

# 30-Day Cleanse

Using Functional Foods and a Modified Elimination Diet



thrive  
HEALTH SYSTEMS

Every day millions of molecules from different compounds enter our bodies through voluntary or involuntary ingestion. These chemicals come from foods, beverages, medicines, food additives, personal care, chemicals that we breathe in from both known and unknown sources. Whenever a system (either living, [humans or animals] or mechanical [machines] becomes polluted, normal functioning is affected. Excessive pollution in your body can eventually lead to disease.

No living system has the ability to rid itself of all pollutants.

Both environmental and food exposures cause an overload on all of the immune functions of the body and the poor nutritional habits of our Western culture only add to the problem. In fact, we have seen an increase in allergy problems tenfold in the last few decades. Most of the symptoms produced as a result of the accumulation of toxins are very similar to allergies including poor digestion, bloating, heartburn, headaches, fatigue, chronic mild infections, hormone imbalances, etc.

The majority of detoxification in the body comes from the liver. The goal of the liver is to take all toxic compounds and convert them from fat soluble chemicals to water soluble chemicals that can then be eliminated through the kidneys, skin, lymph, gallbladder, colon. We call these drainage organs.

Our primary goal in recommending this cleanse for you is to help rid your body of excess fat, and chemical compounds from your food and environment and give your body a fresh start, like an oil change for your car.

An effective detoxification program results in:  
better energy, more restful sleep, improved digestion,  
less overall body aches and pains and an overall sense of wellness.

In fact most patient that had given up on activities previously due to fatigue, pain or digestive issues have taken on new hobbies due to their new more energetic body.

You will be taking on a 30 Day Cleanse and may find it challenging at times. We have structured your cleanse to include low glycemic (doesn't dump loads of sugar into your body and drain the energy systems) foods that are anti-oxidant rich. You may find it helpful to enroll the people in your life to support you while you are on the cleanse, or see if they qualify to do it with you at the same time. The specialty shake that you'll be taking will be supporting anti-inflammatory functions in the body and helping it gently release old toxins. It will also keep you full as you eliminate different foods from your diet. It is imperative that you are strict with the dietary guidelines. Your doctor may ask you to start over if guidelines are not kept. If however, you experience any adverse symptoms contact your healthcare practitioner that prescribed this program to you. Often times this is a natural part of detoxifying, but your doctor will want to remain informed on what you are experiencing through the cleanse. If you are on any medications, continue taking them as recommended by your physician.

# Am I a candidate for a detox program?

Your doctor will want to do an initial evaluation to determine if you are ready for detoxification. You will fill out a Metabolic Assessment Form and Neurotransmitter Assessment Form (Brain Function Questionnaire) and your doctor may want to include blood work as well. Often times doctors will disqualify you from the detox due to unstable blood sugar or malabsorption issues. Before your liver is ready to flush toxins, hormones and other potential liver by products, it is important that you are not having blood sugar crashes or flushing too quickly if your liver is already in stress. A blood test will help to evaluate these markers.

## The Basics:

### Enjoy:

- At least 70-80 oz. of water per day, if available, filtered. Herbal teas, green tea.
- All gluten free grain foods made from rice millet, quinoa, buckwheat or tapioca.
- Fresh fruits (limit to 2 servings per day), vegetables (see list of best choices). Choose organic and local first and frozen second.
- Fish, turkey, chicken and lamb. Select from organic, free-range, grass-fed products when possible.
- Olive oil, coconut oil, grapeseed oil
- 5-7 meals per day. Eat every 2-3 hours, never letting more than 3 hours lapse without food. Breakfast is always a shake.
- Make sure each snack or meal has some protein (see sample menus).
- Keep a food diary and pre-plan your meals.

### Avoid:

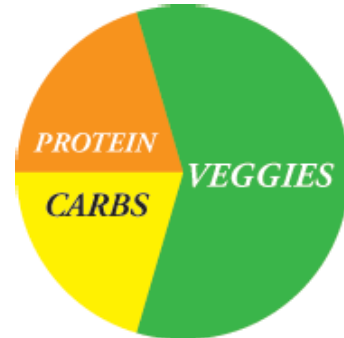
- Foods you have known allergies to
- Dairy (milk, cheese, yogurt, butter), eggs, margarine, hydrogenated fats
- All gluten containing foods like wheat, oats, rye, barley, bread, pasta, etc.
- Tomatoes, corn
- Alcohol, caffeine (coffee, black tea)
- Soda
- Soy or soy products
- Peanuts
- Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, "vegetarian meat"

Food can be broken down into two basic categories:

1. Energy (calories from fat, carbohydrates and protein)
2. Nourishment (the nutrient density of the food)

When planning your meals, use this thought process:

1. Get at least 2 vegetables with each meal. Fruit should be limited to two servings per day.  
Here's what your plate should look like at meals.








Your doctor recommends you should have:

Carbohydrates 40% 60% Protein 20% 30% Fats 20% 30% **Basic Guidelines for Reintroducing Foods**

1. If you have EVER experienced an anaphylactic reaction (including throat swelling) to any particular food(s) in your lifetime, DO NOT attempt to reintroduce that food without medical supervision. This type of food allergy is likely to be "fixed," which means that even though you feel that your health has improved as a result of the 30-Day Cleanse, your immune system will continue to identify this food as an antigen (allergen).
2. Only return one food to your diet at a time and wait at least two days (or until all symptoms are gone if you experience a reaction) before trying any other "new" food. If you do react or if you are not sure whether you reacted, try the same food again.
3. Use an organic source of the food that you are trying to reintroduce. This will help ensure that a reaction to pesticides or other contaminants will not be misinterpreted as a reaction to the food itself.
4. In the morning, start with a very small amount of the food that you are adding (e.g., 1/4 cup milk). If you do not notice any symptoms, increase the portion (e.g., 1/2 cup milk) at lunchtime. If you still do not notice any symptoms, consume yet a larger portion (e.g., 1 cup milk) at dinner. Even if you do not experience symptoms, your practitioner might suggest that you rotate the foods that you reintroduce. For example, he or she might recommend that you consume dairy only every fourth day, on the same day as beef, buffalo, lamb, or veal, which belong to the same family as dairy.
5. Keep a Food/Symptom Diary to track your responses. Food reactions are sometimes delayed up to 72 hours from the time the food is consumed, and it is easy to forget what you have eaten. Be sure to record everything that you eat and drink for meals and snacks. Include all ingredients in mixed dishes, such as casseroles, sandwiches, etc. Detail your symptoms in a separate column alongside the foods consumed just prior.
6. The symptoms to look for literally range from "head to toe." You are not likely to experience classic food allergy-type reactions, such as hives, respiratory distress, or severe diarrhea. When these kinds of skin, respiratory, or GI reactions occur within minutes to as long as two hours after contact, even with a small amount of food, the individual is said to have a true "food allergy" rather than a "food sensitivity."
7. If you react to a food you are trying to reintroduce, your practitioner may advise you to wait as long as three months before adding the food back to your diet.








# Modified Elimination Diet

Food Group	Enjoy (preferably organic) Avoid all foods of known allergy/sensitivity	Avoid
<p>Meat, Poultry, Fish, Legumes</p> 	<p>Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.), all legumes, dried peas, beans, lentils</p>	<p>Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish, and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved.</p>
<p>Dairy Products</p> 	<p>Unsweetened milk substitutes, such as rice or hemp milk, unsweetened nut milk (only if not allergic/sensitive to nuts), vegan-style rice cheese</p>	<p>Milk, eggs, soy milk**, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese**, casein/caseinate-containing rice cheese. Note: Avoid unsweetened, plain yogurt, unless practitioner approved.</p>
<p>Starches, Breads, Cereals</p> 	<p>Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/wild/basmati rice, beans, peas, plus any 100% whole grain cereal or baked goods made from the above or any other gluten-free and allowed ingredients</p>	<p>Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, triticale, malt). Avoid soy**, oats**, corn**, and products made from these, unless practitioner approved. Avoid yeast, unless practitioner approved.</p>
<p>Vegetables</p> 	<p>All vegetables (except tomatoes<sup>‡</sup>) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, brussels sprouts, kale, collards, radishes, watercress</p>	<p>Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially-prepared casseroles, nightshades<sup>‡</sup></p>
<p>Fruits</p> 	<p>Preferably whole and fresh or unsweetened frozen. Preferably low-glycemic, such as blueberries, apple, plum, apricot, etc.</p>	<p>Overly-ripened fruit, high-glycemic fruits (pineapple, raisins, ripe banana, dates, watermelon, etc.), highly allergenic fruits (citrus, strawberries, raspberries, mango), sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups</p>

\*\* Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oat only if your practitioner approves. Corn has a relatively high glycemic index and is not tolerated by everyone. Use only in small amounts and as tolerated. Avoid peanuts and tree nuts, unless practitioner approved. Use soy only if practitioner approved.

‡ Nightshades include tomato, potato, eggplant, pepper (except black and white), tomatillo, pimento, and paprika.

# Modified Elimination Diet

Food Group	Enjoy (preferably organic) Avoid all foods of known allergy/sensitivity	Avoid
<p>Soups</p> 	<p>Clear, vegetable-based broth, homemade soups with allowed ingredients</p>	<p>Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient. Any soup containing MSG and/or yeast</p>
<p>Beverages</p> 	<p>Unsweetened, freshly prepared vegetable juices from allowed vegetables, fruit juices (approved and specified by practitioner), filtered water, caffeine/citrus-free herbal tea</p>	<p>Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas</p>
<p>Fats, Oils, Nuts</p> 	<p>Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/additive free), nuts (raw nuts if tolerated and practitioner approved), nut butters (not more than 2 tbsp unsweetened almond butter per day)</p>	<p>Margarine, shortening, unclarified butter, refined oils, salad dressings and spreads, peanuts, tree nuts (other than almonds and walnuts), nuts/nut butters prepared with extra fat and/or sugar. Dry roasted nuts</p>
<p>Sweeteners</p> 	<p>Stevia, xylitol (as tolerated), and sweeteners present in Multishake</p>	<p>Brown sugar, honey, molasses, maple syrup, fructose, all artificial sweeteners</p>
<p>Condiments</p> 	<p>Salt-free herbs and seasonings; for example, basil, cayenne, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, turmeric. Celtic sea salt, not to exceed _____ per day</p>	<p>Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika</p>

**Step 1**  
Days 1-3

**Step 2**  
Days 4-6

**Step 3**  
Days 7-9

**Step 4**  
Days 10-12

**Step 5**  
Days 13-15

**Step 6**  
Days 16-18

**Step 7**  
Days 19-30

## 30 Day Detox

1 Serving/Day

2 Serving/Day

3 Serving/Day

5-7 Serving/Day  
(See Note)

1-3 Serving/Day

1-2 Serving/Day

1 Serving/Day

**Note:** All in conjunction with the Modified Elimination Diet (except Days 10-12) May include vegetarian and shakes only. Your practitioner will decide which steps are necessary, how much time to leave between steps, and which, if any, additional supplements are appropriate for you.

# 30 Day Detox

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Notes:** \_\_\_\_\_  
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## Daily Diet Samples (organic)

<p><b>30 Day Detox</b> Before breakfast 1 Serving</p> <p><b><u>BREAKFAST</u></b> Turkey Fruit</p> <p><b><u>MID-MORNING SNACK</u></b> A handful of raw pumpkin or sunflower seeds</p> <p><b><u>LUNCH</u></b> Salad with olive oil and lemon juice  Salmon filet (wild)</p> <p><b><u>MID-AFTERNOON SNACK</u></b> Banana</p> <p><b><u>DINNER</u></b> Chicken breast (broiled) Steamed vegetables</p> <p><b><u>BEDTIME SNACK</u></b> Rice cakes with raw almond butter</p> 	<p><b>30 Day Detox</b> Before breakfast 1 Serving</p> <p><b><u>BREAKFAST</u></b> Turkey bacon Grapefruit</p> <p><b><u>MID-MORNING SNACK</u></b> Taro chips (found at health food stores)</p> <p><b><u>LUNCH</u></b> Salad with chicken, olive oil, and lemon juice</p> <p><b><u>MID-AFTERNOON SNACK</u></b> A handful of raw cashews</p> <p><b>30 Day Detox</b> Before dinner 1 Serving</p> <p><b><u>DINNER</u></b> Fish** Brown rice  Vegetables (raw or lightly steamed)</p> <p><b><u>BEDTIME SNACK</u></b> Dried apricots (unsulphured)</p>	<p><b>30 Day Detox</b> Before breakfast 1 Serving</p> <p><b><u>BREAKFAST</u></b> Quinoa hot cereal (found at health food stores)  Mixed fruit</p> <p><b><u>MID-MORNING SNACK</u></b> Carrot sticks</p> <p><b>30 Day Detox</b> Before lunch 1 Serving</p> <p><b><u>LUNCH</u></b> Salad with raw nuts* and seeds, avocados, olive oil, and lemon juice</p> <p><b><u>MID-AFTERNOON SNACK</u></b> Dried fruit and nuts*</p> <p><b>30 Day Detox</b> Before dinner 1 Serving</p> <p><b><u>DINNER</u></b> Baked potato Brown rice Lightly steamed vegetables</p> <p><b><u>BEDTIME SNACK</u></b> Rice cakes with raw almond butter</p>
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\*Watch for allergies, such as peanuts.

\*\*Select fish that are less prone to heavy metal contamination.





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**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

**If pregnant or lactating, please consult your healthcare practitioner before using any nutritional supplement.**