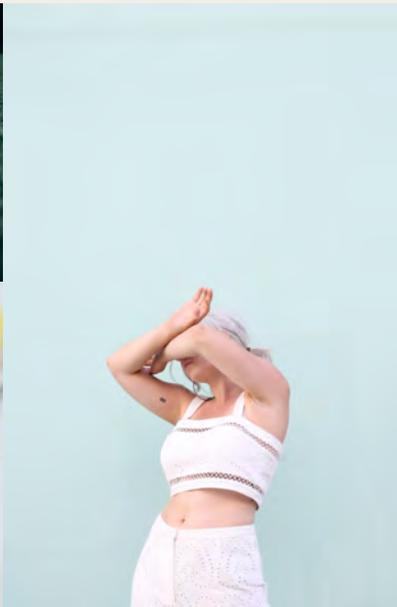




NORTH COUNTY
NATURAL MEDICINE

REVIVE

A 6-WEEK DETOX TO A
NEW YOU!





WHY CLEANSE?

The body has natural elimination and detoxification pathways that we aim to support while cleansing and during our day-to-day lives. Supporting these systems helps to prevent disease and improve vitality!

Wastes, toxins and metabolic byproducts are excreted through the kidneys, liver, colon, skin, and lungs. If we don't drink enough water, eat poorly, don't sweat or fail to breathe deeply toxins build up. When toxins build up they can overwhelm the system and lead to inflammation. Chronic inflammation is often thought of as disease when in fact they are the natural process of a body trying to rid itself of toxic build up.

THE BIG GOALS:

Remove

Eliminate the incoming burden of toxins from the diet and lifestyle by cleaning up your environment and diet.

Restore

Support the processing and elimination with cleanse supportive supplements, proper nourishment, castor oil packs and lymphatic massage. The goal is to create optimal gut function, an efficient liver, and proper lymphatic flow.

Reset and Reconnect

Connect with yourself, with others in community, and with nature. This is a time to learn to truly listen to your body's individual needs and allow for a total body, mind, and soul reset.

Types of Toxins:

Toxins are any substance that has a harmful effect on you body. Toxins are unavoidable in our world of processed foods, high stress, and pollution. Toxins invade the body from three main sources: the environment, personal lifestyle choices, and the body's own metabolic processes. With NCNM's Cleanse program, you will give your body the tools it needs to rid itself of harmful toxins, leaving you feeling rejuvenated and healthy.



Environmental Toxins:

- Pollution
- Auto Exhaust
- Solvents (paint, cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalants



Lifestyle Toxins:

- Dietary choices (fast foods, fried foods)
- Cosmetic and personal care items
- Nicotine
- Alcohol
- Caffeine
- Prescription Drugs
- Over-the-counter drugs
- Artificial food additives, colorings, and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars



Internal Toxins:

- Bacterial, yeast, fungal overgrowth
- By-products of metabolic reactions, such as carbon dioxide and ammonia
- Undigested food
- Stress
- Unresolved trauma or abuse
- Unhappy relationship





Foods to Avoid that DECREASE Detoxification

<p>Fruits</p> <ul style="list-style-type: none"> • Canned Fruit packed in syrup • High-sugar or artificial berry juices • Tropical fruits: Mango, Banana, Pineapple, etc. 	<p>Vegetables</p> <p>Corn</p> <p>Canned vegetables in sauces</p> <p>Soybean and soy-based foods</p> <p>Mushrooms</p>	<p>Grains</p> <p>Refined flours</p> <p>Gluten-containing: wheat, spelt, kamut, rye, oats, barley</p> <p>White rice</p> <p>All bread, pasta, crackers, cookies, baked goods (even if gluten free)</p>
<p>Nuts and Seeds</p> <p>Peanuts</p> <p>Peanut butter</p>	<p>Milk Products</p> <p>Cow/Goat dairy</p> <p>Dairy based Milk</p> <p>Cheese</p> <p>Ice cream</p> <p>Yogurt</p> <p>Frozen yogurt</p>	<p>Proteins</p> <p>Conventional beef</p> <p>Pork</p> <p>Luncheon meats</p> <p>Hot Dogs</p> <p>Sausage</p> <p>Bacon</p> <p>Shellfish</p>
<p>Fats and Oils</p> <p>Margarine</p> <p>Butter</p> <p>Hydrogenated oils</p> <p>Cooking Sprays</p> <p>Mayonnaise</p> <p>Shortening</p> <p>Corn oil</p> <p>Canola oil</p> <p>Vegetable oil</p> <p>Peanut Oil</p>	<p>Beverages</p> <p>Coffee</p> <p>Black tea</p> <p>Soda</p> <p>Alcohol</p> <p>Energy drinks</p> <p>Sweetened beverages</p>	<p>Spices and Condiments</p> <p>Ketchup</p> <p>Yellow Mustard</p> <p>Relish</p> <p>Soy sauce</p> <p>BBQ sauce</p> <p>Iodized salt</p>
<p>Sweeteners:</p> <p>White or brown sugar</p> <p>Agave nectar</p> <p>Corn syrup</p> <p>Sucralose</p> <p>Aspartame</p> <p>Saccharin</p> <p>Artificial flavors, colors, and preservatives</p>	<p>Plant Proteins and Legumes</p> <p>Soybeans</p> <p>Tofu</p> <p>Miso</p> <p>Edamame</p>	<p>Other Ingredients:</p> <p>MSG</p> <p>Carrageenan</p> <p>HFCS</p> <p>Sodium Nitrates and Nitrites</p> <p>Sodium/Potassium Benzoate</p> <p>Blue, Green, Red, Yellow Dye</p> <p>Natural Flavoring</p> <p>Butylated Hydroxyanisole</p>



Foods to Include that INCREASE Detoxification

Fruits	Vegetables	Grains
Raspberries	Broccoli	Wild/ Brown rice (in moderation)
Strawberries	Cabbage	Quinoa
Blueberries	Cauliflower	Millet
Cherries	Brussels sprouts	Amaranth
Apples	Watercress	Buckwheat
Persimmons	Arugula	
Any other fresh or frozen fruit that is not high in sugar! (ask us for the list if you are unsure)	Kale	
	Bok Choy	
	Radish	
	Turnip	
	Yam	
	Beans and lentils	
	Garlic and Onion	

Nuts and Seeds	Milk Products	Proteins
Almonds	Non-dairy milks, such as, unsweetened coconut, almond, and hemp milk (must not contain carrageenan)	Wild-caught fish
Cashews		Organic or pasture-raised chicken and turkey
Walnuts		Grass-fed lamb, elk, bison
Sunflower seeds		Eggs (if tolerated)
Sesame seeds (raw or sprouted only)		

Fats and Oil	Beverages	Spices and Condiments
Extra virgin olive oil	Purified water	Turmeric
Flaxseed oil	Sparkling water	Garlic
Coconut oil	Organic herbal or ceremonial grade matcha	Ginger
Sunflower oil	green tea	Rosemary
Sesame oil		Raw Cocoa
Nut oils (other than peanut oil)		Sea salt
Ghee		

Sweeteners	Plant Proteins and Legumes
Stevia	All except soy
Monk FRUIT (MINIMAL honey and Grade A or B maple syrup allowed)	Canned Beans are acceptable as long as the can states "BPA-free"



Lifestyle Guidelines

1. **Follow the supplement schedule** provided with our 6-week cleanse. Includes 3 nutrient dense protein powders to promote a healthy gut, liver detox, and optimal nourishment, as well as detox support capsules, and the ultimate sweet greens phytonutrient powder.
2. **Skin Brush Daily!** This isn't just an "extra" piece; rather, this is a vital piece to optimal results! The body must move the toxins, and your lymph is the major highway by which they are traveling. Help you body move them along more efficiently with skin brushing
3. **Apply a castor oil pack 3x weekly** for enhanced detox. Castor oil packs aid in elimination and detoxification, as well as, offer pain modulation and anti-inflammatory properties. We love the Heritage Castor Oil Pack available on Amazon or at our clinic.
4. **Take time for daily gratitude.** Our mind and soul are crucial aspect of our health, and it is important to nourish these regularly. A regular gratitude practice is a powerful way to start to experience life in a more positive light. We ask that you write down 3 things each morning, for which you are grateful!
5. **Sleep 8+ hours a night.** Sleep is vital to optimal hormone production, neurological function, and weight loss. Don't take this piece for granted! Every hour before midnight counts as double, so get to sleep by 9pm to maximize your benefit.
6. **Limit Screen time to < 1 hours/day outside of work.** It's time for a digital detox! Several studies correlate extra screen time with unhealthy behaviors.
7. **Get 15 minutes of morning sunlight each morning.** Morning sunlight helps balance your cortisol/melatonin rhythm, decreasing daytime fatigue and nighttime insomnia
8. **Eliminate toxic exposure and avoid the following:**
 - Plastic water bottles
 - Plastic Tupperware
 - Styrofoam cups or takeout containers
 - BPA lined cans
 - Tap/Unfiltered water
 - Toxic cleaning products (replace with recommended brands)
 - Toxic lawn products, such as, weed killers and pesticides
 - Toxic Makeup (replace with recommended brands)





Secrets to your success

- Start your morning with **warm water + 1 tsp fresh squeezed lemon**. This helps to wake up your digestive system and accelerate detox.
- **Add fiber** soak 1T of chia seeds in water overnight or for at least 30 minutes to add to your morning shake. This will help normalize bowel movements.
- **Eat dinner before 7pm**. Not only does this give your digestive system a break, but it allows your organs to work away on detox and not on digestion ☺
- **Go to bed earlier** & rise with the sun – get your beauty rest!
- **Preparation is key!** Bring your protein powder with you on the go! All you need to do is add water!
- **Change up your flavors!** Instead of creating a medley of vegetables, try to have 1-2 veggies at a time and spice it up with a homemade dressing!
Dressing recipe: Simply mix 1 bundle of fresh herbs (we love cilantro and basil) with organic olive oil, sea salt and pepper.
- The **more greens** you eat the better you will feel. They are packed with vitamins, minerals & chlorophyll, which help with digestion & increase energy. Eat veggies with every meal. Spinach for breakfast, kale for lunch, broccoli for dinner... You pick your favs! You can get all of your vitamins, minerals and protein from your greens.
- **Eat a good quality salt!** This includes sea salt, Himalayan salt, Celtic salt, real sea salt, etc. ¼ tsp 2x/day. Avoid iodized table salt which is mostly sodium without the nutrient rich sea minerals.
- **Steam your veggies** with filtered water until slightly crunchy THEN add oils. It is best not to cook with your oil but if you must, we recommend cooking with coconut oil.
- **Cook your grains and vegetables fresh** each time if possible
- **After each meal, mix 1 part aloe to 1 part water (1 ounce each) and swish for 2 minutes, then swallow.** This will kill all of the sugar-eating bugs and help with sugar cravings!
- **Do not eat anything that tastes sweet.** If sugar cravings persist, add more aloe and more protein powder and oils!



Interested in trying our 6-week cleanse? Call or email today to find out more information.

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