



Lifestyle Guide

THE HEALTH YOU SEEK INVOLVES THE WHOLE PERSON.

This comprehensive cleanse is more than a natural supplement regimen. It recognizes and celebrates the innate complexity of YOU. The interconnectedness of your body, mind, and spirit. Because the health you seek involves the whole person.

For the best results, go all in! Commit to following the proven nutrition, movement, sleep, stress management, and community guidelines in this booklet. Experience even more of the health benefits you desire!

Here are some suggestions for optimizing your nutrition:

Fill up on prebiotic foods. These include apples, asparagus, bananas, cocoa, eggplant, flaxseed, garlic, honey, artichokes, jicama, legumes, onions, peas, and whole grains.

Eat the rainbow! Aim for four or five different colors on your plate at each meal to ensure you incorporate various phytonutrients.

Include probiotic-rich foods. Fermented foods such as sauerkraut, kimchi, natto, kombucha, and kefir are rich in probiotics.

Focus on healing fats. Beyond olive and coconut oil, consider walnuts, cashews, nut butters, flax, hemp, chia seeds, wild-caught fish, and avocados.

Eliminate gluten and dairy. Gluten and dairy are pro-inflammatory for many people.

Reduce or Eliminate Alcohol. Excessive alcohol has negative effects on the microbiome and increases the workload on your liver. It is best to avoid it during a cleanse.

Sleep

Sleep is one of the most important things you do each day. Your body runs on an internal "clock." These circadian rhythms are 24-hour cycles, running in the background to carry out essential functions and processes. Irregular sleep disrupts this cycle and can lead to whole-body dysfunction.

HOW SLEEP SUPPORTS DETOXIFICATION

The primary function of the gallbladder is to release bile to help break down and absorb fats. Bile also binds to fat-soluble toxins and ushers them out of your body through the stool. Getting into a good sleep routine and going to bed early is a great way to support these vital functions.

The liver is the main detoxifying organ in the body, and its power hours are from 1 am to 3 am. Keeping late-night hours will interrupt your circadian rhythm and interfere with your body's built-in supports for detoxification.

Nutrition

To protect and enhance the restorative healing occurring during your **Comprehensive Cleansing Program™**, pay attention to what you put in your body. The right diet will support your cleanse!

The foods you choose (rich in prebiotics, probiotics, phytonutrients, and healthy fats) will help your body maintain a well-balanced, flourishing microbial environment. Our clinical team recommends eliminating **gluten, dairy, sugar, and alcohol** during your cleanse.



Shop the perimeter. Remember that fresh, unprocessed food is generally located around the perimeter of most grocery stores.

Eat in. The best meals are those you prepare yourself – not boxed dinners or overly processed foods in packages. The more real, raw or lightly cooked, and whole ingredients in your meals, the better.

Sugar. We all know how addictive sugar can be. Healthy alternatives – in moderation – are honey or maple syrup. Dark chocolate (>72%) is a great way to satisfy that sweet craving, too!

Focus on lean, free-range, grass-fed meats. Maintain adequate protein intake at each meal. Pair it with fresh vegetables, fruits, and whole gluten-free grains.



HERE ARE SOME SUGGESTIONS FOR BETTER SLEEP:

Follow a consistent sleep schedule. Train your biological clock – go to sleep and rise at the same time each day.

Create a bedtime routine. Do things in the same order each night. This will help train your circadian rhythm.

Avoid caffeine. Try not to consume caffeinated beverages and foods after noon.

Establish an exercise curfew. Complete exercise at least three hours before bedtime.

Turn off electronics. Keep electronic devices out of the bedroom and avoid screen time two hours before bed.

Keep the peace. Avoid anxiety-provoking activities and conversations close to bedtime.

Assess your sleeping space. Make sure your environment is conducive to quality sleep – no lights, a sound machine if necessary, and room temp not too hot or cold.

Encourage slumber. Read a book or spend some time meditating to help you fall asleep.



