

21-Day Purification and Weight Loss Program- A report and protocol

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“Disease is an expression of detoxification

-Hippocrates, father of medicine.

Let's consider some of the underlying obstructions and imbalances involved in Toxicity.

“The Questions you ask determine the Answers you get”

Let's start asking the right questions!

“**D**ETOXIFICATION - Why necessary?”

Living in a chemically-oriented society has made toxicity a much greater concern for the 20th Century. The Environmental Protection Agency reports that the average American consumes four pounds of pesticides each year and has residues from over 400 toxic substances in their body. More than 3,000 chemical additives are found in the foods we eat. The incidence of many toxic diseases has increased as well, with cancer and cardiovascular disease at the top of the list. Arthritis, allergies, obesity, and many skin problems are other troubles that occur as a result of toxicity. In addition, a wide range of symptoms, such as headaches, fatigue, pains, coughs, gastrointestinal problems, and problems from immune weakness can all be related to toxicity.

Toxicity can occur on an internal and an external level. We are exposed to toxins daily and can acquire them from our environment by breathing, ingesting, or coming into physical contact with them. Also, most drugs, food additives, and allergens can create toxic elements in the body.

On the internal level, our body produces toxins through its normal, everyday functions. Biochemical, cellular, and bodily activities generate free radicals. When these are not eliminated, they can cause irritation or inflammation of the cells and tissues, blocking normal functions. Internally, fats (especially oxidized fats and cholesterol), free radicals, and other irritating molecules act as toxins. Functionally, poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Microbes, including intestinal bacteria, foreign bacteria, yeasts, and parasites, produce metabolic waste products that we must handle. Our emotions and stress generate increased biochemical toxicity. A normal functioning body was created to handle certain levels of toxins; the concern is with excess intake, production of toxins, or a reduction in the processes of elimination. Toxicity occurs in our body when we take in more than we can utilize and eliminate. A toxin may produce an immediate or rapid onset of symptoms or cause long-term, negative effects. If our body is working well, with good immune and eliminative functions, we can handle our basic everyday exposure to toxins. Through detoxification, we clear and filter toxins and wastes and allow our body to work on enhancing its basic functions.

Detoxification Organs

- Respiratory--lungs, bronchial tubes, throat, sinuses, and nose
- Gastrointestinal--liver, gallbladder, colon, and whole GI tract
- Urinary--kidneys, bladder, and urethra
- Skin and dermal--sweat and sebaceous glands and tears

Our body handles toxins by neutralizing, transforming, or

eliminating them. The liver helps transform many toxic substances into harmless agents, while the blood carries waste to the kidneys; the liver also dumps waste through the bile into the intestines, where much of it is eliminated. We also clear toxins when our body sweats. Our sinuses and skin may also be accessory elimination organs, whereby excess mucus or toxins can be released.

Detoxification is the process of clearing toxins from the body by neutralizing or transforming them and clearing excess mucus and congestion. Detoxification also involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals (from food or other sources), refined food, sugar, caffeine, alcohol, tobacco, and many drugs help to minimize the toxin load. Drinking extra water and increasing fiber by including more fruits and vegetables in the diet are steps in the detoxification process.

Almost everyone needs to detoxify. We detoxify to clear symptoms, treat disease, and prevent further problems. We also detoxify to rest our overloaded organs of digestion. With a regular balanced diet, devoid of excesses, a less intense detoxification will be indicated. However, when we eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary. Who needs to detoxify is based on individual lifestyle and symptoms of toxicity. Common toxicity symptoms include: headache, fatigue, mucus problems, aches and pains, digestive problems, "allergy" symptoms, and sensitivity to environmental agents such as chemicals, perfumes, and synthetics.

Food, Nutrition, and Hydration

There are many levels to detoxification. The first is to eat a non-toxic diet composed of raw foods. A raw-foods diet contains lots of sprouted greens from seeds and grains, such as wheat, buckwheat, sunflower, alfalfa, clover, sprouted beans, soaked or sprouted raw nuts, and fresh fruits and vegetables. Raw foods maintain the highest concentration of vitamins, minerals and important enzymes. Water should always be used during any type of detox program to help dilute and eliminate toxin accumulations. Supplementation is important to encourage healthy kidney and lymphatic system function, maintain healthy liver detoxification function, and

promote efficient gastrointestinal elimination and blood purity. Supplementing with Juniper berry, red clover flower, collinsonia root, psyllium husk, burdock root, barley grass, Spanish black radish root, fenugreek seed, fringe tree root, fennel seed, and milk thistle addresses the functioning of each detoxification system and supports the body's physiological functioning.

Proper Functioning of Eliminary Organs

Colon cleansing is one of the most important parts of detoxification. Much toxicity comes out of the large intestine, and sluggish functioning of this organ can rapidly produce general toxicity. To improve elimination through the skin, regular exercise is important to stimulate sweating, which aids in detoxification. Dry brushing the skin before bathing is suggested to cleanse the skin of old cells. Massage therapy, especially lymphatic and even deeper massage, is very useful in supporting a detox program; it stimulates elimination and body functions, and also promotes relaxation.

The Truth about Fats: Fats are so misunderstood and mass marketing has made the water even muddier. Plain and Simple...you cannot be healthy *without* good fats in your diet! The brain is about 60% fat to start with, and you might correctly draw the conclusion here that it needs fat in order to function properly. Fats do not make you fat; eating too little fat can make you fat. But here is the truth and beauty about fats. Fats that keep you healthy and the brain well-functioning are from the earth and minimally processed, if at all. A list of good oils that you and your child should be consuming daily is listed in the "Approved" Foods list below.

Even the good oil "Saturated Fat" has been made a villain. Saturated fat is critical to every cell of your body. Nature has provided a number of foods with saturated fats like Coconut Oil and even your body makes saturated fats. If however, you eat man made saturated/hydrogenated fats and man altered "trans-fats" you are in trouble! So please, begin your journey into a new world of understanding about healthy foods and learn to distinguish between truth and myth. For more information on this topic, you can go to www.westonaprice.org. In addition, there is a great book - Fats that heal, fats that kill by Udo Erasmus, Ph.D. www.udoerasmus.com

An important part of this program is to change the oil/fats in the diet, oils that are hydrogenated, man-altered, and chemical made lead to decreased cell membrane transport, (nutrition has to get into cells), and inflammation. It can take months to get the congesting bad fats out of your cells; the bad news is - the half-life of trans fats is 51 days. In other words, after 51 days of eating no trans fats, you still need another 51 days to complete the clearing – and even then, a 25% residual remains. That "bad oil" in that bag of Fries lasts 102 days! Improper nerve function, increased inflammation, and poor cell communication are the price to be paid. There is good news however, the Half Life of The beneficial omega 3 fatty Acids found in Cod liver Oil, tuna Oil and Salmon oil are 18 days. This means you can see noticeable changes within this time. Remember however, to continue the elimination for life to keep healthy balance.

Approved Foods for Day 1-10

- **Days 1 thru 10 – Vegetables and Fruits only!!!**
 - **Twice as many vegetables as fruit. Very important!**
 - 50% or more should be raw
 - If not raw it should be lightly steamed, (Or Stir Fry over low heat.)
 - **Organic produce is recommended. HIGHER NUTRIENT CONTENT.**
 - **Butter is GREAT, use IT – choose organic, unsalted. Avoid margarine, corn oil, vegetable oil, (hydrogenated oils)**
 - **Sweet potatoes are beneficial and recommended.**
 - **Avoid high glycemic foods (fast rise in blood sugar)**
 - **Such as: corn, bananas and white potatoes**
 - People who have arthritis should avoid:
 - Nightshades: Tomatoes, Potatoes, Bell Peppers, Eggplant etc... (See Chart)
 - Citrus Fruits
 - **Drink lots of water – very important!!!**
 - **Drink at least 8 glasses each day**
 - **Spring or mineral water is best**
 - Drink most between meals
 - You can add fresh squeezed lime (or lemon)
 - Eat a variety of foods; choose a rainbow of colors
 - Salad dressing is permissible, BUT MAKE SURE YOU:
 - **Avoid ones with wheat, corn syrup, dairy products, soy or processed sugar**
 - **Approved “Annie’s Natural’s”** Balsamic Vinaigrette, Cilantro-Lime, French, Green Garlic, Honey Mustard, Lemon Chive, Raspberry-Low Fat, Roasted Red Pepper Vinaigrette, Tuscany Island.
 - Fats are important and a healthy part of this program. Fish oils, butter and olive oil, Coconut, Almond (also OK is Macadamia Nut oil or grape seed oil) NO VEGETABLE, Corn Oil, HYDROGENATED, Crisco, OR PEANUT OIL!
 - Eat frequently through out the day. **DO NOT skip meals. Eat all you want! (of approved foods)**
 - **NO alcohol, caffeine, tobacco and other stimulants**
 - If high caffeine user – taper off (to avoid headaches)
 - **Green Tea is excellent! Feel free to drink all you want!**

Approved Foods for Day 11-21.

Regeneration
increased
Vitality and
Weight Loss
Support.

- Continue the diet as stated above
 - You may now add in Fish once to twice per day.
 - Choose ocean fish like Salmon, Cod, etc.
 - Avoid local lake fish
 - Do not fry
 - Amount should be the size of your palm and thickness of your palm. (About 3-5 oz)
- Occasionally* you may have organic turkey, chicken.
- **ONLY - free range, antibiotic-free, hormone-free**
 - Baking or roasting preferred to grilling or frying

OTHER CONSIDERATIONS FOR DAYS 11-21

- Exercise daily throughout program
 - Now that you are likely feeling a new sense of energy, take this opportunity to **Exercise. Try to exercise until you sweat!**
 - **Unless you are older and/or have not been exercising, then**
 - **Minimum is a 20 to 30 min walk daily**
 - **Every other day up to 6 days per week.**
- Other things that will enhance your detoxification.
 - Sauna
 - Make sure to stay hydrated – drink extra water
 - Don't stay in too long
 - Massages – flushes lymphatic system
 - Colonics
 - Coffee Enemas
 - Excellent for purging liver and gallbladder!
 - Detox Baths
 - Dry Skin Brushing
- Meditation, prayer and other relaxing activities to tune in your body, mind and soul
- Try new and fun activities

Other Considerations:		
Completely Avoid!	Acceptable	Vital Foods!
<p>Common Table Salt Condiments with sugar, colorings, corn syrup, toxic additives.</p> <p>Soft Drinks with sugar and additives. *See alternatives to sodas in the “Approved list”</p> <p>MSG, Margarine, candy, Wheat, Dairy, Beans, Nuts, Soy, Corn.</p> <p>Nuts, beans, wheat, dairy can be healthy, but please DO NOT consume during the 21 Day Purification Program.</p> <p>They may be allowed after the 21 Days with the direction of your health care provider.</p>	<p>Sparkling Mineral Water with Un-Sweetened Juice $\frac{1}{2}$ and $\frac{1}{2}$</p> <p>(Gerolsteiner or Apollonaris are my favorites.)</p>	<p>SEA SALT: “Celtic Sea Salt”, or “Real Salt” Butter, especially Organic Unpasteurized,</p> <p>Organic Apple Cider Vinegar</p> <p>Tested and Pure Spring Water</p> <p>Green Tea</p> <p>Herbal Teas</p> <p>Spices: Basil, Oregano, Parsley, Thyme, Cayenne, etc...</p>

21 Day Program	Formula	Days 1-7	Days 8-21
SHAKES See attached page for recipes	SP Complete <i>2 scoops/shake</i> <u>2-5 shakes allowed</u>	Min. 2 shakes per day	2 Shakes per day
SUPPLEMENTS Take three times per day	SP Cleanse	7 capsules 3x/day (bottle will be finished in 7 days)	None
	Gastro Fiber	3 capsules 3x/day	3 capsules 3x/day (Until bottle is finished)
	Sp Green Food	Note: Start on day 8 7 capsules per day	7 capsules total per day
	Tuna Oil Omega 3	2 capsules twice daily	2 capsules twice daily
ADDITIONAL:	Whey Protein- No flavorings.	1 scoop in each shake	1 scoop in each shake
Sugar Cravings This product knocks out carb cravings	“Gymnema” Tablets	1-3x/day	1-3x/day

*** If Weight Loss is your primary goal, cutting fruits to a minimum sticking with mostly vegetables, and consider adding “Thyroid Complex Tablets-2-2x/day**

The 21-Day Purification detoxification Program can put a stress on family and friends who expect you to cook and eat with them. Let them know right up front that you expect their help and co-operation during the program. Remember, it is just 21 Days!

It is important to discuss these changes with the following “Circle Of influence”:

- **Teachers**
- **Grandparents**
- **Family Members**
- **Neighbors**
- **Coaches**
- **Friends**

Exercise is **vital to health** and if enjoyed by the family can lead to feelings of well-being and security. Why not turn the TV off in the evening and go for a walk. This can improve sleep and nervous system function, as well as “feel good” hormones. Learning a new skill can propel a child toward higher self-confidence and self esteem. Look closely for their interests and support them-you will be amazed at how they blossom!

What to expect after the first 21 Days of faithful compliance. While no guarantees can be made, these are commonly observed:

- **Increased vitality**
- **Feeling more calm**
- **Less argumentative**
- **More regular bowel movements**
- **Sugar cravings diminishing**
- **Attention improving**
- **Better mental focus with less distraction**

- **Less irritability**
- **Tasks being finished**
- **Fewer stomachaches**
- **Fewer headaches**
- **Bones hurt less**
- **Less cramping**
- **More calm energy**
- **Skin improvements**
- **Better concentration**
- **Faster reading with better retention**
- **Improved Memory**
- **Fat Loss**

Concluding Comments:

We are seeing more and more dys-function in health today compared with even 50 years ago. The typical medical approach is to find the “magic bullet” drug, or vitamin that will cure or control the dys-function. These rarely make our life better and more often than not just prolong the problem and never address the root cause. Returning to the Traditional Diets of our Ancestors and eating foods that are unprocessed will help to resolve the imbalance of toxicity/deficiency. If you are amazed at seeing the good results of this program, please consider making an appointment for the whole family and see how your life can change for the better!

“Two roads diverged in a wood, and I.... I took the one less traveled by, and that has made all the difference.”

-ROBERT FROST - The Road Not Taken

Recipe Ideas

(Days 1 - 10)

Vinaigrette Dressing

INGREDIENTS:

- * 2/3 cup olive oil or flax oil
- * 1 tablespoon Dijon mustard
- * 1/4 cup balsamic vinegar or lemon juice
- * 1 clove garlic, minced
- * 1/4 cup water
- * Herbs to taste

PREPARATION:

Measure ingredients into a jar with a tight-fitting lid. Shake vigorously or use a whisk.

Chilled Cucumber-Red Onion Salad

INGREDIENTS:

- * 1 large cucumber
- * Vinaigrette dressing
- * 1/8 to 1/4 medium red onion, thinly sliced
- * 1 tablespoon chopped fresh dill or mint
- * 1 plum tomato, thinly sliced, or 3-4 cherry tomatoes, halved

PREPARATION:

Peel the cucumbers, if desired, and thinly slice them. Place the slices in a salad bowl, along with the red onion and tomato. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well. Cover the bowl and chill in the refrigerator for several hours for best taste.

Serves 2. Recipe can be doubled or tripled.

Vegetable Soup

Sauté minced garlic and a chopped onion in minimum oil. Add 2 stalks of chopped celery and a diced green pepper. Add some vegetable broth (can purchase at Whole Foods), add some fresh herbs (cilantro, rosemary, etc.) and bring to a boil. Add vegetables of choice. Add delicate ones toward end (e.g., spinach, cabbage, etc.)

Salsa

INGREDIENTS:

- * 2 large tomatoes
- * 1 clove crushed garlic
- * 2 chopped scallions
- * 1 tablespoon olive oil
- * 2 tablespoon chopped cilantro
- * 1 teaspoon fresh lime juice

PREPARATION:

Combine all ingredients in a bowl. Can be used cold as dip or warm up as a sauce.

Bachelor Portobello Mushroom

INGREDIENTS:

- Portobello Mushroom
- Garlic/Olive Oil Crushed
- Butter, organic
- Marinara Sauce, (Copollo Brand is clean. Make sure there is no sugar, high fructose corn syrup, “Natural Flavors”, etc... (It must be just Tomatoes, garlic onions, salt water etc...))

Preparation:

Medium Heat- Portobello Mushroom in pan for 5 minutes per side. Add Marina Sauce over Mushroom in pan and put over low heat for a couple of minutes.

Red Cabbage Salad

INGREDIENTS:

- * 1 medium head red cabbage, coarsely chopped
- * 10 radishes, sliced
- * 3 granny smith apples
- * 2 green onions, chopped
- * 1 stalk celery
- * 1 or 2 tablespoons lemon juice
- * Dash garlic powder
- * 2 tablespoon olive oil
- * 1 tablespoon balsamic vinegar

PREPARATION:

Mix everything in a bowl and let sit for an hour, stirring once or twice. Serves 4.

Baked Spaghetti Squash

Preheat oven to 375 degrees. With a long-tined fork, make deep pierces into the skin of the squash in several places and place in a baking dish. Bake for about 30 minutes, or until the skin is soft to the touch. Cool for 10 minutes, cut in half lengthwise, and use a spoon to remove the seeds and strings from the center of the squash. Then use two forks to fluff up the flesh of the squash until you have spaghetti-like strands. Transfer strands to serving plates and top with butter and herbs or salsa.

Ginger Lemonade

This is a perfect pick-me-up beverage if you feel hungry or tired.

INGREDIENTS:

- * 2 inches fresh ginger root
- * 3 lemons
- * stevia to taste
- * 2 quarts of water

PREPARATION:

Wash and peel the ginger root. Grate it finely over a bowl. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash. Bring water to a boil. Remove from heat and add ginger and juice of 3 lemons. Add Stevia and stir well. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

Iced Green Tea with Raw Honey

Healthy Cold Drink that satisfies

INGREDIENTS:

- **Spring Water**
- **Green Tea Bags**
- **Limes**
- **Raw Honey**

Preparation: **2 Quarts**

Bring some water to boil, add in 6 individual Green Tea Bags. Let steep for 5-6 minutes until nice and rich. While still warm, add in 2 teaspoons of Organic Raw Honey. Poor into pitcher and add ice and water to fill to 2 quarts. Add 2 fresh limes, juiced to taste. Enjoy!

(Days 11 - 21)

Broiled Salmon with Cucumbers

INGREDIENTS:

- * 1 cup diced onions
- * 1 teaspoon wheat free tamari sauce
- * 1/2 cup cider vinegar
- * 2 cucumbers, thinly sliced
- * 4 cloves garlic, minced
- * 1-1/2 lb salmon fillets
- * 2 teaspoon peeled minced ginger-root
- * 1 teaspoon olive oil

PREPARATION:

In a large nonstick frying pan over medium-high heat, combine the onions, vinegar, garlic, ginger and tamari sauce. Bring to a boil, stir and cook for 3 minutes. Remove from heat.

Add the cucumbers. Set aside to cool. Rub the salmon on both sides with the oil. Broil about 6 inches from the heat for 4 to 5 minutes per side, or until cooked through.

Chicken With Garlic & Vegetables

INGREDIENTS:

- * 2 teaspoon olive oil
- * 2 teaspoon unsalted organic butter
- * 1-1/2 lbs. boneless skinless chicken breast halves
- * 2 carrots, peeled and cut into thin strips
- * 1 medium leek, washed, trimmed and cut into thin strips
- * 1 red bell pepper, seeded and cut into thin strips
- * 2 cloves garlic, minced
- * 2 tomatoes, crushed

PREPARATION:

Heat oil and butter in a large skillet over medium high heat. Sauté chicken breasts 4-5 minutes per side, turning occasionally, until chicken is opaque throughout. Transfer to a platter and keep warm. Add carrots to skillet and sauté over medium heat 1 minute. Add leek, bell pepper, and garlic and sauté another minute. Stir in tomatoes and any juices from platter. Simmer 2 minutes or until vegetables are tender. Season with salt and pepper to taste. Serve vegetables over chicken. Makes 4 servings.

Grilled Eggplant Slices

These eggplant slices will melt in your mouth.

INGREDIENTS:

- * 1 large eggplant (about 1 1/4 pounds)
- * 2 cloves garlic, minced
- * 3 tablespoons extra virgin olive oil
- * 1/4 teaspoon sea salt
- * 3 tablespoons balsamic vinegar
- * Freshly grated black pepper

PREPARATION:

Preheat a gas grill to high. Slice eggplant 1/3 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt, and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

Calories: 87; Fat: 7g; Carbohydrate: 7g; Protein: 1g

Grilled Salmon Pepper Steaks

INGREDIENTS:

- * 6 (6-ounce) salmon steaks
- * 1/4 teaspoon salt
- * 2/3 cup rice vinegar
- * 1/8 teaspoon pepper
- * 2 tablespoons fresh lemon juice
- * 4 garlic cloves, minced
- * 2 tablespoons Dijon mustard
- * Olive oil
- * 1 tablespoon dark sesame oil
- * 1/4 teaspoon arrowroot

PREPARATION:

Sprinkle cracked pepper evenly over both sides of each salmon steak, and place steaks in a 13 x 9-inch baking dish. Combine vinegar and next 6 ingredients (vinegar through garlic) in a small bowl; stir well. Pour vinegar mixture over steaks; cover and marinate in refrigerator 1 hour, turning steaks occasionally.

Prepare grill. Remove steaks from dish, reserving marinade. Place steaks on grill rack coated with olive oil, and grill 5 minutes on each side, basting frequently with half of reserved marinade. Combine remaining half of marinade and arrowroot in a small saucepan; bring to a boil and cook 1-minute or until thickened, stirring constantly with a wire whisk. Spoon about 1-tablespoon sauce over each steak. Makes 6 servings.

Calories 280 (48% from fat); fat 14.9g; protein 30.6g; carb 3.8g

Blackened Ahi Tuna

Make sure you buy the freshest possible sashimi grade tuna, and serve it rare or medium rare for the best flavor. Sear the fish in a cast-iron skillet, so that it is cooked on the outside, but still pink on the inside.

INGREDIENTS:

- * 4 7-oz center cut ahi tuna filets
- * 1/2 teaspoon fresh ginger root
- * 1/2 oz each, sea salt & garlic powder

- * 1/2 teaspoon fresh garlic, paprika, onion powder
- * 1/4 cup white wine vinegar
- * 1/4 oz each, black pepper, white pepper
- * 1 dash fresh lime juice
- * 1/8 oz each, cayenne pepper, thyme, oregano
- * 3/4 cup olive oil
- * 3 tablespoon wasabi
- * 3 fluid ounces water

PREPARATION:

Preheat cast iron skillet. Rub filets with Cajun Blackening Spice. Sear both sides (no butter or oil needed) until rare or medium/rare. Paint plate with Wasabi Vinegar. Cut filet into 2 triangular pieces; overlap.

To make Cajun Blackening Spice: Combine salt, garlic powder, paprika, onion powder, black, white and cayenne pepper, thyme and oregano. Mix well.

To make Wasabi Vinaigrette: Combine wasabi with water and put in blender. Add grated ginger, garlic, white wine vinegar and lime juice into the blender and drizzle in oil while on high speed. Adjust seasoning with salt and pepper.

Calories: 507; Fat: 23g; % fat calories: 41%; Carbohydrate: 15g; Protein: 62g

Fantastic Halibut

Absolutely delicious! Start to marinate the fish at least two hours before you plan to serve it.

INGREDIENTS:

- * 3 cloves garlic, minced
- * 1 teaspoon pepper
- * 1 tablespoon olive oil
- * 1/4 cup fresh lime juice
- * 1 1/4 cup basil, fresh, chopped
- * 1 1/2 lbs halibut fillets or steaks
- * 1 tablespoon sea salt

PREPARATION:

Combine all ingredients except for fish in a shallow dish large enough to hold the halibut. Place fish in the dish and marinate for at least two hours, turning once or twice. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness). Transfer fish to a serving dish. Heat remaining marinade in the microwave for one minute; then pour over fish. Serve while hot.

Calories: 227; Total Fat: 7g; Protein: 36g; Carbohydrate: 3g

Roasted Chicken with Herbs

So easy and so fast. Serve with a vegetable or salad.

INGREDIENTS:

- * 3 pounds broiler chicken, uncooked
- * 1 tablespoon fresh sage (or dried)
- * 3 cloves garlic, minced
- * 1/2 teaspoon sea salt
- * 1 tablespoon fresh thyme leaves (or dried)
- * 1/2 teaspoon freshly ground pepper
- * 1 tablespoon fresh rosemary leaves (or dried)

PREPARATION:

Preheat oven to 350°F (175°C). If using fresh herbs, remove leaves with stems and chop. Combine minced garlic, thyme, rosemary, sage, salt and pepper in a small bowl. Wash chicken under cold water, trim excess fat and pat dry with paper towels. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub herb mixture under loosened skin. Place chicken in a shallow roasting pan coated with olive oil. Bake for about one hour. Cover loosely with cloth and let stand for 5–10 minutes before carving. Discard skin, carve and serve.

Calories: 337; Total Fat: 23g; Protein: 29g; Carbohydrate: 1g

Simply Grilled Salmon Steaks

So easy and so fast. Serve with a vegetable or salad.

INGREDIENTS:

- * Salmon Steaks
- * 1 tablespoon Melted butter (or ghee)
- * 1 tablespoon Maple syrup

PREPARATION:

Prepare grill, medium high heat. Mesquite briquettes are nice for this recipe. Clean and dry salmon. Melt about a tablespoon of butter and add in an equal amount of maple syrup. Brush one side of salmon with this glaze and place on grill, glazed side down. Brush other side and flip once they are nicely charred. Cook until they flake easily with a fork but are still quite moist. A good accompaniment is sliced, glazed, grilled pineapple (cooked in the same way).

PRODUCT INFORMATION

SP Complete -2scoops twice per day. A micro / macro nutrient balanced whole food and botanical supplement providing 10 gms of protein from high quality non-denatured whey protein, *for superior bioavailability and preservation of immune enhancing immunoglobulins.*

- Flax Meal Powder
- Brown Rice Protein Powder
- Brussels Sprout and Kale Powder
- 24% Ginkgosides/6% **Terpene Lactones Ginkgo Biloba extract**
- **Masquelier's OPC grape seed extract**
- **Green Tea leaf powder and Green Tea Extract**
- **Red wine Extract**
- **Bilberry Extract**

GastroFiber -3 capsules three times per day.

- Provides Additional Fiber To The Diet And Offer Digestive System Support.
- Psyllium
- *Motility, hypercholesterolemia*
- Apple Pectin
- *Motility, Provides Malic acid and bioflavonoids*
- Collinsonia and *Bioflavonoids for venous integrity*
- Fenugreek Seed
- *Glucose regulation, hyperlipidemia*
- Fennel Seed
- Aromatic and carminative properties, Fennel fruit is chiefly used *medicinally* with purgatives to allay their tendency to griping

• **SP Cleanse** -7 capsules three times per day. (You will complete this bottle in 7 days.)

A blend of over 20 different whole foods and botanicals

- **Juniper**
 - *Cholagogue and Cholaretic activity,*
 - *increases urine clearance w/o affecting electrolyte balance,*
 - *increases hepatic microcirculation,*
 - *hepatoprotective,*
 - *Diaphoretic,*
 - *increases glucose homeostasis,*
 - *Natural Ca channel regulator,*
 - *antifungal, antibacterial and antiparasitic*
- **Red clover**
 - *Chemoprotective,*
 - *Phase II hepatic function (quinone reductase),*
 - *decreases lipid peroxidation, hyperlipidemia and hypercholesterolemia*
 - **Burdock Root**
 - *hepatoprotective,*
 - *free radical scavenging,*
 - *Antibacterial*
 - *anti mutagenic*
 - *Blood purifier*
- **Barley grass, Buckwheat and Alfalfa**

- *Non specific CYP 450 regulation,*
 - *inhibits lipid peroxidation,*
 - *anti-atherosclerotic,*
 - *chemo protective,*
 - *cholagogue and cholaretic effect.*
- **Spanish Black Radish**
 - *Supports phase II methylation and sulfation pathways*
 - **Choline & Inositol**
 - *Supports phase II function and hepatobiliary function*
- **Red Beet Root**
 - *Supports phase II methylation and sulfation, supports proper bile flow*
- **Celandine**
 - *Cholaretic*
- **Silymarin**
 - *Hepatoprotective and Phase I support*
- **Tillandsia powder**
 - *Phase II & antioxidant support*
- **Oregon Grape Root**
 - *Tonic and alterative, recommended in psoriasis, syphilis and impure blood-conditions, dyspepsia, constipation and chronic mucous complaints. It improves digestion and absorption.*
- **Cayenne Pepper powder**
 - *Chemo protective, phase I modulation, hepatoprotective, intermediate metabolite antioxidant activity, lipid metabolism*

Carrot ,Broccoli and Kale Powder

- *Phase I & II support,*
- *increases GSH,*
- *modulates estrogen metabolism,*

Fenugreek

- *Hypoglycemic,*
- *Cholesterol regulation*

Oregon Grape Root

Tonic and alterative, recommended in psoriasis, syphilis and impure blood-conditions, dyspepsia, constipation and chronic mucous complaints. It improves digestion and absorption

SP Green Food—on day 8 -7 capsules per day

- Five organically grown whole food concentrates:
- **Brussels sprouts, kale, alfalfa, buckwheat, and barley grass.**

In addition to their natural bioavailability, these foods contain vitamins, minerals, and other unknown synergistic cofactors. Brussels sprouts and kale help maintain cellular health by supplying nutrients that work to detoxify the liver.

The phytonutrients in these two green vegetables help protect many of our major organs. Nutrients found in Brussels sprouts and kale promotes enzymatic activity required to help detoxify the liver. They also stimulate the natural process designed to clear damaged cells from the body.