



# Digestive Jumpstart

By Stella Metsovas

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# About Stella



Stella Metsovas, CCN, is a globally recognized clinical nutritionist, sought-after media health expert, dietary visionary and pioneer in the field of dysbiosis. She championed the importance of bacterial imbalance in the digestive tract a decade ago linking it to various diseases -- while the medical establishment is only now

acknowledging its crucial importance. With a degree in Nutrition and Food Sciences from Chapman University, Metsovas has been in private practice in Laguna Beach and Los Angeles, California, for ten years and has over 15 years experience as a shining presence in the health and fitness industries.

Metsovas has enabled hundreds of patients (high-profile celebrities and mega-corporate clients among them), to reclaim their health, happiness and energy through her profound understanding of the value of digestive health; Metsovas' Diet-for-a-Lifetime forms the backbone of a plan which helps her patients emulate the lifestyle found in Longevity Villages worldwide, and among their octogenarian inhabitants.

Metsovas has visited remote areas around the world while traveling with the United Nations and their "Food for Work" program, enabling her to interview octogenarian villagers (with the help of interpreters) about their longevity secrets, including lifestyle habits, diets, and personal philosophies. Scientifically curious to get to the root of nutritional health, she even researched the farming methods of potato crops in the city of Ayacucho, high in the Andes of Peru.



Metsovas, a first-generation Greek American, was not only raised on the Mediterranean diet and with the wisdom embraced by her own elders, but she knows first-hand how a nutritionally-unsound diet can lead to serious health problems. She herself dealt with such problems in her adolescence when her native Mediterranean fare was abandoned for a so-called athlete's high-performance carb diet, to dire results.

Articulate, accessible, facile, super-knowledgeable and stunning, Metsovas is recognized as an expert in the areas of nutrition, healthy cooking and the Mediterranean Diet, longevity, beauty tips, wisdom of the elders, and especially on intestinal disorders and gut health. That's why editors repeatedly call on her for interviews from such popular publications as The New York Times, Glamour, Shape, Redbook, The Los Angeles Times, The Chicago Tribune, People, Men's Health, Business Insiders, among dozens more. In fact, Woman's World Magazine, with a circulation of 6 million-weekly, named Metsovas one of "America's Ultimate Experts" – and recognized her blog as "One of the Top 50 Blogs Every Dietician Should Read"!

Blogs aren't her only social media device. Metsovas is adept at harnessing social media's far-reaching power

and maintains a booming Facebook page with 5,500 friends, hosts 2,500 Twitter followers, has a constantly visited web page (almost 3.5 million hits within a nine month period), thousands of Google mentions, and an impressive email list with over 7,000 regular subscribers.

In the commercial arena, Metsovas developed a new product called “Gut Pacs” (a vitamin and mineral formula for detox and cleansing) launched in the New Year by Botanic Choice, one of America’s most respected vitamin companies, established in 1910. She’s also responsible for recipe development for Complete Nutrition, a national chain of vitamin stores. In addition, she’s worked with high-profile surgeons to supply pre and post-op diet plans for their patients. Metsovas is a respected (and requested) public speaker as demonstrated by her recent featured appearance at the California Women’s Conference. This past year alone, Metsovas has spoken live to over 15,000 people.

A former National USA Swimmer, Stella trained under the top U.S. Olympic swim team coach and competed at the Junior Olympic and National levels. She maintains her youthful and athletic good looks, along with boundless energy and enthusiasm for her chosen field by practicing what she preaches.

# About Botanic Choice

Botanic Choice is a leader in natural supplements since 1910. Botanic Choice began as a small independent supplier of hard-to-find herbs and herbal formulas. And now, Botanic Choice has become the premier brand of exclusive formulas based on superior quality herbal and natural ingredients that have been tested and proven effective by its research team based on scientific evidence. Botanic Choice supplements are guaranteed for quality, potency and effectiveness—guaranteed to work or your money back.

## Quick Facts

- Founded in 1910
- America's oldest direct marketer of herbs, vitamins and nutritional supplements
- 100% risk free guarantee of quality, potency and effectiveness
- Family owned and operated

# Digestive Jumpstart

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Food is the basis and fuel of all chemical processes that take place in the body, and how that fuel is absorbed and used greatly affects one's overall health.

- Stella Metsovas

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This isn't about meeting anyone else's expectations, but your expectations. Have a fear of falling off the bandwagon? You're not alone. Here's what the diet industry isn't telling you: when they are making 60 billion dollars in revenue a year, they cannot afford to have you stop buying their products. If you're not feeling quite like yourself lately, and you wonder how the people around you manage to be more productive when you can barely get through the day, you may be in need of a "tune-up"—something the latest fad cannot provide.



Let me lay it all out for you: I've spent my career seeking what really works for people and my research has always brought me back to one simple conclusion—it's what's in your gut that counts. Whoever said, "we are what we eat" wasn't kidding! That's why I've developed a program to help you out; with my Digestive Jumpstart I'm going to help you get back to what really works and provide you with the steps you need to take to finally feel really dang good.

## **Be Your Best**

Let me lay it all out for you: I've spent my career seeking what really works for people and my research has always brought me back to one simple conclusion—it's what's in your gut that counts. Whoever said, "we are what we eat" wasn't kidding! That's why I've developed a program to help you out; with my Digestive Jumpstart I'm going to help you get back to what really works and provide you with the steps you need to take to finally feel really dang good.

My 6-Day Digestive Jumpstart is simply aiming to consume foods that are low in allergens and free of processed and artificial ingredients for a set period of time. During this set period you'll be able to determine

which foods negatively impact your digestive system. Quitting cold turkey is tough on a body; as such, it is very common to feel tired in the beginning stages of this detox. After all, your body is naturally recalibrating from within. If you've consumed a typical Westernized diet for some time, expect to feel worse before you feel better. The key factor in resetting your system correctly with my Digestive Jumpstart is to remain committed to the cleanse 100 percent.

## **The Clear Concept: Detoxes and Cleanses Revealed**

Meal management is the easiest and most vital means of optimizing your health available to you. Starting with a 6-Day Digestive Jumpstart resets your relationship with unhealthy foods that could be causing a host of unsavory symptoms like constipation, bloating, fatigue, and poor memory.

Restarting your relationship with food on a clean slate helps your digestive tract begin anew and thrive in a way it wasn't able to before. This new beginning is possible through the inclusion of power foods and supplements specifically geared for optimal cleansing and wellness.

This cleansing technique focuses on getting you back to the basics through the consumption of natural whole foods and quality herbal compounds from Botanic Choice.

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**Fact:** People are becoming chemically addicted to foods

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All those signs of low performance mentioned above stem from a body that is chemically overloaded with processed ingredients. The Jumpstart aims to correct the issues that stem from that overload by resetting your digestive system's health completely. Through the use of herbal supplements and the 6-day instructions, the Jumpstart corrects these unhealthy addictions and retrains your palate. Your body will begin to naturally reset and you may even begin to crave healthier options over your old, processed favorites.

The latest detox craze is juicing, and it's not without its benefits. It's an option if you're not good at getting your fruits and veggies in (you should be aiming to eat 2 seasonal whole fruits and at least 7 servings of veggies a day) but it's certainly not a "cure-all" and it

doesn't live up to the hype. The first issue with juicing is the unintended calories (and sugar; even the natural variety can be unfavorable in excess!) —especially if your juices are fruit heavy and skimp on the actual veggies. Take a whole pomegranate for example, it's only 12 grams of sugar but a cup of pomegranate juice (approximately 3 pomegranates) contains a whopping 37 grams! When you're attempting to rid yourself of all the less-than-savory aspects of the Standard American Diet the last thing you need is to clog up your system with all that extra sweetness.

Even more unfortunate is the lack of fiber.

Fiber's integral to your digestive regulation and well-being, which is the foundation of your overall health. After all, the great Hippocrates once said, "all disease begins in the gut." Furthermore, it is a key player in blood sugar regulation—which will almost definitely spike when you increase your fruit juice intake (sans the fiber). Fiber is also responsible for lowering your bad cholesterol levels, giving you a sense of fullness, and keeping you regular. Such a crucial player in your health should not be dismissed for fads' sake!

If you want real results, and a time tested method to use, you need a Digestive Jumpstart.

## What is a Digestive Jumpstart?

A Digestive Jumpstart is simply your way of getting your body back to a clean slate after ingesting some less than stellar contents due to stress or convenience. It's an opportunity to help reset your system and start fresh.

There are real tangible benefits to a digestive detox that include:

- A renewed sense of wellbeing—you feel better and ready to take on the world again!
- Increased energy—the kind that is sustained throughout the day!
- Improved moods
- Consistent bowel movements
- Weight loss—a whopping 5 - 25 pounds on average.
- Enhanced memory
- Improved sleep

- Fat reduction
- Improved digestion
- Less bloating
- Improved physical performance—you'll be moving like a pro in no time!

## **The Solution**

If the diet industry were being honest they would admit to bombarding you every day with nutritional information that is hugely inaccurate: dieting tips (remember the cookie diet?), calorie counting methods, one minute they're saying you should eat this, then that—it's a jungle of misinformation out there.

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75% of consumers admit they don't know how to eat to lose weight effectively.

- Pew Internet & American Life Project

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Misinformation can lead you to a distressed gut, which is a problem that affects all age groups, men and women alike. This is particularly true if the latest diet craze makes you feel defeated—a sense of bleak downfall can often lead to binge eating or making unhealthy food choices. Unfortunately, the longer you live with the digestive related symptoms like bloating and fatigue, they might actually become worse. I’ve seen this first hand in my private practice—along with the psychological impact—in nearly all my casework. Many times people feel hopeless—believing that they are failing at something that should actually be quite simple.

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Most people don’t realize the human body is anything but simple; our physiology is a complex system that relies on the right food to keep it functioning efficiently.

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Here’s the truth: If your diet isn’t a top priority, research is showing that most people begin to suffer symptomatically—usually, beginning in their digestive tract. It’s time to forget about calorie-counting

or spending money on processed diet foods (like the deceptive gluten-free products) that are statistically shown to be more expensive, but still devoid of critical nutrients.

My goal is to get you back to the basics of foods that fuel and define our health.

The 6-Day Digestive Jumpstart is designed to help you shed unnecessary weight, revive your system and get you to a higher caliber of health — one you might not have believed you could obtain. This simple 6-day plan helps to reset your palate, the factory responsible for taste. Consider my system a detox of sorts; detoxification is defined as “the process of removing toxic substances or qualities” and is often linked to addiction to harmful substances. When it comes to our diets, many Americans have become chemically addicted to processed foods. Until you realize you have an addiction to taste, you’ll never be successful at feeling your best or maintaining a healthy weight. Once you do embrace this fact, you’ll need to work towards breaking your addiction—that’s where the Digestive Jumpstart comes in. The Jumpstart will help reprogram your taste buds and you needn’t worry about questing for bizarre or costly ingredients, my suggested foods can be found easily and inexpensively in your local grocery store.

While my method isn't overly complicated, no one said this was going to be easy. Reaping the full benefits of my strategy requires that you are 100 percent committed throughout the whole 6 days. Sticking with my program allows you to understand so much more about how to nourish your body, rather than just feed it. My methods will provide an energy boost, system cleanse, and diminish your cravings.

Detoxing is important, after all: diet is 95 percent of a person's health. Of course being active is also beneficial, but true health cannot be readily achieved without a nutrient-rich diet—and that's a fact. Upon completion of my Digestive Jumpstart, your relationship with food will begin to change—for the better. With 100% commitment to my method you'll discover that great health really does rely on the ideal foods your body needs to achieve a lifetime of wellness.

## **The Real Takeaway**

I believe reaching optimal health begins in your digestive tract (a.k.a. your “gut”, which doesn't just play house to your instincts and “butterflies” but is actually your health and immune system powerhouse as well). I'm not just tooting my own horn here; did you know that most people are essentially categorized as

unhealthy if their digestive systems aren't working efficiently – even when their weight is considered acceptable for their size? Unfortunately, most people live day-to-day without knowing how insufficient, inefficient, and lackluster their digestive processes have become, and what it's doing to their overall health.

The foundation of detoxification is simple and genius: consume foods that are minimally allergenic and free of processed and artificial ingredients within a set timeframe. This will allow you to discover how certain foods affect your body--for better or worse! As with any addiction, you'll go through a "withdrawal" of sorts, thus it's very common to feel tired in the beginning stages of a detox. Never fear however, if you stick to my method 100% things will improve; after all, it's darkest before the dawn!

Within each of us is our own personal microbiome—a colony of bacteria within our guts—and they have a great deal of say in how we feel. Each bite you take doesn't just nourish you, but the trillions of bacterial critters living within you as well. Certain strains (like Bacteroidetes, which are responsible for the breakdown of bulky plant fibers) can do you a great deal of good, while others (think E. coli or Firmicutes, the "fat" bug linked to obesity) can do you harm.

Below I give you the lowdown on how exactly your gut influences your health and well-being.

**The Hard Truth: Deciding what to eat will be the most important choice you make for your health's sake.**

**The Best Choice: Ancestral eating. Eating ancestrally is simply choosing to forego modern processed foods in favor of whole, fresh, seasonal items like what our ancestors used to dine on.**

You may be wondering why it would even be a good idea to eat like people who died hundreds of years ago; well the answer (once again) lies in our guts. It turns out they haven't changed as much as our surroundings (and what we eat) has. Those microbiomes we carry around with us have been around for millennia; aiding in the breakdown of the tough fibers we used to survive on. As our knowledge about these little colonies has grown, we've found that they do much more than just break down fibrous material: they also alter how we store fat and respond to hunger and satiety (fullness) hormones.

This is why I'm a big proponent of ancestral eating-eating like those who came before us, or the way people ate before we started getting cancer and heart disease at alarming rates. The Digestive Jumpstart will help reconnect you with those foods.

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I cannot stress this enough, the whole idea behind this cleansing technique: getting you back to the laws of nature by consuming foods designed for a healthy gut. You needn't be a hunter or a gatherer to eat like your predecessors.

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It isn't just me who thinks your microbiome is important; researchers around the world have been drawing the same conclusions.



## The French Connection

If you took a look at my quick facts sidebar you'll note that the Danes looked at 300 obese and lean volunteers and found that lower gut bacterial diversity meant that patients gained significantly more weight over 9 years than their more diversified peers. Well, it turns out the French had similar results when they looked at the effects of dietary alteration (like a detox!) on French volunteers.

Essentially, researchers with the ANR MicroObes Consortium in France put 49 obese and lean French patients on a low calorie diet. Those patients with a lower level of diversity actually saw an improvement in the variety of strains in their gut, which shows that even if you're not "born with it" you can correct for it!

If you want to change the "deck of cards" you've been dealt (thanks to your environment, your birth, or your exposure to the Standard American Diet) you can do so; that's the power of consuming the right

### Quick Facts

Who:  
300 Lean and  
Obese Danish  
Volunteers

What:  
Had their  
bacterial genes ex-  
amined and their  
metabolic health  
checked

Results:  
Lower bacterial  
diversity meant  
patients gained  
significantly more  
weight than their  
peers with "rain  
forests" in their  
guts. Rain forests,  
of course, refer to  
extremely diverse  
microbiomes with  
a wide variety of  
strains living in  
them. Think of  
how wild and var-  
ied a rain forest in  
the Amazon is, our  
guts should be the  
same!

## Quick Facts

**Who:**  
49 obese and lean  
French Patients.

**What:**  
Were put on a low  
calorie diet.

**Results:**  
Patients with low  
diversity in their  
gut were able to  
increase the variety  
of the strains they  
carried; they were  
not doomed to  
barren microbi-  
omes. To manage  
this they simple  
“fed” the beneficial  
strains they had  
been starving,  
through careful  
alteration of their  
personal diet. I  
am a huge fan of  
feeding the “good  
bugs”, and thus  
have structured my  
Jumpstart and my  
own diet (ancestral  
eating) around this  
tenant.

foods on the Digestive Jumpstart. This is the first step on the path to success; reprogramming your taste buds to respond to gut-friendly foods. To maintain those positive changes however, requires eating the Mediterranean way; it’s a diet that has proven life-long results—I call it the Diet for a Lifetime for a reason. It’s not enough to give yourself a clean slate, you have to maintain it and fuel the microbial fire within if you want lasting results!

## Double the Answers

The French and the Danish weren’t the only populations to have these results, researchers who looked at twins were also able to witness the power microbiomes (and the fuel we provide them) had on our health.

The twins\* that had a “rainforest” in their gut were leaner, those with a “pond” that was chock full of processed nutrients had fewer species, with only one or two strains that dominated their entire GI tract.

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\* See Sidebar, Page 26

## Fat Bugs vs. Thin Bugs

It's time to introduce you to the two major players in your microbiome—the bacterial colony in your gut. They go by rather unassuming names, simply: Bacteroidetes vs. Firmicutes (the first is your thin bug, the second your fat bug).

Bacteroidetes is the strain we've been carrying around forever to break down bulky plant fibers (like all those healthy greens), along with proteins and carbs. Firmicutes is responsible for the breakdown of fatty acids and tends to be an energy-harvesting superstar, and it's vying with bacteroidetes to rule your gut--and your waistline.

This battle, and the ratio that forms as a result of it, holds a powerful sway over your health and wellbeing.

So whom do you root for? Ironically, Firmicutes is too good at its job. Extracting the maximum amount of nutrients from food really helped our ancestors survive; unfortunately it might only fatten modern man. To maintain a lean frame you actually want strains that are less efficient. Think of it this way: if Firmicutes extracts 95 calories and Bacteroidetes only extracts 70 from identical meals, you're ingesting 25 fewer calories with Bacteroidetes in your GI tract.

### Quick Facts

Who:  
Twins

What:  
Had their diets and bacterial diversity examined.

Results:  
Those who were ingesting processed nutrients had fewer gut species than their tempered siblings.

## Getting to the Point

- What you want: Less efficient bacterial strains aiding your digestion.
- Why: Let's say Strain 1 digests fruit juice better than Strain 2. If you have Strain 1 and your buddy has Strain 2 and you both follow the same juicing regimen you'll end up with double the sugar and double the calories. That's not what we'd call a detox!

## Solving the Diversity Problem

I've spent the past several pages providing actual facts; this new information may have inspired the sneaking suspicion that you have lower bacterial diversity, or even an abundance of Firmicutes that you never intended to cultivate. If this is the case you may be left wondering, "what do I do now? How do I correct for this?"

Let's go back to the fad option: juicing. Armed with the knowledge I've given, you may notice that juicing is high in sugars. You'll recall that what fuel you feed your strains is important; if you opt to add sugar into your system you could be cultivating strains you never wanted in the first place. This is why juicing may not

help you detox as much as you'd like: it could end up fueling bacterial strains you'd rather be rid of!

Of course, you may know someone who has a juicing weight loss success story. It's true that when your calorie count goes down by almost 80% you'll lose the extra pounds. The issue with juicing lies in the long term: what benefits are you really gaining, and what happens when you return to your original diet? Chances are, their health gains won't hold them up against returning to their lackluster foods.

So juicing is out: what about probiotics? I personally am a huge fan and I firmly back the addition of probiotics into an already clean diet. While it's true that probiotics cannot re-set your system like the Digestive Jumpstart can, they may bolster the results and help you maintain your progress as the 6 days come to an end.

## It's Time to Commit to Change



I have spent my career determining what modalities work and make sense, and pinpointing those that don't. Sadly, too many people are wasting time, money, and effort on programs that lack research. The media at large does not care about what really works, only that which works in the moment. Consequently, the



average consumer is left confused and trapped: one day something is good for you, the next it's bad. Even worse, following the latest fad could end up damaging your metabolic and digestive efficiency by starving your body of the nutrients it requires for optimal health.

## **The Key: True Commitment**

The secret to success is simple: it's the level of commitment put into a program that counts. Unfortunately, it's the piece of the puzzle that's truly difficult for most of us. You may have become accustomed to your current lifestyle and you're unsure about what the future may hold. Change is daunting, sometimes it seems easier to remain stagnant. Rest assured, you're not the only one that thinks this way.

I've seen firsthand that one of the most difficult commitments in life is committing to feeding your body well. It may sound crazy, but I can't even begin to tell you how many people inadvertently make a healthy diet far more complex than it needs to be. That's why I have developed the Digestive Jumpstart. My aim is to lead you back to the basics of ancestral eating, and reset your system in a way that is both effective and makes sense.

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## **Fact: Overnight Results Fade Quickly**

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Quite a few fads gain in popularity by providing the “overnight result”. The problem with these immediate effects is fairly easy to spot for an expert: we know that when you’re actually doing something correctly, those fantastic results come gradually.

“Overnight results” may appeal to our brains, but changes just don’t happen that way when it comes to the human body. Think about all the years it took you to get to this point—your path to your current health may have taken a few months or 15 years.

This booklet will allow you to learn how to eat the kinds of foods that pave a path to good health, and you’ll learn about your metabolism and optimizing your digestive tract along the way. Even better, you’ll learn how to prepare recipes quickly and easily and to shop for the best foods available to you, so you can maintain your results year round.

Through my Digestive Jumpstart I’m with you every step of the way.

To reap the maximum benefits of this Jumpstart year round I suggest you implement this cleanse every four months; this means restarting your system three times a year.

## Recommended Detox Intervals

- September
- January
- May

Upon completing the cleanse, you'll have a better sense of the foods that may negatively impact your health. For example, you may find upon removing gluten from your diet that it was actually the culprit behind your prior bloating or fatigue. If gluten isn't the cause, it could be soybeans—many people have trouble breaking down soy proteins. As such, they become prone to constipation and other digestive ailments.

Gluten and soy are often discussed in the news, what most clients don't expect is the metabolic shift that comes from removing alcohol from their diet for 6 days. It turns out that most of us have some issue with

breaking down alcohol sugars. The “beer belly” that seems to be a staple of alcohol enthusiasts everywhere is actually born of a gut busting dynamic duo: gluten and alcohol sugar. You’d marvel at the number of clients who complete the cleanse, drink their first beer, and find that they’ve become bloated and congested—both of which are signs of poor digestion.

# Pre-Detox Self Test

1. List your top 3 Health Concerns in order of importance:

- 1.
- 2.
- 3.

2. Are you having regular bowel movements?

- a. 1-3 Times a day
- b. Every other day
- c. 1-2 times per week

3. Rate your energy levels throught the day

- a. Excellent
- b. Good
- c. Tired
- d. Exhausted

4. Hours of Sleep Per Night

- a. 8-9 Hours
- b. 6-7 Hours
- c. 5-6 Hours
- d. 3-4 Hours

5. Fill in your Starting Weight:

\_\_\_\_\_ lbs.

# Post-Detox Self Test

1. Are you having regular bowel movements?

- a. 1-3 Times a day
- b. Every other day
- c. 1-2 times per week

2. Rate your energy levels throught the day

- a. Excellent
- b. Good
- c. Tired
- d. Exhausted

3. Hours of Sleep Per Night

- a. 8-9 Hours
- b. 6-7 Hours
- c. 5-6 Hours
- d. 3-4 Hours

4. Fill in your Post-Detox Weight:

\_\_\_\_\_ lbs.

# Digestive Jumpstart Plan

## Breakfast

### Liquids

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- Botanic Choice Peppermint Tea with Lemon

### Power Foods

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- Sauerkraut or dried seaweed
- 2 Eggs, Scrambled with Greens or Chia

### Power Snacks

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- Bowl of Berries with unsalted nuts
- Veggie Sticks with Almond Butter

## **Lunch**

### **Power Foods**

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- Sauerkraut or dried seaweed

### **Main Course**

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- Turkey/Chicken Soup with fresh greens
- Approved protein from grocery list with brown rice and steamed veggies

## **Dinner**

### **Liquids**

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- Bedtime Chamomile Tea with Lemon

### **Main Course**

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- Small soup with steamed veggies or vegetable and rice



## Grocery List

- Fish (Sardines, Hailbut, Sole, Tilapia)
- Organic Chicken
- Organic Frozen Berries Drinks
- Broccoli
- Kale & Swiss Chard
- Cucumber
- Cabbage
- Romain Lettuce
- Onions / Garlic
- Lemons
- Yams & Sweet Potato
- Brown Rice
- Sauerkraut
- Dried Seaweed Sheets
- Extra Vigin Olive Oil
- Coconut Oil
- Broth (see recipe <http://stellametsovas.com/>)
- Fresh or Dried Herbs

# Question & Answers

**Q. Can I have caffeine, coffee or diet drinks while on the cleanse?**

**A.** No diet drinks of any kind. In fact, the only beverages you should be consuming are: water, white, green, peppermint or chamomile tea. If you are a coffee drinker and find it almost unbearable to go without coffee, try consuming 70% less than usual. For example, if you drink 2 cups in the morning, instead, drink 1/2 cup of coffee mixed with hot water.

**Q. I don't like some of the ingredients found on the list, can I substitute with another foods?**

**A.** You don't have to consume an ingredient if it's not your favorite food item; so yes, you can omit the ingredient and double up on another ingredient you prefer.

**Q. I have an allergy to nuts. What can I use as a substitute?**

**A.** If you are allergic to nuts, substitute extra berries instead.

**Q. I don't have a refrigerator at work. How do I travel with the foods I've made?**

A. Insulated lunch bags do the trick and can be found almost anywhere.

**Q. What happens if I get really hungry?**

A. Probably the most common question I'm asked. It's simple: consume more food from the approved ingredient list.

**Q. I have a wedding to attend over the weekend and will need to eat at the reception. Will this impact all my efforts?**

A. This Detox is a system to help you achieve optimal health. I ask that you schedule the cleanse during a time that you can commit 100 percent.

**Q. What if I get really tired or begin not feeling well on the cleanse?**

A. It is very common to feel your worst during the first few days on the cleanse—this should subside within 3-5 days.