



fall Detox

Guidebook



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Welcome To Your 21 Day Clean Eating Detox!

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 detoxing and optimum wellness.

The next 21 days could change your life. It will definitely change the way you think about food, how food tastes, you're eating habits, and your food cravings. You'll also notice softer, clearer skin, more energy, and increased feelings of well-being. If you're not sure what that means, you'll figure it out soon enough!

The results of your detox can be as large or small as you want. You don't have to comply 100% with the guidelines to see amazing results. You can listen to your body and ease into and out of it, as needed. The choice is yours.

The fact is you know what your current diet can do, so this is a chance to learn what this new way of eating can do for you, too.

You'll start by taking out some of the main causes of inflammation in the body and putting back in tons of fruits and veggies and other liver-loving foods that will give your kidneys, liver and digestive system a chance to do some clean up. It's best to limit the work of the body during this time, so providing it with as much healing and anti-inflammatory foods as possible is the goal. These foods will help boost and optimize the body's natural detoxification ability.



Remember, your body is constantly giving you an indicator of how your diet is affecting you. Your energy level, mental focus, hair, nails, skin, elimination, and mood can tell you a lot...if you're paying attention.

Observe these things going forward. Don't worry so much about protein needs, carbs, or fats...just let go of any worries that you're not going to get what you need. Prove it by observing how you feel. Use this as your measuring stick to decide how things are working for you.

Even those who have a super clean diet and lifestyle benefit greatly from seasonal detoxing 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.

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 get "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 detoxing!*

Welcome to your 21 Day Clean Eating Detox!

■ ■ ■ Why Should You Do a Detox?

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.

Detoxing 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.



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When your body cannot eliminate waste properly it becomes acidic and toxic, when it becomes acidic and toxic, you get sick.

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

1. You take in more toxins from your food and the environment than you can eliminate. This burdens your body's own detox pathways and they are not able to fully recover.
2. Individual variability in the body's detoxification capacity due to genetics, lifestyle, drug intake, and other environmental exposures.
3. An overly acidic diet that allows micro-organisms (yeasts, molds, funguses, etc.) to produce mycotoxins in our body which makes more toxins.

Toxins are stored in your cells. The quality of your health comes down to the quality of your cells. *We literally are what we eat.*

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 detoxes 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 seasonal detoxing. 90% of the time I start all my clients on a detox, 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 detox, let's talk a little bit about toxins and inflammation.

What makes us toxic?

Certain foods, chemicals in the environment, cosmetics, skin care, 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 consistent stress; and even the toxic thoughts and words that 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 (if needed)
- 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 Detox Preparation Workbook BEFORE getting started.



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2. Get organized – read the program materials provided, input new habits, self-care, and routines into your calendar – try to automate everything as much as possible.
3. Review the **Meal Plan and Recipes Guide**, order your Detox supplement and probiotic from [Designs for Health](#) (if using).
4. Go through the recipes and decide what you want to eat; do some meal planning and then go grocery shopping.
5. Create a system to make things easy. Set up your needed kitchen gadgets, equipment and props, etc. Give away all items you will not need to create a detox-friendly environment.

Benefits of Detoxing

There are many reasons that a person may choose to detox. 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 or detoxifying 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 detox 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 detoxification 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 detox 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 detox 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 detoxing.

One incredible benefit to detoxing 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 cause 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 detoxing you will begin to recognize which foods may not be serving you, despite what you have read or been told.

Detoxing and your body

Every toxin that 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. Since we now understand the degree to which we are exposed to toxins on a daily basis, it's 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 detox is focused on stimulating elimination and supporting the liver's detoxification. 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.

■ ■ ■ 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 and detoxification. Waking up around this "liver time" can signal that the liver is exhibiting signs of toxicity and needs some detoxing. 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.

Skin problems?

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

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.



Your Detox

I have outlined the basic detox program below. If you have any specific issues, such as inflammation, candida, hormonal issues, possible food intolerances, food 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. Your detox is based on a three-phase model.

Although I know everyone likes to be told exactly what to do, you will need to take some responsibility and tune into your specific needs to fit your unique intention. Also, if you want to shorten or extend the detox, let me know and I can help you determine how many days you dedicate to Phases 1, 2, and 3.

After preparation, there are three phases of this program:

1. Phase 1 – alkalizing
2. Phase 2 – awareness/deepening
3. Phase 3 – transitioning

How to optimize your detox:

- 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 detoxing at night. This is why staying up past midnight to party is particularly destructive to the liver.



Basic Detox Foods

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

Clean Food List: *(if marked with ** avoid these foods during Phase 2)*

- ** Wild, Cold Water Fish, especially small, non-predatory species such as sardines, herring, wild salmon, cod (and black cod), and sole
- ** Lean white chicken (organic)
- **Eggs (preferably pasture raised)
- Fresh or frozen fruit, ideally berries (only organic)
- Dried fruits (dates, prunes, raisins, figs, etc.)
- Leafy greens, including: kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress, beet greens
- Fresh vegetables – no limit, try to eat more than four cups per day
- Legumes – lentils, navy beans, black beans, mung beans, etc
- Gluten free grains, including: brown rice, wild rice, quinoa, millet, amaranth, rice noodles, organic gluten- free oats
- Sprouts, including alfalfa, brocco, clover, mustard, radish, etc.
- Brown rice and quinoa (limit to two servings daily)
- Unsalted raw nuts and seeds (no peanuts if you think they are triggers)
- Flax, hemp and chia seeds (ground flax)
- Lemons -- organic, do not purchase pre-squeezed lemon juice
- Vegetable broth (organic)
- Sea vegetables and sea seasonings (nori, kelp, dulce, wakami, etc)
- Organic non-dairy unsweetened milks, including: hemp, rice, almond, hazelnut, walnut, coconut, and nut milks
- Avocado
- Olive oil (extra virgin, California grown)
- Coconut oil
- Raw apple cider vinegar



- Herbal teas (Green tea, if you choose)
- Unsweetened cranberry juice
- Dried spices, including: Celtic sea salt, turmeric, black pepper
- Fresh herbs, including: mint, basil, parsley, cilantro, rosemary, chives, coriander
- Stevia
- Bragg's liquid aminos and/or coconut aminos
- Herbal or fruit teas; spa water
- Water – aim for 64 fl oz/day

Foods to Avoid:

- 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
- Diet drinks or foods containing artificial sweeteners like aspartame, Sucralose, etc.
- Alcohol
- Chocolate, sweets, jam and sugar in any form (includes maple syrup, honey, agave, sugar in the raw, etc.)
- Coffee (including decaf)
- Dairy products (including milk, butter, cheese, yogurt, ice cream, creamer (and foods made with these items); including non-dairy creamer, margarine or non-butter spreads
- Soy products (e.g. tofu, TVP, miso, tempeh)
- Gluten (anything made with wheat) and all flour products
- Processed foods, ready-made meals, ready-made sauces and jarred sauces; frozen processed meals
- Refined oils and hydrogenated fats such as margarine
- Store bought sauces, salad dressing, mayonnaise, ketchup
- Soda, sports drinks and sweetened bottled drinks, including diet versions
- Fast food and junk food
- Any food that comes in a box, package, or is commercially prepared
- Vegetable oils including corn, soybean, cottonseed, sunflower, canola



■■■ Supplements

- I recommend Designs for Health professional line of supplements. You can only purchase these supplements from a health care provider. If you want to use supplements I recommend below for your detox, you will need to create an account with DFH and provide my name and phone number under “Healthcare Practitioner Referral” information. My office line is 703-825-1779. You will need to wait 24 hours to receive your online password before ordering. [Click here](#) to set up your account.

Below are the supplements I recommend to support your detox:

- **Daily Detox Supplement:** This complete daily [supplement pack](#) from Designs for Health includes all the essential nutrients to support your detox.
- **Probiotics:** Essential for optimal digestion of food and absorption of nutrients, and to help your body produce vitamins, absorb minerals and aid in the elimination of toxins. I recommend the [FloraMyces](#) from Designs for Health.
- **Optional Supplements during detox:**
 - Multivitamin
 - Chlorella
 - Greens powders
 - Plant-based protein powder
 - Digestive enzymes

You can find my recommendations for these additional items on my Detox Store on Amazon.com here: <http://astore.amazon.com/domr-20>

ALL SUPPLEMENTS ARE OPTIONAL and not required to achieve the benefits of this program. They are suggested only as extra support and detox facilitation.



■ ■ ■ Kitchen Equipment & Gadgets

You don't need much for a successful detox! However, there are a few pieces of equipment that will make the experience most enjoyable. You can find many of these on my online [Amazon store!](#)

[Vitamix blender](#) or other high powered blender. A high powered blender is going to give you a delicious green smoothie every time. You will immediately notice the difference when you make this switch. A Vitamix is an investment, but it's something that you will use every day. To save money, email me and I will help you get a reconditioned model online. You can also use my affiliate discount to get free shipping (save \$25) at [Vitamix.com](#).

The code at checkout is: 06-007372

[Nutribullet](#) is a great second-best option for high speed blending; it's not as powerful or as versatile as the Vitamix, but it is less expensive

[Food Processor](#) – essential for making delicious detox bars and treats

[Nut Milk Bag](#) – for making your own homemade nut milks

■ ■ ■ Therapies and Lifestyle Habits

Daily Activities That Support a Healthy Liver

1. Eliminate toxins from your diet and your life as much as you can.
2. Consume at least 64 fluid oz. of filtered, purified, spring or mineral water/day (try "spa water" infused with rosemary, cucumbers, lemon, and other fresh herbs).
3. Upon rising, sip warm water with lemon.



4. Consume a greens drink/smoothie for breakfast each day. Eating dark greens, preferably raw, every day (e.g. green drinks/smoothies, a big green salad, and green food supplements) is important. Also 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. If you're showing signs of liver stress (see above), eat your animal protein between 10 a.m. and 3 p.m. It may be stressful for the liver to eat the animal protein later in the day or evening.
6. Sleep at least 8 hours each night.
7. Consciously chew your food. This will aid in digestion and help assimilate nutrients.
8. Remember, you need protein daily to support and detoxify the liver. Great non-meat sources of protein include greens, beans, quinoa, wild rice, hemp protein, green super-foods like spirulina, chlorella, and blue-green algae.
9. Eat dinner at least 2-3 hours before bedtime.
10. Make sure you are eliminating daily. 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, make sure to get enough fiber, take your probiotic, and drink plenty of water.
11. Sweat! Saunas and exercise are a good way to sweat. Another way is the toxin eliminator bath (details below) 2-3 times per week.
12. Dry brush daily before your shower. Use a natural bristle body brush to stimulate your lymphatic system and help move lymphatic fluids (instructions in your Detox Replenishers Tool Kit).
13. Cold water rinse after your shower (works your goosebump muscles for better skin tone).



■ ■ ■ Daily Stress Relief

This is one of the most important parts of your detox program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success. Refer to your Detox Replenishers Toolkit for additional suggestions.

1. As much as possible (daily if you can) take a **Toxin Eliminator Bath**. 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 move your body at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). Try doing a few yoga poses, dance around the room, use your rebounder, do jumping jacks, or take a walk.
3. Twice per week, go for a sauna.
4. At least one massage is highly recommended during your detox. It can be great to get one at the beginning and one towards to end, as you will see how your body has changed.



■ ■ ■ The 3 Phases of the Detox

Preparation

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

What is toxic withdrawal?

When you start to eliminate substances that 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. 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, coffee, soda, or chips, the more you will inhibit the healing detoxification process.

Signs that you are experiencing toxic withdrawal are:

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

Depending on your situation, this could last from 2 – 5 days during preparation and Phase 1. This will be the most difficult phase of the program, but these changes are the most important to getting you started. Don't give up!

Phase 1: Alkalizing the Body

In this phase, we are reducing the acid load in our bodies and enjoying an abundance of alkalizing fresh (organic) plant foods, and green drinks and limiting our clean, high quality animal proteins to only once/day.



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 detoxification.

Phase 2: Deepening the Detox

During this phase we are eliminating animal proteins from the diet. This will be the most restrictive phase and you may choose to cut it back to three days if you desire.

You also may want to take things deeper and really clear and restore the body. You can do so by eating a high raw diet and limiting cooked grains and beans as well.

Phase 3: Transition

At this point you will be adding back the foods you eliminated during phases 1 and 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. **I have outlined instructions on how to do this in your Detox Protocol.**

As you add back food groups, you will be keeping track of symptoms so that 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, you know that too much alcohol can cause a hangover. Food, and especially sugars, works the same way.



■ ■ ■ Eat Alkaline

Eating more alkaline foods reduces inflammation, boosts immunity, increases energy, and balances digestion. For most people, the ideal diet is 75% alkalizing foods and 25% acidifying foods by volume.



■■■ 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 that 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 that 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 that we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals that 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 that 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 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 for their entire lives. They just think, "There must be



something wrong with me.” The most common foods that 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 detox, 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, you likely 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.

Simple at home saliva test to test for candida:

1. First thing in the morning, before you put anything in your mouth, fill a clear glass with room temperature filtered water.
2. Work up a bit of saliva, and spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.
3. If you see strings (fibers) traveling down into the water from the saliva floating on the top, cloudy specks (particles suspended in the water) or cloudy saliva that sinks to the bottom of the glass you likely have a candida problem.

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 a 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 blood stream. 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 that 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
- 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 detox. 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 confidence 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.

