



Integrative Health Link

www.TansyBriggs.com

Body Reset Program

Bio-Detoxification is a process where 'Detoxification' is based on your body's metabolic biochemistry to provide you with the proper nutrition and supplementation so that the body can eliminate and correct imbalances without harsh cleansing or harsh detoxification.

It works with your body's biochemistry to address underlying causes of chronic health challenges, imbalances in metabolism, deficiencies and excesses. By bringing the body more into balance, the body will naturally “re-correct” itself, eliminating toxins and encouraging health and healing.

This program has been developed using information and training from DSD International, HEEL Inc., and Dr. Abbas Qutab – then integrated and formulated into an easy to use program that works with predictable results by Tansy Briggs, DOM, L.OM.

The main program lasts 10 days, with a very simple 10 day follow up for rebuilding and repair.

The program includes specific menus and food choices, but these are given as guidelines. You can pick your own food as long as you follow the principles of an anti-inflammatory diet as closely as possible.

Bio-Detoxification Summary Guide

Outline of Products Used

10 DAY DETOX WITH ANTI-INFLAMMATORY DIET

DSD/BIOTICS Products

Nutriclear, Whey or Pea Protein, and Bio-Detox Supplement packs

Medinatura Products
BodyAnew Fatigue, BodyAnew
Purity, BodyAnew Rejuveo

10 DAY FOLLOW UP WITH A NORMAL HEALTHY DIET

Probiotic, and continue with
Medinatura Products

Helpful Information about Detoxification

What you may experience during the Bio-Detox or “Detox symptoms”

Detox symptoms can be a wide range of symptoms that may occur during the bio-detoxification program. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately, or up to 2 to 3 days after beginning your detox. The worst of the symptoms may last as little as a few hours or as long as several days. However, when the symptoms have passed, you should feel better than prior to the onset of the symptoms.

Why? Instead of the focus to eliminate discomfort and cure disease by suppression, integrative medicine seeks to address the underlying cause of pain and illness. Thus, the bio-detox addresses underlying causes which can create some discomfort or an initial exacerbation of symptoms as the body begins to heal.

Disease/Imbalances are a long, gradual process that occur over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious over time.

Increasing a person's health reverses the disease process, almost like putting a video of your disease/imbalance on rewind. You move through previous states of health and that is when old symptoms crop up, occurring in reverse order of their original appearance. Thus, patients may experience “old” symptoms during detoxification.

The aching body, headaches, nausea and fatigue often felt during the program are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

Once you understand that some discomfort is normal, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during symptoms. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort. (**note:** any prescription drugs you are taking should be taken normally throughout the program and does not apply here)

Sufficient rest is very important since your body is under stress and change during the healing process. Similarly, your diet should consist of light, easy-to-digest meals. Plenty of water should be taken throughout the day.

Gentle exercise is often helpful because many toxins leave the body through the skin. Light brushing of the skin with a natural bristle brush or a salt scrub can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts may also be helpful.

Attitude can be one of the most beneficial factors A positive attitude will allow you to relax and recognize that the symptoms are temporary and your treatment is on target.

Keep the lines of communication open: ask questions!

Frequently Asked Questions about Biodetoxification and its Main Products

Q1. What is Nutriclear?

A1: Nutriclear is a chemically defined food, designed to support the nutritional needs of a wide spectrum of people – even those who are sensitive to certain foods or chemicals. Nutriclear has been formulated with the highest quality ingredients and is compatible for Vegetarians as well.

Nutriclear is used in “metabolic clearing.” Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and, of course foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated in intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently.

Q2. How can Nutriclear help balance the body's chemistry?

A2: Specific nutrients can help improve your nutritional status in a variety of ways:

Help to convert fat and carbohydrates to energy, while maintaining muscle tissue.

Some nutrients, such as amino acids, function as building blocks, others are enzyme helpers (co-factors that function as metabolic “spark plugs”), and others function as fuel to run the body's machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair, (wear – and – tear) can occur.

Key Nutrients:

- B vitamins – niacin, riboflavin, pantothenic acid
- Trace elements – zinc, copper, manganese
- Amino acids – rice protein (Nutriclear) together with lysine and threonine
- Fuels and essential fatty acids – olive oil, rice carbohydrate

Help eliminate potentially harmful substances.

Nutriclear provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body's major waste disposal unit and specific nutrients can help in this role.

Key nutrients:

- Niacin, riboflavin, pantothenic acid, zinc, cysteine, glutathione

Help protect against free radicals and oxidation.

Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals - "pyromaniac molecules" - that randomly attack cells and increase the body's need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

Key nutrients: Natural mixed carotenoids, Vitamins C & E, N – Acetyl Cysteine (NAC), selenium, glutathione.

Help improve intestinal health.

The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become "leaky," allowing unwanted substances to enter the bloodstream. Key nutrients: Trace minerals, B-Complex vitamins, L-Glutamine (an amino acid) and quercetin (bioflavonoid).

Q3: BIO-DETOX PACKETS. What is in them and what do they do?

A3: Biodetox packets contain a combination of ADP, Bromelain Plus CLA, Livotrit-Plus, Beta TCP, Bioprotect, Optimal EFA's, and MCS 2.

Aids Biodetoxification and metabolic correction for the intestines, liver, gallbladder, antioxidant support and reduces inflammation and free radical damage at the cellular level.

Q4: WHEY PROTEIN POWDER, why do I need it?

Q4: A protein powder that provides a balanced amino acid profile, balances blood sugar and strengthens the immune system. It is very important in biodetoxification to maintain energy and strength while your body is detoxifying.

Q5. What are the MediNatura Products and what do they do?

A5: BodyAnew Oral Drops for Natural Detoxification Support
BodyAnew Cleanse multipack oral drops contains three formulas intended to provide homeopathic support for the body's natural detoxification systems and processes. About BodyAnew Cleanse: We're exposed to physical, chemical, biological and psychological toxins every day. Air, noise, light and electromagnetic pollution, viruses, cleaning chemicals, artificial food additives, family, work or economic stress can all keep our body's detoxification organs working overtime. This can cause an accumulation of toxins in the body, which can disrupt digestion and elimination, leaving us tired and potentially weakening our immune defenses. The 3 homeopathic formulas designed to promote comprehensive detoxification support, specifically of the urinary and digestive tracts, while helping maintain healthy energy and mental alertness.

Q6. What is the 10 day Follow up and why is it important?

A6: The 10 day follow up is designed to help re-establish flora and proper metabolism in the system after the detox. Forastor is a probiotic formula to supplement natural flora in the gut.

Q7: How much weight can I expect to lose on the Bio-Detoxification program?

A7: Nutriclear drink and other supplements in the Bio-Detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids, and as a result of detoxification and reduction of inflammation, an individual may lose 2-10 pounds.

Q8: What happens if my symptoms worsen during the Bio-Detoxification Program?

A8: If your symptoms get worse, it's due to the program. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be "sluggish" while your body is detoxifying. After you detoxify, you will regain your vitality.

Q9: What side effects can I expect?

A9: Individual response to the detoxification program are highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with the detoxification program and usually dissipates within a week to 10 days. Notify your health care provider if you develop adverse symptoms, or encounter discomfort while using this product with your individualized program.

Q10: When should I begin to feel better?

A10: Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age can affect the rate of improvement. A slower response time might be expected for older people. Most people begin to feel better within 3-7 days on the program; others may take a longer time to see an improvement in their symptoms.

Q11: Can I mix my Nutriclear drink in juice?

A11: Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Rice, oat, or almond milk may also be used and are preferred before fruit juices.

Q12: Why recommend white rice instead of brown rice?

A12: Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are less likely to experience a larger “reaction” to white rice than to brown. Brown rice contains lecithin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. Basmati rice is an excellent choice among types of white rice because of its delicious taste and nutritional profile.

Q13: It is OK to exercise while I am on the Bio-Detoxification program?

A13: Yes, if you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy light exercise.

Q14: What is the reason for putting me on an anti-inflammatory diet during the Bio-Detoxification Program?

A14: One of the purposes of the Bio-detoxification program is to potentially remove all allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the detoxification process. This helps to put less stress on the digestive system and support the detoxification.

Q15: What are the main foods I will be avoiding?

A15: This Bio-Detoxification handout will take you through the approach step by step and will also provide you with breakfast, lunch, and dinner recipes suggestions. However, for informational purposes, the following chart will describe the main foods to avoid during the Bio-Detoxification program, and also the reasons behind avoiding them.

Anti-Inflammatory Diet

Break Diet Habits for 10 Days!!!!

Foods to Avoid	Why?
All gluten containing foods such as: wheat, rye, oats, and barley. These are commonly found in breads, pasta and other products made with refined flour	Gluten is a very common allergy. By avoiding glutens during the bio-detox, your system has a chance to clear itself out. Even if you don't have an allergy, it is good to take a break from gluten during the bio-detox as glutens very often cause some form of inflammation and/or irritation.
Alcohol, caffeine, including coffee, black tea, soda, and soymilk. All soda and fruit drinks are high in simple and refined sugars	Both alcohol and caffeine are hard on the liver and kidneys. Refined sugars are hard on the mechanisms that work hard to regulate your blood sugar. Thus, it will be nice to give your organs a much needed break.
Pork, cold cuts, bacon, hot dogs, canned meats, sausage, and shellfish. Meats that are not organic and/or naturally raised and processed.	These meats can be high in estrogens, antibiotics, and other undesired ingredients utilized during processing.
Corn and tomato sauce	These are common allergens.
Eggs and all Dairy (milk, cheese, butter, yogurt, etc.)	These are common allergens and/or phlegm producing.
Citrus fruits, juices, strawberries and pineapple (this does NOT include, lemon, grapefruit)	These fruits are common allergens and/or phlegm producing. May also adversely affect blood sugar.
Foods high in saturated fats and refined oils, such as peanuts, margarine, and shortening.	May place an extra burden of the system. Thus, during the bio-detox, reducing those foods high in saturated fats, refined and processed oils is preferred.
Any other foods that you know you are allergic to	Reduce allergens in diet.

Program Guide

Recommended Supplements

FIRST 10 DAYS

Supplement	Upon Rising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Bio-Detox Packs		X		X		X	
Nutri Clear Mix		X			X		
BodyAnew - 3 formulas		X				X	

FOLLOW UP (5-10 DAY)

Supplement	Morning	Before Bed
Probiotic	-	1 Capsule

Remember: continue any Prescription Drugs you are taking as scheduled during the Bio-Detox

You are ready to begin the Bio-Detox

Before you begin, read the following pages completely. If you know you have problems with any of the recommended foods, discuss your situation with your healthcare provider. Although only the most widely tolerated foods have been selected, each individual will react differently. Remember, the food recipes and suggestions are just that: suggestions. You can be creative with your food choices, but try to stay within the anti-inflammatory diet.

How to make the “Nutriclear” Mix

Blend 6-8 oz. room temperature water with two (2) scoops **Nutriclear** and one (1) scoop of **Whey Protein Isolate**, (you can use 2 scoops of Whey Protein if you feel the need for added energy during the program) this mix creates the “**NUTRICLEAR MIX**”. Use only filtered or distilled water, slightly more or less water may be used to suit individual tastes. Consume slowly. Too rapid consumption may cause headache in some people. Instead of water, you may also use: almond milk, oat milk, or rice milk. A lot of people prefer the almond milk to anything else.

10 Day Bio-Detox Steps

- 1. Nutriclear Mix**, 2 x day, for breakfast and an afternoon snack between lunch and dinner
- 2. Bio-Detox packets**, 3 x day with meals, for breakfast, lunch and dinner
- 3.** BodyAnew Fatigue - 10 drops 2 x day, Morning and evening
BodyAnew Purity - 10 drops 2 x day, Morning and evening
BodyAnew Rejuveo - 10 drops 2 x day, Morning and evening
- 6. Diet**, Follow an anti-inflammatory diet. Remember, menus here are suggestions, you can follow as much as you wish.

10 Day Follow up to the Bio-Detox Steps

1. Probiotic ; *1 capsule at night before bed.*
2. **Diet**, *eat a normal, healthy diet – you can follow the General Nutrition Guidelines handout.*

Note

- There is no limit to the amount of the food you can eat from day one of the program
- Be sure to drink plenty of room temperature water.
- You may add a small amount of white rice to any meal as bulk.
- All vegetables should be cooked or steamed as much as possible, some raw vegies are ok. Always add extra-virgin olive oil to your vegetables.

* **SNACK OPTIONS:** If needed, the best choice is to take the Nutriclear mix between meals. Other options would be celery sticks with almond butter, steamed broccoli or carrots, or a small salad with extra-virgin olive oil and lemon or lime, or any foods from the “o.k.” list.

Daily Schedule and Sample Recipes/ Menus

<i>Day 1</i>	
Breakfast	Nutriclear Mix, Bio-detox pack, BodyAnew 3 Formulas
Lunch	Bio-detox pack Spinach salad: ½ cup fresh organic spinach leaves, ¼ or ½ cup of sliced fresh mushrooms, ½ sliced tomato. Add extra-virgin olive oil seasoned with lemon or lime with baked chicken breast or fish
Snack	Nutriclear Mix
Dinner	Bio-detox pack 4-6 oz. Baked turkey breast with either 4-5 oz. Baked winter squash or 1 medium sweet potato. Enjoy this with steamed asparagus or green beans
Evening	BodyAnew 3 Formulas

<i>Day 2</i>	
Breakfast	Nutriclear Mix, Bio-detox pack, BodyAnew 3 Formulas
Lunch	Bio-detox pack Mixed green salad or green vegetables stir fried in olive oil, plus sliced cucumber or steamed broccoli with baked haddock or flounder.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Oven roasted vegetables and 4-6 oz. Baked salmon.
Evening	BodyAnew 3 Formulas

<i>Day 3</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Fresh mixed greens, stir fried with chicken, or a salad with chicken. Use olive oil and lemon dressing.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed green salad with salmon.
Evening	BodyAnew 3 Formulas

<i>Day 4</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Mixed green salad with olive oil and lemon, and an organic chicken breast.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Almond butter on rice crackers, with red-leaf or romaine lettuce. Use extra virgin olive oil with lemon/lime as dressing, and add 1 can water based tuna.
Evening	BodyAnew 3 Formulas

<i>Day 5</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Lightly steamed broccoli, with olive oil and lemon/lime dressing, you may add basil or oregano with sliced cucumber, green onion with turkey breast or chicken breast.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Chicken breast with green beans and baked squash, or spicy baked flounder filet with mixed green salad.
Evening	BodyAnew 3 Formulas

<i>Day 6</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Stir-fried mixed vegetables, with almonds and steamed white rice.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Steamed vegetables with baked Haddock and Tahini.
Evening	BodyAnew 3 Formulas

<i>Day 7</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Marinated vegetables. Optional: add lamb chops or chicken breast.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Halibut or Cod filet with steamed spinach.
Evening	BodyAnew 3 Formulas

<i>Day 8</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Salad; shredded cabbage OR fresh greens with olive oil and lemon/lime with a slice of broiled or steamed fish, such as Salmon, Tuna or Halibut.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Falafel and steamed broccoli OR stir-fried chicken with mixed greens OR stir fried beef with vegetables.
Evening	BodyAnew 3 Formulas

<i>Day 9</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Mixed green salad with a chicken or turkey breast OR 4-6 oz grilled or baked flank steak.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Turkey salad or baked Haddock Italiano.
Evening	.. BodyAnew 3 Formulas

<i>Day 10</i>	
Breakfast	Nutriclear Mix, Bio-detox pack , BodyAnew 3 Formulas
Lunch	Bio-detox pack Spinach Salad.
Snack	Nutriclear Mix
Dinner	Bio-detox pack Hurry-up hearty hash, steamed asparagus OR zucchini OR rice soup with lamb.
Evening	BodyAnew 3 Formulas

Daily Schedule and Sample Recipes/ Menus

Marinated Vegetables

1/3 cup lemon juice

½ cup sunflower oil

½ tsp. Salt

1 lb. Vegetables (choose from radishes, brussel sprouts, cauliflower, summer yellow squash, zucchini, leeks, chives, asparagus, peas, and okra)

1 tsp. Fresh or dried salad herbs or seasonings (choose from paprika, cayenne, caraway, celery seed, chervil, cumin, dill, fennel, and parsley)

- In a small saucepan, combine lemon juice, garlic and herbs. Add oil and simmer gently 5 minutes. Cover and set aside to steep.
- Cut vegetables into bite-sized pieces. Harder vegetables like brussel sprouts, cauliflower and asparagus may first be lightly steamed. Leave others raw.
- Toss vegetables with salt in a large bowl. If you use fresh herbs, they can be added at this point.
- Pour marinade evenly over vegetables and toss again. Let sit at least 1 hour, preferably overnight, to develop full flavor. Toss from time to time, or weight vegetables down in the marinade.
- This recipe can be doubled. It keeps well.

Turkey Soup

¾ cup white rice or white basmati rice

1 turkey hind quarter (about 3 pounds)

2 ½ quarts water

1 tsp. Salt

¼ tsp. Pepper (optional)

1 medium onion, chopped

2 stalks celery with tips, sliced

1 green pepper, seeded and diced

1 cup chopped Jerusalem artichoke

½ tsp. Dried basil

- Rinse turkey and place in 6 qt. Pot.
- Add water, bring to boil and simmer 2-3 hours.
- Add remaining ingredients and continue to simmer 30 min.

Lamb Soup

½ lb. Cubed lamb
½ cup fresh tomatoes

½ cup rice
add parsley, salt, pepper to taste

- Boil lamb in 2 quarts of water until cooked.
- Wash rice and add to meat. Add remaining ingredients. Cook for 30 minutes.

Spinach Salad

1 Tbs. Chives, chopped
2 Tbs. Leeks, diced
½ cup chopped radishes
1 bunch fresh spinach
Garbanzo beans or toasted pumpkin seeds

Dressing:
2/3 cup olive oil
1 tsp salt
¼ tsp. Pepper
1 tsp. Oregano, savory or thyme

- Mince chives, leeks and radishes until fine and pulpy. Set aside.
- Wash and drain spinach, tear into small pieces. Toss with dressing. Garnish with garbanzo beans or toasted pumpkin seeds.

Turkey Salad

½ cup sunflower or almond oil
1/3 cup lemon juice
1 sprig parsley, minced
1 tsp. Tarragon
1 tsp. Dill weed

¼ tsp. Salt
1/8 tsp paprika
1 cup cooked, cubed turkey
2 cups cooked rice
Almonds, pine, brazil nuts, or sunflower seeds

- Gently toss all ingredients together. Cover and chill several hours.
- Serve on a bed of lettuce. Sprinkle with chopped almonds, pine or brazil nuts, or sunflower seeds.

Falafel Soup

2 cups cooked garbanzo beans
½ cup cold water
1 Tbs. Sesame or olive oil
1 clove garlic

2 Tbs. Chives or chopped leeks
¼ tsp. Pepper
½ tsp. Each rosemary, thyme, turmeric,
dry mustard

- Grind or mash garbanzo beans very fine. Add liquid as needed to make smooth paste. Add remaining ingredients. Mix well.
- Shape into 2 inch balls. Place on greased baking pan. Cover with foil.
- Cover and bake at 350° for 15 min. Turn balls and bake uncovered for 5 min.
- Sprinkle with chives before serving.
- Option: instead of making balls, you can spread mixture ½ inch thick on a greased cookie sheet. Bake covered 15 min., uncover and bake an additional 20 min. Cut into squares.

Hurry Up Hearty Hash

½ cup leeks or chives, chopped
½ cup chopped pecans or pumpkin seeds
¼ cup garbanzo or bean flour
2 cups cooked, mashed, winter squash or pumpkin

½ tsp. Salt
1 clove garlic, minced
2 Tbs. Oil

- Combine all ingredients. Form into patties. If dry, add water. If too moist, add additional flour to desired consistency.
- Fry in lightly oiled skillet until nicely browned on both sides.
- Hint: save leftovers for tomorrow's breakfast, or freeze for future use.

Hummus Dip

1 can hummus	3 Tbs. Tahini
1 clove garlic	½ tsp. Salt
1 lemon, juiced	½ cup water

- Rinse hummus in hot or cold water until clear (boil 10-15 min. optional)
- Reserve ½ cup water. Mash hummus through sieve into bowl.
- Add crushed garlic, salt, tahini, lemon juice, and water. Blend well.
- Blender: Put all ingredients in at one time. Do not over-blend. Garnish with browned pine nuts, parsley, or whole hummus reserved from the can.

Baked Haddock with Tahini

3 lbs. Haddock fillet	3 medium onions
2 Tsp. Oil	2 Tbs. Lemon juice
1 clove garlic, crushed	½ tsp. Salt

- Marinate fish with oil, lemon juice, garlic, and salt.
- Wrap in foil with opening to top. Place in baking pan and bake for 30 min. at 350°
- Remove from foil and place on platter. Slice onions into thin wedges, and saute in 3 Tbs. Oil
- Optional: brown ¼ lb. Almonds, walnuts, or pine nuts. Add to onions. Set aside.
- May be eaten with steamed rice, broccoli or asparagus

Shopping List (Example)

Expanded Food List Choices

You may eat the foods listed below on any days (day 1-10). Keep in mind not to eat the same foods every day. Eat a variety of foods and rotate meals.

Vegetable Choices

Carrots, celery, yams, sweet potatoes, green beans, yellow wax beans, squash, broccoli, cauliflower, peas, cabbage, Jerusalem artichokes, avocado, beets, kale, swiss chard, cucumber, asparagus, bok choy, brussel sprouts, spinach, chives, leeks, shallots, common artichoke, parsley, okra, etc.

Meats/Seafood choices

Note: Always try to buy organic meats: Chicken, turkey, duck, lean, natural beef or lamb, cornish game hen, fresh or water packed tuna, halibut, salmon, haddock, or flounder. Seafood, except for shellfish.

Choice of Grains

White rice, tapioca, Quinoa, 100% buckwheat, millet, and amaranth.

Choice of Dressings

Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil. Flax seed oil dressing.

Additional Condiments and Beverages:

Bay leaf	Dill	Marjoram	Caraway seeds
Dry Mustard	Nutmeg	Chives	Garlic
Poppy Seeds	Cinnamon	Ginger	Tarragon
Curry	Mace	Herbal tea (no citrus)	Cilantro

Rice, Oat, or Almond milk may be used in the Nutriclear Mix