



Whole Food Cleanse Guidebook

**Higher
Health**
WELLNESS CENTRE

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Welcome to your Whole Food Cleanse!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for cleansing and optimum wellness.

Twenty-two years ago I had my back against a wall with my son Drew who was born prematurely at 25 weeks and we had no choice but to change everything we were doing at home to help him heal. I also had many of my own health issues.

I urge you... Do not wait for a symptom or a diagnosis which causes you to have your back against the wall before you start really taking care of yourself.

You do not have to be sick to get better. If I can do it... anyone can do it. This is the beginning ... it's only a week and anybody can do anything for a week. I am proof of that and one week turns into two and you just keep getting healthier.

Where my health story began....

Living with a premature son

Twenty-four years ago my son Drew was born prematurely at 25 weeks. He weighed 810 grams and although he was very tiny he had survived and had been given a 10 percent chance of survival. Every day that he survived his odds of living went up by 10 percent. As parents, Justin and I were in a terrible way with worry. Drew was doing great but ended up having a severe complication at about 3 weeks old. He got a condition called Necrotising Enterocolitis which resulted in an emergency surgery with all his large intestine and some of his small being removed and he had to have an ileostomy bag.

This surgery was a huge shock to my husband and I as it was dangerous for him being so small and compromised already. He survived and as I said ended up with an ileostomy bag. This was the beginning of many surgeries due to his symptoms of pain and extensive bloating. With this came confusion, and we started to search the end of the world for answers. Drew was blessed to be rejoined at the age of 6 months old and although it's been a long

journey we have managed to keep him off an ileostomy bag; which was the only medical answer to help with his symptoms of massive pain and bloating. Because doctors had begun to run out of answers, it became clear to myself and Drew's surgeon that many of his symptoms were being caused by his diet. Drew's surgeon confided in my husband Justin and myself that he was not trained in the area of nutrition and that it was going to be up to us to improve his gut health. I had noticed from working with many natural therapists that having Drew on the correct diet made all the difference to his symptoms

This success with diet led me to decide to study Nutrition in order to help my son have the best future possible. My journey led me to the fact that all health begins in the gut. After years of study, I finally discovered that applying good nutrition and truly understanding what a healthy diet looks like is key to long-lasting health. Nutrition works and Drew is proof of that, he is a very healthy 24-year-old and has only been back to the hospital once when he was around 11 yrs old which resulted in the Dr's suggesting another surgery was needed so after 3 days in the hospital we decided not to do the surgery and take him home get his diet back on track. Drew has never been back to the hospital for his gut health again.

So this is how my journey began, I learned alot from helping Drew and I applied it to myself as well. I cleansed my life. It wasn't overnight and it took a lot of trial and error. The real change began when I started to understand that food did more than impact my weight; it was also a trigger for many of my ailments, mood and

energy problems and my intense cravings for sugar and emotional eating. By doing this program, which is based on what I learned from many experts in the fields of health and nutrition, I have been

able to use food, cleanse and supplementation to help me manage and overcome my conditions. I no longer have fatigue on a regular basis. I rarely have any issues with my sinuses. I have more energy than I did 15 years ago, and I no longer have depression symptoms. Every time I feel like I need to reboot and cleanse, this is the program I follow and it always works.

For my clients sometimes we need to make slight alterations in diet recommendations for their isolated health condition but for most this protocol gives great results.

Even those who have a super clean diet and lifestyle benefit greatly from seasonal Cleansing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet, or energy level, regular detoxification can be a very special gift to give to yourself.

Many of us set aside time to spring clean our homes, our yards, and our automobiles, yet the body is often forgotten. This is a wonderful opportunity to support your body so it may function at its full potential. I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems. These are your body's cries for help! It is asking for a time to rest, rejuvenate, be deeply nurtured, and "tuned

up.” During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life! I wish you happy cleansing!

Welcome to your
Summer Cleanse

Disclaimer: The contents of this booklet are based on the knowledge, opinions, and experience of Maria Lucey, unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Maria Lucey encourages you to make your own health care decisions based on your research and in partnership with a qualified healthcare professional. And most importantly, make sure to listen to your body.

Why Should You Do a Cleanse?

Imagine if you lived in a very small space. What would it be like if you could only remove 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month? Now imagine a year! How does it feel to be in that space now? This is how your cells feel when they cannot release waste.

Cleansing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

When your body cannot eliminate waste properly it becomes acidic and toxic. When it becomes acidic and toxic, your blood and your cells slow down. When this happens, your body starts to slow down and break down.

There are three reasons why toxins build up in your body.

1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
2. Toxins in our food, our environment, and our thoughts create waste our body cannot use.
3. An overly acidic diet allows microorganisms (yeasts, molds, funguses, etc.) to flourish and produce Mycotoxins in our body which makes more toxins.
4. Toxins are stored in your cells. The quality of your life comes down to the quality of your cells.

Healthy Cells: Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

1. Oxygen.
2. Water – the most abundant substance in the body.
3. Nutrition.
4. The ability to eliminate waste.

Three ways cells can die:

1. Lack of oxygen.
2. A disturbance to the electrical field of cells.
3. Any physical rupture to the cells.

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body. Your body has three times more lymph fluid than blood.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

Toxins and Inflammation

To achieve health, radiance, energy, balance, and permanent weight loss, it is helpful to understand the underlying causes of diseases and obesity, which are *toxins* and *inflammation*. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to do this is with cleansing. 90% of the time, I start my clients on a cleanse, because it brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our cleanse, let's talk a little bit about toxins and inflammation.

What makes us toxic?

Certain foods, our environment, and even our lifestyle make us toxic. The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, parasites in soil, food, and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under constant stress; and even the toxic thoughts and words we may subject ourselves to on a daily basis all contribute to an ever-increasing lack of radiance and energy.

What creates inflammation?

Sugar, lack of exercise, toxins, food allergies, and food sensitivities all cause inflammation. Inflammation causes weight gain and prevents weight loss. It's a vicious cycle – being inflamed makes you fat and being fat makes you inflamed.

Problems that can result from toxic overload and inflammation:

- Bad breath
- Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating

- Excess weight or difficulty losing weight
- Fatigue
- Fluid retention
- Food cravings
- Headaches
- Heartburn
- Joint pain
- Muscle aches
- Puffy eyes and dark circles
- Postnasal drip
- Sinus congestion
- Skin rashes and acne
- Sleep problems
- Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

The results you should experience in this program:

- Weight loss
- More energy
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related systems
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes



Let's Get Started

Preparation

1. Complete the “Before You Begin” section of your Journal BEFORE moving on.
2. Get organized – read the program materials provided, set a date to get started, and input new habits, self-care, and routines into your calendar – try to automate everything as much as possible.
3. Go shopping for the food supplies described in the program.
4. Create a system to make things easy. Set up your needed utensils, props, etc. Put away all items you will not need to create a cleanse-friendly environment.

Benefits of Cleansing

There are many reasons a person may choose to cleanse. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and further-reaching.

Cleansing by itself, however, is not the solution. Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body's vitamin, mineral, and macronutrient reserves. When we simply cleanse without rebuilding, it is like removing the old oil from your car without replenishing it with new oil. Your body will be running on empty!

Summary of potential cleansing benefits:

- Increased energy
- Mental clarity
- Improved digestion

- Allergy relief
- Weight loss
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment

This is a gentle and relatively short cleanse designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the modern day American diet, but you should not go hungry, as this is not a fast. Eat abundantly from the foods that are listed for each phase of the program and use the menus and recipes as guides to make the most of your experience.

This cleanse is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine. Your normal routine, however, will be a bit different during this program, simply because you will be eating, doing and thinking different things while cleansing.

One incredible benefit to cleansing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change and you will begin to understand how your body is responding to the foods you are consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personalized diet is to begin to pay attention to how you feel as you explore different ways of eating and being. In the process of cleansing, you will begin to

recognize which foods may not be serving you, despite what you have read or been told.

Cleansing and your body

Every toxin you come into contact with must be filtered through the liver. The liver is the second largest organ in our body and it is also the most overworked. Given that we now understand the degree to which we are exposed to toxins on a daily basis, it is easy to see how our livers are being put into overdrive. When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

What happens when the liver is not functioning properly or is overburdened? Toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common ailments described above.

This basic cleanse is focused on cleansing the liver. However, it will also provide support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process to release toxins, these other organ systems will also provide pathways to efficient elimination. In phase 2 of the program, you will drink a special simple olive oil and lemon juice cocktail to promote liver cleansing by increasing bile flow first thing every morning.

Common Signs That the Liver May Need Some Attention

Do you wake up at night?

If you wake up consistently between 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active and works on cleansing. Waking up around this “liver time” can signal that the liver is exhibiting signs of toxicity and needs some cleansing. Many times this happens from eating either too much sugar in the evening or animal protein.

Eye problems?

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes, and cataracts indicate liver weakness. Another physical clue is a vertical line between the eyebrows.

Skin problems?

Eczema, psoriasis, rosacea, skin rashes, acne and dry skin are clues.

Angry emotions?

If the liver is congested and being forced to work too hard, it becomes “hot,” causing excessive anger and irritation.

Hormonal imbalances?

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested liver.

Constipation?

This condition can often be caused by a congested and toxic liver or even stressed adrenals. The colon should still be addressed, but it is often not the root cause.

11 Steps that Support a Healthy Liver

1. Eliminate toxins from your diet and your life as best you can.
2. Drink pure (filtered) water throughout the day.
3. Drink your lemon water first thing every morning.
4. Eat dark greens, preferably raw, every day (e.g. "green juice," a big or a green salad). Eat lots of celery (a good source of plant sodium that helps support the adrenals), watercress, broccoli, kale, cucumber, spinach, romaine, fresh herbs like basil and cilantro, and sour green apples.
5. Eat animal protein between 10 a.m. and 3 p.m. It can be stressful for the liver to eat the animal protein later in the day or evening, especially if you are showing signs of liver stress.
6. Remember, you need protein to support and cleanse the liver. In addition to protein naturally found in foods, good complete protein sources can be found in beans, nuts and seeds such as hemp seeds and chia seeds.
7. Eat dinner at least 2-3 hours before bedtime.
8. Make sure the colon is supported and clean. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down to the colon in the bile. To help permanently eliminate these toxins from the body, add extra fiber, probiotics, and filtered water.
10. Sweat! Saunas and exercise are a good way to sweat. Another way is the toxin elimination bath (details provided in your resources) at least 3-4 times per week.
11. Assist your lymphatic system - Use a body brush every day to stimulate your lymphatic system and help move lymphatic fluids. You can also lymphasize, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria, and viruses. What do you need to do? Jump

on a mini-trampoline -- this is called rebounding. This creates an ideal condition for cleaning the cells. The vertical acceleration and deceleration help the cells squeeze out waste.



Your Cleanse

I have outlined the basic cleanse program below. If you have any specific issues, such as inflammation, candida, cellulite, hormonal issues, possible food intolerances, allergies, or blood sugar issues (hypoglycemia, insulin resistance), I can provide you additional information to support these conditions. Please let me know and we can schedule a one-on-one session to discuss. All cleanses are based on the three-phase model and have a similar food list.

The three phases of this program:

1. Phase 1 – preparation, elimination of refined foods and stimulants (4-7 days)
2. Phase 2 – deepening/optional lemonade fast (3-10 days)
3. Phase 3 – adding and awareness (7-14 days)

How to optimize your cleanse

- It is ideal to space meals 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins.
- Eat your evening meal at least 2-3 hours before going to bed, to ensure that you are not still digesting when your body needs its rest and renewal. The body, particularly the liver, does some serious cleansing at night. This is why staying up past midnight to party (alcohol, drugs) is particularly destructive to the liver.

■■■ Cleanse Foods

On the Cleanse you will be eating only the foods on the “good food” list below, as well as including at least some of the suggested therapies and lifestyle habits.

Foods you will enjoy during most phases. (If marked with ** avoid this food during Phase 2.)

- ** Fish, especially small, non-predatory species such as sardines, herring, wild salmon, cod (and black cod), and sole
- ** Lean white chicken (preferably organic)
- **Eggs (preferably pasture raised)
- Fresh or frozen fruit, ideally berries (only organic)
- Fresh vegetables – no limit, try to eat more than four cups per day
- Legumes -- lentils, navy beans, adzuki beans, mung beans, and others
- Brown rice and quinoa (during Phase 2 limit to two servings daily)
- Unsalted raw nuts and seeds (no peanuts)
- Flaxseeds (ground)
- Lemons -- organic, do not purchase pre-squeezed lemon juice
- Lemon and olive oil cocktail (1 tablespoon of organic extra virgin olive oil and half a squeezed lemon)
- Vegetable broth (organic and sugar-free)
- Sea vegetables
- Avocados
- Olive oil
- Coconut oil
- Raw apple cider vinegar
- Herbal teas
- Unsweetened cranberry juice

Foods and substances to avoid during all phases:

- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Sugar alcohols such as sorbitol, mannitol, xylitol, and maltitol
- Artificial sweeteners like aspartame
- Natural sweeteners (Stevia is ok to include)
- Alcohol
- Caffeine (except green tea)
- Yeast (baker's and brewer's), fermented foods (including vinegar except raw apple cider vinegar)
- Dairy products
- No soy products (fermented soy such as miso, tempeh, and Gluten-free tamari are ok)
- Dried fruits (dates, prunes, raisins, figs, etc.)
- Gluten (anything made with wheat) and all flour products
- Corn
- Nightshade plants (tomatoes, potatoes, eggplants, bell peppers)
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Stimulants
- Processed foods or food additives
- Fast food
- Junk food
- Any food that comes in a box, package, or is commercially prepared

A note about probiotics:

Probiotics are included in your daily protocol because they are essential for optimal digestion of food and absorption of nutrients, and they help your body produce vitamins, absorb minerals and aid in the elimination of toxins.

The 3 Phases of the Cleanse

Phase 1: Preparation (4-7 days)

To begin to prepare the body, you will eliminate sugar, dairy, refined foods, refined oils, and coffee. You will also want to prepare your environment and collect the foods, tools, supplies, and supplements you will need. As you go through this preparation you will experience the strongest and most frequent signs of toxic withdrawal.

What is toxic withdrawal?

When you start to eliminate substances your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. It is important for you to realize that only unhealthy, toxic substances are addictive. If you experience uncomfortable sensations, these are signals that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing detoxification process.

Signs you are experiencing toxic withdrawal are:

- Headache
- Weakness
- Stomach cramping
- Lightheadedness
- Empty, growling stomach
- Irritability, moodiness
- Fatigue
- Bloating feeling

Depending on your situation, these symptoms can last from 2 – 5 days. This will be the most difficult part of the program, but these changes are the most important in getting you started. Don't give up!

Phase 2: Deepening the Cleanse /Alkalizing the Body (3-10 days)

In this phase, avoid animal protein, restrict oil intake to no more than 2 tablespoons per day of coconut oil or flax oil (except for the olive oil and lemon cocktail), and reduce the amount of brown rice or quinoa consumed to two servings per day. I suggest you eat yams, carrots, beets, or other starchy vegetables as your main starches whenever possible. You will be enjoying an abundance of alkalizing fresh (organic) plant foods, including high quality plant-based protein.

This is a great time to juice vegetables, make green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while facilitating cleanse. This will be the most restrictive phase.

For some people, you may want to take things deeper and really clear and restore the body. You can do the lemonade/limeade fast at this time (see lemonade fast instructions).

Phase 3: Adding Back and Awareness (7 – 14 days)

At this point you will be adding back the foods you eliminated during phase 2. This can be a difficult time because you will be adding back foods that may have been causing you irritation, so take it slow. The first step is to stick with the foods on the “foods you will enjoy” list. This means you will be adding back animal foods and more grains.

Be sure the animal protein is organic. You will do this for the first 4 days. After the 4th, you can start to add in the other food groups we eliminated, such as dairy, gluten, sugar, and fermented foods. However, when you add these foods, add them one at a time and journal about any symptoms you notice, such as:

- Headaches
- Sore throat
- Sinus pressure or changes with your sinuses
- Dry skin
- Moodiness

- Stomach issues
- Irregular bowel movements
- Gas
- Dry eyes
- Disrupted sleep
- Bloating
- Weight gain

You are keeping track of symptoms so you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you are feeling a certain way. For example, too much alcohol is known to cause hangovers. Food, especially sugars, works the same way.

If you have been doing the lemonade fast, stay with just raw salads, green smoothies, cooked vegetables (including yams), and vegetable soups, along with the suggested protein for the first 3-4 days following the lemonade fast (basically, you can follow the sample schedule for Phase 2 of the cleanse). Then you can reintroduce animal protein and whole grains listed on the “good food” list, following the sample schedule for Phase 3 in the basic cleanse.

Daily Stress Relief

This is one of the most important parts of your cleanse program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success.

1. Daily, do the Toxin Eliminator Bath. Each evening, place 2 cups of Epsom salts and one cup of baking soda into a tub, run the hottest water you can stand and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.
2. I highly recommend you get up and move at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). This will reboot your system. Try meditation, yoga, dance, or taking a walk.
3. Twice per week, go for a sauna.
4. During phase 2, aim to do a castor oil pack* each night.
5. At least one massage is highly recommended during your cleanse. It can be great to get one at the beginning and one towards to end, as you will see how your body has changed.

**Note: castor oil packs aren't recommended if you are menstruating, pregnant, or trying to conceive.*

Optional

Lemonade/Limeade Fast (*optional in Phase 2*) – Good for the following:

- Blood sugar imbalances (not diabetes)
- Candida
- Cellulite
- Skin problems
- Total internal detoxing/colon
- Liver

Optional Lemonade Detox – Phase 2 (3-10 days)

This fast can be quite profound. This is totally safe to do as long as you follow the instructions. The only contraindications would be pregnancy, breastfeeding, and diabetes. I suggest doing at least 3 days, but no longer than 10 days.

Shopping list for Lemonade Fast:

- Lemons (or limes)
- Cayenne pepper
- Grade B maple syrup
- Filtered or purified water
- Optional: Herbal laxative tea with senna and/or cascara in it

Use organic ingredients whenever possible.

How to make your lemonade drink:

Ingredients:

- FRESH squeezed lemon or lime juice (organic, if possible)
- Genuine organic maple syrup, Grade B (the darker the better)
- Cayenne pepper
- Spring or filtered water

To make a 10 ounce glass:

- 2 tablespoons fresh lemon or lime juice (absolutely no canned or frozen juice)
- 2 tablespoons grade B or C maple syrup (Don't use Grade A maple syrup or maple- flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.)
- 1/10 teaspoon cayenne pepper

Use fresh lemons or limes only, never canned or frozen juice (use organic and vine ripened when possible). Do not use Meyer lemons because they are a hybrid lemon (a cross between lemons and tangerines). Also, mix your

lemonade fresh just before drinking. You can, however, squeeze your lemons in the morning and use them as needed throughout the day.

You must take a sip of the lemonade at least every 15 minutes while awake! This is very important to keep your blood sugar stable. Drink as much of this lemonade as you want, but make sure you drink at least twelve 1/4 liter (8 oz) glasses per day. Eat no other food during this cleanse, but do be sure to drink plenty of purified water or herbal tea in addition to the limeade drink. The limeade contains all the vitamins and minerals you will need during the cleanse.

Going off the Lemonade Fast

Your body is not used to having solid food in it, so start with very simple foods that are easy to digest, such as a protein shake or some lightly steamed veggies, salad, green smoothie, or veggie juice.

Helpful cleanse information during the Lemonade Fast:

- During the lemonade fast, stop taking all supplements.
- During this fast, it is best to avoid strenuous exercise. Restorative yoga, walking, and light activity are great methods of exercises during this cleanse. If you decide to do any sort of exercise, be sure to have your lemonade/limeade drink handy.
- Listen to your body. If you feel like resting, rest. If you feel like taking a nap, nap.

■■■ Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals our body releases that we can become addicted to and could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is our immune system can attack the food much like it would attack a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the next day you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they're caused by the food they've been eating their entire lives. They just think, "There must be something wrong with

me." The most common foods people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains.) These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

Symptoms caused by food intolerances:

- Acne/skin breakouts
- Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food
- Binge eating

Individual Issues

If you suffer from any of these issues and would like to address them during or after the cleanse, please let me know. There are additional actions you can take to address these issues.

Candida / Yeast

Do you know what candida is? It's a clinical term for yeast and it's a sneaky little organism that can live inside your body and may be sabotaging your health, energy, and weight loss efforts.

Everyone has candida in their body. It's totally normal, and it lives in your intestines. But if you have an overgrowth, it can wreak havoc on your body, and affect every area of your health.

Many people have a candida overgrowth in their bodies and don't even know it!

If you've ever been on antibiotics, chances are, you ended up with a yeast infection. The reason for that is the antibiotics kill off the good bacteria in your body and allow the yeast to take over. I don't just mean a vaginal yeast infection – both men and women can have an overgrowth and it can take over lots of different parts of your body. In fact, if you have a vaginal yeast infection, that means the yeast is most likely overgrown throughout your whole body.

How does this affect you? What does yeast really do to your body? It causes every health issue you have to be worse. If you have psoriasis, it will get worse. If you're depressed, you'll be more depressed. If you have headaches, they'll be worse. If you have arthritis, it will be worse. If you want to lose weight, it'll be an uphill battle. Whatever ails you, it will be exacerbated by the yeast overgrowth in your body. Candida isn't causing these issues, but it is making them worse.

So, how can you tell if you have a candida overgrowth? If you have jock itch, if you have athlete's foot, if you get vaginal yeast infections, if you have thrush in

your mouth or a white coating on your tongue, if you have a strong addiction to sugary, starchy foods or a bad sweet tooth, it's almost guaranteed that you have a candida overgrowth.

Some other symptoms include:

Chronic abdominal gas, headaches/migraines, excessive fatigue and brain fog, intense sugar and alcohol cravings, mood swings, rectal itching, itchy skin, acne, low sex drive, nail fungus, hyperactivity, anxiety or nervousness, being strongly reactive to cigarette smoke, and belly fat.

Blood Sugar Imbalance

Blood sugar imbalance is a condition in which your body does not handle glucose effectively. Throughout the day, blood glucose levels may fluctuate outside of the body's desired blood glucose range. Your energy can swing from being high after a meal to being low if you skip a meal. Insulin is the hormone responsible for keeping the blood sugar levels in the normal desired range. Insulin works by opening channels on cell membranes, allowing glucose to travel from the blood into body cells. During times of blood sugar imbalance, insulin can become a little out of control.

In some situations, like after a carbohydrate- or sugar-rich meal, too much insulin is produced. When insulin is high, lots of cell glucose channels become open, which results in the blood glucose level dropping too low. During insulin resistance, the cell membranes have difficulty recognizing insulin and too few channels are opened. In this situation, both insulin and glucose remain high in the blood and some cells stay deficient in glucose. Cells in the pancreas secrete insulin into the bloodstream. These cells can often become exhausted after long periods of producing excessive levels of insulin. Once tired, these cells can no

longer produce adequate amounts of insulin to achieve perfect blood sugar balance. Low insulin production also leads to blood sugar imbalance.

Blood sugar imbalance can be a precursor to diabetes mellitus and it is therefore important to address the contributing factors before the condition develops further.

Signs your blood sugar may be out of balance:

- Cravings for sweets, sugar, or bread products (This is almost a guaranteed sign that your blood sugar is out of balance.)
- Fatigue after eating a meal or a "food-coma"
- Lightheadedness if meals are missed
- Eating sweets does not relieve the cravings for sweets
- Dependence on coffee to keep yourself going or get started
- Difficulty losing weight

Hormonal, Thyroid, and Adrenal Imbalances

Symptoms of female hormone imbalance

- Acne or oily skin
- Bloating
- Bone loss
- Decreased fertility
- Depression
- Excess facial and body hair
- Hot flashes
- Heavy or painful periods
- Irregular periods
- Irritability
- Loss of muscle mass
- Loss of scalp hair
- Low libido
- Memory lapses
- Mood swings

- Nervousness
- Night sweats
- Poor concentration
- Sleep disturbances
- Tender or fibrocystic breasts
- Urinary incontinence
- Vaginal dryness
- Weight gain

Symptoms of thyroid imbalance

Overactive (Hyperthyroidism)

- Nervousness
- Tremor
- Mental fogginess
- Poor concentration
- Racing heartbeat
- Muscle aches and pains
- Heat intolerance
- Reduced menstrual flow

Underactive (Hypothyroidism)

- Fatigue
- Depressed mood
- Mental fogginess
- Poor concentration
- Weight gain
- Bloating (fluid retention)
- Muscle aches and pains
- High cholesterol
- Feeling cold
- Excessive or prolonged menstrual bleeding

Symptoms of adrenal imbalance

- Allergies / asthma
- Sugar cravings
- Arthritis
- Sleep disturbances
- Bone loss
- Memory lapse
- Chemical sensitivities
- Morning/evening fatigue
- High blood sugar
- Increased abdominal fat

In Closing

Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable

I wish you great success with this program and suggest you come back to it a few times a year.