10 DAY AGE REJUVENATION CLEANSE



recipe & longevity living guide

Ready for More...

- ✓ Energy
- ✓ Vitality
- ✓ Better Sleep
- ✓ Focus & Memory
- ✓ Improved Mood
- ✓ Joint Comfort
- ✓ Loser Fitting Clothes
- ✓ Radiant Skin

Feel Energized, Healthy & Fit with this proven 10-day longevity living nutritional cleanse program. In 3 simple steps, you will boost your energy, enhance your hormones and increase your metabolism so you can look and feel your best.*

WELCOME TO THE

10 Day Age Rejuvenation Cleanse

Get ready to rejuvenate your body and mind over the next 10 days. You will notice a change in how you look and feel while enjoying more radiant skin, increased energy, enhanced mood, and a greater expression of your health.

The process is designed to be simple, effective and fun. Day by day, through a few small changes, you will help your body cleanse away toxins, irritants, and inflammatory agents to optimize your metabolic pathways so you can express greater states of vitality and wellbeing.

Think of your health like a savings account. If you keep going and going, always taking more than you are giving back to yourself, you will one day end up bankrupt.

This detox is about replenishing and giving back to YOU! When you take time each day to tune in and honor your body and health, you are metaphorically putting money in the bank that will allow you to flourish.

Think of each action you take in this detox cleanse and beyond, like compounding positive interest. Week by week over time, the more consistent you are with the simple things you will learn in this detox, you will do so much more than just get by and survive... you will THRIVE!

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Why Cleanse?

Your day-to-day outside world impacts the health and function inside of your body. Your environment, stressors and lifestyle influence the metabolic activity and inflammatory response on your system. Over time, the stressors to the body create a process called, inflammaging which accelerates the rate at which the body ages.

Exposure to the more than 84,000 chemicals in our environment such as air pollution, pesticides, highly processed and genetically modified food, medications, lack of exercise, physical or mental stress, smoking, household beauty, cleaning, and lawn products, or electronic devices. are just a few of the most common contributors to this increased inflammatory load on the body.

Through the science of epigenetics, it is understood that your very genetic code is signaled and informed based on the inputs coming into the system from the outer world. Meaning, the better the signal, the greater the health expression. Likewise, the greater the inflammation, the more interference there is in the system which decreases the quality of the signal lowering your health expression.

The great news is this puts you in control of optimizing your health and wellbeing through the lifestyle actions and choices you make each day.

To slow down, stop, or even reverse this process requires a way to reduce the inflammation and allostatic load to the body. This 10 cleanse is the fastest path to simply reduce and remove toxins, stressors and inflammatory agents from the body for enhanced health, vitality and wellbeing.

This cleanse will safely and effectively help you to reduce and remove the build-up of toxins, irritants and inflammatory agents in your body. Day by day, you will notice an increase in your energy and vitality as you help your body to thrive!

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3 Phases of Your Cleanse

The core concept of this cleanse is simple and can be done in 3 easy steps to reset your body for optimized health.

Phase 1. Reduce/ Remove: The foundational goal of the detox cleanse is to reduce the toxic burden on your body by removing waste and inflammatory agents. You will reduce your stressors and exposure to inflammatory foods shared in this guide.

To remove toxins currently stored in the body, begin each day with a sea salt flush and dry brushing to stimulate your detox pathways. Throughout the day, be sure to drink ½ of your body weight in ounces daily of clean, fresh water. For an added detox boost, enjoy an infrared sauna, jump rope or on a re-bounder/trampoline and stretch.



Start and end the day with a Himalayan sea salt cleanse - mix 1/4 teaspoon of pink sea salt to 1-4 ounces of warm water.



Dry Brush before you shower to promote lymphatic drainage to aid in safe, gentle and quick detoxification.



Drink 1/2 of your body weight in ounces per day of clean, filtered water.

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3 Cleanse Essentials

Phase 2. Replace/ Replenish: Each day, it will be essential for you to replenish key healing nutrients with whole fresh foods. During this process, there is no skipping meals and no counting calories. You will focus on eating lean proteins at each meal along with grain free complex carbohydrates and healthy fats. We have included a sample menu in this guide book that is sure to delight your taste buds!



Replace balance in your hormones, blood sugar and detox pathways through intermittent 12-hour fasting. Finish your meals by 7:30 pm and wait until 7:30 am before eating again.



Drink 1 ounce of Apple Cider Vinegar Daily to replenish good gut bacteria for improved digestion, blood sugar regulation, and metabolic success.



Each meal should consist of 1 fist full size of complex carbohydrates, 1 fist full size of lean protein & healthy fats such as avocado, nuts, olive oil &/ or seeds.



Sit down, be present and chew your food up to 20 times each bite for optimal digestion and absorption of nutrients.

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3 Detox Essentials

Phase 3. Rest to Rejuvenate: For the next 10 days, help your body reset by slowing down and taking time to relax and rest your body and mind. More is not the way to enhance your health. Remember, this is your time to give back to you and build your savings account up so you are able to flourish. Skip the gym for a walk in nature. Go to bed early, the emails and social media can wait, your health is more important.

Notice any stress that may strike through the day. Stress, if it feels like tension and angst can fire up your system and deplete your health. To minimize these effects, be aware, notice when stress strikes and simply breathe deeply into your belly for 60 seconds. This helps to lower cortisol and creates ease in your system so you can stay relaxed and in the flow for enhanced health.

Sleep is essential, for optimal rest so your body can repair and rejuvenate each night. Get to bed as close to 10 pm as possible for maximum sleep benefits to include: hormone balancing, heart health, learning, and memory plus detoxification of your brain and body.



Take a 20-minute Epsom salt bath before bed every 2-3 days to ease your mind for a deeper sleep.



Shut down screen time 30 - 60 minutes before bed, ensure your room is dark, relaxing, quiet and cool for optimal deep sleep.



Drink 1 oz. of Braggs Apple Cider Vinegar mixed with 2-4 ounces of lemon water for a night of great night sleep.



Notice at least one thing each day that is going well and that you are grateful for.

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Getting Started on Your Path to Excellent Nutrition

Follow the 3 R's: Reduce, Remove and Replace

Reduce or remove simple carbs, unhealthy fats, and processed proteins from your diet and kitchen staples. This means clearing out processed, pre-packaged foods, refined flours and sugars, and high GI foods. Replace with nourishing options that are good for you and great tasting too.

Replace with This	Remove That
Go Bunless	Breads and Rolls
Sparkling Water	Soda
Veggies	Chips
Sweet Potatoes	Potatoes
Quinoa	Rice
Spaghetti Squash	Pasta from a Box
Avocado	Mayo
Grilled	Fried
Dark Chocolate	Milk Chocolate

Clear Out the Pantry

If you are ready to make shifts in your health for more energy, mental clarity and longevity, taking small steps can go a long way in optimizing your health. Start with your pantry. Reduce, remove and replace processed junk foods, GMOs and items in boxes, bags and cans with healthy options that include NON- GMO, Organic and Fresh options.

Prep for Success

Creating a new approach to what you eat and how you feel requires a new game plan because doing what you have always done will only get you more of that. Ready for a new result?- here is the plan to prep for your success. Pick a day to do your shopping and cooking for the week. Have a list and grab soups, greens, veggies, nuts, seeds and proteins so that a moment, you can combine for a nutritious meal or snack.

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Getting the Most from Your Detox

Every morning: Start and end the day with a Himalayan sea salt cleanse - mix 1/4 teaspoon of pink sea salt to 1-4 ounces of warm water. Drinking this each morning stimulates healthy GI function, supports adrenal function as well as provides your body with 84 essential minerals for improved cellular health and function.

Dry Brush before you shower to promote lymphatic drainage to aid in safe, gentle and quick detoxification.

Practice intermittent 12-hour fasting to optimize your detox pathways. This process simply entails you eating or drinking (other than water) your last bite of food by 7 or 8 pm and then not eating your next bite until 7 or 8 am.

Regulate your blood sugar for energy**,** fat burning and metabolic success. Start your day off with a nutrient-dense breakfast at the 12-hour fast mark. Be sure to eat approximately 4 hours. Meals are mandatory, snacks are optional.

Each meal should consist of complex carbohydrates, protein & good fats such as coconut oil, olive oil & flaxseed. Think 1 fistful size of protein, 2 fistfuls of veggies and 1 fistful of a complex carb like a sweet potato.

Drink Clean, Structured Water: drink 1/2 of your body weight in ounces per day of clean, filtered water. For enhanced cellular hydration, add fresh lemon, lime, herbs or cucumber to create structured h2o. Remove any drink that contains sugar or artificial sweetener as those promote inflammation and increase the toxic burden to your body.

SWEAT, is how your body naturally eliminates toxins. Work up a sweat with exercise (20-30 minutes daily) or use the Infrared sauna to support this process.

Take a Bath: Taking a 20-minute Epsom salt bath before bed every 2-3 days will relax your muscles and ease your mind for a deeper sleep.

Apple Cider Vinegar Tea: Drink 1 oz. of Braggs Apple Cider Vinegar mixed with 2-4 ounces of lemon water for a night of great night's sleep. This drink promotes enhanced insulin sensitivity, for improved cortisol and hormonal metabolic response.

Prep for Rest: Shut down screen time 30 - 60 minutes before bed, ensure your room is dark, relaxing, quiet and cool for optimal deep sleep. To help optimize hormonal balancing, fat burning, immune restoration, and body regeneration, be in bed ideally between 10-11 pm, no later than midnight. The goal is to achieve 7-9 hours of quality sleep per night.

Be present with your food Be sure to take time to enjoy each meal. Sit down, be present and chew your food up to 20 times each bite for optimal digestion and absorption of nutrients.

Eat until you are satisfied and don't skip meals. Realize that the focus is not on calorie counting or deprivation, this cleanse is all about giving your body the nutrients back that it needs so you can THRIVE.

Practice Gratitude: Notice at least one thing each day that is going well and that you are grateful for.

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5 Steps to Success

To keep this process simple, follow the 5 foundational steps to your health optimizing success. Later in this guide you will find a daily checklist that will remind you of each step to take daily over the next 10 days.

Step One: Prep For Success: Prep mentally and physically. Set your mindset to enjoy the experience. Plan ahead, know what foods to have on hand by choosing from the list below.

Detoxing is a simple process of reducing and removing some of the most common irritants to the body. Followed by replacing them with nutrient-dense foods that support your ability to heal, thrive and optimize your health and life.

Step Two: Cleanse & Stimulate your detox pathways each day by drinking your sea salt flush and performing dry brushing.

Step Three: Eat This Instead of That: Pick from the eat this-instead of that list to enjoy 3 nutrient-dense meals a day. Staying hydrated each day, every day is a must!

Step Four: Time Your Meals to regulate your blood sugar, boost your metabolism and increase your energy. 12- hour Intermittent fasting is a key to rapid detox.

Step Five: Do Less to Enjoy More! During this detox, it is essential that you let your body reset with rest. This means, take a break from your workouts and make a commitment to be in bed between 10-11 pm each night.

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Eat This - Not That

Make delicious meals from the foods in the eat this column below. For more inspiration, review the menus listed in the full cleanse guide book and plan the foods you want to focus on eating and having available each day and week.

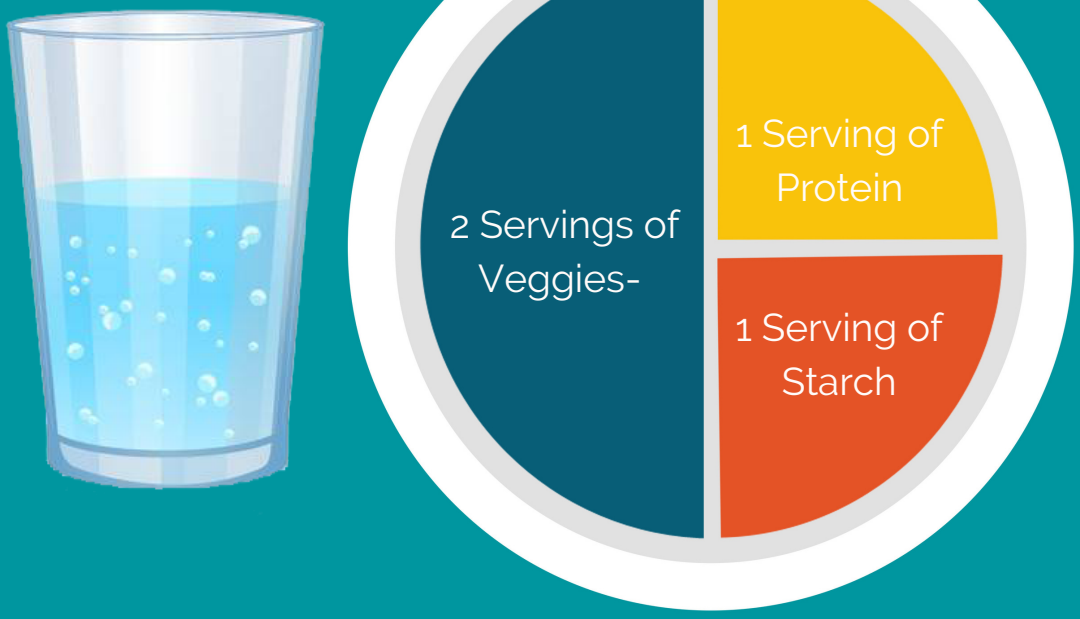
	EAT THIS	NOT THAT
Meat, Poultry, Fish, Legumes 	Eggs, Grass Fed or Free Range Meats & Wild Caught Fish (not shellfish), Salmon, Flounder, Cod, Sea Bass, Trout, Chicken, Turkey, Lamb, Grass Fed Beef (if you eat cold cuts they should be additive, nitrate/nitrite and preservative free, with USDA Organic being the best - Hormel and Applegate are great brands).	Beef that is not grass-fed, Pork, Cold Cuts, Bacon, Hot Dogs, Canned Meat, Sausage, Shellfish, and meat analogues made from soy.
Dairy Products 	Coconut: including coconut oil, unsweetened coconut butter, coconut flour, unsweetened coconut milk, unsweetened coconut yogurt, coconut cream, and unsweetened coconut flakes. Almond: including unsweetened almond butter, almond flour/almond meal, and unsweetened almond milk. Unsweetened Rice milk.	Cow's milk, cheese, yogurt, butter, margarine, and shortening even cultured and fermented dairy.
Starches, Breads, Cereals, Grains 	Rice, millet, quinoa, buckwheat, or tapioca (although be mindful of your tolerance level for carbohydrates with hypoglycemia or insulin resistance). Organic corn- only if practitioner approved.	Potatoes, Gluten Containing Flour and Cereals. *** Gluten is any item containing: wheat (whole wheat, flour white, bleached and unbleached), oats, rye, barley or spelt. Avoid soy, corn or products made from these ingredients.
Vegetables 	Artichokes, asparagus, avocado, beets, bok choy, broccoli, carrots, cauliflower, celery, chives, cucumbers, garlic, green beans, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, peas, radishes, rhubarb, shallots, squash, sweet potatoes, spinach, turnips, watercress, water chestnuts, yams, zucchini. Again, be mindful of your carbohydrates tolerance with fruits beans and starchy vegetables.	Any veggies that comes in a can, is in a cream, cheese or butter sauce.
Fruits 	Apricots, plums, apples, peaches, pears, cherries, berries, banana, grapes, grapefruit, lemons, limes and kiwi. Dried fruits (with no preservatives) are acceptable and must be eaten with proteins.	High glycemic fruits: watermelon, mango, cantaloupe, oranges, and canned fruits. Avoid all dried fruits.

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Time Your Meals: To reduce insulin sensitivity and optimize blood sugar levels for enhanced metabolic energy and health, timing matters. The body releases powerful hormones and when you eat to optimize them, you can actually burn more fat, increase energy, reduce inflammation while helping your body thrive.

During the cleanse, it's best to follow a **12-hour intermittent fasting** window (ex: no food, only H2O from 8pm-8am) and then once you break your fast, eat 3 meals spaced 4 hours apart. For best results, follow our plate guide for a fast reference on how much to eat.

In as short as 10 days, through this cleanse process, you will help your body to reset it's main metabolic pathways to enhance your health and wellbeing so you can enjoy greater vitality and joy.



Think of the perfect serving size for you as the size of your fist.

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Daily Cleanse Checklist

- ☐ Wake up, Check-in & Intend for a Great Day! Take a few deep breaths, roll your wrists and ankles, stretch and do a quick assessment noticing how energized you are as you set an inspiring goal or intention for the day.
- ☐ Kick start the cleanse for the day by drinking your Himalayan sea salt flush mixing 1/4 teaspoon of sea salt with 1-4ounces of warm water.
- ☐ To promote longevity pathways, a morning walk or workout in a fasted state is ideal. Wait to drink your coffee or eat until after you complete 20-30 minutes of mild-moderate intesnity exercise.
- ☐ Stimulate your lymphatic system prior to your shower with daily dry brushing. For an added longevity boost, alternate 1 min hot to 1 minute cold back and forth for 6 minutes during your shower.
- ☐ Be sure to eat within 90 minutes of waking- ideally post excercise. Get at least 15 grams of protein for mental sharpness and energy until lunch.
- ☐ Mid Morning drink with hot water and lemon or lime- remember blood sugar regulation matters. Eat something every 4 hours. (If you are hypoglycemic, we may advise you to eat every 2 ½- 3 hours until your blood sugar stabilizes. To help with this, ensure you are intaking healthy fats, proteins, fiber and starch at each meal.)
- ☐ Stay Hydrated- remember the goal is to take in ½ of your body weight a day in strucutred, clean H2O.
- ☐ Eat a nutrient dense well-balanced lunch- healthy fat/lean protein/ complex carb- no sugars, fried or highly processed foods.
- ☐ Stretch, stand and enjoy light walking throughout the day.
- ☐ Mid-afternoon metabolic boost- drink warm ginger root tea or hot water with lemon.
- ☐ Right before dinner. Do deep belly breathing to enhance digestion & increase energy.
- ☐ Eat a nutrient dense well-balanced dinner- healthy fat/lean protein/ complex carb- no sugars, fried or highly processed foods.
- ☐ To help get a great nights sleep, enjoy the apple cider tea.
- ☐ Journal. Take a few minutes at the end of your day to write down 1-3 things that went well and why. This simple act has been proven to improve health and boost overall wellbeing.
- ☐ Relaxation before bed. Do belly breathing, turn off all electrical devices, take an Epsom salt bath 2 times a week and do your best to be in bed by 10pm- all lights off…sleep tight ☺

Cleanse

FOOD LIST



GLUTEN-FREE GRAINS

- Rice
- Millet
- Quinoa
- Buckwheat
- Tapioca

PROTEINS

- Eggs
- Meats & Wild Caught Fish (not shellfish)
- Salmon
- Flounder
- Cod
- Sea Bass
- Trout
- Chicken
- Turkey
- Lamb
- Grass Fed Beef

SWEETENERS

- Stevia
- Xylitol
- Pure maple syrup
- Organic agave
- Coconut palm sugar
- Raw honey

FERMENTED FOODS

- sauerkraut
- kimchi
- pickled ginger
- mixed pickle
- coconut milk yogurt
- kombucha tea

FATS

- Olive Oil
- Coconut Oil
- Ghee
- Nuts/ Seeds
- Avocado
- Organic Dairy Products

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Beets
- Bok choy
- Broccoli
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumbers
- Garlic
- Green beans
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard greens
- Onions
- Parsley
- Peas
- Radishes
- Rhubarb
- Shallots
- squash
- sweet potatoes
- spinach
- turnips
- watercress
- water chestnuts
- yams
- zucchini

COOKING

- Avacado Oil
- Olive oil
- coconut oil
- grapeseed oil
- safflower oil
- balsamic vinegar
- red wine vinegar
- apple cider vinegar
- Condiments: Mustard.

NOODLE ALTERNATIVES

- Brown Shirataki noodles
- glass noodles
- kelp noodles

LOW GLYCEMIC FRUITS

- apricots
- plums
- apples
- peaches
- pears
- cherries
- berries
- banana
- grapes
- grapefruit
- lemons
- limes
- kiwi

DAIRY SUBSTITUTES

- coconut oil
- unsweetened coconut butter
- coconut flour
- unsweetened coconut milk
- unsweetened coconut yogurt
- coconut cream
- unsweetened coconut flakes.
- unsweetened almond butter
- almond flour/almond meal
- unsweetened almond milk
- Unsweetened Rice milk.

SPICES

- fresh herbs
- natural organic spices (i.e. black pepper, sea salt, pink himalayan salt, basil, mint, ginger, fresh garlic, oregano, parsley, rosemary, thyme).

OTHER

- Herbal or green tea
- olives, white beans/chickpeas
- dark chocolate
- sunflower seeds
- pumpkin seeds
- sesame seeds
- flax seeds
- chia seeds, and pine nuts.

10 Day Sample Menu

Click here to view the recipes on our website

Day 1	Avocado, Pear & Bacon Toast	Simple Salmon Cakes with Sweet Potato Fries	Chicken Zucchini GF Noodle Soup
Day 2	Breakfast Frittata	Power Salad	Balsamic Lentils with Brown Rice
Day 3	Breakfast Power Balls	Quinoa with Roasted Vegetables	Bok Choy Stir Fry
Day 4	Breakfast Porridge	Mediterranean Tuna Salad	Baked Chicken with Collard Greens
Day 5	Turkey & Squash Hash	Chicken Salad with Plantain Chips	Chili Lime Chicken Kabobs
Day 6	Banana with Almond Butter & Coconut	Simple Fish with Pesto Sauce	Chicken Salad with Dried Fruit
Day 7	Almond Flour Pancakes	Stir-Fried Beef with Vegetables	Herbed Chicken
Day 8	Baked Eggs in Avocado Cups	Cannellini Beans with Mint Spring Greens	Cod with Balsamic Herb Sauce
Day 9	Green Power Smoothie	Chicken Taco Salad	Pistachio Crusted Cod
Day 10	Quinoa Power BF	Roasted Vegetable and Quinoa Salad	Salmon Baked in Foil

Do Less to Enjoy More

A busy brain and stress filled life is a perfect recipe for a sleepless night. This section will give you key relaxation strategies to help you calm your mind and body for relaxation, rest and deep sleep for rejuvenation.

Sound. To make your bedroom sleep friendly; the first thing you need to do is to avoid or eliminate all unnecessary noise. If you can't avoid the sounds like city traffic or barking of dogs, you should mask them with a white noise generator or wearing earplugs.

Temperature. Researchers have found that pre-bed drop in body temperature is the basic trigger for sleep onset. To ensure a cool room, reduce the temperature in your room and consider a cool top mattress. Wear light, comfortable clothing to bed to maintain a cool body temperature.

Comfort. Your bed should be comfortable. A great mattress is the best investment in your health that you can make. Be sure to check your pillow, sometimes small things make a big difference in how you sleep.

Your Bed is for Sleeping – Don't use your bed for anything other than sleeping or sex so that your body associates the bed with sleep. If you use your bed for other activities like working, eating, or watching TV, it will be harder for you to sleep at night. The best thing that will ever happen to your sleep and sex life will occur when you remove the TV from the bedroom.

Take an Epsom Salt Bath. Epsom Salt baths are rich in magnesium which is a key mineral for muscle function, relaxation and promotes a sense of calm. During the bath, your muscles soak in the magnesium and you enjoy the relaxing benefits that help you get a good night's sleep.

Mindful Meditation. Studies show that even just 10 minutes of daily meditation can result in a significant improvement in sleep. To start, check out our suggested apps or guided meditations in the stress section.

What Went Well. Each night take a few minutes to write down 1-3 things that went well and WHY. Practicing this positive psychology mindset exercise allows your brain each day to notice all that is good in your life. It shifts us from the negative, stress and strain to insight, curiosity and openness that often allows increased feelings of happiness and wellbeing. This will decrease the level of stress hormones (cortisol) and increase the levels of relaxing substances like endorphins, helping you to sleep.

Deep Breathing. Close your eyes and breathe deeply, with each breath deeper than the last.

Progressive Muscle Relaxation. Tense a muscle (clench a fist for instance) as tightly as you can, then relax. Do this for all muscles of your body.

Visualization. Close your eyes and imagine a place or activity that is peaceful and calming.

Natural Detoxifiers

Bone Broth or Stock Drink 8-12 Ounces Daily
Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle on the stomach and is very good to start from.

The EASY way to make homemade stock. Go to the grocery store and grab a organic rotisserie chicken, take it home, take the meat off the chicken- set to the side, put the carcass in the crockpot or saucepot with freshly filtered water. Add Garlic, Onion, Basil, Oregano, Sea Salt or Pepper to taste (all seasonings are optional) and put on low setting to let simmer for a minimum of 3 hours up to 12 hours.

Easy option # 2= Go to your local butcher, ask for a beef bone. Take the bone home, place it in the crockpot with desired spices and simmer for 8-14 hours (as the bone softens, you can break and remove the marrow, adding it to the stock)

Note… The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system; it is important to consume them with every meal. Stock will keep well in the fridge for at least 7 days or it can be frozen.

Himalayan Sea Salt Cleanse- drink 1 -2 ounces followed by 6-8 ounces of warm water daily. Pre-prepare your salt mixture in a glass container 4 teaspoons of Himalayan pink sea salt to 16 oz. of pure water- let dissolve and keep at room temperature. This process aids in healthy GI function as well as provides your body with 84 trace minerals.

Apple Cider Restore: Mix 1 ounce of Braggs Apple Cider Vinegar with 2-4 ounces of warm lemon water and drink each morning and evening while on your body cleanse. This will aid your body in natural cleansing, elimination and detoxification. If the flavor is too strong, you may add more water to dilute and a ½ teaspoon of organic honey.

Herbal Teas: Ginger, Peppermint, Chamomile, Lavender and Turmeric Teas are all great to enjoy throughout this body cleanse.



Fermented Foods

Simple Sauerkraut
4 or 5 heads of red or green cabbage, shredded;
1/4 cup sea salt;

Place the shredded cabbage little by little in your fermentation jar, pounding it vigorously and sprinkling some with the sea salt as you go. Make sure the mixture fills the jar up to no more than 1 inch below the top (because of the expansion), adding more if needed, and that the extracted water covers the vegetables entirely. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the cabbage. Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water.

Cover with a clean towel if needed to keep out fruit flies. Place the fermentation jar in a warm spot in your kitchen and allow the sauerkraut to ferment for 7 to 10 days. Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface.

Sour Pickles
1 gallon (16 cups) pickling cucumbers, non waxed; 2 bunches fresh dill; 16 cloves garlic, whole and peeled; 3 tbsp pickling spices (peppercorns, mustard seeds, bay leaves, cloves); 5 or 6 tbsp sea salt;

Soak the cucumbers in cold water for a few hours then scrub them thoroughly to prevent any mold from forming during the fermentation process. Place the cucumbers, dill, garlic and spices in your fermentation jar and sprinkle a bit of sea salt as you go along. Prepare a brine of 5 tablespoons sea salt to 8 cups water, making sure to stir well to dissolve the salt, and fill the fermentation jar with the brine so it covers the cucumbers. Cover the jar, place it in a warm spot in your kitchen and allow the cucumbers to ferment for 5 to 10 days.

Beet Kvass
4 large or 6 medium beets, peeled and chopped roughly; 5 tbsp sea salt;

Combine the sea salt and the chopped beets and place the mixture in your fermentation jar. Add enough water to fill the jar, stir to dissolve the salt, cover and let ferment in a warm spot of your kitchen for about 2 days before removing it to the refrigerator

Sauerrüben (lacto-fermented parsnips)
10 lb parsnips, peeled and julienned;
1/4 cup sea salt;

Place the julienned parsnips little by little in your fermentation jar, pounding them vigorously and sprinkling some of the sea salt as you go. Make sure the mixture fills the jar up to no more than 1 inch below the top (because of the expansion), adding more if needed, and that the extracted water covers the vegetables entirely. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the mix. Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water.

Cover with a clean towel if needed to keep out fruit flies. Place the fermentation jar in a warm spot in your kitchen and allow the parsnips to ferment for 7 to 10 days. Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface

** **Note- fermented foods, depending on the health and integrity of your gut lining, may cause upset. 1 teaspoon is all you need daily. Think low and slow.**

Transitioning Off the Cleanse

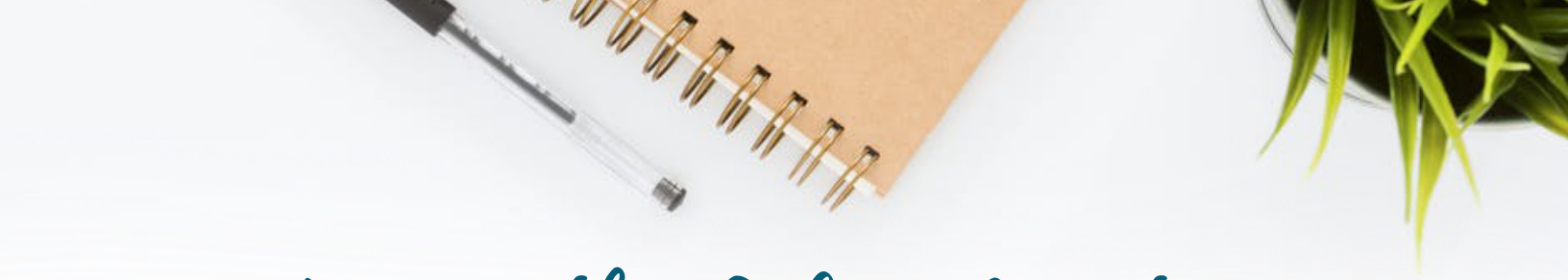
This is a key time as you move back into a healthy living daily routine. This phase will allow you to discover what foods make you feel great and what foods distress your body. Think of it this way, you just cleaned your system, things are calm and clear now so your body will notice very quickly any disturbance to this clean environment. That means if you bring foods back in that your body doesn't like, symptoms will reappear. This will be your cue to immediately remove that food for a minimum of 7 more days to then try again. But what is the correct way to reintroduce foods to your system?

As your cleanse ends, you will begin to introduce back in one food group at a time every 2-3 days. It is advised you eat it 2-3 times in one day and then track any symptoms rating them on a scale of 1-10 (10 being severe) that arise within the next 24-48 hours after reintroduction. If you notice symptoms, it is advised that you eliminate the food for another 7-10 days and then try to reintroduce again. If symptoms persist, we advise a food sensitivity test to better identify true food intolerances and appropriate amount of time to keep out of your system for optimal health and healing. For most accurate results, we advise a food intolerance test.

What is a common reaction?

- The need to clear your throat.
- Gas, bloating or stomach pain.
- Heartburn or Reflux
- Headaches
- Low energy
- Brain Fog
- Increase in weight. This is especially important. If your weight goes up the next morning after reintroducing a food back in, this is a sign of inflammation and it should be removed or eaten with caution in limited amounts.





Frequently Asked Questions

Will I feel sick or tired? This depends on the person and the level of body's toxic burden. We advise you drink plenty of water to help quickly and safely flush all toxins out to reduce the chance of any flu like symptoms. This is a gentle cleanse and is not meant to be aggressive. Typically clients report feeling an increase in energy within the first 36 hours.

Will I get a caffeine withdrawal headache? If you drink a large amount of caffeine on a daily basis, as you reduce and eliminate it during the cleanse, you may notice a 24 hour window of a mild headache. To avoid this, we suggest the first 3 days of your cleanse reduce your amount of caffeine to 8 ounces. By day 4-6 try to only take a sip to take the edge off and then by day 7 stop all together for the last half of the cleanse. This reduction should eliminate any potential for withdrawal headaches.

Will I lose weight? People frequently do lose weight during this cleanse. As you remove sugar, inflammatory foods that cause intolerances and excess starches from your diet an immediate reduction will occur. You will notice puffiness decreasing, your clothes fitting better and you will have a much toner look and feel to your body.

Can I exercise during this cleanse? Yes, you can but it should be in moderation. We advise that you keep your workouts to 20-30 minutes in duration at a mild-moderate intensity not to exceed 5 workouts in a week. Walking, Yoga & Circuit Training are all great ways to move while on your cleanse. It is also important to remember that sweating helps the body to cleanse, and infrared saunas are great to incorporate post workout and be sure to get proper rest. This is a time to support your body so it can cleanse. If you put too many demands on your system, it will slow down the effects and process for your body.

Will I have to run to the bathroom all of the time? This is a safe and effective clinical cleanse that does not use laxatives as most over the counter products do which will prevent any uncomfortable urgency to use the bathroom. It will actually improve GI and bowel function as you move through the cleanse. It is important to note if you previously did not drink much water prior to the cleanse then you may experience an increase in the amount of times you need to use the bathroom due to your water consumption.

Will my skin break out? Depending on the level of toxins in your body, it is possible that as you begin to flush the system you may have a brief cleansing of the skin resulting in mild breakouts. Continue to take your cleanse capsules and drink plenty of water and this will subside within 3 days, leaving you with healthier glowing skin.

Can I still drink alcohol? It is strongly advised that you eliminate alcohol during the cleanse as many forms contain gluten, inflammatory starches and sugars. The exception is red wine which can support longevity. Women can drink 6 ounces and men 12 ounces daily. Remember, most alcohol is high in sugar and has pesticides. We advise you choose organic as possible. If you are struggling with this, reduce to no more than 6 ounces and stick to red wine or distilled tequila no more than 3 times in 1 week.

When should I start my cleanse? We find the best day to begin for maximum success is on a Sunday. This ensures you have had time to shop & prep over the weekend so you can plan for your week ahead. It is best to prep your meals for the week and have snacks ready so you are not caught off guard during the week. Beginning on a sunday also allows you to rest and relax on that first day so you can ease into your celanse ahead.

Create a longevity lifestyle

The process is simple. It's small actions done daily and over time that add up to create a long life lived well.

The essential ingredients to build your longevity lifestyle include:

- **Nourishing food, herbs & water.**
- **Rest/ proper sleep.**
- **Movement/walking is shown to have the greatest longevity benefit.**
- **Connection to your self-care, needs, purpose, and others.**
- **Daily time outside in nature.**

Mix and match, do more or less of each, yet know these are the proven foundational elements that WILL, if done, keep you looking, feeling and living a healthy, happy and fulfilling life.

Because food is powerful information to your genes, it can have the quickest impact on your overall health expression. Think whole, fresh, and natural. The body has genetic clocks that correspond every day with the natural rhythms of the earth and light. Create regularity in the times and rhythm of which you eat. Keep it nutrient-dense, hydrate, keep processed sugars and chemical intake low. Keep your daily fasting window to 12 hours with a weekly fast that can go 18-24 hours if you choose.

Realize, there is no one size fit's all diet. Genetically speaking, we all hold within our DNA the makeup of omnivores. Some of us do better as herbivores while others of us do better as carnivoress. Yet the basic building blocks of health remain the same for us all, healthy fats, complex carbohydrates, and proteins.

Based on your genetic profile you may need more of a traditional paleo, Mediterranean or even a plant-based paleo approach. This guide will give you the basics, to test your DNA longevity blueprint, click here to learn more.

The next page is a great simple way to think about eating for a healthy longevity lifestyle.

Eat this- not that… pick and choose meals and snacks from the following categories to mix and match for mouth watering meals.

EAT LIBERAL AMOUNTS:

Meat and poultry. Emphasize grass-fed beef and lamb, but also pork, turkey, duck and wild game like venison, ostrich, etc. Organic and free-range is always preferable, but is especially so during this program.

Organ meats (especially liver). Liver is the most nutrient-dense food on the planet. If you don't like the taste of liver, one good trick is to put one chicken liver in each cube of an ice cube tray and freeze them. Then, when you're making any meat dish, dice up one chicken liver and add it to the meat.

Fish. Especially fatty fish like salmon, mackerel, sardines and herring. Tuna, Wild is preferable. You need to eat three 6 oz. servings of fatty fish per week to balance your omega-6 to omega-3 ratio.

Eggs. Preferably free-range and organic. 2 whites to one yolk for fat intake.

Starches: Quinoa, Yams, sweet potatoes, yuca/manioc, potatoes,aro, lotus root, spaghetti squash, zucchini,eggplant,

Non-starchy vegetables. Dark green leafy (kale/ swiss chard/ spinach), mustard greens, arugula) , raw or cooked. Mushrooms, asparagus Brussel sprouts peppers, beets, tomatoes, carrots, Cruciferous veggies of broccoli and cauliflower should be ideally Cooked, grilled, or steamed.

Fats: olives, Olive oil. Avocado Oil, Macadamian, Hazel and Brazil Nuts, Pumpkin and Chai Seeds,

Sea salt , herbs, and spices. Parsely, Cilantro, Rosemary, Tumeric, Ginger.

Reduce sugar or artificial flavorings.

Herbal Teas, Pure Water- use lemons, mint, lime for flavoring

EAT IN MODERATION:

Meat. Chicken, Sausage, bacon and jerky. Make sure they are gluten, sugar and soy free and organic/free-range meat is preferable.

Bone Broth will contain glutamic acids- its great for gut health yet best to be consumed in moderation.

Whole fruit. Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries. apples, banans.

Fats: Avacado's, Hard Cheeses

Nuts and seeds. A maximum of a handful per day, preferably soaked overnight and dehydrated or roasted at low temperature (150 degrees) to improve digestibility. Favor nuts lower in omega-6, like hazelnuts and macadamias, and minimize nuts high in omega-6, like brazil nuts and almonds.

Legumes, Green beans, sugar peas and snap peas.

Coffee and black tea. Black, To ideally be consumed before noon.

Dark chocolate. 70% or higher in small amounts (i.e. about the size of a silver dollar per serving) is permitted.

Grains- Organic Rice, Organic Oats, or Quinoa are your best options. Reduce all other grains.

Vinegar. Apple cider vinegar is especially well tolerated.

Fermented vegetables and fruits. Sauerkraut, kimchi, beet kvass, coconut kefir, etc. These are excellent for gut health.

MINIMAL CONSUMPTION

Dairy. Including butter, soft cheese, yogurt, milk, cream & any dairy product like sauces or dressings.

Glutamate Grains. Including gluten grains, bread, cereal, or any gluten-free pseudo grains like sorghum, teff, amaranth, buckwheat, etc.

Legumes. Including beans of all kinds (soy, black, kidney, pinto, etc.),

Concentrated sweeteners, real or artificial. Including sugar, high fructose corn syrup, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

Processed or refined foods. As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy free creamers, etc.

Industrial seed oils. Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).

Sodas and diet sodas. All forms.

Alcohol. In any form.

Nut or Coconut Milks.

Protein Powerders- Protein Isolates

Processed sauces and seasonings. Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, or all of the above).

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Tips to THRIVE by:

Move for the Health of it!. Research shows that when you get up, get out and move your body in ways that feel good to you, your health improves. With as little as 10 minutes a day, clinical biomarkers improve. For longevity benefits, move at least 30 minutes a day- think multiple short bouts of exercise throughout each day. From normalizing blood pressure improved eyesight, increase lean muscle mass, balanced hormones and much more, the proof is in the movement. The next time your favorite song comes on, turn it up and dance, take the dog for a walk or go to your favorite class at the gym. Whatever makes you feel good, today is the day to go do more of it! The easiest place to start is by walking.

Consistency is Key! Small, consistent actions pay off big when it comes to improving your health and wellbeing. To create change is a process. Think about the seed that needs daily sunlight and regular watering to grow and thrive. Your health is no different. Remember slow and steady wins the race, so when you focus on small daily healthy actions, you will THRIVE. Keep it simple: drink an extra glass of water, park further away and walk, take the stairs instead of the elevator or go to bed 15 minutes earlier, gaze at the morning sun, spend time in nature. These are all simple actions that when done regularly build and optimize health.

Model Success: The brain needs proof and it will respond to what you show and tell it on a daily basis. When you want to enhance your health, look for examples of health. Find role models and notice what you like about what they are doing. Begin to notice how you can incorporate those same types of actions and behaviors into your daily life. When your brain knows it is possible, your ability to create the outcomes you desire happens quicker. As you notice new possibilities, repeat a simple, proven mindset mantra... **"Every day in every day I'm getting better and better."** You don't have to reinvent the wheel, it is already there, now go find the one you like and model it so you can THRIVE.

Eat the Color of the Rainbow: Nutrition can get complicated but when you keep it simple and enjoy whole fresh foods from the earth vs. a box or a bag filled with color, you will enjoy greater health. Fresh food is filled with the nutrients and enzymes that are essential building blocks to health so when in doubt, go for a variety of colors and enjoy.

Spread the Love: Did you know that simple acts like smiling and hugging are two of the most powerful ways to enhance your health, happiness, and longevity? Research shows that smiling boosts the feel-good neurotransmitters in your brain. **In fact, one smile can produce brain stimulation equal to 2,000 chocolate bars or receiving $16,000 in cash,** talk about a brain boost! Hugs are just as powerful by releasing the hormone oxytocin shown to be an important anti-aging hormone. It decreases inflammation, aids in building lean muscle mass, helps to lower stress hormones, and improves your health. So share a hug and a smile, you will feel good all the while enhancing your health and wellbeing.

You were born to flourish and thrive!



Hi, I'm Dr. Melissa Petersen, Precision Longevity and Epigenetic Expert in Thriving and I am dedicated to igniting the limitless potential within you so you can live your longest, healthiest, and most fulfilling life.

What you eat, how you sleep, move and think are the cornerstones to a thriving life. Remember, longevity isn't a sprint, it's a marathon so be kind to yourself, have fun and enjoy each day. Life is here for you to experience, enjoy and embody all the richness and joy it holds for you.

If you want to unlock the power of your DNA and thrive by design, with your precision longevity blueprint, my team and I are here to support YOU.

For more information on how to get started, click here or contact us at hello@docmelissa.com

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