



WINTER CLEAN EATING Program Guide

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WELCOME TO THE
- JOURNEY -

What is... Bio-Individuality?

Dear Healthy Warrior,

Welcome to Eat to Nourish, winter clean eating program designed to help you restore digestive health, decrease inflammation and toxicity, and lose weight.

I want to welcome you with open arms. I am so excited that you have taken such a huge step towards taking care of your life—both body and mind. You will learn how to kick cravings to the curb, discover new energizing foods, and finally say goodbye to inflammation as you find your body's own unique blueprint for optimal health.

Eat to Nourish is a one-way ticket away from ever buying another diet book, listening to Dr. Oz swear that “this food is the super food of the century,” or feeling utterly lost about what you should and shouldn’t be eating. We live in a world with so much information at our fingertips, yet many of us still feel confused. I’m going to help you out of that confusion by clearing up, once and for all, the answer to the question, “What is a healthy food?” Consider me your cheerleader. I am here to walk you, step by step, through this entire experience.

My philosophy is based on bio-individuality. This is the concept that no one diet works for everyone. My life changed when I began to understand what the best food choices are for my unique body, and your life can change in the same amazing way.

In your program guide, you’ll see the words “elimination,” “detox,” “cleanse,” and “clean eating,” all of which have one common goal: to decrease inflammation and rid the body of toxicity so you can perform like a machine. The body wants to be in perfect balance. Together, we are going to bring your body back into a balanced state with this safe, effective, and whole-foods-based program. The recipes follow the principles of an elimination diet. We will begin by eliminating foods that may be wreaking havoc on our bodies and learn to nourish ourselves for ultimate health and disease prevention.

“There’s no one-size-fits-all diet. Each person is a unique individual with highly individualized nutritional requirements. Personal differences in anatomy, metabolism, body composition, and cell structure all influence your overall health and the foods that make you feel your best. That’s why no single way of eating works for everyone. The food that is perfect for your unique body, age, and lifestyle may make another person gain weight and feel lethargic.”

Ultimately, one person’s food may be another person’s poison, and that is why fad diets don’t work in the long run. You need to find the diet that works for you and your needs. People are different, and getting to know your own body is an essential step in staying healthy! ~ Institute for Integrative Nutrition

Eat to Nourish is your day-by-day and play-by-play guide to a healthier you in as little as 15 days. It is designed to guide you to listen to your body and stay in each phase for as long as it feels comfortable.

The Program...

The program is broken down into three phases:

- **PHASE 1:** the preparation phase (4 days or longer) will ease you from your old eating habits into detoxing, minimizing withdrawal symptoms.
- **PHASE 2:** the elimination phase (7 days) is designed to unclog the pipes, renew your metabolism, and revitalize your body.
- **PHASE 3:** the transition phase (4 days or longer) will help to transition you back from detoxing to eating "normally," except that what you consider normal will have completely changed!

You have here information, tools, and recipes that can change your life. Are you ready?

Step #1 - Read the program materials. Please begin by reading through the Program Guide. Here you will learn why detoxing is essential for your health. I have included information learned from my studies with pioneers in the industry and from working with my clients as a health coach. I address frequently asked questions, specificities surrounding clean eating in the winter, the importance of the gut to overall health, and suggestions to aid the cleansing process.

Step #2 - Review the preparation portion of the program and make a shopping list if you need to make any substitutions to your usual way of eating (decaffeinated tea instead of your usual coffee drink, honey to replace sugar, etc.)

Step #3 - Read the 11-Day Suggested Meals. These Suggested Meals begin in phase 2. Please review your recipes for the 11 days and look at the Shopping List that's been provided. Understanding and knowing what to shop for and how you'll be eating is essential so you can begin to plan and prepare for your success.

Step #4 - Read your Success Kit. This is a success kit I created, giving you valuable tools for de-stressing your body, ridding yourself of emotional toxins, and tracking your success during the program. I encourage you to buy a journal and do the homework in this success kit. You can look at this kit for inspiration and to determine your Power Questions —the whys of your commitment to this program.

Step #5 - Read the "To Grain or Not to Grain" handout. It is up to you to decide whether to go grain- and bean-free during this program. For many people, grains and beans can cause bloating and excess inflammation. If you decide to include these in the program, follow the simple instructions for soaking grains or beans.

Step #6 - Begin using the Blank Meal Planner and the Food Diary. Tracking your food and your reactions to food, even during the pre-detox phase, is essential to the success of your program. We will determine your personal healthy blueprint at the end of the detox by reviewing the contents of your Food Diary.

Step #7 – Fill out your Pre-Program Questionnaire. This will help you get clear about the level of toxicity in your body as you begin this program.

Real Change Happens... -When We Have Support

I will be guiding you through this program with daily email support. This will include tips and suggestions to promote your success every day throughout the different phases of the program. I am excited and honored to be a part of this journey with you.

Commit to this program and to your own personal success. You are worth it!

Please visit my website at www.LynneDorner.com

In health and happiness...

Lynne Dorner

Why...?

WILD ROSE COLLEGE OF NATURAL HEALING DEFINES DETOXING AS "CLEARING OUT TOXINS AND DEBRIS IN YOUR BODY THAT MAY BE STOPPING YOU FROM HAVING VITALITY."

Over the past few decades the word "detox" has become very popular, but the principles of letting the digestive system rest in order to allow the body's natural cleansing processes to function better have been around for centuries. Our bodies are fine-tuned machines. When we are eating the right foods, exercising, and feeling calm, our bodies can be in harmonious balance and run optimally.

Many people are aware of the benefits of detoxing and are curious about it, but they feel nervous, overwhelmed, or do not know where to start. Eat to Nourish is very easy to follow, no matter your lifestyle, food preferences, or health goals. There are many different ways to detox, and not all of them leave you hungry or running to the bathroom all day!

This program is based on eating whole foods in season and is ideal for anyone looking to detox naturally in a safe and effective way. It is loaded with healthy meals, which include an animal- or plant- based protein to ensure you are getting key nutritional building blocks to nourish your body. By following this simple program, you are supporting your body's enzyme function, increasing healthy oxygen levels in your blood, and regenerating your cells, tissues, and your organs. Eliminating toxins will make the machine run better, promoting weight-loss and increased energy levels

One Simple Reason...

I created this program for one simple reason: to leave you feeling revitalized after following a proven elimination diet. An elimination diet starts by taking away the foods that may be harming your system. Too often we eat foods that create inflammation, decreasing the effectiveness of our digestion, which in turn leads to poor assimilation of nutrients and minerals. When we eat foods that do not digest properly, it can cause gut imbalances, food allergies, and even depression. Following an elimination diet allows you to reduce or eliminate unwanted symptoms such as:

- Moodiness
- Brain fog
- Digestive issues
- Poor bowel elimination
- Toxicity
- Headaches
- Dry skin or skin problems such as eczema or acne
- Bad breath

If you experience any of these symptoms regularly, or are just hoping to feel better every day, then it's time for a simple detox. You are in the right place.

EAT TO NOURISH IS YOUR TICKET TO A VIBRANT, BALANCED, AND RADIANT NEW YOU.

What Experts Say...

Mark Hyman, MD, one of my fabulous teachers at the Institute for Integrative Nutrition and author of The Blood Sugar Solution believes in detoxing regularly to balance blood sugar and hormones, improve digestion, and restore your body's natural ability to fight off disease:

When our bodies become toxic, it means that our natural method of ushering out metabolic waste from normal human metabolism, environmental pollution, and what has become known as the Standard American Diet (or SAD) has exceeded the threshold for what the body's innate detoxification system can tolerate. With this toxic load, every system in the human body can become affected. From our head to our toes and everything in between, toxicity makes us sick!

Donna Gates, author of The Body Ecology Diet, with whom I also had the good fortune to study, believes you can restore your gut and rebuild your immune system through detoxing. Gates further argues that when the body is out of balance, not only are we physically affected, but we are emotionally affected as well:

Your body cleanses on a daily basis. It's Nature's gift to you that keeps illness away, gives you energy, and allows you to think clearly. But too many people are getting used to feeling "not so well". Too many people live with the painful effects of a toxic system and remain unbalanced in their thinking, emotions, and physical health. You certainly don't have to be one of them.

She lists the following signs that it's time to detoxify:

Cravings: It seems like everyone has cravings these days. There are emotional triggers to this, but physical cravings can come from an abundance of highly processed and concentrated foods that artificially stimulate dopamine (the pleasure neurotransmitter), which plays a role in addiction. So you will "feel good" and naturally want more of the food that is making you feel good. Adding in fermented foods can help teach your body to crave what makes you really feel well. Cravings really do disappear once you detoxify.

Food Allergies: Food allergies are often a sign that you don't have the proper beneficial microflora to absorb and assimilate the nutrients from your food. This occurs when toxins like candida yeast proliferate and cause a leaky gut.

Heart Disease: The accumulation of toxins in the body allows for increased risk of heart disease. A diet lacking in living and fermented foods can lead to malabsorption of nutrients. As a result, a domino effect of nutritional deficiencies, high cholesterol, heart attack, or even stroke can occur. Purifying the body of harmful substances is one significant way of lowering the risk of heart disease.

Adrenal Fatigue: If you are exhausted, having trouble losing weight, finding it hard to focus, or even experiencing problems in the bedroom, adrenal fatigue could be the culprit. The adrenal glands interact closely with the thyroid, liver, digestive system, brain function, and reproductive systems. When the liver and other vital cleansing organs are hindered from performing their tasks due to toxins, adrenal fatigue often results.

Mental/Emotional Instability: The hazards of allowing dangerous chemicals into the body are not limited to the physical being. Mental and emotional disorders can be caused by a toxic system, and, much like food allergies, may be corrected. Depression, anxiety, and even some eating disorders have been linked to an abundance of certain toxic substances. A build-up of harmful chemicals can block the absorption and release of beneficial chemicals, leading to an imbalance that can have negative physical, psychological, and emotional effects.

Alejandro Junger, MD, who developed the Clean Program, advocates detoxing for all his patients. Furthermore, he credits eating cleanly with transforming his own life after having suffered from IBS, depression, and fatigue:

The most common misconception about detoxes is that they are just a fad, that they are not useful, and that they are even dangerous. Many people have the idea that 'detoxing' is something new that we are 'doing' to our bodies, when, in fact, the processes of detoxification are ongoing constantly since our birth, and should they stop for a minute, life would not be possible.

A 'detox' program is a period of time during which one eats in a certain way and does specific things in order to create the best conditions for the body to be able to do its work of detoxification most effectively

Terminology

I've seen many clients confused about certain terms, so I'd like to define them here.

What is the difference between a cleanse and a detox?

A detox and a cleanse both focus on bringing your body into perfect balance, or homeostasis, where the organs self-regulate to keep the body's internal environment stable.

A detox focuses on releasing toxicity from metals, chemicals found in cleaning products, cigarette smoke, food and drink, etc., from the body—and sometimes from specific organs and/or the blood stream.

A cleanse focuses mainly on cleansing the organs on a deeper level and removing unwanted wastes that accumulate in the colon, digestive tract, and liver that can lead to disease or gut imbalances such as candida, parasites, and unwanted pathogens.

In Eat to Nourish, we are combining the principles of both a detox and a cleanse. Often a cleanse goes deeper into the organs and can include some fasting or a liquid diet for a short amount of time, but I do not believe you need to take this approach to get results. We are ditching the fasting, the pills, and the powders and focusing instead on improving your digestion. You will only eat whole, seasonal foods that are designed to support your body's natural processes of detoxification and cleansing.

What is a toxin?

A toxin is any substance that can be harmful to the body, causing allergies, intolerances, sensitivities, bloating, digestive upset, or an overall feeling of sickness.

What is clean eating?

This is a phrase that has become very popular in the past five years. Clean eating is a way of life. By avoiding foods that are processed or refined, which may contain nitrates, chemicals, and pesticides, you reduce your exposure to free radicals that can harm your system and cause disease. By choosing ingredients in their most natural, whole state—including clean animal- or plant-based proteins—and preparing them in healthy fats, you reduce inflammation in your body, balance your pH levels, and improve vitality.

What is an elimination diet?

An elimination diet, such as this program, aims to uncover hidden food allergies and sensitivities and improve your digestion by discovering which foods are right for your body.

Elizabeth Lipski, PhD, author of Digestive Wellness and another of my teachers, defines it as follows:

An Elimination Diet is a dietary program designed to clear the body of foods and chemicals to which you may be allergic or sensitive. The main rationale behind the diet is that these modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover, and begin to function efficiently again. The dietary changes help the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol, or cigarette smoking. It also helps reduce inflammation throughout your body.

This is called an "Elimination Diet" because you remove certain foods and food categories from your diet. Make sure to read all labels carefully to find hidden allergens. Eat a wide variety of foods and do not try to restrict your calorie intake. There are no magical answers here; this is a journey of self-exploration and discovery.

Why a Winter Program ?

Hippocrates, in teaching the doctors of his day, said, “Consider the seasons of the year and what each of them produces.”

I hope what you have read so far has convinced you that it is important to detox or cleanse your body regularly. Wild Rose College of Natural Healing suggests detoxing four times a year to improve digestion and support overall health. Detoxing prepares your body for the next season, which is essential for optimal health and vitality. It improves your immune function, keeping the common cold at bay, which is an added benefit in the winter.

In the winter, we detox differently than at other times of the year, aiming to nourish and strengthen the body. Some animals hibernate, and we humans have a similar instinct to slow down. No matter where you live and what the climate is like in the winter, our bodies and minds naturally go inward this season. It is a time to allow for stillness and to just be.

Each season's detox and reasons for clean eating all year round support a different organ, emotion, and way to cleanse the body. For the winter season, in Chinese medicine we will pay close attention to organs within our bodies that are said to give us energy, life, and vitality, which are the kidneys and adrenal glands. The element associated with these organs is water, and by eating seasonally and honoring the seasonal elements, we intuitively bring our bodies back into balance.

According to Chinese medicine, the kidneys are your energy source, and the following symptoms are associated with weak kidney function:

- Low back pain
- Fatigue
- The afternoon 4 pm crash
- Cold hands and feet
- Poor circulation
- Thyroid dysfunction
- Hormonal imbalances
- Low sex drive
- Digestive disorders
- Sleep problems- especially if you wake at 4 am

If you suffer from any of these symptoms, I suggest you bring in more foods that nourish the kidneys and bladder this season. By eating the foods in this program, you will strengthen and support your vital energy force. The exercises you will be doing in your Success Kit will nourish the water element by releasing the emotions that are related to the kidneys: fear and anxiety. When we release fear, we step into power, strengthening our vital Qi, or life force. You can think of your kidneys as your engine tank. Every car needs a well-functioning engine to run efficiently.

As you nourish your kidneys, you will see changes such as:

- Your anxiety will lessen or disappear
- Your hair will shine
- Your nails will strengthen
- If you suffer from anemia, your iron count will improve
- Bags under your eyes will diminish or disappear
- Urinary tract problems will improve or go away
- Lower back pain will lessen or subside
- Your sleep will improve
- Your cravings will subside

During this experience, it is also important to be aware of the foods you are eating that may be weakening your adrenal glands, such as coffee, processed foods, sugar, white flour, dairy, and gluten. Stress also negatively affects the adrenals, so think about other areas of your life that might be causing stress or disharmony. The exercises in the Success Kit will help you discover and address these areas of tension, preparing you for a season of health and happiness.

Nourishing the Gut

We are going to talk a lot about digestion throughout this program, because healthy digestion is paramount for optimal nutrient assimilation and immune function, unlimited energy, and healthy serotonin production.

Hippocrates said it best: "All disease begins in the gut."

Important Facts:

80% of your immune system is located in your digestive system.

95% of your serotonin is manufactured in your digestive system.

The gateway to your health is your digestion. Your digestive tract starts in the mouth and ends at the anus. Many people suffer from digestive upset somewhere along the tract, whether it is acid reflux, indigestion, constipation, diarrhea, or stomach cramps.

Leading causes of dysbiosis (bacterial imbalance) in the gut include:

- A diet high in sugar
- A diet high in processed foods
- A diet low in minerals and healthy fats such as EFAs
- Toxicity in the foods you eat
- Years of taking antibiotics or birth control
- Eating foods that inflame the body

Why should I take probiotics?

There are between 500 and 1000 different microbials that live in the gut, some of which are healthy, while others are harmful. Taking care of your digestive system by increasing the amount of friendly gut bacteria supports a healthy immune system, metabolism, and brain function.

Sometimes digestive imbalances lead to leaky gut, a syndrome that occurs when your intestinal lining has been damaged, leading to inflammation throughout the body and possibly developing additional food sensitivities.

So what can be done? I recommend taking a whole food probiotic such as Primal Defense Ultra or another high-quality brand. You will find many probiotics on the store shelves, but they are not all created equal. What you're looking for when choosing a probiotic is one that is not killed by your stomach acid. The flora MUST remain viable until they reach the large intestine.

In addition to a good supplement, I encourage you to consume all-natural probiotics in a whole food state. You can find live bacteria in the following foods:

- Coconut milk kefir: homemade Kefir has 65+ strains of good bacteria.
- Cultured vegetables such as kimchi or sauerkraut.
- Coconut water kefir, such as Inner-Eco brand, available in the refrigerated section in Whole Foods or other health food stores. You can also make this fabulous drink at home.
- Water kefir has about 30 different beneficial microbial strains.
- Commercial store-bought kefir has about 10 different beneficial microbial strains, more than most bottled, store-bought probiotics.

Preparing for Your Program

Stress is a leading cause of digestive imbalances. An optimal digestive system must have a balance of 85% good bacteria to 15% bad bacteria. If this balance is disrupted, the whole body gets inflamed. Take some time every day to work on de-stressing your life by doing the following:

- Deep breathing
- Rebounding
- Taking a walk outside
- Meditation
- Sit down to eat and chew well rather than eating on the go
- Being present to the moment

Most people cannot move to a mountaintop or quit their jobs, but we can take care of the most important part of our bodies: our digestive system. When your body is in balance, you will enjoy the following benefit

- Lose weight effortlessly
- Sleep like a baby
- Have glowing skin and shiny hair
- Balance your hormones
- Reduce stomach bloat
- Have proper bowel elimination
- Reduce inflammation and joint pain
- Have more energy

So "get cultured" by adding a high-quality probiotic and cultured foods to your diet, and watch your body transform!

Preparing for Your Program... In a Safe Way

Following my suggestions for the preparation phase is very important to help reduce unpleasant side effects during the elimination part of the program. This is your opportunity to begin the process gently and introduce some new foods to your body that will support you in a safe and effective way.

I encourage you to look at the 11-Day Meal Plan. If you have detoxed or cleansed before or have already embarked on a clean eating program and you would like to juice, please refer to your Recipe Guide for a list of juices.

If you have been consuming a lot of processed foods, breads, crackers, and dairy products and feel that going grain-free or bean-free is too difficult, please look at the "To Grain or Not to Grain" handout.

This program is based on whole foods. Remember that everyone gets clean in a different way; if you feel uncomfortable at any point, then please look at your daily program tips to reduce any unpleasant symptoms.

Foods To Avoid

Begin reducing and eliminating these foods during your preparation phase. None of these foods are allowed during the 7-day detox phase that follows.

- Caffeine – Caffeine withdrawal, often manifesting as headaches, is a common side effect of detoxing. If you drink caffeinated beverages, slowly reduce your consumption by $\frac{1}{4}$ cup every day. If you want to continue to drink coffee during the elimination phase, keep it down to one cup of organic coffee each morning.

You may also want to try switching to a coffee replacement such as a dandelion herbal beverage (Dandy Blend <https://www.dandyblend.com>) or to a decaffeinated green tea.

- Sugar – eliminate white sugar and replace with maple syrup or raw honey
- Alcohol
- Gluten
- Grains, unless you opt for this not to be a grain-free detox
- Dairy products
- Nuts, except almond milk, as it is easy to digest
- Soy products, except miso paste, tempeh, wheat-free tamari
- Corn
- Beans – you may consume mung, lentil, and adzuki beans during the detox phase, as they are easier to digest. (Please note that this detox is bean-free, but these are the three allowed beans if you are vegetarian and need more protein.)

Eggs are allowed during the preparation phase but are not allowed in the elimination phase.

Please note that beans are included in the program for those who are vegan or vegetarian. I recommend soaking beans overnight in water with 2 tablespoons of raw apple cider vinegar to make them easier to digest. After soaking, rinse the beans with water 3-4 times. Then cook as directed.

Super Food for Super Health

Many programs suggest extra supplements, and by all means you can take supplements to enhance your program, but one secret you will learn during this program is that you can naturally detox with whole foods and have a life-changing transformation.

Although I don't necessarily recommend taking supplements during the program besides your high-quality probiotic, I do encourage you to experiment with new, healthy foods you may not have tried before. You may find some ingredients that are new to you in the recipes, or you may have heard about some of the superfoods below and been curious about their health benefits.

Raw apple cider vinegar – Raw apple cider vinegar improves digestion, restores your body's natural pH, and decreases inflammation. Consuming raw apple cider vinegar will increase your energy and improve liver function. It contains potassium, pectin, malic acid, and calcium, and it is fabulous as a healthy elixir. Even though this is vinegar, it is not pasteurized, so it contains raw enzymes and gut-friendly bacteria that are good for your body.

Raw cacao – We could talk for hours about the benefits of raw cacao on an antioxidant level. Raw cacao is very high in magnesium, is loaded with fiber, and is a great source of natural iron.

Flax seeds – Flax seeds are high in omega-3 fatty acids and rich in alpha linolenic acid (ALA). They also supply other nutrients such as manganese and magnesium and contain a lot of fiber (great for constipation issues).

Chia seeds – Loaded with omega-3 fatty acids, plus manganese, calcium, and phosphorus. Just one ounce of chia seeds contains 11 grams of fiber, so they are wonderful for relieving constipation and improving heart health.

Hemp seeds – Hemp seeds contain all the omega fatty acids you need for a healthy body: 3, 6, and 9. You only need 1 tablespoon per day to get your whole foods daily dose of omegas. Plus, they are high in protein.

Sea vegetables – Sea vegetables are rich in minerals and trace elements, including calcium, magnesium, iron, potassium, iodine, manganese, and chromium. They are also a natural way to support the adrenals and the thyroid. I recommend the east coast brands.

To Juice... or Not To Juice!

You will see lots of juicing and smoothie recipes in your recipe guide.

I encourage you to try juicing, as it is a great way to take the pressure off your digestive system. Juicing will support your body to heal at a deeper level. If you have never juiced before and you want to try it, start with 4 ounces of juice. You can add cinnamon or cayenne if your body tends to be cold and to aid in digestion. Juicing allows you to get immediate access to vitamins and minerals, which means more energy.

If you have been juicing for a while or you consume at least one juice a day already, then feel free to juice exclusively for one day of the detox and in between juices take 1 tablespoon of coconut oil for extra energy.

Another option is to juice for your morning breakfast instead of having a smoothie or have a juice for your evening dessert. This is a great gift you can give your body in the evening.

Support Tools

People embarking on this program for the first time are often nervous, not knowing what to expect. Some people experience no symptoms at all when cleansing, while others may experience a few side effects. If you experience any symptoms in the first few days, remember that these unpleasant feelings are actually a good thing. They mean you are letting go of the junk! This is your body's way of re-establishing balance.

Respecting the preparation guidelines and using some of the tools listed below will help reduce any discomfort. And remember that the symptoms, if you have them at all, will pass within a few days. This is a great sign that you are healing your body. Stick with it, and I promise you will feel better than before the program!

Common side effects during the beginning of a detox include:

- Headaches
- Fatigue
- Achiness
- Constipation / Diarrhea
- Bloating
- Skin breakouts
- Dry skin or dry mouth

To prevent or reduce unwanted symptoms, it is imperative you keep hydrated and use 1–3 of the other tools below each day during the program.

Hydrate

Water helps flush the toxins out of your body. Your goal is to drink $\frac{1}{2}$ your weight in ounces of water every day. In other words, if you weigh 140 lbs, you would want to consume 70 ounces of water per day. Drinking adequate amounts of water will help prevent headaches and joint aches as your body is releasing toxins. Please don't skip this step!

Dry skin brushing

This can be done before a shower or bath or before bed to release toxicity. Skin brushing improves the circulation and supports the liver. Use a loofah, hot towel, or skin brush on dry skin. Work on one section of the body at a time, making very light circular strokes, working your way up towards your heart.

Nourish your skin

Ditch the toxic, store-bought night moisturizer. Use the "all natural" moisturizer: aloe vera oil. This can also be used for any burns, cuts, or acne, as this oil is anti-viral, anti-fungal, and anti-bacterial.

Sweat and exercise

Commit to at least 15 minutes a day to exercise, sweat, get the blood moving, and purge the toxins. Try brisk walking, rebounding, jogging, cycling, or swimming. You can also sweat in a sauna, steam room, or a hot bath. Sweating releases toxins from the body, and regular exercise is essential for a healthy metabolism.

Tongue scraping

This supports liver detoxification by removing unwanted bacteria from the mouth, thereby supporting digestion.

Epsom salt baths

Try an Epsom salt bath. Add $\frac{1}{2}$ cup of Epsom salt, $\frac{1}{2}$ cup baking soda, and a few drops of lavender oil to a warm bath and soak for 30 minutes. Epsom salt relaxes the body, detoxifies the liver, and provides your body with the essential mineral magnesium, which is necessary for optimal relaxation, digestion and health.

Castor oil packs

This is a natural and inexpensive way to rid the organs of toxicity.

Making the Pack

Take an old shirt and cut it into 12 x 18 inches in size and fold it into 3 thicknesses. You want it to be about the same size as the heating pad you will be using so that the pad heats the entire pack but does not touch your skin. Put the shirt in a pan, such as a large disposable baking pan, and pour in enough castor oil to cover. Let sit until the wool is well saturated. Note that after each use you will probably need to add a little more castor oil. You can reuse the pack many times. When not in use, store your pack in a plastic bag in the refrigerator.

Using Guidelines

Use the pack in the evening before bed. Spread out a large plastic garbage bag on the bed so that the castor oil will not leak onto your bed. Fold a towel (dedicate an old towel for this use, as the oil is almost impossible to wash out completely) and place on the garbage bag. Take the cloth cover off of a heating pad and place the heating pad on top of the towel. It is important to heat the pack before you put it on your body. You may either heat it in the oven on a low temperature setting for about 15 minutes, heat it in a microwave oven (in a microwave-safe container) for about one minute, or you can simply put the pack on top of the heating pad and turn the pad on high. Then just let it warm up for a few minutes.

Lie down on your back on the plastic bag. Place the pack on your abdomen with the heating pad on top and the towel on top of that. The pack should on the right side of your body, extending from a little bit above the bottom of your sternum (breastbone) to about 4 inches below your navel. The pack should wrap around the body on the right side, from the navel as far to the side as you can get it. Keep the pack on for 1 to 1 ½ hours. Use the pack for 3 days in a row. Then, take a break for 4 days and repeat.

Let's DO THIS !

In conclusion, Eat to Nourish aims to:

- Improve your digestion
- Rev up your metabolism
- Decrease inflammation and uncover hidden food sensitivities

When you achieve these three goals, you will lose weight with ease, improve your immune system, and feel more alive, recharged, and ready to take on the world!

You will feel supported while you embark on this experience. During this Winter Program, you will be guided step-by-step every day with chunks of information. You are provided with an 11-Day Meal Plan, extra recipes, shopping lists, food diaries, and a success kit loaded with tools such as journaling and visualization exercises.

I will teach you the tools you will need for long-term success in reaching your health goals. You will learn the exact steps you need to take to plan meals and eat foods that fuel your body. We will determine your own "healthy blueprint," and you will understand how to get in tune with your body if you feel a sensitivity or reaction to a particular food. You will finally be able to eliminate foods that are causing weight gain, bloat, and disharmony in your body, not to mention affecting your mood, and replace them with the right foods for your unique body.

During this program, you will create a new relationship with food. I will help you to let go of foods that you may crave or may be emotionally attached to but that are not good for you.

This is a journey—a journey back into your body as you embark on this whole foods program that nourishes both your body and mind. This journey starts with a step, followed by another one and another one, and I am here with you every step of the way.

Lynne Dorner, AADP, CHHC.