

Sheila Landis
Certified Nutritional Therapist



This program is designed to begin resetting your tastes encouraging the absence of cravings. Food cravings are often born out of food sensitivities and allergies. You will be restricted in content on this program to begin to break cravings through habit changes, taste retraining and eliminating the foods most often responsible for food based allergies. For a seven or ten day period you will eat every 3 hours up to your evening cutoff time. You may experience mild detoxification symptoms. Nutritional supplements and medications you are currently taking should be maintained unless otherwise directed.

Some additional support may be desirable during such programs. I do not recommend this *Plan* without consulting with a Nutritional Therapist or Naturopathic Physician as this could be a mild cleanse to your body depending on your current eating habits.

Eating Guidelines:

- Eliminate for the duration: Dairy, soy, corn, grains, red meat, fruit, nuts (see exceptions on foods list), alcohol, and sugar. Caffeinated beverages and all soda should be avoided.
- Eat Freely after day 3: chicken, fish, lamb, vegetables. Manage portion sizes according to the time of day with the majority of your calories consumed prior to 5pm.
- Upon waking, drink warm water with the juice of half a lemon. (4-6ounces) Follow this with at least another 12 ounces of clean water at least 30 minutes prior to eating. Protein shakes can be made with water, almond milk, coconut milk and protein powder. A small amount of berries can be added for additional flavor. Be sure to select a quality protein powder without fillers or dairy components. Note: Whey is a dairy component and may not be your best choice. I offer suggestions on my website for products I have found taste great and have no fillers or allergens.
- A cup of warm water in the evening if possible.

The numbers in green are for a 7 day duration.

Day 1 - 3 (1-2)

Breakfast: Protein shake

Mid Morning: Protein shake

Lunch: Healthy fiber in the form of veggies or salad, light or no dressing with a non vegetable oil base

Mid Afternoon: Protein Shake, raw veggies if you need a snack

Dinner: Protein Shake, raw or lightly cooked veggies if you need more food.

Evening: Protein shake. Make sure to consume it prior to 7:30pm. Warm water supports bowels and detoxification process. It also helps prevent constipation.

Day 4-10 (3-7)

Protein Shake in the morning and before dinner. Now resume 3 meals per day maintaining the guidelines above.

Food Guidelines:

Vegetables: Eat generous amounts—you cannot over do it here—especially lots of leafy greens. Color variety is a good guide, you are looking for 5 (green, red, yellow, orange, purple). Avoid the starchy vegetables as a general rule. Shoot for 50% raw and the balance lightly cooked. Buy in season veggies or frozen (ideally from a local source). The longer it has been out of the ground, off the vine, or out of the tree, the more denatured your food source is.

Liquids: Half your body weight in ounces of water away from meals each day. Green tea, limited decaf coffee. Almond milk, coconut milk, sips of coconut water.

Avoid: All animal and plant products with hormones, antibiotic content or pesticide residues. (Grain feeds i.e. vegetarian fed does not mean contaminant free.)

All pesticide contaminated vegetables and fruit, and preservative contaminated meats can supply estrogen look alikes to the body creating hormone imbalances that inhibit long-term health. Water bottles, microwaving in plastic, warm food placed in plastic containers are all candidates for chemical estrogens among their other toxins. Avoid these now and in the future.

All soda and caffeine. These will minimize the benefits of a reset plan.

Activity Guidelines:

Days 1-3 (1-2)

Your mission is to rest. Both your digestive system as well as your physical muscular system. This minimizes the energy needed to manage those processes and their oxidative wastes and promotes detoxification and healing.

Days 4-10 (3-7)

Mild activity is fine. Light weights, walking, comfortable bike rides starting after the initial phase. After dinner walks are great to promote digestion prior to sleep in all phases.

Detoxification Process:

Your natural detoxification process happens overnight and into early morning. Over the course of a restful night, your body has cleaned house and is now ready to remove the wastes. Upon waking, the process of lemon water stimulates the flow of bile to aid in the removal of the toxins released from tissue overnight. Drinking water and green drinks first thing, helps offer the bile and the toxins it carries, an exit strategy.

Detoxification Symptoms:

Headache - minimized with lots of water, fish oil, flax oil.

Nausea - that means bile is flowing, toxins are moving. Help them exit freely with water, and healthy fiber for bowels. It can also be a sign of low stomach acid. Support with raw apple cider vinegar, bitters or digestive enzymes.

Skin breakouts - don't be alarmed if you briefly return to puberty. Toxins have opted to leave through your pores. Should subside after a week. Drink lots of water to help them depart.

Fatigue - you may be more tired as your body is CHANGING. It is moving out toxins and hopefully beginning to rebuild. This can take energy. You are also fueling yourself on a very different source than your system is accustomed to. Be patient, sleep a little extra, stay warm.

Change in bowel habits - Constipation or diarrhea are symptoms of the body responding to change. I offer suggestions for both on the back page. Gas and bloating may occur if you do not regularly eat raw vegetables. Back off the raw and lightly cook your fiber, that should resolve digestive upset.

Contact me directly for additional support options

VEGETABLES

spinach kale
 romaine red/green lettuce
 chard celery
 asparagus onions
 endive arugula
 beet greens cauliflower
 broccoli Brussels sprouts
 peas peppers
 carrots squash
 tomatoes

MEAT

fish
 turkey
 chicken
 lamb

SPICES

garlic
 ginger
 cumin
 cinnamon
 turmeric
 basil
 oregano
 parsley
 rosemary

NUTS & SEEDS

almonds
 walnuts
 pumpkin
 pecans
 (all soaked or
 sprouted - no
 raw or
 roasted)

BEVERAGES

water
 coconut water - diluted
 coconut milk -plain
 almond milk-plain
 hemp milk
 (unsweetened vanilla)
 green tea
 quality protein drinks
 dandelion tea
 licorice tea
 peppermint tea

Tweaking Details

- 2-3 tsp fresh ground flax seed in smoothie or with a small amount of juice AM or PM. Take just before bed with warm water for constipation. (Available in capsule form, Nutraflax supplement)
- Senna tea or warm water prior to bed if you experience constipation.
- Probiotic supplements to replenish healthy flora, minimizes diarrhea and constipation.
- Probiotic foods, fermented vegetables like pickles, sauerkraut and kimchi.
- Licorice and Dandelion teas are both natural cleansing aids.
- Waking during the night - stop your liquid consumption 60 minutes prior to sleep, add the evening protein shake. Add 5HTP or magnesium supplement.
- Anti-inflammatory agents can further enhance the detoxification process. Things like fish oil, flax seed/oil, digestive enzymes/anti-inflammatory enzymes and herbs.
- Lots of fluids - aim for at least 60 ounces of water daily. DO NOT exceed 100 ounces ever!

Optional Components for the over achiever

Green Drinks - make your own in a Vitamix with fresh greens or consider a powdered versions for convenience.

Detox Practices - Saunas, steams, massage, dry skin brushing, hydrotherapy, colonics. Bathing in magnesium and natural salts. (Epsom salts)

Resuming Normal Eating

Add food categories back one at a time leaving two to three days between the eliminated categories. Be aware of energy, any digestive upset, sleep disruption, that drippy nose when you eat, etc. This will offer you insights into how to maintain a healthy eating program based on what your body thrives on.

Perhaps one of those old favorites was causing some not so favorite side effects. We often crave the very foods that offer us the most grief. This is especially true of processed foods as the chemical and sugar content are highly addictive.