



VEGETABLES

3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower
Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kale
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

MISCELLANEOUS

In Limited Amounts

Butter
Dressing - Oil / Cider
Vinegar only
Nuts, RAW (except Peanuts)
Oils – Butter, Coconut oil,
Olive, Sesame Seed Oil,
Macadamia Nut Oil, (no
Canola oil) preferably
cold-pressed

VEGETABLES

6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra
Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES

7-9% or less carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squashes

BEVERAGES

Bouillon - Beef, Chicken
(no MSG)
Herbal (Non-caffeine) Teas,
Green Tea is an excellent
choice. (Don't worry about
the small amount of caffeine in
green tea unless you find you
cannot tolerate it.)
Filtered or Spring Water

FRUIT

Only to be used in shakes

Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

MEAT & PROTEIN

*You can enjoy meat within
these guidelines:*

- Portion size is the size and thickness of your palm.
- 2-3 servings per day
- Eat twice this portion of vegetables or more.
- Fowl (chicken, turkey etc.)
- Red meat (grass fed if at all possible-If you are not able to get free range organic meats, choose leaner options)
- Cold water fish
- Eggs (organic and free range if possible)

Note to the patient:

During the 14 Day program (and beyond if your objective is to lose weight) follow the Phase 1 plan. Once you have completed the 14 days, if you are just trying to improve your overall eating, transition to the Phase 2 plan.

Dietary Guidelines



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Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower
Celery
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Pumpkin
Rutabagas
Turnips
Winter Squashes

VEGETABLES

12 - 21% carbs

(On Limited Basis Only 2-3 X/ wk)

Celery
Chickpeas
Grains, Sprouted
Horseradish
Jerusalem Artichokes
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Potatoes
Seeds, Sprouted
Soybeans
Sunflower Seeds

BEVERAGES

Bouillon - Beef, Chicken

(No MSG)

Herbal (Non-caffeine) Teas,
Green Tea is an excellent
choice.

Filtered or Spring Water
Red Wine only

(Max 1 glass per day)

GRAINS

Low glycemic grains (2-3 times
per week max)

Quinoa
Sprouted Grains
Wild Rice

Avoid higher glycemic grains:

Amaranth, Barley, Brown or White
Rice, Millet, Wheat

FRUIT

Limited quantity on limited basis
(shakes or snacks)

Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

MEAT & PROTEIN

You can enjoy meat within these
guidelines:

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- 2-3 servings per day
- Eat twice this portion of vegetables or more.

Fowl (chicken, turkey etc.)

Red meat (grass fed if at all possible-If you are not able to get free range organic meats, choose leaner options)

Cold water fish

Eggs (organic and free range if possible)

MISCELLANEOUS

(In Limited Amounts)

Butter
Cottage Cheese
Dressing: Oil/Cider Vinegar
Kefir (liquid yogurt)
Milk, raw if at all possible

(Watch for food allergy to dairy!)

Nuts, raw (no peanuts)

Oils, preferably cold-pressed:
Butter, Coconut oil, Olive (no Canola), Macadamia Nut Oil

Note to the patient:

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives.



Regaining your Vitality– Two Week Turnaround

What has contributed to our loss of vitality?

Poor food choices and lack of exercise are the biggest contributing factors to loss of energy, motivation, sexual desire, and simply being happy.

If we don't learn to rethink how we view "food" we will never attain vitality

Many of us mistakenly assume our lack of energy is simply a sign of aging. In most cases age is not the issue, lack of energy is the most common symptom of our bodies being overloaded with toxins, and bad food choices are the largest source of these toxins.

Feeling sluggish in the morning, craving sugar, having digestive or skin problems, or gaining weight for no apparent reason are often combined with this lack of energy.

The Two-Week Turnaround can create a dramatic resurgence of mental and physical energy, clearer eyes, clearer skin, and other improvements. Food is the vital tool to reduce your intake of toxins.

A key component of The Two-Week Turnaround is eating fresh instead of processed food, this means not consuming foods from a bag, box, or can. This is a big shift for some but, knowing the health effects of common toxins can help you understand why this is such an important part of your program.

Eat from Phase 1 of the Two-Week Turnaround sheet for the first 14 days then transition to Phase 2. There is no limit to the amount of vegetables you can eat. This is a change of your eating habits and choices it is not about restricting the amount you eat.

You can also reduce your exposure to toxins even further by examining and considering changing to non-toxic versions of soaps and household cleaning products; skincare products, including cleansers, moisturizers, serums, and cosmetics; shampoos and hair conditioners; and air fresheners and scented home products, such as candles.

The Environmental Working Group (EWG) www.ewg.org is an excellent resource to help you make better choices. The EWG also offers free Healthy living App consider downloading this.



What will the “Two Week Turn-Around” Do for you?

Firstly

Your excess weight, lack of energy and loss of vitality are a direct result of poor and processed food choices. Improving your eating habits with foods that provide energy rather than the dead processed food you may have been consuming will help you to lose weight and reduce your toxic load.

Here's why

Excessive consumption of refined carbohydrates and trans fats from processed foods result in the following

Your blood glucose levels are raised, as a direct result of high blood glucose the body raises your insulin levels.

High circulating levels of insulin in the blood, means stored fat cannot be metabolized.

Insulin causes sugars and dietary fats to be converted to adipose tissue (fat cells) and stored. Even severe calorie restriction or a crash diet will not significantly free up fat to be burned as energy.

Leptin resistance is increased (leptin is the hormone which tells you when you are full) –so you eat more.

The result is an increase in fat cells, these fat cells are an active endocrine tissue.

These endocrine tissues signal your brain to produce Ghrelin this is the hormone instructs you to “EAT NOW”

So you find yourself in a cycle of wanting to eat more and not being able to stop

Secondly

We live in a toxic environment. The air we breathe, the water we drink the food we eat, the drugs we consume. It is difficult to remain healthy (and lose weight) with the levels of toxins many of us are holding in our body. You must achieve a healthy body to lose weight.



Diets in the form of food restrictions may help you lose some weight initially but the new weight is unlikely to be maintained once you return to your regular diet.

Excess weight is a symptom of underlying conditions. The ideal solution is to reduce toxicity and improve overall health this leads to healthier glands and hormones.

The body's way of protecting itself from harmful toxins is to wrap these toxins in fat. We see these fat deposits on our stomach, hips and thighs. If we remove the toxins the body has no need to maintain these fat deposits.

Toxic burdens also impact our cellular health causing poor mitochondrial health.

Mitochondria are known as the powerhouse of the cell if unhealthy these produce very little ATP energy and an abundance of damaging free-radicals, healthy mitochondria lead to the opposite producing lots of energy and very few free radicals.

Program

Vitamin & Mineral Shake
Detox & Cleanse Week 1
Week 2.
For the following 2 Weeks

2 Shakes Per Day
3 Capsules Per Day
5 Capsules Per Day
2 Capsules Per Day

Vitamin & Mineral Shake

This is the ideal product for use as a meal replacement or for individuals with weight management issues or blood sugar concerns.

Vitamin & Mineral Shake contains 9.5grams of Protein and 8grams of fiber per serving or scoop.

Is made from 100% whole food ingredients, ingredients are organic or wildcrafted and chemical free.

Vitamin & Mineral Shake contains, NO gluten, corn, soy, dairy, preservatives, artificial sweeteners, inorganic minerals, or synthetic vitamins.

Vitamin & Mineral Shake provides soluble fiber, insoluble fiber, organic chlorophyll-containing greens for detoxifying support. Contains probiotics included for repopulating the flora of the digestive tract, as well as potent digestive enzymes. Use as a meal replacement in a shake or take approx. one hour before a meal to reduce food intake.



Detox & Cleanse

Detox-N-Cleanse is a synergistic blend of foods and food extracts intended to help support a healthy colon and urinary system, as well as detoxification including detox of heavy metals.

Detox & Cleanse contains 100mg of modified citrus pectin which has been shown in clinical trials to remove heavy metals

In addition to 9 other wildcrafted herbs and foods Detox & Cleanse contains 100mg of wildcrafted acerola cherry. Acerola cherry is the food highest in Vitamin C True food Vitamin C has Negative Oxidation Reduction Potential (ORP) this is food vitamin C's ability to attract toxins so they can be removed from the body. Ascorbic Acid and synthetic vitamin C have a Positive ORP

Detox and Cleanse also includes

Wildcrafted, Garlic Collinsonia Root Chlorella Cilantro Slippery Elm and wheatgrass A true powerhouse of detoxifying foods and herbs



Additional Considerations

Beet-Food Plus

A combination of beets and beet juice. Beets are excellent source of Betaine which is an effective lipotrophin agent. Lipotrophic agents promote the transportation and use of fats. Contains Glandulars and Milk Thistle to support the liver and help remove toxins.

Supports sugar cravings and improves digestion



Liva DeTox & Support

In addition to detoxification and support of the liver this product contains beet leaf and root, wildcrafted garlic and wildcrafted Milk Thistle to detoxify the blood, colon, kidneys, digestion and biliary systems.

Liva DeTox and Support helps to maintain a healthy lymphatic system.

The lymphatic system is a key part of both the immune system and the circulatory system.

Lymphatic fluid is used to transport waste products and remove abnormal cells



Sugar Handling Issues/ Pre-diabetic. Add Gluco-Sugar Balance.

Gluco-Sugar Balance.

A selection of proven herbs and minerals such as Chromium GTF (Glucose Tolerance Factor) and Vanadium clinically studied to support the body's blood sugar systems. Contains among others herbs such as Gymnema, Bitter Melon, Berberine and Fenugreek. If you are Diabetic or Pre-Diabetic this would be an excellent addition to your program or something to consider after the Two-Week Turnaround



This simple Program can have a lasting impact on your health. Your skin will look and feel better, many of your aches and pains will likely disappear – many of the foods you currently consume are inflammatory. The foods and supplements we have chosen for you are all anti-inflammatory.

You may well sleep better and most importantly restore that lost vitality.

The renewed energy you feel will make you to want be active it will no longer be a chore.

The Program requires 2 Vitamin & Mineral Shakes