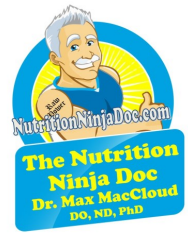




# The Elimination-Detox Diet

## By Max MacCloud, DO, ND, PhD



Let's face it, we live in an extremely TOXIC world, largely of our own creation. Of course, there are many natural toxins that all life forms have had to deal with since life began, but our recent ancestors multiplied the number of toxins several hundred-fold since the start of the Industrial Revolution.

This has dramatically increased our toxin load or burden. Therefore, it makes perfect sense for those of us who are interested in enhancing our health & performance to support our body's detoxification processes on an ongoing basis and via more aggressive, periodic cleanses or detoxes. That is what this plan is all about.

Even someone living in a pristine environment must deal with a variety of toxins including those that are a normal part of our metabolic processes.

**Detoxification is, and should be, an ongoing process** and it really helps if we periodically make an effort to reduce or stop dietary irritation and support detoxification. Further, studies have shown that many people regularly consume foods that cause their body irritation without being aware of it. That is why doing an Elimination-Detox periodically can be so valuable to kick off any major health enhancement effort.

**About the Elimination Diet:** Throughout our lives, we shape our microbiomes with our actions & habits. The foods we eat, how much we sleep, the number of bacteria we're exposed to daily, our level of stress, and many other variables will determine the state of our microbiome.

Not everyone wants all the details, most people just don't have the time to do deep dives, they just want to get to it. To help accommodate those who choose & want to take action NOW, the next few pages will serve as a Quick Start Summary to get you going ASAP.

1. **Prepare yourself mentally.** Adopting any new program or habit successfully is 80% mental. If you haven't made your mind up that you are going to do this and committed to it, it simply isn't going to work.
2. **Get rid of EVERYTHING** that is likely to sabotage you including all foods on the RED list. You simply can't keep any of your 'go to' comfort or stress-relieving foods in the house if you For some that's it, game over. Even if you falter, just pick yourself up and get back to it. Not having temptations readily available can make a huge difference.
3. **Go shopping** for several of the foods on the Green List so they will be on hand when needed.
4. **Set goals.** Set your Start and Stop dates. Decide whether this will be a 7, 14, or 21-day elimination/detox. Put them on your calendar and post it on your fridge and bathroom mirror.
5. **Let your family and co-workers know** what you are doing and request their cooperation.
6. **Be ruthless!**

**Quick Start Summary:** The Chart on the next page is your primary guide regarding what foods to AVOID & what to EMPHASIZE. Eat ONLY foods in the GREEN boxes; DO NOT eat foods in the RED boxes. Pretty simple, eh?



**Foods to Avoid & Emphasize on an Elimination Diet:** Many of the foods to be avoided may be quite healthy, they are simply foods that tend to be problematic for some people. An elimination diet is designed to help determine which foods may be 'stressing' your body & metabolism at this time. **A**=Food Allergen, top 14, **O**= high oxalates; **G**=gluten; **H**=histamine elevating; **L**=high in lectins; **Goit**=goitrogen; **N**=nightshade; **S**=sphingolipids. \*Note that there is a LOT of conflicting information out there, unfortunately we have to rely on some if it like everyone else. Re fruits: Although many are healthy and acceptable if your goals include losing fat and you are carb-sensitive, you will want to limit your fruit intake to 1-2 servings a day.

**Fruits to Avoid:**  
Citrus (AH) inc: Oranges, Grapefruit, Lemons, Limes, Tangerines, Dried apricots (O), Figs (O), Kiwi (O), Grapefruit (O?), Kumquat, Plantains (H), Pomelo, Raspberries (O)

**Fruits to Emphasize:**  
Apples (S), Apricots (fresh), Bananas (H), Blueberries, Cherries, Cranberries, Guava, Lychee, Melons, Nectarines, Papaya (H), Passion fruit, Peaches, Pears, Pineapple (H), Plums, Pomegranate, Strawberries (H), Watermelon

**Beverages to Avoid:**  
Alcohol (H), Coffee (inc. Decaf), Fermented Bevs (H), Soda/soft drinks, Tea (Black, White, Green, Mate), Non-herbal teas, Juices with troublesome sweeteners

**Beverages to Emphasize:**  
Purified WATER!, Coconut water, Herbal teas

**Miscellaneous to Avoid:**  
Baked goods, Cocoa, Chocolate (>Ox, H), ALL Candy & Confectionary foods, ALL Junk foods, Sulphur dioxide (A), Sulfites (A), Ready Meals (H), Benzoates, nitrites, food dyes, glutamate

**Veggies to Avoid:**  
Alfalfa (O), Beets (O) Bell Peppers (OS), Collard greens (O), Eggplant (HNL), Mustard greens (O), Okra (O), Olives (HO) Pickled or fermented veggies (H), Potatoes (OLNS), Rhubarb (O), Spinach (HOS), Sweet potatoes (OS), Swiss chard (O), Tomatoes (HOLNS)

**Veggies to Emphasize:**  
Artichokes, Arugula, Asparagus, Avocado (H) Bamboo shoots, Bok Choy, Broccoli (Goit), Brussels Sprouts (Goit), Cabbage (green or red), Carrots but not carrot juice (>Ox), Cauliflower, Celery (A), Chicory, Cucumbers, Fennel, Lettuces, Kale (Goit), Leeks, Mushrooms Mustard greens, Napa, Onions, Peppers (green or red) (NL), Pumpkin, Red radishes, Romaine lettuce, Scallions or green onions, Spaghetti squash (L), Squash (Summer & Zucchini) (L), Water chestnuts Herbs (parsley, cilantro, basil, rosemary, thyme, etc.)

**Carbs to Avoid:**  
The following are (OLGA): Barley, Bran, Buckwheat, Bulgar wheat, Cream of Wheat, Pasta, Rye, Wheat & everything made from the above; Corn & cornmeal (AOL), Kamut, Oats (OA), Quinoa (O), Rice (white & brown) (O), Spelt

**Carbs to Emphasize:**  
Amaranth, Millet, Wild Rice

**Legumes to Avoid:**  
Soy (AOLS), Most Beans (H), Black, White, Great Northern, Chili & Pink beans, Lupin (A), Peanuts (O & L) OK in small amounts: kidney, pinto, adzuki

**Legumes to Emphasize:**  
Black-eyed peas (L) Garbanzo beans (L) (don't overdo), Lentils (L) (don't overdo), Lima beans (L)

**Sweeteners to Avoid:**  
Sugar, Dextrose, Corn Syrup, HFCS, Agave, and pretty much all refined, highly processed sweeteners

**Sweeteners to Emphasize:**  
Stevia, Monk Fruit, Non GMO Erythritol or Xylitol, Coconut sugar

**High Protein Foods to Avoid:**  
Eggs (L?AS), Pork (bacon, hot dogs), Canned meats (spam, anchovies), Deli/Luncheon meats, Shellfish (HA), Mollusks (A), Processed/Smoked Meats (H)

**High Protein Foods to Limit, not Avoid:**  
Chicken (S), Beef (S), Pork (S) (bacon, hot dogs), Veal (S), Turkey (S), Fish (AS)

**High Protein Foods to Emphasize:**  
Pumpkin Seed Protein Powder, Buffalo-2, Wild game-2, Venison-2, Lamb-2, Elk-2 \*note, corn fed meats (L). 2= Unknowns assoc. with those sources.

**Dairy to Avoid:**  
Milk (HAS) All cheese (inc cream cheese and cottage), Butter (H), ghee, Ice cream, Creamers, Chocolate Yogurt (All contain L), Mozzarella & Parmesan are L free

**Dairy Substitute to Emphasize:**  
Coconut Milk

**Nuts & Seeds to Avoid:**  
Tree Nuts (AO) inc.: Almonds, Brazil nuts, Cashews (H), Chestnut, Filberts/Hazelnuts, Mixed nuts, Peanuts (HA), Pecans, Pine nuts, Sesame seeds, Tahini

**Nuts & Seeds to Emphasize:**  
Coconuts, Flax seeds Pumpkin seeds, Squash seeds, Sunflower seeds Limited amounts of pistachios (A), walnuts (HA), macadamia (A)

**Fats & Spices to Avoid:**  
Margarine, Miso (HO), Parsley (O), Processed oils, Hydrogenated oils Salad dressings, Spreads (mayonnaise, mustard (A), ketchup, relish), Barbecue sauce, Soy sauce (HAL), Vinegars (H) (apple cider vinegar is OK), Cayenne pepper, Chili peppers, Red pepper flakes, Paprika, Turmeric/Curcumin (HO)

**Fats & Spices to Emphasize:**  
Coconut Oil (inc MCT), Pumpkin Seed Oil, Olive Oil, Sea Salt / Himalayan Salt, Fresh Pepper, Garlic, Cumin, Dill, Ginger, Oregano, Rosemary, Thyme

**Drink copious amounts of pure water.** Shoot for one ounce per day per pound of body weight as a minimum.

**Get out in the sunlight** for a minimum of 30 minutes, preferably as soon as possible after rising.

**Exercise!** If you don't exercise regularly, **START NOW**. If you haven't been exercising for a while, **RESTART NOW**. This is perhaps the single most important thing that you can do to enhance your overall health and your body's detoxification abilities.

**Journal:** Some people benefit from writing down everything they eat during the elimination diet and making notes about any reactions observed. This can be a useful exercise anytime.

**Meals vs. Grazing:** In general, it is better to have 1-3 meals per day than to graze or snack throughout the day even if the same amount of food is consumed. Digestion is a process that works best when food is consumed in reasonable sized boluses and allowed to go through the complete process before piling more food into the GI system.

**Eating Window:** Consider cutting down your eating window while on the Elimination-Detox Diet. This is a great long-term strategy as well for numerous reasons.

**Elimination-Detox Nutritional Support:** There are quite a few different nutritional support supplements that you can use to enhance elimination & detoxification. Nutrition and Metabolism are complicated, however, our goal is to make it as easy and effective as possible. Here are my top recommendations to cover the essentials that everyone needs to properly eliminate stored toxins and be healthy. See the MyBodySymphony.com and/or the information sheets at the end of this document or included with your order for more details on each of the following.

**Peak Performance Plant Protein** (20 servs; 67): 1-2 servings per day.

**BIG Restore** (1000ml; 125): 1 tablespoon 2x/day while on Elim-Detox Diet; Maintenance is 1 tablespoon/day.

**Mito Energy; Mag10X+B-Complex** (100 servs; 65): ½-1 scoop 2X/day depending on your body weight.

**Carbon 60** (500ml; 160): 1-2 tablespoons per day; 1 is good for most; 2 for anyone with elevated heavy metals.

**Mito Boost / Methylene Blue** (100ml; 60): see instructions.

**Lipo-C** (500ml; 50): 1 tablespoon 2X/day while detoxing.

**Zinc T&T** (250ml; 18): 1 tablespoon 2X/day.

**Lugol's Iodine** (100ml; 22): 5-10 drops / day.

When all of the above are purchased together we call it the Detox Package. Priced separately the components would cost \$585, **as a package it is just \$499** a \$86 savings plus free shipping..

#### **Add-on Options:**

**PhotoBioModulation:** Wrist Light Therapy Device or Hat-Helmet/Big Pad Device (349).

Add light therapy with Mito Boost to increase anti-microbial, anti-parasitic, anti-fungal, and anti-viral effectiveness of Mito Boost.

**Add Healthy Fats:** Chia Seeds, Pumpkin Seed Oil, MCT Oil / MCT M2 Boost (from Coconut Oil), Chia Seeds. See website to add to any of these.

**If you are struggling with brain ailments, thyroid conditions, hormone imbalances, digestive issues, or anything on the autoimmune spectrum, you need to know that it is not necessary to continue suffering. Your gut health plays a vital role in preventing and reversing these ailments. Knowledge is power, but only if it is applied.**

**WHAT DO ALL THESE CONDITIONS HAVE IN COMMON? THEIR CAUSE.**

**Clinical conditions such as:**

- Emotional imbalance
- Fatigue
- Head aches
- Hormone imbalance including PMS
- Joint pain
- Migraines
- Skin Rashes

**Gastrointestinal issues including:**

- Abdominal bloating and cramps or painful gas
- Crohn's Disease and other intestinal disorders
- Irritable Bowel Syndrome
- Ulcerative Colitis

**Respiratory Conditions including:**

- Allergies
- Asthma
- Chronic sinusitis

**Autoimmune Conditions including:**

- Chronic Fatigue
- Diabetes Mellitus
- Fibromyalgia
- Lupus
- Rheumatoid Arthritis

**Developmental and social concerns including:**

- ADD/ADHD
- Autism

**So, what is the cause in a high percentage of cases? Leaky Tight Junctions!** Most people have heard the term 'Leaky Gut Syndrome.' *There are two other tissues with tight junctions that are also commonly compromised. One is the Blood Brain Barrier, and another is the lining of the Lungs.*

**Leaky Gut Syndrome (LGS)** is a condition that involves damage to the lining of the small intestine, causing incomplete digested nutrients, toxins, bacteria, and waste to "leak" through the intestines and flood the bloodstream. The foreign substances entering the blood can cause an **autoimmune response** in the body, including **inflammatory and allergic reactions**, such as respiratory and digestive issues, headaches, joint pain, skin conditions, and more.

**Damaged cells in the intestines** may also fail to produce the enzymes needed for proper digestion, so both digestion & absorption of essential nutrients is compromised. This creates further imbalances throughout the body which can contribute to various issues including **hormone imbalances and a weakened immune system.**

**When substances leak out of the intestines, the liver is forced to overwork** to filter them out of the blood stream. The extra burden on the liver can result in the accumulation of **fatty liver** tissue. Some toxins may be sent back into the bloodstream when the liver's ability to detoxify fails, and these toxins then reach muscles and connective tissues.

**Things like stress, too much sugar, a diet low in dietary fiber, excessive drinking, non-steroidal anti-inflammatory drugs (NSAIDS), and food sensitivities all contribute to leaky gut.** Even though leaky gut isn't typically diagnosed in western medicine, that doesn't mean it's not affecting your health. Many health issues related to LGS go undiagnosed, misdiagnosed, or are ignored by traditional medicine. Individuals may be left with frustrating and uncomfortable symptoms and no answers.



## Stage 1 of the Elimination Diet (the first 7-21 days) entails eliminating the most common offending foods.

During the first stage, you will eliminate all foods that are known to frequently cause problems for a significant number of people. Even though you may experience some withdrawals, it is important to continue with the elimination diet for four weeks total. Experience and research have shown that this is the minimal time needed to increase the effectiveness of the diet. You may also consider eliminating favorite foods you eat on a regular basis. Constant exposure to a specific food can actually cause you to develop a sensitivity to that food.

In the master list below, foods are labeled and outlined as to whether to eliminate or emphasize them. I chose to present them all on one page which was challenging and appears a bit complex, however, it allows you to print that page and keep it handy as a reference rather than having to consult multiple pages.



**These are the top foods** known to impact most people's health and have been directly traced to many chronic health conditions such as leaky gut syndrome, candida infections, small intestinal bacterial overgrowth (SIBO), eczema, and many more.

The elimination diet can be a bit challenging at first due to the sheer number of foods to eliminate but the point is to **TAKE the STRESS off your digestive and immune systems.**

**This is a tried and proven system** that works and can be nothing short of life changing for many people. Give it your best shot and start with the above food categories the first few days to get started.

**Note:** The next couple of pages are an abridged version of the foods to avoid and emphasize whereas the previous list is more comprehensive. The more health challenges a person has, the stricter they will want to adhere to the more comprehensive list. For those with no 'particular' health challenges, the two abridged lists should work fine.

**Foods to AVOID during the elimination stage:** Although there are many more foods than what are listed on this page, it is a quick visual to help move you toward eliminating the most common offending foods.



**FRUITS:**

lemon, lime, orange, grapefruit, kumquat, pomelo



**VEGETABLES:**

white potatoes, eggplant, bell peppers, tomatoes



**MEAT:**

pork (bacon, hot dogs), canned meat (*spam, anchovies*), deli meat (*sandwich meat*), shellfish (*crab, lobster*)



**CARBS:**

brown rice, white rice, corn, barley, spelt, kamut, rye, oats, all gluten-containing products



**DAIRY:**

milk, all cheese (*cream, cottage*), yogurt, butter, ghee, ice cream, creamers, chocolate



**BEVERAGES:**

alcohol, caffeine (*coffee, non-herbal teas*), soda

**Foods to Emphasize during the Elimination Stage:** Once again, although some of these foods also have some issues for some people, they have a lower chance of causing irritation for most people. **If you are still experiencing distressing symptoms after eliminating the above foods and focusing on these foods, it will be necessary to tighten up further based on the first comprehensive list of foods to avoid & emphasize.**



**LEGUMES:**

ALL (*unless you're a vegetarian*)



**NUTS & SEEDS:**

ALL (*except coconut*)



**EGGS:**

ALL



**SWEETENERS:**

ALL (*except monk fruit and stevia*)



**FATS & SPICES:**

margarine, processed oils, hydrogenated oils, salad dressings, spreads (*mayonnaise, mustard, ketchup, relish*), barbecue sauce, soy sauce, vinegars (*ACV is ok*), cayenne pepper, chili peppers, red pepper flakes, paprika



### Fruits:

- Apple
- Apricots
- Blueberries
- Cherries
- Cranberries
- Guava
- Melons
- Papaya
- Peaches
- Pears
- Plums
- Pomegranate
- Raspberries
- Strawberries



### Vegetables:

- Artichoke hearts
- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Beet greens
- Bok choy
- Broccoli
- Brussels Sprouts
- Cabbage (green or red)
- Carrots
- Cauliflower
- Celery
- Chicory
- Collard greens
- Cucumbers
- Fennel
- Herbs(*parsley, cilantro, basil, rosemary, thyme, etc.*)
- Iceberg Lettuce
- Kale
- Leeks
- Mushrooms
- Mustard greens
- Napa
- Okra
- Onions
- Pumpkin
- Red radishes
- Romaine lettuce
- Scallions or Green onions
- Spaghetti squash
- Spinach
- Squash
- Summer squash (*including zucchini*)
- Sweet Potato
- Swiss chard
- Water chestnuts



### Fats & Spices:

- Coconut Oil
- Olive oil
- Sea Salt
- Fresh Pepper
- Garlic
- Cumin
- Dill
- Ginger
- Oregano
- Parsley
- Rosemary
- Thyme
- Turmeric



### Meat:

*(Organic or free range)*

- Beef
- Buffalo
- Wild Game
- Veal
- Venison
- Lamb
- Elk
- Turkey
- Fish
- Chicken



### Beverages &

### Sweeteners:

- Fresh Water
- Herbal Teas (Rooibos, peppermint, etc.)
- Stevia
- Monk fruit



### Milk Substitutes:

- Unsweetened rice milk
- Coconut milk



### Carbs:

### (gluten-free)

- Quinoa
- Wild Rice
- Millet
- Amaranth



## **Additional helpful tips for Stage 1 of your Elimination-Detox Diet:**



**Please Drink Plenty of Pure Water!** Broad ranges of food like wheat, dairy, and sugar are focal points of elimination in this diet. This means all wheat, dairy, and sugar filled meals are eliminated—which can cause physical, mental, and emotional shock for you. During the elimination process, you may experience detox symptoms, withdrawal symptoms, and hormonal shifts. The elimination diet is remarkably effective but can prove to be challenging. By drinking plenty of water, planning ahead, and making a few contingency plans beforehand, will all greatly increase your chances of making it all the way through.

**Plan Your Meals!** Removal of most of your favorite foods will most likely occur during the elimination diet. It is important to consider what types of meals you will choose to eat during this time. Breakfast can often be a sugary, wheat-filled meal—washed down with a cup of caffeine and dairy. A typical breakfast on the elimination diet on this program will be your Peak Performance and/or Complete Meal Mix morning shake or muesli. These types of changes can be hard to manage at first, but it will pay off. Plan to have foods on-hand that can help you power through cravings for sugary and wheat-filled foods. Cravings are very real; therefore, it is a huge help if you have something healthier to consume instead of something that might not support your goals. So, when you prepare meals, prepare extra meals that can be portioned into appropriate containers and stored for use over the next couple of days as well. Pack your lunch, so you won't be tempted to break your diet. You can expect this diet to be somewhat inconvenient, but it is also very powerful and worth your effort.

**Snacks & Snack Foods:** If snacks are bought at a gas station or convenience store, there is little chance that it will meet the criteria for the elimination diet. A popular choice for snacks is fresh guacamole with vegetables, an apple, fresh or dried fruit, though you can get creative and eat anything on the allowed list. Having some snack food can help you push through cravings for certain foods. Fruits are particularly effective at helping with sugar withdrawals, but don't over-do it. Of course, when this program is paired with a weight loss program, the choices are even more limited.

**Our Keto-Paleo Macaroons are an excellent, super-healthy snack option.**

**Kitchen Prep / Clean Up:** Get rid of all the food you aren't going to be eating once you begin the program—throw them out or give them away if need be, but get them out of the house. You will want & need to avoid temptations. The best strategy is not to have tempting foods around. If you have kids, a spouse, or roommates, it can be tricky to get rid of foods without having everyone commit to the elimination diet with you. Using a separate small refrigerator and pantry during the diet may be the next best thing to help you get through this if you live with others. Mini fridges are inexpensive, and you will be more able to commit to only using what you put in it and not being tempted by other items when you go to get something to eat.



**Supportive Supplements:** During the elimination diet, you may experience hormonal changes, surges of energy, energy drops, flu-like symptoms, headaches, dizziness, and even diarrhea.

These are normal signs that your body is finally able to eliminate toxins. These symptoms can still be unpleasant. This is why we have given you the specific nutritional supplements discussed elsewhere.

**Prescription Medications:** Isolating the causes of your chronic health symptoms is the goal of the elimination diet. If you are taking medication for these symptoms, you should not plan on stopping them during the diet as doing so could upset the apple cart. Consult your prescribing physician to let them know your plans and discuss weaning off any medications that are not absolutely essential. They may be on board and adjust, but don't count on it. The vast majority of doctors do not understand nutrition or an elimination diet's ability to reduce your need for various medications. There is also a strong bias to keep people on medications once placed on them for various reasons. The elimination diet should not be considered a 'treatment' or 'cure' for anything although it can and will help just about everything & anything that ails a person. It is just that the conventional medical establishment exists in a very 'pro drug' intervention mindset and anything that disrupts that training or system just isn't appreciated or tolerated by the 'powers that be.' Use the information and any health improvements that you experience from the elimination diet as fuel in your discussion with your physician to make appropriate changes to your current medication regimen. My general rule is 'the fewer the medications a person is on, the better, less is more, none is the best.' The elimination diet experience will help you to see how foods can cause symptoms that are usually treated with prescription medications. Use this information to potentially wean yourself off them.

**Family & Friends:** Let your family know what you are doing and apologize in advance for any stress it may cause them but be clear that this is about you taking control of your health. Personally, I don't think there's anything to apologize for since this is about taking positive actions to enhance your health. If possible, do the elimination diet with your spouse, roommate, or a close friend. Not only does 'misery love company' but it will be an awesome bonding experience and provide a significant shared experience that you can both appreciate and joke about for many years to come. Approach the elimination diet with the knowledge that most people will not understand what you're doing, and you may not be able to convince them of its value but that is their loss. **Having someone else share this experience with you can make things so much more comfortable and will greatly amplify your chances of success since you will be doing it together.** You'll want to avoid tempting situations while on the elimination diet. It's best to let your loved ones know you may not be joining them at the bar/restaurant or going out to eat with them for the next month—and it's nothing personal. Of course, you could choose to join them and be prepared with healthy options that are on your elimination diet. There is nothing wrong with using such situations to flex and exercise your will power and self-determination! In such cases it is vitally important to anticipate the temptations that will be presented and have a plan on how you will deflect and deal with them.

## Here are Some Things to Expect During Stage-1

Each person will react differently while on the elimination diet. Everyone has different issues with which they deal, and the foods that bother some will not bother others. However, the initial stage of withdrawal is common among almost everyone. If you have ever quit smoking, quit drinking, or given up any addictive substance—the withdrawal symptoms of the elimination diet can be very similar. A quick note about addictions and dependence. Addictions and dependence are not the same thing although both can be quite strong and powerful. **Addictions are psychological** and can occur with anything that we become psychologically dependent on.

**‘Dependence’ really refers to physical dependence.** For example, we are all physically dependent on breathing, drinking water, and eating food. A drug addict’s body will also become physically dependent on a drug due to the drug’s effects on various receptors and neurotransmitters (among other possible mechanisms). **‘Addictions’ involve being psychologically dependent** on something (it could be anything) that a person cannot stop doing or otherwise control despite knowing that that thing is harmful. **Dependence connotes a physical dependence** on something, it can also be almost anything.

So, the point is that when we eliminate certain foods, we may experience psychological &/or physical withdrawals. The physical withdrawals have to do with that food regularly being relied upon to provide some physical stimulation. The psychological withdrawals have to do with that food regularly being relied upon to provide some psychologically stimulating, activating, or comforting action. Was that helpful or TMI?

### **Sugar Withdrawal & Mood Swings:**

Since most people eat what is known as the typical **Standard American Diet (SAD)**, which is full of sugar and refined carbohydrates and numerous other questionable substances, enhanced withdrawal issues can be experienced. Your body, your gut-bacteria, and your brain are all used to getting mega doses of glucose and ‘fast but short-lasting’ energy. Depriving yourself of these compounds can turn you into a sweet fiend that craves any source of sugar and carbs to satisfy your cravings. Complex carbs like wild rice and sweet potatoes will offer you some solace, however, be prepared for the first week of the elimination diet to be fairly unpleasant if you regularly consume fast energy sources. Be aware of this, plan ways to deal with it, **STAY CALM & CARRY ON!** BTW, do you know the origin of that saying? If not Google it, I think that you’ll be surprised at its origin.















Getting through this can provide enormous health benefits that will stay with you for years. SO, **JUST DO IT**, you’ll be glad that you did.

**The Nightshades:** The following are members of what is known as the nightshade family of plants. An additional member, referred to as the ‘deadly’ nightshade is Belladonna. The rest of the nightshade family are not deadly however they do seem to cause negative reactions in some people. For this reason, they are avoided during the elimination stage of the diet.

\*Note: Virtually all plants produce some substances that can be irritating or toxic when consumed in high amounts. Most, if not all plants, make various ‘pesticides’ that help to repel insects that would otherwise devour them. The concept of having a diversified diet is to help provide a variety of nutrients and to help minimize overconsumption of specific, potentially toxic substances. Our bodies can easily deal with some naturally occurring plant toxins but excessive amounts (as well as many synthetically produced, manmade) toxins can challenge even the healthiest of us. BTW, caffeine is an example of a plant pesticide.

# NIGHTSHADE SUBSTITUTIONS

This chart contains substitutions for some of the most common Nightshades.

 White Potatoes	 Eggplant	 Bell Peppers	 Tomatoes	 Cayenne Pepper, Red Pepper Flakes, Paprika
↓	↓	↓	↓	↓
 Cauliflower	 Mushrooms	 Celery	 Beets	 Ground Black Pepper
 Sweet Potato		 Radishes	 Carrots	 Ground White Pepper
		 Zucchini		

Modify/Update the following

### **Daily Regimen During the Elimination-Detox Diet**

#### **Early morning or soon after rising:**

Purified Water or Coconut Water: 8+ ounces; add 1/4-1/2 teaspoon of Baking Soda; 1 or more tablespoons of Apple Cider Vinegar; 3-5 drops of Lugol's Iodine; 1 tablespoon of Zinc T&T; 1 tablespoon of Lipo-C

BIG Restore: 1 tablespoon; best done separately.

#### **First Meal of the Day:**

Make a Shake using Peak Performance Protein; add 1 tablespoon each of Pumpkin Seed Oil & MCT Oil. While on the Elimination-Detox Diet you will be avoiding all milks whether from dairy or nuts. That means that the taste & texture of your shake will not be optimal but it will still be good. More importantly, it will provide the vital protein & healthy fats that your body needs to facilitate proper elimination & detoxification.

**Meal 2:** Eat a light, balanced meal from the GREEN foods on the list with emphasis on those that support elimination.

**Meal 3:** Either eat a light, balanced meal from the GREEN foods on the list with emphasis on those that support elimination or you can repeat the first meal of the day.

Finally, at the end of the day, repeat what you did first thing in the morning.

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## **Stage 2 of the Elimination Diet Protocol begins on Day 8, 15, 22 depending on how long you have chosen to Detox: Food Reintroduction, Testing, & Recording**

This stage involves reintroducing foods to identify the specific ones that affect you negatively. After the initial restrictive phase of the elimination diet, you will begin reintroducing one food group at a time, one day at a time. It is best to **begin with whatever foods you are craving the most** since they are likely the ones that are affecting you the most. It is highly likely that you will notice all negative effects from this food within the first 3 hours after eating as some can take up to 72 hours. Under normal circumstances, this can make it difficult to determine what foods are actually causing reactions in you.

That is why we advise using the ‘**Coca Pulse Test**’ using the pulse oximeter we provide. It is a simple way to discern food issues. While an elimination diet with careful, monitored reintroduction of foods one category at a time is the gold standard for identification of offending foods, it requires diligence to properly complete the process. Muscle testing (aka kinesiology) and EAV (electroacupuncture according to Voll) are other methods (energetic methods) that also have great value; however, these approaches are not easily reproduced and depend upon the skill of the person doing the testing and doing so under the right conditions. Another way to test for sensitivities are via various lab analyses; these can be pricey, and all have degrees of false positives and false negatives (inaccuracies). Fortunately, pulse reading is quick, easy, reliable, and free.

**HERE’S HOW IT WORKS:** **Note**, there are numerous versions of this, and the original requires multiple readings over several hours. We do not find that method very practical or productive due to poor compliance. Therefore, we have adopted a simpler, modified approach that appears to work quite well for most patients. First, we’ll provide an overview of the process then a more detailed procedure.

Set the food to be tested out on a plate along with your food testing reintroduction form, sit and relax for several minutes to allow your pulse rate to settle to a resting level. You can use a pulse rate monitor or check it manually. In either case, check it for a full 60 seconds. Record your resting pulse rate.

Next, place one food or ingredient in your mouth, you can chew it or just leave it on your tongue but do not swallow it. Measure your pulse after the food has been in your mouth for at least 30 seconds the exact same way that you measured your resting pulse and record it next to the food on your test sheet.

It is recommended that you spit that food out once the pulse has been assessed.

Finally, compare that pulse to your resting pulse rate and record whether it is positive or negative.

If your pulse **increases or decreases by 4 or more beats per minute**, the food is considered to be a stressor to your nervous system and therefore has caused an alteration in your heartbeat. Record it as positive which means that you **REACTED** to it. Therefore, that food should be

You can test additional foods, but it is best to wait an hour between tests and only continue if your resting pulse rate has returned to the pretest level. The reason that the tested food is spit out and not swallowed is to minimize the potential recovery time following positive reactions thereby allowing for the testing of multiple foods in a single day. If a reaction producing food is swallowed, its effects can last for several hours up to a few days. Testing is only accurate once your body has regained proper homeostasis which in this case is assessed via resting pulse rate.

Immunologist Arthur F. Coca, MD, developed this invaluable technique in the 50s and his book on the technique was published in 1956. The method's validity and usefulness have been verified in tens of thousands of patients over the past 60+ years, however, no controlled studies have been performed nor are they likely to be. No company stands to benefit from funding a study on a test that is free. Since it has not been 'verified' by the self-appointed critics of ANYTHING and everything that is not 'blessed' by the establishment, you might encounter negative reviews of the Coca Pulse Test. Please realize that those self-appointed critics and experts typically have ZERO training in or understanding of anything outside of the purview of conventional, so-called 'modern' medicine which has brought us to be one of the sickest nations on the planet, with the highest incidence of chronic diseases ever seen. Just saying...

### **THE COCA PULSE TEST WITH THE PULSE OXIMETER:**

Using a pulse oximeter makes it much easier than checking your pulse manually. Just place the pulse oximeter on for 60 seconds, then test foods and look for changes.

#### **The Coca Pulse Test in Detail:**

Take a reading of your pulse in a relaxed and seated position. Do not perform this test after a meal or physical exertion or with anyone standing over you as these things will cause your pulse to become artificially elevated.

Set out one or more single ingredient foods or beverages to test. Example: Day 22 Fruit. Set out the citrus fruit you would like to test.

The number of pulse beats counted in one minute is your resting pulse rate (normal pulses average from 60 to 100 beats per minute). The pulse can differ from your left to right side, so read the pulse on the same side for the entire testing session. Gently regulate breathing being sure to breathe through your nose, not through your mouth. The pulse is variable in a healthy person, therefore, to establish your resting pulse rate, measure it for a full 60 seconds to get your one-minute average.

Now, moving slowly (rapid movement triggers pulse variation), place the test ingredient on your tongue and chew or roll it around for 30 seconds. Do not swallow.

Read your pulse on the pulse oximeter for a full 60 seconds. If the food stresses you, your pulse will increase or decrease. A pulse shift of **four or more beats per minute** indicates a sensitivity or allergy to that food. The greater the pulse variation, the more toxic the food is to you.

Some people want to understand how the food can affect your system so quickly. The short answer is 'no one knows for sure,' however, we do have some good ideas. Our mouths are loaded with sensors, that's pretty obvious. Our ability to taste things is an example of this. Taste provides our brains with a great deal of information that we are not conscious of, and our brain knows what foods cause stress or reactions on a subconscious level. This effects the autonomic nervous system and is reflected in the alteration of heart rate & rhythm.

**If you react to the food**, spit it out and rinse your mouth with water. If there is no reaction and/or if you wait until your pulse has returned to your resting pulse rate, you may continue to test other ingredients.

If you have a positive reaction, you may need to wait at least an hour before testing another food. Some people may not stabilize until the next day so be sure to confirm that your pulse is back to the pre-test resting rate before proceeding with the next food.

**NOTE:** The Coca Pulse Test may not be effective if you're taking medications that control your heart rate such as calcium channel blockers or beta-blockers. Continue stage two until you feel confident that you have paired all your symptoms with specific food types. Most people discover that when dairy, wheat, and sugar are reintroduced, they find the cause of most or all of their symptoms. This is the order you should reintroduce your foods.

For additional help, use your reintroduction food sheet (in addendum).

**Suggested Reintroduction Food Schedule:** the first number is if you chose to do a 14 day and the second number is if you chose 21 days.

**Day 8, 15 or 22:** Fruits – test your favorite citrus fruits then additional favorite fruits.

**Day 9, 16 or 23:** Vegetables – test your favorite veggies.

**Day 10, 17 or 24:** Carbs - Test corn, brown and white rice only. Even if corn is negative (non-reactive) wait until after stage 3 to reintroduce it.

**Day 11, 18 or 25:** Nuts & Seeds - test your favorite nuts and seeds

**Day 12, 19 or 26:** Legumes and Lentils -test your favorite beans, peas and lentils even if following a vegetarian diet, test individual sources of your protein. One may react more than others.

**Day 13, 20 or 27:** Meat/Eggs - test your favorite meats and eggs. \* Wait until after phase 3 to reintroduce pork, shellfish, processed meats, and eggs even if your test was negative.

**Day 14, 21 or 28:** Dairy - test your favorite dairy foods. \* Wait until after phase 3 to reintroduce dairy (cheese, milk, yogurt, butter etc.)

**Day 15, 22 or 29:** Fats and Spices - test your favorite fats and spices. \* Wait until after phase 3 to reintroduce fats and spices (mayo, BBQ sauces, ketchup, soy sauce, etc.)

**Day 16, 23 or 30:** Beverages and Sweeteners - test your favorite sodas and beverages. \* We encourage only to test coffee, non-herbal tea, and sodas sweetened with healthier, more natural sweeteners like Erythritol, Xylitol, Stevia, Monk fruit, honey, and maple syrup. We encourage you to stay away from those until after phase 3 as well.

\*The reason we are asking you to wait until after Phase 3 to reintroduce certain foods even if you test negative is because most of those food items are eaten on a regular basis and in such abundance in many people's everyday diet. Your digestive system will benefit from an extended break from corn, eggs, dairy, and gluten. Pork, shellfish, deli meats and processed foods tend to carry toxins, so we suggest waiting until after Phase 3 as well. As far as coffee, tea, & soda, they tend to have caffeine and highly processed sugars, so we suggest waiting until after phase 3 to reintroduce them in your food plan (although you would be better served to permanently eliminate them from your diet). We also encourage you to completely stay off sugar-laden soda and processed foods for the remainder of your life. Grains are extremely important to address and many people will not want to hear this, however, many refined grains (especially those containing gluten) are best avoided long term for several reasons. The way many of them are grown, processed, and otherwise 'altered' and modified, has made them far from optimal for our bodies to utilize without placing excessive burdens on our digestive and immune systems.

\*To clear some possible confusion, we would like you to test all the foods that you want to reintroduce. If you get a positive reading (4 pulse point variation up or down from resting heart rate) you will need to stay away from that food for a minimum of 60 days before re-testing. If you get a negative reading (pulse point variation less than 4) you can reintroduce the food if you would like. Please remember even if you test negative for a food and it falls under the category to stay away from until after phase 3, you will need to still avoid that food item. Additionally, there may be foods that you test negative to that still may not 'support' your overall health & goals. You also have to consider that food's impact on your weight and long-term health.

**Coca pulse test results sheet:** copy or print additional sheets as needed

## **Reintroduction of Foods**

It is common to find that some of your favorite foods may be giving you the most trouble. The elimination diet is challenging, and it is ultimately a great learning tool that will help you to gain better understanding of the impact of various foods on your health. Regardless of how much effort you put into sticking to its guidelines, you will only benefit long term if you apply the lessons you learn during the testing & reintroduction stages. It is important to reintroduce the food groups one at a time by using the Coca method. This will ensure an ability to gauge the effect of each individual food accurately. Writing everything down and referring to it in the future will help you power through any cravings for foods you no longer eat.

The elimination diet is one of the easiest (ok, so it isn't THAT easy) and most effective ways to get some simple insight into personal health. We do realize that the Coca method may be more than some are willing and able to do. If you feel that this applies to you there are food sensitivity lab tests that can be used. A typical comprehensive panel will cost approximately \$500.

If you run into numerous foods that cause reactions during the reintroduction phase, depending on how long it takes your body to regain balance (indicated by your pulse), it may take a few additional days to get through all of the foods you'll want to test. If that's the case, please DO NOT rush through the process. Reintroduction of reactionary foods can undo many of the benefits achieved during the elimination phase.



Food:	Date	Time	Resting Pulse	Pulse w/ Food	+ Rx	AVOID this food	No Rx	Food OK
<b>Fruits: Start with citrus then, then go to your favorite fruits one by one.</b>								
<b>Veggies: Start with your favorites and go down the list of those eliminated.</b>								
<b>Carbs: Test corn*, brown and white rice.</b>								
<b>Nuts &amp; Seeds: Start with your favorites.</b>								
<b>Legumes, Lentils: Test your favorite beans, peas, and lentils.</b>								
<b>Meat, Fish, and Eggs*: Test your favorites.</b>								
<b>Dairy*: Test your favorite dairy foods.</b>								
<b>Fats &amp; Spices*: Test your favorites.</b>								
<b>Beverages and Sweeteners: Test your favorites.</b>								
<b>*Note: for these categories, even if a food tests as non-reactive, avoid re-adding them until phase 3.</b>								

## **More Daily Regimen Health Upgrades:**

The following things can be added to your daily regimen as you are able. It can be extremely challenging to change your daily regimen under the best of conditions. Therefore, for most, it is often best to add just one or two things at a time until you have them down before attempting more. Some people, on the other hand, do better if they make all the changes at once. Only you know which type you are.

**Get outside in the sunlight!** Sunlight is the missing nutrient in most modern human's lives. WE literally evolved with our entire bodies being stimulated and regulated by full-spectrum sunlight. It is only since the late 1800s that artificial lighting came into existence that led to major changes in our normal daily rhythms. This time-period also correlates with many other technological advancements and aberrations in how humans live, however, there is a strong case to be made that MANY of our modern ills are associated with "Mal-Illumination" as much as "Malnutrition."

**Spend a minimum of 10-15 minutes out in the sunlight shortly after waking** without glasses or contacts (which distort the light spectrum). Allow the sunlight (even if it's cloudy or partially blocked by building, etc.) to enter your eyes and hit as much skin as possible (yes, there are light receptors in the skin as well).

**The benefits are enhanced by grounding your bare feet (and/or hands) with the earth.** Walking on sand, dirt, grass, and even concrete helps to "ground" you by allowing the transfer of electrons from the earth into your body. If the ground is moist it's even better!

## **Consider a Restricted Eating Window / Intermittent Fasting schedule**

**We evolved over vast amounts of time without refrigerators or pantries! Food was not always available and three meals a day was not the norm, far from it.** It was very typical for humans to not just survive, but to thrive, on MUCH less food than we tend to consume for the past 50+ years. Just as with most animals that still live in the wild, eating was never guaranteed. There were regular & frequent stretches of 'fasting' & 'intermittent fasting.' In fact, that was the norm and our metabolisms adapted to that extremely well. It should be clear to any objective observer that we have NOT adapted to the current norm of regular & frequent feedings with highly processed foods. That's unless you consider obesity, diabetes, and widespread chronic disease to be adapting!

**It always cracks me up** to listen to many of the current health gurus out there. The 'bio-hackers' that think they are the first people to think about modifying various things to enhance health, they obviously haven't done their homework. Coining a new word doesn't make them unique, innovative, or pioneers, the new terms just makes them trendy. And how about the Paleo mania? There have been numerous iterations of what we think might have been a Paleolithic diet for well over a century. The latest one appears to be more about rationalizing eating lots of animals more than anything to do with true health. If you stop and think for just a few moments you'd realize that there are only a few valid principles to a Paleo regimen. One is to eat very little food overall and to practice systematic undereating and periodic fasting. The other is simply to avoid all refined and processed foods. Perhaps a third would be to walk, run, forage for food in the fresh air and sunshine (or rain) for several hours a day. A fourth would be to go to bed shortly after the sun goes down and rise around sunrise.

Here are some additional thoughts regarding **Intermittent Fasting** or a Restricted Eating Window in relation to your daily activities and exercise.

**The ideal time to do your resistance workout** to take full advantage of the various hormonal and other messenger responses associated with an intermittent fast is **on an empty stomach** (i.e., prior to your first real meal of the day, the macaroons don't count). Many people who are not accustomed to intermittent fasting may think that they'll have no energy, but this is a fallacy. Our ancient ancestors had to run, chase, hunt, forage, and fight with an empty stomach. Our bodies have plenty of stored energy in the forms of glycogen and fat to fuel a marathon at virtually any time. The problem is that since so many people have chosen to eat every few hours, their metabolic & enzymatic breakdown pathways have become "sluggish" which makes them feel weak and/or light-headed. It also makes them much more metabolically 'fragile.'

**To build up your metabolic resilience** it is desirable to be able to function (including performing physically and mentally) on an empty stomach. As noted in the section describing the benefits of intermittent modified fasting, this stimulates a wide array of very beneficial responses by the body. Those responses actually magnify one's ability to perform, heal, repair, add muscle, and lose fat.

**Additionally, for those looking to burn the most fat**, 20 or so minutes of cardio after the resistance training should provide the greatest benefits since much of one's glycogen will have been depleted by the resistance training thereby helping your body shift into a more efficient fat-burning mode. It is generally better to do the cardio after the resistance training as many people will tend not to push as intensely on the resistance training if they do the cardio first.

**There are MANY well documented benefits associated with intermittent fasting.** The list and explanations are truly impressive and there's a great deal of information and documentation available elsewhere so go ahead and google it. I personally like to condense things and place the highlights into tables for easy reference, so that's what I'll do for you here.

## Documented Benefits Associated with Intermittent Fasting and Modified Intermittent Fasting

Target	Explanation
<b>Blood Sugar</b>	<b>Fasting reduces blood sugar and insulin levels while improving insulin sensitivity;</b> this dramatically reduces the risk of diabetes, insulin resistance, and therefore obesity as well.
<b>hGH</b>	<b>Fasting significantly increases hGH (human growth hormone levels) (up to 5X).</b> Increased hGH enhances protein synthesis, muscle repair and building, internal organ repair, function and reserve, all while reducing body fat. There are many additional anti-aging benefits associated with increased hGH levels, such as: enhanced energy levels; improved sexual performance; regrowth of heart, liver, spleen, kidneys (and other organs that tend to shrink with age); greater heart output and lower blood pressure; reduced cholesterol with higher HDL and lower LDL; increased exercise performance; improved kidney function; stronger bones; faster wound healing; younger, tighter skin; and hair regrowth.
<b>Metabolic rate</b>	Contrary to conventional wisdom, <b>short term fasting actually increases one's metabolic rate</b> (longer term fasting = starvation, which has the opposite effect).
<b>FIAF</b>	Fasting increases <b>FIAF (Fasting Induced Adipose Factor)</b> which blocks LPL (lipoprotein lipase) leading to the blocking of one of the body's main messages to store fat. This leads to increased fat breakdown and burning.
<b>mTOR</b>	Fasting temporarily suppresses the body's production of <b>mTOR (Mammalian Target of Rapamycin)</b> which leads to significant increased production of mTOR when feeding resumes. The net result is much higher total levels of mTOR in spite of the reduction during the fast. <b>Increased levels of mTOR stimulate protein synthesis</b> (i.e., recovery from exercise, building muscle, healing an injury). Interestingly, exercise has a similar impact on mTOR as fasting so the combination of fasting and exercise has a synergistic effect.
<b>Appetite</b>	Also countering Conventional Wisdom, <b>fasting actually enhances appetite control</b> via multiple mechanisms such as modulation of the following hormones and messengers: insulin, PPY (pancreatic polypeptide), Leptin (the satiety hormone - rebounds upon feeding), Anandamide, NPY (neuropeptide Y), alpha-MSH (melanocyte stimulating hormone), Obestatin, and improved blood sugar regulation as noted above.
<b>Ghrelin</b>	Fasting or an empty stomach <b>increases Ghrelin</b> production which stimulates appetite. Many feel this is a negative BUT increased Ghrelin is also associated with: <b>increased hGH</b> (which stims muscle development and fat burning), <b>improved learning and memory, and has anti-anxiety and anti-depressant effects.</b>
<b>Cells</b>	Fasting has been <b>shown to reduce both inflammation and free radical damage</b> at the cellular level.
<b>Heart Disease</b>	<b>Fasting reduces several risk factors associated with heart and blood vessel diseases</b> including: Blood pressure, Total and LDL Cholesterol, Triglycerides, Blood Sugar, Insulin, and inflammation.
<b>Brain</b>	Fasting has been <b>shown to enhance brain health, learning and memory while reducing anxiety and depression.</b>
<b>HSPs</b>	Fasting both <b>increases the production of, and activates, Heat Shock Proteins (HSPs).</b> These are extremely beneficial in helping the body to adapt to a wide variety of stressors. Their main functions involve stabilizing, facilitating the synthesis of, folding, assembly, export, transport, turnover and regulation of proteins. Hot and cold therapies also increase HSPs.

There are many variations of how fasting or modified fasting can be performed. There is general agreement, however, that shorter and intermittent fasting provides the greatest benefits with the least risk of complications or negative effects. Some recommend a total fast (except for water) for a day or more while others recommend fasting 16-20 hours of the day. I strongly encourage you to experiment and find the protocol that works best for you, the long-term health benefits can be very significant.

**Alternate plan using an Intermittent Modified Fasting Protocol:** Utilizing ‘intermittent fasting’ AKA a ‘restricted eating window’ can significantly enhance the fat shredding process by activating important metabolic pathways, MTOR and FIAF.

There are several variations that can be used for intermittent fasting or a restricted eating window, here are a few.

<b>Intermittent Fasting Schedules:</b>	<b>Eating Window per day</b>	<b>Fasting Period per day</b>
Intermittent fasting uses a model of fasting	8 hrs. a day	16 hrs. a day
most of the day, typically 16-20 hrs. with food intake restricted to the eating or feeding window of 4-8 hours	6 hrs. a day	18 hrs. a day
	4 hrs. a day	20 hrs. a day
	2 hrs. a day	22 hrs. a day
<b>Fasting Schedules &amp; Variations:</b>	Weekly:	1, 2, 3 days a week
Classic fasting was done mainly using Just water although some limited that too.	Monthly:	1, 2, 3+ days a month
	Alternate Day Fasting	Water Fasting
Later variations used juice fasting or Modified protein sparing fasts.	‘Monk’ fast: 36 hours.	Protein sparing modified fast
		Fasting Mimicking Diet

Spend a little time thinking about your schedule and see what might make the most sense for you if you were to incorporate some form of fasting into either your regular health regimen or weight loss program. Once you decide, schedule your first fast or intermittent fast and make appropriate plans to carry it out.

As listed above, there are several options to choose from. It also makes a great deal of sense to change things up regularly to replicate what would likely happen under real-life Paleo/Primitive/Ancestral times.

Periodically, you might fast for 1-3 days, perhaps once a month or more. You might fast on alternate days one week out of the month, Sunday, Tuesday, and Thursday, for example. This could be done as intermittent fasts as well, choosing the eating window that makes the most sense for you and your schedule. The combinations are endless.



## **Why some adopt a new leaner lifestyle...**

**We have all had times when** we are especially motivated to look our absolute best. For many that means getting leaner (reducing body fat and enhancing muscle definition). Looking fit, lean, and muscular has become the new sexy for both men and women. Of course, it has always been sexy but now people realize that they don't have to be body builders to look great, in fact there's even a trend in bodybuilding with several new categories that are moving away from maximum size toward a bit slimmer, leaner, fit-looking physique. Of course, even those categories have gotten a bit carried away and all are 'hormonally-enhanced.'

**For those of us not genetically predisposed** to being that way, it takes some serious effort and a change in lifestyle, but it is attainable with the proper vigilance. So, whether it be looking your best for a special event or wanting to be lean and muscular all the time, this program will help you get there and stay there. All but those especially gifted will likely need to continue following some aspects of this program on an ongoing basis (or repeating the program periodically).

It's important to point out that **different people have different genetic backgrounds** which have significantly contributed to their body type and metabolic type. Not everyone may be able to get super lean and ripped but everyone can make major steps in that direction. Do not let slow progress get you down, just stay focused and keep making slight modifications until you find what works best for you and your metabolic type.

**Extra effort is always required** to achieve our leanest, most defined state. The primary goal here is to lose as much body fat as possible while minimizing muscle loss.

**The Keto Option:** I would be remiss not to mention Ketogenic Diets as they are undergoing another rebirth and stint of popularity. The reality is that they can be quite healthy and useful for many people at least for a while. In fact, when you think about it, our ancestors likely spent a significant amount of time in various stages of ketosis since they did not have ready access to all sorts of food 24/7/365 as we do today.

**Ketosis is a completely 'NORMAL' metabolic process** that our bodies shift to in varying amounts as needed when food and carbohydrates are limited. Perhaps the thing that has made it appear to be so healthy and special is the simple fact that people no longer enter significant ketosis without specifically working to do so (with the exception of diabetic ketoacidosis).

So, YES, Ketosis and Ketogenic Diets can be utilized quite productively by many, although it is not a panacea. Nor is it, in my humble opinion, something to strive to be on, and in ketosis, all the time.

A ketogenic diet is really a lot simpler than most keto diet books and gurus make it out to be. All you have to do is cut down on the number of carbohydrates and protein while emphasizing healthy fats.

**Spilling ketones in your urine is a simple way to confirm that you are in fact burning fat for fuel BUT all bets are off when taking exogenous ketones.**

There have been numerous companies promoting the use of exogenous (supplemental) ketones for weight loss. Spoiler alert, taking exogenous ketones can actually shut fat-burning down temporarily! Exogenous ketones can be of assistance as an alternative energy source AND to ease the symptoms associated with shifting into a state of natural, nutritional ketosis, JUST do not overdo them. We actually make an exogenous ketone product for those very reasons but I just want to be clear about how to properly use them.

So, for those interested in following a Ketogenic regimen here's what you need to know.

**You must restrict your carbohydrate & alcohol intake fairly strictly.** Limit carbs to 50-100 grams a day until you achieve ketosis, then experiment as to how many carbs you can handle and remain in ketosis by monitoring your urinary ketones a few times a day.

You must limit your protein intake since any protein in excess of your body's needs can be converted into glucose or stored as fat. Shoot for ½ gram of protein per pound of body weight per day. Monitor your urinary ketones **and IF** you are limiting your carbs as recommended **and you are not able to stay in ketosis, it likely means that you are consuming too much protein.** Adjust your protein intake to maintain a state of ketosis AND your muscle mass. The simple way to monitor your muscle mass is by assessing your strength during your workouts.

If you are **maintaining or increasing in strength**, then you are maintaining or adding muscle. If you are not maintaining your strength, then you are losing muscle. It is basically as simple as that.

**Restrict carbs & protein, focus on healthy fats. Monitor ketones & strength. Adjust as needed.**

**Transition Phase:** Periodically, you will want to EASE out of the restricted eating program to confirm that you are able to stabilize at your new weight and level of leanness. That does not mean that you should go back to your previous eating system that was obviously NOT working for you, but it does mean testing how much food your body can function on on a sustainable basis. You will determine what kind of new eating pattern makes the most sense for you now that you realize that the SAD (Standard American Diet) of three 'square meals' a day plus a snack or two is NOT ideal or sustainable. In fact, the SAD is the antithesis of a healthy Ancestral diet.

Based on what you learned about your body over the course of your journey to a new, leaner, more resilient you, establish your new daily eating regimen and begin following it. During this time, it is vital to continue checking and tracking your weight, key circumferential measurements, body fat, and strength.

Measure/Monitor, Adjust/Tweak/Modify, Repeat. Via this process you will continue to learn how your body and metabolism operate while continuously enhancing your overall health, metabolic resilience, vitality, and longevity. Next, we will go into more detail about exercise.

**Exercise Recommendations:** Yes, it is possible to lose weight without 'exercising' BUT I do not believe that it can be done properly or healthfully. Losing weight without proper muscular stimulation invariably leads to loss of some muscle which is the last thing anyone should want to do from a health perspective not to mention from a long-term maintenance perspective.

**Exercise Recommendations:** Yes, it is possible to lose weight without 'exercising' BUT I do not believe that it can be done properly or healthfully. Losing weight without proper muscular stimulation invariably leads to loss of some muscle which is the last thing anyone should want to do from a health perspective not to mention from a long-term maintenance perspective.

<b>Goal:</b>	<b>Exercise Recommendations:</b> Exercise is a controlled stress we place on the body to stimulate adaptation and improvement; low to moderate amounts enhance healing and the immune system, whereas too much too soon, can have the opposite effect. There is a huge difference in the amount of exercise that one person can tolerate and derive benefit from vs. someone else.
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**ARTC Specific Exercise Recommendations:**

**EWOT! Exercise with Oxygen Therapy** is, in my opinion, the most important exercise or therapeutic intervention anyone could do. It benefits virtually every single metabolic process known by increasing tissue, cellular, and mitochondrial oxygenation while helping to restore and reset the proper diameter of the body's microcirculation. The microcirculation accounts for over 90% of the circulatory system, it is where the 'rubber hits the road' so to speak. All nutrient and waste product exchange takes place in the microcirculation.

**Cardio:** If already do cardio, increase it by 10-20% initially, then bump it another 10% every 5-7 days as needed.

**HIIT:** Adding a session of High Intensity Interval Training can really help boost results but be sure to scale it to your current fitness level. Since the main goal is to shed fat HIIT can help you jump to the next level as it increases fat-burning metabolism for up to several hours after a session. One or two short to moderate duration HIIT sessions every other day would be ideal. Doing HIIT daily is a bit too much to recover from for the vast majority.

**Resistance:** 3-5+ times per week commensurate with your current fitness level and whether you opt for a full body or split routine. When shredding fat, some do better with full body workouts while others do better on split routines (different body parts on different days). Strive to increase your reps and/or weights every 5 days.

**hGH and Testosterone boosting exercises:** Both Growth Hormone & Testosterone can dramatically enhance one's ability to recover from an illness or injury in addition to adding muscle and losing body fat. If you would like to, and have proper equipment and guidance, add one of these exercises 2-3x/week (some might benefit from and be able to handle them daily but they would be the exception). Do 3-4 sets of 8-12 reps with 70% of your 1 rep max weight on squats, leg press, or deadlifts (only do one of these). Additionally, your HIIT will also boost testosterone levels.

**Flexibility:** Stretching commensurate with your current and desired flexibility. For most people flexibility training should be incorporated either at the end of one's workout or in the evening for an estimated 10-15 minutes.

**Misc.: Drink lots of pure water:** that is one of the best and most effective general health restorers and fat shredding recommendations there is. Most people are marginally and chronically dehydrated. The general recommendation is to consume from 1-2oz. of pure water per pound of body weight each day for optimum hydration and fat burning. It also helps preserve muscle.

**Either a vibration platform or rebounder** would be a nice adjunct that can be done several times a day if available. Either one will stimulate overall circulation, oxygenation of the tissues, metabolism, and lymphatic circulation/detoxification. Using one of these several times throughout the day will help to counter sitting or standing in one place for most of the day which is counter-productive to shedding fat.

**Saunas** (esp. far infrared saunas) can be a nice adjunct to a fat shredding regimen due to their ability to stimulate one's overall metabolism and activate HSPs (heat shock proteins). HSPs have numerous benefits to healing via their ability to enhance protein stability, folding, transport, etc.

**Cold Plunges / Cryotherapy / Cold Showers:** There are several ways to use cold as a constructive stressor to stimulate your body's natural restorative responses. There are cryotherapy chambers that use liquid nitrogen to cool you down for about 3 minutes or you can simply put cold water and 10-20 lbs. of ice in a bathtub (or even taking a cold shower). All will work to enhance fat-burning (among other positive metabolic responses), as unpleasant as they may sound.

**Soaking** in the ocean or a hot bath of Epsom Salts are also great adjuncts to general health, getting back in shape, and may enhance fat burning. The body can absorb needed minerals (magnesium in particular) via the skin and there is also a general calming, relaxing, and restorative effect that supports healing and overall metabolism while reducing stress (which triggers higher cortisol levels that interfere with fat loss).

**Breathing exercises** have been used and promoted for thousands of years to aid the body in enhancing oxygen uptake and eliminating toxins via the lungs. Both of these processes are helpful to a general health restoration and fat burning program. There are many variations to choose from including recent YouTube sensation Wim Hof's version, Patrick McKeown's **The Oxygen Advantage**, and **Breathing**. By John Nestor, also Breathing.com.

## **Intermittent Modified Fasting:**

As mentioned above, incorporating intermittent modified fasting into your intensive (and regular lifestyle) offers many benefits (see below). I urge you to experiment for yourself with different lengths of intermittent fasting. Based on my research, I recommend shooting for between 16-20 hours of fasting or modified fasting on your intermittent fasting days. This cuts the “feeding” window down to 4-8 hours which is plenty of time to get in all the nutrients that your body needs.

**Meals:** The key to making healthy meals starts with using healthy foods. Meals and meal planning don't have to be that complicated, difficult, or time consuming. As with any new activity, it will take some focused attention and effort to get things moving in the right direction. Once you do this for just a few weeks, it will begin to become a new habit. Once the habit is formed everything gets much easier.

On the next page you will find a table that contains 'recommended foods' to emphasize to build your meals going forward. While there are a lot of foods in the table, you should realize that most people tend to live on only 10-15 different foods at any given time so don't be overwhelmed by the number and variety of things on the list. Just pick Over time people tend to rotate some of those items out and replace them with others. As you get started changing your diet and habits, keep things as simple as possible. Start with just 10 or so foods from the list to buy and keep on hand to make meals from. Experiment and note which of those foods 'resonate' with you. By that I mean, do they taste good to you?; Are they easy & convenient for you to prepare?; Do they seem to digest well and support balanced energy levels?

If a given food causes you GI distress or is associated with any number of adverse reactions, then make a note of how it was prepared & combined for future reference. Next time you try that food, be sure to isolate it to see if it produces any similar reactions on its own. If so, my recommendation is to avoid that food for at least 90 days. There are some foods that simply do not set well with us for one reason or another. The Coco pulse test should have identified this for you but let's face it, no test is 100% accurate.

**Meals: Here is a List of ‘Recommended’ Foods.** \*Note, there may be some foods on here that may not be ideal for some metabolic types, etc. Those are best identified while doing the Elimination-Detox Diet and Coca Pulse test upon reintroduction of those foods.

<b>This list categorizes foods by the predominant macronutrient content and lists which foods are appropriate for various dietary ideologies. Additionally, a general guideline is provided regarding the typical serving size for each category.</b>				
<b>Dietary Ideology</b>	<b>Quality Protein: 1-2 Palm sized portions as appropriate for you. (see below)</b>	<b>Veggies (lower carb): 1-2 Fist sized portions, as appropriate for you. (see below)</b>	<b>Higher Carb Content Foods 1-2 “Cupped hand” sized portions, as appropriate for you. (see below)</b>	<b>Healthy Fats 1-2 Thumb+ sized portions, as appropriate for you. (see below)</b>
<b>Omnivore (Everything is OK)</b>	Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, all protein powders.	Alfalfa sprouts, arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg)	<b>Fruits:</b> (ranked from lowest to highest glycemic load): Limes, Strawberries, Apricots, Grapefruit, Lemons, Cantaloupe, Guava, Nectarines, Oranges, Pear, Watermelon, Blueberries, Peach, Plum, Apples, Pineapple, Kiwi, Mango, Cherries, Prunes, Bananas, Grapes, Figs, Dates, Raisins. Of course, there are many more to choose from, just don’t overdo them.	<b>Whole or the pressed oils from:</b> avocado, coconut, olive, Seeds (chia, flax, hemp, pumpkin, sesame, or sunflower (although I don’t recommend sunflower or canola oils); Nuts (Almonds, Brazil nuts, Cashews, Coconut, Hazelnuts, Macadamias, Peanuts (some classify as a legume), Pecans, Pistachios, Soybeans (also a legume), Walnuts, etc.); Milk and Milk products (butter, cheese, yogurt, etc.), Eggs.
<b>Paleo (No grains, beans or dairy)</b>	Meat, poultry, fish, seafood, seeds, nuts, some protein powders.	garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg)	<b>Roots and Tubers:</b> Carrots, Sweet potatoes, Beets, Onions, Yams, Parsnips, Turnips, Potatoes, Rutabagas, Cassava, Squash, Beets.	(continued from above)
<b>Pescatarian (No meat, but allows fish and seafood)</b>	Fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.	okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno), purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, sea veggies (dulse, kelp, wakame, etc.), shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini	<b>Grains</b> (from “healthier to less healthy”): Whole oats, Amaranth, Quinoa, Millet, Wheat berries, Barley, Rice (Wild, Brown, White), Rye, Triticale, Couscous, Wheat (flour, bread, pasta).	(continued from above)
<b>Lacto-ovo Veg. (allows eggs and milk products)</b>	Eggs, milk and milk products, beans, seeds, nuts, grains, some protein powder.	(continued from above)	<b>Beans and Legumes</b> (ranked by protein; highest to lowest): Soybeans, Peanuts, Black beans, Pinto beans, Chickpeas, Kidney beans, Lentils, White beans, Split peas, etc.	(continued from above)
<b>Vegan (exclude all animal products)</b>	Beans, seeds, nuts, grains, plant-based protein powder.	(continued from above)	<b>Junk Carbs:</b> Refined sugars, syrups and sweeteners; Candy; Most cereals; Most snack foods; Most cookies and cakes; Refined flours; Jams and preserves; Bread, toast, bagels, thick pizza crust; Soft drinks; Alcohol (may have some nutritionally redeeming properties).	<b>Unhealthy Fats:</b> Rancid, Hydrogenated, Transfats, Over-heated.
<b>Gluten Free (excludes gluten grains)</b>	Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, non-gluten grains, some protein powder.	(continued from above)	(continued from above)	(continued from above)



**Portion size:** Many authors make this much more complicated than it needs to be. Remember, there are huge variations in people's metabolisms, digestive efficiency, size, activity level, microbiome, etc. Some people need and can handle several times as much food as others. The portion guidelines suggested above (in the second row of above table) are based on your body size (or actually your hand size).

If you are a smaller person, then 1 portion may be sufficient; if you're a larger person (or very active), then 2 portions or more may be appropriate. The bottom line is to monitor how you feel, your weight, your circumferential measurements, how your clothes fit, and your progress; if things are moving in the desired direction, then keep consuming the recommended portions. If things are not going as hoped and planned, simply decrease or increase the portion size as appropriate and keep monitoring. Remember that it takes an average calorie deficit of 500 calories per day for seven days to lose one pound of fat.

**Making Meals:** Many books and programs go into great depth with specific recipes, etc. That's great for some people but in my opinion most of it is filler to make the book or program look more impressive. I prefer to teach eating principles and let the individual be creative with modifying those basics to their specific taste preferences. Of course, we will provide a recipe section as well for those who really like that kind of thing.

The basic idea is to learn how to put together a healthy, nutritious meal that tastes good, quickly, and conveniently. A meal has to meet all of those criteria to be sustainable in my opinion.

### **Quality Protein:**

I believe that quality protein is the foundation of most good meals. Of course healthy fats and carbohydrates are also important but protein is the limiting factor in most diets.

**Choose your preferred protein source based on your personal beliefs.** Here's a list broken down by ideological categories: ex: ecological, ethical, health, pleasure, convenience

**Omnivores (people who eat everything):** Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Pescatarians (people who eat fish and seafood but not meat or poultry):** Fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Lacto-Ovo Vegetarians (people who eat eggs and milk products but not meat, poultry, or seafood;** note there are also **Lacto-Vegetarian** who eliminate eggs and consume milk products as well as **Ovo-Vegetarians** who eliminate milk products and consume eggs): Eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Vegans (people who eliminate meat, poultry, fish, seafood, eggs, and milk products):** Beans, seeds, nuts, grains, protein powder.

Whatever your preference is, is fine from a nutritional perspective. What protein sources you deem acceptable is a personal choice and you can lead a long, healthy life with any combination if done properly.

## **Healthy Fats:**

Many of the protein foods also come along with fats which may be healthy, neutral, or harmful depending on several variables (how the animal was raised and how the meat, poultry, fish, or seafood was prepared). In the case of the plant-based fats, seeds and nuts in particular, as long as they haven't been over-heated, the fats/oils will generally be quite healthful.

## **Additional fats that one might add include:**

**Oils:** avocado, coconut, olive, pumpkin seed, sesame, peanut, walnut, etc. (I don't recommend canola or sunflower oils); **Food sources of healthy fats include** almonds, avocados, butter, chia, cashews, coconut, peanuts, other nuts (filberts, hazelnuts, macadamia nuts, pecans, walnuts).

**Top Recommendations:** Use pumpkin seed oil as your main oil for most things as it is an excellent source of Parent omega 6 essential fatty acids. Use whole or fresh ground Chia seeds as your main source of Parent omega 3 essential fatty acids.

**The ratio** of omega 6 to omega 3 EFAs should be between 1-2 parts omega 6 to 1 part omega 3. Most people have heard that we get WAY too much omega 6 compared to Omega 3, however, this isn't necessarily true. The vast majority of omega 6s consumed are from cooked or processed foods which means that those EFAs have been altered or damaged.

## **Carbohydrates:**

**Vegetables (relatively non-starchy):** There are many varieties of vegetables that are great for us. They contain a wide array of nutrients (albeit in fairly small amounts) in addition to macronutrients (mostly carbohydrates and fiber). Here's a partial list to choose from: alfalfa sprouts, arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg) beans, mushrooms, okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno), purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini

**Starchy Foods** (can be vegetables or grains that have a significantly higher proportion of carbohydrates in the form of complex chains): Rice (white, brown, yellow, etc.), grains (wheat, oats, corn, rye, barley, millet, quinoa, sorghum), peas, potatoes, sweet potatoes, cassava, taro, plantains, green bananas, beans (the following beans are also relatively high in protein: lima beans, kidney beans, black-eyed peas, chickpeas, black beans, white beans, pinto beans), corn, cornmeal, cereals, wheat, baked goods, pasta, spelt, amaranth, kamut, oats, quinoa,

**Fruits** (significant amounts of simpler carbs with some fiber and phytonutrients):

**Flavoring Options: Sweeteners:** I'm a big fan of both Xylitol and Erythritol (sugar alcohols), as well as, Stevia and Monk fruit. Honey, molasses, and/or maple syrup are also fine depending on how your metabolic type responds to concentrated sweeteners and when they are consumed. Of course, be sure to buy the best quality of each that you can. It's highly recommended that you avoid the following like the plague: refined sugars (except on rare occasions), artificial sweeteners, HFCS, and Agave (super-high in fructose).

**Herbs, Spices and other flavoring additions:** Use a variety of herbs and spices to flavor your meals as desired. You can use them individually or find some that are already blended to your liking. Here are some common ones:

Sea salt, black pepper, and many spice blends such as: Ms. Dash, Cajun spices, Italian spices, taco spices, etc.

**Spices by ethnic food type:**

**Italian:** basil, fennel, garlic, hot pepper (Pepperoncino), onion, oregano, parsley, bay leaves, sage, rosemary, thyme, etc.

**Mexican:** Chili powder, cilantro, cumin, garlic, onion, oregano, paprika, crushed red peppers, etc.

**Thai:** Chilies, cardamom, shallot, Siamese ginger, common ginger, sweet basil, holy basil, lemon grass, turmeric, lime, cinnamon, spring onions, Kaffir lime, pepper, cloves, lemon scented basil, mint, nutmeg, cumin, Pandanus leaf, cassia tree, garlic, coriander/cilantro, curry powder, sesame seeds, etc.

**Indian:** Cardamom (green and black), clove, cassia bark, black pepper, cumin, coriander, nutmeg, mace, mustard seeds, fenugreek, turmeric, saffron, etc.

**French:** The Fine Herbs (tarragon, chives, chervil, parsley); More robust French herbs (oregano, marjoram, rosemary and thyme); Persillade (parsley and garlic); Herbes de Provence

**Recipes: (there are many additional recipes on the website: [MyBodySymphony.com](http://MyBodySymphony.com) and more will be added regularly so please check back on the website for new recipes)**

**Healthy Shakes / Smoothies: you can incorporate one or more of the Body Symphony products into your smoothie including:** Complete Meal Mix: Protein + Superfoods; Low-Carb Superfood Macaroon Mix, Pumpkin Seed Protein, Peak Performance Plant Protein, and Pumpkin Seed Oil.

**There are literally hundreds of variations!** Here's the basic recipe: Combine the following in a blender: 4-6 ice cubes, 8-12+ oz. of the liquid of your choice (almond or coconut milk recommended), 1-2 scoops of Complete Meal Mix (hereafter referred to as CMM), blend and enjoy. Adding a serving of frozen fruit really takes it up a notch.

**My ultimate (daily) Smoothie:** put 5-6 ice cubes and ½ - 1 frozen banana in the blender, add almond milk (I use unsweetened vanilla), then add 1-2 scoops of **Complete Meal Mix** (Coconut Almond is my favorite) plus 1 scoop of **Low-Carb Superfood Macaroon Mix** (hereafter referred to as Mac Mix; I like both the coconut almond and chocolate and tend to alternate them) + 1 scoop of **Peak Performance Plant Protein** (hereafter referred to as P4) plus a couple of tablespoons of **Pumpkin Seed Oil** (hereafter referred to as PSO) and blend. You can vary the flavor and flavor combinations by which flavor(s) of each product you use. Or you can use either the Unflavored-Unsweetened, or Naturally Sweetened-Unflavored Mix and add sweeteners and flavoring as desired.

**Chocolate Shake / Smoothie:** 5-6 ice cubes, ½ - 1 frozen banana, 1 scoop of one or more of the following: Chocolate CMM, Chocolate Mac Mix, and/or Chocolate Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I like to add a scoop of all three since this is one of my main meals of the day.

Alternately you can make a Chocolate Shake using any of the Unflavored mixes of CMM, P3, P4, or Mac Mix, depending on what kind of nutritional profile you're looking for, and adding a tablespoon of powdered cacao (along with ice and a frozen banana). Since cacao is a bit bitter, you may want to add some additional, healthy sweetener (especially if you're using the Unflavored-Unsweetened versions of the products).

**Strawberry Smoothie:** 5-6 ice cubes, ½ - 1 cup of frozen strawberries, 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or P3/P4, you'll probably want to add some healthy, natural sweetener.

**Peanut Butter Smoothie:** 5-6 ice cubes, ½ - 1 whole frozen banana or other frozen fruit, 1 tablespoon of your favorite peanut butter and 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. I add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or Pumpkin Seed Protein or Peak Performance Protein, you'll probably want to add some healthy, natural sweetener.

**Mango Smoothie:** 5-6 ice cubes, ½ - 1 cup of frozen mango chunks, 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I like to add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or P3/P4, you'll probably want to add some healthy, natural sweetener.

**Superfood Meals, Snacks, and Treats: (bites, brownies, burgers, cookies, cupcakes, muffins, frozen desserts, muesli, pancakes, other add-ins.**

**Ultra-Low Carb Superfood Macaroons:** Simply add water to the mix to achieve a thick batter-like consistency, scoop them out onto a baking or dehydrator sheet and bake or dehydrate. Baking at 300 degrees for about 5-8 minutes or dehydrating at 118 degrees for 3-4 hours is about right. We find that there are a number of variables (such as the amount of water added, the humidity, and oven temperature variations) so it is best to determine the optimum cooking and dehydrating times based on your individual circumstances and preferences.

**Detox Soup:** There are quite a few variations on this. The basic idea is to make a nice, healthy, nutritious, good-tasting soup that you can use while detoxing that will actually support the detox process while satisfying the desire to eat.

Simply choose a half dozen or more non-starchy veggies from the following list, chop them up and put them in a large pot with pure water, heat it up and let it simmer for a several hours. Season it as you'd like (avoiding the use of any toxic seasonings like MSG). Then store the concoction in a covered container in the fridge and heat up a bowl as desired. I'll underline my favorites. I also add some pumpkin, pumpkin seed protein, tempeh, beans, and/or eggs when I feel the need for more protein with it (depending on my workout schedule).

Arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg) beans, mushrooms, okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno), purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, sea veggies (dulse, kelp, wakame, etc.) shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini.



**Detox Support Drinks:** This section is mainly for those seeking to “Detox” a bit. It can be done in conjunction with this Program.

There have been many “detox” drinks promoted over the last several years and beyond although the science behind them is sometimes lacking and documented studies to support them either weak or non-existent. In theory, there is some justification for using one or more if for nothing more than to enhance your mental focus on what you’re trying to accomplish. Drinking a special concoction can certainly help to remind you and engage your subconscious in assisting and enhancing your attempt to detoxify your body.

The entire “detoxification” process is simply focused on helping your body’s natural detoxification processes that are already working 24/7. The most important thing we can do to assist it is to stop polluting it with more toxins than it would normally encounter and generate from normal metabolism and a health, clean diet. That being said, it doesn’t hurt and could help, to periodically do a detox.

Here are some signs and symptoms that may be associated with excess toxins in your body (note, there are other things that can cause them as well): Constipation, bloating, gas, headaches, fatigue, aches and pains, nausea, belly fat, skin problems, food cravings, low energy, bad breath, mood swings.

There are several major benefits often promoted in association with detoxification, they include: Reduced inflammation, enhanced energy (some won’t experience this until after the detox), digestive support, enhanced bowel elimination, enhanced kidney / urinary elimination, weight loss, cleansing the liver, improved skin health and appearance.

**Detox Drink #1:** Pure Water! That’s right, simply drinking pure water (not tap water but something that is truly purified) is perhaps THE BEST detox substance on the planet. Most people simply don’t get enough of it and are chronically dehydrated. Shoot for 1-2 ounces of water per day per pound of body weight depending on your environment and activity level.

**Detox Drink #2:** Add one or more of the following to your water and allow to steep at room temperature for 3-5+ hours (obviously overnight would work so it’s ready in the morning). Mint leaves (a handful), 1-2 cups of cubed watermelon, one lime sliced into wedges, one lemon sliced into wedges or the juice squeezed into the water, sliced cucumbers (1 cucumber), vinegar (apple cider vinegar is the one most suggested probably due to its milder taste but any vinegar will work), cayenne pepper (1/8-1/4 teaspoon), pure maple syrup (1-2 tablespoons), sliced strawberries (1 cup), rosemary (fresh or dried), cinnamon (a teaspoon), slices from ½ apple,

**Detox Drink #3:** High dose buffered vitamin C drink and lemons and/or lime. Start with 12-16+ ounces of pure water, add 1 tablespoon of powdered ascorbic acid powder (vitamin C), add 1 teaspoon of sodium bicarb (be sure to buy one that is aluminum-free), it will fizz when you add the sodium bicarb (that's the vitamin C being converted into sodium ascorbate which is one of the best forms of buffered vitamin c for absorption), add the juice of 1 lemon and/or 1 lime (adjust to your taste preference), you can add some stevia and/or erythritol to sweeten it if you'd like. This provides 15 grams of buffered vitamin C plus numerous additional phytonutrients and bioflavonoids. \*Caution: This isn't meant to scare you, just to caution you. Higher doses of vitamin C can and will cause major bowel elimination that can be explosive and difficult to control. Talk about a major colon detox! The point is, to be careful when you're first getting used to this detox drink as it can work very well and very quickly if too much is consumed too quickly. In integrative medical circles, high dose vitamin C to bowel tolerance has been used safely and effectively for several decades. Just be cautious and ease into this and stay close to a restroom until you find out how your body reacts. There is a huge variation in how much vitamin C it will take to cause this effect (the more deficient and or challenged, the more it will be tolerated without loose stools simply because the body in need will absorb it much quicker). Some people are much more sensitive than others.

**Detox Drink #4** (recommended by Josh Ashe, ND): 12-16 oz. of warm or hot water; 2 tablespoons of apple cider vinegar, 2 tablespoons of lemon juice, ½-1 tablespoon of ground ginger, ¼ teaspoon of cinnamon, 1 dash of cayenne pepper, 1 teaspoon of raw, local honey (optional).

**Detox Drink #5:** Water and watermelon or cucumber plus lemon or lime and mint leaves. Take a large glass jar or pitcher and fill it halfway with pure water (I recommend using 1-2 liters of water initially and the adjusting based on how strong you'd like the drink to taste), add about a cup or so of diced watermelon and/or one thinly sliced cucumber, add the juice and wedges of one lemon and/or lime, add a handful of fresh mint leaves, finally add the rest of the water and allow it to steep (sit or infuse) at room temperature for several hours (overnight works well). When you're ready to drink it add ice if desired and drink over a few hours. Rationale: watermelon (or cucumber) are believed to help the body flush out toxins due to their citrulline content. Citrulline is an amino acid shown to help the liver and kidneys eliminate ammonia (a toxic by-product of normal metabolism). Lemon or lime juice contains nutrients and phytonutrients that help to stimulate and regulate the GI tract, can help with constipation, gas, heartburn symptoms, stimulates bile production, and thins bile allowing it to flow better. Mint leaves, in addition to adding to the overall nice flavor, is believed to enhance digestion, improve bile flow, and relax stomach cramps.

**Detox Drink #6:** Green drink (there are hundreds of variations, here's an overview): Place some spinach, cucumber, collard greens, and/or any other green veggies into a blender and add enough water to allow it to blend into a drink. Add some lemon and/or lime and any of the herbs or spices listed elsewhere in this section and some ice as desired. A scoop of either Superfood Protein + Complete Meal Mix or Pumpkin Seed Protein would also be a great idea.

A simple online search will lead you to more detox drink recipes than you can shake a stick at. Some are better than others of course so try as many as you'd like until you find a few favorites then use them periodically or regularly based on how you feel and your preference. Always remember that pure water is, and always will be, the best overall detox and hydration drink.

**Various reported detoxifiers:** Mint (>AOs, invigorating, soothes stomach and indigestion, improves flow of bile in GB, detox, anti-microbial), rosemary (anti-inflammatory, AO, detox, enhances GB fun and microbiome, boosts nutrient absorption), ginger (AO, AI, digestive support, helps relieve constipation, bloating and GI issues, has a warming effect), vinegar (long history of medicinal uses, mostly unconfirmed via controlled experiments; however, it has been shown to have an anti-glycemic effect (lowering blood sugar and Glycemic Index of foods when consumed together) the anti-glycemic property was demonstrated even in those with IR or DM-2 (including increased insulin sensitivity), promotes satiety; Green tea (AO, AI, <BP and cholesterol... gen health); charcoal – food grade (absorbs toxins, decreases gas and bloating, settles the stomach); diatomaceous earth – food grade only (absorbs toxins), parsley, cilantro, beet roots or greens, virtually any green leafy vegetable, berries, most vegetable juices, and many other foods, superfoods (spirulina, chlorella, sea veggies, etc.), herbs, and spices. Complete Meal Mix, Organic Pumpkin Seed Protein, and Peak Performance Plant Protein are all loaded with key nutrients that support ongoing digestive, eliminative, and detoxification processes (quality protein, fiber, healthy fats, vitamins, minerals, and lots of phytonutrients).

\*AO = Anti-Oxidant; AI = Anti-Inflammatory; GB = Gall Bladder; BP = Blood Pressure

## **More Recipes:**

### **Salads! Hundreds of wonderful variations.**

**Super-Salad #1:** Spinach, mushrooms, onions, tomatoes, halo orange slices, avocado, cranberries, shredded coconut and pumpkin seeds. You can also add: goji berries, raisins, 3 or 5 bean salad, feta, goat, or blue cheese crumbles, sliced hardboiled eggs, or any other protein you'd like.

**Avocado Egg Salad:** use one avocado for every 4-5 hardboiled eggs. Mash them up and mix them together. Add spices as desired. I like Ms. Dash, mustard and/or Sriracha, black pepper and sea salt.

**Guaca-Humus:** Simply combine mashed avocado with humus and spices as desired.

**Tuna Salsa Salad** (for those of you that eat fish): Simply mix canned tuna with your favorite salsa instead of mayonnaise. You can also add some mustard and spices as desired.

**Tuna Avocado Salad:** Replace mayonnaise with mashed avocado to make a much healthier version of tuna salad.



# BIG Restore!

## Brain-Immune-Gut Restoration and More!



This is a REVOLUTIONARY Product composed of Shilajit & Baobab.

It is designed to do several key things.

**Extinguish**  
**Inflammation**  
**& Free Radicals**

**Detoxify**  
**Reduce Toxins**  
**& Debris**

**Restore**  
**Intestinal Tight**  
**Junctions Structure**  
**& Function**

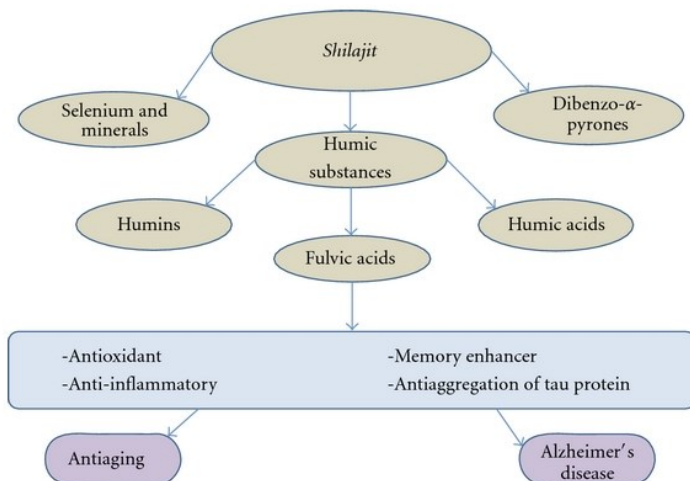
**\*Brain-Immune-Gut RESTORE works to Restore Structural Integrity & Function throughout the body. By Restoring the ‘tight junctions’ in the intestinal tract, it dramatically reduces the number of pathogens & toxins entering through the gut, thereby dramatically reducing the total immunological burden.**

**Shilajit** contains high amounts of Humic & Fulvic acids, Soil-Based Organisms, & 90 other biologically available nutrients. Its MANY benefits include enhancing brain function, blocking tau proteins (assoc. with Alzheimer’s), antioxidant & anti-inflammatory, blood builder, antiviral, oxygenation & energy booster, anti-cancer, cardio-protective, helps muscles respond to exercise, increases testosterone & fertility, supports the liver, genitourinary, digestive, & nervous systems.

**Baobab** fruit powder is from the Tree of Life, it is called the King of Superfruits and is one of the most nutritious superfoods known. It has a wide variety of Nutrients, Phytonutrients & Antioxidants.

**Shilajit is one of the most nutritious substances on the planet.** References to its benefits go back 5,000 years. It was written about Avicenna, Paracelsus, Al-Biruni, and Aristotle and was believed by many to be the veritable **‘Fountain of Youth.’**

No one knows how it is produced, the consensus is that it is ancient decaying plant material compressed & broken down by microorganisms over many thousands of years. It oozes from between rocks in the Himalayas and several other high mountains around the world.



Shilajit is a very complex substance with numerous components including but not limited to Humates, Fulvates, Benzoates, Dibenzo-Alpha-Pyrones, Minerals, Trace minerals (both as organic & ionic forms), vits A, B, C, & P (citrienes), phospholipids and polyphenol complexes, terpenoids, alkaloids, amino acids, healthy fats, resins, waxes, carbon 60, and several other substances. Fulvic acid itself is extremely complex and contains 70+ nutrients. It is 60-80% organic matter, 20-40% mineral matter, and 5% trace elements.

**Soil-based microorganisms** help to dramatically increase microbiome biodiversity, gut health, and ultimately the health of the entire organism. Under more natural, optimum conditions, the soil our foods are grown in would have billions of soil-based organisms. SBOs have many vital roles in regulating our immune system, helping to prevent and minimize allergies, fatigue, insomnia, and chronic illness. Additionally, they shift the cytokines from TH2 to TH1 which is vital for proper regulation of inflammation and the immune system.

**Humates-Humic Acids** are a natural constituent of healthy soil, unfortunately a thing of the past, their levels have dropped by over 2/3rds in the past 200 years. Some of their benefits include: Building up the immune system, Increasing the blood's oxygen carrying capacity, Helping to transport nutrients into cells, Increasing iodine transfer, Reducing or blocking the production of stress hormones, Assisting DNA and cell division to prevent cellular mutations, they also appear to suppress harmful members of the microbiome and support the healthful ones.

**Fulvates / Fulvic Acids have been called the "Elixir of Life" or Nature's perfect medicine.** Fulvic Acids have MANY documented benefits:

- Considered to be the world's most powerful & finest electrolyte.
- Enhances nutrient absorption and assimilation into cells.
- Enhances cellular oxygenation.
- Maintains cellular activity.
- Aids in cellular detoxification processes.
- Delivering more than 70 minerals and trace elements to cells.
- A very powerful electrolyte and electron donor that charges, regenerates, regulates and delivers its energies directly to living cells.
- Balancing cellular life by restoring the electrical potential that was once normal for cells and balancing and energizing cell life.
- Being the catalyst for the utilization of vitamins, enzyme production, and hormone structures while stimulating metabolic processes.
- Fulvic acid is antimicrobial, antibiotic, antiviral, and antifungal and seems to act as a prebiotic. It fights pathogens of all types including parasites.
- Immobilizing toxic heavy metals so that they are not absorbed into soils and plants.
- Helps issues like IBS, SIBO, leaky gut, diarrhea, constipation, and environmental toxins.
- Effective at reducing both acute and chronic pain.
- Several studies show significant benefits for various neurological diseases including Alzheimer's Disease.
- Heavy metal detoxification.
- Supports the adrenal glands and helps to overcome adrenal fatigue.
- Powerful immune boosting, antioxidant, and anti-aging effects.

• Maintains the blood and corrects the balance of electrolytes



## **Approx. up to 90 additional nutrients, minerals, and trace minerals**

These minerals and trace minerals are reported to be in their ionic forms.

**In addition to humates and fulvic acids, there are fatty acids, amino acids, triterpenes, benzoic acid, multiple enzymes, and steroidal saponins.**

**Shilajit has many reported benefits spanning hundreds of years. Some include:**

- Superior rejuvenating effects.
- Enhancing overall strength and health.
- Major detoxification benefits as well as a neutralizing effect on harmful toxins, pollutants, and heavy metals such as lead and mercury.
- It is a rich source of minerals in ionic and highly bioavailable form.
- Shown to promote bone regeneration as well as connective tissue, collagen and cartilage.
- And many other things!

### **Animal studies with Shilajit or components of Shilajit:**

- Dropped cases of mastitis in cows from 3-4 per day to 4 per month.
- Reduced volatile ammonia in cow waste by 64% & reduction in odor among other things.
- Increased milk production by 1.9lbs / day with a reduced feed consumption of 2lbs/day. i.e., Improved digestion and higher yield.
- Cows on humates were also calmer and less aggressive.
- In horses, ankle injuries healed 1-2 weeks faster. Significant improvement in behavior with unmanageable horses.
- Mice: 10 days of pretreatment with humates provided a major protective effect to mice given toxic doses of strychnine. All survived vs control group where all died.
- Pigs: humates used as substitute for prophylactic antibiotics led to significant increase in bioavailability of nutrients & appetite, reduced mortality, increased live wt., increased resistance to disease and environmental stress, reduced smell of feces, urine, and body odors, reduced scouring and leaner meat.
- Chickens: higher quality meat, effective in reducing adverse effects caused by aflatoxins, increased calcium levels, body wt. gains, protective effects against liver damage, stomach heart enlargement.

**Humans:** humates shown to be effective against Cocksackie virus A9, herpes simplex 1 + 2, HIV, Influenza A & B and other respiratory infections. Also shown to help with anemia and toxic hepatitis.

#### **• Additional benefits reported by people taking humates include:**

- Improved skin and complexion
- Greying hair returning to original color
- All round health improvement
- No colds or allergies
- Increase in blood oxygen
- Lowering of fatty cholesterol levels with no change in diet
- Improved heart function
- 60 days on humates eliminated anemia (sustained for 5 years and beyond)

### **Human studies with Shilajit:**

- An Indian study showed the following increases in infertile men after 90 days of 200mg of Shilajit: testosterone levels (+23%), FSH (+9%), sperm count (+61%), sperm quality (+37%), oxidative stress was reduced, and hemoglobin increased slightly.
- Nootropic effects, activates hypothalamic glycine and GABA-receptors, calming effect on brain, reduces anxiety, promotes sleep quality.
- Speculated to have protective effect against Alzheimer's disease.

### **More regarding Baobab: The King of Superfruits!**

As previously mentioned, Baobab fruit comes from the Baobab tree, known as '**The Tree of Life**' for their amazing resilience, longevity, and the many health benefits associated with their fruit. Baobab trees are huge, they grow in Africa, Australia, and the Middle East; all Baobab trees are wild, there is no such thing as cultivated Baobab farms.

Carbon dating shows that **Baobab trees can live 6,000 years and beyond!**

It is the only fruit in the world that dries naturally on the branch. It is one of the most nutritious substances on Earth with a wide variety of Nutrients, Antioxidants, and Phytonutrients.

It has been shown to have **substantial Anti-Inflammatory, Antimicrobial, Antiviral, Pain-Relieving, Bone Density building, Circulation boosting, and Liver protective benefits.**

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Baobab has an ORAC value of 14,000 (one of the highest) and is one of the most Alkaline foods know.

### **Historical & Documented Uses include:**

Solid general nutrition with Substantial Antioxidant, Anti-Inflammatory, Anti-Diarrhea, Pain-Relieving, Immune Boosting, Blood pressure normalizing, Bone density building, Circulation enhancement, and Liver protective benefits.

It has 10X more Vitamin C than Oranges.

4X more Potassium than Bananas.

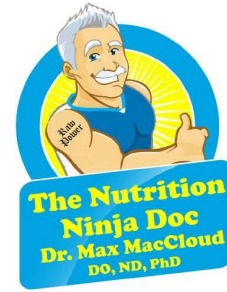
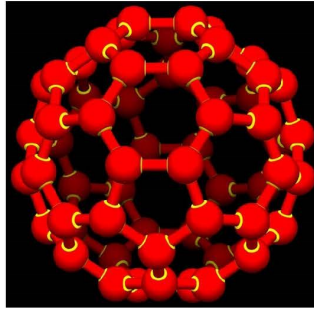
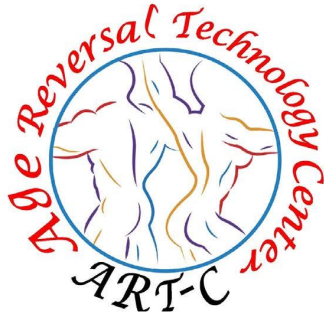
10X more Fiber than Apples.

5X more Magnesium than Avocados.

2X more Calcium than Milk.

2X more Antioxidants than Goji berries; more than Blueberries & Pomegranates combined.

It also contains good amount of: Protein, Phosphorus, Lysing, Zinc, Thiamine, Iron, and Manganese.



### **Carbon 60 appears to be a major health breakthrough, perhaps the biggest ever!**

Carbon 60 was only proven to exist or ‘discovered’ in 1985. The Nobel Prize in Chemistry was awarded for its discovery in 1996. Then, in 2012 the now famous Paris Toxicity Study was published, and it shocked the world.

The Toxicity study was a **complete failure in that the C60 did not kill** the rats or cause any apparent harm. Instead, **the rats that got C60 lived almost TWICE as long.** NOTHING EVER STUDIED has been able to double the life span of any organism, so this was both unexpected and miraculous.

Since then, many people have begun their own research by using it personally, and on their pets. They hope to attain some of the potential health & longevity benefits that appeared in the Paris Study. Hundreds of studies have been done that demonstrate that C60 is a Super Antioxidant & a Super Detoxifier.

Being less than 1 nanometer in size, C60 is able to be orally or topically absorbed into the body and can get EVERYWHERE! It crosses the blood brain barrier so it can get into the brain where it quenches free radical activity & pulls toxins, including mercury, from the brain & eliminates them from the body.

It is able to get inside the Mitochondria to protect them from free radical damage and helps to restore & enhance mitochondrial health. Damage to mitochondria is now known to be one of the primary underlying causes of chronic disease. Carbon 60 has even been shown to repair DNA damage!

Virtually all Carbon 60 currently being sold is SYNTHETICALLY produced, HOWEVER, we have located and use a **NATURALLY-OCCURRING** Carbon 60. It is **also the ONLY C60 that is approved for human consumption** by the EU (all others must be labeled as being for ‘Research Purposes Only’).

We suspend Carbon 60 in several different oils and believe that Organic Pumpkin Seed Oil is by far the best way to go. **Pumpkin seed oil is simply the most Nutritious & Best-tasting oil there is.** It has a **wide array of antioxidants and supportive nutrients** that enhance the efficacy and potential benefits of carbon 60.

**Dosing:** There is a general consensus that a teaspoon per day is likely the minimum effective dose. Many believe that a dose of a tablespoon per day is more likely to provide more noticeable benefits. For this reason, we’ve added several larger sizes that make regular use at that level much more cost-effective.

**Duration:** In the Paris study, the rats were given carbon 60 for seven months. That roughly translates to about 1/3<sup>rd</sup> of their normal lifespan. Of course, they lived almost double their normal lifespan! The point is that taking carbon 60 is a long-term commitment if you want to get the full benefits. Do not expect to “feel” anything miraculous after just a couple of weeks, although many do report significant improvement in a variety of areas.

**Mechanism of Action:** The consensus is that carbon 60 provides its benefits via a combination of **potent antioxidant and detoxification properties.** My research of the literature leads me to believe that the effects are clearly at the sub-cellular level, at the mitochondrial, nuclear, and quantum levels. This would impact the health & stability of DNA & RNA and therefore cell replication and energy production. This is hugely important and may account for why C60 had such a potent impact on the rats’ lifespan even though they were only given it for about 1/3<sup>rd</sup> of the normal lifespan. In terms of its impact at the mitochondrial level, this is crucial since, based on the latest research, most chronic disease, and lifespan itself, are a function of mitochondrial health.

\*Note, this information is for **educational purposes only** and is not meant to be construed as medical advice.

\*\* FDA Disclaimer: These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

**Body Symphony, LLC; 3226 Clark Rd., Sarasota, Florida 34231; 941-328-2462;**  
**Doc@MyBodySymphony.com; Products: <https://www.MyBodySymphony.com> Blog: [NutritionNinjaDoc.com](https://www.NutritionNinjaDoc.com)**



## Carbon 60: Potential Benefits & Mechanisms of Action

by The Nutrition Ninja Doc aka Max MacCloud, DO, ND, PhD (See [NutritionNinjaDoc.com](http://NutritionNinjaDoc.com) for more info)

**It's a Super-Antioxidant:** Able to donate 20 electrons thereby inactivating 20 free radicals per C60 molecule. Also able to attract, hold, and eliminate free radicals via its cage-like structure. Able to attract and hold hydrogen in a reduced form which provides more antioxidant power. All of this dramatically reduces oxidative damage at all levels (molecular, subcellular, cellular, tissue & organ) thereby unleashing cellular & metabolic energy for healing & health promotion.

**It's a Super-Detoxifier:** Carbon, as charcoal, has been used as a GI detoxifier for thousands of years and is documented effectively detoxify thousands of different toxins. Carbon 60's unique shape and size allow it to detoxify every nook & cranny right down to the molecular level. It is able to get EVERYWHERE vs being restricted to the GI tract.

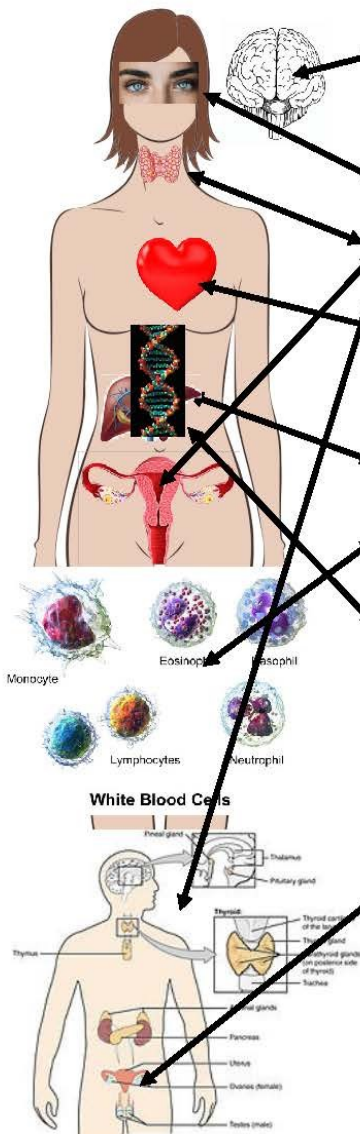
**Adaptogen:** Adaptogens are substances that enhance the overall ability of an organism to adapt to various stressors via a variety of mechanisms. Carbon 60 definitely fits the definition as proven by nearly doubling the lifespan of rats.

**Protection Against 'Dirty' EMF Including 5G?:** EMF is documented to cause huge increases in oxidative stress while also inactivating several enzymes systems the body uses to make antioxidants. C60 is not inactivated by EMF and is therefore able to continue providing its protective antioxidant benefits even when some of our natural defenses cannot.

**5G and Alterations of the Oxygen Molecule:** At 60 Gigahertz, **OXYGEN ABSORBS 98% of 5G energy that passes through it.** This alters the electromagnetic properties of oxygen which alters its ability to complex with HEMOGLOBIN causing **HYPOXIA**. This, in turn, both creates oxidative stress in the MITOCHONDRIA and has a major negative impact on ALL bodily functions. C60 may be the best subcellular defense against these damaging effects.

**Anaerobic Metabolism:** When mitochondria are deprived of oxygen, the main energy production pathways shut down forcing cells to shift to glycolysis (the breakdown of glucose for energy). This is very inefficient and leads to energy shortfalls and a buildup of lactic acid. This contributes to acidity, pain, and inflammation.

### Organs & Systems Documented to be Helped by Carbon 60 in animal models:



**The Brain & Nervous System:** C60 has been shown to restore brain function to youthful levels in old rats! Other studies have shown the elimination of specific toxins, including Mercury, from the brain; Inhibition & Reversal of Tau protein buildup; Tau protein buildup is believed to be the underlying pathological mechanism in Alzheimer's Disease.

**The Eyes:** A wide range of ocular problems have been reported to benefit from C60. These range from improvements of vision to reduction of macular degeneration.

**The Endocrine (aka hormonal) System:** C60 appears to have multiple beneficial effects on the entire endocrine system as well as fertility & reproduction.

**The Cardiovascular System:** Heart cells have the highest density of mitochondria and are very susceptible to oxidative damage from reduced oxygenation. Carbon 60 helps to support the mitochondria & therefore the heart in numerous ways. Many anecdotal reports note improvement in energy & endurance among individuals suffering from heart disease.

**The Liver:** C60 has demonstrated major liver protective effects when rats were given hepatotoxic substances. It logical that C60 benefits such a metabolically active organ.

**The Immune System:** Immune function is damaged by toxins. C60 helps to remove toxins & prevent oxidative damage, protects, enhances, & modulates immune functions (& reduces auto-immune attacks), PLUS demonstrates anti-viral & anti-bacterial effects.

**DNA Protection & Repair:** Several studies have demonstrated that Carbon 60 is able to both protect and repair several types of DNA damage.

**Cells & Mitochondria:** All cells depend on energy produced by the mitochondria. Oxidative Stress, Inflammation, & damaged mitochondrial respiration play central roles in all chronic diseases. C60 supports mitochondrial health in multiple ways.

**Cell Death:** Apoptosis (programmed cell death) is essential to insure that newer, healthy cells thrive. C60 supports apoptosis by supporting the mitochondria which regulate it.

**Sexual Function & Reproduction:** C60 helps to protect sperm, eggs, & sex hormones.

**Cancer:** Inhibition & prevention of tumor formation and cancer in rats.

**Skin Health:** both oral and topical C60 appear to provide significant rejuvenative effects.

**Age Reversal & Longevity:** Via a combination of all of the above it appears that Carbon 60 may be the most significant boon to anti-aging science ever discovered.

**Performance Enhancement:** Various reports indicate potential benefits to strength, endurance, cognition, athletic & sexual performance.



## How Much Magnesium Should a Person Consume Each Day? By Max MacCloud, DO, ND, PhD

There is no truly-accurate test of magnesium status currently available. Less than 1% of total body magnesium is in the blood serum. Concentration in various cells and tissues varies greatly making interpretation difficult. **The RDA is 320mg for women and 420mg for men, however, the RDAs are grossly inadequate & are not anywhere near optimal.**

**More Optimal Levels:** The top researchers in the field, including the late **Dr. Mildred Seelig, PhD**, studied this extensively. Her recommendations were based on a person's weight (**7-10mg/Kg as the base amount, 2X depending on circumstances**). This translates to **450mg per 100lbs. of body weight** under 'NON-Stressed' conditions and **900mg per 100lbs** for those under **significant amounts of stress** (which is basically everyone). **So, if you are 'stressed' physically, chemically, or mentally, shoot for 900mg per 100lbs. of body weight.** Every study shows that most people don't even get the RDA amounts of 320-420mg per day; that means that hundreds of vital reactions are compromised.

### Why is Magnesium deficiency so common?

Magnesium **SHOULD** be widely available from our water and most foods, **but it is not.** There are also **additional factors that increase Magnesium needs &/or losses, such as:** Pregnancy, pre-natal stress, psychological stress, physical stress, environmental stress, exercise, sweating, increased anabolic activity (building muscle, recovering from illness or injury, etc.). **More factors contributing to widespread magnesium deficiencies:**

**Soil Depletion:** The soil is depleted of minerals and has been for decades thanks to 'Modern Farming Practices' and the use of chemical fertilizers that only replace Nitrogen, Phosphorus, & Potassium (NPK). Plants take over two dozen minerals from the soil if they are there; they can't take what isn't there.

**Food Processing:** Many plants contain significant amounts of Mg 'on paper,' but **poor soil quality & excessive processing strips many vitamins and minerals** from the final product. The databases do not reflect these losses.

**Excessive Calcium intake:** Calcium competes with Magnesium for absorption, so, the more calcium consumed, the less Mg is absorbed. The Dairy Industry spends billions promoting dairy products and have trained people to consume higher amounts of calcium & therefore dairy. There is no Magnesium lobby to counter their misleading advertising.

**High Stress:** All types of stress cause the body to use more, and/or lose, magnesium. Mg is also lost in sweat, thereby further depleting stores and increasing the need in those who exercise regularly.

**Alcohol consumption** causes increased losses of Mg.

**Medications:** Many prescription drugs deplete Mg levels. Examples include Acid blockers, Antacids, Antibiotics, Anti-viral agents, Blood Pressure Medications, Central Nervous System (CNS) Stimulants, Cholesterol agents, Corticosteroids, Hormone replacement therapy, Oral contraceptives, Immunosuppressants, Nonsteroidal aromatase inhibitors, Osteoporosis agents, SERMS, & Sulfonamides.

**Miscellaneous:** Other things that interfere with Mg include calcium supplements, coffee, estrogen dominance, high cortisol levels, high sugar diet, malabsorption of any sort, and mineral oil.

Do you see why it is imperative to aggressively and consistently consume magnesium rich foods and to supplement appropriately to achieve magnesium balance at an optimum level?

### **INTRODUCING Two Revolutionary Magnesium Products: Mag-6X and Mito-Energy**

**Mag-10X is the Next Generation of magnesium supplementation.** It contains 10 different forms of magnesium in significant amounts. Different forms are better used by various organs and cell types than others. It is in a powdered form to allow for more precise dosing while avoiding all of the negative substances used in tablets & capsules. Additionally it is in a whole, superfood base of Organic Baobab, the King of Superfruits, from the Tree of Life. One scoop provides 600mg of Mg. As with any Mg, if you consume too much, too quickly, it will cause loose stools as Mg relaxes the walls of the GI tract & colon. The best way to use this product is to put it in pure water or coconut water and to drink it over an hour or longer. This can be done as often as desired to meet your unique Mg needs.

**Mito-Energy is Mag 10X plus a comprehensive B-Complex blend** that contains 3 forms of Vit. B1. As you learned, Mg is involved in over 500 different enzymatic reactions; many of those reactions, including all those that make energy in the Mitochondria also require several B vitamins, that's why we combined them in Mito-Energy. The same recommendations apply, however, it may be best to split up your dose of Mito-Energy and take 1/2 to 1 scoop two to three times per day. Since B vitamins are water soluble and not stored, this ensures that they are available throughout the day.

Both products contain 100 servings which makes them the best **Bang for the Buck** in the industry.

**Mag-10X is \$46 for 100 servings of 600mg of Mg. Mito-Energy is \$65 for 100 servings of Mg plus high-potency, premium B-complex.**

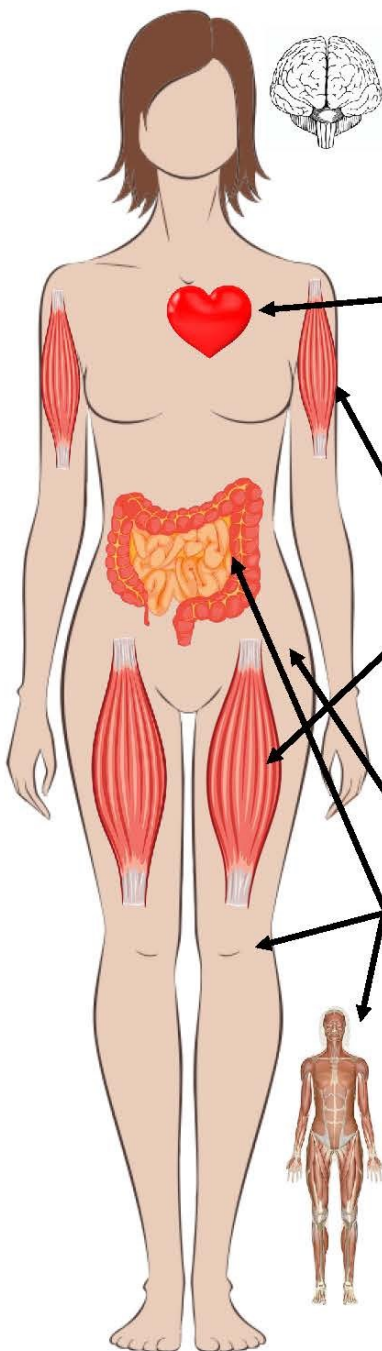


# Magnesium's MANY vital roles in Health:

by Max MacCloud, DO, ND, PhD "The Nutrition Ninja Doc"

## **Whole Body/Systemic Effects of Magnesium** (abbreviated as Mg):

- **Energy!** Magnesium is a Crucial part of ALL Energy-Producing Enzymes in the Mitochondria and The Enzymes that Breakdown Glucose & Fat to make Energy (ATP).  
Also involved in **Blood Sugar Regulation & Balance** (which helps supply fuel for energy production).
- **Rejuvenation/Restoration:** Improves sleep efficiency, deep sleep & total sleep time while reducing sleep latency.
- **Healing & Repair: Regulation of Inflammation.** Balanced inflammation is vital to healing & maintenance.
- **Metabolism** (the balance between catabolic & anabolic processes): Vital for the **Catabolic breakdown of glucose & fat**, and the **Anabolic synthesis of Proteins, DNA, RNA, Enzymes & Endogenous Antioxidants**.  
Mg also helps to **Regulate other Key Minerals** that are cofactors in hundreds of Enzymes that regulate metabolism & health, including **Calcium, Phosphorus, Manganese, Iodine, Sodium, Potassium, Zinc & Copper**.  
As previously stated, Mg helps to **Balance Blood Sugar** (a key regulator of metabolism).
- **Deficiency** is assoc. with: Fatigue, Low ATP production, Reduced thyroid function (via low iodine uptake), Low Telomerase activity, Impaired Fertility, Hair Loss, and Heat Sensations.



### **Magnesium's Roles in the Brain & Nervous System:**

1. Reduces Brain Inflammation.
2. Alleviates Depression.
3. Calms the Nervous System.
4. Relieves Pain.
5. Increases Neuroplasticity.
6. Improves GABA levels.
7. Stabilizes Cortisol.
8. Balances Blood Sugar.
9. Mg is a glutamate (NMDA) antagonist & a GABA agonist; both help to relax the CNS. **Deficiency** = upset brain function.

### **Magnesium in Heart Health & Circulation:**

1. The heart has a **20X greater concentration of Mg** than other tissues.
  2. This helps to restrict calcium from the heart which prevents or minimizes heart spasms that can obviously be fatal.
  3. Regulates smooth muscles of the blood vessels to enhance circulation & regulate blood pressure.
  4. Regulates cholesterol production.
- Deficiency** assoc. with Cardiovascular Disease & heart arrhythmias.

### **Magnesium & Muscles:** (the largest organ system in the body)

1. Allows muscles to **move efficiently & relax properly**.
2. Helps relieve muscle cramping and pain.
3. Relaxes smooth muscles such as bronchioles & arterioles; Relaxes uterine muscle.

**Deficiency** assoc. with muscle spasms, cramping, decreased exercise tolerance, fibromyalgia, & fatigue.

### **Magnesium's Roles in Bones, Joints, & Ligaments:**

1. Helps regulate calcium & contributes to strong bones & teeth.
2. Helps to excrete excess calcium to prevent pathological deposits.
3. Crucial for strength & integrity of joints & ligaments.

**Magnesium & the Bowels:** Helps to regulate intestinal tone and is vital for proper bowel evacuation.

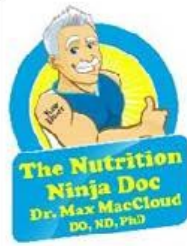
**Stressors known to increase Magnesium needs:** Stress of all types (physical, mental, environmental), pregnancy, pre-natal stress, exercise, sweating, increased anabolic activity (building muscle, recovering from illness, injury, or intense exercise).

\*Goto MyBodySymphony.com for info on our amazing Mg products.





Product  
Development &  
Manufacturing  
Division  
MyBodySym-  
phony.com



Founder,  
Formulator &  
Chief Science  
Officer  
Nutrition-  
NinjaDoc.com



Health  
Enhancement  
Services &  
Proving Ground  
ARTC.health

**Vitamin C is acknowledged to be an extremely important nutrient with many vital functions.** It is classified as an essential vitamin but may be **better thought of as 'The Stress Resistance Hormone.'** Hundreds of studies have confirmed that it may be needed in amounts MANY times that of the RDA for many of its special benefits. Unfortunately, in higher amounts there are limitations to absorption that can lead to significant, although not dangerous, gastrointestinal side effects (such as gas, rumbling, loose stools, and diarrhea).

Many physicians and researchers have used **intravenous (IV) Vitamin C** to overcome this obstacle for decades, however, this is both **inconvenient and expensive.** In the 1960s **liposomes** were discovered. They exist naturally and, in fact, **our cell membranes are largely composed of liposome-based structures.** A liposome is a sphere formed by two layers of phospholipids that serve both **protective & transport functions.** **A liposome can be used to envelop a substance, thereby protecting it and delivering it directly into both the bloodstream and the cells!**

**Liposome encapsulated vitamin C has been estimated to be 8-10 times more effective than IV vit C** by Dr. Thomas Levy, MD, a top vitamin C researcher and author. IV vit C is widely accepted as being **30-50 times more effective than normal oral vitamin C.** Therefore, the theoretical **increased cellular delivery & efficacy of liposomal vitamin C is estimated to be over 200 times** more than for oral ingestion of regular vitamin C.

See the Diagram on the reverse side for details about its many documented effects & benefits.

Our **Lipo-C** is produced in small batches via a proprietary liposome creation process developed over three years of experimentation and testing. **In addition to providing the benefits of enhanced vitamin C delivery the phospholipids also provide significant benefits.**

There are quite a few **independent functional benefits of exogenous phospholipids.** Our bodies make phospholipids but apparently not as much as we need, therefore, regular consumption of additional or exogenous phospholipids provides numerous benefits. **Phospholipids** interact with and become incorporated into our cellular membranes extensively, thereby **impacting the health of our Cells' Membranes and various cellular functions** as well as **intercellular signaling processes and enzymatic activities.** Via these mechanisms and others, dietary phospholipids have beneficial effects on:

- \***Modulating Inflammation** (MANY chronic diseases are associated with excessive inflammation).
- \***Modulating and/or Reducing Chronic Pain.**
- \***Reduction of Cachexia** (pathological loss of body weight aka physical wasting).
- \***Protection from negative effects of NSAIDs while Enhancing their Anti-inflammatory & Analgesic effects.**
- \***Protection of the GI Mucosa Ulcerative Colitis.**
- \***Shown to Inhibit Tumor Formation, Growth, and Metastasis.**
- \***Improves blood lipid profiles** (lowers total choles., LDL, TGs, & homocysteine, increases HDL and Apo A1).
- \***Enhances Transport & Delivery of Essential Fatty Acids to Brain** - associated with beneficial brain functions.
- \***Associated with Reduced Nerve Inflammation** and improved memory & cognition.
- \***Enhancement of Immunological function of Lymphocytes** in older individuals.
- \***Enhancement of Immunological function of Macrophages, PMN Leukocyte Phagocytic & Killing activity.**
- \***Significant Enhancement of Liver Function** including in viral hepatitis, ALD, NALD.

Clearly, the combination of Vitamin C with liposome encapsulation AND the Phospholipids used in the process, can provide MAJOR benefits for a wide variety of health challenges. We highly recommend trying our new Lipo-C. Each tablespoon provides 1,000 mg of Vitamin C and 2,000 mg of Phospholipids.



# Functions & Benefits of Vitamin C by “The Nutrition Ninja Doc”

All Cells Need & Benefit from Vitamin C, first some of the Systemic Functions:

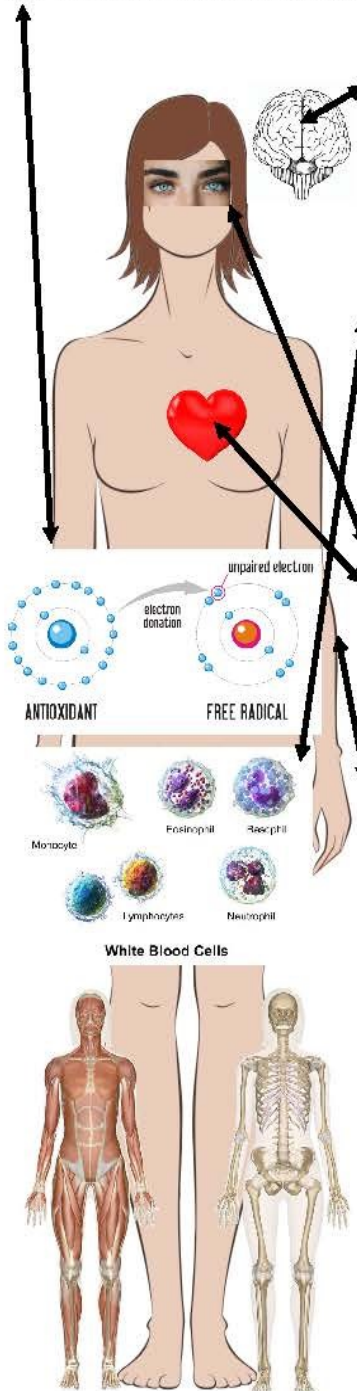
**Collagen = Structural Integrity.** Vit. C plays a vital role in the production of COLLAGEN the primary structural protein of the body. It's vital for the health and integrity of all cells, tendons, ligaments, cartilage, bones, skin, cornea, the gut, blood vessels, the mucosa, and everything else!

**Growth, Development, and Repair** of all body tissues is dependent on the availability of adequate amounts of Vit. C. This includes **Recovery from Injuries, Surgery, & Wound Healing**.

**The Stress Hormone.** Vitamin C has been referred to as ‘The Stress Hormone’ since it helps us to deal with & adapt to stress. Species that can make Vit. C dramatically increase production during times of stress. Stress (of all types) rapidly depletes Vit. C, thereby creating a much greater need. Examples of stress include infections, toxins, EMF radiation, smoking, poor diet &/or digestion, pollutants, alcohol, obesity, etc.

**Overall Health & Nutrition Marker.** Some experts consider Vitamin C to be the ideal nutrition marker for overall health.

**A Vital Antioxidant & Free Radical Scavenger.** Vit. C acts as a powerful and diversified antioxidant that helps protect our cells from free radicals, toxins, pollutants, & microbial insult. It also **recharges other antioxidants**.



**Effects on the Brain & Nervous Systems:** A. Neurotransmitter production. B. Protects Memory & Cognitive Functions. C. Protects against Neurodegenerative Diseases. Oxidative stress and inflammation in the brain, spine, &/or nerves have been shown to play a key role in the development and progression of several neurodegenerative conditions including dementia, Alzheimer's disease, impaired ability to think and memory. Several studies have correlated these neurodegenerative conditions with low blood levels of vitamin C, whereas high vitamin C intake is shown to protect cognitive functions and memory.

**Boosts Immune System Functioning:** A. Promotes the production of WBCs (lymphocytes and phagocytes). B. Enhances WBCs function while protecting them from damage. C. Essential part of the skin's defense system by strengthening the skin's protective barrier. D. Pneumonia patients tend to have lower vit. C levels, adding vit. C shortens recovery time. E. Vitamin C has a long & well-documented history of fighting off and destroying many microbes and other pathogens. This requires many times the RDA. Improved Speed of Recovery from Injury. Improved Wound Healing.

**Eyes.** Helps prevent, and beneficially impact, both cataracts and Macular Degeneration.

**Cardiovascular System.** A. Prevention of CV Disease. May lower risk of heart disease based on numerous studies via beneficial effects on blood pressure, triglyceride, cholesterol, and HDL levels. B. Hypertension. Vit. C has been shown to lower elevated high blood pressure which increases the risk of heart disease and strokes. C. Stroke prevention. Those with the highest concentrations of vitamin C in their blood were associated with a 42% lower risk of stroke than those with the lowest concentrations.

**Skin.** Vit. C enhances skin health & integrity while reducing wrinkles and aging.

**Cancer.** Shown to be of significant benefit in both the prevention & treatment of cancer.

**Blood Health & Anemia.** Vitamin C enhances iron absorption from the diet. Just consuming 100 mg of vitamin C may enhance iron absorption by 67% thereby reducing the incidence of anemia. Iron is crucial for making red blood cells and for transporting oxygen throughout the body. Iron deficiency anemia accounts for approximately 5,500 deaths in the US and up to 2.4 million worldwide every year.

**Weight loss & energy.** Vit C is vital to the body's production of Carnitine which supports the transport of fats into the mitochondria, and their efficiency at producing energy.

**Pain & Inflammation:** Documented to reduce pain, inflammation & histamine.

**Detoxification.** Helps detoxify a wide variety of toxins including heavy metals.

**Misc. Benefits.** A. Reduces Uric Acid levels & therefore Gout. B. Reduces Seasickness.

**Liposomal Vitamin C** is considered to be 8-10 times more effective than IV Vit. C which is considered to be 30-70 times more effective than regular oral vit. C. Doing the math, that could make 1gm of Lipo-C equal to 240-700 gm of regular oral Vit. C. One of the greatest scientists of the 20th Century, Linus Pauling, Ph.D., spent the second half of his career & life promoting the liberal & aggressive mega-dosing of Vit. C. He just may have known something about what he was talking about.

\* This is for educational purposes only & is not to be construed as medical advice.

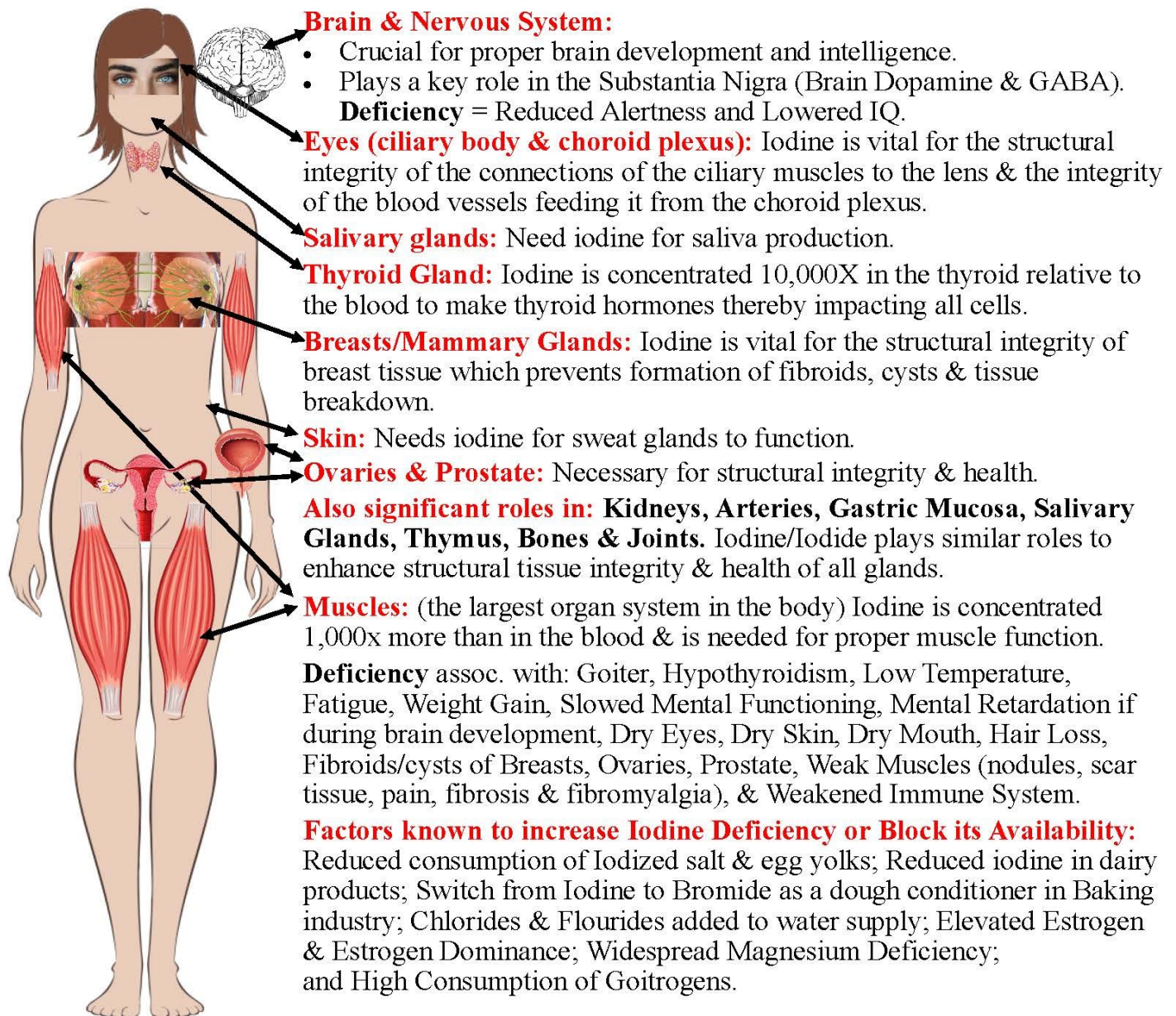


## **Iodine's MANY Vital Roles:** by Max MacCloud, DO, ND, PhD "The Nutrition Ninja Doc"

**Whole Body (aka Systemic) Effects:** (More info @: [NutritionNinjaDoc.com](http://NutritionNinjaDoc.com) & [MyBodySymphony.com](http://MyBodySymphony.com))

- **Metabolism & Energy!** Iodine, as the key component of Thyroid hormone, **regulates the metabolic rate of every cell in the body.** This includes the **rate of breakdown of fats and glucose for energy production, the rate of cellular oxidation, and the synthesis rates of Proteins, DNA, RNA, Enzymes, & everything else.** Thyroid hormone accelerates cellular reactions, increases oxygen consumption and basal metabolic rate, it also influences growth and development, energy metabolism, and cellular differentiation.
- **Enzyme Function & Body Temperature:** Iodine essentially regulates body temperature. Low iodine leads to low thyroid function & low body temperature. This **impacts the function of ALL the body's enzymes** since their function is shape dependent & their shapes are temperature dependent. **Enzymes RUN all metabolic processes.**
- **Healing & Repair:** By regulating metabolic rate, energy production, and protein synthesis, Iodine (via thyroid hormones) also has a huge influence on healing and recovery. **Low Iodine = Low Metabolic Rate = Slow Healing.**
- **Additional Roles: Antioxidant Functions, Anti-Tumor Effects, Immune System Functions, Anti-Microbial Effects, Blood Sugar Regulation, Fertility, Fetal Development, & Detoxification of Heavy Metals & Halides.**

**Deficiency** is assoc. with: Fatigue, Low Energy/ATP production, Low Thyroid, Low Body Temp., Cold hands & feet, Impaired Fertility, Hair Loss, Weight Gain, Increased Infant Mortality, Numerous Birth Abnormalities, Depression, Weak Nails, Muscle Aches, Constipation, Cancer, & Miscarriage.





**The Iodine Story (Abridged):** by Max MacCloud, DO, ND, PhD “The Nutrition Ninja Doc”

Most people associate Iodine with the thyroid gland and that is correct. It also impacts every cell in the body as the main component of thyroid hormone. It also has many additional functions as detailed on the other side of this page. The problem is that **the VAST majority of the population is deficient in iodine** and that has led to major increases in numerous health challenges. There are many factors contributing to our current “Iodine Crisis,” they include:

1. **Iodized salt consumption has declined by over 65% in the past 35 years.** Although refined salt is not an especially healthy substance (as opposed to whole sea salt) it was a reasonably effective delivery tool for iodine. Salt was iodized to help increase iodine intake and prevent goiter which is the most obvious sign of gross iodine deficiency.
2. **Iodine is no longer used in the dairy & baking industries.** Iodine was replaced by bromides in the 1970s due to lower cost. Bromides, however, actually **interfere with iodine absorption and block iodine receptor sites.**
3. **Consumption of eggs is down** due to false claims that cholesterol is harmful. The yolks are a rich source of iodine.
4. **More Iodine is lost in sweat than previously thought.** Together with lower intake and increased amounts of exercise, this further depletes one’s Iodine reserves. In reality, Iodine has to be consumed daily as there are no real ‘reserves.’
5. **Increased consumption of Goitrogens** (substances that can cause goiter due to their negative impact on Iodine absorption &/or interference with thyroglobulin synthesis). These include the cruciferous vegetables such as: cabbage, rutabagas, cauliflower, broccoli, kale, turnips, peanuts, mustard seeds, and soybeans. Additionally, various drugs also act as goitrogens, such as thiourea, thiouracil, sulfonamide, and probably antabuse.
6. **Three categories of substances have been added to our food & water that have major negative impacts on Iodine status and function by blocking Iodine binding sites.** They are **Chlorides, Fluorides, and Bromides (mentioned above).** All three are in the same class of substances as Iodine (called Halogens or Halides). Being so similar in size and structure, **they interact with and block the Iodine receptor sites** thereby causing problems. And, by the way, **they are also known and documented to be toxic** so there’s absolutely no justification for their use in our food & water supplies.
7. **Estrogen Dominance.** Estrogen interferes with Iodine absorption. Women have 9X more iodine deficiency.
8. **Widespread Magnesium deficiency.** Crucial for proper absorption of Iodine. Almost everyone is deficient.
9. **Copper deficiency.** High intake of fructose (from refined sugar and HFCS) causes Cu deficiency which in turn dramatically reduces the thyroid’s ability to utilize iodine to make thyroid hormones.

**How Much Iodine Should a Person Consume Each Day?**

The RDA was set at only 150mcg many years ago, it was **never determined scientifically**, just a “best guess” (as with all RDAs) based on what seemed necessary to prevent goiter. **We now know that there are multiple iodine needs well beyond those of the thyroid gland, so it is highly unlikely that the RDA is anywhere near sufficient for optimum health.**

**More Optimal Levels:** Many top researchers and progressive physicians believe that the daily intake should be more in the range of **12 to 50mg per day for maintenance of optimum health.** Up to 2x this might be needed for 6-24 months to detoxify elevated levels of bromides, fluorides, and chlorides that have accumulated in the tissues & iodine receptors. The higher protocols are best managed by a health professional knowledgeable about iodine. Good luck finding one.

**Important Co-Factors:** Magnesium is vital for Iodine absorption (rec. 5-10mg/lb. of body weight). Selenium is required to form thyroid hormones (rec. 200mcg/day). Vitamin C helps repair damaged Iodine cellular transport (3+grams/day).

**Lugol’s Iodine Solution** is the best form to take supplemental Iodine. Check ours out at [MyBodySymphony.com](http://MyBodySymphony.com) along with more info about this vital nutrient. We recommend the 2.2% strength due to onerous restrictions placed by the DEA.

**Lugol’s 2.2% Solution:** Consists of 93.4% Distilled Water, 4.4% Potassium Iodide, 2.2% Iodine Crystals.

**Providing: 2.75mg Iodine/Drop** as 1.65mg Iodide, 1.1mg of Iodine & 0.55mg of Potassium.

**Use Suggestions:** To supplement iodine, 1-10+ drops diluted in water, depending on desired dose. Some of the top researchers suggest ½ dropper full per day for 6-24 months to clear out the other halides, which are toxic, from the iodine receptor sites. To purify/disinfect water, 2-3 drops per liter. As a topical disinfectant, 1-2 drops on wound. Additional uses & details at [MyBodySymphony.com](http://MyBodySymphony.com).

**Warning:** Keep out of reach of children & dose carefully. DO NOT put in the eyes. Always dilute before using orally or on mucous membranes. It has over 190 yrs. of safe & effective use.

Dr. Jean Lugol developed his solution of 5% Iodine & 10% Potassium Iodide in 1829. He sought a safe & effective treatment for infections and it worked like a charm for a wide array of health challenges.

Iodine is an essential mineral with many vital functions. Most Americans don’t even get the paltry RDA levels and intake has dropped by over 50% in the past 40 years. In Japan they consume 100X that amount & are much healthier overall.

There are two forms, Iodine & Iodide (the reduced form with 1 more electron). Some body tissues prefer one over the other, Lugol’s provides both. **The thyroid prefers iodide; breasts & prostate prefer iodine;** most other organs can use either. Iodine impacts every cell in the body.

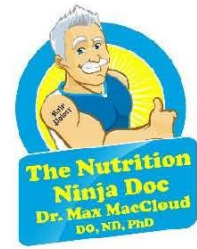
Lugol’s Solution is on the **World Health Organizations List of Essential Medicines**, which contains the most effective & safe medicines in the health system. Remember, iodine is a mineral that has also been used as a medicine.

We urge you to learn more about this vital nutrient since most people need more if it due to reduced supply & several competing toxins that have been added to our food & water supplies.





<b>Zinc: Zn</b> Atomic No.: 30 Atomic Wt.: 65.39 Protons: 30 Electrons: 30 Neutrons: 35 Atomic Radius: 142 Energy Levels: 4 Electron Shells: 2,8,18,2 State: Solid		Color: Bluish Silver Transition Metal Hexagonal 5 Stable Isotopes Many Radio Isotopes Found in many compounds: ZnO, ZnCl <sub>2</sub> , ZnS, ZnSO <sub>4</sub> Oxidation States: Zn, Zn <sup>1+</sup> , Zn <sup>2+</sup> Relatively long half life: 4.3X10 <sup>18</sup> years
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Zinc has many diverse functions. It is second only to Mg in terms of how many different enzymatic reactions it participates in and which are therefore dependent on it.

Numerous studies reveal that there are widespread deficiencies of this vital mineral in the population, most being mild to moderate deficiencies. There are also a smaller number of more severe deficiencies. Amazingly, although Zinc deficiency has been recognized in plants since 1869 and animals since 1934, it was only recognized in humans since 1961.

Most Nutritionally-Oriented Health Practitioners believe that the RDA is inadequate (as with virtually all of the RDAs). As discussed elsewhere, the RDAs were never meant to provide optimum levels for individuals. **There are three primary reasons for people having inadequate zinc levels: 1. Not consuming enough zinc; 2. Increased zinc needs; and 3. Factors interfering with zinc absorption.**

For example: Infants, young children, pregnant & lactating women all have significantly increased needs due to increased growth activities that deplete Zn levels and reserves. The Elderly generally fail to consume &/or absorb enough zinc. Those consuming mostly plant-based diets that are high in grains & legumes tend to have high intake of Phytates which bind minerals including zinc, thereby interfering with absorption. There's speculation that vegetarians might need to ingest 50% more than the RDAs to have a good chance of absorbing enough due to a combination of higher intake of phytates, calcium, fiber, and other inhibitors of zinc absorption. Additionally, regular, long-term alcohol use is also associated with impaired zinc levels. Finally, numerous large-scale studies indicate that the majority of the population does not consume even the RDA levels of zinc.

Zinc plays MANY roles in metabolism including being required for the function of approximately 300 different enzyme systems. Therefore, zinc deficiency can impact virtually any and every metabolic process in the body with the following organ systems being the most studied: epidermal (skin), gastrointestinal, central nervous, immune, skeletal, and reproductive systems.

**Assessment of Zinc Status:** There is no widely accepted method of determining a person's zinc status or deficiency although serum levels are typically used. Serum levels fluctuate significantly throughout the day making mild to moderate deficiencies very difficult to identify via serum. Many progressive Physicians have used the **Zinc taste test** as a very useful assessment technique for over 20 years.

**Nutrient interactions:** Iron, Calcium, Phosphorus, Phytates (the storage form of phosphorus), Copper, & possibly Folate all compete with or bind Zinc while Protein enhances absorption & utilization.

**Zinc assessment is very important.** Studies show that even a mild deficiency of zinc adversely affects clinical biochemical and immunological functions. Reports indicate that in the US marginal zinc deficiency is widespread. One study of over 15,000 people revealed that almost 70% were not consuming zinc at the RDA levels. The initial symptoms of marginal zinc deficiency are dysfunctions of taste and smell. Studies have found that taste sensitivity may be a good indicator of the functional availability for zinc in the body and have led to the development of the zinc taste test.

**The Zinc Taste Acuity Test:** Place 1-2 teaspoonfuls of Zinc T&T (Test & Treat) in your mouth and swirl it around for 10-30 seconds before swallowing. For best results do not do within 1 hour of eating, drinking, or smoking (water is fine). See the following guidelines to score & interpret the test:

1. No specific taste or other sensation noted = Strongly Suggests Deficiency & a likely very good response to supplementation.
2. No immediate taste noted but after a few seconds a slight taste develops (often described as dry, mineral, furry, or sweet) = Suggests Moderate Deficiency & likely good response to supplementation.
3. Definite, though not strongly unpleasant taste is noted almost immediately = Suggests Mild Deficiency & confirms need for & potential benefits of supplementation.
4. A strong unpleasant taste is noted almost immediately = Suggests Adequate Levels & no need for supplementation.

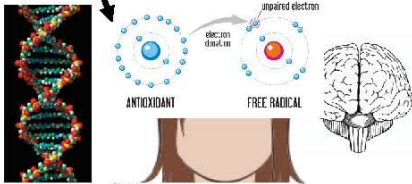


# Zinc's MANY vital roles in Health:

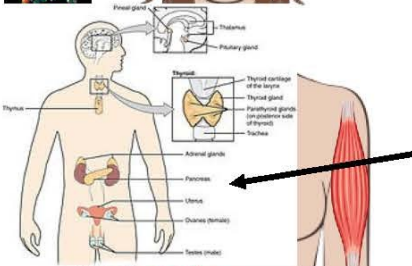
by "The Nutrition Ninja Doc," Max MacCloud, DO, ND, PhD

## Whole Body/Systemic Effects of Zinc (abbreviated as Zn):

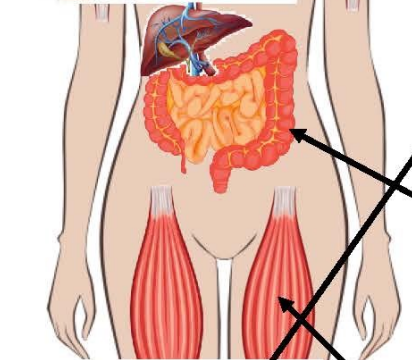
- **Enzymes!** Our metabolism IS ALL ABOUT enzyme function at the biochemical level. Without properly activated enzymes to carry out biochemical reactions life would not exist. Enzymes depend on various co-factors to work. Zinc serves as the key co-factor in approximately 300 different metabolic enzymatic reactions. Only one substance is involved in more and that is magnesium.
- **Healing, Tissue Repair, Growth, & Development.** Zinc plays vital roles in the synthesis of proteins, nucleic acids, and DNA metabolism. Each of these processes are vital to the ability of cells & tissues to repair, heal, & grow.
- **Energy!** Zinc is involved in various Energy-Producing Enzymes in the Mitochondria. It also plays roles in the production of insulin and the regulation of blood sugar.
- **Antioxidant & Anti-Inflammatory Functions:** Zinc is a well-established antioxidant that also possesses significant anti-inflammatory properties. We now know that most, if not all, chronic diseases involve some degree of chronic inflammation and free radical damage.



**Zinc & the Brain & Nervous System:** Zinc deficiency is associated with the following: 1. Neurosensory changes & disorders. 2. Reduction of the senses of smell & taste. 3. Inability to react appropriately. 4. Sluggishness. 5. Poor Appetite. 6. Mental Lethargy. 7. Emotional & Behavioral Disorders. 8. Learning Disabilities. 9. Anorexia Nervosa. 10. Mood Disorders including Anxiety & Depression. Impaired Cognitive Function & Memory.

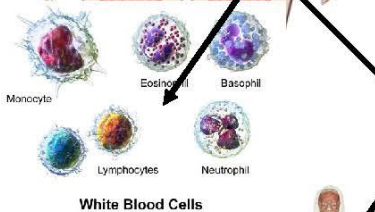


**Zinc & the Endocrine (Hormonal) System:** Involved in the production of most hormones including Cortisol & the stress response. Deficiency is associated with low Testosterone, abnormal Insulin production & blood sugar regulation (and therefore strongly correlated with Type 2 Diabetes and Gestational Diabetes).



**Zinc & The Immune System:** Zinc deficiency leads to a decreased immune response &/or immune dysfunction as well as an increased number of infections (diarrhea, pneumonia, & malaria).

**Zinc & Gastrointestinal Health:** Zinc deficiency leads to diarrhea and negatively impacts the Liver. The liver is the body's main protein manufacturing plant. Low zinc is associated with low production of key blood proteins including Albumin, pre-albumin, and retinol binding protein.

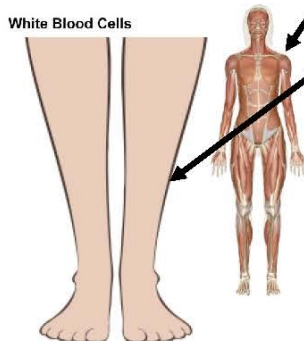


**Zinc & Reproductive Health:** Zinc deficiency leads to low testosterone, low sperm count, & prostate problems.

**Zinc & The Musculoskeletal System:** Zinc deficiency is associated with decreased muscle mass, weight loss, and interestingly obesity.

**Zinc & The Skin:** (the largest organ system in the body) Zinc deficiency leads to delayed healing of wounds & ulcers, rough skin, skin inflammation, hair loss/baldness.

**Miscellaneous conditions that Zinc has shown to be helpful in:** Age-related Macular Degeneration (provides a vision protective effect), Cardiovascular (atheroprotective effect), The Common Cold, Wilson's disease, Diabetes, Alzheimer's disease, Depression, Anorexia, Neonatal sepsis, & AIDS.





## Methylene Blue's (MB) MANY Documented Functions

by Max MacCloud, DO, ND, PhD "The Nutrition Ninja Doc"

### Whole Body (aka Systemic) Effects:

- **Metabolism & Energy!** Mitochondria are subcellular organelles that produce 95+% of the body's energy needs. MB works at the final stage of the mitochondrial energy production pathway known as the ETC (electron transport chain). The energy is converted & packaged as ATP, it powers pretty much everything else. This includes the **synthesis of Proteins, DNA, RNA, Enzymes, & ALL cellular products and processes.**
- **Chronic Disease Prevention & Treatment?** It is now well-established, yet little-known, that **damaged mitochondria** are the root cause of virtually all chronic degenerative diseases.
- **Antidote for Multiple Poisonous Substances like cyanide and carbon monoxide.**
- **Healing & Repair:** Energy is vital to heal, repair, replace, and regenerate cells, tissues, and organs.
- **Pain Relief:** MB has been used successfully to treat pain since the 1890s!
- **Additional Roles:** Boosts NAD to NADH ratio, **Antioxidant Functions, Anti-Bacterial, Anti-Viral, Anti-Fungal, Anti-Parasite, Anti-Tumor Effects; Supports Immune System Functions;** it was the first, and still most effective, treatment for Malaria. MB has also been successfully used to treat anaphylaxis, septic shock, Kaposi's sarcoma, West Nile Virus, Staph aureus, and more. **Bio-oxidative medical** effects via its ability to absorb light energy. MB used in combination with red light therapy can provide a more potent anti-microbial effect.

### Brain & Nervous System:

- MB increases the release of neurotransmitters, reduces amyloid beta levels (a hallmark of Alzheimer's), and increases cholinergic transmission.
- Used to treat, &/or may help with, psychosis, bipolar disorders, anxiety, depression, dementia, Autism, Alzheimer's Disease, and a variety of degenerative neurological conditions including Parkinson's Disease. Well-documented for cognitive enhancement; used extensively as a Nootropic.

**Thyroid:** MB increases thyroid hormone production and lowers TSH.

**Heart & Circulation:** MB has been shown to enhance heart health. Oxygen delivery is one of the most important roles that the blood performs. MB enhances hemoglobin's ability to carry oxygen which leads to increased oxygen consumption by the mitochondria and therefore ATP production. It also increases glucose consumption since better oxygenated cells burn more fuel more efficiently.

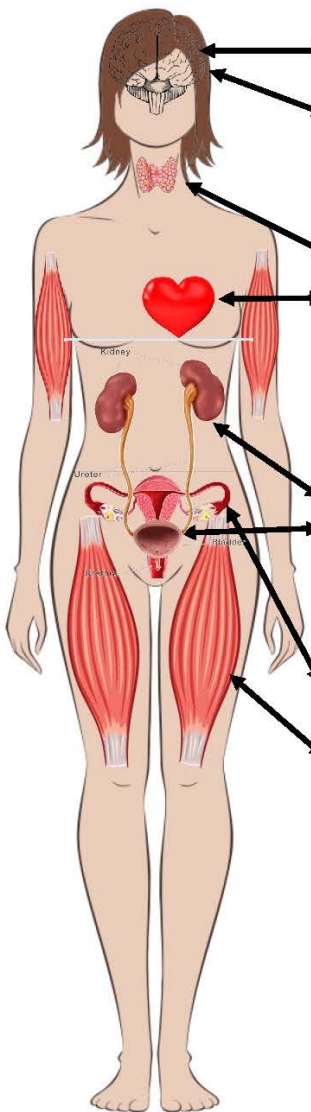
**Bladder & Kidneys:** MB was successfully used to treat a variety of urinary tract infections for decades prior to the discovery of antibiotics. Once antibiotics were in production and Big Pharma began to flex its marketing muscles, MB and many other 'off-patent,' and therefore less profitable interventions were left behind.

**Ovaries & Testes:** Modulates estrogen & prolactin while enhancing testosterone levels. Both are particularly beneficial as we age.

**Muscles:** The largest organ system in the body and where most of our mitochondria are located. Maintaining proper muscle mass is a key to longevity.

**Methemoglobinemia:** this is damaged hemoglobin that becomes oxidized and unable to carry oxygen. There are many different causes of methemoglobinemia. MB is able to fix it and has been used as the primary medical intervention for this condition for decades.

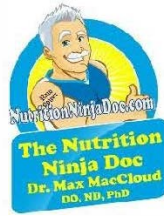
**Deficiency:** MB is not a nutrient so there is no such thing as a deficiency, however, Methylene Blue, AKA 'The Magic Bullet' seems to go where it is needed to help restore proper functioning of the Mitochondria's Electron Transport Chain.







Manufacturing-  
Production & Sales



R&D, IP, Education,  
Influencer



Clinical Testing &  
Proving Ground

## Mito Boost = Magic Bullet = Methylene Blue (MB)

First synthesized in 1876 as a blue dye for the textile industry. It has been described as ‘the first fully synthetic drug used in medicine.’ In 1891 it was tried as a medication to treat malaria with great success. Since then, Methylene Blue has been used for a wide array of conditions with an exceptional safety profile. It is on the WHO’s list of Essential Medications. See the other side for a list of beneficial uses based on research & experience.

MB inhibits Nitric Oxide...this is very important once we realize that virtually everything we’ve been told about NO’s benefits may be dead WRONG. N.O. is an important signaling molecule, BUT that doesn’t mean that more is necessarily BETTER. As with all things, it is about balance and harmony.

**MB & Metabolic/Mitochondrial Dysfunction.** MB Increases oxygen binding to hemoglobin, oxygen transport, oxygen consumption, and ATP production (energy); increases glucose consumption (because it is burning more fuel since the cells & mitochondria are being better oxygenated); increases NAD<sup>+</sup>/NADH ratio (because it is enhancing the functional efficiency of the mitochondria); Decreases lactic acid production (because it is enhancing oxygen use by the mitochondria which means increased percentage of aerobic cellular & mitochondrial function and decreased need to shift into anaerobic metabolism that makes lactic acid as a waste product); Is a potent antioxidant (it reduces oxidative damage); Inhibits MAO (monoamine oxidase, an enzyme that breaks down neurotransmitters, thereby increasing levels of various neurotransmitters); Acts as an alternative electron carrier in the electron transport chain (it is able to step in and replace the cytochrome enzymes thereby helping to repair or patch holes in the electron transport chain which translates into increased energy production); Inhibits prolactin & estrogen; Increases testosterone production; Increases thyroid hormone and lowers TSH (by increasing the energy production in thyroid cells thereby increasing the natural production of thyroid hormone, this lowers the need for TSH to stimulate the thyroid to produce more thyroid hormone).

**Top 11 Benefits of MB:** 1. Antidote for chemical poisoning. 2. Best Anti-Malarial drug ever. 3. It’s a Virus Warrior. 4. Very beneficial in Dementia, Alzheimer’s, and Parkinson’s. 5. Cognitive Enhancement/Brain booster. 6. Significant Anti-Depressant effects. 7. Believed to offer significant Hope for Autism. 8. A great Pain Reliever. 9. Promotes a healthier heart. 10. Potential Cancer preventive & treatment (since mitochondrial damage is the single primary cause of cancer). 11. Broad spectrum anti-parasite, anti-bacteria, anti-fungal (candida), and anti-viral (Covid, Zika, West Nile, Ebola, Hepatitis, HIV). By combining it with red light therapy activation, an even stronger anti-microbial effect is achieved (called photodynamic therapy). Both Chinese & French researchers have confirmed its ability to wipe out numerous viruses including what is believed to be SARS-CoV-2.

**Bioavailability after oral administration is 72%, peak concentrations 2 hours with a working half-life of 5-10 hours. Used IV in ERs for a variety of conditions** including methemoglobinemia, cyanide, carbon monoxide, sodium nitrite/nitrate, Acetaminophen, formaldehyde, numerous pharmaceutical drugs, amyl nitrate (poppers), lidocaine, benzocaine and other anesthetics, heavy metals like aluminum, copper, cadmium, etc., fluoride, chlorine dioxide-based cleaning products, and certain viruses (SARS Cov-2?). Interestingly, MB is the parent compound that hydroxychloroquine is derived from.

MB has a somewhat unique ability to absorb light energy and can be combined with various light therapy/PhotoBioModulation procedures. Use with Caution if taking SSRIs as it will increase serotonin levels.

**Suggested use based on the research:** A full therapeutic dose is considered to be between 0.5mg to 4mg per Kg of body weight. Dosing can be done twice a day if desired. Theoretically, benefits can occur with much smaller amounts as well due to its unique ability to enhance &/or replace the cytochrome enzymes in the Electron Transport Chain. One drop is 0.5mg.

**Consultation & Health Coaching Contact Info:**

MyBodySymphony.com, ARTC.health, Doc@ARTC.health, 941-806-5511