REAL FOOD, THRIVE ON WHAT YOU EAT

Dr. Meghan Schoening
Balanced Wellness Nutrition

OUTLINE

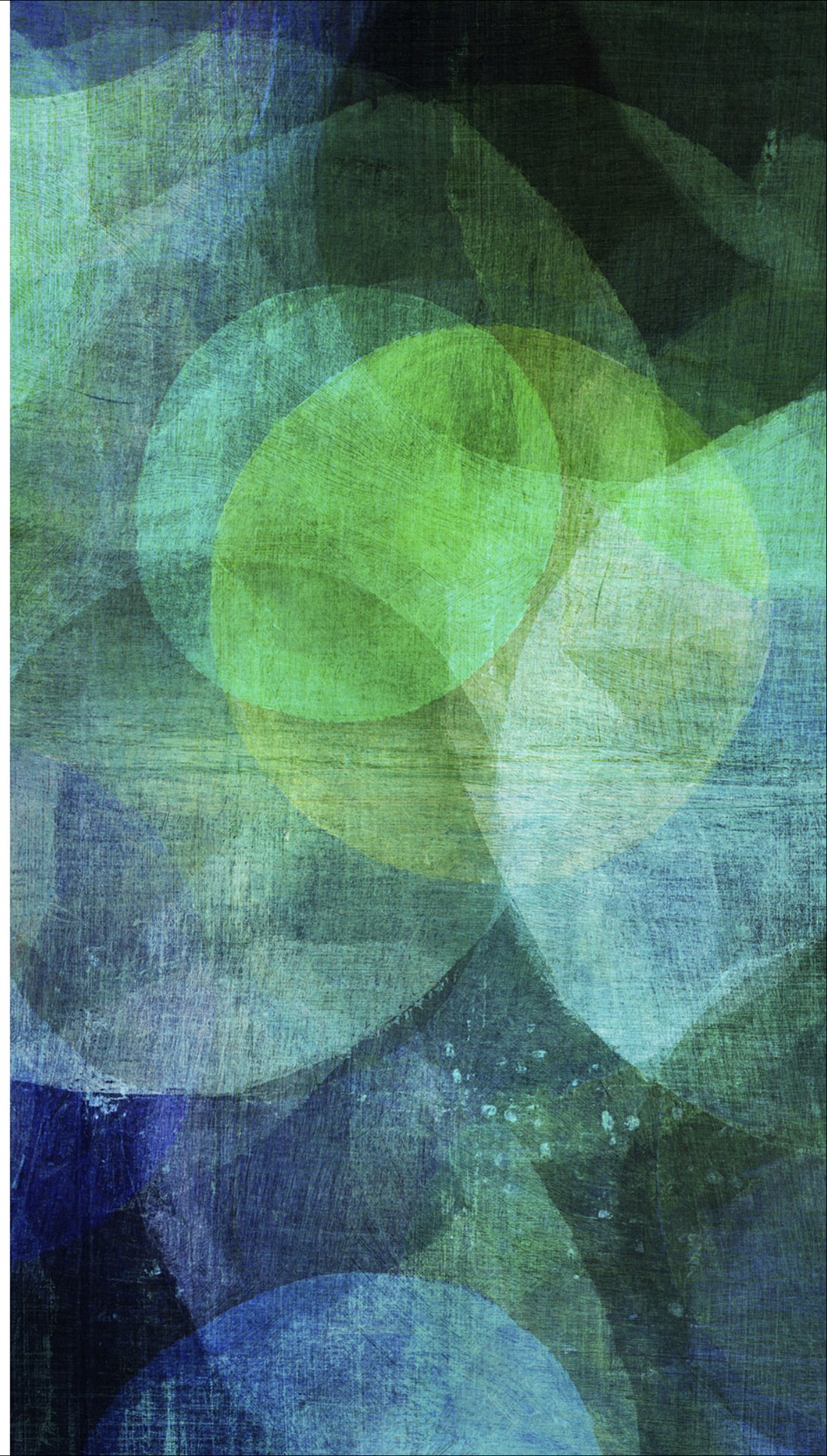
1. Why detox: Environment
   - Outline detox format - foods involved
   - How to prep

2. **Why detox: Food supply**
   - **Conquering the mental - journal, relax, stress**
   - **Discuss first week**

3. Why detox: Home Chemicals
   - Strict week
   - Detox extras: baths, sweat, brush

4. Why detox: Beauty & Fabrics/clothes
   - What to do after the detox
   - Food reintroduction

INGREDIENTS



MSG

https://www.youtube.com/watch?v=QQOPXUGPAY8

- Monosodium Glutamate is a salt of the amino acid - Glutamic Acid (glutamate). Basically one (mono) sodium atom is "stuck" to the amino acid glutamate.
- Humans have glutamate receptors on every major organ including our brains.
- MSG overstimulates our nervous system — exciting our nerves and causing an inflammatory response. With time, these repetitive inflammatory responses cause our nerves to start producing more and more nerve cells that are sensitive to this kind of stimulation. The more overly-sensitive nerve cells we have, the stronger our immediate response to MSG will be.

ALWAYS IS MSG– HAS FREE GLUTAMATE FROM FACTORY IN VARYING AMOUNTS

- Glutamic acid
- Glutamate
- Monosodium glutamate
- Monopotassium glutamate
- Calcium glutamate
- Monoammonium glutamate
- Magnesium glutamate
- Natrium glutamate
- Anything “hydrolyzed”
- Any “hydrolyzed protein”
- Calcium caseinate, Sodium caseinate
- Yeast extract, Torula yeast
- Yeast food, Yeast nutrient
- Autolyzed yeast
- Gelatin
- Textured protein
- Whey protein concentrate
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Anything “protein”
- Anything “protein fortified”
- Soy sauce
- Soy sauce extract
- Anything “enzyme modified”
- Anything containing “enzymes”
- Anything “fermented”
- Anything containing “protease”

ASPARTAME

" Aspartame is, by Far, the Most Dangerous Substance on the Market that is Added To Foods" - Dr. Mercola

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. There are over 90 documented side effects

- Stimulate your appetite
- Increase carbohydrate cravings
- Stimulate fat storage and weight gain

Studies have been published showing that saccharin and aspartame cause greater weight gain than sugar.

HIGH FRUCTOSE CORN SYRUP

- GMO corn
- Government subsidizes corn- cheaper
- Fructose is taxing on the liver
  - about 30% of americans has nafld
  - Fructose goes right to the liver and triggers lipogenesis (the production of fats like triglycerides and cholesterol) this is why it is the major cause of liver damage in this country and causes a condition called “fatty liver” which affects 70 million people.
    - Mark Hyman
- 42% of sugar added to food in the US comes from corn syrup
  - Reuters January 5, 2015
- HFCS contains contaminates including Mercury

AZODICARBONAIDE

- From foodbabe.com
- Subway is using this ingredient as a bleaching agent and dough conditioner which allows them to produce bread faster and cheaper without regard to the following health consequences and alarming facts:
- The World Health Organization (1) has linked it to respiratory issues, allergies and asthma.
- When a truck carrying azodicarbonamide overturned on a Chicago highway in 2001, it prompted city officials to issue the highest hazardous materials alert and evacuate people within a half mile radius! Many of the people on the scene complained of burning eyes and skin irritation as a result. (3)
- The U.K. Health And Safety Executive has recognized azodicarbonamide as a potential cause of asthma. (4)
- When azodicarbonamide is heated, there are studies that show it is linked to tumor development and cancer. (5)
- Not only is this ingredient banned in Europe and Australia, but you also get fined 450,000 dollars if you get caught using it in Singapore and can serve 15 years in prison (2).

TEA

- From foodbabe.com
- 91 percent of Celestial Seasonings tea tested had pesticide residues exceeding the U.S. limits.
- The FDA has already issued two warning letters to Celestial Seasonings in regard to poor quality control.
- Teavana tea was tested by an independent lab and 100 percent of it was found to contain pesticides. One tea in particular, Monkey Picked Oolong, contained 23 pesticides.

- According to the USDA's Pesticide Data Program, 37 different pesticides have been found on conventional potatoes. 7 are known or probably carcinogens, 12 are suspected hormone disruptors, 9 are neurotoxins and 6 are developmental or reproductive toxins.
- As a root vegetable, potatoes absorb all of the pesticides, herbicides, and insecticides that are sprayed above the ground and then eventually make their way into the soil.
- http://livingmaxwell.com/health-risks-conventional-potatoes

mercola.com

Brominated vegetable oil (BVO) originally patented by chemical companies as a flame retardant, is also found in citrus-flavored sodas and sport drinks from the US.

Approved for use in 1977 by the FDA, BVO has been shown to bioaccumulate in human tissue and breast milk. Animal studies have also found that it causes reproductive and behavioral problems in large doses.

Usually found in:

RISKS:

Bromine toxicity can manifest as skin rashes, acne, loss of appetite, fatigue, and cardiac arrhythmias

Linked to major organ damage, birth defects, growth problems, schizophrenia, and hearing loss

Competes with iodine for receptor sites in the body, which can lead to iodine deficiency, hypothyroidism, autoimmune disease, and cancer

WHERE IT'S BANNED:

mercola.com

somatotropin (BST), a hormone produced in cows' pituitary glands, to increase milk production.

Monsanto developed the recombinant version from genetically engineered E. coli bacteria and markets it under the brand name Posilac.

Approximately 1 in 6 US dairy cows are repeatedly injected with growth hormones.

In 1999, the UN Safety Agency ruled unanimously not to endorse or set safety standards for rBGH milk, which has effectively resulted in an international ban on US milk.

rBGH-injected cows suffer at least 16 different adverse health conditions, including very high rates of mastitis that contaminate milk with pus and antibiotics.

Usually found in:

Milk and dairy products

RISKS:

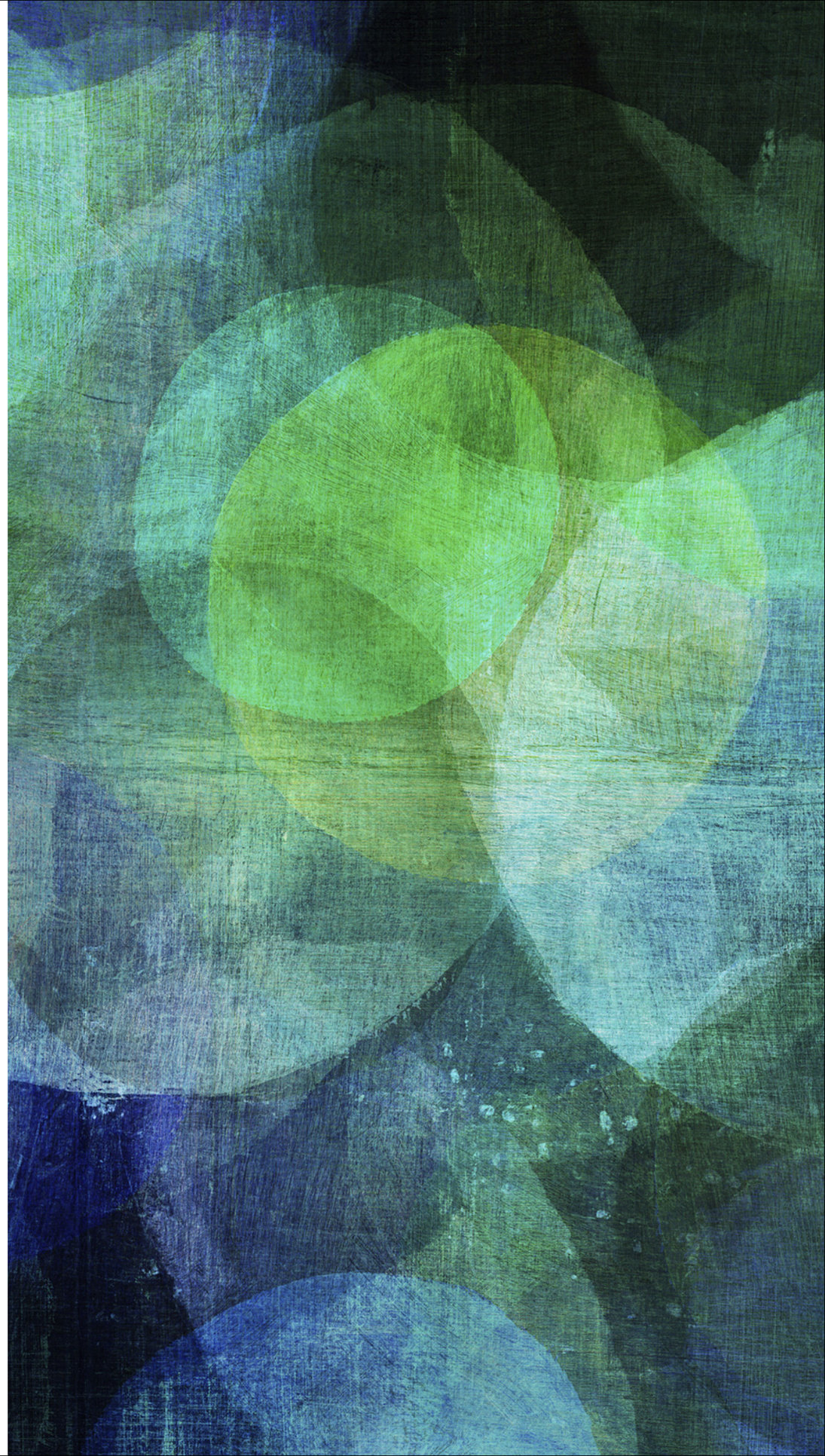
rGBH exposure can cause colorectal, prostate, and breast cancer.

WHERE IT'S BANNED:

- Australia
- New Zealand
- Israel
- European Union
- Canada

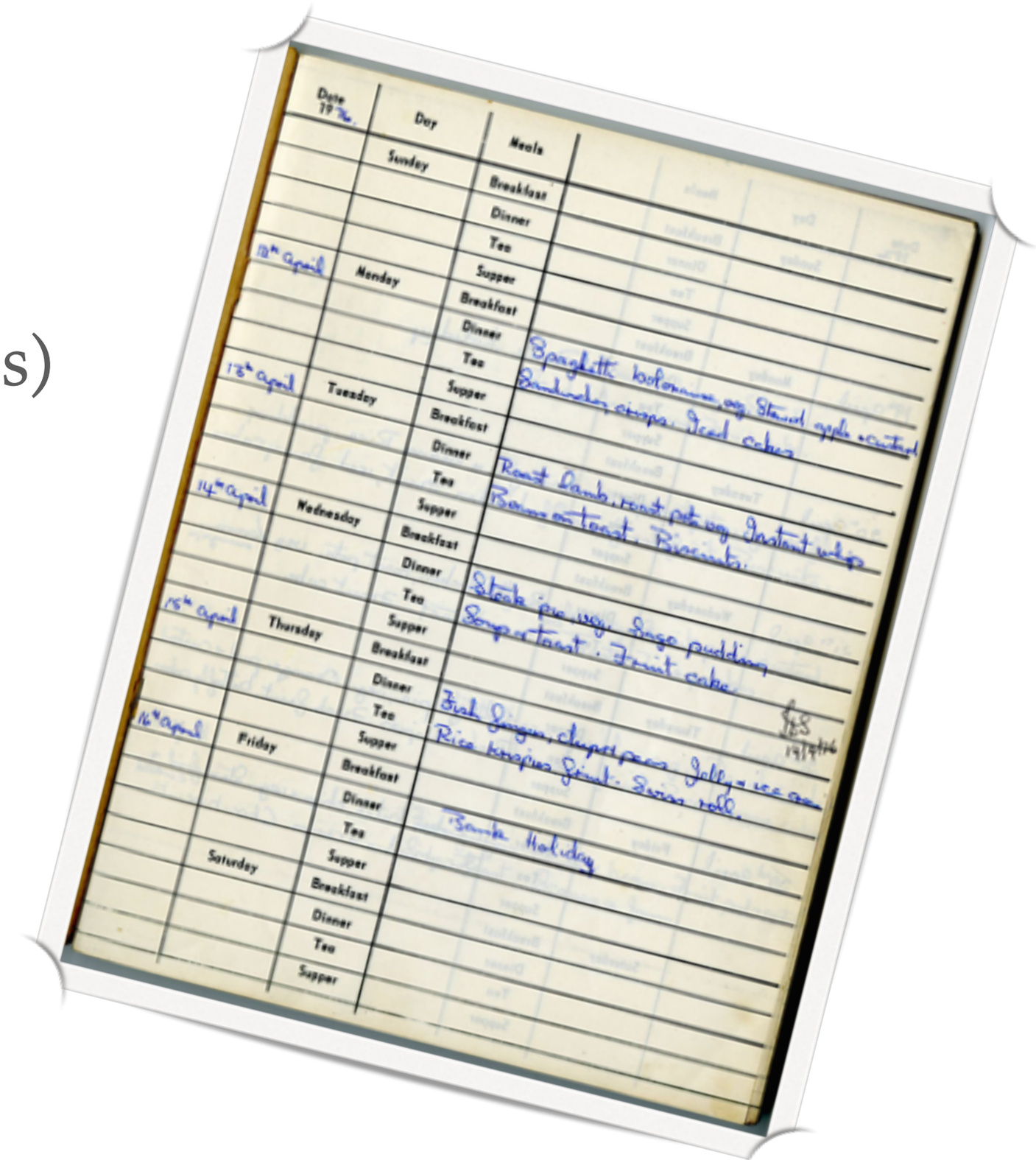
HOW-TO KEEP A DIET LOG

Discussing the metal factors of elimination diets



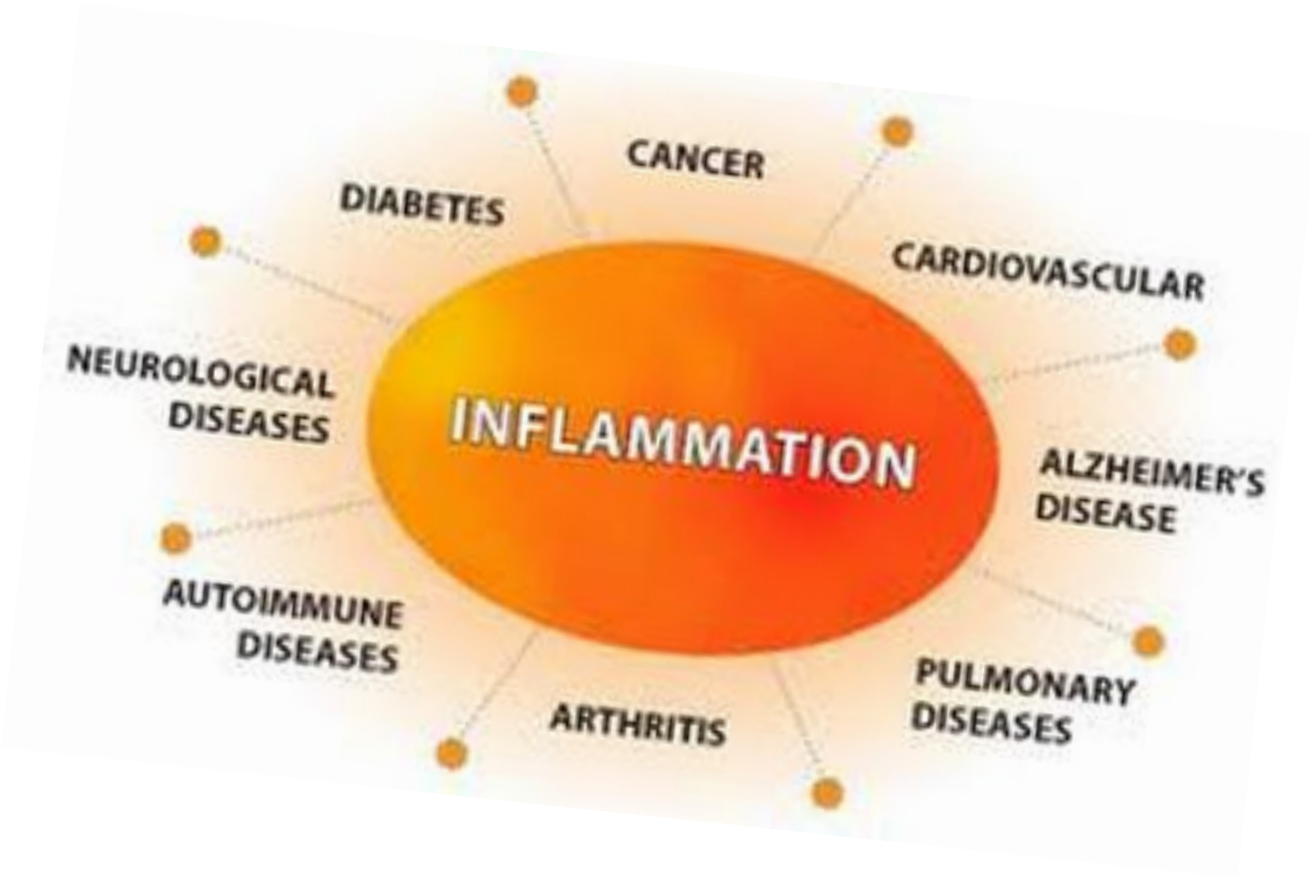
DIET DIARY/JOURNAL/LOG

- Notebook
- Computer notes
- App (mySymptoms)



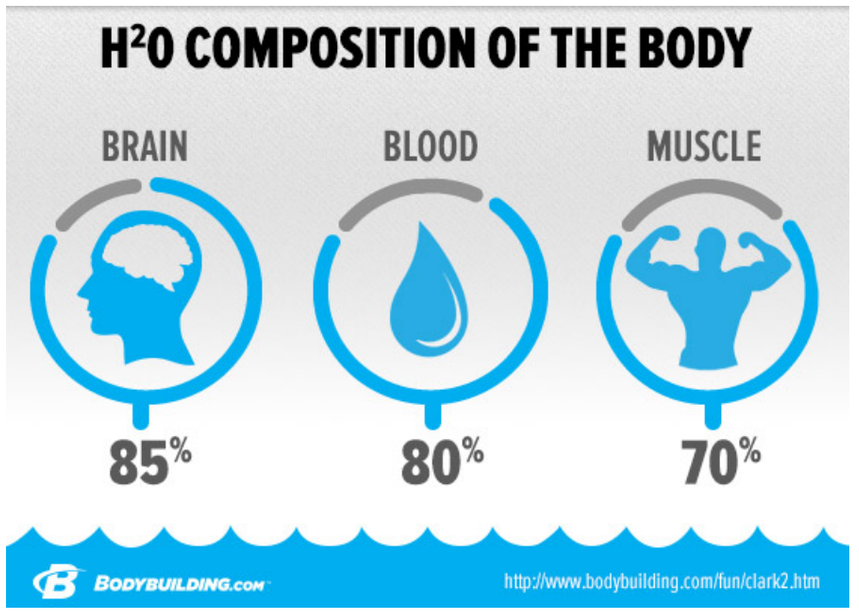
WHAT TO WRITE DOWN

- Goals
- Feelings
- Emotions
- Symptoms
- Digestion
- Positives
- Negatives
- Any break downs / road blocks
- WHY things happened



RECORDING FOOD

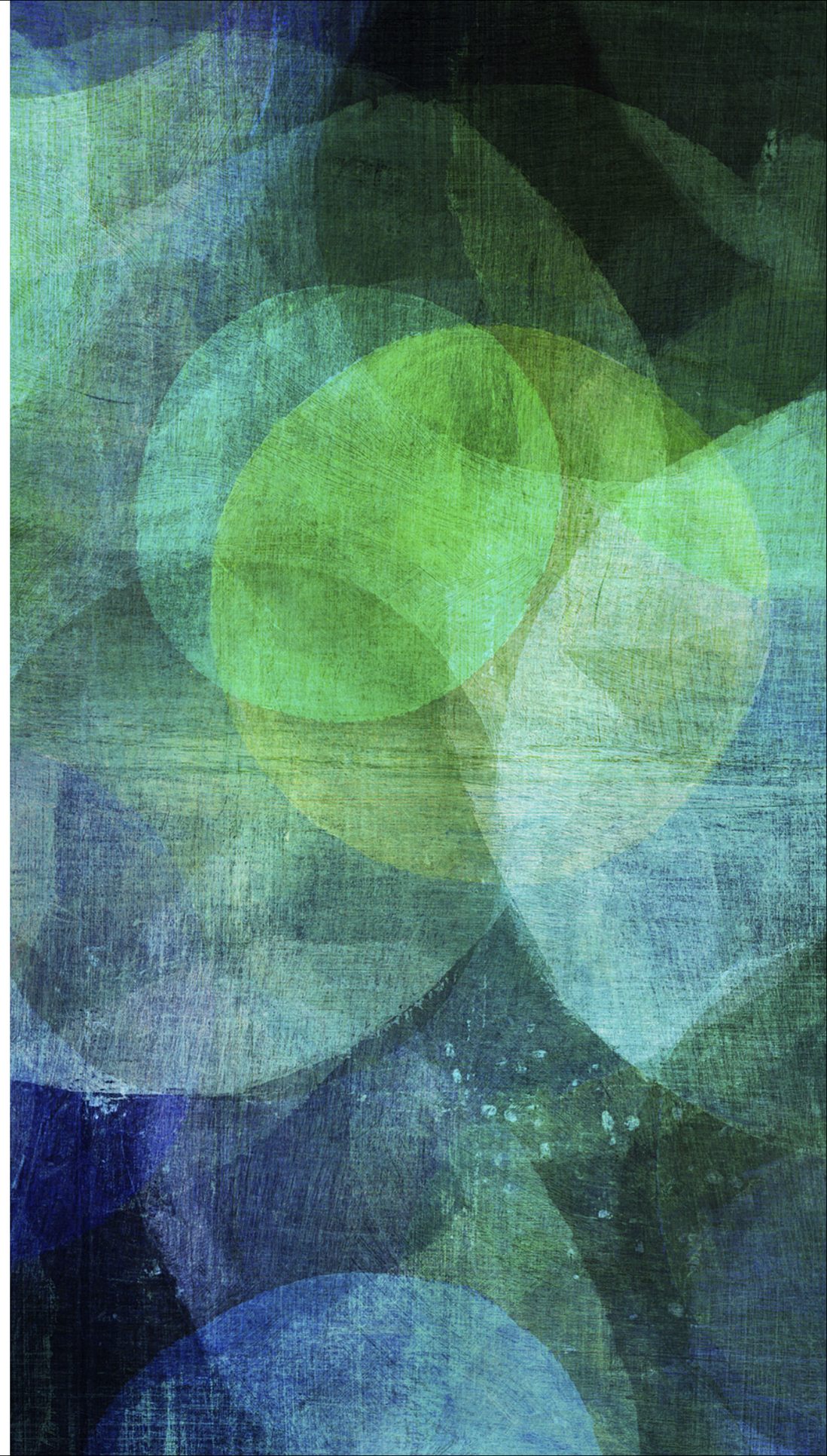
- Get use to jotting down food intake and drinks
- Update throughout day if using phone/small notebook
- Don't forget drinks



MENTAL DETOX

- Some of us need to do a mental detox even more than we need to do a food detox
- Take moments to breath/rest/be thankful
- Try to stay even a little more present
- Meditation
- Stretching
- Gratitude
- Celebrate wins
- CHOOSE your attitude, reaction to situations and mindset

DISCUSSING WEEK ONE



Spring Detox Food Guide

Balanced Wellness Nutrition

Food to Include:		*Food to Exclude:*	
Vegetables:	Unlimited non-starchy	Vegetables:	White potato
	Limited/selected starchy		Eggplant
			Tomato sauce (jar/can)
Fruits:	Can eat any but limit amount		Citrus fruit, no OJ
	Mostly eat berries		Goji berry
Pantry:	Olives	Dairy:	All dairy
	Vinegar		May include some whey
	Coconut flour		protein based on preference
	Almond flour		
	Tapioca	Grains:	All grains
	Coconut		
	Nuts - raw	Alcohol:	All alcohol
Meat:	Grass-fed beef	Nuts/seeds:	Limit servings
	Pasture raised chicken		No peanuts
	Wild fish		No soy
	Bone broth		No cocoa
			No coffee
Herbs & spices:	Lots!!		
		Meat:	No eggs
Fermented:	Sauerkraut		No shellfish
	Kombucha		No factory raised meats
	Natural pickles		No Pork

TODAY

- I wanted you to see a sample diet plan and feel what it's going to be like before we met tonight
- Prep is going to be key
- Training ourselves to cook/prep - humans use to travel around the world following food!! We only have to drive to Hannaford
- Don't overcook food: 4 minutes cooking typically, and eat some veggies raw: salad, snacks, smoothie

SUPPLEMENTS

	morning	afternoon	evening
Day 1-5 HepatoThera Day 6-15 Day 16-21	1am 2am 2am	0 lunch 0 lunch 1 lunch	1pm 1pm 1pm
Mag Citrate			2pm trouble with BMs increase
Vitamin C	1am		1pm

	Day 2 Wed	Day 3 Thur	Day 4 Fri	Day 5 Sat	Day 6 Sun	Day 7 Mon
	Smoothie Tea with coconut oil	Smoothie or Chicken Mushroom	Smoothie Tea with coconut oil	Sweet Potato Hash	Breakfast Burger Blueberry Bar	Smoothie Blueberry Bar
	Spinach w/ berries & chicken salad	Chili	Curry	Brussels Sprouts & Chick salad	Chicken Soup	Sweet Potato Burger
	Chicken & Mushroom salad	Curry with Steamed salad	Salmon w/ Avocado salad & Brussels	Roasted Chicken w/ Carrots & Cauliflower	Sweet Potato Burger	Crockpot Sauce & Zucchini Noodles
	Avocado- Cauliflower Hummus	Avocado- Cauliflower Hummus	Avocado- Cauliflower Hummus	Avocado- Cauliflower Hummus	Salsa	Salsa

HOW TO PLAN WEEK

- The grocery list brings you through Sunday morning
- Shop and prep Sunday's
- Arrange week to fit your schedule
- What if you feel hungry?
  - Vegetables & dip
  - Coconut & protein
  - Fermented foods

SUPPLEMENTS

- HepatoThera - $16.6
- Vitamin C - $11.4
- Megnesium Citrate - $16

All 3 is $44

- Nux Vomica $6.75
- Vit. D3
- Probiotic
- Fish Oil
- Multivitamin

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	
Milk Thistle *(Silybum marianum)* fruit, dried extract, min. 80% silymarin	200 mg
N-Acetyl-L-Cysteine USP	150 mg
Alpha-Lipoic Acid	50 mg
L-Methionine	25 mg
L-Cysteine	50 mg
Taurine USP	50 mg
Trimethylglycine (betaine)	150 mg

*Daily value not established.