

*Detoxification
Patient Guide*



Personal Program Notes

Patient name _____ Date _____

Healthcare practitioner _____ Phone _____

INSTRUCTIONS: *(To be completed by your healthcare practitioner)*

Mixing Instructions

- Mix with water only
- Mix with vegetable juice
- Mix with rice or nut milk
- Mix with non-citrus fruit juice
- Mix with other _____

Product Recommendation

Product	Amount	Frequency	Duration

Additional dietary recommendations _____

Exercise recommendations _____

Rest/relaxation recommendations _____

Additional lifestyle recommendations _____

This Patient Guide represents the integration of experience at the Functional Medicine Research CenterSM—the research arm of Metagenics—and the ongoing feedback we have received from our colleagues in private clinical practice.



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Disclaimer: Metagenics, Inc. makes no representations or warranties, expressed or implied, regarding the use of the dietary program. Close instruction and supervision by a physician or other licensed healthcare practitioner is recommended before starting and during the use of this or any other nutritional intervention. Consult your healthcare practitioner immediately should you feel any discomfort or suffer any adverse health effects during the time you are involved in these programs.

This Patient Guide should not be relied upon for personal diagnosis or treatment. Do not use these products without strictly adhering to the diet, menus, and other instructions contained in the Patient Guide unless otherwise instructed by your healthcare practitioner.

INTRODUCTION

Why has your healthcare practitioner recommended this program?

Evolving research suggests that the cause of many health problems may be associated with prolonged exposure to various toxic agents in our environment. Your healthcare practitioner has determined that some of your health challenges may be related to impairments or imbalances in your body's ability to properly detoxify and remove these toxic compounds.

The body's capacity to carry out this complex process of detoxification has to do in large measure with nutrition. Certain foods can burden the detoxification machinery of your body, while certain foods and nutrients can help it. Specific nutrients—vitamins, minerals, and phytonutrients—may be extremely important in influencing how well your body detoxifies. Your healthcare



practitioner has therefore recommended that you embark on a cleansing/detoxification program.

Depending on your detoxification ability and health status, your clinician will work with you to determine which products will best meet your particular needs. In some cases, additional nutritional support may be recommended as well.

Why is a detoxification program important?

Many cultures around the world have long believed that toxins accumulate in the body and can be an underlying cause of a variety of health problems. For centuries, different therapies have been used to “cleanse” or detoxify, from simple water fasts to

sometimes elaborate regimens of bowel cleansing, steams, and saunas. Western medicine ignored or criticized these techniques for years, but has finally started to

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recognize detoxification as a vital body process. Research has substantiated that an individual's ability to detoxify substances to which they are exposed varies tremendously, and the body's capacity to detoxify these substances is of critical importance to overall health.

In our industrialized world, we produce more and more potentially toxic compounds that find their way into the air we breathe, the water we drink, and the food we eat. The body must rid itself of these dangerous substances by transforming and then excreting them through the lungs, skin, kidneys, and bowels. Unfortunately, not all of them get excreted efficiently—some are circulated back into the bloodstream and others are stored in various body tissues such as fat tissue. This is in part due to the increasing levels of toxins we are exposed to, and may be exacerbated by a lack of nutrients needed to fuel the detoxification process. Over the years toxins can build up in fat, joints, the brain, and various other tissues, potentially leading to a variety of health concerns.

What exactly is the program?

The program consists of a powdered beverage along with a specially designed dietary program. Your healthcare practitioner may also recommend you take a nutritional supplement. The powdered beverages, supplement, and dietary guidelines are all designed to nutritionally support detoxification. The powdered beverages contain specific amounts and types of protein, carbohydrates, and fats that are easily absorbed and utilized. Both the powders and the encapsulated supplement contain unique and specific nutrients and phytonutrients to support important detoxification processes that naturally occur in your body. Your healthcare practitioner will determine which product(s) best suits your individual needs. For optimal response, the powdered beverages and nutritional supplement should be used along with the comprehensive dietary program described in this booklet.

As no two people have exactly the same dietary needs or health problems, a single program is not suitable for everyone. Choosing from the products just mentioned, your healthcare practitioner will design the best program for

you. He or she may also modify your program in other ways to better suit your particular needs. The more complete your communication is with your healthcare practitioner, the better he or she will understand your unique circumstances, and the more “tailor-made” your program will be. It is vital that you inform your practitioner not only of your complete health history and present concerns, but also of your positive and negative experiences to each dietary change or modification while on this program. Only in this way can you work as a team to achieve the greatest possible benefits for you.



The following information will get you off to a successful start. You may find this new eating plan a change from your normal eating habits. However, with preparation and planning, you should be able to integrate the program into your lifestyle quickly and easily.

How can I expect to feel on this program?

How you respond to these products and the dietary program will be determined by your uniqueness (your “biochemical individuality”) and the program you and your healthcare practitioner establish. Many people begin to experience the many benefits of detoxification within a few weeks and show results within a month. Some individuals take longer to notice the results.

Some individuals experience transient reactions to the program as their body adapts to the dietary changes. You may experience mild headaches, muscle aches, or changes in bowel habits. When an unusual symptom such as this does occur, it is generally minor and temporary. Sometimes symptoms serve the useful purpose of providing clues to a person’s specific nutritional needs and can be the basis for further individualized adjustment of the program. It is important to maintain a close relationship with your healthcare practitioner, who has knowledge and experience in nutritional health care. If you experience any unusual symptoms or unpleasant effects, be sure to contact your practitioner.

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How should I prepare?

While there is no specific preparation necessary—other than willingness to change and the time needed to engage in the process—there are a few things that you may want to keep in mind:

1. Read through the entire program. There may be foods recommended that you will want to stock in your kitchen.
2. If you consume a significant amount of caffeinated beverages or simple sugars, you may experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease your intake of these substances before you start the 28-day program. Discuss this with your healthcare practitioner.
3. While most people have no problem maintaining enough energy on the program (in fact, many people feel more energized), others may need to curtail more strenuous physical activity during the core of the program (days 7-13). Judge for yourself and adjust accordingly.

What if I have additional questions?

Many commonly asked questions are answered in the back of this guide. If you have further questions about your care or the use of these products, please discuss them with your healthcare practitioner.



GETTING STARTED

The 28-Day Program

The program your healthcare practitioner has recommended includes a powdered beverage, with or without an encapsulated supplement, and the dietary plan outlined below. The 28-day program may be modified by your healthcare practitioner to meet your individual needs. He or she may also make suggestions for supportive lifestyle changes and/or suggest further nutritional support.

The program is divided into three steps:

Step 1: Initial Clearing (*Days 1-6*):

During Step 1 you will eliminate potentially allergenic foods while you slowly increase the intake of the nutritional support product(s) your healthcare practitioner recommends.

Step 2: Detoxification (*Days 7-13*):

During Step 2 you will be on a select number of low-allergy foods along with three servings a day of your nutritional support product(s).

Step 3: Reintroduction (*Days 14-28*):

During Step 3 you will slowly reintroduce the foods you eliminated in Step 2 back into the dietary plan and slowly decrease the intake of your nutritional support product(s). Careful attention should be paid to any reactions you may have as you reintroduce foods. These reactions could be important clues regarding food allergies or intolerances.

General Program Guidelines

- Do not make substitutions of your nutritional support product(s) or foods except those that are recommended by your healthcare practitioner. You should, of course, avoid any foods to which you know you are intolerant or allergic. Your healthcare practitioner may change the basic dietary guidelines based upon your personal health condition and history.
- Be sure to take all of the recommended servings of your powdered beverage and/or capsules. These products contain critical ingredients to nutritionally support your body's detoxification processes.

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- This program is not intended for weight loss. If weight loss is a goal, work with your healthcare practitioner on specific menus and calorie limits. On the other hand, if you need to gain weight, you may increase the frequency and portion sizes of your meals and snacks using foods or beverages that appear on the lists in this guide.
- Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to decrease your intake of pesticide and herbicide residues. The “cleaner” you eat, the better the program will work.
- At certain times in this program you may select animal sources of protein. Look for free-range or organically raised chicken, turkey, or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling, or stir-frying. Cold-water fish (e.g., salmon or mackerel) is another excellent source of protein that provides important omega-3 essential fatty acids. Avoid shellfish, as they may be more likely to cause an allergic reaction.
- You may continue to take other nutritional products as recommended by your healthcare

practitioner. In some instances, you may be advised to add fiber or other supplements directly to your powdered beverage. As with all supplements and medications, follow the advice of your healthcare practitioner.

- Use purified, distilled, or mineral water to mix the powdered beverage. Check with your healthcare practitioner about mixing with other liquids. Avoid fruit drinks or cocktail drinks that contain added sugar.
- Drink at least two quarts (64 ounces) of plain, purified, distilled, or mineral water each day. Water flushes the system and carries out toxins, making it a critical component of your program.
- Strenuous or prolonged exercise may be reduced during the program to allow your body to cleanse and rejuvenate more effectively. Adequate rest and stress reduction are also important to the success of this program.



Suggested product mixing instructions

Basic recipe

Due to settling of the powder, shake the container several times before opening. Using the scoop provided, mix the amount of powder mix recommended in your program with 8-10 ounces of water or other liquid. Add ice if desired. Briskly stir or blend the product until mixed. Drink slowly.

You may use the product as part of your meal or as a meal replacement. These products may be mixed in a blender with a variety of whole fruits or other liquids. Recipes are provided below. Remember, if you are restricting calories, adding ingredients to your powder adds additional calories as well. A serving of each beverage is approximately 165 calories when mixed with water.

General suggestions for mixing:

Using $\frac{1}{2}$ water and $\frac{1}{2}$ unsweetened fruit juice (e.g., pineapple, berry, apple, pear, or peach) or milk substitute (rice, oat, or nut—vanilla, carob, or plain), mix with powder in a blender or shaker cup.

Mixing variations

For all of the recipes below, mix the ingredients in a blender (if using whole pieces of fruit) or a shaker cup. Add approximately 8-10 ounces water or desired liquid and blend or shake to desired consistency. Adjust liquid according to personal taste.

Recipe variations for making a smoothie:

- 6-8 oz. water, 2-3 ice cubes, and one of the following: $\frac{1}{2}$ banana or peach, 1-2 slices pineapple, or $\frac{1}{4}$ - $\frac{1}{2}$ cup berries
- 3-4 oz. water, 3-4 oz. juice (pineapple, pineapple-coconut, pineapple-strawberry, apple, pear, or boysenberry), and 2-3 ice cubes
- 3-4 oz. water, 3-4 oz. allowable milk substitutes, 2-3 ice cubes, and fresh fruit as above
- 6-8 oz. vegetable juice or allowable milk substitute (plain or flavored) and 2-3 ice cubes or frozen fruit (berries, peaches, or bananas)

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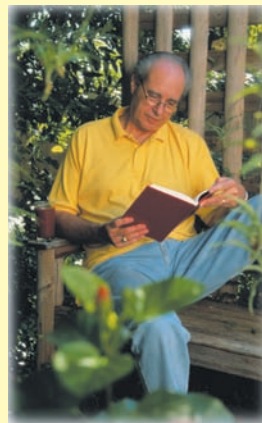
A note on taking powdered products

Most individuals are able to follow the step approach to increasing their servings of the powder mix as outlined in the 28-day program. However, each individual is different, so you may find that your adjustment to increasing the servings may be longer or shorter. As you eliminate foods to which you may have developed an allergy or intolerance, and add in the nutritional support that your body needs to properly and efficiently remove toxins, you may briefly experience some reactions. These may include transient sleep disturbances, changes (up or down) in body temperature, light-headedness, mood swings, changes in bowel habits, bloating, changes in body odor or breath, mild headaches, and joint or muscle aches. These reactions are generally minor and pass within a few days. Sometimes they are associated with moving too quickly through the program.

If you do experience some response that is troublesome and you have concerns, you should communicate this to your healthcare practitioner. He or she may choose to adjust your program to better suit your needs. Sometimes it is useful to return to the previous dose that was comfortable, stay there for a few more days, and then gradually increase the dosage again.

Some individuals may find that they do better on more or less of the product than recommended in this guide. You and your healthcare practitioner should come to these decisions together. In addition, he or she may suggest alternative dietary modifications or

further nutritional support based upon your health and response.



Tips for travel and dining out

If you travel or take one of the powdered beverages to work, you can purchase a small, portable battery-operated mixer (found in many kitchen appliance stores) to use when a blender isn't available. A 2-cup (16 oz.) plastic container with a secure lid works well also.

Note: Do not premix and save. The product should be consumed within 30 minutes of mixing for maximum benefit. It is recommended that any unused portion be discarded.

If you are going on a trip, you may need to take enough product along for several days if you do not want to take the entire container. You can pack premeasured amounts (2 scoops) into small, resealable plastic snack bags. If traveling internationally, it would be wise to keep the product in its original container, as most customs checkpoints will require label and prescription information for all medical products. You can also pack or purchase bottled water to mix with the product.

When traveling, the powders make an excellent breakfast beverage, a simple morning or afternoon snack, or a satisfying bedtime snack.



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Dietary Program at a Glance

- Day 1** Begin to follow the Basic Dietary Guidelines, as outlined on the next page. Take $\frac{1}{2}$ scoop of your recommended powder two times today. Also take 1 nutritional supplement capsule two times today.
- Day 2** Take 1 scoop of your powder twice today. Continue with 1 nutritional supplement capsule twice today.
- Days 3 - 6** Take 2 scoops of your powder twice each day. Increase to 2 nutritional supplement capsules twice each day as well.
- Days 7 - 13** From the Basic Dietary Guidelines eat only from these categories: Fruits, Vegetables, Fats, Beverages, and Spices and Condiments. From the Starch category, consume rice only. Increase to 2 scoops of your recommended powder three times each day and 2 nutritional supplement capsules three times each day.
- Days 14 - 15** Add back Bread, Cereal, Starch, and Milk Substitutes from Basic Dietary Guidelines. Continue with 2 scoops of your recommended powder three times daily, along with 2 nutritional supplement capsules three times each day.
- Days 16 - 18** Also add back Legumes and Nuts and Seeds from the Basic Dietary Guidelines. Reduce to 2 scoops of your recommended powder twice each day. Also reduce to 2 nutritional supplement capsules twice each day.
- Days 19 - 28** Also add back Meat and Fish from the Basic Dietary Guidelines. Continue with same dosage of your powder and nutritional supplement capsules.
- After Day 28** Return to your healthcare practitioner for follow-up and further instructions.

*Nutritional supplement capsules will not be recommended to everyone. Your healthcare practitioner will determine if you should take an additional supplement with your recommended powder.

Basic Dietary Guidelines at a Glance

These lists have been compiled so you can see, at a glance, the food categories and what is included or excluded in each category. During the 28-day program, certain categories and foods are temporarily eliminated. Pay careful attention to the day-by-day program guidelines.

	Foods to Include	Foods to Exclude
Fruits	Unsweetened fresh, frozen, water-packed, or canned fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
Starch	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, teff	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products
Legumes (vegetable protein)	All beans, peas, and lentils (unless otherwise indicated)	Soybeans, tofu, tempeh, soy milk, other soy products
Nuts and Seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat and Fish (animal protein)	All canned (water-packed), frozen, or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Dairy Products and Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, and other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Fats	Cold-expeller pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered or distilled water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices and Condiments	All spices unless otherwise indicated. For example, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, or other condiments
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, desserts made with these sweeteners

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Day-by-Day Dietary Guidelines

Days 1-28 menus and recipes

STEP 1: DAYS 1-6

Over the next 6 days you will follow the Basic Dietary Guidelines as described on page 14. At the same time, you will be slowly increasing the dosage of your powdered beverage and encapsulated supplement. During these 6 days you will eliminate the following:

- **Refined and added simple sugars**
Refined sugars refer to anything with added sucrose, fructose, high fructose corn syrup, dextrose, molasses, honey, maple syrup, or alcohol. This includes cakes, cookies, candies, pastry, beer, wine, and liquor.
- **Artificial colorings, flavorings, and sweeteners** This includes many packaged and processed foods. Staying away from these foods will remove many of these agents from your diet. Diet soda is included on this list.
- **Caffeinated beverages** This includes caffeinated and decaffeinated coffee, caffeinated soda pop, and caffeinated and decaffeinated black and green teas. (Herbal teas with no caffeine are acceptable and encouraged.)

- **Gluten-containing grains** (*wheat, rye, barley, spelt, kamut*) Only quinoa, oats, rice, millet, buckwheat, teff, and amaranth are acceptable grains to consume at this point. These are the grains listed on the chart under “grains to include.” It can be quite enjoyable to try new grains. Check some out—be adventurous!
- **Meat and seafood** Meat and seafood to eliminate are: shellfish, beef, pork, cold cuts, frankfurters, sausage, etc. Acceptable choices include: fish, chicken (preferably organic), turkey, lamb, and wild game such as deer.
- **Eggs and dairy products** This includes egg, milk, yogurt, cheese, ice cream, sour cream, butter, etc.

Hidden sources of food allergens:

- Corn starch in baking powder and processed foods
- Corn syrup solids or maltodextrin (corn derivative) used as a sweetener
- Amaranth and millet flake cereals may also contain corn

The easiest route may be simply choosing from the following meal suggestions. If you wish to be creative and develop your own menus, just keep the guidelines in mind. There are no caloric restrictions; you may eat as much of anything on the allowed list as you would like.

Note: All italicized items have a recipe included.

Basic Salad Dressing

(2-3 servings)

Mix well in a shaker jar and store any leftovers in your refrigerator.

1/4 cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)	1 tsp. Dijon-type mustard (optional, but delicious), whisked in to liquid for easy mixing
1-2 Tbsp. vinegar (apple cider, tarragon, rice, red wine, balsamic, ume plum)	Whole or minced garlic, oregano, basil, or other herbs of choice
1/2-1 Tbsp. water	

Increase recipe for multiple servings. Keep a jar in the refrigerator at work and one at home for convenience.

DAY 1 *Choose from the following menu suggestions:*

Start taking 1/2 scoop of the powdered product that your practitioner has recommended, along with 1 nutritional supplement capsule (if directed), twice today. Recipe suggestions for smoothies are on page 10. Remember to adjust the amount of liquid when using less than the full 2 scoops of powder.

Breakfast Oatmeal or cream of rice cereal with milk substitute, mixed with mashed banana or applesauce, and sprinkled with cinnamon and chopped raw nuts
OR
Fruit juice sweetened whole oat cereal, sliced banana or blueberries, rice or almond milk

Snack 1/2 scoop recommended powder mixed with 1/4 cup liquid of choice
Sliced pears and kiwis, sprinkled with cinnamon

Lunch *Minestrone Soup* (page 17) with rice crackers
Hummus (page 17) with sliced avocado and tomato on rice cakes
Black Bean Salad (page 17)

Snack 1/2 scoop recommended powder mixed with 1/4 cup liquid of choice

Dinner *Pasta and Beans* (page 17)
Steamed broccoli tossed with olive or flaxseed oil and herbs of your choice

Tossed green salad with sliced cucumber, radish, red onion, and the *Basic Salad Dressing* OR *Red Cabbage-Apple Salad* (page 17)

Leftover soup from lunch

Snack Sliced peach and raspberry fruit salad

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Minestrone Soup

(8 servings)

1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
1 28-oz. can tomatoes with juice

$\frac{1}{3}$ cup brown rice
1 16-oz. can organic kidney beans, undrained, or 2 cups home-cooked kidney beans
1 lb. fresh green beans, cut into 1-inch pieces or one 10-oz. package frozen cut green beans

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving. Use leftovers for day 2 and/or freeze for day 20.

Pasta and Beans

(4 servings)

16-oz. can white beans (pea, navy, Great Northern), organic preferred
3 Tbsp. olive oil
2 onions, chopped
2 carrots, chopped
2 Tbsp. dried basil

1 tsp. dried oregano
16-oz. can tomatoes or 4 tomatoes, peeled, seeded, and chopped
 $\frac{1}{2}$ cup bean liquid
1-2 tsp. salt
 $\frac{1}{2}$ lb. rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until vegetables are wilted. Add tomatoes, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the vegetables are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with the bean sauce.

Black Bean Salad

(4 servings)

Combine in a bowl:
2 cups black beans
1 cup cherry tomatoes
 $\frac{1}{4}$ cup red onion, chopped
 $\frac{1}{2}$ cup red or yellow bell pepper, chopped

1 Tbsp. olive oil
1 tsp. lemon juice or balsamic vinegar
1-2 tsp. cumin

Chill before serving.

Hummus

(6 servings)

(You may also purchase hummus from a health food store.)

2 cups canned organic garbanzo beans (chickpeas), or cook from scratch if desired
1 tsp. cumin
 $\frac{1}{4}$ cup tahini (sesame butter)

$\frac{1}{3}$ cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
Paprika, sea salt, and fresh parsley to taste

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Red Cabbage-Apple Salad

(6 servings)

1 small head red cabbage, coarsely chopped
10 radishes, sliced
3 tart green apples, unpeeled, washed, and diced

2 green onions, chopped
1 stalk celery, chopped
 $\frac{1}{4}$ cup walnuts, chopped
1-2 Tbsp. lemon juice
Dash garlic powder

Mix everything in a serving bowl and let sit for an hour, stirring once or twice. Use leftovers for day 2.

You might begin to feel some “withdrawal symptoms” today such as those mentioned earlier in the booklet. You may have a mild headache or some muscle aches, particularly if you have been accustomed to drinking caffeinated beverages or eating highly sugared or processed foods. Other symptoms may appear over the next few days. This is normal and to be expected, and is probably a good indication that this is the right program for you. Take 1 scoop of your powdered beverage twice today. If taking a nutritional supplement, continue with 1 capsule twice today.

DAY 2 Choose from the following menu suggestions:

Breakfast Crispy brown rice (cold cereal), cream of rice, cooked oatmeal, or cooked quinoa flakes, topped with almond or rice milk, sliced banana or raisins, and sprinkled with cinnamon

Rice Pancakes (page 19) topped with unsweetened applesauce or apple butter

Rice cakes topped with walnut butter and/or apple butter
 Honeydew, cantaloupe, and watermelon balls

Snack 1 scoop recommended powder mixed as desired (using only 4 oz. liquid)
 Mango slices

Lunch *Quinoa Salad* (page 19) OR leftover *Black Bean Salad* (page 17) topped with avocado slices

Leftover *Minestrone Soup* (page 17) with rice crackers and a mixed green salad with *Basic Salad Dressing* (page 16)

Crispy Rice Treats (page 19)

Snack 1 scoop recommended powder mixed as desired using only 4 oz. liquid
 Raw veggie sticks dipped in hummus

Dinner Choose one:

Leftover *Red Cabbage-Apple Salad* (page 17)

Roast chicken breast or broiled lamb chop

Brown rice pasta topped with *Ratatouille*

Snack *Baked Apple with Cashew Topping* (page 19)

Ratatouille
 (6 servings)

- | | |
|--------------------------------------|---|
| 1/2 cup olive oil | 1 28-oz. can tomatoes, drained, or 4 cups fresh tomatoes, chopped |
| 2 large onions, sliced | 1 tsp. salt |
| 3 garlic cloves, minced | 1/4 tsp. pepper |
| 1 medium eggplant, cut into 1" cubes | 1 tsp. oregano |
| 2 green peppers, chopped | 1/2 tsp. thyme |
| 3 zucchini, cut into 1/2" slices | |

In a 6-quart pot, sauté onion and garlic in oil for 2 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. Add zucchini and cook for 5 more minutes; then add seasonings and tomatoes. Cover and simmer for 30 minutes.

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Quinoa Salad

(12 servings)

1½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup *Basic Salad Dressing*
1 red bell pepper, diced
1 cup frozen baby peas, thawed

¼ cup red onion, diced
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped
¼ cup fresh dill, chopped
¼ cup parsley, chopped

Add quinoa to broth or water in a medium sauce pan, stir and bring to a boil. Reduce to simmer; then cover and cook 15 minutes without stirring or until liquid is absorbed. Remove ingredients from saucepan and place in a bowl. Cool slightly and toss with salad dressing and remaining ingredients. Add more dressing if desired and adjust seasoning to taste. Add any leftover veggie for variety.

Crispy Rice Treats

(24 servings)

1 tsp. cold-pressed sesame oil
½ cup brown rice syrup
2 Tbsp. sesame tahini (or other nut butter)
2 tsp. pure vanilla extract

6 cups of a combination of: puffed rice, puffed millet, or crispy brown rice
½ cup sunflower or pumpkin seeds
½ cup currants, chopped
dried apples, or dates

In a large pot, heat oil, rice syrup, and tahini; stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients, mixing well with a wooden spoon. Spoon mixture into a 13 x 9-inch pan and press flat. Allow to sit at room temperature until set. Then, cut into squares and store in an airtight container at room temperature. Makes 2 dozen squares.

Rice Pancakes

(4-6 servings)

1½ cup rice or almond milk
1½ Tbsp. lemon juice
1⅓ cups rice flour
½ cup oat flour
½ tsp. salt
2 tsp. baking powder

½ tsp. baking soda
1 Tbsp. unsweetened apple butter
1 Tbsp. cold-pressed safflower oil
Egg substitute to equal 2 eggs

Mix milk and lemon juice together and allow to sit for 5 minutes until curds form. Mix dry ingredients together and set aside. In a large mixing bowl, beat apple butter, oil, egg, and milk mixture. Add dry mixture and stir gently. Be careful not to over mix. Makes approximately 14 (4-inch) pancakes.

Baked Apple with Cashew Topping

(4 servings)

4 firm cooking apples (e.g., Granny Smith, Golden Delicious, Macintosh)
8 Tbsp. raisins and cinnamon to taste

Topping:
½ cup raw cashew pieces
Pure vanilla extract

With a knife, cut apples horizontally around the middle to keep the skin from splitting during baking. Core apples and fill the center of each with 2 Tbsp. raisins. Sprinkle with cinnamon. Bake at 350 °F for 45 minutes, or until tender. While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer. (The longer you blend, the smoother the mixture becomes.) Add a few drops of pure vanilla extract for extra flavor. Spoon over hot apples.

Now you will increase your powdered beverage to 2 scoops twice a day. If taking nutritional supplement capsules, increase to 2 capsules twice a day as well. Choose from the following menus and refer to days 1 and 2 for other menu ideas.

Spicy Black Beans and Tomatoes (8 servings)

1 tsp. olive oil	1 15-oz. can black beans, drained or 2 cups home-cooked beans
1 small onion, chopped	
2 cloves garlic, minced	
1 can chopped stewed tomatoes or 2 to 3 fresh tomatoes, chopped	1/2 tsp. cumin
1 4-oz. can diced green chilies	1/2 tsp. ground red pepper
	1/4 tsp. chili powder
	1 Tbsp. chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more. Freeze leftovers for days 16-18.

DAYS 3-6

- Breakfast** 2 scoops recommended powder mixed as desired
Crispy brown rice (cold cereal) or cream of rice (hot cereal) topped with rice or almond milk, sliced banana, or berries and sprinkled with cinnamon
- Snack** Sliced fresh peaches and berries sprinkled with sunflower seeds, or sliced papaya or nectarine topped with chopped pecans
- Lunch** *Spicy Black Beans and Tomatoes* with steamed brown rice
Bean & Spinach Soup (page 21) OR *Vegetable Rice Soup* (page 21) with rice cakes topped with almond butter
Mixed green salad (romaine, arugula, radicchio, spinach, etc.), with veggies of your choice, chopped walnuts, and *Basic Salad Dressing* (page 16) OR *Carrot Salad* (page 21)
Leftovers
- Snack** 2 scoops recommended powder mixed as desired
Veggie sticks dipped in *Hummus* (page 17) or unsweetened salsa
- Dinner** *Vegetarian Chili* (page 21) and *Red Potato-Green Bean Salad* (page 21)
Baked red potato topped with leftover *Ratatouille* (page 18)
Mixed green salad with sliced red bell peppers, red cabbage, garbanzo beans, and sliced onion tossed with *Basic Salad Dressing* (page 16)
- Snack** *Banana-Strawberry Cream* (page 21)
Tropical Salad (page 21)
Carrot, celery, and cucumber sticks, almonds, and pumpkin seeds

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Bean & Spinach Soup

(6 servings)

2 cups white kidney beans (canellini), canned or home-cooked
1-2 cups kidney or red beans, canned or home-cooked
1 cup garbanzo beans (chickpeas), canned or home-cooked
2-3 cups fresh spinach or escarole, washed, drained, and chopped or 10-oz. frozen chopped spinach

4 cups vegetable broth
2 medium onions, chopped
1 large clove garlic, minced
1 tsp. dried basil
1 Tbsp. dried parsley
1 tsp. dried oregano
Pepper to taste

Combine all ingredients and simmer about 45 minutes, until onions are soft.

Tropical Salad

(4-6 servings)

1 avocado, cubed
8 pineapple slices, cubed
1 papaya or mango, cubed

$\frac{1}{2}$ cup celery, diced
 $\frac{1}{2}$ cup mango or pineapple juice

Combine all and garnish with fresh mint leaves.

Vegetarian Chili

(4 servings)

1 Tbsp. olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced
1 sweet red bell pepper, chopped
1 green bell pepper, chopped
1 jalapeño pepper, fresh or canned, finely chopped

2 Tbsp. chili powder
1 tsp. cumin
1 cup cooked kidney beans
1 cup cooked pinto beans
1 28-oz can tomatoes, chopped (reserve juice)
 $\frac{1}{2}$ tsp. freshly ground pepper
2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2 to 3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for use on days 21-28.

Banana-Strawberry Cream

(3 servings)

1 cup strawberries, washed and hulled
2 medium bananas, peeled and sliced

1 cup pineapple juice
1 medium apple, cored
 $\frac{1}{4}$ cup raw cashew pieces
Lemon juice (optional)

Bananas may be tossed in lemon juice to preserve color. Mix pineapple juice, apple, and cashew pieces in a blender. Pour mixture over strawberries and bananas, and stir.

Vegetable Rice Soup

(8 servings)

Follow directions for *Minestrone Soup* (see page 17), but omit kidney beans, and add vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired. Freeze any leftovers for day 14.

Carrot Salad

(4 servings)

Mix together:
2 cups carrot, shredded
 $\frac{1}{2}$ cup celery, diced
 $\frac{1}{4}$ cup sunflower seeds
3-4 Tbsp. coconut milk
2 Tbsp. pineapple juice

Chill for several hours before serving.

Red Potato-Green Bean Salad

(4-6 servings)

4 medium red potatoes, washed, unpeeled, steamed, or baked, and cut into chunks (leftover potatoes may be used)
1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed

2-4 Tbsp. olive or flaxseed oil
2 tsp. balsamic vinegar
 $\frac{1}{4}$ - $\frac{1}{2}$ cup red onion, thinly sliced
2 garlic cloves, slivered
2 Tbsp. fresh basil and/or oregano, chopped
Salt and pepper to taste

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil, and/or oregano (or 1 tsp. each dried herb). Salt and pepper to taste. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

STEP 2: DAYS 7-13

You have now made it through the most difficult period of withdrawal. Congratulations! Now starts the more vigorous part of the program in terms of detoxification. Food intake for these seven days is very simple: From the Basic Dietary Guidelines, eat only from these categories: Fruits, Vegetables, Fats, Beverages, and Spices and Condiments. From the Starch category, consume *rice only*. Increase to 2 scoops of your recommended powder three times each day. If recommended, also increase your nutritional supplement to 2 capsules three times each day.

We recommend that the fruits and vegetables you consume during this time be organically grown if possible. If not, wash them thoroughly to remove residue. Also, while this is not a calorie-restricted program, you may actually find you are eating fewer calories. This is fine. Many people notice that they are hungry initially, but that tends to dissipate. Most people continue with normal activities: job, school, home, and play. Recognize, however, if you are getting light-headed or excessively fatigued you may be experiencing low blood sugar. Keeping an apple or pear handy will usually handle this problem.

DAY 7 *Choose from the following menu suggestions:*

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Apple or peach
- Lunch** 2 scoops recommended powder mixed as desired
Steamed broccoli, red kale, and/or swiss chard (thinly chopped) topped with olive or flaxseed oil
Carrot, celery, and cucumber sticks
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Steamed rice and baby peas topped with flaxseed oil
Mixed greens, chopped celery, red cabbage, and broccoli florets topped with *Salad Dressing*
- Snack** Banana or apricots

Salad Dressing

(2-3 servings)

Whisk or shake in a jar:

¼ cup olive, flaxseed,
walnut, or sesame oil
1-2 Tbsp. apple cider vinegar
¼ tsp. dry mustard

Salt, pepper, and herbs to
taste

Refrigerate.

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DAY 8

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Cantaloupe and honeydew melon balls
- Lunch** 2 scoops recommended powder mixed as desired
Spinach salad, with sliced cucumber, raw green beans (cut), and shredded carrot topped with *Salad Dressing* (page 22)
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Baked yam/sweet potato
Lightly steamed broccoli, cauliflower florets, and julienned carrots topped with olive or flaxeed oil and rice vinegar
- Snack** Pear or kiwi

DAY 9

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Papaya or peach
- Lunch** 2 scoops recommended powder mixed as desired
Arugula, radicchio, and endive salad with shredded carrot, topped with olive or flaxseed oil and vinegar
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Baked acorn or butternut squash
Steamed green and yellow beans topped with flaxseed oil
- Snack** Banana or sliced watermelon



DAY 10

Breakfast 2 scoops recommended powder mixed as desired

Snack *Baked Apples*, fresh apple, or apricots

Lunch 2 scoops recommended powder mixed as desired

Large mixed green salad with chopped celery, carrot, leftover steamed green or yellow beans, lightly steamed broccoli, and green peas topped with *Salad Dressing* (page 22)

Snack 2 scoops recommended powder mixed as desired

Dinner Steamed rice and steamed spinach and collards (chopped thinly) topped with olive oil

Cucumber sticks and raw green beans

Snack Kiwi or papaya

DAYS 11-13

Repeat menus from days 7-10



Baked Apples

(2 servings)

Core 2 apples and peel only the top $\frac{1}{3}$ skin. Place in baking pan, pour $\frac{1}{2}$ cup apple juice over and sprinkle with $\frac{1}{2}$ tsp. cinnamon. Bake at 350 °F for 20-30 minutes or until soft and juicy.

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STEP 3: DAYS 14-28

Today you will begin Step 3. In this Step you will start the process of adding back a wider range of foods. On days 14-15, you will add back Bread, Cereal, Starch, and Milk Substitutes from the Basic Dietary Guidelines. Continue with 2 scoops of your powder three times daily. If recommended, continue with nutritional supplement 2 capsules three times each day. Go easy, eat lightly, and don't overdo it. It is very important that you gently restart the more serious process of digestion that has had time to rest over the past 8 days. It is unlikely that you will react to any of these foods, as they are not typically allergenic. However, your healthcare practitioner may suggest a slower approach to suit your individual needs. He or she may also recommend that you start keeping track of any possible reactions you may have to reintroduced foods. This process is outlined in the "Reintroducing Foods" section on page 33. This is good information for you and your healthcare practitioner and may be useful in pinpointing hidden food allergies or intolerances.

DAY 14

- Breakfast** 2 scoops recommended powder mixed as desired
- Snack** Sliced peaches and blueberries or raspberries
- Lunch** *Vegetable Rice Soup* (page 21)
Red Potato-Green Bean Salad (page 21)
2 scoops recommended powder mixed as desired
- Snack** Salsa with carrot, celery, and cucumber sticks
- Dinner** 2 scoops recommended powder mixed as desired
Large tossed salad with mixed greens (red or green leaf lettuce, escarole, radicchio, endive, romaine, arugula) tossed with *Basic Salad Dressing* (page 16)
Baked sweet potato, *Oven-Roasted Veggies* (page 27), OR *Sweet Potato Squash Delight* (page 27)
- Snack** *Tropical Salad* (page 21)



DAY 15

Choose from the following menu suggestions:

- Breakfast** Cream of brown rice, oatmeal, amaranth, buckwheat, or teff cereal;
OR quinoa flakes; OR cooked millet mixed with rice milk
Applesauce or mashed banana and cinnamon
Cold puffed millet or rice cereal with berries and rice milk
Baked Apples (page 24)
- Snack** 2 scoops recommended powder mixed as desired
- Lunch** 2 scoops recommended powder mixed as desired
Quinoa Vegetable Soup (page 27) OR *Quinoa Salad* (page 19)
- Snack** Sliced mango
Leftover *Baked Apples* (page 24) from breakfast
- Dinner** 2 scoops recommended powder mixed as desired
Large tossed salad with mixed greens (arugula, romaine lettuce, spinach, beet greens), red cabbage, green peas, shredded carrot, and lightly steamed broccoli, topped with *Basic Salad Dressing* (page 16)
Baked sweet potato OR *Kasha Chili* (page 27)
Rice pasta topped with *Ratatouille* (frozen leftover from day 2, page 18)
- Snack** Salsa with daikon (white radish), raw green beans, snow peas, cucumbers, and baby carrots

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Sweet Potato Squash Delight (4-6 servings)

1 medium butternut squash, cut into chunks	½ tsp. ginger
2 medium to large sweet potatoes, cut into chunks	½ tsp. cinnamon
	Dash nutmeg
	¼ cup rice milk

Preheat oven to 350 °F. Steam squash and sweet potato until tender. Remove peels and puree in food processor. Add ginger, cinnamon, nutmeg, and rice milk (add enough to match the consistency of mashed potatoes). Put mixture into 1½-qt. casserole dish and garnish with a sprinkle of cinnamon. Bake about 15 minutes.

Oven-Roasted Veggies

Use any combination of the following cut into bite-sized pieces: unpeeled, washed eggplant; small red potatoes; yellow or green summer squash; mushrooms; asparagus; and peeled red onion. Toss with crushed garlic cloves and olive oil. Sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in a roasting pan in single layers and roast approximately 20 minutes at 400 °F until veggies are tender and slightly brown, stirring occasionally. Salt and pepper to taste. Serve immediately while warm.

Quinoa Vegetable Soup (4-6 servings)

¼ cup quinoa (well rinsed)	2 tsp. olive oil
½ cup carrots, diced	4 cups water
¼ cup celery, diced	½ cup tomato, chopped
2 Tbsp. onion, chopped	½ cup cabbage, chopped
¼ cup green bell pepper, diced	Salt and pepper to taste
2 cloves garlic, chopped	¼ cup fresh parsley, chopped

Sauté quinoa, carrots, celery, onions, green bell pepper, and garlic in oil until softened. Add water, tomato, and cabbage. Bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. For variations, try adding some of your other favorite vegetables, chopped and sautéed.

Kasha Chili (4-6 servings)

2 medium onions, diced	1-2 Tbsp. chili powder
2 medium peppers, diced	4 cloves garlic, minced
1 Tbsp. olive oil	½ tsp. cumin
1 28-oz. can Italian tomatoes	¼ tsp. or to taste pepper
2 cups water	¾ cup whole kasha (buckwheat groats)
1 15-oz. can pinto or kidney beans, drained	Salt and pepper to taste

In a large skillet, sauté onions and peppers in olive oil. Add tomatoes with their juice. Add water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes. Add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning if desired. Serve hot.

Over the next three days you will also add back all Legumes and Nuts and Seeds from the Basic Dietary Guidelines. Decrease your powdered beverage to 2 scoops twice daily. Also decrease the nutritional supplement to 2 capsules twice daily.



DAYS 16-18

*Keep in mind that any previous menu item from days 7-15 may be substituted.
Choose from the following suggestions:*

- Breakfast** Crispy brown rice (cold cereal), oatmeal, or cooked quinoa flakes, topped with almond or rice milk and your choice of fruit, and sprinkled with cinnamon
Rice Pancakes (page 19) topped with mashed banana or *Sautéed Apples* (page 29)
Baked Apple with Cashew Topping (page 19)
- Snack** 2 scoops recommended powder mixed as desired
- Lunch** Brown rice and beans topped with herbs and flaxseed oil and *Red Cabbage-Apple Salad* (page 17)
Quinoa Salad (page 19) OR *Lentil Salad* (page 29)
Escarole and White Bean Soup (page 29) OR *Bean & Spinach Soup* (leftover from day 3, page 21) with rice crackers
Leftover *Kasha Chili* (page 27) OR *Quinoa Vegetable Soup* (page 27)
- Snack** 2 scoops recommended powder mixed as desired
Crispy Rice Treats (page 19) OR rice cakes topped with walnut butter
- Dinner** Veggie stir-fry over steamed brown rice or millet, tossed salad with *Basic Salad Dressing* (page 16)
Cooked kasha (buckwheat) or quinoa with green peas or asparagus and *Carrot Salad* (page 21)
Spicy Black Beans and Tomatoes (leftover from day 3, page 20) and *Red Potato-Green Bean Salad* (page 21)
Mixed green salad, *Basic Salad Dressing* (page 16)
- Snack** Melon-berry compote (your choice of melon and berries topped with chopped nuts or sunflower seeds)
Mixed Nut Muesli (page 29)

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Escarole and White Bean Soup (4-5 servings)

1 Tbsp. olive oil
2 medium cloves garlic, crushed
1 large onion, chopped
1 bay leaf
1 stalk celery, diced
1 medium carrot, diced

5 cups water or vegetable broth
2 cups cooked white beans
½ lb. fresh chopped escarole or spinach
Salt and freshly ground black pepper to taste
Freshly grated nutmeg (*optional*)

In a saucepan, sauté the onions and garlic in olive oil over low heat. When onions and garlic are soft, add bay leaf, celery, carrot, salt, and pepper; stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. If desired, season to taste with salt, pepper, and nutmeg.

Sautéed Apples (4-6 servings)

Wash and slice 2 apples thinly and sauté in 1 tsp. cold-pressed safflower oil until softened. Add ⅓ cup apple juice and 1 tsp. cinnamon. Simmer until nicely blended and softened. Use on top of pancakes or waffles.

Mixed Nut Muesli

Combine in a bowl, using any amount you desire: puffed rice cereal, crispy brown rice, sliced almonds, chopped walnuts, pumpkin seeds, and dried apples. Store in a jar and snack as desired. Makes a handy portable snack.

Lentil Salad (3-4 servings)

2 cups lentils, picked over and rinsed
3½ cups water
2-3 Tbsp. red wine or balsamic vinegar
⅓ cup olive oil
2 garlic cloves, minced
2 tsp. dried basil
1 tsp. fine sea salt
¼ tsp. freshly ground black pepper

½ cup black olives, chopped
½ cup carrots, shredded
2 medium tomatoes, cut into ½-inch pieces, or 1 cup cherry tomatoes
1 medium red bell pepper, seeded and cut into ½-inch pieces
1 small red onion, finely chopped
1 cup fresh parsley, coarsely chopped

Simmer lentils, covered in water, until tender—30 to 45 minutes. Drain and cool. Combine vinegar, olive oil, garlic, basil, salt, and pepper in a jar; mix well. Combine remaining ingredients with lentils and toss with the dressing. Refrigerate for 1 hour before serving.

On these days you may also add back Meat and Fish from the Basic Dietary Guidelines. Continue with 2 scoops twice daily of your powdered beverage and 2 nutritional supplement capsules twice daily (if recommended). You may use any menu or recipe from Day 1 forward. Do not add any additional foods not in the Basic Dietary Guidelines into your meal plan. The purpose of remaining on a restricted program at this time is to build on the progress you have made.

After Day 28, return to your healthcare practitioner for instruction on adding back more potentially allergenic foods to your diet. When you start this, it will become very important to be alert to possible food allergies or intolerances. Again, we suggest you refer to the specific “Reintroducing Foods” protocol we have outlined on page 33.

DAYS 19-28 Choose from the following menu suggestions:

- Breakfast** Cream of rice cereal or oatmeal with mashed banana or applesauce, topped with cinnamon, and sprinkled with raw nuts
- Puffed rice or millet cereal and sliced banana or berries, topped with rice, oat, or almond milk
- Smoked salmon on rice cakes topped with sliced red onion
- Snack** 2 scoops recommended powder mixed as desired
- Lunch** Any leftover soup and tossed salad with *Basic Salad Dressing* (page 16)
- Tuna chunks, mixed with *Hummus* (page 17) and topped with sliced avocado on toasted rice bread with *Black Bean Salad* (page 17)
- Curried Chicken Salad* (page 31)
- Rice and beans with tossed salad
- Snack** 2 scoops recommended powder mixed as desired
- Dinner** Grilled salmon, roast lamb, or turkey with steamed broccoli, tossed with olive or flaxseed oil and herbs of your choice
- Roasted red potatoes OR *Nutty Green Rice* (page 31)
- Large tossed salad with chopped veggies, chunks of chicken, and chick peas or kidney beans; topped with *Basic Salad Dressing* (page 16)
- Leftovers
- Snack** Fresh fruit salad sprinkled with raw nuts or seeds OR *Crispy Rice Treats* (page 19)

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Curried Chicken Salad

(4 servings)

2½ lbs. boneless, skinless white meat chicken	½ cup mango or papaya juice
1 cup red and green apple, unpeeled and diced	1 tsp. curry powder
2 stalks celery, diced	¼ tsp. turmeric
½ small jicama, peeled and diced (optional)	1 Tbsp. olive oil
	Salt and pepper to taste

Bake chicken at 350 °F for 20 minutes, then dice. Place cooked, diced chicken in a large salad bowl and cool. Combine with remaining ingredients. Adjust seasoning to taste and refrigerate for an hour before serving.

Nutty Green Rice

(4 servings)

1 cup brown basmati rice	1½ Tbsp. lemon juice
2 cups water	1½ Tbsp. olive oil
½ cup almonds	½ cucumber, diced
½ small bunch parsley	Salt and pepper to taste
1 clove garlic	

Bring water to a boil and add rice. Stir and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir in the nut mixture and add cucumber. Salt and pepper to taste.

DAY 28 AND BEYOND

At this point you and your healthcare practitioner should discuss your response to the program. Your practitioner may suggest that you continue on the program, continue the diet or the product(s) alone, or use some other combination.



Shopping List/Food Choices

Proteins

- Chicken
- Turkey
- Lamb
- Fish including:
 - Cod
 - Halibut
 - Mackerel
 - Salmon
 - Tuna
 - Trout
- Wild game
- Dried beans
- Dried peas
- Lentils



Grains

- Rice
- Rice bread
- Rice pancakes
- Rice cakes
- Rice pasta
- Rice milk
- Cream of rice
- Puffed rice
- Tapioca
- Amaranth
- Millet
- Teff
- Quinoa
- Buckwheat/Kasha

Vegetables

- Alfalfa sprouts
- Artichoke
- Asparagus
- Avocado
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Daikon radish
- Endive
- Escarole
- Green or yellow beans
- Greens (mustard, turnip, chard)
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mung beans
- Okra
- Onions
- Parsnips
- Radishes
- Rutabaga
- Sea vegetables (seaweed, kelp)
- Snow peas
- Spinach
- Summer squash
- Sweet potatoes
- Taro
- Turnips
- Water chestnuts
- Yams
- Zucchini squash

Sweeteners

- Brown rice syrup
- Fruit sweetener
- Molasses
- Stevia

Fruits

- Apple
- Applesauce
- Apricot
- Avocado
- Banana
- Berries (all types)
- Cherries
- Kiwi
- Mango
- Melon
- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prune



Nuts, Seeds, and Oils

- Almonds and almond oil
- Canola oil
- Cashews
- Flaxseeds and flaxseed oil
- Hazelnuts
- Olive oil

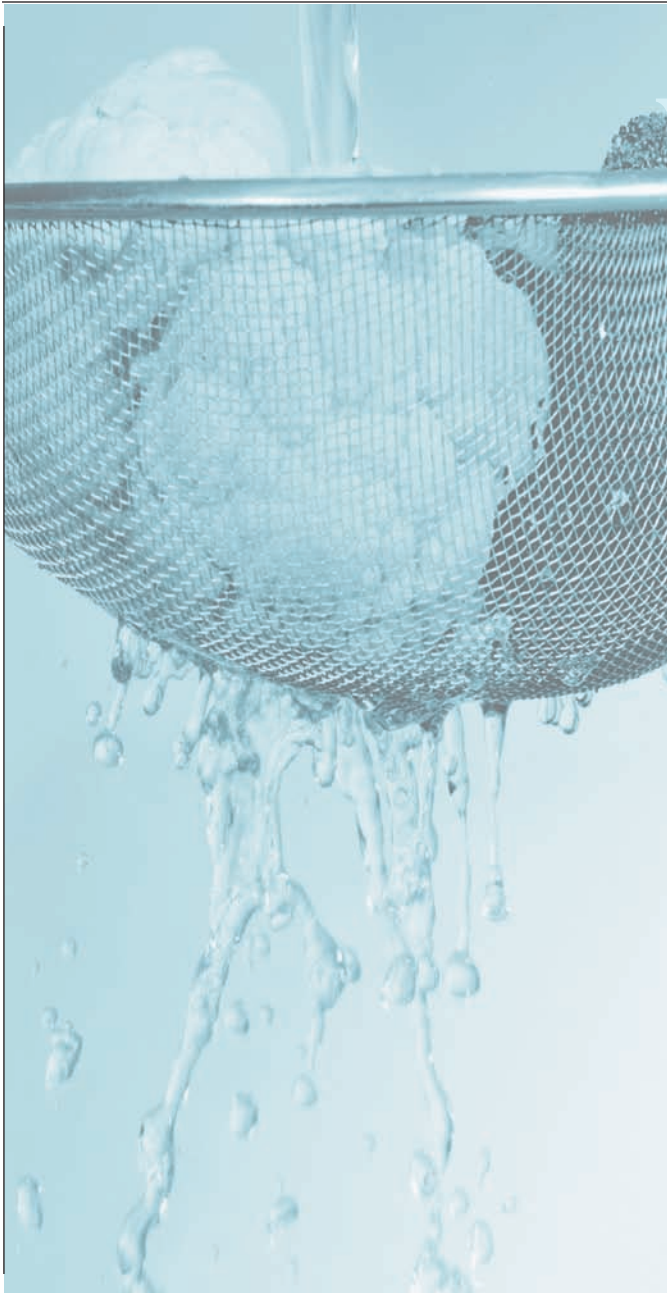
- Pecans
- Pumpkin oil and seeds
- Safflower oil
- Sesame oil and seeds
- Sunflower oil and seeds
- Walnuts and walnut oil
- Nut butters (see page 14)



Spices

- Anise
- Basil
- Bay leaf
- Cardamom
- Celery seed
- Cinnamon
- Cumin
- Dill
- Dry mustard
- Fennel
- Garlic
- Ginger
- Marjoram
- Oregano
- Parsley
- Rosemary
- Saffron
- Savory
- Tarragon
- Thyme
- Turmeric

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Reintroducing Foods

Your healthcare practitioner will advise you when to begin reintroducing the foods you have eliminated from your diet. In order to assess any reactions to those foods, the following is the suggested reintroduction procedure:

- Ingest the food you are reintroducing two times in the same day while you continue to eat the other foods already on your diet. Do not introduce any other new foods over the next 2 days. Monitor any reactions you experience over those next two days. If you are unsure if you had a reaction, retest the same food in the same manner.
- Record your responses as outlined in the following chart. (You may use different headings to correspond with whatever signs and symptoms you experience.)
- Discuss your responses with your healthcare practitioner. He or she may suggest rotation or elimination of that food based upon your reactions and history.

Food Reintroduction Response Chart

<i>Symptoms</i>	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:
Digestion/ Bowel Function							
Mild Headache							
Nasal or Chest Congestion							
Skin							
Energy Level							
Joint/Muscle							
	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:	Day: Food: Time:
Digestion/ Bowel Function							
Mild Headache							
Nasal or Chest Congestion							
Skin							
Energy Level							
Joint/Muscle							



Detoxification Patient Guide

Q&A Answers to Commonly Asked Questions

1. What is detoxification?

Detoxification is the elimination of toxins from the body that we are exposed to externally from environmental sources, and internally from products generated by ongoing, normal daily cellular processes. Your liver is the principal player in detoxification, and the products are designed to give this organ, as well as other tissues, nutritional support for the detoxification process.

2. Why do I need a detoxification program?

Today, we are all exposed to toxins in the foods we eat, the air we breathe, and the water we drink. In addition, we produce toxins within our bodies in the processes of digestion and elimination, combating disease and infection, and dealing with stress. Some people produce additional toxins as the result of food allergy or “sensitivity” reactions. These various internal and external exposures can overburden our detoxification systems. The nutrient composition of the powdered beverage, the encapsulated supplement, and the complementary diet are designed to give your body nutritional support for the detoxification processes. It is important not only to improve your body’s ability to detoxify, but also to take a load off of the detoxification system. The diet can be a critical component in this regard. The goal is a cleansing, regenerating process that nutritionally supports your body’s overburdened or compromised detoxification systems, allowing them to begin functioning more efficiently.

3. What is the nutritional supplement?

It is an encapsulated nutritional supplement to support healthy detoxification. It allows more flexibility in adding some specific nutrients and phytonutrients to your program. Your healthcare practitioner may suggest you use it in conjunction with one of the powdered beverages or alone following the 28-day program.

4. What are the powdered products?

These products supply the carbohydrates, fats, and amino acids from protein needed to support metabolic detoxification. Your healthcare practitioner may determine that the best way to proceed is to supply this “macro” nutrition with or without some of the specific nutritional support found in the encapsulated nutritional supplement.

5. Is this an appropriate program for children?

No. This program should not be used for infants or children under the age of 12. The product’s nutritional content is based on adult RDIs, and no testing in children has been performed. However, under the supervision of a healthcare practitioner, the beverages may be appropriate as a meal supplement for children over 12. Your practitioner must help you decide if and how the product may be used with your child.

6. Can I follow this diet if I am diabetic or hypoglycemic?

Probably, but you should make this decision with the guidance of your healthcare practitioner. Discussing integration of the detoxification program into your prescribed dietary program is necessary to avoid upsetting your glucose/insulin balance.

7. Can I go on this program if I am pregnant or nursing?

No. None of the products have been tested in these conditions; therefore, this program is not recommended for use at these times.

8. These products seem expensive. Why is this?

These products are made from the highest quality ingredients and manufactured with exacting standards. They are also guaranteed for freshness and potency.

Although they may seem expensive, because the beverages can be used as a meal replacement, many people actually find their grocery bills decrease substantially while on the program.

9. How long do I need to remain on this program?

That really depends on your health goals. Clinical experience suggests that patients usually experience benefit within four weeks of following the program. Together, you and your healthcare practitioner can decide to continue the program as is, or to implement a modified version of the program for a longer period of time.

10. Should I discontinue prescription medications while on this program?

No. Your healthcare practitioner should carefully monitor your medications. The decision to change a prescription medication in any way can only be made in conjunction with your healthcare practitioner.

11. Can I take supplements while on this program?

These products contain therapeutic levels of carefully selected nutrients. Since some other supplements may contain ingredients that could interfere with the program, we suggest following the recommendations of your healthcare practitioner.

12. Can I exercise while I'm on this program?

Yes. However, strenuous or prolonged exercise may be reduced during this program if you are restricting calories. You can gain benefit from an exercise program as simple as 30 minutes of walking 3 times a week. You should follow the advice of your healthcare practitioner. Adequate rest and stress reduction are also important to the success of this program.

13. Can I substitute other products on this program?

No. While other “copycat” formulations exist, the Metagenics formulas are made from an exclusive, patented rice protein concentrate. The ingredients are carefully selected and the formulas scientifically designed to ensure

the highest quality products possible. Because the products are unique and supported by years of clinical and research experience, recommendations in this guide apply only to these products.

14. Do I have to mix the powder with water?

The powders are designed to be mixed with water. However, your healthcare practitioner may suggest other mixing instructions such as the recipes we have provided.

15. What is the “grit” in the bottom of the glass of mixed product?

These products are well blended during manufacturing, but a small amount of mineral remains insoluble in the final powder. It is harmless and well absorbed by the body. As you finish drinking it, stir your beverage briskly to get the insoluble minerals into suspension.

16. What can I use as a sweetener?

We have listed some accepted natural sweeteners on the Basic Dietary Guidelines chart. One of those options is stevia. Stevia is often used as a natural, herbal sweetener that appears to have no negative effects on detoxification. It is many times sweeter than table sugar. Stevia is found in most health food stores and is available as a white powder or liquid and can be used in cooking or added directly to foods. However, if you normally crave sweet foods, you should avoid all sweeteners including stevia in order to give your taste buds a chance to appreciate naturally sweet foods such as fruits, carrots, tomatoes, etc.

17. Is it possible to lose weight on this program?

Yes, especially if you mix your powdered beverage in water and eat the minimum amounts of the other listed foods, while making sure to drink lots of water. Incidentally, edema (water retention) can be a sign that the body needs detoxification. Some individuals may lose 2 to 5 pounds of fluid weight during their first few days on the program. Since these products are not intended to be used as part of a weight loss or weight management program, you

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should discuss your calorie needs and weight goals with your healthcare practitioner.

18. Will I be hungry on this program?

Depending on what weight goals you and your healthcare practitioner decide upon, some caloric restriction may be part of your program. Your healthcare practitioner may also decide to place you on the program without any calorie restrictions. Even on the lower calorie program, many people experience no increase in hunger. If you experience extreme hunger, discuss possible adjustments in your program with your practitioner.

19. Can I use canned vegetables instead of fresh vegetables with this diet?

Fresh and frozen vegetables retain more of their vitamins and generally have less added salt. If they are unavailable, purchase canned vegetables without added salt or fat. Canned beans and legumes are generally acceptable.

20. What is the best way to wash fruits and vegetables to eliminate toxins?

Washing produce in a dilute solution of dish soap, and rinsing thoroughly, works well for some fruits and vegetables.

21. I notice there are legumes in this dietary program. My digestive system doesn't handle legumes very well. What can I do?

Legumes are desirable because they are high in protein and fiber but low in fat. Here are a few suggestions that may increase your tolerance:

- Increase your intake slowly over the course of 2-3 weeks.
- Try soaking the beans for half an hour before cooking them and discard the water.
- Experiment—you may find that certain legumes work better for you than others (lentils, for example, are often easy for many people to tolerate).
- Try an enzymatic aid that's taken with the meal. Your healthcare practitioner can recommend an appropriate formula. These aids can be quite helpful; however,

some people have found that a larger dose than the one suggested on the package is required.

22. Can I use salt while I am on this diet?

Generally we over-salt our food. We suggest that you use salt sparingly, or not at all. If you have been advised to restrict your salt intake, look for salt-free products whenever you use canned or processed foods in the diet. There are many good salt-free seasonings on the market. Your local health food store offers a variety of these products.

23. What additional spices or flavorings can I use?

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of herbs and spices that can add flavor and variety to foods. They have practically no calories and can be used in endless combinations. Ask your healthcare practitioner for suggestions or experiment yourself with the list of herbs and spices we have provided on the Foods to Include list (page 14).

24. What if I need additional fiber?

On a nutritional program that involves liquid supplementation, some patients may experience a change in bowel habits. Clinical experience has shown that for some people, an additional fiber supplement may reduce symptoms of occasional loose stools or constipation. An oligoantigenic (low-allergy-potential) fiber supplement, may be useful in these situations. The National Cancer Institute recommends 20-35 grams of fiber per day.

25. Can I drink coffee and tea?

Caffeine has been eliminated from the dietary program as it can have a significant negative affect on detoxification. Decaffeinated coffee still has a small amount of caffeine, so consuming this is a decision best left up to you and your healthcare practitioner. Many herbal teas are naturally decaffeinated and can add variety and flavor to your program.

26. Could I be allergic or intolerant to this powder product?

Any nutritional supplement, additive, or food product has the potential to cause an allergic reaction. If you know you are allergic to any of the ingredients contained in any of these products, you should not consume that product.

27. Can I take these products if I have a sensitivity to rice?

Possibly. The rice protein concentrate in the products has undergone a process to enhance its nutritional properties and remove the most common allergy-causing components. The result is a highly nutritious rice protein that many rice-sensitive individuals can tolerate. However, everyone's level of sensitivity is different. Discuss possible rice sensitivity with your healthcare practitioner before use, and be alert to any symptoms that may arise from this sensitivity.

28. Can I use this program if I am gluten and dairy sensitive?

Yes. All the products in the program are designed to be gluten- and dairy-free.

29. If these Metagenics beverage powders are my primary source of protein, could I become sensitized to it?

These products should not result in food intolerance. Due to the very low allergy potential of rice protein concentrate relative to other grain proteins, these products have been well tolerated by individuals who have previously had sensitivity to grain-based proteins.

30. What should I eat when I've completed the program?

Once you have reached your health goals, you and your healthcare practitioner should reassess your program and progress. Together you should determine the next step, whether that be taking other supplements, making other dietary changes, or continuing to use these products.

A long-term maintenance plan that may include the dietary program recommended in this booklet can help you maintain the health improvements that you've made. The dietary portion of the program is well-balanced and nutrient-dense, and therefore acceptable for long-term use.

31. How often may I use the products and programs?

You may go on the 28-day program as often as every few months, if recommended by your healthcare practitioner.



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