vitamin that modulates cell growth, neuromuscular and immune function, and reduces inflammation. A growing body of studies suggests that Vitamin D may play a role in the prevention and treatment of certain cancers, type 1 and type 2 diabetes, hypertension, glucose intolerance, multiple sclerosis and other conditions. It is very common to be deficient in Vitamin D, so the next time you go in for your check-up you should ask your physician to test your blood levels.

Additional Beneficial Supplements (Bonus Steps)

Milk Thistle (Silymarin)

Milk thistle is a flowering herb native to the Mediterranean region. Used as a folk remedy for thousands of years, it is believed to protect the liver and improve its function. Lab studies suggest milk thistle may benefit the liver by protecting and promoting the growth of living cells, fighting oxidation, and inhibiting inflammation. Silymarin, which is extracted from the seeds, is believed to be the biologically active part of the herb.

Contraindications: People who are allergic to ragweed, chrysanthemum, marigold, and daisy should avoid consuming milk thistle. Milk thistle may lower blood sugar levels, so people with diabetes or hypoglycemia should avoid taking it.

Nettle Leaf

Stinging nettle, or nettle leaf, is believed to stimulate the lymph system to boost immunity, release uric acid from joints, support the adrenals, break down kidney stones, support the kidneys, and reduce inflammation.

Dandelion

Dandelion is an edible plant and has been used in many traditional medical systems. Dandelion has commonly been used to treat liver diseases, kidney diseases and spleen problems. Today, folk uses of dandelion include as a liver or kidney tonic, as a diuretic, and for minor digestive problems.

Some of the brands I like

- ▶ [Plexus Probio5](#) (probiotic)
- ▶ [Innate Response](#) (probiotic)
- ▶ [GRL B-Complex Forte](#) (vitamin B complex)
- ▶ [Unikey Health Time-C](#) (vitamin C)
- ▶ [Thorne D-1,000](#) (vitamin D)
- ▶ [NOW](#) (vitamins B, C, D)
- ▶ [Oregon's Wild Harvest Milk Thistle](#)
- ▶ [Traditional Medicinals Nettle Leaf](#)
- ▶ [Traditional Medicinals Dandelion Leaf & Root](#)

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, yeast and lactose.

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Sources: National Center for Complementary and Integrative Health, National Institutes of Health, draxe.com, naturalsociety.com.

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