

KICK-START YOUR METABOLISM AND  
SAFELY LOSE UP TO 10 POUNDS IN 7 DAYS

# THE ULTRASIMPLE DIET COMPANION GUIDE

AUTHOR OF THE  
*NEW YORK TIMES*  
BESTSELLER  
ULTRAMETABOLISM

- ✓ Target Your Belly Fat
- ✓ Revitalize Your Health
- ✓ Boost Your Energy



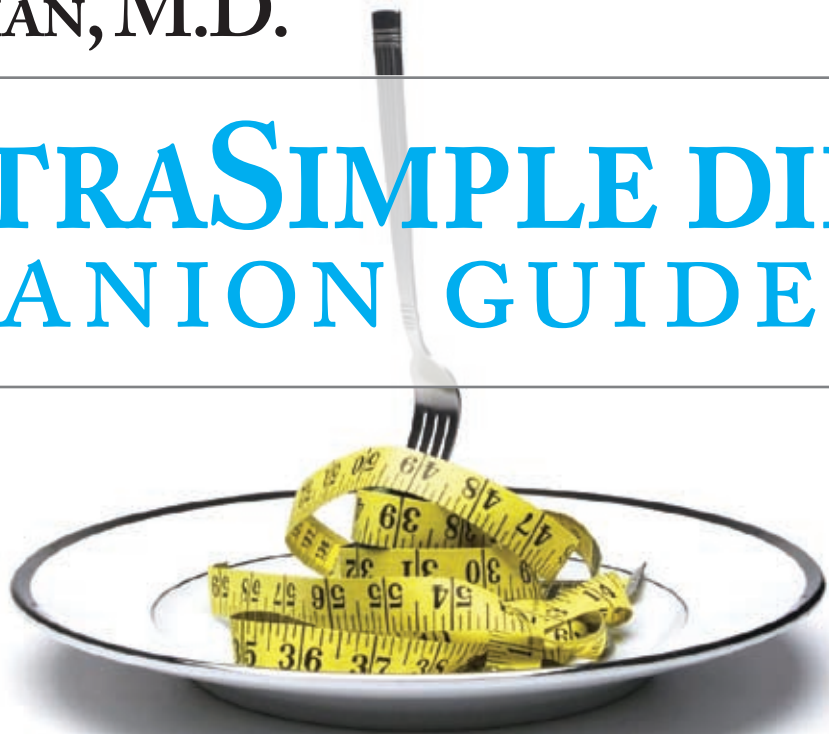
MARK HYMAN, M.D.

MARK HYMAN, M.D.

---

# THE ULTRASIMPLE DIET COMPANION GUIDE

---



This publication contains the opinions and ideas of the author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is provided with the understanding that the author and publisher are not engaged in rendering medical, health, psychological, or any other kind of personal professional services in the book. If the reader requires personal medical, health, or other assistance or advice, a competent professional should be consulted.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly, or indirectly, of the use and application of any of the contents of this guide.

# TABLE OF CONTENTS

## **Introduction:**

*How and Why to Use this Guide* ..... 1

## **Section 1:**

*Your UltraSimple Test and Measurements* ..... 3

## **Section 2:**

*Preparing and Shopping for the Week* ..... 13

## **Section 3:**

*Your Daily Checklists* ..... 21

## **Section 4:**

*Journaling Made UltraSimple* ..... 36

## **Section 5:**

*UltraSimple Recipes, Alternate Food Choices,  
and Delicious Snacks You Can Eat on the Program* ..... 55

## **Section 6:**

*Enhancing Your Detoxification Process* ..... 101

## **Section 7:**

*Understanding and Taking Supplements* ..... 110

## **Section 8:**

*Reintroducing Potentially  
Allergenic Foods and Tracking Allergic Reactions* ..... 131

## **Section 9:**

*More UltraSimple Tips* ..... 133

## **Section 10:**

*Create an UltraMetabolism for Life* ..... 152

## **Section 11:**

*Frequently Asked Questions* ..... 156

## **Section 12:**

*The UltraSimple Resources* ..... 167

## **Appendix A:**

*Biotransformation, Detoxification, and Weight Loss:  
Systems Biology, Toxicity, and Functional Medicine* ..... 175

# INTRODUCTION: HOW AND WHY TO USE THIS GUIDE

I wrote *The UltraSimple Diet* because I wanted to give you an experience—one that would show you how much power you have to create illnesses or health and how much power your body has to heal itself when you stop eating foods that wreak havoc on your systems and start nourishing yourself with the real, whole foods your body was designed to eat.

The side effect is that you may lose 7 to 10 pounds ... or even more.

That's a pretty impressive benefit, and one that shows you how much influence what you eat and how you live have on your weight, your health, and your quality of life.

In just one week you can make significant changes in your health and weight—changes that can set you on the path to the lifelong pursuit of UltraWellness.

*The UltraSimple Diet* teaches you how you can do that by offering an easy-to-follow, comprehensive method for reducing inflammation and toxicity—two key elements that are sending your body out of balance and inhibiting your ability to lose weight. By following the simple one-week program, you have the opportunity to utilize these keys to vital health and regain control of your weight and your life.

The basic program is very simple. You just eliminate the foods that are making you sick and fat, and you start eating foods that will make you healthy and thin.

The enhanced program helps you integrate supplements and lifestyle changes the program that can make your experience even more powerful.

That's all there is to it.

As I was writing the book, there were so many things that I wanted to share with you: tools that would make the program *even simpler*, UltraSimple recipes that I love, alternative eating choices to fit any taste or lifestyle, articles that would deepen your understanding of the concepts in the book, background on what kinds of supplements to take, and much more.

But there are page limits. Not everything fit into the book. I had to make some choices about what to put in. I couldn't share everything I know about inflammation and detoxification with you. Nor could I give you all the tools I have acquired in more than 20 years of treating patients for the same weight and health problems you are facing right now.

So I broke it down. I decided that all the critical information you need to make the program work would go in the book. Everything else would go in this downloadable companion guide you can use to make the program *even simpler!*



In this guide, you will find:

- All the worksheets and checklists in the book, so you can easily keep all your information in one place
- Shopping lists that you can print out and take with you to the grocery store (This should make your shopping experience even easier.)
- A journaling section so you can easily do your writing exercises every day you are on the program
- Some of my favorite UltraSimple recipes as well as alternative food choices for some of the items on the menus (This is something a lot of you asked me for specifically, so I know you're going to love this part of the guide.)
- Information on how to take your detoxification process to the next level (as well as an important article I wrote on this subject)
- A whole section on supplements including a list of what supplements to take when, and a checklist you can use to make sure you stay on track
- Many UltraSimple Tips that wouldn't fit into the book
- A food log for tracking any allergic responses you have as you reintroduce foods
- Resources, frequently asked questions, and more ...

My hope is that this guide will not only make your experience on the program simpler, but will also make it more powerful and help you have a more comprehensive understanding of the fundamental principles that underlie the work I do.

To make that happen, you should think of this guide as a kind of “workbook”—something you work on hand in hand with the program. You need to *use* the exercises you will find here if you are going to make the most of your experience.

Don't just read through this guide online. Download a copy to your computer. Print it out. Print multiple copies of whatever you need. Post the checklists on your fridge, and keep the journaling section by your bed or on your desk so you remember to fill it out. Print out the recipes when you are ready to try them. And read the additional articles and materials here as you make your way through the week to help you integrate this information into your daily life.

This guide is yet another tool you can use to help you on your way to UltraWellness. It is my hope that it helps you through the diet, so you can have that powerful revelation about how much *you* control your health, your weight, and your life.

To your good health (and a wonderful experience on The UltraSimple Diet),

**Mark Hyman, M.D.**



## SECTION 1: YOUR ULTRASIMPLE TEST AND MEASUREMENTS

As a doctor the only way I know something works for sure is to take measurements.

You will find the same is true when you go on the UltraSimple program.

It's very likely you will experience weight loss and improved health you can see and feel on a qualitative level. That is, you may very well see your stomach and thighs shrink, feel that your clothes are fitting looser, watch as your complexion improves, feel a burst of energy you haven't had in years, experience reduction in joint and muscle pain, sleep better, and have many other extraordinary results on the one-week program.

However, the best way to make the power of the program truly come home to you so you can *fully* understand the impact inflammation and toxicity have on your health and the difference it makes when you eliminate them is to take measurements.

As you know from the book, I have designed a set of vital measurements that will make it clear how much one week can change you.

The first is the "Toxicity and Inflammation Quiz." This quiz is designed to show you how much toxicity and inflammation you are suffering with right now, and it will give you a sense of how much the program can help you.

The second is a set of measurements that I *know* you are going to be interested in keeping track of: your weight, waist, hips, waist-to-hip ratio, and BMI (more on this below).

You will notice that for each of the lists below there is a "before," "after," and "difference" column. Start by going through the quiz and taking your measurements the day before you start the program (ideally on a Saturday since I recommend you start the program on a Sunday). On the last day of the program, come back to these pages, fill in your "after" scores and measurements, and record the "difference" in your scores.

This will give you a firsthand quantitative assessment for how much change you experience on this program.

And remember, if you want to share your experience with other people you can also record these results at [www.ultrasimplediet.com/success](http://www.ultrasimplediet.com/success). This is a great way to inspire others and become part of the wider UltraWellness community.



## TOXICITY AND INFLAMMATION QUIZ

Take this “Toxicity and Inflammation Quiz.” The higher the score, the more toxic and inflamed you are, and the more the program may help you.

If you suffer from any of the symptoms mentioned in this quiz or struggle with weight gain and are resistant to weight loss, this program can help you regain your health and lose weight quickly.

The first time you take the quiz (before you start the program), rate each of the following symptoms based upon your health profile for the past 30 days.

After you have completed the weeklong program rate each of the following symptoms based on how you feel that day.

*Please note that this questionnaire is not a replacement for regular checkups or medical diagnoses by your health care professional.*

*Make sure you take this quiz and save your results from both before and after the program.*

### TAKE YOUR TOXICITY AND INFLAMMATION QUIZ ONLINE

You can now take your "Toxicity and Inflammation Quiz" online at the [UltraSimple Diet Store](#). When you do, you will be given personalized supplement recommendations based on the level of your health imbalance. We will also store your quiz results for you, so you can easily come back and take the quiz again, compare your results over time, and receive updated supplement recommendations as you progress.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**RATING SCALE:**

<b>0</b>	Never or almost never have the symptom	<b>1</b>	Occasionally have it, effect is <b>not</b> severe	<b>2</b>	Occasionally have it, effect is <b>severe</b>	<b>3</b>	Frequently have it, effect is <b>not</b> severe	<b>4</b>	Frequently have it, effect is <b>severe</b>
----------	--	----------	---	----------	---	----------	---	----------	---

DIGESTIVE TRACT	Before	After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated feeling			
Belching or passing gas			
Heartburn			
Intestinal / stomach pain			
<b>Subtotal</b>			
EARS	Before	After	Difference
Itchy ears			
Earaches or ear infections			
Drainage from ear			
Ringing in ears or hearing loss			
<b>Subtotal</b>			
EMOTIONS	Before	After	Difference
Mood swings			
Anxiety, fear, or nervousness			
Anger, irritability, or aggressiveness			
Depression			
<b>Subtotal</b>			





**RATING SCALE:**

<b>0</b>	Never or almost never have the symptom	<b>1</b>	Occasionally have it, effect is <b>not severe</b>	<b>2</b>	Occasionally have it, effect is <b>severe</b>	<b>3</b>	Frequently have it, effect is <b>not severe</b>	<b>4</b>	Frequently have it, effect is <b>severe</b>
----------	--	----------	---	----------	---	----------	---	----------	---

ENERGY / ACTIVITY	<i>Before</i>	<i>After</i>	<i>Difference</i>
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Restlessness			
<b>Subtotal</b>			
EYES	<i>Before</i>	<i>After</i>	<i>Difference</i>
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles under eyes			
Blurred or tunnel vision (does not include near-or far-sightedness)			
<b>Subtotal</b>			
HEAD	<i>Before</i>	<i>After</i>	<i>Difference</i>
Headaches			
Faintness			
Dizziness			
Insomnia			
<b>Subtotal</b>			
HEART	<i>Before</i>	<i>After</i>	<i>Difference</i>
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
<b>Subtotal</b>			



**RATING SCALE:**

<b>0</b>	Never or almost never have the symptom	<b>1</b>	Occasionally have it, effect is not severe	<b>2</b>	Occasionally have it, effect is severe	<b>3</b>	Frequently have it, effect is not severe	<b>4</b>	Frequently have it, effect is severe
----------	--	----------	--	----------	--	----------	--	----------	--------------------------------------

JOINTS / MUSCLES	Before	After	Difference
Aches or pain in joints			
Arthritis			
Stiffness or limitation of movement			
Aches or pain in muscles			
Feeling of weakness or tiredness			
<b>Subtotal</b>			
LUNGS	Before	After	Difference
Chest congestion			
Asthma or bronchitis			
Shortness of breath			
Difficulty breathing			
<b>Subtotal</b>			
MIND	Before	After	Difference
Poor memory			
Confusion or poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty making decisions			
Stuttering or stammering			
Slurred speech			
Learning disabilities			
<b>Subtotal</b>			



**RATING SCALE:**

<b>0</b>	Never or almost never have the symptom	<b>1</b>	Occasionally have it, effect is not severe	<b>2</b>	Occasionally have it, effect is severe	<b>3</b>	Frequently have it, effect is not severe	<b>4</b>	Frequently have it, effect is severe
----------	--	----------	--	----------	--	----------	--	----------	--------------------------------------

<b>MOUTH / THROAT</b>	<i>Before</i>	<i>After</i>	<i>Difference</i>
Chronic coughing			
Gagging or frequent need to clear throat			
Sore throat, hoarseness, or loss of voice			
Swollen or discolored tongue, gum, or lips			
Canker sores			
<b>Subtotal</b>			
<b>NOSE</b>	<i>Before</i>	<i>After</i>	<i>Difference</i>
Stuffy nose			
Sinus problems			
Hay fever			
Sneezing attacks			
Excessive mucus formation			
<b>Subtotal</b>			
<b>SKIN</b>	<i>Before</i>	<i>After</i>	<i>Difference</i>
Acne			
Hives, rashes, or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
<b>Subtotal</b>			



**RATING SCALE:**

<b>0</b>	Never or almost never have the symptom	<b>1</b>	Occasionally have it, effect is not severe	<b>2</b>	Occasionally have it, effect is severe	<b>3</b>	Frequently have it, effect is not severe	<b>4</b>	Frequently have it, effect is severe
----------	--	----------	--	----------	--	----------	--	----------	--------------------------------------

<b>WEIGHT</b>	<i>Before</i>	<i>After</i>	<i>Difference</i>
Binge eating / drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Water retention			
Skip meals often			
Excess alcohol intake			
Night eating			
<b>Subtotal</b>			
<b>OTHER</b>	<i>Before</i>	<i>After</i>	<i>Difference</i>
Frequent illness			
Frequent or urgent urination			
Genital itching or discharge			
<b>Subtotal</b>			
<b>GRAND TOTAL</b>			



### *Key to the Questionnaire*

Add your individual scores, and subtotal each group.

Add your group scores, and give a grand total.

Then check the chart below to assess the level of your health problem and the potential benefits of the program.

YOUR SCORE	HEALTH STATUS	BENEFITS YOU MAY RECEIVE*
10 or less	Optimal health	Increased energy, improved mood, and weight loss
11–50	Mild imbalance	In addition to the above, you may also see improved digestion, better skin, and less nasal congestion.
51–100	Moderate imbalance	You may experience all of the above as well as reduced joint pain, muscle aches, headaches, and more.
Over 100	Severe imbalance	You may experience much of the above, but to deeply address your chronic symptoms you will need the support of a physician trained in Functional Medicine.

\*The benefits for each progressive level of health imbalance are additive. That means, the more imbalanced your health currently is, the more benefits you are likely to receive from the program. For example, if you currently have a moderate health imbalance (a score of 51–100), you will likely experience all the benefits listed for earlier categories (increased energy, improved mood, weight loss, improved digestion, better skin, and less nasal congestion) as well as the benefits listed in your category.

## YOUR VITAL MEASUREMENTS

In the chart below, you can keep track of your vital measurements. This includes your weight, waist, hips, waist-to-hip ratio, and BMI. They will not only give you a good sense for how much the program has affected you, but can also be a good indication of your overall state of health.

### *Waist, Hips, and Waist-to-Hip Ratio*

Take your waist measurement by wrapping a tape measure across your back and around your belly button.

Measure your hips at their widest point. This should be right below the bones of your pelvis and around your butt.

To obtain your waist-to-hip ratio, divide your waist measurement by your hip measurement.

If your waist-to-hip ratio is over 0.8 as a woman or 0.9 as a man, you have too much belly fat, which is a sign of insulin resistance and blood sugar imbalance.

*Body Mass Index or BMI*

To find your BMI, you can do either of these two things:

**1. Use the following formula:**

$$\text{BMI} = [\text{Weight in pounds} / (\text{Height in inches}) \times (\text{Height in inches})] \times 703$$

For example, if I am 5’8” (68 inches) and 165 pounds, my BMI would be calculated as follows:

$$\text{My BMI} = [165 / (68 \times 68)] \times 703 = 25$$

**2. Identify where you land on this chart:**

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
4’10”	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4’11”	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5’0”	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5’1”	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5’2”	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5’3”	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5’4”	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5’5”	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5’6”	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5’7”	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5’8”	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5’9”	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5’10”	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5’11”	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6’0”	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6’1”	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6’2”	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6’3”	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6’4”	156	164	172	180	189	197	205	213	221	230	238	246	287	328

To do this, simply scan down the column on the left to find your height. Then trace over to the column that is closest to your weight. The number at the top of this column is your BMI.



Again, let's use the example above to illustrate. I go down the column to 5'8". Then I scan over to find the closest approximation to my weight. There is no listing for 165 pounds, but there is one for 164 pounds (this is close enough). If you look at the top of that column you will see the number 25. This is the same BMI measurement we identified using the formula.

If you don't find your weight listed in chart above, find the closest approximation. This will give you a close enough estimate for your BMI.

BMI is a useful method for indirectly determining how much body fat you have. It helps you determine your "weight category" by comparing your height and weight against other people of different heights and weights.

Once you have identified your BMI, you can use the chart below to determine your weight category:

**Less than 18** — Underweight

**18–24** — Normal weight

**25–29** — Overweight

**Above 30** — Obese

Keep in mind that this is only one method for determining your weight category. It is not always definitive in and of itself. This is because it is based on what is considered a "normal" body type by most health professionals. Of course, what "normal" is varies a great deal from person to person. So don't automatically assume you are obese if you score above 30.

Having said that, BMI is still an important factor to keep in mind and one I use in my own practice as I assess patients.

Okay. Here is the chart you can use to keep track of all your vital measurements.

MEASUREMENTS	<i>Before</i>	<i>After</i>	<i>Difference</i>
Weight (in pounds)			
Waist (in inches)			
Hip (in inches)			
Waist-to-Hip Ratio			
BMI			

Remember, take your quiz and your measurements **before and after** the program. Then calculate and record the difference. It's the best way you can get a quantitative assessment of how much change you have experienced.

## SECTION 2: PREPARING AND SHOPPING FOR THE WEEK

I **strongly recommend** that to succeed on the program, you spend some time preparing for all the goodness to come by eliminating the toxic, addictive elements of your diet that are causing you to gain weight and feel ill, shopping for and preparing the food you will need on the program, and putting your affairs in order for the week you are on the program so you can completely focus on losing weight and getting healthy.

You wouldn't take a trip to Europe without planning for it. By the same token, you are going to have to plan your journey so you succeed on the UltraSimple program and eventually attain UltraWellness.

I wanted to make this planning as convenient as possible for you, so I have reprinted the preparation checklist and shopping list below.

Print them both out. Post the preparation checklist on your fridge or keep it on your desk, and check off each item as you achieve each goal. Take the shopping list with you to the store so you can easily find the foods you will need to do the program. (It will also make asking for help that much easier in the event you can't find something.)

I hope this helps make your experience ... ultrasimple.





## PREPARATION CHECKLIST

✓	<i>Sunday (One Week Before You Start the Program)</i>
	I have decided to commit to the program for 7 days.
	I have gone “cold turkey” and cut out sugar and white and wheat flour from my diet.
	I have cut my normal caffeine intake in half.
	I have taken 1,000–2,000 mg of buffered pure ascorbic acid (vitamin C) powder or capsules to support my detoxification process as I eliminate caffeine.
	I have reviewed my schedule and canceled any unnecessary activities during the program.
	I have informed family; close friends; and, as appropriate, colleagues that I will be doing this program and may be less available than normal.
	I have informed family; close friends; and, as appropriate, colleagues that I will be doing this program and would like their support.
	<b>Optional:</b> I have downloaded <i>The UltraSimple Companion Guide</i> to make my experience on the program that much easier by going to <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> .
✓	<i>Monday and Tuesday</i>
	I have reduced my caffeine intake to half of what it was the day before.
	I have taken 1,000–2,000 mg of buffered pure ascorbic acid (vitamin C) powder or capsules to support my detoxification process as I eliminate caffeine.
	I continue to refrain from sugar and white flour.
✓	<i>Wednesday and Thursday</i>
	I have completely eliminated caffeine and am drinking green tea instead.
	I have taken 1000–2000 mg of buffered pure ascorbic acid (vitamin C) powder or capsules to support my detoxification process as I eliminate caffeine.
	I continue to refrain from sugar and white flour.
✓	<i>Friday</i>
	I am continuing to refrain from caffeine and am drinking green tea in its place.
	I have taken 1000–2000 mg of buffered pure ascorbic acid (vitamin C) powder or capsules to support my detoxification process as I eliminate caffeine.
	I continue to refrain from sugar and white flour.



✓	<i>Saturday (One Day Before the Program)</i>
	I am continuing to refrain from caffeine and am drinking green tea in its place.
	I have taken 1000–2000 mg of buffered pure ascorbic acid (vitamin C) powder or capsules to support my detoxification process as I eliminate caffeine.
	I continue to refrain from sugar and white flour.
	I have gone through my kitchen and removed (if possible) processed and junk foods, all oils except olive oil, beverages containing sugars or caffeine, dairy products, and anything else not on this program.
	(If the above is not possible) I have set aside a special area in the kitchen and refrigerator for my foods and supplements and my family / roommates know not to touch them!
	I have started shopping for the items I need to do the program. (See the shopping list below to identify exactly what you need to buy.)
	I have purchased the ingredients for my UltraBath.
	I have purchased enough food for the program.
	I have purchased supplements (if doing the enhanced program) for the week.
	I have made sure that I will have enough filtered water for 1 week of the program.
	I have taken the “before” health quiz in Chapter 2 (also listed in Section 1 of this guide).
	I have taken all of my measurements (weight, waist, hip, waist-to-hip ratio, and BMI) and recorded them in the chart in Chapter 2 (also in Section 1 of this book).
	I have taken my herbal laxative to clear out my bowels.
	(If you take the herbal laxative and it doesn’t result in a bowel movement in 6 hours) I have followed the steps in Chapter 5 for overcoming constipation and properly emptying my bowels.
	<b>Optional:</b> I took my “before” picture so I can see just how powerful this program is with my own eyes.
	I have done the journaling exercise for before the program begins. (See below.)

## *SUNDAY—THE PROGRAM BEGINS*



## SHOPPING LIST

*Choose organic whenever you can.*

✓	TYPE OF FOOD	QUANTITY
	<b><i>Protein</i></b> <i>You can choose from any combination of the following. Amounts will vary depending on how much of each you choose to eat</i>	
	Fish—small, non-predatory species such as <ul style="list-style-type: none"> <li>• Sardines</li> <li>• Herring</li> <li>• Sable fish</li> <li>• Black cod</li> <li>• Wild salmon</li> <li>• Sole</li> </ul> Boneless, skinless chicken breast (preferably organic)	1 ¾–2¾ pounds of fish and chicken combined
	Tofu	3 pounds
	Canned beans Choose from the following: <ul style="list-style-type: none"> <li>• Cannelli beans</li> <li>• Navy beans</li> <li>• Chickpeas</li> </ul>	4 cans
	<b><i>Vegetables</i></b> <i>You will need LOTS of these!</i>	
	Choose a variety from each category identified in “A Special Note on What Vegetables to Buy” in Chapter 7 of the book. You should have enough to steam 2 cups each for lunch and dinner, and to make the UltraBroth (see recipe in the book). You can eat as many vegetables as you like. Buy enough so you’re not hungry.	½–2 pounds per meal depending on your appetite
	<b><i>Whole Grains</i></b>	
	Brown rice, long or short grain	6 cups
	<b><i>Oil</i></b>	
	Extra-virgin olive oil	1 liter
	<b><i>Beverages</i></b>	
	Filtered or distilled water or purchase a reverse osmosis or Brita filter to purify your water	Approximately 7 gallons, or enough for 8–10 glasses per day
	Green tea, preferably organic, decaf or caffeinated	1 box of tea or 8 ounces of loose leaf



<b>Spices</b>	
<i>These spices have powerful anti-inflammatory and detoxifying properties, which is why I recommend them for this program. You can use them to your personal taste.</i>	
Fresh ginger	1 large root (4 ounces)
Whole garlic cloves	2 heads (or you can purchase prepeeled cloves for convenience)
Lemons (Though these aren't a spice, you can still use them to spice up your food. But don't forget they are an important part of the program for other reasons as well.)	8–12
Turmeric (the yellow spice found in curry—add 1–2 teaspoons to the water you cook your rice in)	1 small bottle
Rosemary (fresh is best)	1 bunch
Cilantro (also known as coriander—fresh is best)	1–2 bunches
Chili peppers (fresh is best)	1–2 peppers go a long way!
Whole black peppercorns for the pepper mill	1 bottle
Sea salt*	1 bottle
<b>UltraShake Version 1</b>	
Rice protein powder	1 large bottle
Fresh or frozen noncitrus (i.e., no oranges, grapefruit, or tangerines) fruit such as cherries, blueberries, blackberries, or strawberries. (This will also be enough to eat for dessert twice a week.)	4–6 cups or 2–3 packages of Cascadian Farm organic fruit
Ground flax seeds. FiProFLAX is the freshest organic ground flax on the market. Be sure to keep it refrigerated. You can buy flax seeds already ground, or you can buy them whole and grind them yourself in a coffee grinder.	One 15-ounce package or the equivalent in whole, bulk flax seeds.



Combination flax and borage oil, organic, high lignan. Barlean's or Spectrum are the best brands.	1 large bottle
<b>Optional:</b> Nuts and seeds: almonds, walnuts, pecans, macadamia nuts, and pumpkin seeds	2 cups
Nut butter (almond, macadamia, or pecan)	1 jar
<b><i>UltraShake Version 2</i></b>	
Silken tofu (Note: This amount is in addition to the amounts of tofu recommended for your meals above.)	7 cups
Unsweetened, gluten-free soy milk (such as Silk)	14 cups
Fresh or frozen noncitrus (i.e., no oranges, grapefruit, or tangerines) fruit such as cherries, blueberries, blackberries, or strawberries. (This will also be enough to eat for dessert twice a week.)	4–6 cups or 2–3 packages of Cascadian Farm organic fruit
Ground flax seeds. FiProFLAX is the freshest organic ground flax on the market. Be sure to keep it refrigerated. You can buy flax seeds already ground, or you can buy them whole and grind them yourself in a coffee grinder.	One 15-ounce package or the equivalent in whole, bulk flax seeds.
Combination flax and borage oil, organic, high lignan. Barlean's or Spectrum are the best brands.	One 12-ounce bottle
<b>Optional:</b> Nuts and seeds: almonds, walnuts, pecans, macadamia nuts, and pumpkin seeds	2 cups
Nut butter (almond, macadamia, or pecan)	1 jar
<b><i>UltraShake Version 3</i></b>	
Plain, unsweetened almond or hazelnut milk	14 cups
Nuts and seeds: almonds, walnuts, pecans, macadamia nuts, and pumpkin seeds	2 cups
Nut butter (almond, macadamia, or pecan)	1 jar
Fresh or frozen noncitrus (i.e., no oranges, grapefruit, or tangerines) fruit such as cherries, blueberries, blackberries, or strawberries. (This will also be enough to eat for dessert twice a week.)	4–6 cups or 2–3 packages of Cascadian Farm organic fruit
Combination flax and borage oil, organic, high lignan. Barlean's or Spectrum are the best brands.	One 12-ounce bottle



Ground flax seeds. FiProFLAX is the freshest organic ground flax on the market. Be sure to keep it refrigerated. You can buy flax seeds already ground, or you can buy them whole and grind them yourself in a coffee grinder.	One 15-ounce package or the equivalent in whole, bulk flax seeds.
<b>UltraBroth</b> <i>Needs to be multiplied <math>\times</math> 3–4 batches depending on how much broth you consume per day. Note that the following amounts are in addition to recommendations above.</i>	
Onion	1 large
Carrots	2
Daikon, or white radish, root and tops (ideal, but optional)	1 cup
Winter squash	1 cup
Root vegetables: turnips, parsnips, and rutabagas for sweetness	1 cup
Greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro, and / or other greens	2 cups or 1 bunch
Celery	2 stalks
Seaweed: nori, dulse, wakame, kelp, or kombu**	$\frac{1}{2}$ cup
Cabbage	$\frac{1}{2}$ cup
Fresh ginger root	4 half-inch slices
Whole garlic (not chopped or crushed)	2 cloves
Fresh or dried shitake or maitake mushrooms, if available. (These have powerful immune-boosting properties.)	1 cup
<b>UltraBath</b> <i>Note: Amounts may vary depending on what your local store sells.</i>	
Baking soda	1 large box or 2 liters
Epsom salts	4–6 half-gallon containers
Lavender essential oil	1 small bottle



<b><i>If You Are Constipated</i></b> <i>Use these products as directed in Chapter 5.</i>		
	Magnesium citrate capsules or tablets	1 bottle
	Buffered vitamin C	1 bottle of powder or capsules
	Herbal laxative	1 bottle
	Magnesium citrate liquid	1 bottle
	Dulcolax or Bisacodyl Suppository or Fleet Enema	1–2 of each

\*Use only sea salt during the program. Table salt is mined from underground salt deposits and includes a small portion of calcium silicate, an anticaking agent added to prevent clumping. Because of its fine grain, a single teaspoon of table salt contains more salt than a tablespoon of kosher or sea salt.

Sea salt is harvested from evaporated seawater and receives little or no processing. It contains nearly 50 minerals that support our health.

\*\*Seaweed is a new food for most people. It is purchased dry in packages and simply needs to be broken off, measured, and thrown in the broth.

## A SPECIAL NOTE ABOUT THE SHOPPING LIST AND THE RECIPES IN SECTION 5

Please note that the shopping list above covers the basic requirements for the program. It **DOES NOT** include specific products you may need for the individual recipes you will find in section 5 of this guide. If you plan to use those recipes, please check them to make sure you have everything you need.



## SECTION 3: YOUR DAILY CHECKLISTS

You will remember that in the book I gave you daily checklists in Chapters 9 through 15 that you could use to help you remember each of the steps you needed to take every day you are on the program. In the pages that follow, I have reprinted them for your convenience. Print them out so you can easily use them to make your experience on the program simpler.

Remember, instructions for the basic program and the enhanced program have been combined in one list. Instructions for the basic program are in **bold**. Extra instructions for the enhanced program are in plain type.

If you are doing the basic program simply go down the list, do the items in bold, and check them off as you go. If you are doing the enhanced program you should do *everything* on the list—the items in bold as well as those in plain type.

The lists are divided by day, just as they are in the book, for easy use.





## CHECKLIST FOR DAY 1

✓	<i>Action Items for Day 1 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>



	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>



## CHECKLIST FOR DAY 2

✓	<i>Action Items for Day 2 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>



	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>



## CHECKLIST FOR DAY 3

✓	<i>Action Items for Day 3 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>



	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>



## CHECKLIST FOR DAY 4

✓	<i>Action Items for Day 4 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)



	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>





## CHECKLIST FOR DAY 5

✓	<i>Action Items for Day 5 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)



	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>



## CHECKLIST FOR DAY 6

✓	<i>Action Items for Day 6 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)



	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>



## CHECKLIST FOR DAY 7

✓	<i>Action Items for Day 7 on the Program</i>
	Wake up 90–120 minutes before you need to leave the house.
	<i>Upon Waking</i>
	2 Tbsp. organic, extra-virgin olive oil mixed with the juice of ½ of an organic lemon—Drink down to help flush the toxins from your bile and liver into your gut to be excreted
	1 tsp. buffered ascorbic acid (vitamin C) powder in 8 ounces of water or 2–3 1000 mg capsules of buffered ascorbic acid (vitamin C)
	<i>Morning Ritual</i>
	20–60 minutes yoga
	<b>20 minutes journaling (You can do this by printing the journal in this downloadable guide at <a href="http://www.ultrasimplediet.com/guide">www.ultrasimplediet.com/guide</a> or in the online version of the community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.)</b>
	<i>Breakfast (7–9am)</i>
	<b>Lemon juice (from ½ lemon) and hot water</b>
	<b>1 cup of green tea, steeped in hot water for 5 minutes (You may also have the green tea later in the day. Limit your intake to 2 cups a day.)</b>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>UltraShake</b>
	<b>If no bowel movement by 10am, take herbal laxative (2–3 capsules). If no bowel movement in 6 hours, follow the steps in Chapter 5 for overcoming constipation.</b>
	<i>Morning Snack (10–11am)</i>
	<b>1 cup UltraBroth</b>
	<b>Another UltraShake without flax seeds or combination flax and borage oil (if you are hungry)</b>
	<i>Lunch (Noon–1pm)</i>
	2 capsules or tablets of magnesium citrate with the meal (average capsule or tablet is 100–150 mg)



	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup cooked brown rice</b>
	<b>½ cup fruit or berries for dessert (either here or at dinner, not both, and only 1–2 times during the 7-day program)</b>
	<b>UltraShake (optional)</b>
	<i>Afternoon Snack (2–3pm)</i>
	<b>1 cup UltraBroth</b>
	<b>UltraShake (if you are hungry)</b>
	Afternoon rest if possible for 30 minutes, or leisurely walk
	<i>Before Dinner</i>
	30-minute walk or aerobic exercise
	Sauna or steam at least 3 times a week if possible
	20 minutes yoga
	<i>Dinner (5–7pm)</i>
	2 capsules of probiotics before eating
	2 capsules of liver detox-supportive herbs and nutrients before eating
	<b>2 cups or more of steamed or lightly sautéed veggies (You should eat enough to feel gently satisfied.)</b>
	<b>½ cup of brown rice</b>
	<b>4–6 ounces of fish or chicken breast or 1 cup of legumes or tofu</b>
	<b>1 cup UltraBroth</b>
	<i>Bedtime or Evening Ritual</i>
	20 minutes restorative yoga
	<b>20 minutes journaling (if desired)</b>
	2–3 capsules of herbal laxative (if no bowel movement that day)
	2 capsules of magnesium citrate
	<b>20-minute UltraBath</b>
	<b>Interact with others and share tips, recipes and other advice in the UltraSimple community at <a href="http://www.ultrasimplediet.com/join">www.ultrasimplediet.com/join</a>.</b>

## SECTION 4:

# JOURNALING MADE ULTRASIMPLE

Journaling is an excellent way to get in touch with your inner guidance system. You know more than you think about how to care for your mind, body, and spirit. Journaling can help you contact this wealth of information you already possess.

Studies have shown that journaling can have a profound effect on stress and inflammation as well as a powerful impact on your health. Every day new research is published confirming the connection between mental health and physical health. In fact, the mind–body connection is another important key to UltraWellness. Journaling is one way you can begin to understand this connection for yourself.

In this section you will find all the journaling exercises in the book divided up by day, with spaces to fill in your responses. You can print out these pages and keep them on your desk or by your bedside to make it that much simpler to do the journaling component of the program and access a rich, internal treasure you may not even know you have.

**DO NOT** underestimate the power of this part of the program. Journaling can have a very profound influence on your life. In fact, one of the things I have heard from patients over and over again is how beneficial this part of the program is. Many are surprised at how much they learn about themselves through journaling. Don't pass up this opportunity to have that experience for yourself. It is an important part of this week of healing and re-centering your mind and body.

Feel free to use extra plain pages, a journal, or a notebook if you need more space or have more to say.

## JOURNALING EXERCISE *BEFORE YOU START THE PROGRAM*

I recommend you do this journaling exercise BEFORE you start the program.

List your three most physically toxic behaviors (e.g., smoking, not resting, eating sweets, eating unconsciously, choosing poor-quality foods).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List your three most toxic habits of mind (e.g., procrastinating, moodiness, low self-esteem).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List your three most toxic relationships. What purpose do they serve? What prevents you from giving them up?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





What would your life look and feel like without these behaviors, habits, and relationships?

---

---

---

---

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 1

### *In the Morning*

Do this journaling exercise in the morning on the **first day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

How do I feel today, physically? Do I feel tired? bloated? stiff? What else do I notice about my physical state today?

---

---

---

---



How do I feel today, emotionally and spiritually? Do I feel stuck? fearful? confused? angry? disconnected? Why?

---

---

---

---

What else do I notice about my emotional and spiritual state that is noteworthy?

---

---

---

---

*In the Evening*

Do this journaling exercise in the evening on the **first day** of the program.

What worked for me today?

---

---

---

---

What can I improve on tomorrow?

---

---

---

---



What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

## JOURNALING EXERCISES FOR DAY 2

### *In the Morning*

Do this journaling exercise in the morning on the **second day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

### *In the Evening*

Do this journaling exercise in the evening on the **second day** of the program.

What worked for me today?

---

---

---

---



What can I improve on tomorrow?

---

---

---

---

What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 3

### *In the Morning*

Do this journaling exercise in the morning on the **third day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

### *In the Evening*

Do this journaling exercise in the evening on the **third day** of the program.

What worked for me today?

---

---

---

---



What can I improve on tomorrow?

---

---

---

---

What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 4

### *In the Morning*

Do this journaling exercise in the morning on the **fourth day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

### *In the Evening*

Do this journaling exercise in the evening on the **fourth day** of the program.

What worked for me today?

---

---

---

---



What can I improve on tomorrow?

---

---

---

---

What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 5

### *In the Morning*

Do this journaling exercise in the morning on the **fifth day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

### *In the Evening*

Do this journaling exercise in the evening on the **fifth day** of the program.

What worked for me today?

---

---

---

---



What can I improve on tomorrow?

---

---

---

---

What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 6

### *In the Morning*

Do this journaling exercise in the morning on the **sixth day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

### *In the Evening*

Do this journaling exercise in the evening on the **sixth day** of the program:

What worked for me today?

---

---

---

---



What can I improve on tomorrow?

---

---

---

---

What symptoms improved today?

---

---

---

---

What did I notice about how I am feeling?

---

---

---

---

What did I learn today on the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

---



## JOURNALING EXERCISES FOR DAY 7

### *In the Morning*

Do this journaling exercise in the morning on the **last day** of the program.

What can I do today to truly take care of my body?

---

---

---

---

What can I do today to truly take care of my spirit?

---

---

---

---

What toxic food / idea / behavior can I do without today?

---

---

---

---

How do I feel today, physically?

---

---

---

---



*In the Evening*

Do this journaling exercise in the evening on the **last day** of the program.

What, if anything, do I notice about my body that is different than when this program started?

---

---

---

---

---

---

---

---

---

---

If my body could speak, what story would it tell about this experience?

---

---

---

---

---

---

---

---

---

---

How do I feel today, emotionally and spiritually?

---

---

---

---



If my heart could speak, what story would it tell about this experience?

---

---

---

---

What did I learn over the course of the program that I can carry with me into the rest of my life?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## SECTION 5:

# ULTRASIMPLE RECIPES, ALTERNATE FOOD CHOICES, AND DELICIOUS SNACKS YOU CAN EAT ON THE PROGRAM

The meal plan outlined in the book is meant to keep the program as simple and straightforward as possible. I developed it this way to keep preparation time down and make it fit the schedule of a typical working person.

However, over the years I have found that some people like to have alternatives to this plan.

More than that, I know people *love* to have specific recipes they can follow to make delicious and healthy meals that may help them reduce inflammation, detoxify, lose weight, and get healthy.

As long as you stick to a few basic principles (such as being rigorous about which foods you enjoy and which ones you avoid), The UltraSimple Diet affords enough flexibility to accommodate anyone's desires.

And there are plenty of ways you can make real, whole foods taste absolutely delicious.

In this section I am going to give you some alternative food choices to accommodate different lifestyles and desires (as well as recipes for the alternatives) and I am going to share some of my personal favorite UltraSimple recipes with you.



## MY FAVORITE ULTRASIMPLE RECIPES

What follows are some of my favorite UltraSimple recipes as well as alternative food choices you can incorporate into the program if you wish to.

This food is *delicious!* Even the gourmets who are reading this are going to find some of these recipes a revelation. There seems to be a myth that eating well means the food should taste bad. How ridiculous! These recipes are healthy, they fit into your detox week, and they are going to satisfy your palate as well as your body.

### *Recipes for Alternative Breakfast Options*

The UltraShake is easy to prepare and delicious and contains powerful nutrients that may help you reduce inflammation and detoxify your body.

However, some people prefer to have a hot breakfast in the morning, especially if they are doing the program in the winter in an area that is extremely cold. In these circumstances it can be a little daunting to face drinking a cold shake before going off to work.

The first thing you can try is adding 1 cup of UltraBroth to your breakfast menu. This might do the trick and will keep you from preparing too many additional items.

If the UltraBroth in the morning does not do the trick, there are at least 3 hot breakfast alternatives you could try. Below you will find recipes for each of them



## HOT RICE CEREAL WITH ALMONDS, WALNUTS, PECANS, FLAX SEEDS, AND / OR FRUIT

Makes: 4 servings (~2/3 cup serving)

### INGREDIENTS

### MEASUREMENTS

<i>Brown rice cereal, dry</i> .....	<i>1 cup</i>
<i>Unsweetened soy milk*</i> .....	<i>3 cups</i>
<i>Ground cinnamon</i> .....	<i>1 tsp.</i>
<i>Sea salt</i> .....	<i>Pinch</i>
<i>Apple-diced with skin</i> .....	<i>1 large</i>
<i>Walnuts and almonds, chopped</i> .....	<i>½ cup</i>
<i>Ground flax seeds</i> .....	<i>1 Tbsp</i>

### Method

Place brown rice cereal, soy milk, cinnamon, a pinch of salt, and apple in a 2-quart saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 25–30 minutes until the rice cereal is cooked. Top with flax seeds, chopped walnuts, and almonds and serve.

To save time in the morning, you can combine all ingredients except the walnuts and almonds in a covered saucepan the night before, store the mixture in your refrigerator, and cook it in the morning. Store leftover cereal in a glass bowl and freeze for a busy morning.

### Chef's Tips

\*Use only gluten-free soy milks; some brands are fortified with calcium, vitamin B12, and other nutrients, thus the vitamin and mineral content may be higher than in the analysis provided if fortified products are used.



## TOFU SCRAMBLE WITH VEGGIES AND BROWN RICE

Makes: 4 servings

### INGREDIENTS

### MEASUREMENTS

<i>Spinach, chopped</i> . . . . .	2 cups
<i>Mushrooms</i> . . . . .	½ cup
<i>Red onion, thinly sliced lengthwise</i> . . . . .	½ small onion
<i>Extra-virgin olive oil</i> . . . . .	2 Tbsp
<i>Firm tofu, crumbled</i> . . . . .	1 package, 14 ounces
<i>Raw pumpkin seeds or sesame seeds</i> . . . . .	¼ cup
<i>Turmeric</i> . . . . .	1 tsp.

### Method

Combine spinach, mushroom, onions, and olive oil in a large, deep skillet or flat-bottom wok. Sauté over high heat for 3 to 4 minutes.

Drain and rinse tofu. Crumble by squeezing the tofu through your fingers. Add to skillet along with pumpkin seeds and toss to heat through. Sprinkle with turmeric and stir well.

Season with salt and pepper to taste. Serve with brown rice.

### LEFTOVERS FROM THE NIGHT BEFORE

I know fish, rice, and broth might sound like a strange breakfast, but it's actually quite delicious!



### Recipes for Lunch and Dinner

On the program, lunch and dinner are interchangeable. So enjoy any of the recipes below at either time of the day.

## ALMOND-FLAX CRUSTED CHICKEN

Makes: 4 servings

Prep time: 10 minutes

Cook time: 20–30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Chicken</i> . . . . .	<i>4 breasts, 5 ounces each</i>
<i>Ground flax</i> . . . . .	<i>3 Tbsp</i>
<i>Almond meal*</i> . . . . .	<i>½ cup</i>
<i>Olive oil</i> . . . . .	<i>1 Tbsp</i>
<i>Almond butter</i> . . . . .	<i>1 Tbsp</i>
<i>Lemon juice</i> . . . . .	<i>1 tsp.</i>
<i>Sea salt</i> . . . . .	<i>1 tsp.</i>
<i>Cayenne pepper</i> . . . . .	<i>Pinch</i>
<i>Parsley, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Paprika</i> . . . . .	<i>¼ tsp.</i>
<i>Thyme, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Onion, fresh</i> . . . . .	<i>1 Tbsp, finely chopped</i>

### Method

Pre-heat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the olive oil, almond butter, lemon juice, and all spices and herbs. Mix in small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with mixture for 10–15 minutes to further enhance flavor but the taste will still be great if you don't have an extra 10–15 minutes).



Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the “crust” to the chicken. Carefully turn over each chicken piece and repeat process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20–30 minutes or until an instant read thermometer reaches 168 degrees on the thickest part of the chicken.

*Chef’s Tips*

\*Almond meal can be found in many grocery stores in the organic or baking sections. Alternatively, you can make you own almond meal by finely grinding whole, sliced or crushed almonds in a food processor or magic bullet until the same consistency and size as the ground flax.

Marinate chicken—you can marinate the chicken in all ingredients, except the almond meal and flax, anywhere from 1–24 hours prior to making the dish to enhance the flavor or prepare the dish in advance.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 18g	<b>30%</b>	<b>Total Carb.</b> 8g	<b>4%</b>
Sat. Fat 2g	<b>8%</b>	Fiber 6g	<b>25%</b>	
<i>Trans</i> Fat 0g		Sugars 1g		
<b>Cholest.</b> 82mg	<b>25%</b>	<b>Protein</b> 40g		
<b>Sodium</b> 197mg	<b>8%</b>			
Vitamin A 2% • Vitamin C 4% • Calcium 8% • Iron 15%				

Serving Size 1 (178g)  
 Servings 1  
**Calories** 349  
 Fat Cal. 165

\*Percent Daily Values (DV) are based on a 2,000 calorie diet



## ARTICHOKE HEARTS WITH CAMELIZED ONIONS AND HERB DRESSING

Makes: 4 servings

Prep time: 15 minutes

Cook time: 50 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Artichokes, canned</i> . . . . .	<i>1 can, 9 ounces</i>
<i>Olive oil</i> . . . . .	<i>.2 Tbsp</i>
<i>Yellow onion</i> . . . . .	<i>2 cups</i>
<i>Red onion</i> . . . . .	<i>2 cups</i>
<i>Garlic</i> . . . . .	<i>4 cloves</i>
<i>Olive oil</i> . . . . .	<i>.2 Tbsp</i>
<i>Lemon juice</i> . . . . .	<i>.2 Tbsp</i>
<i>Red pepper flakes</i> . . . . .	<i>¼ tsp.</i>
<i>Paprika</i> . . . . .	<i>¼ tsp.</i>
<i>Parsley, fresh</i> . . . . .	<i>½ tsp.</i>
<i>Tarragon, fresh</i> . . . . .	<i>½ tsp.</i>

### Method

Julienne the red and yellow onions. Mince the garlic.

Drain and rinse the artichokes. Combine artichokes with the olive oil, garlic, and spices in a bowl. Spread out mixture onto a sheet pan and bake for 35 minutes at 350 degrees, artichokes will be slightly soft and browned—do not burn.

On medium heat, in a sauté pan, heat the olive oil. Add the red and yellow onions and sauté on medium for 5–6 minutes. When the onions start to brown, reduce the heat and cook for an additional 15–20 minutes, stir as needed to keep from burning. Once the onions are caramelized, stir in the lemon juice and cook until the liquid is evaporated. Do not burn the onions.

In a large bowl, combine the roasted artichokes and caramelized onion mixture. Gently mix until everything is evenly combined.

Chill.





*Chef's Tips*

Best made ahead. This can be part of a great anti-pasta.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (252g) Servings 1 <b>Calories</b> 211 Fat Cal. 123  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 14g	<b>20%</b>	<b>Total Carb.</b> 21g
Sat. Fat 2g		<b>10%</b>	Fiber 4g	<b>20%</b>
<i>Trans</i> Fat 0g			Sugars 8g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 218mg		<b>8%</b>		
Vitamin A 4% • Vitamin C 20% • Calcium 8% • Iron 10%				



## ASPARAGUS WITH ROASTED GARLIC OLIVE OIL AND RED ONIONS

Makes: 4 servings

Prep time: 15 minutes

Cook time: 35 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Garlic, fresh</i> . . . . .	<i>1 large bulb</i>
<i>Red onions</i> . . . . .	<i>1 medium</i>
<i>Asparagus, trimmed</i> . . . . .	<i>1 large bunch</i>
<i>Olive oil</i> . . . . .	<i>1 ½ Tbsp</i>
<i>Cayenne pepper</i> . . . . .	<i>¼ tsp</i>
<i>Thyme, fresh</i> . . . . .	<i>1 tsp</i>
<i>Basil, fresh</i> . . . . .	<i>1 tsp</i>
<i>Sea salt</i> . . . . .	<i>½ tsp</i>
<i>Parsley, fresh</i> . . . . .	<i>1 tsp</i>

### Method

Pre-heat oven to 325 degrees.

Cut the top of the bulb of garlic and rub with small amount of olive oil. Wrap with tin foil and roast in oven for 30 minutes.

Julienne the onions and sauté over medium heat with a small amount of olive oil until they start to caramelize, about 10–12 minutes.

When the garlic bulb is roasted squeeze out the roasted cloves from the skin into a bowl. Mince the fresh herbs and add to the roasted garlic along with the cayenne pepper, salt, and remaining olive oil. Combine together with a spoon and crush the garlic into pieces.

Bring a small pot of water to a boil. Cook the asparagus in the water for 3–4 minutes or until tender. Remove the asparagus and place on platter or plate. Top with caramelized onions and then with the roasted garlic and fresh herbs.



*Chef's Tips*

You can roast the garlic ahead of time. Just remove the roasted cloves from the skins and store in olive oil in your frig for up to 1 week. Then you will always have roasted garlic to give great flavor to your vegetables.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (162g) Servings 1 <b>Calories</b> 147 Fat Cal. 60  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 7g	<b>10%</b>	<b>Total Carb.</b> 20g
Sat. Fat 1g		<b>4%</b>	Fiber 3g	<b>10%</b>
<i>Trans</i> Fat 0g			Sugars 4g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 4g	
<b>Sodium</b> 109mg		<b>4%</b>		
Vitamin A 10% • Vitamin C 30% • Calcium 10% • Iron 10%				



## ASPARAGUS WITH ROASTED SHALLOTS AND CAYENNE PEPPER

Makes: 4 servings

Prep time: 15 minutes

Cook time: 40 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Shallots</i> . . . . .	4 shallots
<i>Olive oil</i> . . . . .	.2 Tbsp
<i>Asparagus</i> . . . . .	1 bunch
<i>Cayenne pepper</i> . . . . .	½ tsp.
<i>Thyme, fresh</i> . . . . .	1 tsp.
<i>Basil, fresh</i> . . . . .	1 tsp.
<i>Sea salt</i> . . . . .	½ tsp.

### Method

Pre-heat the oven to 350 degrees.

In an oven safe pan add the shallots and a small amount of the olive oil. Roast in oven for 25–30 minutes or until the shallots start to become golden brown and soft. Stir them as needed to brown evenly.

Remove and slice into large rings and place in a bowl, keep warm.

Trim the asparagus ends. Bring a small pot of water to a boil and cook the asparagus for 3–4 minutes or until tender. Drain and arrange on a plate or platter.

Add the remaining olive oil, cayenne pepper, fresh herbs, and salt to the shallots and combine. Pour over asparagus and serve.

### Chef's Tips

To trim the asparagus, break the root end off of 1 asparagus stalk. It breaks where the asparagus starts to become woody. With a knife trim the remaining asparagus stalks to match the length of the broken one so you are left with tender stalks of asparagus in a quick way.

	Amount/serving	%DV*	Amount/serving	%DV*
<b>Nutrition Facts</b>  Serving Size 1 (142g) Servings 1 <b>Calories</b> 110 Fat Cal. 53  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carb.</b> 13g	<b>4%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 2g	<b>8%</b>
	<i>Trans</i> Fat 0g		Sugars 2g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 109mg	<b>4%</b>		
	Vitamin A 25% • Vitamin C 15% • Calcium 4% • Iron 15%			



## BAKED COD WITH THYME

Makes: 4 servings

Prep time: 5 minutes

Cook time: 15 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Cod fillet</i> .....	<i>1½ lb.</i>
<i>Thyme, fresh</i> .....	<i>1 tsp.</i>
<i>Sea salt</i> .....	<i>½ tsp.</i>
<i>Onion powder</i> .....	<i>¼ tsp.</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>

### Method

Pre-heat oven to 375 degrees.

Cut the cod into 5-ounce pieces or have your fish provider do this for you.

Combine the olive oil, thyme, salt, and onion powder in a bowl. Mix.

Rub or spray a cookie sheet with olive oil to prevent sticking (or cover the pan with parchment paper). Place cod fillets on the sheet pan. Evenly spread the herb and oil mixture over the cod.

Bake for approximately 12–15 minutes or until fish flakes easily with a fork: internal temperature of the cod should be 155 degrees Fahrenheit.

### Chef's Tips

Fresh cod is the best but not always available. When substituting with frozen fish let the fish thaw completely in you refrigerator before cooking it.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (233g) Servings 1 <b>Calories</b> 232 Fat Cal. 59  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 7g	<b>10%</b>	<b>Total Carb.</b> 0g
Sat. Fat 1g		<b>4%</b>	Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g			Sugars 0g	
<b>Cholest.</b> 98mg		<b>35%</b>	<b>Protein</b> 40g	
<b>Sodium</b> 250mg		<b>10%</b>		
Vitamin A 2% • Vitamin C 4% • Calcium 4% • Iron 6%				



## BLACK BEAN SALAD

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Black beans, canned and organic</i> . . . . .	1 can, 16 ounces
<i>Carrots</i> . . . . .	¼ cup
<i>Celery</i> . . . . .	⅓ cup
<i>Garlic, fresh</i> . . . . .	5 cloves
<i>Jalapeno pepper</i> . . . . .	1 pepper
<i>Yellow onion</i> . . . . .	2 cups
<i>Green onions or scallions, white parts only</i> . . . . .	2 scallions
<i>Red onion</i> . . . . .	2 cups

### FOR THE DRESSING

<i>Lemon juice</i> . . . . .	4 Tbsp
<i>Oil olive</i> . . . . .	3 Tbsp
<i>Cumin</i> . . . . .	¼ tsp.
<i>Oregano, fresh</i> . . . . .	½ tsp.
<i>Cayenne pepper</i> . . . . .	¼ tsp.

### Method

Julienne the red and yellow onions. Mince the jalapeno and garlic. Peel and dice the carrots and celery. Thinly slice the green onions. Drain and rinse the black beans.

On medium heat, in a sauté pan, heat a small amount of the olive oil. Add the red and yellow onions and sauté for 4–5 minutes. Turn down the heat and cook the onions for an additional 15 minutes or until they are brown and caramelized. Stir frequently so the onions cook evenly—don't burn. Add the jalapenos and garlic and cook for 5 additional minutes so the garlic browns slightly. Cool mixture.

In a large bowl, mix thoroughly the beans, green onion, carrots, celery, and sautéed onion mixture.

Dressing: In a small bowl, add the lemon juice, cumin oregano, and cayenne pepper. Slowly whisk in olive oil.

Pour dressing over black bean mixture. Gently mix until dressing thoroughly covers all beans.



*Chef's Tips*

Best made ahead.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (211g) Servings 1 <b>Calories</b> 272 Fat Cal. 91  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carb.</b> 36g
Sat. Fat 1g		<b>8%</b>	Fiber 12g	<b>45%</b>
<i>Trans</i> Fat 0g			Sugars 3g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 12g	
<b>Sodium</b> 20mg		<b>0%</b>		
Vitamin A 20% • Vitamin C 15% • Calcium 6% • Iron 15%				



## BRAZILIAN BLACK BEAN SOUP

Makes: 4 servings

Prep time: 10 minutes

Cook time: 35 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Celery</i> .....	<i>1/3 cup</i>
<i>Onion</i> .....	<i>1/4 cup</i>
<i>Garlic</i> .....	<i>1 clove</i>
<i>Poblano pepper</i> .....	<i>2 Tbsp</i>
<i>Black beans, canned</i> .....	<i>1 can, 15 ounces</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> .....	<i>2 cups</i>
<i>Chili powder</i> .....	<i>2 tsp.</i>
<i>Cloves, ground</i> .....	<i>1/8 tsp.</i>
<i>Cumin</i> .....	<i>1 tsp.</i>
<i>Cilantro, fresh</i> .....	<i>2 Tbsp</i>
<i>Paprika</i> .....	<i>1/4 tsp.</i>
<i>Red pepper flakes, crushed</i> .....	<i>1/8 tsp.</i>
<i>Sea salt</i> .....	<i>1/2 tsp.</i>

### Method

Mince garlic. Dice onion, poblano pepper, and celery. Drain, rinse, and dry black beans.

In a stock pot, heat oil over medium heat. Sauté onions, peppers, celery, and garlic for 4–5 minutes or until vegetables start to soften.

Add vegetable broth, beans, and all herbs and spices EXCEPT cilantro. Simmer for 20–30 minutes or until beans are soft, stirring as needed.

Add cilantro and simmer an additional 1 minute.

Remove from heat and chill.

### Chef's Tips

Good served warm or cold.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
		<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 29g
	Sat. Fat 0g	<b>2%</b>	Fiber 9g	<b>40%</b>
	Trans Fat 0g		Sugars 2g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 10g	
	<b>Sodium</b> 771mg	<b>30%</b>		
	Vitamin A 6% • Vitamin C 4% • Calcium 4% • Iron 15%			

Serving Size 1 (226g)  
Servings 1  
Calories 171  
Fat Cal. 22

\*Percent Daily Values (DV) are based on a 2,000 calorie diet





## BROCCOLI WITH SAUTÉED CARROTS

Makes: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

### INGREDIENTS

### MEASUREMENTS

Broccoli	1 medium bunch
Carrots	2 large
Olive oil	2 tsp.
Thyme, fresh	½ tsp.
Onion powder	¼ tsp.
Sea salt	½ tsp.
Cayenne pepper	⅛ tsp.
Parsley, fresh	1 tsp.
Turmeric	¼ tsp.

### Method

Trim the broccoli into small pieces or flowerets. Peel and slice the carrots on a bias to form oval shape pieces ¼-inch thick.

Bring a small pot of water to a boil. Blanch the broccoli in the boiling water for 2–3 minutes.

In a sauté pan add the olive oil and heat over medium / high heat. Sauté the carrots in the olive oil for 2–3 minutes. Add the blanched broccoli and all spices and herbs.

Sauté for 2 more minutes or until the carrots are tender.

### Chef's Tips

Use pre-cut vegetable to speed up prep times.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 13g	<b>4%</b>
Sat. Fat 0g	<b>2%</b>	Fiber 5g	<b>20%</b>	
Trans Fat 0g		Sugars 4g		
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 5g		
<b>Sodium</b> 199mg	<b>8%</b>			
Vitamin A 95% • Vitamin C 230% • Calcium 8% • Iron 8%				

Serving Size 1 (186g)  
Servings 1  
Calories 86  
Fat Cal. 26

\*Percent Daily Values (DV) are based on a 2,000 calorie diet



## BROCCOLINI WITH HOT PEPPERS AND GARLIC

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Garlic</i> . . . . .	<i>4 cloves</i>
<i>Shallot</i> . . . . .	<i>½ shallot</i>
<i>Broccolini</i> . . . . .	<i>2 medium bunches</i>
<i>Olive oil</i> . . . . .	<i>1 Tbsp</i>
<i>Sea salt</i> . . . . .	<i>½ tsp.</i>
<i>Poblano peppers</i> . . . . .	<i>1 medium pepper</i>

### Method

Slice the garlic cloves and mince the shallots. Julienne the poblano pepper and cut the broccolini into pieces.

In a sauté pan heat the olive oil over medium heat. Add the peppers, garlic, shallots, and sauté for 1–2 minutes stirring as needed.

Add the broccolini and sauté for 3–4 more minutes so the broccolini is still crisp. Season with salt.

### Chef's Tips

Broccolini is available in gourmet markets. You can substitute with broccoli or your freshest vegetable.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 6g	<b>2%</b>
Sat. Fat 0g	<b>2%</b>	Fiber 4g	<b>15%</b>	
<i>Trans</i> Fat 0g		Sugars 2g		
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 4g		
<b>Sodium</b> 140mg	<b>6%</b>			
Vitamin A 70% • Vitamin C 65% • Calcium 15% • Iron 15%				

Serving Size 1 (157g)  
Servings 1  
**Calories** 58  
Fat Cal. 26

\*Percent Daily Values (DV) are based on a 2,000 calorie diet



## CAJUN BLACK-EYED PEAS

Makes: 4 servings

Prep time: 15 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Cilantro, fresh</i> .....	3 Tbsp
<i>Green onions or scallions</i> .....	7 stalks
<i>Red onion</i> .....	1/3 cup
<i>Poblano pepper</i> .....	4 tsp.
<i>Garlic</i> .....	2 cloves
<i>Olive oil</i> .....	1 Tbsp
<i>Cayenne pepper</i> .....	1/2 tsp.
<i>Red pepper flakes, crushed</i> .....	1/8 tsp.
<i>Sea salt</i> .....	1/2–1 tsp.
<i>Lemon juice</i> .....	1 Tbsp
<i>UltraBroth or organic vegetable broth</i> .....	3/4 cup
<i>Black eyed peas</i> .....	2 cans, 15 ounces each

### Method

Dice by hand or food processor the red onion, green onion, cilantro and poblano pepper. Mince garlic.

In a large pot heat olive oil over medium heat until hot. Add all onions, garlic, and poblano pepper. Sauté the vegetables for 2–3 minutes until aromatic then add the vegetable broth.

Pour beans from can into strainer and rinse with cold water.

Add the beans, lemon juice, and all spices and herbs to the vegetable broth. Simmer 20–25 minutes while stirring occasionally until beans and vegetables are soft.

Remove from heat and either enjoy warm or chill and serve.

### Chef's Tips

Serve this dish over brown rice for a hearty dinner or alone as a lite lunch.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	<b>Total Fat</b> 4g	<b>8%</b>	<b>Total Carb.</b> 28g	<b>8%</b>
Serving Size 1 (261g) Servings 1	Sat. Fat 0g	<b>2%</b>	Fiber 7g	<b>25%</b>
	Trans Fat 0g		Sugars 3g	
<b>Calories</b> 178 Fat Cal. 40	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 10g	
	<b>Sodium</b> 322mg	<b>15%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet				
Vitamin A 4% • Vitamin C 20% • Calcium 6% • Iron 15%				



## CARIBBEAN BLACK EYED PEAS (COLD SALAD)

Makes: 4 servings

Prep time: 10 minutes

Cook time: 0 minutes

### INGREDIENTS

### MEASUREMENTS

*Black eyed peas, canned and organic.* . . . . . 2 cans, 30 ounces  
*Poblano pepper* . . . . . 4 tsp.  
*Green onion or scallion.* . . . . . 7 stalks (white part)  
*Red onion.* . . . . . 1/3 cup

### FOR THE DRESSING

*UltraBroth or organic vegetable broth.* . . . . . 3/4 cup  
*Oil olive* . . . . . 1 Tbsp  
*Garlic, fresh* . . . . . 1 clove  
*Lemon juice.* . . . . . 2 Tbsp  
*Cilantro, fresh* . . . . . 3 Tbsp  
*Oregano, fresh* . . . . . 1/4 tsp.  
*Cayenne pepper.* . . . . . 1/4 tsp.  
*Red pepper flakes, crushed* . . . . . 1/8 tsp.  
*Sea salt.* . . . . . 1/2 tsp.

### Method

Dice the poblano pepper, green onions, and red onion. Mince garlic. Drain and rinse black eyed peas.

In a large bowl, mix thoroughly black eyed peas, poblano pepper, green onions, and red onion.

Dressing: In a small bowl, add vegetable broth, garlic, lemon juice, cilantro, oregano, cayenne pepper, red pepper flakes, and salt. Slowly whisk in olive oil.

Pour dressing over black eyed pea mixture. Gently mix until dressing thoroughly covers all black eyed peas.

### Chef's Tips

Best made ahead.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (261g) Servings 1 <b>Calories</b> 178 Fat Cal. 40	<b>Total Fat</b> 4g	<b>8%</b>	<b>Total Carb.</b> 28g
	Sat. Fat 0g	<b>2%</b>	Fiber 7g	<b>25%</b>
	Trans Fat 0g		Sugars 3g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 10g	
	<b>Sodium</b> 322mg	<b>15%</b>		
	Vitamin A 4% • Vitamin C 20% • Calcium 6% • Iron 15%			



## CARROTS, HOT PEPPERS, AND SHALLOT STIR FRY WITH GINGER AND GARLIC

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Jalapenos</i> . . . . .	<i>1/2 a jalapeno</i>
<i>Shallots</i> . . . . .	<i>3 shallots</i>
<i>Garlic cloves</i> . . . . .	<i>2 cloves</i>
<i>Ginger, fresh</i> . . . . .	<i>1 1/2 tsp.</i>
<i>Baby carrots</i> . . . . .	<i>4 cups</i>
<i>Olive oil</i> . . . . .	<i>1 Tbsp</i>
<i>Chinese 5 spice</i> . . . . .	<i>1/2 tsp.</i>
<i>Sea salt</i> . . . . .	<i>1 tsp.</i>
<i>Red pepper flakes</i> . . . . .	<i>1/4 tsp.</i>

### Method

Mince the jalapenos, ginger, and garlic. Slice the shallots into rings.

In a large sauté pan heat olive oil over medium / high heat and add the carrots and shallots. Sauté for 4–5 minutes then add the garlic, ginger, jalapenos, Chinese 5 spice, salt, and red pepper flakes.

Sauté for 4–5 more minutes and add the green onion to finish. Carrots should be tender but still crisp in the center.

### Chef's Tips

To peel ginger quickly and safely use the edge of a small spoon and scrape the peel away from the ginger root to remove all the skin before chopping.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (141g) Servings 1 <b>Calories</b> 86 Fat Cal. 32	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carb.</b> 13g
	Sat. Fat 0g	<b>2%</b>	Fiber 2g	<b>10%</b>
	Trans Fat 0g		Sugars 5g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 1g	
	<b>Sodium</b> 346mg	<b>15%</b>		
	Vitamin A 315% • Vitamin C 20% • Calcium 4% • Iron 8%			



## COD WITH ROASTED CHILI PEPPERS & CAYENNE

Makes: 4 servings

Prep time: 20 minutes

Cook time: 20–30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Cod fillets</i> . . . . .	<i>1½ pounds</i>
<i>Poblano pepper</i> . . . . .	<i>1 medium pepper</i>
<i>Jalapeno pepper</i> . . . . .	<i>½ a jalapeno</i>
<i>Olive oil</i> . . . . .	<i>1 Tbsp plus 1 tsp. for roasting</i>
<i>Garlic</i> . . . . .	<i>1 clove</i>
<i>Shallot</i> . . . . .	<i>½ shallot</i>
<i>Cayenne pepper</i> . . . . .	<i>¼ tsp.</i>
<i>Sea salt</i> . . . . .	<i>½ tsp.</i>

### Method

Pre-heat oven to 350 degrees.

Wash and dry peppers. Rub with small amount of olive oil to help roasting. Roast peppers over an open flame on a grill or stovetop gas burner or even in the oven. Roast until peppers are soft and skin is blistering. Cover and let sit for 5 minutes. Peel away skin and remove seeds and stems.

Combine the roasted peppers, remaining olive oil, garlic, shallots, cayenne, and salt in food processor and puree until smooth.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper), place the cod on the sheet pan. Evenly spread the puree of roasted peppers over the cod fillet top and sides.

Bake for approximately 20–30 minutes or until fish flakes easily when tested with a fork: internal temperature of the cod fillet should be 155 degrees Fahrenheit.



*Chef's Tips*

You can roast the fillet as one whole piece or cut into 8-ounce pieces. Have your fish provider cut them for you if you want portioned pieces.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (248g) Servings 1 <b>Calories</b> 234 Fat Cal. 55  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carb.</b> 2g
Sat. Fat 1g		<b>4%</b>	Fiber 0g	<b>0%</b>
<i>Trans</i> Fat 0g			Sugars 1g	
<b>Cholest.</b> 98mg		<b>35%</b>	<b>Protein</b> 41g	
<b>Sodium</b> 251mg		<b>10%</b>		
Vitamin A 6% • Vitamin C 50% • Calcium 4% • Iron 6%				



## CURRIED AND COCONUT CHICKEN BREAST

Makes: 4 servings

Prep time: 20 minutes

Cook time: 20–30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Chicken breasts, boneless / skinless</i> . . . . .	<i>4 breast about, 5 ounces each</i>
<i>Olive oil</i> . . . . .	<i>2 tsp.</i>
<i>Ginger, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Garlic</i> . . . . .	<i>1 clove</i>
<i>Green onion or scallions</i> . . . . .	<i>½ green stalk only</i>
<i>Parsley, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Curry spice</i> . . . . .	<i>2 tsp.</i>
<i>Sea salt</i> . . . . .	<i>½ tsp.</i>
<i>Cayenne pepper</i> . . . . .	<i>⅛ tsp.</i>
<i>Coconut milk</i> . . . . .	<i>1 Tbsp</i>

### Method

Pre-heat oven to 350 degrees.

Trim chicken breast of any fat.

Mince the garlic clove, ginger, green onion, and parsley then combine in a bowl. Add the curry spice, salt, cayenne pepper, and coconut milk to the same bowl and combine evenly.

Place the chicken breasts in the bowl and let marinate for 10–15 minutes if desired.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place the chicken breasts on the sheet pan.

Bake for approximately 30–30 minutes or until juices run clear: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

### Chef's Tips

You can marinate the chicken in the curry spices and coconut milk for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
		<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 1g
	Sat. Fat 2g	<b>8%</b>	Fiber 0g	<b>2%</b>
	Trans Fat 0g		Sugars 0g	
	<b>Cholest.</b> 82mg	<b>25%</b>	<b>Protein</b> 33g	
	<b>Sodium</b> 221mg	<b>8%</b>		
	Vitamin A 2% • Vitamin C 4% • Calcium 2% • Iron 8%			

Serving Size 1 (153g)  
Servings 1  
Calories 189  
Fat Cal. 45

\*Percent Daily Values (DV) are based on a 2,000 calorie diet





## CURRIED GREAT NORTHERN BEANS AND CARROT SOUP

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

Carrots.....	3 carrots equal to 1 ½ cups
Yellow onion .....	¼ cup
Garlic.....	1 clove
Shallot .....	1 shallot
Great northern bean, canned and organic .....	1 can, 16 ounces
Olive oil.....	1 Tbsp
UltraBroth or organic vegetable broth.....	2 cups
Lemon juice.....	1 Tbsp
Curry powder .....	⅛ tsp.
Ginger, fresh.....	2 tsp.
Cayenne Pepper.....	⅛ tsp.

### Method

Peel and dice ginger. Peel and slice carrots ¼" -thick. Dice onions, shallots, and garlic. Drain and rinse white beans.

In a medium stock pot, heat oil over medium heat. Sauté carrots, shallots, onion, garlic, and ginger. Cook for 4–6 minutes or until vegetables start to soften.

Add vegetable broth, beans, and all herbs and spices. Reduce heat to low and simmer covered for 15–20 minutes or until the beans are soft. Remove pot from heat.

Using an immersion blender, puree the soup. Add lemon juice and continue pureeing until smooth. (Alternatively, you may puree in a food processor or blender.)

Chill.

### Chef's Tips

Best the next day.

	Amount/serving	%DV*	Amount/serving	%DV*
<b>Nutrition Facts</b>  Serving Size 1 (226g) Servings 1 <b>Calories</b> 116 Fat Cal. 41  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 16g	<b>4%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 3g	<b>15%</b>
	Trans Fat 0g		Sugars 4g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	
	<b>Sodium</b> 301mg	<b>15%</b>		
Vitamin A 90% • Vitamin C 10% • Calcium 4% • Iron 6%				



## CURRIED VEGETABLES WITH COCONUT MILK

Makes: 4 servings

Prep time: 15 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Cauliflower</i> .....	<i>4 cups, ½ head</i>
<i>Carrots</i> .....	<i>⅓ cup</i>
<i>Celery</i> .....	<i>⅓ cup</i>
<i>Red onion</i> .....	<i>1 cup</i>
<i>Poblano pepper</i> .....	<i>2 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> .....	<i>½ cup</i>
<i>Coconut milk, light</i> .....	<i>¼ cup</i>
<i>Cumin</i> .....	<i>¼ tsp.</i>
<i>Curry powder</i> .....	<i>1/4 tsp.</i>
<i>Garlic</i> .....	<i>1 clove</i>
<i>Ginger, fresh</i> .....	<i>2 tsp.</i>
<i>Cilantro, fresh</i> .....	<i>1 tsp.</i>
<i>Lemon Juice</i> .....	<i>1 Tbsp</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>Cayenne pepper</i> .....	<i>¼ tsp.</i>
<i>Sea salt</i> .....	<i>½ tsp.</i>

### Method

Julienne the red onions. Dice poblano peppers and celery. Peel and slice carrots into ¼-inch slices. Mince garlic. Peel and mince ginger. Cut cauliflower into 1½ inch pieces.

On medium heat, in a sauté pan, heat the olive oil. Add the peppers, onions, garlic, ginger, carrots, and celery. Sauté vegetables until tender, about 8–10 minutes. Add the cauliflower, vegetable broth, and all herbs and spices. Bring to a simmer (do not boil). Cover, cook an additional 10–15 minutes stirring as needed.

Once the cauliflower is tender, stir in the coconut milk, lemon juice, and cilantro. Bring contents of pan back to a simmer for 3–5 minutes and allow liquid to thicken slightly.

Remove from heat.



*Chef's Tips*

Good hot or cold.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (215g) Servings 1 <b>Calories</b> 134 Fat Cal. 83  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 9g	<b>15%</b>	<b>Total Carb.</b> 12g
Sat. Fat 3g		<b>15%</b>	Fiber 4g	<b>15%</b>
<i>Trans</i> Fat 0g			Sugars 5g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 338mg		<b>15%</b>		
Vitamin A 35% • Vitamin C 90% • Calcium 4% • Iron 8%				



## GARLIC AND HERB HUMMUS

Makes: 4 servings

Prep time: 20 minutes

Cook time: 0 Minutes

### INGREDIENTS

### MEASUREMENTS

<i>Chickpeas, canned</i> .....	1 can, 15 ounces
<i>Sesame tahini</i> .....	¼ cup
<i>Water</i> .....	½ cup
<i>Lemon juice</i> .....	1 Tbsp + ½ tsp.
<i>Olive oil</i> .....	1 Tbsp
<i>Garlic, roasted</i> .....	3 cloves
<i>Paprika</i> .....	½ tsp
<i>Parsley, fresh</i> .....	½ tsp
<i>Cayenne pepper</i> .....	¼ tsp.
<i>Sea salt</i> .....	¼ tsp.

### Method

Preheat oven to 350 degree.

Peel the garlic and rub with olive oil. Wrap garlic cloves in foil and place in the warm oven for 20–25 minutes or until garlic is soft and slightly roasted. Remove from oven and cool.

Drain and wash chick peas and drain to dry.

In the food processor, add all ingredients and spices. Puree the mixture into a fine paste, no chunks. Remove from processor and turn into a small bowl.

Cover and chill.

### Chef's Tips

Best made ahead to allow flavors to combine. For a tangier taste, use more lemon juice or add hot chili oil made with olive oil to spice it up.

	Amount/serving	%DV*	Amount/serving	%DV*
<b>Nutrition Facts</b>  Serving Size 1 (170g) Servings 1 <b>Calories</b> 255 Fat Cal. 139  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 15g	<b>25%</b>	<b>Total Carb.</b> 22g	<b>8%</b>
	Sat. Fat 2g	<b>10%</b>	Fiber 6g	<b>25%</b>
	<i>Trans</i> Fat 0g		Sugars 1g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 9g	
	<b>Sodium</b> 356mg	<b>15%</b>		
	Vitamin A 4% • Vitamin C 8% • Calcium 15% • Iron 20%			



## GRILLED ROSEMARY CHICKEN BREAST

Makes: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Chicken breasts, boneless / skinless</i> . . . . .	4 each about 5 ounces per breast
<i>Garlic</i> . . . . .	1 clove
<i>Olive oil</i> . . . . .	1 Tbsp
<i>Cayenne pepper</i> . . . . .	1/8 tsp.
<i>Rosemary, fresh</i> . . . . .	2 tsp.
<i>Parsley, fresh</i> . . . . .	1 tsp.
<i>Sea salt</i> . . . . .	1/2 tsp.

### Method

Pre-heat Grill to 350 degrees or medium hot fire.

Trim chicken breast of any fat.

Mince the garlic clove. Chop rosemary and parsley fine. Combine the garlic, olive oil, cayenne pepper, chopped herbs, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 10–15 minutes if desired.

Grill the chicken breast for a total 10–12 minutes, turning once half way through. Chicken should be firm to the touch and opaque throughout.: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

### Chef's Tips

You can marinate the chicken in herbs and oil. Marinate for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled. You can do this recipe in the oven by baking at 350 degrees for 20–30 minutes or until juices run clear and internal temperature is 168 degrees Fahrenheit.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 0g	<b>0%</b>
	Trans Fat 0g		Sugars 0g	
	<b>Cholest.</b> 82mg	<b>25%</b>	<b>Protein</b> 33g	
	<b>Sodium</b> 220mg	<b>8%</b>		
	*Percent Daily Values (DV) are based on a 2,000 calorie diet			
	Vitamin A 2% • Vitamin C 4% • Calcium 2% • Iron 6%			



## GINGERED CARROTS AND RED ONIONS WITH BROCCOLI

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Ginger</i> .....	1 Tbsp
<i>Garlic</i> .....	2 cloves
<i>Carrots</i> .....	2 medium
<i>Red onions</i> .....	½ large
<i>Broccoli</i> .....	½ bunch
<i>Olive oil</i> .....	1 Tbsp
<i>Paprika</i> .....	½ tsp.
<i>Red pepper flakes</i> .....	⅛ tsp.
<i>Parsley, fresh</i> .....	1 tsp.
<i>Sea salt</i> .....	½ tsp.

### Method

Combine garlic and peeled ginger in food processor, mince. Peel and julienne the carrots. Slice the red onions the same size as the carrots. Cut the broccoli into bite size flowerets.

In a large sauté pan heat the olive oil over medium / high heat. Add the ginger, garlic, carrots, red onions, paprika, and red pepper flakes and sauté for 2–3 minutes. Add the broccoli and sauté for 2–3 more minutes.

Add the parsley and season with salt.

### Chef's Tips

You can substitute the broccoli with your freshest vegetable. Use baby carrots to speed up the prep time.

	Amount/serving	%DV*	Amount/serving	%DV*
<b>Nutrition Facts</b>  Serving Size 1 (158g) Servings 1 <b>Calories</b> 97 Fat Cal. 43  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 13g	<b>4%</b>
	Sat. Fat 1g	<b>4%</b>	Fiber 4g	<b>15%</b>
	<i>Trans</i> Fat 0g		Sugars 5g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 178mg	<b>8%</b>		
	Vitamin A 195% • Vitamin C 120% • Calcium 6% • Iron 4%			



## HEARTY LENTIL SOUP—VEGETARIAN

Makes: 4 servings

Prep time: 15 minutes

Cook time: 35 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Carrots</i> .....	<i>¼ cup</i>
<i>Red onion</i> .....	<i>½ cup</i>
<i>Garlic</i> .....	<i>1 clove</i>
<i>Celery</i> .....	<i>⅓ cup</i>
<i>Poblano pepper</i> .....	<i>⅓ cup</i>
<i>Lentils</i> .....	<i>1 cup</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> .....	<i>2½ cups</i>
<i>Rosemary, fresh</i> .....	<i>½ tsp.</i>
<i>Oregano, fresh</i> .....	<i>½ tsp.</i>
<i>Parsley, fresh</i> .....	<i>½ tsp.</i>
<i>Cayenne pepper</i> .....	<i>⅛ tsp.</i>
<i>Sea salt</i> .....	<i>½ tsp.</i>

### Method

Prepare lentils: In a large stock pot place dry lentils, cover the lentils with 4–6 inches of water. Simmer over medium / high heat for 30 minutes or until lentils are slightly tender. Cover pot as needed. Drain any excess water off lentils, most if not all will be absorbed.

Slice red onions into ½-inch rings. Slice poblano peppers into ¼-inch rings. Dice carrots and celery. Mince garlic.

Grill red onions and poblano peppers, char on both sides. Remove from grill and dice grilled onions and grilled peppers. (Alternatively, you may oven roast onions and poblano peppers.)

In a stock pot, heat oil over medium heat. Sauté carrots, celery, and garlic for 4–5 minutes.

Add vegetable broth, cooked lentils, grilled onions, grilled poblano peppers, and all herbs and spices. Simmer for 25–30 minutes or until lentils become soft and begin to breakdown thickening the liquid.

Remove from heat and chill.



*Chef's Tips*

Good served warm or chilled. This is a good soup to make a double batch and freeze into single portions for later.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (242g) Servings 1 <b>Calories</b> 217 Fat Cal. 34  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carb.</b> 34g
Sat. Fat 1g		<b>4%</b>	Fiber 15g	<b>60%</b>
<i>Trans</i> Fat 0g			Sugars 5g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 14g	
<b>Sodium</b> 1053mg		<b>45%</b>		
Vitamin A 25% • Vitamin C 15% • Calcium 4% • Iron 25%				





## HOT PEPPERS AND SAUTÉED VEGETABLES

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

### INGREDIENTS

### MEASUREMENTS

Broccoli	1/2 bunch
Red onions	1/2 large
Baby carrots	2 cups
Jalapenos	1 pepper
Garlic	2 cloves
Parsley, fresh	1 tsp.
Red pepper flakes	1/8 tsp.
Sea salt	1 tsp.
Paprika	1/2 tsp.
Olive oil	2 tsp.

### Method

Mince the jalapeno, garlic, and parsley. Combine the pepper flakes, salt, and paprika. Cut the broccoli into flowerets and julienne the red onion.

In a sauté pan heat olive oil over medium heat and add the carrots, onions, and broccoli to the pan. Sauté for 4–5 minutes. Add the parsley, spices, jalapeno, and garlic to the sauté pan and finish cooking for 2–3 more minutes so the carrots become tender.

### Chef's Tips

To help control the amount of spice from the jalapeno remove the seeds before chopping, or keep them in to add more heat.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 8g	<b>4%</b>
Sat. Fat 0g	<b>2%</b>	Fiber 2g	<b>8%</b>	
<i>Trans</i> Fat 0g		Sugars 4g		
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 1g		
<b>Sodium</b> 147mg	<b>6%</b>			
Vitamin A 160% • Vitamin C 30% • Calcium 4% • Iron 4%				

Serving Size 1 (95g)  
Servings 1  
**Calories** 56  
Fat Cal. 22

\*Percent Daily Values (DV) are based on a 2,000 calorie diet



## LEMON-DILL WILD SALMON

Makes: 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Salmon, wild</i> . . . . .	1 pound
<i>Garlic, fresh</i> . . . . .	3 cloves
<i>Olive oil</i> . . . . .	1 Tbsp
<i>Lemon juice</i> . . . . .	2 Tbsp
<i>Dill weed, fresh</i> . . . . .	½ tsp.
<i>Parsley, fresh</i> . . . . .	½ tsp.
<i>Tarragon, fresh</i> . . . . .	½ tsp.

### Method

Pre-heat oven to 325 degrees.

Mince the garlic. Combine the garlic, olive oil, lemon juice, and herbs in a bowl. Mix.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place salmon skin side down on the sheet pan. Evenly spread the herb mixture over the salmon. Bake for approximately 15–20 minutes or until fish flakes easily when tested with a fork: internal temperature of the salmon should be 155 degrees Fahrenheit.

### Chef's Tips

Salmon can easily be grilled as well.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 11g	<b>15%</b>	<b>Total Carb.</b> 1g	<b>0%</b>
Sat. Fat 2g	<b>8%</b>	Fiber 0g	<b>0%</b>	
Trans Fat 0g		Sugars 0g		
<b>Cholest.</b> 62mg	<b>20%</b>	<b>Protein</b> 23g		
<b>Sodium</b> 52mg	<b>2%</b>			
Vitamin A 0% • Vitamin C 4% • Calcium 2% • Iron 6%				

Serving Size 1 (127g)  
 Servings 1  
**Calories** 196  
 Fat Cal. 95

\*Percent Daily Values (DV) are based on a 2,000 calorie diet



## LEMON GARLIC BASIL CHICKEN

Makes: 4 servings

Prep time: 15 minutes

Cook time: 20–30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Chicken breasts, boneless / skinless</i> . . . . .	<i>4 each about 5 ounces per breast</i>
<i>Garlic</i> . . . . .	<i>1 clove</i>
<i>Olive oil</i> . . . . .	<i>2 tsp.</i>
<i>Cayenne pepper</i> . . . . .	<i>¼ tsp.</i>
<i>Lemon juice</i> . . . . .	<i>2 tsp.</i>
<i>Basil, fresh</i> . . . . .	<i>3 tsp.</i>
<i>Sea salt</i> . . . . .	<i>½ tsp.</i>

### Method

Pre-heat oven to 350 degrees.

Trim chicken breast of any fat.

Mince the garlic clove. Combine the garlic, olive oil, cayenne pepper, lemon juice, basil, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 10–15 minutes if desired.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper). Place the chicken breasts on the sheet pan. Bake for approximately 30–30 minutes: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

### Chef's Tips

You can marinate the chicken in the lemon garlic basil marinade for up to 2 hours before cooking. This chicken can be baked, grilled, or broiled.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (187g) Servings 1 <b>Calories</b> 187 Fat Cal. 37  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 4g	<b>6%</b>	<b>Total Carb.</b> 3g
Sat. Fat 1g		<b>4%</b>	Fiber 0g	<b>0%</b>
Trans Fat 0g			Sugars 1g	
<b>Cholest.</b> 82mg		<b>25%</b>	<b>Protein</b> 33g	
<b>Sodium</b> 228mg		<b>10%</b>		
Vitamin A 2% • Vitamin C 20% • Calcium 4% • Iron 8%				



## MOROCCAN SPICED CARROTS WITH SHALLOTS

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Carrots</i> .....	<i>1 pound</i>
<i>Shallots</i> .....	<i>1 shallot, ½ cup</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>Cumin</i> .....	<i>¼ tsp.</i>
<i>Cilantro, fresh</i> .....	<i>1 tsp.</i>
<i>Mint, fresh</i> .....	<i>½ tsp.</i>
<i>Paprika</i> .....	<i>¼ tsp.</i>
<i>Parsley, fresh</i> .....	<i>½ tsp.</i>
<i>Red Pepper Flakes</i> .....	<i>¼ tsp.</i>
<i>Sea salt</i> .....	<i>1 tsp.</i>

### Method

Dice the shallots. Peel the carrots and julienne by hand or food processor.

In a large sauté pan, heat oil olive on medium-high heat. Add carrots and shallots, sauté 2–3 minutes. Add all herbs and spices, cook an additional 2–3 minutes or until carrots are tender, but firm.

Serve warm or chilled.

### Chef's Tips

Use this flavoring style on any of your favorite vegetables.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
		<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 15g
	Sat. Fat 1g	<b>4%</b>	Fiber 4g	<b>15%</b>
	<i>Trans</i> Fat 0g		Sugars 6g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
	<b>Sodium</b> 365mg	<b>15%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet Vitamin A 305% • Vitamin C 15% • Calcium 4% • Iron 6%				



## QUINOA AND GARBANZO BEAN SALAD

Makes: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Quinoa grain</i> . . . . .	<i>¾ cup</i>
<i>Water for preparing quinoa grain</i> . . . . .	<i>1½ cup</i>
<i>Chickpeas, canned</i> . . . . .	<i>¾ cup</i>
<i>Onion</i> . . . . .	<i>½ cup</i>
<i>Green onions or scallions</i> . . . . .	<i>3 scallions, ¼ cup</i>
<i>Poblano pepper</i> . . . . .	<i>½ cup</i>

### FOR THE DRESSING

<i>Lemon juice</i> . . . . .	<i>3 Tbsp</i>
<i>Oil olive</i> . . . . .	<i>2 Tbsp</i>
<i>Chili powder</i> . . . . .	<i>½ tsp.</i>
<i>Oregano, fresh</i> . . . . .	<i>½ tsp.</i>
<i>Parsley, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Sea salt</i> . . . . .	<i>½ tsp.</i>

### Method

Bring water to a boil. Add quinoa and stir. Turn down heat to low. Cover. Simmer covered 25–30 minutes, until all water is absorbed and quinoa is tender. Cool cooked quinoa.

Dice the onions and poblano. Slice the green onions. Drain canned chick peas and rinse.

In a small amount of the oil olive, sauté onion and pepper over medium heat for 2–5 minutes or until onion is slightly soft.

In a large bowl, mix thoroughly onion-pepper mixture, green onions, cooked quinoa, and chick peas.

Dressing: In a small bowl, add lemon juice, chili powder, oregano, parsley, and salt. Slow whisk in olive oil.

Pour dressing over quinoa-chickpea mixture. Gently mix until dressing thoroughly covers all the salad.



*Chef's Tips*

Best made ahead. Quinoa can be cooked in a rice cooker as well.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (174g) Servings 1 <b>Calories</b> 227 Fat Cal. 85  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 9g	<b>15%</b>	<b>Total Carb.</b> 31g
Sat. Fat 1g		<b>6%</b>	Fiber 4g	<b>15%</b>
<i>Trans</i> Fat 0g			Sugars 2g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 6g	
<b>Sodium</b> 47mg		<b>2%</b>		
Vitamin A 4% • Vitamin C 20% • Calcium 4% • Iron 20%				



## RICE VERSION #1

Makes: 4 servings

Prep time: 5 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Short-grain brown rice</i> .....	<i>1 cup</i>
<i>Water</i> .....	<i>2 cups</i>
<i>Olive oil</i> .....	<i>2 tsp.</i>
<i>Sea salt</i> .....	<i>½ tsp.</i>
<i>Thyme, fresh</i> .....	<i>½ tsp.</i>
<i>Onion powder</i> .....	<i>¼ tsp.</i>
<i>Bay leaf</i> .....	<i>½ leaf</i>

### Method

In a small pot with a lid add the uncooked rice, water, olive oil, salt, thyme, onion powder, and bay leaf. Cover and bring to a simmer for 25–30 minutes over medium heat. Once the rice is tender remove from heat and remove the bay leaf.

### Chef's Tips

This rice can be cooked in a rice cooker as well.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serving Size 1 (169g) Servings 1 <b>Calories</b> 193 Fat Cal. 32  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 4g	<b>4%</b>	<b>Total Carb.</b> 36g
Sat. Fat 1g		<b>4%</b>	Fiber 2g	<b>8%</b>
Trans Fat 0g			Sugars 0g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 4g	
<b>Sodium</b> 132mg		<b>4%</b>		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%				



## RICE VERSION #2

Makes: 4 servings

Prep time: 5 minutes

Cook time: 30 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Short-grain brown rice</i> .....	<i>1 cup</i>
<i>Water</i> .....	<i>2 cups</i>
<i>Garlic</i> .....	<i>1 cloves</i>
<i>Turmeric</i> .....	<i>¼ tsp.</i>
<i>Cayenne pepper</i> .....	<i>¼ tsp.</i>
<i>Sea salt</i> .....	<i>½ tsp.</i>

### Method

Mince the garlic clove. In a small pot with a lid add the uncooked rice, water, garlic, turmeric, cayenne pepper, and salt. Cover and bring to a simmer for 25–30 minutes over medium heat. Once the rice is tender remove from heat.

### Chef's Tips

This rice can be cooked in a rice cooker as well.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carb.</b> 36g	<b>10%</b>
Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>8%</b>	
<i>Trans</i> Fat 0g		Sugars 0g		
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 4g		
<b>Sodium</b> 132mg	<b>4%</b>			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%				

Serving Size 1 (167g)  
Servings 1  
**Calories** 173  
Fat Cal. 12

\*Percent Daily Values (DV) are based on a 2,000 calorie diet





## THREE BEAN VEGETARIAN CHILI

Makes: 4 servings

Prep time: 10 minutes

Cook time: 60 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Onion</i> .....	<i>1/4 cup</i>
<i>Garlic</i> .....	<i>1 clove</i>
<i>Celery</i> .....	<i>1/4 cup</i>
<i>Poblano pepper</i> .....	<i>2/3 cup</i>
<i>Black eyed peas, canned</i> .....	<i>1 cup</i>
<i>Chickpeas, canned</i> .....	<i>2/3 cups</i>
<i>Great northern beans, canned</i> .....	<i>1/2 cup</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> .....	<i>2 cups</i>
<i>Chili powder</i> .....	<i>1 Tbsp</i>
<i>Parsley, fresh</i> .....	<i>1/4 tsp.</i>
<i>Cumin</i> .....	<i>1/4 tsp.</i>
<i>Thyme, fresh</i> .....	<i>1/4 tsp.</i>
<i>Cayenne pepper</i> .....	<i>1/8 tsp.</i>
<i>Sea salt</i> .....	<i>1/4 tsp.</i>

### Method

Dice peppers, onions, and celery. Mince garlic. Drain and rinse beans.

In a stock pot, heat oil over medium heat. Sauté onion, peppers, garlic, and celery for 5–7 minutes.

Add vegetable broth, beans, and all herbs and spices. Cover. Simmer for approximately 1 hour or until beans are tender and liquid thickens slightly.

Remove from heat and chill.

### Chef's Tips

Best the next day.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
		<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 17g
	Sat. Fat 0g	<b>2%</b>	Fiber 4g	<b>15%</b>
	Trans Fat 0g		Sugars 3g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
	<b>Sodium</b> 545mg	<b>25%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet				
Vitamin A 15% • Vitamin C 30% • Calcium 8% • Iron 8%				



## TUSCAN WHITE BEAN STEW

Makes: 4 servings

Prep time: 10 minutes

Cook time: 35 minutes

### INGREDIENTS

### MEASUREMENTS

<i>Carrots</i> .....	<i>1/2 cup</i>
<i>Onion</i> .....	<i>1/4 cup</i>
<i>Garlic</i> .....	<i>1 clove</i>
<i>Celery</i> .....	<i>1/3 cup</i>
<i>Great northern bean, canned and organic</i> .....	<i>1 can, 15 ounces</i>
<i>Olive oil</i> .....	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> .....	<i>2 cups</i>
<i>Rosemary, fresh</i> .....	<i>1/8 tsp.</i>
<i>Parsley, fresh</i> .....	<i>1/4 tsp.</i>
<i>Thyme, fresh</i> .....	<i>1/4 tsp.</i>
<i>Sea salt</i> .....	<i>1/2 tsp.</i>

### Method

Drain white beans, rinse, and dry.

Mince garlic. Dice onions, carrots, and celery.

In a stock pot, heat oil over low / medium heat. Sauté onions for 2–3 minutes. Add carrots, celery, and garlic. Sauté for an additional 4–5 minutes or until vegetables start to become soft.

Add vegetable broth, beans, and all herbs and spices. Simmer covered for 20–30 minutes stirring occasionally.

Remove from heat and serve or chill for later.

### Chef's Tips

This stew has a delicate flavor. For a deeper flavor, try roasting the garlic.

Serve warm or chilled.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	<b>Total Fat</b> 2g	<b>4%</b>	<b>Total Carb.</b> 18g	<b>6%</b>
	Sat. Fat 0g	<b>0%</b>	Fiber 4g	<b>15%</b>
	Trans Fat 0g		Sugars 4g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
	<b>Sodium</b> 874mg	<b>35%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet Vitamin A 45% • Vitamin C 4% • Calcium 4% • Iron 8%				



## VEGETABLE CURRY WITH CHICKPEAS

Makes: 4 servings

Prep time: 25 minutes

Cook time: 35 minutes

### INGREDIENTS

### MEASUREMENTS

<i>White onion, fresh</i> . . . . .	<i>1 cup</i>
<i>Poblano pepper</i> . . . . .	<i>1–2 Tbsp</i>
<i>Celery</i> . . . . .	<i>1/3 cup</i>
<i>Carrot</i> . . . . .	<i>1/3 cup</i>
<i>Cauliflower</i> . . . . .	<i>1 1/2 cup</i>
<i>Ginger, fresh</i> . . . . .	<i>2 tsp.</i>
<i>Garlic</i> . . . . .	<i>1–2 cloves</i>
<i>Curry powder</i> . . . . .	<i>1 tsp.</i>
<i>Cumin</i> . . . . .	<i>1/2 tsp.</i>
<i>Cilantro, fresh</i> . . . . .	<i>1 tsp.</i>
<i>Cayenne pepper</i> . . . . .	<i>1/8 tsp.</i>
<i>Sea salt</i> . . . . .	<i>1 1/2 tsp.</i>
<i>Olive oil</i> . . . . .	<i>1 Tbsp</i>
<i>UltraBroth or organic vegetable broth</i> . . . . .	<i>3/4 cup</i>
<i>Lemon juice</i> . . . . .	<i>1 Tbsp</i>
<i>Coconut milk, light</i> . . . . .	<i>1/4 cup</i>
<i>Chickpeas, canned</i> . . . . .	<i>1 can, 15 ounces</i>

### Method

Julienne the onions. Dice poblano pepper and celery. Peel and half the carrots, then slice into 1/4"-thick pieces. Mince ginger and garlic. Cut cauliflower in 1 1/2-inch pieces.

In a stock pot heat olive oil over medium heat. Once the oil is hot add peppers, onions, garlic, ginger, carrots, and celery. Sauté vegetables until tender, about 8–10 minutes (cover pot as needed).

Add the cauliflower, chick peas, vegetable broth, and all spices. Bring to a simmer (do not boil) for 20 minutes stirring as needed.

Once the cauliflower is tender stir in the coconut milk, lemon juice, and cilantro. Bring pot back to a simmer for 3–5 minutes so the liquid can thicken slightly.

Remove from heat and eat warm or chill and eat later.



*Chef's Tips*

Serve with brown rice for a hearty meal.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%DV*</b>	<b>Amount/serving</b>	<b>%DV*</b>
	Serving Size 1 (233g) Servings 1 <b>Calories</b> 209 Fat Cal. 101  <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	<b>Total Fat</b> 11g	<b>15%</b>	<b>Total Carb.</b> 22g
Sat. Fat 5g		<b>25%</b>	Fiber 6g	<b>20%</b>
<i>Trans</i> Fat 0g			Sugars 3g	
<b>Cholest.</b> 0mg		<b>0%</b>	<b>Protein</b> 7g	
<b>Sodium</b> 495mg		<b>20%</b>		
Vitamin A 35% • Vitamin C 40% • Calcium 6% • Iron 15%				



### *Recipes for Additional Snack Options*

The snack items outlined in the book are meant to keep things simple and healthy. However, there may be days where you can't face another cup of UltraBroth. If that's the case, you can try any of the following.

## RAW VEGGIES AND HUMMUS

Makes: About 1 cup

This is super easy. Just chop up raw veggies and dip them in hummus for a delicious and refreshing snack. You can buy hummus at most stores (but don't forget to read the label to see what's in it), or you can make your own by following this recipe:

### INGREDIENTS

### MEASUREMENTS

<i>Chickpeas, canned</i> .....	<i>1 can, 14 ounces</i>
<i>Tahini</i> .....	<i>2 Tbsp</i>
<i>Garlic, pressed</i> .....	<i>1 tsp.</i>
<i>Lemon juice</i> .....	<i>3 Tbsp</i>
<i>Cumin</i> .....	<i>½ tsp.</i>
<i>Extra-virgin olive oil</i> .....	<i>1 Tbsp</i>
<i>Sea salt</i> .....	<i>To taste</i>

### *Method*

Put the skinned chickpeas in a blender or food processor with the tahini, garlic, lemon juice, and cumin and blend until smooth. Add salt to taste. If the mixture seems a little stiff or too dry for your blender to cope with it, then just add a little water. Drizzle with extra-virgin olive oil.



## SEEDS AND NUTS

Seeds and nuts are filled with healthy omega-3 fats. These are the fats most Americans are deficient in, and nuts will help you fill that deficiency. Snack on almonds, walnuts, pecans, macadamia nuts, or pumpkin seeds. A handful is a serving.

## STEAMED VEGETABLES

You could always steam some extra veggies, spice them up with a little olive oil, lemon juice, and sea salt and snack on those throughout the day.



## TUSCAN BEAN DISH

This one's in the book, but it's so easy and it's one of my favorites, so I decided to reprint the recipe here.

### INGREDIENTS

### MEASUREMENTS

<i>White cannellini or navy beans, canned</i> . . . . .	<i>1 can, 15 ounces</i>
<i>Extra-virgin olive oil.</i> . . . . .	<i>To taste</i>
<i>Rosemary, fresh.</i> . . . . .	<i>To taste</i>
<i>Sea salt.</i> . . . . .	<i>To taste</i>

### Method

- Open the can of beans. Heat them.
- Add extra-virgin olive oil, sea salt, and some fresh rosemary.
- You can add sautéed or steamed veggies as well if you wish

## CHICKPEAS WITH OLIVE OIL, LEMON, SALT, AND PEPPER

This is a tasty treat and it's easy to prepare. Just open a can of chick peas, rinse, add your ingredients, and eat.

## A SPECIAL NOTE REGARDING THE RECIPES ABOVE AND THE SHOPPING LIST IN SECTION 2

Remember, some of the items required for the recipes above **MAY NOT** appear on the shopping list in section 2 of this guide. Please double check the recipes and your shopping list and modify it as necessary to make sure everything you want is included.

## SECTION 6: ENHANCING YOUR DETOXIFICATION PROCESS

Toxicity is a serious issue for a lot of people. Unfortunately, it is not an issue that we hear much about either in traditional medical practice or in the media at large. This trend is starting to change but the process is slow, and that is a problem.

New research links environmental toxins (external toxins) and internal toxins to disruptions in key mechanisms that promote weight loss and health. If you have been struggling for years to lose weight but have been thwarted in your attempts, excess toxicity may be the cause.

I refer to toxins in the broadest sense—the sum total of our poor diet, chronic stress, and environmental pollutants that overload and poison our bodies and minds. Little wonder then that toxicity stands in the way of weight loss for so many. Virtually everyone on the planet is carrying around a toxic load that is damaging his or her health.

The way around this is to amplify your body's natural and critical ability to detoxify. As you know, that is one of the keys that makes The UltraSimple Diet so effective.

The program is designed to help you begin the process of detoxification. It's a very powerful program, but in some cases it isn't enough. Toxicity is such a major inhibitor to weight loss and vital health that a more intensive detoxification program is necessary in many cases.

I want to provide you a more comprehensive program for detoxification in this guide. It will not only enhance your experience on the one-week program (if you decide to incorporate these ideas), but it will give you a deeper understanding of what elements in your diet, your life, and your environment are poisoning you and a path for continuing your detoxification process for the months and years after you have completed the program.

In short, it will offer you another pathway to UltraWellness.

Below, you will find the steps I use every day to help my patients. Some of this is incorporated in the one-week program. Some of it is not. You do not *have* to do all this to make your week on the program effective. However, I **strongly** encourage you to integrate these steps into your health plan as you proceed down the path to UltraWellness.

In today's world we are living in a sea of toxins. To live a healthy life and lose weight, you need to eliminate as much of this toxic load as you can. Use the steps below to relieve yourself of the internal and external poisons that are keeping you from the vitally healthy life you want to live.





## GETTING RID OF THE POISON: WHAT TO AVOID TO REDUCE TOXIC EXPOSURE

Staying away from toxins as much as you can is a critical step toward healing your body. The following steps will give you some outlines on what to avoid.

### *Step 1: Get Rid of Toxins from the Environment*

Here are some common environmental sources of toxins to avoid:

- Silver dental fillings or amalgams
- Mercury-containing fish (tuna, swordfish, shark, king mackerel, and tilefish)
- Mercury in water, latex paint, vaccines, and contact lens solutions
- Lead from old paint, blinds, and canned foods
- Aluminum—common in deodorants, antacids, and baking powder
- Toxic mold exposures—common in basements and bathrooms
- Occupational exposures and indoor air pollution or sick building syndrome
- Pollution or chemical contamination of water, air, or food
- Possible toxic effects of hidden infections, allergens, and medications also need to be considered
- Common household or environmental exposures from garden chemicals, household cleaners, dry cleaning solvents, secondhand smoke, plastics, and phthalates in food and water containers
- UV radiation, which can be limited by using sunscreen and wearing sunglasses

### *Step 2: Rid Your Diet of Toxins*

Here are the toxins to eliminate from your diet:

- Trans fats
- High-fructose corn syrup
- Processed foods and suspect additives (including aspartame, colors, additives, and preservatives)
- Sugar and refined flours



- Excess salt
- Caffeine
- Charbroiled meats
- Alcohol
- Common food allergens such as gluten, dairy, eggs, soy, corn, and yeast

### *Step 3: Get Rid of Unnecessary Medications*

Medications can also be toxic. Here are a few of the potentially harmful ones:

- Acetaminophen (Tylenol)—depletes glutathione and prevents liver detoxification
- Nonsteroidal anti-inflammatory drugs (Advil, Aleve)—damage the gut
- Acid-blocking medications (Protonix, Prilosec, Nexium, etc.)—block stomach acid and protein digestion

### *Step 4: Find and Get Rid of Hidden Infections*

Addressing hidden infections is also important. These are the most common hidden infections:

- H. pylori in the gut
- Chlamydia and Mycoplasma
- Viruses
- Lyme disease
- Chronic fungal sinusitis
- Periodontal disease and infected root canals
- Intestinal imbalances from yeast, parasites, and bacteria
- Yeast and fungal infections



## WHAT TO DO TO PROTECT YOURSELF: BOOST YOUR DETOXIFICATION SYSTEM

In addition to avoiding toxic exposures as much as possible, it is also important to do what you can do boost your body's natural ability to detoxify. Here are some things you can do to protect yourself.

### *Step 1: Fix Your Digestion*

Here is how you fix your gut:

- Eliminate common food allergens and unnecessary medications, such as anti-inflammatories, antacids or acid-blocking medications, and antibiotics.
- Replenish beneficial flora or bacteria (probiotics) in your gut.
- Use special nutrients to heal your gut, including essential fatty acids (omega-3 fats), zinc, and glutamine. See my book *UltraMetabolism* for more details on how to use these supplements.
- Make sure you empty your bowels once or twice a day by using extra fiber, magnesium, and vitamin C if necessary. You will find instructions on how to do this throughout *The UltraSimple Diet*.

### *Step 2: Increase Your Blood and Lymphatic Circulation*

Increase blood and lymphatic circulation with aerobic exercise, yoga, massage and body work, sauna and heat therapy, as well as skin brushing.

### *Step 3: Boost Your Body's Detox Systems*

Boosting your own detoxification systems can be accomplished through diet and specific supplements such as vitamins, minerals, amino acids, and herbs.

Here is what I suggest:

- Take a high-potency, good-quality multivitamin and mineral supplement (with enzyme cofactors) daily.
- Take buffered vitamin C.
- Eat foods that boost your detox pathways daily. These include phytonutrient-rich foods such as brassicas (broccoli, collards, kale, bok choy, cabbage, and Chinese cabbage), garlic and onions, lemon peel, green tea, watercress, cocoa, pomegranate, cilantro, and artichoke.



- Use detoxifying herbs, including milk thistle, green tea, and dandelion.
- Additional supplements that can be helpful include N-acetyl cysteine, alpha-lipoic acid, amino acids, and bioflavonoids.
- Take probiotics for healthy bacteria in your gut.
- Eat high-quality fats to flush your liver, such as omega-3 fatty acids and adequate monounsaturated oils from olive oil, avocados, and almonds.
- Drink enough fluid to help your kidneys flush out toxins.
- Increase your overall intake of plant foods to alkalize the body and the urine, which helps boost toxin excretion.

## PRACTICAL SUGGESTIONS FOR DETOXIFICATION

The following suggestions are practical ways you can enhance the detoxification process you started on The UltraSimple Diet. Remember some of these steps are already on the program, others are not. In some cases, you will find recommendations for eating foods that are specifically forbidden on the program (such as eggs). You can use these foods to help you continue detoxifying after you have completed the program and started reintegrating foods.

Incorporate the following steps into your daily health regimen.

### *Remove Toxins*

- Eat organic food, including organic animal products to avoid petrochemical pesticides, herbicides, hormones, and antibiotics.
- Drink filtered water (use a reverse osmosis or carbon filter).
- HEPA / ULPA filters and ionizers can be helpful in reducing dust, molds, volatile organic compounds, and other sources of indoor air pollution.
- Clean and monitor heating systems for release of carbon monoxide, the most common cause of death by poisoning in America.
- Have houseplants that help filter the air.
- Air out your dry cleaning before wearing it.
- Avoid excess exposure to environmental petrochemicals (such as garden chemicals, dry cleaning solvents, car exhaust, and second-hand smoke).
- Reduce or eliminate the use of toxic household and personal care products (such as aluminum-containing underarm deodorant, antacids, and pots and pans).



- Remove allergens and dust from your home as much as possible.
- Minimize electromagnetic radiation from radios, TVs, and microwave ovens.
- Reduce ionizing radiation (from sun exposure or medical tests such as X-rays).
- Reduce heavy metal exposure (in predatory and river fish, water, lead paint, thimerosal-containing products, etc.).

### *Improve Elimination of Toxins*

- Have 1 to 2 bowel movements a day.
- Drink 6 to 8 glasses of water a day.
- Sweat regularly.
- Use exercise to help you sweat regularly.
- Use steam baths or saunas—infrared saunas may be even more beneficial.
- Regular exercise, yoga, and lymphatic massage can improve lymph flow and help flush toxins out of your tissues into your circulation so they can be detoxified.

### *Increase Fiber Intake*

- Eat more beans, whole grains, vegetables, fruits, nuts, and seeds.
- If necessary, add such supplements as flax, psyllium, or konjac root to increase your fiber intake, as outlined in my book *UltraMetabolism*.

### *Feed Your Gut with Healthy Bacteria*

- Taking probiotics such as lactobacillus and bifidobacter species helps normalize gut flora and reduce endotoxins (toxins produced by imbalances in gut bacteria).

### *Foods and Phytochemicals That Boost Detoxification*

- Try to eat at least one cup of cruciferous vegetables daily. This includes broccoli, kale, collards, Brussels sprouts, and cauliflower.
- Eat a few cloves of garlic every day or take a garlic supplement.
- Try decaffeinated green tea in the morning.
- Try fresh vegetable juices, including carrots, celery, cilantro, beets, parsley, and ginger.



- Try prepared herbal detoxification teas containing a mixture of burdock root, dandelion root, ginger root, licorice root, sarsaparilla root, cardamom seed, cinnamon bark, and other herbs.
- Eat high-quality sulfur-containing proteins, such as eggs, whey protein, garlic, and onions.
- Consume citrus peels, caraway, and dill oil (they contain limonene).
- Consume bioflavonoids in grapes, berries, and citrus fruits.
- Consume dandelion greens to help liver detoxification, improve the flow of bile, and increase urine flow.
- Eat celery to increase the flow of urine and aid in detoxification.
- Consume cilantro, which may help remove heavy metals.
- Consume rosemary, which contains carnosol, a potent booster of detoxification enzymes.
- Consume curcuminoids (turmeric and curry) for their antioxidant and anti-inflammatory action.
- Consume burdock root for aid in detoxification.
- Consume chlorophyll in dark-green leafy vegetables and in wheat grass.
- Take pycnogenol (found in grape seeds) in supplement form for support of detoxification and circulation.

### *Supplements for Detoxification*

#### **The Basics**

- Take a high-potency multivitamin and mineral formula.
- Take 1,000 to 4,000 mg a day of extra-buffered vitamin C with mineral ascorbates in powder, capsule, or tablets during periods of increased detoxification. (This can cause loose stools. If it does, just reduce the dose or stop.)
- Take 70 to 210 mg a day of milk thistle (silymarin).
- Supplement this program with 1,000 to 2,000 mg a day of essential fatty acids (omega-3 fatty acids).



### **Additional Supplements (Use Under Medical Supervision)**

- N-acetylcysteine (500 to 1,000 mg a day)
- Amino acids (500 mg of taurine twice a day, 500 mg of glycine twice a day)
- Alpha-lipoic acid (100 mg to 600 mg a day)
- Carnitine (1,000 to 2,000 mg a day in divided doses)
- Bioflavonoids (in citrus, pine bark, grape seed, and green tea)

## TESTING FOR TOXINS AND DETOXIFICATION FUNCTION

I use testing extensively in my practice to pinpoint which systems in the body are out of balance. However, the testing I do goes well beyond the tests offered in a typical doctor's office. I do a comprehensive set of tests that help me identify underlying genetic and lifestyle causes that are creating chaos in my patients' bodies. This helps me personalize a health program that will help them leverage the natural power the body has to heal itself, lose weight, and achieve lifelong health and vitality.

The following are some of the tests available for determining how toxic you are and how well your detoxification system is working. Some of them are available online. Most can be administered by practitioners of functional medicine. Unfortunately, not many of them will be available in a typical general practitioner's office, unless the doctor has a background in systems medicine or other holistic forms of treatment.

If you are interested in taking your detoxification process to the next level, taking these tests can help. Locate a practitioner of functional medicine who will give them to you, or find the tests online. They can be a great benefit to your overall understanding of how your detoxification system is working.

If you need help finding a practitioner of functional medicine go to [www.ultrawellness.com/findadoctor](http://www.ultrawellness.com/findadoctor) for more information. For more information about how to find these tests (and others) online go to [www.ultrawellness.com/tests](http://www.ultrawellness.com/tests).

- Genetic testing of detoxification pathways for phase I and phase II SNPs
- Detoxification challenge test (provocations with caffeine, aspirin, and acetaminophen)
- Measurement of detoxification enzymes
- Reduced glutathione
- Glutathione peroxidase



- SOD (superoxide dismutase)
- RBC or whole-blood heavy-metal analysis
- Hair analysis for heavy metals
- Chelation challenge with DMPS or DMSA for heavy metals
- Urinary organic acids
- Specific compounds measured, including sulfates, glucarate, pyroglutamate, orotate, and others (can give clues to problems with detoxification pathways)
- Chemical antibodies to various toxins and metals (can occasionally be useful)
- Organophosphates: identified through a 24-hour urine collection test
- Mold and mycotoxin antibodies
- IgG food sensitivity testing
- Celiac testing (IgG and IgA anti-gliadin antibodies, tTG IgA)
- Digestive stool analysis for dysbiosis
- Tests for hidden infections (Lyme, *H. pylori*, etc.)

## SHED TOXINS, SHED POUNDS

Now you can see why I find detoxification such an important component of weight loss and health. The bad news is that we're being poisoned. The good news is that we can dramatically reduce the impact of toxins by being aware of where they come from and changing our habits. Then we can use modern science to help boost our bodies' natural detoxification system.

For more information on how to detoxify see my books *UltraMetabolism* and *The Detox Box*. Also, in Appendix A of this guide, there is an important article I have written on the subject.



## SECTION 7: UNDERSTANDING AND TAKING SUPPLEMENTS

Using the right supplements is critical for maintaining optimal health. This is true for one important reason: The foods we eat are depleted of the fundamental chemicals our bodies need to function optimally. There are not as many vitamins and minerals in the foods you eat today as there were in these same foods generations ago.

For that reason and based on decades of research on the importance of vitamins, minerals, and omega-3 fats for health, I advise **everyone** to get on an essential supplement program to help promote optimal health on an ongoing basis.

I recommend you get on these essential supplements whether you are on The UltraSimple Diet or not, and I recommend you stay on them after the program is finished. You do not *have* to use these supplements to make the program work, but I strongly recommend them both while you are on the program and on an ongoing basis every day for the rest of your life.

In addition to the essential supplement package, there are a variety of other supplements you can take to help support and enhance certain systems in your body during prep week and while you are on the enhanced program. During prep week I suggest taking supplements that will help support detoxification and minimize withdrawal symptoms. For the enhanced program I focus on detoxifying supplements and anti-inflammatory agents that may help you acquire even further benefits from The UltraSimple Diet.

There are, of course, many other supplements you can take for many different health effects. Many of these are outlined in my books *UltraMetabolism*, and *The UltraMind Solution*. However, in this guide I am going to focus on what I discussed in *The UltraSimple Diet*—the essential supplement plan I recommend, the supplements for the enhanced program, and the supplements you need for prep week.

In the charts that follow I provide a detailed assessment of exactly what I recommend you take while you are on the program. Note that the supplements outlined are the SAME supplements I give my patients. They are pharmaceutical grade products created by companies that have risen to the challenge of creating extremely high-quality supplements. They may be slightly more expensive than products you will find in an average health food store, but in this case you get what you pay for—clean supplements that are free of preservatives, fillers, binders, excipients, flow agents, shellacs, coloring agents, allergens, and other products that lower-quality manufacturers sometimes use in their products.



All of the charts below are organized as follows:

- **Type**—In the “Type” column on the left, you will find the type of supplement I recommend you take (multivitamin/mineral, calcium/magnesium, etc.)
- **Brand**—In the “Brand Name” column, you will find the specific brand of supplement I suggest. Remember, the brands I recommend are from companies that have risen above the pack and are at the top of their field in terms of the manufacturing practices they use.
- **Product Name**—The next column is the “Product Name,” which simply tells you exactly what each company calls its specific product.
- **Amount**—Finally, in the column on the right, you will find “Amount,” or the number of capsules you should take of each supplement. This will cover all your needs and you won’t have to worry about the exact number of milligrams you are taking.

If you want to use these charts as a shopping list, you can. I have included a box on the far right for you to check off the supplements as you purchase them. However, there is an UltraSimple way to order these supplements that you can now take advantage of ...

## HOW TO ORDER THE SAME SUPPLEMENTS I GIVE MY PATIENTS

In the charts that follow, I have given specific product recommendations for all the supplements you need while on The UltraSimple Diet. What you will find here are some of the best supplements currently available for supporting your biochemistry and optimizing your metabolism.

These are the EXACT same supplements I recommend to patients who come to see me. They are supplements produced according to very strict manufacturing practices and are made by some of the best companies in the industry.

**IMPORTANT:** These supplements are NOT available in stores, but through a special relationship, I’ve been able to make them available to you by going to:

<http://store.ultrasimplediet.com/guide>

While at the store you can also take the [UltraSimple Quiz](#) which will provide you with personalized supplement recommendations based on the level of your health imbalance.

I **STRONGLY** encourage you to follow these guidelines. Your body (and your waistline) will thank you for it. Log on now to order the nutritional support you need to maximize your benefits on The UltraSimple Diet.



## THE ULTRASIMPLE DIET COMPLETE SUPPORT KIT

<http://store.ultrasimplediet.com/guide>

The UltraSimple Diet Complete Support Kit contains all the essential supplements I recommend for long-term health and those needed for an enhanced experience while on the program. Included is the essential workhorse team designed to provide your body with the raw materials needed for lifelong health, vitality, and optimal weight AND the supplements recommended to enhance support for your immune system and detoxification processes while you are on the program.

<i>Type</i>	<i>Brand Name</i>	<i>Product Name</i>	<i>Amount</i>	✓
<b>Multivitamin/ mineral</b>	ProThera	MultiThera 1 Capsule Formula	Take 3 capsules twice a day, once with breakfast and once with dinner.	
<b>Calcium/ magnesium</b>	ProThera	OsteoThera Capsule Formula	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Vitamin D3</b>	Pure Encapsulations	Vitamin D3 1,000 IU	Take 2 capsules once a day with breakfast.	
<b>Omega-3 fats</b>	Metagenics	EPA-DHA Extra Strength Enteric Coated	Take 1 capsule twice a day, once with breakfast and once with dinner.	
<b>Probiotics</b>	Metagenics	UltraFlora Plus DF Capsules	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Flax seed and borage oils</b>	Barlean's	Lingan Omega Twin	Take 1 tablespoon a day in one of your UltraShakes.	
<b>Flax seeds</b>	Health from the Sun	FiproFLAX	Take 2 tablespoons a day in one of your UltraShakes.	
<b>Magnesium citrate</b>	Pure Encapsulations	Magnesium (Citrate) 150 mg	Take 2 capsules twice a day, once with lunch and once before bedtime.	
<b>Rice protein shake powder</b>	Metagenics	UltraClear Plus pH	Take 1 serving as directed on label with your UltraShakes.	
<b>Liver-supportive herbals/nutrients</b>	Metagenics	AdvaClear	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Buffered ascorbic acid (Vitamin C)</b>	Pure Encapsulations	Buffered Ascorbic Acid Capsules – 90 count	Take 1 capsule twice a day, once with breakfast and once with dinner.	



## THE ULTRASIMPLE DIET ESSENTIALS KIT

<http://store.ultrasimplediet.com/guide>

The UltraSimple Diet Essentials Kit is the basic workhorse team you need to provide your body with the raw materials required to support lifelong health, vitality, and optimal weight. Think of them as the little helpers that support and optimize every biochemical reaction in your body. These supplements should be taken every day for the rest of your life for maximum effect.

<i>Type</i>	<i>Brand Name</i>	<i>Product Name</i>	<i>Amount</i>	✓
<b>Multivitamin/ mineral</b>	ProThera	MultiThera 1 Capsule Formula	Take 3 capsules twice a day, once with breakfast and once with dinner.	
<b>Calcium/ magnesium</b>	ProThera	OsteoThera Capsule Formula	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Vitamin D3</b>	Pure Encapsulations	Vitamin D3 1,000 IU	Take 2 capsules once a day with breakfast.	
<b>Omega-3 fats</b>	Metagenics	EPA-DHA Extra Strength Enteric Coated	Take 1 capsule twice a day, once with breakfast and once with dinner.	
<b>Probiotics</b>	Metagenics	UltraFlora Plus DF Capsules	Take 1 capsule twice a day, once with breakfast and once with dinner.	



## THE ULTRASIMPLE DIET ENHANCED KIT

<http://store.ultrasimplediet.com/guide>

Designed to give your body the additional support it needs while you are on the enhanced program, the UltraSimple Diet Enhanced Kit provides you with everything you need to support your liver, optimize your detoxification process, bolster your immune system, and more. It comes with the key ingredients you need for the UltraShake and an increased amount of probiotics, both of which are important for enhancing digestive function.

<i>Type</i>	<i>Brand Name</i>	<i>Product Name</i>	<i>Amount</i>	✓
<b>Probiotics</b>	Metagenics	UltraFlora Plus DF Capsules	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Flax seed and borage oils</b>	Barlean's	Lingan Omega Twin	Take 1 tablespoon a day in one of your UltraShakes.	
<b>Flax seeds</b>	Health from the Sun	FiproFLAX	Take 2 tablespoons a day in one of your UltraShakes.	
<b>Magnesium citrate</b>	Pure Encapsulations	Magnesium (Citrate) 150 mg	Take 2 capsules twice a day, once with lunch and once before bedtime.	
<b>Rice protein shake powder</b>	Metagenics	UltraClear Plus pH	Take 1 serving as directed on label with your UltraShake.	
<b>Liver-supportive herbals/nutrients</b>	Metagenics	AdvaClear	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Buffered ascorbic acid (Vitamin C)</b>	Pure Encapsulations	Buffered Ascorbic Acid Capsules – 90 count	Take 1 capsule twice a day, once with breakfast and once with dinner.	



## THE ULTRASIMPLE DIET PREP WEEK KIT

<http://store.ultrasimplediet.com/guide>

Setting the stage for success is extremely important if you want to achieve the maximum benefits while on The UltraSimple Diet. The UltraSimple Diet Prep Week Kit provides you with the supplements you need to do just that. Follow my recommendations for prep week, exactly as outlined in the book, with this simple yet extremely effective team of supplements.

<i>Type</i>	<i>Brand Name</i>	<i>Product Name</i>	<i>Amount</i>	✓
<b>Buffered ascorbic acid (Vitamin C)</b>	Metagenics	Ultra Potent-C 500	Take 2 capsules twice a day, once with breakfast and once with dinner.	
<b>Herbal laxative</b>	Vitanica	LaxaBlend	Take 2–4 capsules at 10 a.m. the day before you start the program. Then follow the steps for keeping your bowels clear on pages 65–69 of <i>The UltraSimple Diet</i> if you are not having at least two bowel movements a day. <b>WARNING:</b> Do not use herbal laxatives for more than 7 days, as they can become habit forming.	



## SPECIAL NOTES ON TAKING SUPPLEMENTS

When taking supplements, it's important to keep the following in mind:

1. If you want to take the UltraSimple Diet Essentials Kit instead of your regular multivitamin and mineral, magnesium/calcium, vitamin D, fish oil, and probiotic you can, but don't take your old supplements and these new supplements together.

While there is little chance of “overdosing” on vitamins and minerals, it can be unsafe to take certain chemicals in extremely high doses. What is outlined in each of the kits above is safe to take. However, I typically do not recommend taking more than is suggested in the kits without a doctor's supervision.

Do not replicate the doses above by taking your old vitamins and the supplements in these kits at the same time. It may be dangerous and is ill advised

2. Timing is important. You should take most (though not all) of your vitamins with food—optimally with the meal or just before (unless otherwise indicated). People who take them after a meal may find that the vitamins just sit on top of their food and upset their stomachs. Follow the guidelines above, or use the Daily Supplements Checklist below to guide you.

If you still have an upset stomach when taking your supplements, find a doctor who can help to correct any digestive problems, which are often the source of intolerance.

3. Take fish oil just before meals to prevent any fish taste from coming up. Or keep the bottle of fish oil capsules in the freezer so that the capsule will have time to reach your intestine before it dissolves.

As long as you follow the guidelines in the charts above, taking your supplements should be UltraSimple, but to make the process even smoother I have developed the following Daily Supplement Checklist.



## DAILY SUPPLEMENT CHECKLIST

I recommend quite a few supplements. Even my essential daily recommendations for supplements are a little overwhelming for some people when they first start taking them. If you aren't used to taking supplements it's easy to forget about them at first. Don't worry. With time it will become second nature.

This is further complicated if you are doing the enhanced version of the program. For one thing there are more supplements to take; for another, the time at which you take each of these supplements is critical to some degree. You should take the detoxification supplements at certain times of the day to maximize their effect. That is why I was so specific about what time to take the enhanced supplements in the book.

To help you organize yourself and remember to take your supplements as you are getting started, I have created the following Daily Supplement Checklist. On it you will find the essential supplement package I recommend in **bold** type and the supplements for the enhanced program in plain type.

If you are on the enhanced program AND you want to add the essential supplement package, you should take everything on the list as noted; however, if you are the enhanced program and do NOT want to add the essential supplement package, then simply following the instructions for everything that's in regular font and NOT in bold.

I recommend you print out seven copies of this checklist, fill in the appropriate day for each, and then post it next to your daily checklist as a further reminder to take your supplements. Check items off on this list as you go, just as you do with your daily checklists.

At some point you will not need this checklist anymore. Taking your supplements will become second nature. Until that happens, use the checklist to help you create good health habits for yourself.

Remember, timing is important. So make sure you pay special attention to the times I have assigned for each supplement. If you forget one, take it sometime during the day. If you accidentally skip a day, get back on track the following day.





## Daily Supplements Checklist

Supplements for Day of: \_\_\_\_\_

	<i>Upon Waking</i>
	1 tsp. buffered ascorbic acid vitamin C powder in 8 ounces of water or 2–3 tablets / capsules of buffered ascorbic acid vitamin C (approximately 2,000–3,000 mg)
	<i>Breakfast (Take These <b>Before</b> Eating)</i>
	Multivitamin / mineral (See specifications above for total dosages. Usually requires 1–3 capsules or tablets of a good multivitamin)
	Calcium / magnesium (600–800mg calcium citrate or hydroxyapatite, 400–600 mg magnesium. Usually requires 1–2 capsules or tablets.)
	Vitamin D3 (600–1400 IU. Usually requires 1 capsule or tablet.)
	Fish oil (EPA:DHA ratio of approximately 300 / 200 per capsule. Usually requires 1–2 capsules.)
	Probiotics (Usually requires 2 capsules. NOTE: Do not “double-dose” on these if you are on the enhanced program.)
	2 capsules liver detox–supportive herbs and nutrients
	<i>10 am (Herbal Laxative—If Necessary)</i>
	If no bowel movement by 10 am, take herbal laxative (usually 2–3 capsules). If no bowel movement within 6 hours, follow the steps in Chapter 5 of the book for overcoming constipation.
	<i>Lunch (Take These <b>With</b> Your Meal)</i>
	2 capsules or tablets of magnesium citrate (average capsule or tablet is 100–150 mg.) (NOTE: take this in addition to the calcium / magnesium supplement if you are also taking the daily essential vitamins.)
	<i>Dinner (Take These <b>Before</b> Eating)</i>
	Multivitamin / mineral (See specifications above for total dosages. Usually requires 1–3 capsules or tablets of a good multivitamin)
	Calcium / magnesium (600–800mg calcium citrate or hydroxyapatite, 400–600 mg magnesium. Usually 1–2 capsules or tablets.)
	Fish oil (EPA:DHA ratio of approximately 300 / 200 per capsule. Usually requires 1–2 capsules.)
	2 capsules probiotics
	2 capsules of liver detox supportive herbs and nutrients
	<i>Bedtime or Evening Ritual</i>
	2–3 capsules herbal laxative (if no bowel movement that day)
	2 capsules or tablets magnesium citrate (average capsule or tablet is 100–150 mg.) (Note: Take this in addition to the calcium / magnesium supplement if you are also taking the daily essential vitamins.)



## REMINDER ON ORDERING SUPPLEMENTS

**REMEMBER** that you can order ALL of the supplements you need by going to:

<http://store.ultrasimplediet.com/guide>

Log on now, take your [UltraSimple Quiz](#), and purchase the nutritional support you need to enhance your experience on the program.



## SECTION 8:

# REINTRODUCING POTENTIALLY ALLERGENIC FOODS AND TRACKING ALLERGIC REACTIONS

One of the greatest gifts you can give yourself as you come out of the weeklong program is reintroducing foods slowly and systematically as I laid out in Chapter 16 of *The UltraSimple Diet*. This will help you identify food sensitivities and allergies you have, putting *you* back in control of the food you put in your body.

I urge you NOT to go off the program and simply start eating the way you used to. First of all, it's dangerous. If you do this, you might feel 10 times worse than you did before you started the program.

Why?

When you eliminate foods you are allergic to, you remove foreign molecules (antigens) that antibodies in your blood stream grab onto causing allergic reactions. However, you cannot eliminate the antibodies themselves so quickly. As a result, when you eat foods you are sensitive to, these antibodies attack them in full force, causing even worse reactions than the ones you had before you went on the program.

Second, you will never fully regain control of your weight, your health, and your life until you identify which foods you are allergic to. After you know what you are allergic to, you can make a choice about how to handle these foods. You may eat them as you always have. You may eat them in moderation. Or you may decide not to eat them anymore at all. But you won't be able to make this choice until you have identified your problem foods.

Again, this is an area of the program *many* patients are excited about. Living the UltraWellness lifestyle isn't only about losing weight. It's about learning how the foods you eat affect your health and leveraging this knowledge to improve your life. I know people want to have this information, because I hear about it from my patients every day.

Make sure you track your reactions to foods as you use the system in the book for reintroducing them. More details on the kinds of reactions you might experience and what to do about it can be found in the book.

You can use the food log below to track reactions to any foods you eat. In the column on the left, note the date you ate the food. In the middle column, describe the food itself. And in the column on the right, describe the symptoms you experienced. If you do this consistently, you will eventually develop a picture of which foods are causing you health problems and causing you to gain weight.



## FOOD LOG

Use this food log to track your symptoms and monitor your progress. Print out as many copies as you need to keep track of all your reactions as you go off the program.

DATE	FOOD INTRODUCED	SYMPTOMS

**Note:** Common symptoms may be postnasal drip; digestive problems such as bloating, gas, constipation or diarrhea; reflux; headaches; joint pains; fluid retention; fatigue; brain fog; mood changes; change in sleep pattern; rashes; and more.

## SECTION 9: MORE ULTRASIMPLE TIPS

I have so many tips for making this program more effective that there was no way I could fit all of them in the book. So instead of letting them sit on my hard drive where they wouldn't get any use, I decided to put them into this guide.

The tips below are divided by category: food, detoxification, inflammation, sleep, supplements, exercise, and stress. Feel free to incorporate any or all of these tips as you progress through the program or any other time in your life to enhance your health and improve your quality of life.

### FOOD TIPS

#### *The Importance of Fruits and Vegetables*

Practically the only thing everyone agrees about in nutrition is that eating five to nine servings of fruits and vegetables a day can reduce your risk of diseases.

How is it we have come to depend on the magical chemicals in these plants for ideal health? One theory is coevolution, or “symbiotic phytoadaptation.”

We evolved eating certain foods and learned to use those compounds to keep our biochemistry and physiology operating in top form. These compounds protect plants. We have adapted and use the powerful substances in our food to promote health and stop disease.

If there's one thing I can't emphasize enough, it's how important it is that you eat vegetables (lots of them!) every day for the rest of your life.

#### *Try Some Legumes*

Have you tried any legumes yet, or have you only been eating chicken and fish? If you haven't tried any legumes yet, I strongly recommend you do so.

Legumes contain all sorts of healing chemicals including saponins and protease inhibitors. They are also full of fiber, which helps promote healthy gut ecology.

Not only that, but they're *easy* to prepare. See the recipes in this guide or recommendations in the book for simple and delicious ways to prepare them.

Tonight, instead of relying on chicken or fish, try one of the delicious recipes I have given you for legumes. You won't regret it!



### *The Truth About Fat*

It is hard to imagine that a population that consumes so much fat could be fat deficient, but that's the way it is. It's because we eat the wrong kinds of fat.

Ironically, the fact that we eat so little *good* fat is part of what keeps us fat.

For most of us, 20–30% of our diet should be fat. But it has to be good fat to be healthy. What you need to do is understand fat—the good, the bad, and the ugly.

Here's the breakdown—many foods contain a mixture of these different fats. I have identified which are good, which are bad, and which are downright ugly and offered examples of the main sources for each.

#### **The Good**

- Omega-3 fats (ALA, EPA, DHA)—from flax seeds, seafood, wild game
- Essential, omega-6 fats such as gamma linolenic acid (GLA) from borage or primrose oil
- Omega-9 fats or monounsaturated oils—mostly olive oil, nuts, and avocados

#### **The Bad**

- Nonessential omega-6 fats—polyunsaturated from most vegetable oils
- Saturated fats—from animal products

#### **The Ugly**

- Trans or hydrogenated fats—the ultimate antinutrient or synthetic fat

The bottom line:

Eat most of your fat from extra-virgin olive oil, fish, flax, nuts, avocados, and seeds, with minimal amounts of properly processed (expeller-pressed) vegetable oils, and include only small amounts of saturated fat from animal foods. Stay away from trans fats entirely.

### *Making the Most of Fat*

To make the most out of your new understanding about fat, I recommend you follow these guidelines. They will help you use fat to lose fat.

- Reduce the total amount of fat in your diet to 20–30% (or about 400–600 calories based on a 2,000-calorie-a-day intake).
- Try to make no more than 5% of these calories saturated fat.
- Eliminate trans fats or partially hydrogenated fat from your diet entirely ... forever.
- Avoid all refined vegetable oils.



- Have a serving or two of essential fats daily from food.
- Have 1 tablespoon of organic flax and borage oil daily in food.
- Try 1-3 tablespoons of organic ground flax seeds in your food.
- Choose only high-quality oils
- Make sure your oils are certified organic.
- Use only expeller-pressed oil if possible (a process that doesn't damage the oils extracted from vegetable sources).
- Avoid oils that do not state the method of extraction or have a bitter aftertaste or rancid flavor.

### *The Power of Fiber*

Fiber scrubs the intestinal tract clean, provides food for the healthy bacteria in your gut, and regulates proper hormone balance.

Unfortunately, the average American has only about 8 grams of fiber a day. Our Paleolithic ancestors had about 100 grams a day.

You should shoot for 25–50 grams of fiber a day. Try a mixture of soluble and insoluble fibers. This can be obtained through diet and by taking a little extra via supplements. My favorite is glucomannan from konjac root.

### *Getting More Fiber in Your Diet*

To increase your daily fiber intake, try the following:

- Try 2 tablespoons of ground flax seeds a day a day. Get a coffee grinder just for the flax seeds. Grind ½ cup at a time and keep them in a tightly sealed glass jar in the fridge or freezer. Sprinkle on salads or grain or vegetable dishes, or mix into a little unsweetened applesauce.
- Eat beans (all forms of legumes)—they beat out everything else for fiber.
- Bulk up on vegetables—with almost no calories, high levels of antioxidants, and protective phytonutrients, these excellent sources of fiber should be heaped on your plate daily.
- Whole grains like brown rice or quinoa can help.
- Include a few servings of low-sugar fruits in your diet daily. (Berries are the highest in fiber and protective phytonutrients.)
- Include a few handfuls of almonds, walnuts, pecans, or hazelnuts in your diet every day.
- Consider a good fiber supplement containing soluble and insoluble fibers



and no sweeteners or additives.

- Try unsweetened psyllium seed husks—take about 1 teaspoon to 1 tablespoon a day and be sure to drink plenty of water with them.
- Start slowly. Switching abruptly to a high-fiber diet can cause gas and bloating. Increase slowly till you get up to your 50 grams a day.

## DETOXIFICATION TIPS

### *Phytonutrients for Detoxification*

Specific foods have certain compounds that work on different aspects of detoxification. Besides being a rich source of the key vitamins and minerals necessary for healthy detoxification, the phytonutrients in plant foods can have incredible healing properties for getting rid of toxins.

Here are some simple tips on foods you can eat to enhance detoxification:

- Try to eat at least one cup of cruciferous vegetables daily.
- Eat a few cloves of garlic every day.
- Try decaffeinated green tea in the morning.
- Try fresh vegetable juices including carrots, celery, cilantro, beets, parsley, and ginger.
- Try herbal detoxification teas containing a mixture of burdock root, dandelion root, ginger root, licorice root, sarsaparilla root, cardamom seed, cinnamon bark, and other herbs

### *Go Organic!*

Eat organic food, including organic animal products, to avoid petrochemical pesticides, herbicides, fumigants, hormones, and antibiotics.

Use the following guidelines to choose your food:

- Search out local markets for organic produce and animal produce.
- Whenever possible use certified organic fruits and vegetables. See [www.ewg.org](http://www.ewg.org) for information on the most important organic fruits and vegetables to eat.
- Use organic eggs, free range, or those raised without antibiotics and hormones.
- Buy only organic dairy products if you are eating dairy.
- Find local sources of free-range, grass-fed meats, poultry, and other animal





products. Keep in mind that only “certified organic” products ensure the highest quality standards.

- If you can't find completely organic animal products, then be sure to find those raised without antibiotics and hormones.

### *Heat It Up*

Do you want to really turn up your detoxification? Try heating it up. Sauna and heat therapies are an ancient method of cleansing. Finally science has caught up with these historical practices for maintaining health, and there is now evidence for how important heat therapy is.

I recommend you find a local sauna or steam bath and follow these guidelines to safely increase your ability to detoxify.

- Minimize consumption of alcohol, caffeine, sugar, and processed foods during any regular sauna therapy protocol.
- Avoid eating 2 hours before and 1 hour after heat therapy.
- Drink at least 16 ounces of purified water before entering the sauna.
- Drink during the treatment if you can.
- Drink at least 16 ounces after the therapy to help flush the mobilized toxins through your kidneys and circulation. Drink more if you're thirsty
- If you are generally healthy start with 10 minutes and increase by 5 minutes daily to a maximum of 30–45 minutes. Take cold shower breaks every 10 minutes during this regimen.
- If you are chronically ill or take medication be sure to get your doctor's permission, start with 5 minutes, and increase gradually as tolerated.
- Shower thoroughly with soap after the sauna to remove the liberated toxins from your skin.

### *Making the UltraBath Even Better*

The UltraBath is a poor man's sauna, and it has many of the same benefits that other types of heat therapy do. Done regularly and properly it can be a profound aid to restoring vital health.

To make your UltraBath even better, follow these guidelines:

- Use a filter if you can. Chlorinated water releases chloroform, which is a toxin. You're trying to detoxify; don't compound the problem
- Clean the bathtub with nontoxic cleaning materials (Seventh Generation or Earth Friendly Products are good choices).



- Use water as hot as you can tolerate and make it as deep as possible. You want to be immersed up to your neck.
- Start with only 5 to 10 minutes at a time, and build up from there.
- Drink 8 ounces of filtered water before, during, and after the bath.
- Add essential oils other than lavender to increase the bath's relaxing effects. You could try geranium or sandalwood, for example. For a more invigorating bath, try juniper, cinnamon, bergamot or rosemary. Some commercial blends designed for detoxification are also available. Before you use an essential oil, put a few drops behind your ear and leave for a day to check for an allergic reaction.

### *Exercise and Detoxification*

Increasing the circulation of blood through our organs is critical for healthy detoxification. Exercise is one of the best ways to accomplish this.

In fact, the only way your lymph system (a parallel system of “veins” that removes all the toxic materials from your tissues and dumps them back into your blood vessels for purification) can do its job is by the contraction of your muscles and gravity, or external pressure.

Exercise can also increase the activity of important detoxification enzymes.

It increases the removal of toxins and waste materials from the cells and increases blood flow, which carries the nutrients and oxygen to every cell necessary for detoxification.

Vigorous exercise is also an excellent way to increase sweat production and consequently the elimination of stored toxins.

There is no question that daily exercise can be a key part of maintaining healthy detoxification.

### *Clean Your Water*

Some of the hazards of unpurified water include chlorine, fluoride, metals, petrochemicals, and microorganisms. Other petrochemical and industrial contaminants can leach into deep aquifers (large underground rivers and lakes that supply much of our water) leading to cancer and hormonal havoc. In fact, a recent EPA report confirmed that most of our nation's aquifers are contaminated.

I recommend you purify your water by filtering it—reverse osmosis is best; other options include carbon filters.



Here are some tips on ways to clean your water:

- Have a reverse osmosis filter installed in your house for drinking or for the whole system.
- If you don't have filtration for your whole house, a carbon filter attached to your shower and bath will reduce chlorine exposure.
- Use portable water filters when traveling. These are usually in plastic bottles or look like pitchers (Brita filter, for example).
- Use bottled water after investigating the source and obtaining a certificate of analysis from the company.
- Use mineral or still water from glass bottles.
- Avoid drinking any bottled water stored in a plastic container. The plastics leach into the water, especially when stored in hot conditions.
- Ask your local public health department for a reference lab in your area that assesses water quality. Have your well or municipal water analyzed, and ask for reports on all petrochemicals, heavy metals, and microorganisms.

### *Detox with Massage*

Massage and a variety of other bodywork therapies including Swedish massage, manual lymphatic drainage, connective tissue or deep tissue bodywork, Rolfing, acupuncture, shiatsu, and reflexology can all help you detoxify.

Working directly on the body with these techniques increases blood and lymph flow, increases oxygen supply to your cells, increases the availability of nutrients to your cells, acts as a mechanical cleanser moving wastes into your circulation, promotes the elimination of toxic waste, relieves congestion and fluid buildup in the tissues, eliminates waste products from muscles, and balances the nervous system.

All these effects can boost your ability to detoxify. So get a massage and help yourself detox.

## INFLAMMATION TIPS

### *The Major Causes of Inflammation*

In addition to food allergies, there are other behaviors, aspects of our diet, and things we are exposed to in our environment that cause our bodies to become inflamed.

Improvements in any of these areas are a major benefit and will help you further reduce the hidden fire that is smoldering in your body.



- Malnutrition
  - Consumption of omega-3 fatty acids, zinc, vitamin C, folate, and many other vitamins and minerals at less than optimal levels
- Internal toxins
  - Gut-derived toxins (ammonia, nitrites, amines such as cadaverine and putrescine)
  - Normal metabolic waste products
- External toxins
  - Synthetic compounds (air pollutants, water pollutants, food additives, and pesticides)
  - Prescription drugs, drugs of abuse, cosmetics, and household chemicals)
  - Naturally occurring compounds (microbial toxins, mycotoxins—from mushrooms or aflatoxin from peanuts)
  - Heavy metals (lead, mercury, arsenic, cadmium, etc.)
- Infections
  - Chronic or acute oral infections including periodontal disease; infected root canals; and gut infections with parasites, bacteria, or yeasts
- Allergens
  - Environmental allergens (dust, animal dander, pollens, etc.)
  - Common food allergens
    - Gluten grains—wheat, barley, oats, rye, spelt, kamut
    - Dairy products—milk, cheese, yogurt, butter
    - Corn
    - Yeast
    - Eggs
    - Peanuts
    - Citrus
    - Other foods in certain individuals
- Oxidative stress or free radicals
- Insulin resistance or metabolic syndrome (imbalance in blood sugar)



- Psychological stress
- Physical injuries or trauma
- Lack of blood flow (tense muscles or heart attacks)

### *Laugh, Relax, and Meditate*

Many techniques can be used to reduce inflammation and balance and strengthen your immune system. All the following activities activate a flood of anti-inflammatory chemicals (or cytokines) in the body. Find something that works for you and practice it daily, even if only for 15 minutes.

- Meditation
- Yoga
- Relaxation techniques
- Breathing techniques
- Guided Imagery
- Progressive muscle relaxation
- Autogenic training
- Journaling
- Psychotherapy
- Prayer
- Mindfulness
- Hypnosis
- Support groups
- Chakra therapy (group laughter session)
- Watching comedy shows or videos

### *Exercise and Inflammation*

While excessive or sudden strenuous exercise can cause acute inflammation, a regular and consistent exercise program is a potent tool for reducing inflammation. In fact, inflammation reduction may be one of the major mechanisms by which exercise prevents illness and prolongs life. This may explain why long-term, regular exercise dramatically reduces heart disease, a condition we now know to be a disease of inflammation.

From heart disease to dementia to arthritis to fibromyalgia and chronic fatigue and even the aging process itself, nothing is more powerful than regular exercise for fighting



the inflammation that is at the root of disease.

### *Natural Anti-Inflammatories*

What follows is a list of COX-2 inhibitors (the same class of anti-inflammatory agents that Celebrex and Vioxx falls into). You can incorporate these in your diet as a way to further reduce inflammation.

- Bromelain (found in pineapple stem)
- Capsaicin (from cayenne pepper)
- Carnosol and carnosic acid (in rosemary)
- Carvacrol (found in oregano)
- Curcumin (found in tumeric)
- Gingerol, shogaol (a very powerful anti-inflammatory in ginger)
- Green tea catechins (See the tip on supplements below for more information about how powerful green tea is.)
- Trans-Resveratrol (found in purple grapes)
- Thymol (in thyme)
- Quercetin (in onions and garlic)

## SLEEP TIPS

### *The Importance of Rest*

It is estimated that 70% of Americans are sleep deprived. Americans sleep 90 minutes less per night than they did 100 years ago. The era of Starbucks has been surpassed by one of prescription stimulants to keep people awake and functioning such as Dexadrine and Ritalin, also known as “speed” or amphetamines.

Most of us need at least 8 hours of restful sleep a night. Getting this is more and more difficult. Yet we evolved along with the rhythms of day and night. They are used by us to signal a whole cascade of hormonal and neurochemical reactions that keep us healthy by repairing our DNA, building tissues and muscle, and regulating weight and mood chemicals.

So if you're one of the people out there who sleeps only 5 hours a night and then drinks lattes and takes medications to stay awake, you need to *seriously* reconsider this policy if you want to lose weight and live a healthy life.



### *Use Your Bed Only for Sleep and Sex*

Much like Pavlov's dogs, your sleep rhythm can be conditioned by external cues, and keeping your bed for sleeping and sex goes a long way to setting up the right signals.

No reading or television in bed. Using your bed for eating, working, watching television, or sending e-mails from your wireless laptop creates a conditioned response of wakefulness.

If you wake up, get out of bed and go back only if you are ready to sleep. Do not try to force yourself to sleep. The more you try to fall asleep, the more you will stimulate your brain, making it that much harder to go to sleep.

### *Create Total Darkness*

If you've had trouble sleeping, one problem might be the level of light in your room. Lack of complete darkness at night has a profound effect on the pineal gland in the brain, the control center for melatonin that regulates sleep and wakefulness.

Remember your eyelids are only opaque not completely lightproof. So get the room you sleep in as dark as you can before you hop into bed, or use eye shades.

### *Sit in the Sun*

The sun does more than keep us warm and nourish our souls. Its light enters our eyes and triggers our brain to release specific chemicals and hormones such as melatonin that are vital to healthy sleep, mood, and aging.

The bright sun tells our brain to shut off melatonin during the day. Without it, our brains malfunction, leading to eating disturbances, changes in appetite, sleep, and mood; aging; and even the promotion and growth of cancer cells.

I know it sounds ironic, but I recommend you get regular exposure to daylight for at least 20 minutes every day if you want to sleep well.

You will also receive the added benefit of your body making vitamin D, which may help control inflammation and improve metabolism.

### *Don't Eat Right Before Bed*

Eating a heavy meal right before bed will lead to a bad night's sleep. If you can sleep at all, you will be more likely to get reflux, have nightmares, and feel sluggish in the morning.

What's more, eating in the few hours before bed is a sure way to gain weight. For a detailed discussion on why this is true, see my book *UltraMetabolism*.

I recommend you eat no later than three hours before bed to avoid this problem.

Also avoid drinking a lot of fluids before bed—have your 8 glasses of water before six o'clock at night. This will keep you from waking up frequently to urinate, which can



disturb your sleep.

### *Avoid Medications That Interfere with Sleep*

Certain medications (even those designed to help you sleep) can have a negative impact on your body's natural rhythms. Unless otherwise instructed by a doctor, I recommend you avoid these medications that can interfere with sleep:

- Sedatives (These are used to treat insomnia but ultimately lead to dependence and disruption of normal sleep rhythms and architecture.)
- Antihistamines
- Stimulants (often found in cold medications and weight-loss medication)
- Cold medications
- Steroids
- Headache medications containing caffeine

## SUPPLEMENT TIPS

### *Vitamin C*

Vitamin C is one of the body's main protectors, anti-inflammatories, and detoxifying nutrients. And more than 25% of Americans are deficient in it—consuming less than 39 mg a day.

This is bad news and can cause serious health problems. So here are my suggestions for taking vitamin C:

- You can take between 2,000 and 6,000 mg a day while detoxifying and about 1,000 to 2,000 mg a day for maintenance.
- Divide the dosage throughout the day to achieve maximum benefit.
- Build up slowly and taper off slowly when you are on a high dose for detoxification.
- Take vitamin C with meals—digestive enzymes help improve absorption of vitamin C.
- Take it with minerals. I prefer vitamin C that is buffered with mineral ascorbates.

### *Magnesium*

Magnesium is the relaxation mineral. Our processed diet contains almost no magnesium. If you have a twitch, a spasm, a cramp, or an irritable something, the chances





are you are low on magnesium.

Magnesium is critical for more than 300 chemical reactions in the body.

However, much of modern life conspires to help us lose the little magnesium we get in our diet. Magnesium levels are decreased by excess alcohol, salt, coffee, phosphoric acid in colas, profuse sweating, prolonged or intense stress, chronic diarrhea, excessive menstruation, diuretics (water pills), antibiotics, other drugs, and some intestinal parasites.

You can't afford to miss out on your magnesium. So here are some guidelines that will help you acquire what has been missing in your diet:

- The recommended daily allowance for magnesium is about 300 mg a day. Most of us get far less than 200 mg.
- Most people benefit most from 400 to 1,000 mg a day.
- The most absorbable forms are magnesium citrate, glycinate, taurate, or aspartate, although magnesium bound to Krebs cycle chelates (malate, succinate, fumarate) are also good.
- Avoid magnesium carbonate, sulfate, gluconate, or oxide. They are poorly absorbed (and the cheapest and most common forms found in supplements).
- The side effect from too much magnesium is diarrhea which can be avoided if you switch to magnesium glycinate.
- Most minerals are best taken as a team with other minerals in a multi-mineral formula which is why I always recommend a multivitamin and mineral supplement.
- People with kidney disease or severe heart disease should take extra magnesium only under a doctor's supervision

The magnesium supplements I recommend for the enhanced plan are meant to help you with detoxification. However, for long-term health you should consider taking a magnesium supplement permanently. See Section 7 in this guide for more details.

### *Probiotics*

Probiotics are the healthy bacteria that inhabit our digestive tract, produce vitamins, support immunity, metabolize toxins, produce food for our intestinal lining, and more.

They are an important supplement for continued health, and unfortunately we don't get enough in our modern diet. If you aren't already taking probiotics, I strongly recommend that you start.

Follow these guidelines when selecting and taking probiotics:



- Start a 6-to-12-week course of a probiotic to give your gut a chance to restore normal symbiosis or ecological balance.
- Take 5 billion to 10 billion organisms a day on an empty stomach in divided doses (twice a day).
- Look for reputable, refrigerated brands of mixed flora including *Lactobacillus acidophilus*, *Lactobacillus rhamnosis*, or GG and *B. bifidum*
- Some products contain no live flora because they are very susceptible to damage from heat, processing, or improper storage. See the recommendations on supplements for reputable brands.
- Unfortunately, yogurt will not provide adequate numbers of bacteria to do the job. So don't use it as a substitute.

### Bioflavonoids

These are the key compounds or pigments (about 4,000 in total) that provide color for our plants. They are often combined with vitamin C in supplements to prevent their destruction or oxidation.

Familiar compounds rich in bioflavonoids include citrus foods, ginkgo biloba, bilberry, genistein from soy, red wine (resveratrol), and green tea (catechins and epicatechins).

What's important about them? They can all be used as part of your diet or in supplements to *reduce inflammation* and oxidative stress.

Here are three of the more important ones:

- **Quercetin.** This is the king of bioflavonoids. In part it acts by preventing the release of histamine, and it can help with food and environmental allergies. For food allergies take 500 mg about 15 minutes before meals to reduce food reactions.
- **Resveratrol.** This contains potent anti-inflammatory, antioxidant, and antiaging properties. Take between 50 and 300 mg a day.
- **Ginkgo biloba.** This potent bioflavonoid and brain antioxidant has effects throughout the body. Take 240–360 mg a day of a standardized extract.

### Green Tea (*Camellia sinensis*)

This everyday beverage in China contains a class of compounds called polyphenols, a type of flavonoids including catechins, epigallocatechin gallate, epicatechin gallate, proanthocyanidins, and more.

As you know, green tea is a daily part of The UltraSimple Diet. If you've started to enjoy it by now, I recommend you make it a part of your daily health regimen from here on out.



## EXERCISE TIPS

### *Do What You Like*

The benefits of exercise can be achieved through a wide variety of activities. It is up to you to find things you like and experiment with different types of exercise. Even just being more active in your daily life—taking the stairs, parking at the far end of the parking lot, carrying your own groceries, can add up.

So do what you like—regularly—and watch the benefits of exercise affect your energy, your state of mind, your health, and your waistline!

### *Improving Cardio*

I recommend you begin a regular regimen of cardiovascular exercise. Here are some tips on how to get started:

- Try walking to start—even just 5 minutes a day is good to begin with.
- Experiment with different forms of exercise: walking, swimming, aerobics, jogging, in-line skating, jumping rope, rowing, cycling, spinning, exercise machines, cross-country skiing, skating, kickboxing, dancing, rebounding on a mini trampoline, hiking a mountain, or anything else that grabs you.
- Try to exercise in the fresh air if possible.
- Be sure to increase your level of exertion as your fitness level improves. If you stay at that same speed and incline on the treadmill for years without increasing your effort, your benefits will go downhill.
- Build up slowly to 30 minutes a day of vigorous cardiovascular exercise.

### *Check Your Heart Rate*

Effective aerobic exercise is connected to how long and how consistently you increase your heart rate. To make your exercise regimen as effective as possible, I suggest you check your heart rate, and make sure you follow some simple guidelines about where it should be.

Here's what to do:

- Try to get in and stay in your target heart rate for at least 30 minutes 4 to 6 times a week
- The rough guide to your target heart rate is basically a simple equation:  $220 \text{ minus your age times } 0.70 \text{ to } 0.85$ . This is designed to be about 70% to 85% of your maximum heart rate. This will vary from person to person but using this equation you can get a rough idea of where you are.
- Use a heart rate monitor to check your heart rate during exercise, or take



your pulse in your neck or wrist. (You can feel your pulse just below the pointy part of the angle of your jaw—count your pulse for 15 seconds, then multiply that number by 4.)

### *Build Muscle*

To obtain a maximum level of fitness, you also need to incorporate a strength-training regimen with your aerobic exercises. I recommend you begin a gradual strength-training program to build muscle and stamina.

Just 20 minutes of strength training three times a week can be enough to stop the otherwise inevitable muscle loss of 10 ounces a year that affects most people over 40.

It can also prevent “the skinny fat syndrome”—where you are the same weight at 60 as you were at 20 but are twice as fat. When this happens, your muscle has been replaced by fat, with all the related dangerous consequences, but you still can fit into the same clothes. This is more insidious than getting fat but no less dangerous.

### *How to Build Muscle*

Building muscle and strength training are important. The question is how to do it. Here are some ideas that should help you:

Obviously you can try weight training. If you do, make sure you:

- Start slowly with proper supervision. It is easy to hurt yourself. Sometimes your muscles are not strong enough to protect your joints, ligaments, and tendons from injury—you will need to build up slowly.
- Be sure to use proper form. This is where guidance in the beginning can be critical. Not only will you miss the benefit of weight training if you do it improperly, but you can harm yourself.
- Build up to 2 sets of 8 to 12 repetitions for each of the four major muscle groups (chest and shoulders, upper back, upper legs, and abdominals). Do this three times a week. It should take you about 20 minutes for each session, or about an hour a week.

Try things that build muscle besides weights including calisthenics, resistance exercise bands (stretch bands you can take with you anywhere), power yoga, or Pilates.

Commit to finding a good gym in your area to get introduced to these powerful techniques. Even six weeks of regular training can bring remarkable benefits.

### *Improve Your Flexibility*

Flexibility is critical to healthy aging. We get stiff and unable to move as we get older, and it is never too late to get flexible.



Much exercise shortens muscle fibers and contracts muscles. Stretching balances that out, prevents injury, and reduces pain overall.

So I suggest you start a daily yoga practice or stretching routine. Yoga is a great system of stretching the whole body. It combines stretching with breathing, which gives you a much more powerful overall effect. It can also reduce stress and calm the nervous system.

If you are interested in starting a yoga or stretching routine, here's what to do:

- Find a yoga class, or get a yoga tape, CD, or video. There are all sorts of styles and levels. Find one to suit you.
- Remember to breathe through each posture as you do the exercises. This is a key component of the practice.
- Move into the postures slowly and with awareness; how you do it is as important as what you do.
- Don't force your body to do what it doesn't want to. If it hurts ease up a bit. You will get further by breathing and relaxing into a pose than forcing yourself into it.
- As an alternative you can also simply try some basic stretching routines.
- Try Pilates. It is good for both flexibility and strength.

### *Make Your Body Your Home*

Mel Zuckerman, the founder of Canyon Ranch, said, "Take care of your body. If it wears out, you won't have anywhere to live."

Your body is your home. Inhabit it, and learn to feel at home there.

Enjoy your body. It can be your friend and a source of joy and pleasure, rather than this nuisance that breaks down and causes you pain as you age.

## STRESS TIPS

### *Worry Will Kill You*

Don't worry—it will literally kill you! The Framingham study and others tell us that anxiety increases your risk of a heart attack by 3 to 7 times.

In most cases, worry produces few results other than making us ill. It takes practice, but worry is a habit and can be unlearned.

The same will happen regardless of your worry. What you can change is your internal attitude. Like exercising an atrophied muscle, it may be painful or difficult at first, but with practice and help (mediation, yoga, psychotherapy, breathing, etc.), you can strengthen your emotional and psychic muscles. This will help keep you healthy AND happy.



### *Finding Your Rhythm*

Establishing daily rhythms of sleeping, eating, exercise, work, rest, and relaxation therapies can significantly reduce stress. Our biological rhythms—the ebb and flow of hormones and antiaging chemicals—depend on synchronous and rhythmic living.

Keeping a regular schedule of eating, exercising, working, and sleeping allows your body to produce the balance of hormones that normalizes your weight and keeps you healthy.

### *Breathe from Your Belly*

Restricted or shallow breathing prevents oxygen from reaching all your tissues and can profoundly affect your energy. Learning to breathe properly is a quick trick to healing and relaxation. It is the easiest doorway to deep relaxation and can be done anywhere, any time of the day, even in short little bursts.

By learning how to breathe deeply and fully oxygenate your brain, body, and spirit you can profoundly transform your health. Most of us are missing one of the most vital nutrients of all: vitamin O—oxygen! We think we know how to breathe, but think again.

You can use your belly to learn how to breathe again. Here's what to do:

Put your hand on your belly. Breathe out, squeezing the air out of your lungs with your stomach muscles. As you breathe in, relax your stomach muscles, and after you fill your lungs try to push your hand off your belly with your breath. Continue breathing in and out slowly through your nose. Each in-and-out breath should last to the count of three. Do this for 5 minutes a day, or whenever you feel stressed. It can save you in all sorts of situations. A full belly breath moves 8 to 10 times as much air as a chest breath!

### *Using Your Muscles to Relax*

Not only are your muscles necessary for keeping you healthy, you can also use them to relax.

To do so, try “progressive muscle relaxation.” Tense and hold each major muscle group for 10 seconds and relax it for 5 seconds. Then move on to the next muscle group. Start with your facial muscles, then move to your neck, shoulders, each arm, buttocks, each leg, and feet.

Notice how this exercise makes you feel deeply relaxed.

### *Stop Rushing, Try Doing Nothing Instead*

ALERT: You might be infected with “hurry sickness,” an epidemic disease affecting Americans who have too much too do. To get out of this trap, **stop rushing**. And stop living in the future—you will never get there, so give up trying.

Instead, learn and practice the art of doing nothing. Just as the fields must be fallow to



regenerate, doing nothing is actually doing something. It is a time to reset your internal rhythms, integrate the experiences of the day, and just be directionless. It's a place where relaxation, creativity, and happiness can begin.

### *You Can't Please All the People All the Time*

You want to know a profound secret that will reduce your stress level? You can't please all the people all the time. In fact if you try, you will likely not please yourself.

Learn to say no. "No" is a sentence! The act of saying no to someone else is often saying yes to you. Say yes to yourself at least 3 times a day. Pay attention to your internal signals.

### *Practice Loving Kindness*

Hostility, anger, and resentment can kill you—literally. The old adage that "this will hurt me more that it hurts you" is often truer than we know, so why bother?

Instead, practice loving kindness. Say the metta mediation daily as taught by Buddha to set your intention and change your attitudes. Here it is:

Breathing in, I breathe in the world's pain.

Breathing out, I send it healing love.

May all beings be happy.

May all beings be peaceful.

May all beings be kind.

May all beings be free.

## SECTION 10:

# CREATE AN ULTRAMETABOLISM FOR LIFE

I encourage all to read *UltraMetabolism* and join the free UltraWellness community at [www.ultrawellness.com](http://www.ultrawellness.com).

You can also sign up for my weekly blog at [www.ultrawellness.com/blog](http://www.ultrawellness.com/blog).

For now, here are some tips on eating well and avoiding toxins.

## FOOD

Include the following whole foods in your daily diet:

- Good carbs (vegetables, fruit, beans, and whole grains)
- Good proteins (fish, soy, nuts and seeds, eggs, and lean animal protein such as chicken or turkey)
- Good fats (fish, nuts, seeds, extra-virgin olive oil, unrefined nut oils, and avocados)
- Avoid foods treated with petrochemical pesticides, herbicides, fumigants, hormones, or antibiotics.
- Whenever possible, buy certified organic fruits and vegetables and dairy products and eat organic or naturally raised animal products. If you can't find completely organic animal products, be sure to find those raised without antibiotics and hormones.
- Use organic eggs; omega-3, free-range eggs; or those raised without antibiotics and hormones.
- Find local sources of free-range or grass-fed meats, poultry, and other animal products.
- Eat only "good" fats: extra-virgin olive oil; unrefined sesame or nut oils; nuts; avocados, and fish oils; particularly those from sardines and wild salmon.

### *Choose Organic, Hormone- and Antibiotic-Free Food*

Buy hormone- and antibiotic-free animal products, such as dairy products, poultry, and red meat, whenever possible. Avoid eating fish that contain high levels of mercury, such as swordfish, tilefish, shark, king mackerel, and fresh tuna (canned tuna, especially chunk light, is lower in mercury). I recommend that you eat seafood with the least





mercury, including blue crab (mid-Atlantic), flounder, sole, salmon (wild), sardines, herring, anchovies, and shrimp. Check periodic updates on seafood safety on [www.ewg.org](http://www.ewg.org) and [www.oceansalive.org](http://www.oceansalive.org).

Buy a variety of seasonally fresh; locally grown; and, whenever possible, certified organic produce. Though organic food is generally more expensive, the benefits are worth it. Organic food does not contain the high levels of pesticides, hormones, and antibiotics found in conventional foods. Research indicates that organic foods also have more nutrients than foods grown conventionally. Some produce has much higher levels of pesticides.

The following is a priority list for purchasing organic produce based on data from the Environmental Working Group ( [www.ewg.org](http://www.ewg.org) ):

- Strawberries
- Cantaloupes
- Grapes
- Cherries
- Apricots
- Peaches
- Apples
- Pears
- Cucumbers
- Celery
- Red peppers and green peppers
- Spinach

Some nonorganically grown items in your local grocery store are still relatively healthful to eat. If you can't completely stick to organically grown produce (either because your grocery store doesn't carry it or because the cost is prohibitive), the following 12 items are generally considered the products that are least contaminated by pesticides. While I encourage you to buy as much organic produce as you can, if you can't these are items that would probably be safe to purchase in a conventionally grown form.

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower



- Corn (sweet) (But most corn is GMO, so choose organic here)
- Kiwis
- Mangoes
- Onions
- Papayas
- Pineapples
- Peas (sweet)

Check out the Environmental Working Group Web site for further updates: [www.ewg.org](http://www.ewg.org). You can also reduce your exposure to pesticides and bacteria by washing your produce well. Prepare a vegetable wash solution using one-teaspoon mild soap or 1 tablespoon of cider vinegar in one gallon of water. Wash your vegetables in this solution and rinse well. Use a vegetable brush on potatoes, sweet potatoes, carrots, or other hard produce whose skin you plan to eat.

## DRINKING CLEAN WATER

- Make sure to drink clean water.
- If at all possible, have a reverse osmosis filter installed in your house, at least for your drinking water if not for the entire household system.
- Use bottled water certified as pure and in glass containers
- Avoid drinking any bottled water stored in a cloudy plastic container. Plastics such as phthalates leach into the water, especially when stored in hot conditions. It's best to drink water only from glass containers. If you have to drink from plastic containers, be sure they are hard clear plastic and you keep it to a minimum.
- Ask your local public health department for a reference lab in your area that assesses water quality. Have your well or municipal water analyzed, and ask for a report on all petrochemicals, heavy metals, and microorganisms.

## AVOIDING TOXINS

- Use air purifiers: HEPA / ULPA filters and ionizers can be helpful in reducing dust, molds, volatile organic compounds (VOCs), and other sources of indoor air pollution.
- Clean your heating system and monitor it for release of carbon monoxide—the most common cause of death by poisoning in America.



- Own houseplants. Spider and banana plants can significantly reduce the formaldehyde levels in the air. Live plants in your home or work environment act as a natural air filter.
- Avoid excess exposure to environmental petrochemicals including garden chemicals such as rotenone, dry cleaning solvents, and car exhaust. (The tetrachloroethylene used in dry cleaning causes cancer in laboratory animals. Hang dry-cleaned clothes outside to ventilate for at least a day before wearing.)
- Reduce exposure to secondhand tobacco smoke as much as possible. Passive smoking has been linked to many respiratory disorders as well as cancer and heart disease.
- Avoid household petrochemicals by choosing natural alternatives. Always provide adequate ventilation when using household cleansers.
- Do not microwave or store food in plastic wraps. Use only glass or ceramic containers when microwaving or storing hot food. This reduces the leaching of toxic chemicals from plastics into your food.
- Solvents, paints, paint removers, lacquers, adhesives, waxes, and shellacs should be avoided whenever possible.
- Remove carpets containing formaldehyde and other volatile chemicals such as benzene, toluene, and xylene.
- Remove shoes indoors, especially if your house is carpeted. You may track in contaminants such as lead and other heavy metals, pesticides, and polycyclic aromatic hydrocarbons (PAHs), and anyone sitting on the floor may be exposed to excess levels of these compounds.
- Copiers, fax machines, and printers emit VOCs and should be used in well-ventilated spaces in your home office.

## SECTION 11: FREQUENTLY ASKED QUESTIONS

*How do I know this program is different from all the fad diets out there, like the Zone, South Beach, Atkins, or other diets? Will this one really help me lose weight?*

This program is based on dramatic new medical information, information that for the first time provides a clear picture of how the body works. It is called functional medicine and is not a fad. It is based on understanding all the systems of the body and the underlying causes of disease and weight problems. Two of the major ones related to weight are inflammation and toxicity, and The UltraSimple Diet gives you an experience of that firsthand. *UltraMetabolism* explains the underlying principles of this new medical paradigm in greater detail.

Another thing that makes this different is that I am a practicing physician, and I've been doing this for more than 20 years. I've treated thousands of patients. I've taken information from the scientific literature and combined it with my experience as a practicing physician and medical director at Canyon Ranch, where I worked for nearly 10 years, and the founder and medical director of The UltraWellness Center. I have distilled what I have learned into the first and only comprehensible comprehensive approach to dealing with the underlying causes of obesity and impaired metabolism.

The UltraSimple Diet is a quick start into a new way of life. That way of life is called UltraMetabolism, and UltraMetabolism is not a diet. It's a way of understanding how your body works and using that information to create a lifestyle program that is specific to you and works over the long run. It's not a quick fix. It will help you lose weight quickly, but it's not about a quick-fix program.

It's about understanding the underlying causes of obesity and disease and fixing those problems. Problems with the wrong information getting to our genes, problems with inflammation, problems with mitochondria, problems with detoxification, problems with hormonal imbalance: These things are at the root of disease.

A new revolution in health care is coming around the bend, and I'm trying to help people get access to it without waiting another 5 to 20 years for it to show up in your doctor's office.



### *How do I incorporate this program into my busy schedule?*

From someone who is extraordinarily busy, I can tell you there is a way. Your life depends on it. But it takes planning.

Most of us don't think about food, and unfortunately it's one of those things you have to think about. If you don't think about it, you'll find yourself in a situation where you're stuck—you're in an airport, you're in a car on the highway somewhere, you're in the mall where you don't have any food and you are hungry—so like most hunters and gatherers, you will go hunt for something to eat and it's usually going to be something terrible.

I encourage you to plan. It may mean having an emergency pack in your car. For example, I always have whole-food snack bars and a bag of nuts in my drawer at work.

It may mean making time on the weekend to shop for the food you need for the week.

It may mean planning your meals. I pack lunch, quickly, the night before; bring leftovers; or think ahead to where I will be and how I will get good-quality whole food. It doesn't take me much time, but it makes a *huge* difference over the course of my day by balancing my energy and metabolism.

I think all of us need to examine our lives. What do you want? Do you want to feel good and have more energy? Or do you want to deal with chronic symptoms persistently interfering with your quality of life?

Just like you can't expect to ignore your bank account and have your bankbook balance at the end of the month, your body needs attention, care, and strategic investment of time and planning.

### *How do I stay on the plan when I travel and eat out a lot?*

I travel a lot, but I found a way to avoid food emergencies by always carrying food with me. When I travel on a plane, I have a bag of almonds, protein bars, or some fruit with me. In a restaurant, I can usually find something on the menu—salad, fish or chicken, and an extra side of vegetables.

I might even be a bit of a pest and say, “Please, can you grill the fish for me,” or “Give me extra vegetables on the side” or “Don't bother giving me the french fries” or “I'll skip the breadbasket at the beginning of the meal.”

These things are fairly simple to do and just take a little extra planning and attentiveness. Most people can do this. If you put your mind to it, you can find good-quality, whole foods on a restaurant menu. Pick the things that work for your body rather than the things that make you feel horrible at the end of the day.

Just think about how you want to feel. Do you want to feel well, or do you want to feel badly? The choice is yours.



### *How can I overcome my food cravings, and will they ever go away completely?*

The answer is ‘yes,’ and it doesn’t take that long. It may take a couple of days just as it does when you’re withdrawing from alcohol, nicotine, or caffeine.

We are often addicted to the foods we are allergic to. But if you get the allergenic or trigger foods out of your diet, you will not crave them anymore. It may take a little detective work—eliminating certain foods, then adding back the potentially allergenic foods—or some testing, but addressing food allergies is a powerful way to stop cravings.

Another major addiction / craving trigger is sugar and refined carbohydrates.

Sugar addiction is a major epidemic. I’m subject to it like everybody else, and I know when I get out of balance. When I don’t sleep enough, when I’m tired, I’ll go for that sugar to give me a quick boost. Then I get into a vicious cycle.

Once you stop, you won’t crave it any longer. You’ll see sugar and think:

“Oh, that’s not going to make me feel good” or “I’m not even attracted to eating it.”

It’s important to understand that sugar and food addiction is not necessarily your fault; there are biological reasons for it. Cravings and food addiction are often caused by sugar imbalances, stress, and food allergies.

Through addressing these factors systematically and directly through the things I outline in *The UltraSimple Diet* and *UltraMetabolism* the addiction will go away. In fact, it can go away in days.

### *How can I keep the weight off without denying myself all the pleasures of eating? Do I have to stop eating the foods that I love, especially sugar, permanently?*

Very good question; I believe that you will have more pleasure eating delicious, whole, real food than eating any junk food. You will not only feel better and enjoy food more, but your metabolism will improve and you’ll have relief from many chronic symptoms. You may also avoid the common diseases of aging.

Your pleasure in food will increase, not decrease. Today for lunch I had some stuffed grape leaves, marinated mushrooms, delicious Greek olives, and sliced duck breast from the local deli. I wasn’t suffering, and I felt good. I had energy all afternoon.

So it depends on what food you love in life. If you love Coca-Cola, Ring Dings, and deep-fried hamburgers, then yes, you’re probably going to have to give those up. You can’t continue to put junk in and expect to feel good and have lifelong health.

On the other hand you can enjoy what I call the 90 / 10 Rule. (Some people like to call it the 80 / 20 rule.) If 90% of the time you pay attention to eating high-quality, whole, real foods, then 10% of the time you can have that ice-cream cone or dessert or even a Cinnabon. But when you make those choices, I encourage you to pay attention to how you



feel afterward, because you may not want to do it again.

Recognize that it's not lifelong deprivation, but a matter of moderation, balance, understanding how your body works, and learning how to work with it. If you do that, you won't have a problem. The biggest hurdle is the initial 2 to 3 days of detoxification and changing your metabolism.

It is important to be careful at the beginning of the program. After that, your body will seek its natural balance and rhythm.

*Does this program work for people who are over 50, 60, or 70? Are there special considerations that need to be made for people over this age?*

Well, absolutely! This program works for everybody, whether you're 7 or 70. The key is that it works with the basic rules of biology. It works with the underlying causes of disease and obesity, so it is absolutely for everybody. The question is, Are there any special considerations that need to be made? This is really connected to the next question people have.

*People understand that their metabolism normally slows down after about the age of 50, and one person wanted to know, "Is this true and do you have any recommendations for people over 50 who are trying to lose weight?"*

What happens as you age? If you are getting older, there are changes that happen in your body. For example, you do lose muscle more easily. If you're 25 and you don't exercise for a month and want to run 5 miles, you can do it. But if you're 55 and you don't exercise for a month and try to run 5 miles, you're going to have a harder time. There is a natural decline as we age: however, that is almost entirely preventable if we take care of ourselves.

As you age you need to invest more time and energy in your health because you tend to lose muscle very easily and have more trouble controlling blood sugar and insulin, thyroid hormone, and other hormones. However, with simple, daily deposits into your health bank account, you can easily prevent the common decline seen with aging.

So, yes you can absolutely do this at any age. And yes, it is a little harder as you get older. You may have to do a little more work, build more muscle, eat a bit more carefully, get more rest, and deal with stress more effectively, but those things can sustain you and keep you vigorous and active long into your 80s, 90s, and beyond.

*If I'm taking any medications, should I be aware of any adverse interactions between my medicine and the supplements that you recommend?*

Medications can affect nutritional status, and your supplements may affect your medications. You should review your supplement intake with a nutritionally educated physician or nutritionist.



More concerning to me than how medications might be affected by supplements (which is rare) is how medications can affect your nutritional state. For example, acid-blocking drugs can interfere with your ability to absorb B12. And certain drugs may interfere with other nutrients.

Food, nutrients, and herbs can absolutely interact. But for the most part, taking a multivitamin, fish oil, and calcium magnesium has no danger to it and causes no adverse interactions. Beware of interactions, look at your medications, maybe do a little homework, and talk to your physician. But for the most part, the basic nutritional supplementation is extremely safe.

### *How can I exercise less and lose more weight?*

It seems unbelievable, but it's true. If we exercise smarter not longer, it will have a different effect on metabolism.

The way to exercise smarter not longer is interval training. This is what athletes use to increase their performance. That extra edge is available not just to highly trained athletes, it's available to everybody. It's simply a matter of alternating high levels of exertion with lower levels of exertion. I describe how to do this in *UltraMetabolism*. The effect is to increase the rate at which you burn calories, not just while you exercise but all day. So, yes, you can exercise less and lose more weight.

If you're over 50 and haven't been exercising or you smoke or have diabetes or high blood pressure, you should have a stress test before you start.

### *What data do you have that proves I will truly be able to keep the weight off if I follow the program?*

I recently wrote a chapter on dietary influences on health for *The Textbook of Functional Medicine*. In that chapter, there are 350 medical references I cite.

In that chapter, I outline, step-by-step, how food is not only calories, but also information. I also discuss how food talks to our genes and turns on messages of health and weight loss.

Real, whole, high-quality food may help us to avoid the deep-rooted conditions that lead to disease. This is firmly based on science.

I also have my own data from my medical practice. I have documented the changes in my patients' blood work; reduction of blood sugar and inflammation; and improvement in thyroid function, metabolism, and detoxification. Much of the medical literature on nutrition has been ignored by conventional medicine. For the last 20 years, I have been studying this rich treasure trove of data on health and nutrition.

Nutrition gets second-rate status in the medical profession. It's ironic. This is the **most** important thing that determines health and disease, and yet there's no medical specialty that addresses it.





There are a group of dedicated scientists and practitioners trying to change this. I'm on the board of the Institute for Functional Medicine. It is a nonprofit organization created by Dr. Jeffrey Bland to educate physicians in a new model of medicine. Our goal is to educate 15,000 physicians by 2010 to understand how to take this revolutionary medical data and incorporate it into the practice of medicine now.

Current scientific discoveries take 20 years to become incorporated into the practice of medicine. This is the most exciting time in the history of medicine. Unfortunately, our current health care system (which should be known as a disease care system) is not able to incorporate these findings into its existing structure. That is why I feel that it's so important for me to work with other doctors, do research, talk to consumers, and write books to bring awareness to the public that this medical revolution is here, it is now, and it is available to us. We don't have to wait for the future.

In addition, The Center for Mind-Body Medicine has an exceptional course designed to educate physicians about integrating nutrition into their practice called "Food as Medicine," codirected by my nutritionist, Kathie Swift. ([www.cmbm.org](http://www.cmbm.org)).

*I've been on yo-yo dieting plans for a long time now. How do I know that this program will not only help me lose weight, but keep it off for good?*

While The UltraSimple Diet is a quick start into a healthy way of living, it's not a quick fix, despite the fact that you can lose up to 10 pounds in one week. It is the beginning of a process of reprogramming your body for life.

It is a way for you to understand how your body works. Once you learn how to work with your body rather than against it, you can maintain weight loss and good health.

You can always slip back into bad habits, increased stress, lack of exercise, and bad eating. And you might slip back. I find the biggest trigger to fall away from caring for yourself is stress. Most people can manage their biology better when they're not stressed. The recommendations for journaling, stress reduction, sleep, and breathing are powerful tools you can use to keep you on track.

Most people don't understand how to find their pause button or their off switch that shuts down their nervous system. It's chronically activated. Most people stay up late, watch TV, answer emails, surf the net, and then expect to roll over and fall asleep. That's not how our nervous system was designed.

We need to wind down, calm ourselves, and sleep adequately. Not getting enough sleep is a significant cause of metabolic imbalances. Getting 7 to 8 hours of sleep per night is critical.

These are some of the things you can do to arrest the yo-yo dieting pattern that people fall into. Look at The UltraSimple Diet as a way of getting your health and your life back on track. UltraMetabolism is a way of life—a lifestyle that can help you correct the underlying issues that plague most of us in this society. That includes the 125 million



Americans with chronic disease: heart disease, diabetes, dementia, cancer, arthritis, osteoporosis, and so on.

Also, two-thirds of us overweight and more than 30% are obese. This is an epidemic. It's a juggernaut that's not going to stop until we take control. We have to do it on a personal level and we have to do it on a political level. These are things that require persistent efforts. If we work collectively as citizens we can make a difference.

### *The cost of some of the foods is really beyond my budget. What shortcuts can I take to save money?*

Studies show that eating healthy is not more expensive. And when you're paying for your pharmaceutical medications in the latter part of your life because you lived a life that hasn't created health, then you're going to really be paying for it. And your children will be paying for it too. There is no free ride.

There's a hidden cost to every french fry from McDonald's, to every Coca-Cola on the market, and it's not built into the price of these foods. We're paying it as a society, we're paying it in our health care system (in our health insurance), and we are paying it in the goods and services we use for treating disease. It is important to see that it's not factored into the cost of foods we see on the label.

With that said, eating whole, real foods doesn't have to be expensive. Whole grains, beans, and vegetables are generally inexpensive, and you can buy them in bulk. In fact they are a bargain, if you take into account the amount of nutrients in those foods compared to processed and junk food.

Wal-Mart and Safeway are now getting into the whole-foods market to compete with Whole Foods Market, our local food co-ops, and Wild Oats. These stores have an abundance of whole foods. It is important to look at all the choices you make and deliberately choose how to spend your health dollars.

Think about the cost of your lattes and your Diet Cokes and the convenience foods you buy here and there. The cost adds up, and these choices do not serve you. By doing a little bit of preparation and cooking ahead, you can cook great food and save a lot of money.

### *How important is breakfast, and what should I eat for this meal?*

Breakfast is probably the most important meal of the day, because it sets you up for the entire day. People who eat breakfast sustain long-term weight loss. In a study of 3,000 people who sustained a weight loss of 70 pounds and kept it off for 6 or more years, all but 4% ate breakfast. The other thing they had in common is that they exercised more than people who didn't keep the weight off. That was it—eating breakfast and exercising.

So breakfast, regardless of anything else you do, is important. Why? Because it sets up your metabolism for the entire day.



It's important to eat protein for breakfast as in a protein shake, eggs, nuts, or yogurt (if you are allergic to dairy, there are soy yogurts now). This is critical for setting up your metabolism to work the rest of the day.

Even if you hard-boil some eggs the night before, put them in the fridge, and run out the door the next day with a bag of 2 hard-boiled eggs to eat on the road, it's better than not eating anything.

Plan in advance and you can even have something quick and tasty like a protein shake or an UltraShake.

### *What recommendations do you have for menopause, and what do you prescribe to help the symptoms of menopause?*

The UltraSimple Diet helps control inflammation and toxicity, both of which are contributors to postmenopausal weight gain. Moving on to *UltraMetabolism*, which is a hormonally balanced way of eating, will help you cope with changes that occur around menopause. This way of life provides fiber, omega-3 fats, and low-glycemic-load foods along with hormone-balancing phytonutrients. Reducing caffeine and alcohol will also help, because they promote menopausal symptoms and weight gain. Addressing stress is also critical.

Other parts of the program I recommend—flax seeds, broccoli and other fresh vegetables, soy foods, and wild fish—all help control the symptoms of menopause.

I've been taking care of menopausal women for a long time, and I would say that only 10% of the time do I have to use something other than food, lifestyle changes, or herbs (such as bio-identical hormones) to help me address my patients' menopausal symptoms.

It is very important to understand that the principles I've outlined in *The UltraSimple Diet* and *UltraMetabolism* are designed for everyone because they were designed to support and enhance the body's normal core functions. If we work with the body, rather than against it, by providing the body with what it needs to thrive, it will thank us, our waistlines will be thinner, our lives will be longer, and we'll feel much better and healthier.

### *How do I eliminate allergies?*

As I described in Chapter 4, there are two types of food allergies—acute and delayed.

Conventional allergists using desensitization allergy shots given over a period of years can often treat the acute allergies effectively. These are the IgE allergies such as allergies to peanuts or shellfish or environmental allergies.

The delayed allergies usually arise because of a leaky gut and are not permanent. They can be reduced or eliminated by healing the leaky gut. This involves eliminating the allergenic foods for 90 days while eating a whole-foods, high-fiber diet and taking probiotics, vitamins and minerals, and omega-3 fats to heal the gut lining. Some of these reactions may remain, but the trigger foods can often be eaten occasionally without much of a problem in many cases. However, they can become a problem when eaten on a regular basis.



### *What are the sizes and amounts of meals I should have throughout the day and why?*

The size of the meals depends on the size of the person and your metabolic rate. The minimum number of calories you need to sustain your body is called your basal metabolic rate. You can calculate it as follows:  $10 \times$  your weight in pounds ( $150 \text{ lb.} \times 10 = 1500$  calories a day).

However, I recommend tuning into your body's signals, needs, and natural appetite instead of counting calories. Once you eliminate sugar and allergenic foods, your body's appetite control systems will regain balance and you can then eat when you are hungry and stop when you feel gently satisfied. There is no calorie counting on The UltraSimple Diet or when you are living the UltraMetabolism lifestyle.

### *What can I do to rid my body of harmful toxins?*

I describe in detail how to avoid toxins in Section 6.

Basically eating organic, whole foods; drinking clean water; having daily bowel movements; and sweating daily will go a long way toward keeping your detoxification system functioning well.

In addition, taking the essential supplements I recommend along with a liver detox-supportive formula can help your body get rid of toxins over the long term.

A wonderful way to get rid of stored petrochemical toxins and metals is an infrared sauna.

If you are very toxic, you will need the help of a physician trained in functional or environmental medicine.

### *I have bad eating habits; when should I eat my meals?*

Eat your meals according the schedule outlined in *The UltraSimple Diet*. You don't have to follow the times exactly, but make an effort to follow the general outline—breakfast, midmorning snack, lunch, midafternoon snack, dinner. You will feel more balanced, eat less, and lose more weight.

### *I want to lose my belly fat, what should I do?*

Simply follow The UltraSimple Diet—the fat will take care of itself.

The biggest cause of belly fat is sugar and refined carbohydrates along with stress, and the program outlined in *The UltraSimple Diet* takes care of both.



*If I am taking other supplements, how can I integrate the supplements you recommend?*

I encourage you to seek out and find the best-quality supplements (see Section 7 for guidance) because you will be taking these daily for the rest of your life. If you are taking a multivitamin or calcium product, be sure they conform to the guidelines I outline in Section 7. You don't want to be ingesting coloring agents or chemical preservatives in your supplements every day for the rest of your life.

If you are taking good-quality supplements regularly, then you can safely add the supplements in the enhanced program to your regimen for the week and for a few weeks afterward. In fact, all of the things I recommend—magnesium, vitamin C, probiotics, and liver detox-supportive herbs—can all be taken safely over the long term if you find them helpful.

*Why are bowel movements so important? If I am constipated on the program what should I do?*

Your body is designed to eliminate toxins through the bowels. Imagine if you never flushed the toilet or took out the garbage. Your house would be very toxic very soon. Something similar happens to your body when you don't have regular bowel movements.

Follow the guidelines in Chapter 5 of *The UltraSimple Diet* to deal with constipation. They work for nearly everyone.

*What if I don't like vegetables—I mean what if I really don't like them?*

My guess is that if you really don't like vegetables, then it is likely you have not had them prepared in delicious ways. Overcooked, canned, or processed vegetables taste horrible.

It is also likely your palate has become habituated to fats and sugars and will crave those substances shunning whole, real food. You will be surprised at how you can appreciate, enjoy, and savor the foods you never thought you would. Just try it.

*Can I use frozen veggies instead of fresh? Can I use canned broth instead of homemade? If not, why not?*

If you want to do the program and don't have time to cook vegetables and broth, there are substitutes. I recommend a variety of frozen vegetables from Cascadian Farm and the low-sodium, organic vegetable broth from Pacific Foods.

*Do you have any specific recommendations for good yoga DVDs?*

Yes. Try the Kripalu Yoga Gentle or the Kripalu Yoga Dynamic videos. They are excellent, easy-to-follow classes by highly skilled yoga teachers.



*Why are all these restrictions necessary? I mean, does it really have to be this strict?*

My goal is to give people a powerful experience of good health they can feel in just one week. You spend a lifetime in behaviors that don't support your health—poor-quality food, junk food, caffeine, alcohol, stress, lack of exercise, and more.

For just one week I encourage people to do ALL the things at once that can transform their health practically overnight. Then what you choose to do will be up to you. But you will know how bad you have felt all along (which most people think is normal) and how great you can really feel.

*Why are the foods included in this program okay?*

The foods chosen for this program are low-allergy, whole, organic, fresh foods with scientifically proven anti-inflammatory and detoxifying properties. They are designed to provide the right information to your cells and to your genes to turn on messages of health and healing and turn off messages of sickness and disease. Choosing the right foods provides healing medicine for your body.

*Are there any problems with using stevia as a natural sweetener?*

Stevia is plant-based sweetener. It can be used in moderation; however, I recommend avoiding any type of sweetener (artificial or otherwise) that can stimulate your cravings for sweets. Give yourself this opportunity for one week and watch your cravings disappear.

## SECTION 12:

# THE ULTRASIMPLE RESOURCES

Here are some resources that should be of help in getting the most out of the UltraSimple program.

### COOKING TOOLS

Consider this equipment a toolkit for taking care of your body. You can substitute or make do with other tools if need be, but I would strongly recommend that you consider purchasing the following items if you don't already have them.

I would also recommend that you buy the best-quality tools as you build your kitchen. After all, if you were climbing a mountain you would buy boots that would last for the duration. The items in this list are as vital to your health as an excellent pair of boots would be if you were to go mountain climbing. These tools can last you a lifetime if you start with quality items and take proper care of them.

I consider the following to be the basic essential hardware for the care and feeding of a human being (or at least the feeding)!

- A set of good-quality knives
- Wooden cutting boards—one for raw animal products and another for fruits, vegetables, and cooked foods
- 8-inch nonstick sauté pan
- 12-inch nonstick sauté pan (nonstick pans can vary in quality—buy the highest quality such as Calphalon or All-Clad because of the health risks of poorer-quality nonstick pans using Teflon)
- 8-quart stockpot
- 2-quart saucepan with lid
- 4-quart saucepan with lid
- Vegetable steamer
- Food processor
- Can opener
- Coffee grinder for flax seeds
- Fish spatula
- Assorted measuring cups: 1 quart, 1 pint, and 1 cup—dry and liquid style
- Lemon / citrus reamer
- Blender (I recommend The Magic Bullet — [www.buythebullet.com](http://www.buythebullet.com) — which is a simple, small unit for making individual shakes)



## TOOLS FOR HEALTHY LIVING, YOGA, AND RELAXATION

There are many wonderful resources available to help you activate the relaxation response and reduce stress. Below is a selection of some of the best sources of CDs, lifestyle products (such as biofeedback tools), and saunas.

### *General*

#### **Health Journeys**

[www.healthjourneys.com](http://www.healthjourneys.com)

Resources for self-healing, including guided imagery tapes

#### **Natural Journeys**

[www.naturaljourneys.com](http://www.naturaljourneys.com)

Healthy lifestyle DVDs and videos including Pilates, yoga, tai chi, fitness, meditation, and self-healing

#### **The Relaxation Company**

[www.therelaxationcompany.com](http://www.therelaxationcompany.com)

Music and relaxation CDs

#### **Susan Piver: Products That Support an Awakened Life**

<http://www.susanpiver.com>

#### **Kripalu Center for Yoga and Health**

[www.kripalu.org](http://www.kripalu.org)

Many CDs and DVDs to support health and relaxation

### *Home Biofeedback Tools*

#### **Journey to Wild Divine**

[www.wilddivine.com](http://www.wilddivine.com)

A biofeedback computer game that brings deep relaxation

#### **Stress Eraser**

[www.stresseraser.com](http://www.stresseraser.com)

A home monitor of heart rate variability that can train you to activate the relaxation response

#### **Resperate**

[www.resperate.com](http://www.resperate.com)

A personal, small biofeedback device to train yourself to relax

#### **Emwave**

[www.emwave.com](http://www.emwave.com)

A personal stress reliever also using heart rate variability to balance your nervous system, from the developers of Heart Math





### *Saunas for Detoxification*

**Sunlight Saunas**

[www.sunlightsaunas.com](http://www.sunlightsaunas.com)

My preferred source of far-infrared saunas

**High Tech Health**

[www.hightechhealth.com](http://www.hightechhealth.com)

Another source of far-infrared saunas

## FOOD RESOURCES

### *Organic Essentials*

You'll find a vast array of organic food products, home care, health care, kitchenware, pet care, and other valuable resources at these sites:

**The Organic Food Pages**

[www.theorganicpages.com](http://www.theorganicpages.com)

**Oranics**

[www.oranics.com](http://www.oranics.com)

**Organic Provisions**

[www.orgfood.com](http://www.orgfood.com)

**Sun Organic Farm**

[www.sunorganicfarm.com](http://www.sunorganicfarm.com)

**Green for Good**

[www.greenforgood.com](http://www.greenforgood.com)

**Shop by Organic**

[www.shopbyorganic.com](http://www.shopbyorganic.com)

**EfoodPantry.com**

[www.efoodpantry.com](http://www.efoodpantry.com)

**Organic Planet**

[www.organic-planet.com](http://www.organic-planet.com)

**Shop Natural**

[www.shopnatural.com](http://www.shopnatural.com)

### *Produce*

**Diamond Organics**

[www.diamondorganics.com](http://www.diamondorganics.com)

Mail order, high-quality organic produce and raw foods

**Earthbound Farms**

[www.earthboundfarm.com](http://www.earthboundfarm.com)

Fresh, packaged organic produce

**Small Planet Foods**

[www.cfarm.com](http://www.cfarm.com)

Home site of Cascadian Farm and Muir Glen—organic frozen and canned vegetables and fruits

**Maine Coast Sea Vegetables**

[www.seaveg.com](http://www.seaveg.com)

Variety of sea vegetables, including some organically certified types



### *Organic Frozen Foods*

**Cascadian Farm**

[www.cfarm.com](http://www.cfarm.com)

Great source of organic frozen fruit and vegetables for those in a hurry

**Stahlbush Island Farms, Inc.**

[www.stahlbush.com](http://www.stahlbush.com)

### *Organic Vegetable Broth*

**Pacific Foods**

[www.pacificfoods.com](http://www.pacificfoods.com)

**Imagine Foods**

[www.imaginefoods.com](http://www.imaginefoods.com)

### *Meat, Poultry, Eggs, and Dairy*

**Eat Wild**

[www.eatwild.com](http://www.eatwild.com)

Information and ordering site for grass-fed meat and dairy products

**Organic Valley**

[www.organicvalley.com](http://www.organicvalley.com)

Organic meats, dairy, eggs, and produce from more than 600 member-owned organic farms

**Peaceful Pastures**

[www.peacefulpastures.com](http://www.peacefulpastures.com)

Grass-fed and grass-finished meat, poultry, and dairy products

**Applegate Farms**

[www.applegatefarms.com](http://www.applegatefarms.com)

Packaged poultry, meats, and deli products

**Pete and Gerry's Organic Eggs**

[www.peteandgerrys.com](http://www.peteandgerrys.com)

Organic omega-3 eggs

**Stonyfield Farm**

[www.stonyfield.com](http://www.stonyfield.com)

Certified organic dairy products and soy yogurt

**Horizon Organic**

[www.horizonorganic.com](http://www.horizonorganic.com)

Variety of certified organic dairy products, including cheeses

### *Fish*

**Vital Choice Seafood**

[www.vitalchoice.com](http://www.vitalchoice.com)

Selection of fresh, frozen, and canned wild salmon

**Ecofish, Inc.**

[www.ecofish.com](http://www.ecofish.com)

Environmentally responsible seafood products and information

**Crown Prince Natural**

[www.crownprince.com](http://www.crownprince.com)

Wild-caught, sustainably harvested specialty canned seafood

**Sea Bear**

[www.seabear.com](http://www.seabear.com)

Wild salmon jerky for a convenient snack



### *Nuts, Seeds, and Oils*

**Barlean's Organic Oils**

[www.barleans.com](http://www.barleans.com)

Organic oils and ground flax seeds

**Spectrum Naturals**

[www.spectrumorganic.com](http://www.spectrumorganic.com)

Extensive line of high-quality oils, vinegars, flax products, and culinary resources

**Once Again Nut Butter**

[www.onceagainnutbutter.com](http://www.onceagainnutbutter.com)

Organic nut and seed butters

**Omega Nutrition**

[www.omeganutrition.com](http://www.omeganutrition.com)

Variety of organic oils, and flax and hempseed products

**Maranatha**

[www.nspiredfoods.com](http://www.nspiredfoods.com)

Organic nut and seed butters

### *Beans and Legumes*

**Eden Foods**

[www.edenfoods.com](http://www.edenfoods.com)

Complete line of organic dried and canned beans

**ShariAnn's Organics**

[www.shariannsorganic.com](http://www.shariannsorganic.com)

Organic beans, refried beans, soups, and more

**Westbrae Natural**

[www.westbrae.com](http://www.westbrae.com)

Full variety of organic beans and vegetarian products (soups, condiments, pastas, etc.)

### *Grains*

**Arrowhead Mills**

[www.arrowheadmills.com](http://www.arrowheadmills.com)

Organic grains, including many gluten-free choices

**Hodgson Mill, Inc.**

[www.hodgsonmill.com](http://www.hodgsonmill.com)

Complete line of whole grains, including many gluten-free grains

**Lundberg Family Farms**

[www.lundberg.com](http://www.lundberg.com)

Organic grains and gluten-free items such as wild rice

**Shiloh Farms**

[www.shilohfarms.net](http://www.shilohfarms.net)

Organic whole grains, sprouted grains and gluten free items



## *Spices, Seasonings, Sauces, Soups, and Such*

### **Frontier Herbs**

[www.frontiernaturalbrands.com](http://www.frontiernaturalbrands.com)

Extensive line of organic spices, seasonings, baking flavors and extracts, dried foods, teas, and culinary gadgets

### **Rapunzel Pure Organics**

[www.rapunzel.com](http://www.rapunzel.com)

Great selection of seasonings such as Herbamare, made with sea salt and organic herbs

### **Edward and Sons Trading Co.**

[www.edwardandsons.com](http://www.edwardandsons.com)

Extensive line of vegetarian organic food products, including miso, sauces, brown rice crackers, etc.

### **Spice Hunter**

[www.spicehunter.com](http://www.spicehunter.com)

Complete line of organic spices

### **Seeds of Change**

[www.seedsofchange.com](http://www.seedsofchange.com)

Organic tomato sauces, salsas, and more

### **Flavorganics**

[www.flavorganics.com](http://www.flavorganics.com)

Full product line of certified organic pure flavor extracts

## *Beverages*

### *Nondairy, Gluten-Free Beverages*

#### **Westbrae Westsoy**

(unsweetened soy milk)

<http://www.westsoy.biz/products/>

#### **Imagine Foods (Soy Dream)**

[www.tastethedream.com](http://www.tastethedream.com)

#### **White Wave (Silk soy beverage)**

[www.silksoymilk.com](http://www.silksoymilk.com)

Pacific Natural Foods (Under the “Our Products” tab at the top go to “Nut & Grain Beverages” or “Soy Beverages”)

[www.pacificfoods.com](http://www.pacificfoods.com)

#### **Whole Soy Co.**

(unsweetened soy yogurt)

[www.wholesoyco.com](http://www.wholesoyco.com)

### *Organic Herbal Teas*

#### **Mighty Leaf Teas**

[www.mightyleaf.com](http://www.mightyleaf.com)

#### **Choice Organic Teas**

[www.choiceorganict teas.com](http://www.choiceorganict teas.com)

#### **Yogi Tea**

[www.yogitea.com](http://www.yogitea.com)

#### **Republic of Tea**

[www.republicoftea.com](http://www.republicoftea.com)

#### **Numi Tea**

[www.numitea.com](http://www.numitea.com)



## NUTRITIONALLY ORIENTED DOCTORS AND ORGANIZATIONS

**The Institute for Functional Medicine**

[www.functionalmedicine.org](http://www.functionalmedicine.org)

**American Academy of Environmental Medicine**

[www.aem.com](http://www.aem.com)

**American College for Advancement in Medicine**

[www.acam.org](http://www.acam.org)

APPENDIX A:  
BIOTRANSFORMATION, DETOXIFICATION,  
AND WEIGHT LOSS: SYSTEMS BIOLOGY,  
TOXICITY, AND FUNCTIONAL MEDICINE

You can find a paper I wrote on how toxins interfere with weight and metabolism by scrolling to the next page. I attached it to this guide. Enjoy!

## Systems Biology, Toxins, Obesity, and Functional Medicine

Mark Hyman, MD

**Mark Hyman, MD**, is editor in chief of *Alternative Therapies in Health and Medicine*, medical editor of *Alternative Medicine, the Art and Science of Healthy Living*, and the author of several books. He is also on the Board of Advisors and faculty of Food as Medicine, Center for Mind Body Medicine, Georgetown University School of Medicine, and on the Board of Directors and faculty of the Institute for Functional Medicine, as well as collaborating with the Harvard Medical School's Division for Research and Education in Complementary and Integrative Medicine.

Obesity is not a single clinical disorder. Obesity is a complex chronic illness resulting from the interplay among genetics, environment, and lifestyle. Emerging scientific concepts provide a new basis for understanding the multiple causes of obesity as well as the underlying mechanisms involved in weight dysregulation. While most obesity can be effectively treated for compliant patients, using a focused lifestyle intervention based on a whole-foods, low-glycemic-load, phytonutrient-rich diet combined with exercise and stress management, there are patients who do not respond predictably to normally successful interventions. A novel hypothesis linking environmental and internal toxins to disruptions of key mechanisms involved in weight regulation may explain treatment resistance in obesity. The key biological systems involved in obesity (and all diseases) that are altered by toxins are the neuro-endocrine-immune system, and mitochondrial energetics and redox status. Obesity provides an illustrative example of new navigational tools for diagnosis and therapy of chronic illness based on a paradigm that focuses not on disease or symptoms, but on cause and mechanism. This new framework and methodological approach can be applied to any chronic disease and provides an opportunity to integrate fragmentary scientific discoveries into a cohesive whole that creates a new clinical roadmap.

This paper will explore a novel hypothesis that links obesity and toxins; we will discuss how one particular disease and the effect of one underlying cause can create a clinically relevant, holographic view of physiology. Alterations in thyroid metabolism and receptor function, central appetite dysregulation, inflammation's influence on insulin and leptin resistance, impaired mitochondrial oxidative metabolism, and oxidative-stress-mediated effects via nuclear factor kappa B (NFκB) are all mechanisms by which toxins create alterations in metabolism and finely-tuned weight regulatory mechanisms.

These systems are not discrete entities but systems in the true sense of the word – interlocking, interactive, dynamic, overlapping networks of biochemical and physiological informational spheres of functional relationships. Multiple patterns of genetic, physiological, and biochemical dysfunction are linked to obesity, including genetic polymorphisms, inflammation, mitochondrial dysfunction, oxidative stress, neuro-endocrine-immune dysfunction, especially autonomic disturbances involving the hypothalamic-pituitary-adrenal axis, nutritional deficiencies or excesses, and toxins. The nature, causes, and remediation of obesity can be seen through the prism of any one of these patterns. The focus here will be on how toxins mediate their influence through all these mechanisms.

### WEIGHT REGULATION AND TOXINS: UNDERLYING MECHANISMS

The influence of toxins on metabolism occurs through 5 key mechanisms: hormonal regulation, neuro-regulatory mechanisms, immuno-regulatory mechanisms, mitochondrial function, and oxidative stress. Toxins can alter the hormonal regulation of weight, a process that involves insulin, leptin, thyroid, cortisol, adiponectin, resistin, sex hormones, and gut hormones, including ghrelin, peptide YY (PYY), and cholecystikinin (CCK). Toxins alter thyroid hormone metabolism and receptor function leading to lowered metabolic rate. Important neuro-regulatory mechanisms affected by toxins include hypothalamic satiety modulation through effects on peripheral and central inhibitors and stimulators of appetite, including leptin, cortisol, melanocyte stimulating hormone ( $\alpha$ -MSH), and neuropeptide Y (NPY). Stress-induced autonomic dysfunction also alters appetite and weight-control mechanisms. Toxins can influence weight through toxin-mediated increases in inflammatory cytokines (TNF- $\alpha$ , IL-6) on the peroxisome proliferator-activated receptor (PPAR) family of nuclear receptors promoting insulin resistance, and on the melanocortin receptor (MCR) system altering central appetite regulation. Counter-regulatory signals triggered by inflammation such as suppressors of cytokine signaling (SOCS) induce leptin resistance. Toxins alter mitochondrial energetics by damaging enzymes involved in fatty acid oxidation and thermogenesis. Oxidative stress influences weight via NFκB-mediated mechanisms of gene transcription that control insulin resistance and inflammation. Other mechanisms may include direct effects of toxins on hepatic control of lipid and glucose metabolism, and on inflammatory cytokines.

### CAN FOREIGN MOLECULES CAUSE OBESITY?

It is clear that ingesting foreign molecules can lead to obesity, including medications. While most drugs are not truly toxins, certain drugs can have toxic effects and cause weight gain—psychotropic medications in particular have been shown to promote weight gain. monoamine oxidase (MAO) inhibitors, lithium, valproate, mirtazapine, clozapine, olanzapine, and some selective serotonin re-uptake inhibitors (SSRIs) such as fluoxetine, sertraline, and paroxetine have all been shown to promote weight gain through various mechanisms. Hormones such as megestrol are used to increase appetite in cancer patients. Billions of dollars are pouring into obesity drug research to find the magic molecule that will burn fat or reduce appetite. However, affecting one pathway in a complex cybernetic system will likely fail because of countless counter-regulatory mechanisms. It is clear that medications can affect our weight and may play a role in obesity for some people. But it is important to recognize that, if medications can influence weight, then certainly other foreign chemicals, including environmental toxins, can cause weight gain.

Environmental toxins interfere with metabolism, overload hepatic detoxification systems, disrupt central weight-control systems, promote insulin resistance, alter circadian rhythms, activate the stress response, interfere with thyroid function, increase inflammation, damage mitochondria, and lead to obesity. Most researchers have largely ignored the effects of environmental chemicals on metabolism. Still, a few researchers have started connecting the dots linking

toxins with the obesity epidemic. While research linking environmental toxins and impaired detoxification to obesity remains in its infancy, these factors can no longer be overlooked. Detoxification is a central component in long-term effective weight management and creating a healthy metabolism.

#### LIVING IN A SEA OF TOXINS: THE PROBLEM

Why should we worry about toxins unless we work with toxic chemicals or spray pesticides for a living? Isn't exposure minimal? Unfortunately, risks of exposure are substantial, pose significant public health risks, and can no longer be ignored. We live in a sea of toxins. Every single person and animal on the planet contains residues of toxic chemicals or metals in their tissues. Eighty thousand new chemicals have been introduced since the turn of the 20th century and most have never been tested for safety or for synergistic actions. The Centers for Disease Control issued a report on human exposure to environmental chemicals. They assessed human blood or urine levels for 116 chemicals (and there were thousands more for which tests were not conducted) as part of the National Health and Nutrition Examination Survey.<sup>1</sup> While they found high levels of toxins in some, and low levels in many more, the study, in isolation, may not tell the whole story. Why? Because these chemical toxins move quickly from the blood into storage sites—mostly fat tissue, organs, and bones—so the blood or urine levels *underestimate* the total toxic load. Both weight gain (because of stored toxins) and the total toxic load can frustrate attempts at weight loss by impairing two key metabolic organs—the liver and the thyroid, by damaging the mitochondria—the site of energy metabolism, by affecting neuroendocrine signaling, and by increasing inflammation and oxidative stress.

#### FAT AS A STORAGE DEPOT FOR FAT SOLUBLE TOXINS

The Environmental Protection Agency has monitored human exposure to toxic environmental chemicals since 1972 when they began the National Human Adipose Tissue Survey. This study evaluates the levels of various toxins in the fat tissue from cadavers and elective surgeries. Five of what are known to be the most toxic chemicals were found in 100% of all samples (OCDD or octachlorodibenzo-p-dioxin, styrene, 1,4-dichlorobenzene, xylene, and ethylphenol—toxic chemicals from industrial pollution that damage the liver, heart, lungs, and nervous system). Nine more chemicals were found in 91-98% of samples: benzene, toluene, ethylbenzene, DDE (a breakdown product of DDT, the pesticide banned in the US since 1972), three dioxins, and one furan. Polychlorinated biphenyls (PCBs) were found in 83% of the population. A Michigan study found DDT in over 70% of 4 years olds, probably received through breast milk. With the global economy, we may be eating food that was picked a day before in Guatemala, Indonesia, or Asia, where there are not the same restrictions on the use of pesticides as there are in the United States. Many of these chemicals are stored in fat tissue, making animal products concentrated sources. One hundred percent of beef is contaminated with DDT, as is 93% of processed cheese, hot dogs, bologna, turkey, and ice cream.

#### WHERE DO TOXINS COME FROM?

Exposure to toxins comes from two main sources: the environment (external toxins) and the gut (breakdown products of our metabolism, or internal toxins). Both can overload endogenous detoxification mechanisms.

#### External Toxins: The Dangers from Without

The external toxins include chemical toxins and heavy metals. The

#### Testing for Toxins and Detoxification Function

- Genetic testing of detoxification pathways for phase I and phase II SNPs
- Detoxification challenge test (provocations with caffeine, aspirin, acetaminophen)
- Measurement of detoxification enzymes
  - Reduced glutathione
  - Glutathione peroxidase
  - super oxide dismutase (SOD)
- Heavy metals
  - RBC or whole blood
  - Hair analysis
  - Chelation challenge with DMPS or DMSA
- Urinary organic acids
  - Specific compounds measured, including sulfates, pyroglutamate, orotate, and others, can give clues to problems with detoxification pathways.
- Chemical antibodies to various toxins and metals (can occasionally be useful)
- Organophosphates: identified through a 24-hour urine collection test
- Mold and mycotoxin antibodies
- IgG food sensitivity testing
- Celiac testing (IgG and IgA anti-gliadin antibodies, tTG IgA)
- Digestive stool analysis for dysbiosis
- Tests for hidden infections (Lyme, H. pylori, etc.)

#### Practical Suggestions for Patients

##### Remove Toxins

- Eat organic food and animal products to avoid petrochemical pesticides, herbicides, hormones, and antibiotics.
- Drink filtered water (reverse osmosis or carbon filter).
- HEPA/ULPA filters and ionizers can be helpful in reducing dust, molds, volatile organic compounds, and other sources of indoor air pollution.
- Clean and monitor heating systems for release of carbon monoxide, the most common cause of death by poisoning in America.
- Have houseplants that help filter the air.
- Air out your dry cleaning before wearing it.
- Avoid excess exposure to environmental petrochemicals (garden chemicals, dry cleaning, car exhaust, second-hand smoke).
- Reduce or eliminate the use of toxic household and personal care products (aluminium-containing underarm deodorant, antacids, and pots and pans).
- Remove allergens and dust from your home as much as possible.
- Minimize electromagnetic radiation (EMR) from radios, TVs, and microwave ovens.
- Reduce ionizing radiation (from sun exposure or medical tests such as X-rays).
- Reduce heavy metal exposure (predatory and river fish, water, lead paint, thimerosal-containing products, etc.).

##### Improve Elimination of Toxins

- Have 1-2 bowel movements a day.
- Drink 6-8 glasses of water a day.
- Sweat regularly.
  - Use exercise to help you sweat regularly.
  - Use steam baths or saunas – infrared saunas may be even more beneficial.

Continued, p.58



heavy metals that cause the most ill health are lead, mercury, cadmium, arsenic, nickel, and aluminum. Chemical toxins include volatile organic compounds (VOCs), solvents (cleaning materials, formaldehyde, toluene, benzene), medications, alcohol, pesticides, herbicides, and food additives. Infections (hepatitis C virus) and mold toxins (sick building syndrome) are other common sources of toxins. Our modern refined diet can be considered toxic because it places an extra burden on detoxification systems through excessive consumption of sugar, high-fructose corn syrup (the two most important causes of elevated liver function tests), trans fatty acids, alcohol, caffeine, aspartame, foods made with genetically modified organisms (GMOs), and the various plastics, pathogens, hormones, and antibiotics found in our food supply.

#### Internal Toxins: Danger from Within

Internal toxins include microbial compounds (from bacteria, yeast, or other organisms), and the breakdown products of normal protein metabolism. Bacteria and yeast in the gut produce waste products, metabolic by-products and cellular debris that can interfere with many body functions and lead to increased inflammation and oxidative stress. These include endotoxins, toxic amines, toxic derivatives of bile, and various carcinogenic substances such as putrescine and cadaverine. Lastly, by-products of normal protein metabolism, including urea and ammonia, require detoxification.

#### OBESITY AND TOXICITY: IS THERE A CONNECTION?

##### Effects on Thyroid and Metabolic Rate

Many people reach a plateau during weight loss. After the loss of a few pounds, it is often difficult to shed more weight. What is it that impedes weight loss and interferes with metabolism? A review paper, "Energy balance and pollution by organochlorines and polychlorinated biphenyls,"<sup>22</sup> published in *Obesity Reviews* in 2003 outlines the effects of toxins on metabolic rate and weight regulation via various mechanisms. The authors conclude that pesticides (organochlorines) and PCBs (from industrial pollution) released from the fat tissue, where they are typically stored, during weight loss lower the metabolic rate. The authors go on to conclude that we should lose a little weight to reduce our risk of cardiovascular and degenerative diseases, but not too much because we could poison our metabolism. If there were no way to facilitate endogenous detoxification mechanisms, this would be a sound conclusion; however there are multiple ways to upregulate all phases of detoxification and eliminate both endogenously-liberated and exogenous toxins.

How do the chemical toxins interfere with metabolism? The researchers in the above-mentioned study on the link between chemical toxins and obesity reviewed 63 scientific studies and described many mechanisms. First, people with a higher body mass index (BMI) store more toxins because they have more fat. Those toxins interfere with many normal aspects of metabolism, including causing a reduction in thyroid hormone levels, and increased excretion of thyroid hormones by the liver. Toxins also compete with the thyroid hormones by blocking the thyroid receptors, and by vying for the thyroid transport proteins. Toxins also induce hepatic uridine diphospho-glucuronosyltransferase (UDPGT), which catalyzes glucuronidation of T4 for excretion in bile. T3 concentrations and resting metabolic rate are inversely related to organochlorine levels. Thus, it is clear that organochlorine pesticides and PCBs lower thyroid hormone levels, interfere with their function, and slow the metabolic rate.

##### Toxins Alter Mitochondrial Function, Redox Status, and Cytokine Function

In addition, toxins damage the mitochondria, increase oxidative

Continued from, p.57

- Regular exercise, yoga, or lymphatic massage can improve lymph flow and help flush toxins out of your tissues into your circulation so they can be detoxified.

##### Increase Fiber Intake

- Eat more beans, whole grains, vegetables, fruits, nuts, and seeds.

##### Feed Your Gut with Healthy Bacteria

- Taking probiotics such as lactobacillus and bifidobacter species helps normalize gut flora and reduce endotoxins (toxins produced by imbalances in gut bacteria).

##### Foods and Phytochemicals that Boost Detoxification

- Try to eat at least one cup of cruciferous vegetables daily.
- Eat a few cloves of garlic every day or take a garlic supplement.
- Try decaffeinated green tea in the morning.
- Try fresh vegetable juices including carrots, celery, cilantro, beets, parsley, and ginger.
- Try prepared herbal detoxification teas containing a mixture of burdock root, dandelion root, ginger root, licorice root, sarsaparilla root, cardamom seed, cinnamon bark and other herbs.
- Eat high-quality, sulfur-containing proteins – eggs, whey protein, garlic, onions.
- Consume citrus peels, caraway, and dill oil (they contain limonene).
- Consume bioflavonoids in grapes, berries, and citrus fruits.
- Eat cruciferous vegetables (cabbage, broccoli, collards, kale, Brussels sprouts).
- Consume dandelion greens to help liver detoxification, improve the flow of bile, and increase urine flow.
- Eat celery to increase the flow of urine and aid in detoxification.
- Consume cilantro, which may help remove heavy metals.
- Consume rosemary, which has carnosol, a potent booster of detoxification enzymes.
- Consume curcuminoids (turmeric and curry) for their antioxidant and anti-inflammatory action.
- Consume burdock root for aid in detoxification.
- Consume chlorophyll in dark green leafy vegetables and in wheat grass.
- Take pycnogenol (found in grape seeds) in supplement form for support of detoxification and circulation.

##### Supplements for Detoxification

###### The Basics

- Take a high potency multi-vitamin and mineral formula.
- Take extra-buffered vitamin C 1000-4000 mg a day with mineral ascorbates in powder, capsule, or tablets during periods of increased detoxification. (This can cause loose stools. If it does, just reduce the dose or stop.)
- Take milk thistle (silymarin) 70 to 210 mg a day.
- Supplement with essential fatty acids (omega-3 fatty acids), 1000-2000 mg a day.

###### Additional Supplements (use under medical supervision)

- N-acetylcysteine 500 to 1000 mg a day
- Amino acids (taurine 500 mg twice a day, glycine 500 mg twice a day)
- Alpha-lipoic acid 100 mg to 600 mg a day
- Carnitine 1000 to 2000 mg a day in divided doses
- Bioflavonoids (citrus, pine bark, grape seed, green tea)

stress, and reduce their ability to burn fat and calories by inhibiting thermogenesis through effects on fatty acid oxidation. Organochlorines alter skeletal muscle oxidative enzyme activities. Enzymes of electron transport are inhibited by toxins, specifically 3-hydroxyacyl-CoA dehydrogenase (HADH) and cyclooxygenase (COX), both markers of fatty acid metabolism. Toxins also lead to decreased capacity for fatty acid utilization in skeletal muscle.

Oxidative stress is both a cause and effect of obesity. Toxins increase oxidative stress and affect redox signaling. Redox signaling influences gene transcription and signaling pathways controlling insulin resistance, cytokine modulation, and mitochondrial function. Activation of NF $\kappa$ B (a gene transcription factor) is mediated by redox balance and is a final common pathway for obesity and many other chronic illnesses.<sup>3</sup> All of these actions cause both weight gain and resistance to weight loss.

Toxins may also influence metabolism and obesity through cytokine-mediated mechanisms. Toxins activate neutrophils.<sup>4</sup> Increases in tumor necrosis factor alpha (TNF- $\alpha$ ) and interleukin 6 (IL-6) induced by toxins promote insulin resistance via effects on PPAR and NF $\kappa$ B.<sup>5</sup> Leptin resistance is also triggered by inflammation via SOCS.<sup>6</sup>

#### Detoxification Enzyme Polymorphisms and Obesity

The effect of toxins on an individual is determined, in part, by the polymorphisms of phase I and phase II detoxification enzymes. Highly prevalent single nucleotide polymorphisms (SNPs) of glutathione transferase enzymes predispose to increased toxic loads. Detoxification of heavy metals is an important task for the body. It depends on specific proteins and enzymes that bind the metals and transport them out of the cells. In one recent study, mice bred without the protein (metallothionein) that is necessary for heavy metal detoxification gained more weight over their lifetime than mice that could eliminate the metals. They were more sensitive to the effects of toxic metals and oxidative stress.

#### Toxins Impair Central Appetite Regulation

Toxins have many effects. Besides directly lowering thyroid hormone levels, metabolic rate, and fat burning (fatty acid oxidation), they can damage the mechanisms by which hormonal and neuro-regulatory signals control our appetite and behavior. These signals are finely choreographed and sensitive to environmental inputs. To briefly review, the hypothalamic appetite-control system is centered in the arcuate nucleus. It receives peripheral feedback from leptin, insulin, PYY, and adiponectin. Central inhibition of food intake is regulated by pro-opiomelanocortin (POMC) and cocaine- and amphetamine-regulated transcript (CART). Central stimulation of intake is modulated by neuropeptide Y and agouti-related peptide (AgRP).<sup>8</sup> The melanocortin system and its receptors, MC3R and MC4R, play a crucial role in appetite control. Specifically,  $\alpha$ -MSH binds to MCR, suppresses appetite, stimulates the thyroid axis, and increases energy expenditure, brown fat temperature, and sympathetic activity. It is inhibited by TNF- $\alpha$ . Other downstream control sites also exist in the related areas of the brain. Reward centers also play a role and are targets for new drug research including the endocannabinoid and serotonin receptors.<sup>9</sup>

Leptin resistance is found in obesity. Leptin's inhibitory effect on appetite is impaired by toxins, leading to leptin resistance and increased hunger. Hyperleptinemia increases mitochondrial reactive oxygen species monocyte chemoattractant protein-1 (ROS MCP-1). Leptin induces inflammation in a feed-forward cycle. Toxins may inhibit satiety effects of leptin, leading to increasing hyperleptinemia.

Researchers treated rats with a neurotoxin that damaged another

critical appetite control system (the melanocortin system).<sup>10</sup> The toxin lowered levels of alpha-melanocortin-stimulating hormone ( $\alpha$ -MSH), which acts as a brake on appetite.<sup>11</sup> This pathway may be a missing link in understanding the effects of toxins on obesity through the interaction of  $\alpha$ -MSH<sup>12</sup> and TNF- $\alpha$ <sup>13</sup> and PPAR.  $\alpha$ -MSH is a central and peripheral inhibitor of TNF- $\alpha$ , IL-1, and IL-6 via inhibition of NF $\kappa$ B and cytokine-mediated gene transcription. TNF- $\alpha$  downregulates genes that are required for normal insulin action, has a direct inhibitory effect on insulin signaling, and induces elevated free fatty acids via stimulation of lipolysis. A key effect of TNF- $\alpha$  is the negative regulation of PPAR $\gamma$ , an important insulin-sensitizing nuclear receptor. Neurotoxins also may directly inhibit  $\alpha$ -MSH, leading to hyperphagia and increased body weight.<sup>14,15</sup>

Human studies complement research from animal studies. One study examined prenatal and breast milk exposure to PCBs and DDE (a by-product of DDT).<sup>16</sup> Researchers followed 594 children who had their prenatal and breast milk exposures to PCBs and DDE measured. At puberty, children with the highest exposures were larger, and girls were an average of 12 pounds heavier. In a second study, a group of researchers from Laval University in Quebec found that, during weight loss, those who released the most organochlorines from their fat stores had the slowest metabolism after weight loss.<sup>17</sup> Their explanation for the decreased thermogenesis, after taking into account all other possible factors, was the exposure to pesticides. In yet another study, the rise of toxins during weight loss in men inhibited normal mitochondrial function and reduced their ability to burn calories, retarding further weight loss.<sup>18</sup> Weight loss seems to prevent further weight loss, and one of the key mechanisms may be the release of internally-stored toxins that occurs during weight loss.

#### Hormone Disrupters: Hormonal Chaos

The dance of hormones is critical for balancing your metabolism. Environmental chemicals and heavy metals are well known hormone disrupters. A Tufts University professor, Sheldon Krinsky, in his book *Hormonal Chaos, the Scientific and Social Origins of the Environmental Endocrine Hypothesis*, has extensively reviewed the research in this field. Low levels of these toxins, levels far below what are considered acceptable by the Environmental Protection Agency, interfere with our normal hormone balance, including sex hormones, which may lead to early puberty in girls and an increase in hormonal disorders. Toxins can affect many of the major weight-control hormones including thyroid, estrogens, testosterone, cortisol, insulin, growth hormone, and leptin. Toxins interfere with our stress response (our autonomic nervous system), and alter the normal circadian rhythms<sup>19</sup> that control our eating behavior. These connections were explored at a conference co-sponsored by the National Institute of Environmental Health Sciences and Duke University entitled, *Obesity: Developmental Origins and Environmental Influences*.<sup>20</sup> While we still have much to learn about this connection, we can no longer ignore the effect of environmental toxins on weight. It is certainly not the only factor in our obesity epidemic, or in any one person's struggle with weight, but it must be considered in the evaluation and treatment of obesity.

#### Fatty Liver: Cause or Effect in Weight Gain

Non-alcoholic steatohepatitis (fatty liver) is the most common liver disease in America, affecting 20% of the population. The major cause is not medication, a virus, or pollution. It is the most abundant toxin in our diet: *sugar*. Increases in sugar or refined carbohydrate consumption increase insulin and insulin resistance, which leads to

the accumulation of fat in the hepatocytes. Increased fat inside the hepatocytes is produced from sugar, refined flour products, and high fructose corn syrup. The sugar is turned into intracellular triglycerides. Excess sugar calories also increase oxidative stress and further damage the mitochondria. Damaged mitochondria can't effectively burn fat or calories, which leads to a slower metabolism and more weight gain. A fatty liver further impairs detoxification. A fatty liver is also an inflamed liver; it is called non-alcoholic steatohepatitis (NASH), a form of hepatitis caused by insulin resistance. A fatty liver produces more inflammatory cytokines, free radicals, and leads to more mitochondrial damage. Fatty liver impairs optimal hepatic detoxification of endogenous and exogenous toxins.

#### OPTIMIZING DETOXIFICATION: A NOVEL STRATEGY FOR THE MANAGEMENT OF OBESITY

While still a hypothesis, the emerging evidence forms a plausible link between toxins and obesity. To review, toxins alter metabolism, interfere with key weight-control mechanisms, disrupt endocrine function, damage the mitochondria, increase inflammation and oxidative stress, lower thyroid hormones, and alter circadian rhythms and the autonomic nervous system. Using a comprehensive approach to obesity, including the assessment and treatment of toxin-mediated effects, it is necessary to address this multi-faceted disorder affecting two-thirds of Americans. Simple lifestyle choices, as well as medical detoxification, can reduce exposure to toxins and enhance mobilization and elimination of stored and external toxins.

#### Amino Acids, Nutrients, and Phytonutrients in Detoxification

The detoxification system relies on the right balance of protein, fats, fiber, vitamins, minerals, and phytochemicals to be effective. All these play a role in facilitating the elimination of toxins. For example, adequate protein is required to supply the amino acids used by the liver to provide glycine, cysteine, and glutamine to synthesize glutathione, as well as amino acids critical for many phase II detoxification pathways including methylation, acetylation, glucuronidation, and glycination. Glutathione is the most critical antioxidant and detoxifier in the body, and one that is easily depleted in the face of chronic exposure to toxins. Many phytochemicals enhance detoxification pathways.<sup>21</sup> These include many pigmented plant foods such as cruciferous vegetables (broccoli, kale, collards, Brussel sprouts, cauliflower), green tea, watercress, dandelion greens, cilantro, artichokes, garlic, ginger, rosemary, turmeric, citrus peels, and even cocoa. Polyphenols found in berries, green tea, and cocoa enhance the genetic expression of  $\gamma$  glutamylcysteine synthetase, which increases intracellular glutathione concentration.

#### Hyperthermic Therapy

*“Regular use of a sauna or steam bath may impart a similar stress on the cardiovascular system [as exercise], and its regular use may be as effective a means of cardiovascular conditioning and burning calories as regular exercise.”*

W. Dean. Effect of sweating. *JAMA*. 1981;246:623.

Heat therapy is an underutilized treatment in medicine. It helps balance the autonomic nervous system, reduce stress, lower blood glucose, increase caloric expenditure, and enhance excretion of pesticides and heavy metals through the skin. Sauna therapy is an established treatment for chemical poisoning. While more research is needed, a review paper on “thermal therapy” suggests many promising effects including a reduction of inflammation and oxidative

stress,<sup>22</sup> as well as weight loss.<sup>23</sup> In a 2-week study of 25 obese adults, body weight and body fat were reduced after sauna therapy for 15 minutes at 60 degrees Celsius daily, for two weeks, in a far-infrared sauna. One case report described an obese patient who couldn't exercise because of knee arthritis and who lost 17.5 kg, decreasing body fat from 46% to 35% after 10 weeks of sauna therapy. Sauna therapy has many benefits, including increasing autonomic balance through increases in heart rate variability, reduction in cardiac arrhythmias, and reduction of oxidative stress, as well as mobilization and excretion of toxins.

#### Practical Implications in Obesity: Elimination of Toxins and Maximizing Detoxification

In the face of the toxic environment of the 21st century, and with the reality that all living species contain increasing levels of environmental toxins with widespread biologic effects, it is clear that both new research to elucidate the mechanisms by which toxins affect health and novel clinical strategies for detoxification are needed. What follows is an overview of a comprehensive clinical approach to identifying and eliminating toxins (in the broadest sense of factors that affect weight and metabolism), as well as maximizing endogenous detoxification mechanisms.

A broad-based and comprehensive strategy for addressing the obesity epidemic is needed,<sup>24</sup> including the implications of new research linking toxins and obesity. Toxins have their impact through effects on endocrine function, the immune system and cytokines; central neuro-regulatory systems; and mitochondrial and oxidative stress. Strategies for treatment of obesity need to be inclusive of research on meal timing, meal composition, glycemic load,<sup>25</sup> phytonutrient content, reducing inflammation, balancing autonomic function by reducing stress,<sup>26</sup> improving sleep habits and duration, as well as treatments aimed at enhancing mitochondrial function and balancing redox status. In addition, minimizing exposure to toxins and enhancing detoxification can be an integral part of obesity management, especially in treatment-resistant patients.

A comprehensive detoxification strategy<sup>27</sup> should include the identification and removal of infections, limiting endogenous toxicity by improving digestive function, enhancing blood and lymphatic circulation, facilitating phase I and II detoxification pathways, and addressing the toxic effects of stress.

The first step is a thorough clinical evaluation for a history of toxic exposures, including amalgams, fish, mold, occupational exposures, and pollution or chemical contamination of water, air, or food. The toxic effects of occult infections, allergens, and medications also need to be considered.

Reduction of dietary toxins or chemicals can be helpful in reducing overall toxic load; these may include *trans* fatty acids, processed foods and suspect additives (aspartame, high fructose corn syrup), sugar and refined flours, salt, caffeine, charbroiled meats, and alcohol. Identifying and eliminating common food allergens such as gluten, dairy, eggs, soy, corn, and yeast may be helpful in reducing the effects of inflammatory cytokines on weight regulation. Minimizing unnecessary medications such as acetaminophen and non-steroidal anti-inflammatory or acid-blocking medications can prevent depletion of hepatic glutathione and reduce altered gut function. Recommendations to eat organic food, drink filtered water, and use an air filter can further limit overall toxic exposures. Common household or environmental exposures can be limited by considering the causes of sick building syndrome (mediated through the effects of mycotoxins), garden chemicals, household cleaners, dry cleaning sol-

vents, second-hand smoke, plastics and phthalates in food and water containers, toxic molds common in basements and bathrooms, and UV radiation, which can be limited by sunscreen and sun glasses. Heavy metal exposure is also common, including mercury from fish, amalgams, water, latex paint, vaccines, and contact lens solutions; lead from old paint, blinds, and canned foods; and aluminum common in deodorants, antacids, and baking powder. Addressing occult infections is also important; consider *H. pylori*, chlamydia, viruses, Lyme disease, chronic fungal sinusitis, periodontal disease and infected root canals, as well as intestinal dysbiosis from yeast, parasites, and bacteria. Psychosocial stressors can exacerbate the effects of other toxins and affect central and peripheral appetite control mechanisms.

Optimizing digestive function is important through the elimination of common food allergens and medications, re-inoculation with beneficial flora (probiotics), and the use of specific nutrients for gut repair, including essential fatty acids, zinc, and glutamine. Regular elimination is critical to excrete toxins through the bile and can be facilitated by fiber, magnesium, vitamin C, and charcoal. Enhancing blood and lymphatic circulation can be accomplished through aerobic exercise, yoga, massage and body work, sauna and heat therapy, as well as skin exfoliation and brushing. Facilitation of endogenous detoxification systems can be accomplished through diet and strategic supplementation, including the use of specific nutrients, amino acids, and herbs. Useful strategies include a high-potency multi-vitamin and mineral (enzyme cofactors), buffered vitamin C, and regular intake of phytonutrient-rich foods that facilitate phase I and II detoxification (Brassicacae, alliums, lemon peel, green tea, watercress, cocoa, pomegranate, cilantro, and artichoke). Detoxifying herbs include milk thistle, green tea, and dandelion. Additional supplements that can be helpful include N-acetyl cysteine,  $\alpha$ -lipoic acid, amino acids, and bioflavonoids. Probiotics, omega-3 fatty acids, and adequate monounsaturated oils are important. Adequate fluid intake to facilitate renal toxin excretion is also important. Finally, an increased intake of plant foods can alkalize the urine, which helps facilitate toxin excretion.

## SUMMARY

By recognizing the role of toxins in obesity and altered function of the neuro-endocrine-immune and mitochondrial and redox systems, and by creating a comprehensive strategy for both the reduction of exposure to and elimination of toxins, as well as the development of effective clinical strategies, treatment resistance in obesity may be more successfully addressed. Further research is needed to explore the clinical relevance and the mechanisms that underlie this hypothesis and to examine clinical detoxification methods. Through the prism of functional medicine, a context and road map exist for tackling many treatment-resistant and complex chronic diseases, including obesity.

## References

- Centers for Disease Control and Prevention. Second National Report on Human Exposure to Environmental Chemicals, NCEH Publication No. 03-0022. Atlanta, GA: Centers for Disease Control. Available at: <http://www.cdc.gov/exposurereport/2nd/>
- Pelletier C, Imbeault P, Tremblay A. Energy balance and pollution by organochlorines and polychlorinated biphenyls. *Obes Rev*. 2003;4(1):17-24.
- Evans JL, Goldfine ID, Maddux BA, Grodsky GM. Oxidative stress and stress-activated signaling pathways: a unifying hypothesis of type 2 diabetes. *Endocrine Reviews* 23(5):599-622.
- Girard D. Activation of human polymorphonuclear neutrophils by environmental contaminants. *Rev Environ Health* 2003;18(2):75-89.
- Sonnenberg GE, Krakower GR, Kissebah AH. A novel pathway to the manifestations of metabolic syndrome. *Obes Res*. 2004;12(2):180-186.
- Wang Z, Zhou YT, Kakuma T, et al. Leptin resistance of adipocytes in obesity: role of suppressors of cytokine signaling. *Biochem Biophys Res Commun*. 2000;277 (1):20-26.
- Beattie JH, Wood AM, Newman AM, Bremner I, et al. Obesity and hyperleptinemia in metallothionein (-I and -II) null mice. *Proc Natl Acad Sci U S A*. 1998;95(1):358-363.
- Goto M, Arima H, Watanabe M, et al. Ghrelin increases neuropeptide y and agouti-related peptide gene expression in the arcuate nucleus in rat hypothalamic organotypic cultures. *Endocrinol*. 2006.;147(11):5102-5109.
- Wynne K, Stanley S, McGowan B, Bloom S. Appetite control. *J Endocrinol*. 2005;184(2):291-318.
- Dube MG, Pu S, Kalra SP, et al. Melanocortin signaling is decreased during neurotoxin-induced transient hyperphagia and increased body-weight gain. *Peptides*. 2000;21(6):793-801.
- Shoemaker RC, House DE. A time-series study of sick building syndrome: chronic, biotoxin-associated illness from exposure to water-damaged buildings. *Neurotoxicol Teratol*. 2005;27(1):29-46.
- Catania A, Delgado R, Airaghi L, et al. alpha-MSH in systemic inflammation. Central and peripheral actions. *Ann N Y Acad Sci*. 1999;885:183-187.
- Moller DE. Potential role of TNF-alpha in the pathogenesis of insulin resistance and type 2 diabetes. *Trends Endocrinol Metab*. 2000;11(6):212-217.
- Dube MG, Pu S, Kalra SP, et al. Melanocortin signaling is decreased during neurotoxin-induced transient hyperphagia and increased body-weight gain. *Peptides*. 2000;21(6):793-801.
- Shoemaker RC, House DE. A time-series study of sick building syndrome: chronic, biotoxin-associated illness from exposure to water-damaged buildings. *Neurotoxicol Teratol*. 2005;27(1):29-46.
- Gladen BC, Ragan NB, Rogan WJ. Pubertal growth and development and prenatal and lactational exposure to polychlorinated biphenyls and dichlorodiphenyl dichloroethene. *J Pediatr*. 2000;136(4):490-496.
- Tremblay A, Pelletier C, Doucet E, et al. Thermogenesis and weight loss in obese individuals: a primary association with organochlorine pollution. *Int J Obes Relat Metab Disord*. 2004;28(7):936-939.
- Imbeault P, Tremblay A, Simoneau JA, et al. Weight loss-induced rise in plasma pollutant is associated with reduced skeletal muscle oxidative capacity. *Am J Physiol Endocrinol Metab*. 2002;282(3):E574-E579.
- Nicolau GY. Pesticide effects upon the circadian time structure in the thyroid, adrenal and testis in rats. *Endocrinologie*. 1982;20(2):73-90.
- Duke University Integrated Toxicology Program, National Institute of Environmental Health Sciences/NIH/DHHS, Obesity: Developmental Origins and Environmental Influences. Available at: <http://www.niehs.nih.gov/multimedia/qt/dert/obesity/agenda.htm>.
- Moskaug JO, Carlsen H, Myhrstad MD, et al. Polyphenols and glutathione synthesis regulation. *Am J Clin Nutr*. 2005;81(1 Suppl):277S-283S.
- Masuda A, Miyata M, Kihara T, et al. Repeated sauna therapy reduces urinary 8-epi-prostaglandin F(2alpha). *Jpn Heart J*. 2004;45(2):297-303.
- Biro S, Masuda A, Kihara T, Tei C. Clinical implications of thermal therapy in lifestyle-related diseases. *Exp Biol Med* (Maywood). 2003;228(10):1245-1249.
- Hyman M. *Ultrametabolism*. New York: Scribner; 2006.
- Hyman MA. Systems biology: the gut-brain-fat cell connection and obesity. *Altern Ther Health Med*. 2006;12(1):10-16.
- Hyman MA. Refrigerator rights--the missing link in health, disease, and obesity. *Altern Ther Health Med*. 2005;11(4):10-12.
- Lyon M, Bland J, Jones DS. Chapter 31: Clinical approaches to detoxification and biotransformation. In: Jones, DS (Ed). *Textbook of Functional Medicine*. Gig Harbor, WA: Institute for Functional Medicine; 2006.