Fun and Easy Tips
For Enhancing Detoxification

- Drink 1 cup of hot water with 1/4 lemon and 2 pinches of cayenne pepper first thing when you wake up (on an empty stomach). You would be amazed how many people say they can’t live without it once they start!

- Use a ‘dry brush’ to massage your entire body before getting into the shower. Use a circular motion and work towards the heart. Then shower or bathe. This facilitates circulation and toxic elimination through the skin.

- Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in the bath or shower. Very invigorating.

- Jump on a rebounder (mini trampoline) for 3-5 minutes at a time. This shakes up your whole body and is particularly useful for stimulating your lymph drainage system, thereby moving those toxins OUT!

- Try your own ‘hydrotherapy’ in the shower by alternating hot/cold water. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! You’ll feel like a million bucks when you’re done. Of course, just a sauna and a shower are beneficial as well.

Ask your practitioner about a post-detox program to maintain the benefits of your cleanse.

On behalf of the science and nutrition team at Designs for Health, we hope this guide has been helpful and wish you the best on your two week journey along the path to better health.
Shake Recipe Ideas

Combine 1 scoop of PaleoCleanse™ and 1 scoop of PurePea™ to each of the following recipes to create a healthy and delicious meal replacement.

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

**Shake Recipe Ideas**

**Berry Delight Shake**
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blueberries
- ½ cup unsweetened rice or almond milk
- pinch of cinnamon

**Tropical Shake**
- 1 cup unsweetened coconut milk
- 1 cup frozen pineapple
- ¼ cup shredded unsweetened coconut
- Xylitol or stevia (optional)

**Cherry Zinger Shake**
- ½ cup frozen blackberries
- ½ cup fresh or frozen cherries
- ½ cup unsweetened rice milk
- 1 teaspoon freshly grated ginger

**Southern Style Shake**
- ½ cup fresh or frozen organic peaches
- ½ cup fresh or frozen blueberries
- ½ cup unsweetened almond milk
- pinch of cinnamon

*Helpful Hint*

When preparing shakes, you may want to add PurePea™ at the end as the very last ingredient to reduce the shake's thickness.

*Helpful Hint*

Consider adding 1 to 2 tbs. ground flax, chia seeds, or PaleoFiber™ to your shakes.

Fiber helps with:
- Removing toxins from the gut
- Improving the consistency of your shakes
- Keeping you fuller longer

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**Our Detoxification Philosophy**

We live in an ever-increasing toxic environment. This fact is difficult to deny. Many of the toxins abundant in the environment today did not exist 30 years ago, including certain pesticides, herbicides, and industrial chemicals that can enter our bodies through the food, water, and air supplies. These toxins can become trapped in our body’s organs and tissues, which over time can negatively impact health, reduce vitality and eventually may contribute to the development of chronic diseases. We believe that a detoxification program should be easy to follow, effective, and most importantly, safe to use. By supporting the body’s natural two-phase detoxification process, toxins can safely and effectively be removed from the body. Use this booklet as your two week guide to put you on a path to better health.

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**Potential Benefits of Detoxification**

- Increased energy and vitality
- Weight loss and reduction in body fat
- Healthier skin, softer hair
- More restful sleep, clearer thinking, and happier mood
- Establish healthy habits for improved long-term health

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**Symptoms which may be relieved by following our 14 Day Detox/Cleanse Program include:**

- Digestive problems
- Bad breath
- Fatigue
- General malaise
- Constipation
- Headaches
- Itchy skin
- Skin rashes
- Joint pain
- Weight loss resistance
- Poor concentration
- Irritability
**Menus**

**Option 6**
- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon
- Steamed beets: steam 20-30 minutes or until soft, then peel off skin

**Option 7**
- Steamed kale; Swiss chard & collard greens sautéed with olive oil and garlic
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.
- ½ baked yam

**Option 8**
- Baby greens, chopped red cabbage, celery, broccoli with extra virgin olive oil & squeezed lemon or lime
- Baked halibut topped with tomato pesto

**Option 9**
- Roasted green beans
- Grilled turkey breast with sage
- ½ cup cooked wild brown rice

**Option 10**
- Turkey Roll Ups: Chop up tomato, cucumber, and ¼ avocado, grate a carrot, and add to the middle of a slice of nitrate-free turkey. Roll the turkey around the ingredients.
- Variation: add salsa or hummus

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**The Liver is the Primary Detoxifying Organ**

The liver utilizes a two-phase system in detoxifying the body of harmful substances. The Designs for Health products and diet plan in this program safely and effectively support this detoxifying process.

**The importance of drinking water**

It is crucial to assist the skin, kidney and bladder in eliminating unwanted toxins by drinking plenty of clean filtered or bottled water. It is recommended that during the 14 days you drink ½ oz of pure water per pound of body weight per day.*

*Exceeding 100 oz/day may be beneficial but is not a requirement of the program.
14 Day Detox/Cleanse Products
Comprehensive nutritional support

PurePea™ unsweetened or vanilla protein powder
A natural vegetarian pea protein isolate from non GMO North American yellow peas that is very easy to digest. Protein is very important for sustained energy and fueling detoxification pathways.

PaleoCleanse™ powder
Contains a unique blend of herbs, nutrients and antioxidants needed to support the liver in balancing Phase I and II detoxification pathways, promoting optimal liver function and elimination.

Amino-D-Tox™ capsules
Helps prepare the liver to safely detoxify chemicals and other toxins, avoiding toxic overload and reabsorption of harmful toxins.

Plant Enzyme Digestive Formula capsules
A comprehensive digestive support formula to reduce incidences of gas, bloating and discomfort sometimes associated with high protein intake.

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Option 1
- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa
  - Chop: 1 avocado, 1 tomato, ½ c. red onion, ½ c. capers (drained), 1/4 c. fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 tbsp. lime juice
- ½ cup cooked quinoa

Option 2
- Large mixed green salad with non starchy veggies of your choice
- Grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs of choice

Option 3
- Chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggies of your choice.

Option 4
- Organic vegetable broth
- Shrimp and vegetables: sauté fresh tail-on shrimp and chopped garlic in a non-stick pan with coconut oil, over moderate heat. Roughly chop 10 different vegetables and lightly stir-fry with freshly grated ginger, lightly drizzle sesame oil
- ½ cup cooked buckwheat noodles

Option 5
- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a portabella mushroom
- Mixed roasted vegetables: roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary)

Protein Ranges: 3-4 oz for Women
5-6 oz for Men
The 14 Day Detox/Cleanse Food Plan
For optimal detoxification and overall health

The recommended Designs for Health Detox/Cleanse food plan is a low allergen diet, designed to reduce inflammation and give the digestive system a break from the toxins and chemicals found in heavily processed foods. High allergen diets tend to cause damage to the digestive system and over time can lead to leaky gut and conditions such as Crohn’s disease. Reducing the foods in the Guidelines for Foods to Avoid (below) is also very important, as it allows time for healing to occur. Organic and seasonal foods are the best options when available, and fresh foods are better than processed or prepackaged foods.

The Problem with Grains and Gluten
A core element of this food plan is to reduce or eliminate the consumption of grains, especially those which contain a protein known as gluten. Gluten protein, present in grains such as wheat*, rye, barley, and oats, is potentially problematic for individuals that are “gluten sensitive” or “gluten intolerant.” Consumption of gluten for such individuals can lead to autoimmunity and resulting inflammation of the intestines, joints, thyroid, nervous system and other tissues of the body.

Apart from gluten sensitivity, grains like wheat, soy, and corn are also common food allergens. Therefore, both, foods that are potential allergens or grains that may provoke gluten sensitivity/intolerance reactions can cause inflammation, and thus must be eliminated from our diet during the healing process initiated in this program.

* Spelt, kamut, and triticale are wheat-related grains that are potentially troublesome to gluten-sensitive/intolerant individuals. Triticale is a hybrid of wheat & rye.

Guidelines for Foods to Avoid

• Sugar in all forms, including sucrose, fructose, high fructose corn syrup, honey, and maple syrup. Natural low-impact sweeteners such as stevia & polyols (e.g., xylitol & erythritol) are allowed.

• Artificial sweeteners (sucralose, maltodextrin, saccharin, aspartame, Sweet ‘n Low, Splenda, Equal)

• Gluten-containing grains: avoid foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable during the detox program.

• Dairy products including milk, cheese, yogurt and ice cream

• All alcohol and caffeine-containing beverages including coffee, tea and soda

• Soy protein, including tofu and tempeh

• Desserts (chocolate, candy, cakes, cookies)

• Processed, packaged foods

• Fried foods, hydrogenated oils, margarine

• Peanuts/peanut butter (high allergen legumes)

14 Day Detox/Cleanse Simple Schedule

Breakfast

Meal Replacement Shake
Combine: 1 scoop of PaleoCleanse™ and 1 scoop of PurePea™ powder in water or your choice of unsweetened rice milk or other milk alternative. See page 10 in this booklet for fun and delicious shake recipe ideas.

Take: 2 (women) or 3 (men) Amino-D-Tox™ capsules upon rising
2 Plant Enzyme Digestive Formula capsules with breakfast shake

Lunch

Regular meal
Choose healthy items from the suggested food choices on pages 5 and 6. Refer to the meal suggestions on pages 8 and 9 for gluten-free meal options.

Dinner

Meal Replacement Shake
Combine: 1 scoop of PaleoCleanse™ and 1 scoop of PurePea™ powder in water or your choice of unsweetened rice milk or other milk alternative.

Take: 2 (women) or 3 (men) Amino-D-Tox™ capsules before dinner
2 Plant Enzyme Digestive Formula capsules with dinner shake

Snacks

This is not a calorie-restrictive program. Do not starve yourself. If you must eat between meals, you can snack (in moderation). See page 6 for snack suggestions.

If desired, lunch and dinner can be switched in order to meet your schedule needs.
### Optimal Food Choices

#### Protein
*Organic, Hormone-Free, Free-Range/Wild Caught*

<table>
<thead>
<tr>
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<th>Fish</th>
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<tbody>
<tr>
<td>Bison</td>
<td>Lamb</td>
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<td>Chicken</td>
<td>Ostrich</td>
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<td>Cod</td>
<td>Pork tenderloin</td>
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<td>Eggs</td>
<td>Salmon</td>
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<td>Halibut</td>
<td>Sardines</td>
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<td>Scallops</td>
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<td></td>
<td>Shrimp</td>
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<td>Turkey</td>
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#### Veggies
*Fresh, Raw, Steamed, Juiced or Roasted*

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<tr>
<th>Vegetable</th>
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<tbody>
<tr>
<td>Arugula</td>
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<tr>
<td>Asparagus</td>
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<td>Avocado</td>
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<td>Bamboo shoots</td>
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<tr>
<td>Beet greens</td>
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<td>Bell peppers</td>
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<tr>
<td>Bok choy</td>
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<tr>
<td>Broccoli</td>
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<td>Brussels sprouts</td>
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<td>Cabbage</td>
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<td>Jicama</td>
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<td>Kale</td>
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<tr>
<td>Snow peas</td>
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<tr>
<td>Spinach</td>
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<tr>
<td>Squash</td>
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<td>Swiss chard</td>
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#### Beans

<table>
<thead>
<tr>
<th>Bean</th>
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<tbody>
<tr>
<td>Black beans</td>
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<tr>
<td>Chick peas</td>
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<tr>
<td>Kidney beans</td>
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<td>Lentils</td>
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<td>Lima beans</td>
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<td>Mung beans</td>
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<tr>
<td>Pinto beans</td>
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<tr>
<td>White beans</td>
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<tr>
<td>Yellow beans</td>
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#### Fruits

<table>
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<tbody>
<tr>
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<td>Plums</td>
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<td>Pomegranates</td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Strawberries</td>
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#### Gluten-Free Grains or Flour

- Amaranth
- Millet
- Rice (Brown, Wild or Basmati)
- Quinoa
- Buckwheat
- Nuts and Seeds
  - Unsalted, Raw, Dry Roasted or Butter
    - Almonds
    - Hazelnuts
    - Pecans
    - Sesame
    - Pistachios
    - Walnuts
- Condiments
  - Use Oils that are Cold Expeller Pressed and Non-Hydrogenated
    - Assorted olives
    - Ghee - clarified butter
    - Capers
    - Coconut oil
    - Extra virgin olive oil
    - Fresh herbs and spices
    - Grapeseed oil
    - Grated horseradish
    - Roasted red peppers
    - Sea salt
    - Sesame oil
    - Stone ground mustard
- Sweeteners
  - Stevia
  - Truvia®
  - Xylitol
- Snack Suggestions
  - PaleoBar™-DF (Dairy-Free)
    1 small apple (sliced) and 1 tbs. nut butter
    Hard boiled egg
    Cucumber slices with lemon juice or salsa
    1 tbs. nut butter on a celery stick
    10-15 unsalted cashews, almonds, or pecans
    ¼ cup hummus on a celery stick or ½ red pepper sliced
    ¼ cup walnuts and ½ cup strawberries
    4 – 8 rice crackers w/3 tbs. hummus
    ½ avocado, ½ tomato sliced, sprinkle of sea salt and drizzle of olive oil
    1 piece of fruit and 10 to 12 raw nuts
    1 ounce of meat

### Additional Resources and Links:
- [www.organicglutenfreeclub.com](http://www.organicglutenfreeclub.com) – for gluten-free items
- [www.grasslandbeef.com](http://www.grasslandbeef.com) – US Wellness Meats