



# PATIENT HANDBOOK

Revitalizing Healthy Liver Function

**7**  
**DAY**  
**DETOX**  
**KIT**



# We're Glad You're Here!

You're now in the driver's seat on the road to better health. Achieving your health goals is as easy as turning the page. Keep these three statements in mind as you take your health journey to the next level:

- You have chosen to take an active role in your health by making better lifestyle choices
- You realize the importance of detoxification
- You have chosen to improve your daily diet

No two readers of this guide will start the Core Restore program for the same reason. Think about the reason you chose this program and what you hope to accomplish. It can be helpful to set a goal for yourself and reflect on it throughout the program.

## Your current health rating:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Poor

Excellent

## What do you expect to achieve from the Core Restore program?

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## The Path to Detoxification

Day breaks on a Monday morning. Your ears perk at the sound of a beeping alarm clock, but your eyes remain heavy with sleep. Your body aches in places it didn't before, and your mind is fogged with unresolved stresses and emotions harbored over time. You shuffle to the bathroom, flick on the light and are startled by what you see in the mirror. Tired eyes reflect a body nagged by fatigue and sapped of energy.

*How did I allow myself to get here?* you wonder.

You often don't pay attention to your health until it begins to fail. The body is forgiving and can withstand stressors, but needs support to recover and function at an optimal level. In your lifetime, you will consume between 30 and 50 tons of food. The gastrointestinal (GI) system is responsible for breaking down every healthy and unhealthy food, absorbing useful compounds and eliminating the rest.

The liver, in close association with the GI system, works to remove toxins that we encounter from the food we eat as well as those produced by metabolic processes. When the GI tract is not functioning optimally, additional burden is placed upon the liver. When incoming toxins exceed the liver's ability to remove them, it is termed **toxic burden**. It is important to periodically restore the body's ability to cleanse itself and eliminate toxins.

The Core Restore program is designed to help you restore healthy detoxification and elimination functions. The modern diet lacks the nutrients necessary for true detoxification. The body often doesn't get enough vitamins, minerals and antioxidants to facilitate the level of detoxification necessary to stay healthy and feel well.

The Core Restore program provides the body with the essentials to support detoxification: micronutrients, phytonutrients and clean protein. This program can be used as a precursor to further GI system support, or to unmask other health issues that you may be experiencing due to toxin accumulation. Core Restore also serves as a proactive approach to maintaining your health.

This guide will help you understand how you can reduce the toxic burden on your body as well as outline a step-by-step program to promote healthy detoxification. Upon completion of this program, you will have a restored pathway to your best health.

## Toxins and Your Health

Toxins, by the most basic definition, are any substances that have harmful effects on your body. Toxins are unavoidable in our world of processed foods, high stress and pollution. Toxins invade the body from three main sources: the environment, personal lifestyle and the body's own metabolic processes. Polluted air, prescription drugs, processed foods and even stress can increase toxic burden in your body, especially in the liver. With the Core Restore program, you will give your body the tools it needs to rid itself of harmful toxins, leaving you feeling rejuvenated and healthy.

# Where Toxins Come From

## Environmental Toxins

- Polluted air from factories
- Auto exhaust
- Solvents (paint, cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalants

## Lifestyle Toxins

- Cosmetics
- Nicotine
- Alcohol
- Caffeine
- Prescription drugs
- Over-the-counter drugs
- Artificial food additives, colorings and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars
- Dietary choices (fast foods, fried foods)

## Internal Toxins

- Bacterial, yeast, fungal overgrowth
- By-products of metabolic reactions (such as carbon dioxide and ammonia)
- Undigested food
- Stress
- Unresolved trauma or abuse
- Unhappy relationships

## The Liver: Open 24 Hours a Day

The liver is the largest gland in the body and a true powerhouse, assimilating and packaging nutrients for use while detoxifying hundreds of chemicals in two distinct phases. This process is called biotransformation. Optimal biotransformation depends on the capability of the liver. If the liver is not functioning properly, every other system in the body, including the heart, brain, kidneys and skin, is compromised.

Most of the toxic compounds the body is exposed to are fat-soluble. These substances are attracted to the body's fat cells, which serve as a type of insulation and protect the rest of the body from toxic effects. The Core Restore program assists the liver in changing these harmful fat-soluble toxins into water-soluble forms, which can then be easily eliminated by the kidneys and colon.

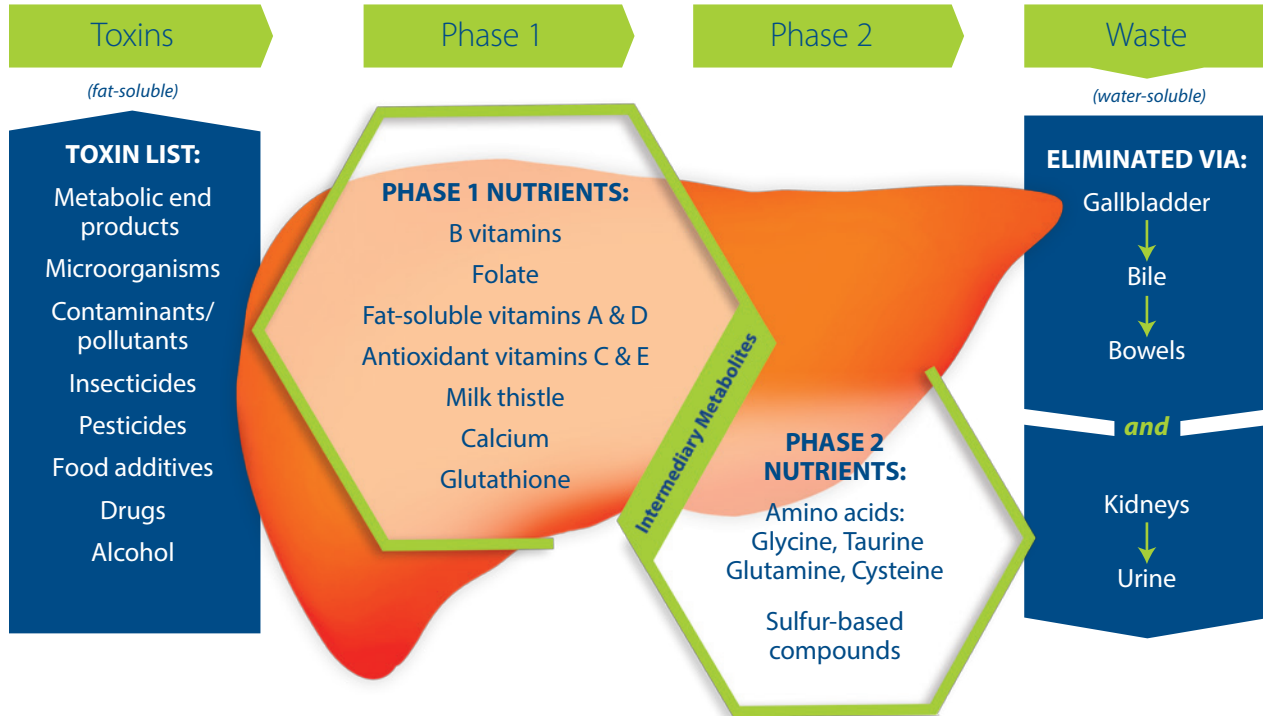
### **PHASE I**

A series of enzymes, called cytochrome P450, chemically changes harmful fat-soluble toxins into substances called intermediary metabolites. Since the intermediary metabolites are usually more toxic than the original fat-soluble toxins, they must go through Phase II quickly to become less toxic.

### **PHASE II**

Specific molecules are then attached to the intermediary metabolites. This process makes the intermediary metabolites non-toxic and water soluble so they can be eliminated through the urine and stool.

# Detoxification (Biotransformation) Pathways

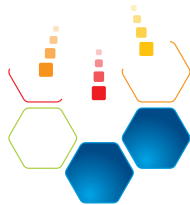


# The Proven Efficacy of the Core Restore Program

The purpose of the Core Restore program is to support efficient function of the detoxification system. The program will promote proper digestion of food, absorption of nutrients and elimination of toxins to ultimately renew wellness. The Core Restore program incorporates dietary recommendations and nutritional supplementation to help you achieve optimal health.

After completing the 7-day detoxification program (Level 1 detoxification), your healthcare provider will assess your progress. If the program goals are not met, he or she may recommend that you continue the detoxification for an additional period of time (Level 2 detoxification). Your healthcare provider may utilize nutritional supplementation based on their assessment, and may recommend further testing to uncover any hidden GI conditions.

## The Restore Goals

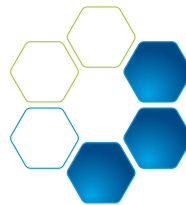


### REMOVE

Eliminate the incoming burden of toxins.

#### ACCOMPLISHED BY

Eliminating all additional toxin burden from diet and lifestyle.



### RESTORE

Support the processing and elimination of toxins.

#### ACCOMPLISHED BY

Drinking purified water, eating detox-friendly foods and drinking Core Support powder mix.



### REVITALIZE

Enhance liver detoxification pathways and support GI function.

#### ACCOMPLISHED BY

Drinking purified water, eating detox-friendly foods, drinking Core Support powder mix and taking PhytoCore capsules.

## Program Guidelines

While on the detoxification program, it is highly recommended that you follow the dietary guidelines listed on page 16. This table suggests foods to avoid, as well as recommended foods to help enhance detoxification. The diet plan is important to follow as it reduces the load of incoming toxins and improves your body's ability to eliminate stored toxins. It allows your GI system to rest and recuperate. Following the diet plan as suggested will also support the body's reaction to inflammatory stress on the GI tract, thereby improving GI function and providing these benefits:

- Decreased influx of toxins, which can cause food allergies and sensitivities
- Improved absorption of nutrients
- Reduced stress hormone response
- Enhanced immune system function

The foods in this diet plan have been carefully chosen to help decrease your risk of exposure to pesticides, herbicides, artificial colors and flavors, antibiotics, hormones, preservatives and other chemicals which can bring additional burden to your body's detoxification system. Certain foods included in this diet, such as broccoli and cabbage, have been shown to promote Phase I and II detoxification pathways in your liver.

The Core Restore program also acts as a hypoallergenic diet plan, as it can help you identify food allergies and sensitivities and eliminate offending foods. This, in turn, will help to restore normal GI tract function by balancing inflammation in the GI and immune systems.

You may have experienced sluggish digestion on your normal diet. Stress, antibiotic use and an unhealthy diet can negatively impact your GI system. As you eliminate problem foods, it is important to modulate your digestive system with good bacteria. Specific strains of microorganisms have been scientifically shown to support optimal digestion by balancing your gut's microflora.

## Before You Start, Make Sure:

- ✓ You are 18 years of age or older
- ✓ You are not pregnant or nursing
- ✓ You inform your doctor if you are experiencing any of the following conditions:
  - Eating disorder (anorexia, bulimia)
  - Type 1 or type 2 diabetes
  - Kidney disease
  - Pain in the left upper or left lower abdominal area
  - Active gallbladder and/or liver disease
- ✓ You take the Before Detox Questionnaire, provided by your health care professional. Ask about taking the After Detox Questionnaire when you have completed the 7-day Core Restore program for an informative “before-and-after” snapshot of your health!

## Detox Prep Checklist

- ✓ Incorporate fresh, organic foods as much as possible. Use fresh herbs and spices for seasoning.
- ✓ Avoid packaged and processed foods.
- ✓ Drink only filtered water. Avoid coffee, soda, alcohol and black tea as often as possible. Aim to drink at least 48–64 oz. (6–8 glasses) of filtered water a day to help flush out toxins. Avoid distilled water.
- ✓ With the exception of the initial two days, it is recommended that women consume between 1,200–1,500 calories per day, while men should consume between 1,500–1,800 calories per day. This will help you maintain blood sugar levels without burdening your digestive system.
- ✓ Fruits and vegetables can be washed with an apple cider vinegar wash to remove any dirt or residues. (See Special Ingredients List on page 35).

## During Detox

You may experience some uncomfortable symptoms for the first few days of the Core Restore program as your body clears stored toxins. Starting the program at the end of your work week allows you to stay home as these symptoms pass.



# Foods to Include While on the 7-day Core Restore Program

## Foods That **Increase** Detoxification

### Fruits

Raspberries  
Strawberries  
Blueberries  
Bananas  
Apples  
Any other fresh or frozen fruit

### Vegetables

Broccoli  
Cabbage  
Cauliflower  
Brussels sprouts  
Watercress  
Arugula  
Kale  
Bok choy  
Radish  
Turnip  
Beans and lentils  
Garlic  
Onion

### Grains and Similar

Rice (whole grain)  
Buckwheat  
Millet  
Amaranth  
Quinoa

### Nuts and Seeds

Almonds  
Cashews  
Walnuts  
Sunflower seeds  
Sesame seeds

### Dairy

None—Use a milk substitute like rice, almond, or coconut milk

### Fats

Extra virgin olive oil  
Flaxseed oil  
Nut oils (other than peanut oil)

### Drinks

Purified water  
Organic herbal or green tea

### Spices and Sauces

Rosemary  
Parsley  
Cilantro  
Thyme

### Other

Grassfed, organic meat

# Foods to Avoid While on the 7-day Core Restore Program

## Foods That **Slow Down** Detoxification

### Fruits

Canned fruit  
packed in syrup  
High-sugar or  
artificial berry juices  
Oranges  
Grapefruit

### Vegetables

Corn  
Canned vegetables  
in sauces  
Soybean and  
soy-based foods

### Grains and Similar

Refined flours  
Gluten-containing:  
-Wheat  
-Spelt  
-Kamut  
-Rye  
-Oats\*  
-Barley

### Nuts and Seeds

Peanuts  
Soy nuts

### Dairy

Milk  
Cheese  
Ice cream  
Yogurt  
All dairy-based products

### Fats

Margarine  
Butter  
Hydrogenated oils  
Cooking sprays  
Mayonnaise

### Drinks

Coffee  
Sweetened beverages  
Alcohol  
High-sugar or artificially  
flavored juices  
Black Tea

### Spices and Sauces

Soy sauce  
BBQ sauce  
Ketchup

### Other

Eggs  
Fish and shellfish  
Non-organic meats  
Fried foods  
Artificial flavors, colors,  
preservatives (MSG)

\*Oats do not contain gluten,  
however most commercially  
available oats often are  
contaminated with gluten.  
It is best to avoid oats.

NOTE: Individuals with joint  
pain should consider avoiding  
foods derived from the  
nightshade family of plants  
such as tomatoes, white  
potatoes, eggplant, peppers  
of all kinds (except black  
pepper) paprika, and cayenne.





# Getting Started on the Core Restore Program

You have been introduced to the importance of detoxification and the benefits it can provide your body. Now, put that knowledge into action! The Core Restore program is a jump-start to making healthy lifestyle choices and helping your body function at an optimal level. Your body will thank you!

## Day 1

**Core Support protein shakes will serve as foundational nutrition support.**

Welcome to the first day of your commitment to better health! You will give your body a break from digesting food today, so as to help “reset” the detoxification system. Your physician will recommend the best approach to eliminate the problematic foods in your diet and decrease toxic burden. It is recommended that you increase your water intake on Day One. Imagine the toxins in your body flushed out with each sip of water. Your hunger will be quickly forgotten while drinking your Core Support nutritional drinks, which include satiating protein and fiber. Try mixing with rice or almond milk for a satisfying (dare we say indulgent?) flavor.



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules

If it's caffeine you crave, consider this: A recent survey found that Americans who regularly buy coffee throughout the week spend, on average, \$1,092 on coffee annually. Instead of your morning latte, try sipping hot water with a wedge of lemon or lime, or a caffeine-free herbal tea. You'll feel refreshed and avoid that inevitable post-caffeine slump!

## Day 2

Core Support protein shakes will serve as foundational nutrition support.

You've made it through Day One and are on your way to decreasing the toxic burden in your body! Core Restore is providing the nutrients integral to Phase II. In making sure Phase II is in balance with Phase I, the Core Restore program avoids an unpleasant detoxification reaction: feeling worse while detoxifying instead of better due to the buildup of intermediary metabolites.

Your body is resting and clearing out toxins today, all thanks to your commitment to the program and to your health.



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules

# Journal

How am I feeling physically? What thoughts and emotions are present in me today? Am I in control of my cravings? How can I create new, healthy habits? How can I nurture myself through this initial detox process?

## Day 3

Did you ever think you'd see the day when you craved rice cakes smeared with almond butter? Today is that day! You've successfully made it to Day Three of the program, when your body is ready to process food again.

Pick the recipes that appeal to your taste buds, or use the pre-planned sample meal plan to map your healthy eating plan for the remainder of the program (pages 30–31). Not only will you find yourself feeling full on much less food, but you will also be more mindful of the food you consume. Try adding fresh fruit and a little ice to your Core Support drink for a perfect nutritionally complete smoothie. Take that, sweet tooth!



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

Consider taking a probiotic formula as part of your supplement regimen today. Look for a product with at least 20 billion units of healthy strains of bacteria. *Saccharomyces boulardii*, a healthy form of yeast, is also beneficial to the GI tract. These combinations of microorganisms have been shown to support healthy digestion, promote healthy gut flora, protect intestinal integrity and boost immune function.

## Day 4

See dietary guidelines listed on page 16.

On this fourth day of detoxification, you will find yourself seeing and tasting food differently. In just a few days of detoxification, you have reprogrammed your taste buds to savor food as it was meant to be savored, without extra salt and sugar. Food never tasted so good!

Healthy eating can seem like an unattainable goal, but making a commitment to a lifestyle of supplying your body with the wholesome fuel it needs is a no-brainer. Making healthy food choices upfront and planning ahead will help you maintain this healthy lifestyle. Make the choice to eat healthy every day!



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

## Day 5

See dietary guidelines listed on page 16.

Focus on your energy level today. Do you feel an increase in energy since starting the Core Restore program? Think of the food you are preparing and consuming as fuel your body needs to function at an optimal level.

Each of the meals in the Recipe Guide has been chosen based on nutritional profile, digestibility and flavor. Try an unfamiliar dish today. You might be surprised at the levels of flavor you notice, and you might even prepare the dish again tomorrow! No matter your meal choices for today, keep eating well. Your body is thanking you!



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

Did you know that the skin is body's largest organ of detoxification? Blemishes reflect the toxic burden your body is trying to eliminate. Keep your skin glowing throughout the detoxification process with a high-quality skincare product. Look for organic ingredients and avoid added chemicals or known skin irritants.

## Day 6

Think about the tasty recipes you have enjoyed on the Core Restore program. Which are your favorites? What nutrition are they providing to your body? Will you prepare any of these recipes after you complete the Core Restore program? Consider these food preparation tips as you approach the final day of detoxification:

- A rice cooker is an inexpensive tool that provides a simple way to prepare large quantities of rice and quinoa. Once prepared, these grains can be stored in the fridge for later use, such as in a vegetable stir-fry or cooked with herbs and spices.
- A crock pot (slow cooker) is another reasonably-priced cooking device that can speed up meal preparation. Food can be set to cook in the morning before work and will be ready to eat when you return home. Crock pots are especially useful for cooking vegetables, stews, soups and meats. This one-pot wonder provides quick clean up and leftovers for later meals.



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

## Day 7

# Congratulations!

You made it! You're steps away from completing the Core Restore program. Focus today on what you have learned from this program:

- You can take an active role in your health
- Making a commitment to eating right and choosing to live healthy is easy if you have a plan
- Healthy lifestyle choices can give you more energy
- The benefits of detoxification include, but are not limited to, weight loss, hormone balance and a healthy connection to food
- Enhanced biotransformation is a great way to keep your system running smoothly and to maintain optimal health. Consider doing a routine detox to keep you in good habits of health. This maintenance will ensure your body is performing well. Here's to a healthier you!



### Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules



### Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base capsules
- Two PhytoCore capsules

# Journal

How am I feeling physically? Emotionally? What changes do I notice in my body? How do I feel as a result of eliminating regularly?

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Detoxification is recommended periodically throughout the year.

My next scheduled detox will be \_\_\_\_/\_\_\_\_/\_\_\_\_.



## Food Sensitivities

The most common food sensitivities are gluten and dairy, which is why the Core Restore program eliminates them from your diet. Most people do not realize they have food sensitivities. Dramatic effects, like a swollen tongue, hives or anaphylaxis may not present, but the body reacts in more subtle ways. These reactions occur when small changes in the intestinal tract allow food particles to enter our bloodstream and be exposed to the immune system. The body then creates slight inflammation, which can cause the symptoms you may have experienced before starting the program.

## Reintroduction to Food

With the help of your health care provider, you will gradually reintroduce food groups back into your diet after completing the program. Usually, only one food group is introduced at a time, allowing at least two days before adding a new food group. You will note reactions to identify the food groups that may be aggravating your health conditions, such as bloating, constipation, sinus congestion, fatigue, skin conditions or joint pain. Your health care provider will then help you design a long-term dietary plan to maximize your health.

## Clean 14

It is important to nurture the healthy habits you have created while on the Core Restore program. Your health care provider may recommend the Clean 14 program, which is a great way to maintain the healthy habits you're enjoying post-detoxification. The Clean 14 program is based on one of the healthiest dietary patterns ever researched: the Mediterranean diet. For the past 50 years, scientists have studied the eating patterns of people native to the Mediterranean region and found that the diet is associated with long, healthy lives and

minimal health issues. The Mediterranean diet is rich in vegetables, fruits, plant proteins (legumes and lentils), whole grains, olive oil, nuts, seeds, fish and plenty of herbs and spices. The Mediterranean diet is less a diet and more a way of life to maintain good health.



The Clean 14 guide provides a variety of delicious recipes and an individualized food plan to take the guesswork out of healthy eating. During the 14-day program, you will experience the benefits of clean eating and continue healthy dietary patterns than can be maintained for life.

## The Future of Your Health

Seven days from your first steps on this detoxification journey, what do you see when you look in the mirror? You see energy and focus, not fatigue or gastrointestinal woes. Most importantly, you see a person in control of cravings and lifestyle choices. Think about the day you started the Core Restore program and the goal you set for yourself. How do you feel today, emotionally and physically? Did you accomplish your goal?

Just like your car needs periodic oil and filter changes, your body needs periodic detoxification to clean out accumulated toxins. When you feel sluggish and achy, the “check engine” light has come on and your system needs to be cleaned. Even if you are not experiencing negative symptoms, consider the Core Restore program every six to twelve months for continued health, or to address health concerns, such as fatigue, sinus congestion, brain fog, indigestion, bloating, and muscle aches and pains. Your health care provider will then help you design a long-term dietary plan to maximize your health.



## Sample Meal Plan

	Day 3	Day 4
<b>Breakfast</b>	Mixed Berry Smoothie*	Fruit and Quinoa Mélange
<b>Lunch</b>	Grilled Chicken with Peaches	Quinoa Stuffed Pepper
<b>Dinner</b>	Strawberry Salad with Savory Dal (Lentil Stew)	Organic Herb Baked Chicken with Garlic Cauliflower Mash
<b>Core Support</b> (2 scoops with water)	P.M. Only	A.M. and P.M.
<b>Snack</b> (optional)	Tropical Mango Chia Pudding	Cinnamon Raisin Delight

\* Includes 2 scoops of Core Support Powder in recipe.

## Sample Meal Plan

Day 5	Day 6	Day 7
Chocolate Banana Smoothie*	Tropical Mango Chia Pudding	Chocolate Banana Smoothie*
Spaghetti Squash with Marinara Sauce	Sweet Potato Shepherd's Pie with Strawberry Avocado Salad	Organic Herb Baked Chicken with Garlic Cauliflower Mash
Spicy Black Bean Soup with Cranberry and Kale Stir Fry	Quick and Easy Vegetable Quinoa with Savory Dal (Lentil Stew)	Spicy Black Bean Soup
P.M. Only	A.M. and P.M.	P.M. Only
Creamy Chocolate Pudding	Tropical Mango Chia Pudding	Rice Cake with Almond Butter or Hummus with Dipping Veggies

\* Includes 2 scoops of Core Support Powder in recipe.

# Recipe List

## Breakfast

Fruit and Quinoa  
Breakfast Mélange  
(page 36)

Tropical Mango  
Chia Pudding  
(page 37)

Cinnamon Raisin Delight  
(page 38)

Chocolate Banana  
Smoothie  
(page 39)

Mixed Berry Smoothie  
(page 40)

## Entrées

Grilled Chicken  
with Peaches  
(page 41)

Spaghetti Squash  
with Marinara Sauce  
(pages 42–43)

Quinoa Stuffed Peppers  
(pages 44–45)

Sweet Potato  
Shepherd's Pie  
(pages 46–47)

Organic Herb  
Baked Chicken  
(page 48)

## Side Dishes

Quick And Easy  
Vegetable Quinoa  
(page 49)

Strawberry Avocado  
Spinach Salad  
(page 50)

Savory Dal (Lentil Stew)  
(page 51)

Garlic Cauliflower Mash  
(page 52)

Spicy Black Bean Soup  
(page 53)

Cranberry and  
Kale Stir Fry  
(page 54)

## Snacks

Creamy  
Chocolate Pudding  
(page 55)

Rice Cakes with  
Almond Butter  
(page 56)

Hummus with  
Dipping Veggies  
(page 57)

# Grocery List

## Vegetables

- 3 avocados
- 5 bell peppers
- 2 heads broccoli, cauliflower (each)
- 16 oz. carrots, plus 1 bag frozen
- 1 bunch celery
- 2 bags green peas, frozen
- 2 bunches leafy greens (kale and spinach)
- 10 onions
- Organic vegetable broth or stock
- 2 spaghetti squash
- 2 lbs. sweet potatoes
- 5 cans diced tomatoes
- 1 can tomato paste
- 1 package white mushrooms
- 1 zucchini

## Oils and Dressings

- 1 bottle apple cider vinegar, balsamic vinegar (each)
- Olive, flax seed, sunflower oils (cold pressed)
- 1 bottle of Bragg's Liquid Aminos

## Beans

- 2 cans black beans, garbanzo beans (each)
- 1 package red lentils

## Herbs and Spices

- Cinnamon
- Nutmeg
- Pure vanilla extract
- Unsweetened cocoa powder
- Fresh thyme
- Fresh rosemary
- Fresh ginger
- Fresh garlic
- Fresh parsley
- Fresh basil
- Fresh oregano
- Fresh cilantro
- Dried bay leaf
- Paprika
- Black pepper
- Pink Himalayan salt
- Crushed red pepper

It is strongly recommended to use organic foods when available.

# Grocery List

## Nuts & Seeds

- 1 pkg. sliced almonds (raw)
- 22 oz. chia seeds

## Grains

- Ancient grains (amaranth, buckwheat, millet, quinoa)
- Rice and rice cakes

## Fruits

- 5 apples
- 1 lb. of bananas
- 8 oz. of fresh berries (any)
- 2 lemons, limes (each)
- 2 large or 4 small mangoes
- 3 peaches (fresh)
- 1 box raisins
- 1 box dried cranberries
- 1 pint of strawberries (fresh)
- 1 pkg. of strawberries (frozen)
- 1 pkg. of blueberries (frozen)
- 1 15 oz. pkg. of peaches (frozen)

## Meats

- 1 lb. beef (organic only)
- 2 whole roasting chickens (organic only)
- 4 chicken breast halves (organic only)
- 1 lb. ground turkey (organic only)

## Miscellaneous

- 1 jar almond butter
- ½ gallon almond milk, rice milk, or coconut milk
- Organic chicken broth
- Daiya Vegan Pepper Jack Cheese (optional)
- Vegan Parmesan Cheese (optional)
- 1 box stevia packets (optional)

It is strongly recommended to use organic foods when available.

## Special Ingredients List

**Coconut Milk Beverage:** This drink boasts less saturated fat and calories than traditional canned coconut milk and has a rich, creamy texture similar to cow's milk.

**Pink Himalayan Salt:** Sourced from caves in the Himalayan Mountains, this unique salt contains 84 trace minerals and a lower sodium content than traditional table salt.

**Quinoa:** A naturally gluten-free grain and high in protein. Cooks as quickly as rice and makes a great substitute.

**Chia Seeds:** High in fiber and protein, these seeds are satiating and have a delicious smooth flavor when added to liquid.

**Stevia:** This natural plant extract has been used for over 2,000 years in South America. It contains zero calories, is 200 times sweeter than sugar, and will not raise blood glucose (sugar) levels.

**Bragg's Liquid Aminos:** These liquid amino acids are a tasty substitute for salt or soy sauce and are excellent for a lower sodium diet.

**Apple Cider Vinegar Wash:** While it is recommended to eat organic fruits and vegetables during the Core Restore program, when unavailable, use this healthy apple cider vinegar wash to remove dirt and neutralize toxins. This unique solution is safe and effective for washing any produce or to use as an all-purpose cleaner.

- 1 cup water

- 1 cup apple cider vinegar

- 1 tbsp. baking soda

- ½ lemon

Pour solution into a spray bottle and spray produce. Let sit on produce for 5 minutes and then wash off.



## Breakfast Recipes

### **Fruit and Quinoa Breakfast Mélange**

*(Cooking time: 20 min., Serves 2, Calories 300–400 per serving)*

#### **Ingredients**

1 banana  
15 oz. frozen peaches  
½ tsp. cinnamon  
½ tsp. nutmeg  
1 tsp. of pure vanilla extract  
1 cup milk (coconut, almond, or rice)  
1 ½ cup of cooked quinoa or brown rice  
¼ cup water

Optional:

3 packets of stevia  
Additional fruits of your choice

#### **Instructions**

1. Place water, stevia, and vanilla in large saucepan over low heat.
2. Add bananas and peaches and stir.
3. Add in cinnamon and nutmeg.
4. Bring to a simmer.
5. Reduce heat to low and cook until tender, about 7 minutes.
6. Stir in quinoa or rice.
7. Add milk and stir.
8. Cook on low for 5–10 minutes.
9. Serve warm and top with fresh fruit if desired.

# Breakfast Recipes

## Tropical Mango Chia Pudding

*(Prep. time: 10 min. Serves 4, Calories per serving 100)*

### Ingredients

2 cups unsweetened coconut milk drink  
2 cups chia seeds  
1 ½ tsp. of pure vanilla extract  
1 large or 2 small mangoes

Optional:  
3 packets of stevia

### Instructions

1. Add coconut milk, chia seeds, vanilla, and 2 packets of stevia to a covered container.
2. Mix ingredients together thoroughly and refrigerate for 8 hours.
3. Peel and slice mango and put into blender or food processor with remaining stevia and mix until smooth.
4. Combine mango with chia in a large bowl and mix until even throughout.





## Breakfast Recipes

### Cinnamon Raisin Delight

*(Prep. time: 5 min, Serves 4, Calories per serving: 230)*

#### Ingredients

2 cups unsweetened milk  
(coconut, almond, or rice)  
 $\frac{2}{3}$  cup chia seeds  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. of pure vanilla extract  
 $\frac{1}{4}$  cup raisins

Optional:  
Stevia to taste

#### Instructions

1. Combine all ingredients into a bowl and stir well.
2. Cover.
3. Refrigerate overnight.
4. Top with a few raisins for garnish.

## Breakfast Recipes

### Chocolate Banana Smoothie

*(Prep. time: 5 min, Serves 1, Calories per serving: 300)*

#### Ingredients

- 1 peeled and frozen banana, sliced
- 1 cup vanilla coconut milk, almond milk, or rice milk
- 2 tbsp. unsweetened cocoa powder
- 2 scoops of Core Support Powder

Optional:  
Stevia to taste

#### Instructions

Blend all ingredients into blender until smooth.





## Breakfast Recipes

### **Mixed Berry Smoothie**

*(Prep. time: 5 min, Serves 1, Calories per serving: 380)*

#### **Ingredients**

- 2 scoops Core Support Powder
- 1 cup milk (rice, almond, coconut)
- 1 frozen banana, sliced
- ½ frozen strawberries
- ½ cup frozen blueberries

#### **Instructions**

Blend all ingredients into blender until smooth.

## Entrée Recipes

### Grilled Chicken Breast with Sweet Peaches

(Cooking time 20 min, Serves 4, Calories per serving: 400–500)

#### Ingredients

- 1 tbsp. of apple cider vinegar
- 1 tbsp. of fresh ginger, finely chopped or grated
- 1 tsp. of fresh thyme leaves
- 4 tbsp. of olive oil
- 4 tbsp. pink Himalayan salt and black pepper to taste
- 3 peaches, cut into wedges
- 4 boneless chicken breast halves
- 2 medium red onions, cut into wedges
- 1 clove of garlic, crushed

#### Instructions (can use a tabletop grill or outdoor grill)

1. Combine vinegar, herbs, 3 tbsp. of oil, and ¼ tsp. of salt and pepper in a small bowl. Set aside.
2. Combine onions, peaches, remaining oil, ½ tsp salt, and ¼ tsp. of pepper.
3. Season the chicken with ½ tsp. salt and ¼ tsp of pepper.
4. Grill chicken and onions until chicken is done throughout and onions are tender. 5–6 minutes per side if outdoor grill, 6 minutes total if on table top grill.
5. Place peaches on grill and cook until tender, 3–4 minutes per side.
6. Drizzle vinaigrette onto chicken and serve with onions and peaches.

*\*May substitute turkey breast for chicken*





## Entrée Recipes

### Spaghetti Squash with Marinara Sauce

(Cooking time: 60 min, Serves 8, Calories per serving: 250)

#### Ingredients

- |                                   |  |
|-----------------------------------|--|
| 2 large Spaghetti Squash          | 1 tbsp. fresh rosemary leaves            |
| 1 lb. ground grass-fed beef*      | 1 tbsp. fresh oregano leaf               |
| 2 tbsp. olive oil                 | 2 28 oz. cans of organic diced tomatoes  |
| 4 black olives, diced             | 1 dried bay leaf                         |
| 2 cups of yellow onion, chopped   | 1 tsp. black pepper                      |
| 2 cups carrots, peeled and grated | 2 tsp. pink Himalayan salt               |
| ½ cup celery, chopped             | Vegan parmesan grated topping (optional) |
| ¼ lb. mushrooms, sliced           |  |
| 2 tbsp. fresh parsley             |  |
| 2 clove garlic, minced            |  |
| 2 tbsp. fresh basil               |  |

*\*May substitute pea protein crumbles, ground buffalo, or ground turkey for beef*

## Entrée Recipes

### Spaghetti Squash with Marinara Sauce

*(Continued from page 42)*

#### Instructions

##### Spaghetti Squash

1. Prick squash in multiple areas with fork.
2. Place squash in glass baking dish.
3. Bake for 1 hour at 375° F.
4. Remove squash from oven and let cool. Cut length-wise with a knife.
5. Scoop the seeds and strings from the center of the squash and discard.
6. Gently scrape the edges of the squash with a fork to shred pulp into strands.
7. Transfer shredded pulp into a separate bowl and add 1 tbsp. of olive oil and mix throughout.
8. Strands should resemble cooked spaghetti.

#### Instructions

##### Marinara Sauce *(Start while squash is baking)*

1. Heat olive oil, onion, and bell pepper over medium high heat.
2. Add herbs except bay leaf, olives, mushroom, and carrots and cook for about 15 minutes, until vegetables are tender.
3. Pour in a bowl and set aside.
4. Brown meat over high heat for about 5–10 minutes, until cooked. Sprinkle with 1 tsp. salt and ½ tsp. pepper.
5. Add can of tomatoes, bay leaf, and bowl of vegetables to meat and bring to a boil.
6. Add 1 tsp. salt to and ½ tsp. pepper to sauce. Cover and simmer for 20 minutes, stirring often.
7. Serve sauce over squash in individual plates. Sprinkle with vegan parmesan.





## Entrée Recipes

### Quinoa Stuffed Peppers

*(Cooking time: 90 min, Serves 8, Calories per serving: 250)*

#### Ingredients

¾ cup quinoa

1 medium onion, chopped

2 stalks of celery, chopped

2 cloves of garlic, crushed

10 oz. spinach, fresh or frozen

Two 15 oz. cans of diced tomatoes,  
drained with liquid set aside

One 15 oz. can of black beans, rinsed  
and drained

1 ½ cups of grated carrots

1 ½ cups of Daiya vegan pepper  
jack cheese (optional)

4 large bell peppers, cut in half,  
with ribs and seeds removed

1 tsp. pink Himalayan salt

2 tbsp. olive oil

1 tsp. chopped fresh hot serrano or jalapeño  
pepper, de-seeded (optional)

## Entrée Recipes

### Quinoa Stuffed Peppers

*(Continued from page 44)*

#### Instructions

1. Heat oil in saucepan over medium heat.
2. Add onion and celery and cook until onion is translucent, for about 5 minutes.
3. Add cumin and garlic and sauté for 1 minute.
4. Stir in spinach and tomatoes. Cook for 5 minutes until most liquid has evaporated.
5. Mix in black beans, quinoa, carrots, hot peppers, and 2 cups of water. Cover and bring to a boil.
6. Reduce heat to medium and simmer for 20 minutes, until quinoa is tender.
7. Add in 1 cup of vegan cheese and the salt.
8. Preheat oven to 375°.
9. Pour in liquid from tomatoes into bottom of glass baking dish.
10. Fill in each bell pepper half with  $\frac{3}{4}$  cup quinoa mix and place in baking dish, cover with foil and bake for 1 hour.
11. Uncover and sprinkle each pepper with remaining cheese. Bake for an additional 15 minutes, until tops of peppers are browned.
12. Let stand for 5 minutes and serve.





## Entrée Recipes

### **Sweet Potato Shepherd's Pie**

*(Cooking time, 50 minutes, Serves 6, Calories per serving: 250)*

#### **Ingredients**

- |                                   |  |
|-----------------------------------|--|
| 1 ½ lbs. sweet potatoes           | 8 oz. mushrooms, diced   |
| 3 cloves of garlic, diced         | 10 oz. bag frozen peas and carrots mix                           |
| ½ cup of unsweetened coconut milk | 1 cup chicken broth  |
| ¼ cup chicken broth               | 2 tsp. tomato paste  |
| Pink Himalayan salt to taste      | 1 tsp. Bragg's Liquid Aminos or Gluten-Free Worcestershire sauce |
| 1 lb. lean ground turkey meat     | 1 ½ tsp. pink Himalayan salt                                     |
| 1 tsp. olive oil                  | 1 tsp. fresh rosemary, chopped                                   |
| 1 medium yellow onion, diced      | ½ tsp. paprika   |
| 1 stalk celery, chopped           | 1 tsp. black pepper  |
| 1 parsnip, diced                  |  |
| 2 cloves garlic, diced            |  |

## Entrée Recipes

### Sweet Potato Shepherd's Pie

*(Continued from page 46)*

#### Instructions: Sweet Potatoes

1. Place sweet potatoes in glass dish. Add 1 ½ cups of water. Water should appear in glass at a depth of approx. 1 inch.
2. Poke 3–4 holes in sweet potatoes with fork
3. Bake potatoes until tender at 425°, 45–60 minutes. Start preparing filling while waiting.
4. Remove peels and mash potatoes in bowl with milk, garlic, and broth.
5. Add salt to taste and set aside.
3. Add parsnip, celery, remaining salt and pepper. Cook until celery is soft, about 10 minutes.
4. Add garlic and mushrooms, and sauté for an additional 3 minutes.
5. Add frozen vegetables, chicken broth, tomato paste, liquid aminos, and rosemary. Mix well.
6. Simmer on low heat for 10 minutes. Set aside.

#### Instructions: Filling

1. In a large sauté pan, brown ground turkey and season with 1 tsp. salt and ½ tsp pepper.
2. Add olive oil and onions, and sauté for an additional minute, until onions are translucent.

#### Instructions: Casserole

1. Preheat oven to 400° F.
2. In a 8" x 8" square glass baking dish, spread meat mixture evenly along bottom.
3. Top with layer of sweet potatoes. Sprinkle with paprika.
4. Bake for 20 minutes, until potatoes are golden brown.





## Entrée Recipes

### Organic Herb Baked Chicken

*(Cooking time: 80 min, Serves 8, Calories per serving: 560)*

#### Ingredients

- 1 whole organic chicken
- 1 bag of fresh baby carrots
- 3 cups broccoli florets
- 1 large yellow onion
- 7 small red potatoes, halved
- 1 cup fresh basil, chopped
- ¼ thyme and rosemary
- ¼ cup olive oil
- Pink Himalayan salt and pepper to taste

#### Instructions

1. Dissolve ¼ cup pink Himalayan salt in 2 quarts of water. Add chicken and soak for 1 hour. Remove chicken and rinse it with cold water. Pat dry.
2. Stuff chicken with carrots, onions, and potatoes and ½ of the herbs.
3. Place the remaining herb mixture under the skin of the chicken.
4. Place chicken and remaining vegetables in a glass dish, drizzling vegetables with olive oil.
5. Bake chicken at 450° F for 15 minutes.
6. Reduce heat to 350 minutes and cook 20 minutes per lb. (for example a 3 lb. chicken would cook for 60 minutes at 350°).

## Side Dish Recipes

### Quick and Easy Vegetable Quinoa

*(Cooking time: 25 min, Serves 6, Calories per serving: 300)*

#### Ingredients

2 cups dry quinoa  
4 cups of vegetable or chicken broth  
1 tsp. olive oil  
½ cup of red bell pepper or green bell pepper, diced  
¼ cup of diced onions  
1 clove of garlic, crushed  
½ cup zucchini  
¼ cilantro leaf, chopped  
1 tsp. pink Himalayan salt

#### Instructions

1. Rinse dried quinoa under running water in strainer. Set aside.
2. Sauté onion and garlic in sauté pan under medium heat with olive oil until translucent.
3. Add quinoa and continue to stir for 2 minutes.
4. Add remaining vegetables and stir until they begin to soften.
5. Add broth and bring mixture to a boil.
6. Lower heat to simmer and cover. Cook for 15–20 minutes until quinoa is tender.
7. Uncover and fluff with a fork.





## Side Dish Recipes

### **Strawberry and Avocado Spinach Salad**

*(Prep. time: 10 minutes, Serves 6, Calories per serving: 230)*

#### **Ingredients**

- 8 cups of fresh baby spinach
- 1 pint of fresh organic strawberries,  
hulled and sliced
- 1 avocado, diced
- ¼ cup of sliced raw almonds
- ½ small red onion, thin sliced
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 tsp. fresh lemon juice

#### **Instructions**

1. Pour olive oil, vinegar, and lemon juice together in small bowl. Whisk to mix thoroughly. Set aside.
2. Mix vegetables and almonds together in salad bowl.
3. Top with desired amount of vinaigrette.

## Side Dish Recipes

### Savory Dal (Indian Lentil Stew)

*(Cooking time: 20 min, Serves 6, Calories per serving: 310)*

#### Ingredients

2 tbsp. extra virgin olive oil  
1 chopped yellow onion  
3 cardamom pods slightly crushed or  
½ tsp. cardamom powder  
4 cloves of garlic, crushed  
2 tbsp. fresh ginger root, chopped  
2 cups of red lentils  
4 cups vegetable broth  
1 ½ cups of chopped tomatoes  
⅓ cup fresh cilantro  
1 ½ tsp. ground turmeric  
½ tsp. ground pink Himalayan salt

5 whole peppercorns

1 jalapeño or serrano pepper, seeded  
and chopped (optional)

#### Instructions

1. Heat oil in a large pot over medium high heat.
2. Sauté onions and cardamom and cook until onions are translucent, for about 5 minutes.
3. Add cumin, garlic, ginger and cook for 2 minutes while stirring frequently.
4. Add tomatoes, cilantro, peppercorns, lentils, salt, broth, and jalapeños and bring to a boil.
5. Reduce heat to medium low, cover, and simmer until lentils soften, while stirring often for about 15 minutes.





## Side Dish Recipes

### Garlic Cauliflower Mash

*(Cooking time: 20 minutes, Serves 4, Calories per serving: 30)*

#### Ingredients

- 4 cups cauliflower florets
- 1 clove garlic crushed and diced
- ¼ cup of unsweetened coconut milk or rice milk
- ¼ tsp black pepper
- 1 tbsp. fresh chives, chopped
- 1 tsp. pink Himalayan salt

#### Instructions

1. Steam cauliflower in steam basket until tender.
2. In a medium bowl, combine all ingredients.
3. Mix in a blender or food processor to desired consistency.

Did you know that cruciferous vegetables like cauliflower and broccoli contain natural sulfur compounds that help in Phase 2 detoxification?

## Side Dish Recipes

### Spicy Black Bean Soup

*(Cooking Time: 20 min, Serves 4, Calories per serving: 250–300)*

#### Ingredients

1 tbsp. olive oil  
1 medium yellow onion, chopped  
3 garlic cloves, minced  
2 tsp. chili powder  
1 tsp. ground cumin  
2 cans black beans, rinsed and drained  
Three 14 oz. cans vegetable or chicken broth  
½ cup fresh cilantro, chopped  
¼ cup green bell pepper  
¼ cup red bell pepper  
1 jalapeño pepper, de-ribbed and seeded  
2 tbsp. fresh lime juice  
1 ½ tsp. pink Himalayan salt

½ cup diced tomatoes

½ tsp. thyme

#### Instructions

1. Heat olive oil, onions, garlic, and peppers in a 3 qt. pot.
2. Cook until onions are translucent.
3. Stir in chili powder, cumin, thyme, salt, beans, and broth. Heat to medium high until mixture is boiling.
4. Reduce heat and simmer on low for 15 minutes.
5. Add lime juice and garnish with cilantro.





## Side Dish Recipes

### **Cranberry and Kale Stir Fry**

*(Cooking time: 10 min, Serves 4, Calories per serving: 320)*

#### **Ingredients**

- 1 tsp. olive oil
- ¼ cup chopped onion
- ¼ dried cranberries
- 1 clove of garlic, minced
- 6 cups of kale leaf, chopped
- 1 tsp. organic apple cider vinegar
- 1 tsp. red pepper flakes
- 1 tbsp. of Bragg's Liquid Aminos

#### **Instructions**

1. Add oil, onion, and garlic to large sauté pan. Sauté until onions are translucent.
2. Add cranberries and cook for an additional 2 minutes.
3. Add kale, red pepper flakes, liquid aminos, and vinegar. Continue to stir-fry for an additional 5 minutes.

Did you know that the form of calcium in kale is better absorbed by your body than the kind in cow's milk?

## Snack Recipes

### **Creamy Chocolate Pudding**

*(Prep. time: 10 min, Serves 4. Calories per serving: 250)*

#### **Ingredients**

1 cup of unsweetened coconut or  
almond milk beverage

2 ripe avocados, peeled and pitted

$\frac{3}{4}$  cup of unsweetened cocoa powder

$\frac{1}{4}$  tsp. ground cinnamon

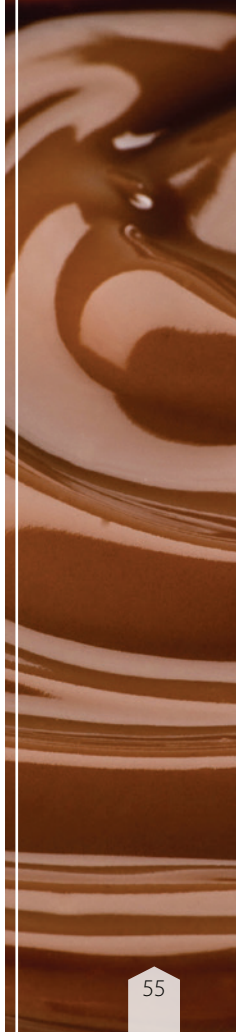
2 tsp. of pure vanilla extract

Stevia to taste

#### **Instructions**

1. Place all ingredients into blender and puree until creamy.
2. Chill in refrigerator for 2–3 hours.

Did you know that cinnamon has over 16 different health benefits?





## Snack Recipes

### **Rice Cakes with Almond Butter**

*(Prep. time: 10 min, Serves 4, Calories per serving: 320)*

#### **Ingredients**

1 brown rice cake

2 tbsp. almond butter\*

Fresh raspberries, blueberries,  
or blackberries

#### **Instructions**

1. Top rice cake with nut butter.
2. Garnish with fruit.

*\*May use sunflower butter or cashew butter*

## Snack Recipes

### Quick and Simple Hummus

*(Prep. time: 5 min, Serves 4, Calories per serving: 255)*

#### Ingredients

- 1 can (15 oz.) garbanzo beans (chick peas)
- ¼ cup of olive oil
- 1 tbsp. lemon juice
- 1 tsp. ground cumin
- 1 clove of garlic, crushed
- ½ tsp. pink Himalayan salt
- Dipping veggies: carrots, celery, broccoli, cauliflower

#### Instructions

1. Combine all ingredients into a blender or food processor and blend until creamy.
2. Serve with your choice of dipping vegetables.



## 28 Day Protocol Summary Calendar

Your health care provider may advise you to continue the detoxification protocol for up to 28 days. The following calendar breaks down the dietary supplement guidelines for each day to help keep you on track!

<b>1</b> <b>FASTING DAYS</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules	<b>2</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules	<b>3</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>4</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>5</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>6</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>7</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules
<b>8</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>9</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 2 PC Capsules	<b>10</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>11</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>12</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>13</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>14</b> <b>Morning:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> <b>Evening:</b> 2 Scoops Powder 2 AB Capsules 3 PC Capsules

**AB**—Alpha Base Capsules **PC**—PhytoCore Capsules

<b>15</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>16</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>17</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>18</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>19</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>20</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>21</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules
<b>22</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>23</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>24</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>25</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>26</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>27</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	<b>28</b> Morning: 2 Scoops Powder 2 AB Capsules 3 PC Capsules <hr/> Evening: 2 Scoops Powder 2 AB Capsules 3 PC Capsules

## Core Support

- Includes N-Acetyl Cysteine, an immediate precursor to glutathione, a potent antioxidant and among the most important detoxification nutrients for the liver
- Includes 5g of fiber per serving (Fiber is essential to any cleansing protocol, as it binds toxins and eliminates them through the GI tract)
- Includes nutrients for Phase II liver detoxification
- Includes a high-ORAC vegetable extract blend and polyphenols
- Comes in a pleasant cherry-vanilla flavor that easily mixes with water or beverage of your choice



**Core Support** 546 Grams (19 oz)  
Product #583567

**SUGGESTED USE:** Mix 2 scoops (39.0g) of Core Support with 8 oz. of water or the beverage of your choice 2 times daily or as recommended by your health care professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts<sup>V12</sup>

Serving Size 2 Scoops (39.0 Grams)  
Servings Per Container 14

2 scoops contain	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	<1 g	<1%*
Total Carbohydrate	17 g	6%*
Dietary Fiber	5 g	20%*
Soluble Fiber	1 g	
Sugars	13 g	**
Protein	15 g	
Calcium	45 mg	5%
Iron	5 mg	28%
Magnesium (as Magnesium Citrate USP)	100 mg	25%
Sodium	11 mg	<1%
Potassium (as Potassium Citrate USP)	170 mg	5%
ORYZAPRO Rice Protein	18.75 g	**
Organic Psyllium Husk Powder USP	4.16 g	**
Glycine USP	500 mg	**
<b>Vegetable Anti-Oxidant Blend (Asteracea) (2,500 ORAC) Containing:</b>	500 mg	
Broccoli Sprout Concentrate		**
Onion Extract		**
Tomato		**
Broccoli		**
Carrot		**
Spinach		**
Kale		**
Brussel Sprout		**
Bentonite	250 mg	**
Taurine	250 mg	**
L-Glutamine USP	150 mg	**
Acetyl L-Carnitine Hydrochloride	125 mg	**
N-Acetyl-L-Cysteine USP	125 mg	**
Alpha Lipoic Acid	50 mg	**
Green Tea Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	50 mg	**
Rosemary (aerial portion)	50 mg	**
Schizandra Berry Extract	50 mg	**
Ellagic Acid	25 mg	**
Glucosinolates	1 mg	**
Sulphoraphane Potential	500 mcg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

## PhytoCore

- Artichoke is a traditional choleric agent and helps support the body's natural production of bile
- Silymarin is a bioflavonoid complex found in milk thistle seeds. It is widely used to support and protect the liver for optimal health
- Beet leaf and dandelion root work to cleanse the liver
- Inositol and methionine are lipotropic agents that work to transport fat out of the liver



### Phytonutrients to Support Phase I and Phase II Detoxification

**PhytoCore** 20 Capsules  
Product #523020

**SUGGESTED USE:** 2-3 capsules two times per day or as recommended by your health care professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts<sup>v2</sup>

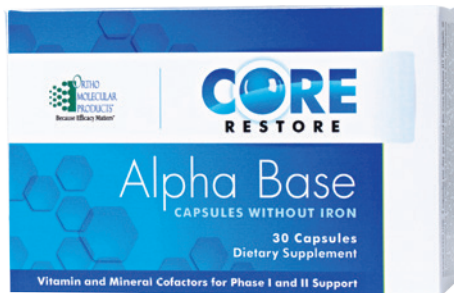
Serving Size 3 Capsules  
Servings Per Container 6

3 capsules contain	Amount Per Serving	% Daily Value
Dandelion Root Extract 4:1	225 mg	*
Choline Bitartrate	185 mg	*
Artichoke Leaf Extract (Standardized to contain 5% Cynarin) (from Asteraceae Family)	145 mg	*
Inositol NF	140 mg	*
L-Methionine USP	140 mg	*
Milk Thistle Seed Extract (Standardized to contain 80% Silymarin)	130 mg	*
Garlic Bulb	100 mg	*
Turmeric Root Extract (Standardized to contain 95% Curcumin)	100 mg	*
Beet Leaf	65 mg	*

\* Daily Value not established

## Alpha Base Blister Box

- Complete multivitamin and mineral for detoxification support
- Includes high doses of B vitamins, necessary cofactors used in Phase I detoxification
- Includes high doses of antioxidants, including vitamins C and E and zinc to protect cells from toxins and free radical damage
- Includes fully reacted Albion® chelated minerals for enhanced bioavailability



### Vitamin and Mineral Cofactors for Phase I and II Support

**Alpha Base Capsules Without Iron** 30 Capsules  
Product #152003

SUGGESTED USE: 2 capsules two times per day along with the Core Restore Program, or as recommended by your health care professional.

## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 7

4 capsules contain	Amount Value	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	833%
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate USP)	100 IU	333%
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK7))	62.5 mcg	78%
Thiamine (B1 from Thiamine Hydrochloride USP)	25 mg	1,667%
Riboflavin (Vitamin B2 USP)	25 mg	1,471%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	1,25%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	1,850%
Folate (as Quatrefolic® (5S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%
Calcium (as DimaCal® Dicalcium Malate, Calcium Ascorbate USP)	100 mg	10%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DIMagnesium Malate, TRAACS® Magnesium Bisglycinate Chelate Buffered)	200 mg	50%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	50%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	100%
Chromium (as ChromeMate®)	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Potassium Citrate)	50 mg	1%
Choline Bitartrate	50 mg	*
Inositol NF	50 mg	*
Mixed Tocopherols	50 mg	*
Rutin	25 mg	*
Boron (as Bororganic™ Glycine)	1.5 mg	*
Vanadyl Sulfate Hydrate	1 mg	*

\* Daily Value not established

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## FAQs

### **Can I start the Core Restore program if I currently have a medical condition that is not listed in this Patient Guide?**

Your healthcare provider will determine if the Core Restore program is right for you. He or she knows your medical history the best and has your medical records to make an informed decision on whether you should start this program.

### **Can I continue with my medications and/or supplement schedule while on the Core Restore program?**

Every patient has a different medical history and may have a different medication and/or supplement schedule. Your healthcare provider will decide if you should modify the detoxification protocol to fit your needs. He or she will also know of potential interactions that may occur between the products in this kit and other medications and/or supplements you currently take.

### **Am I allowed to chew gum while on the Core Restore program?**

It is highly recommended that you avoid chewing gum during the entire program, unless the gum is organic or natural. Most of the sugarless gums on the market have preservatives, additives, sugar substitutes and colorings contained in them, all of which are toxins. As always, it is suggested that you check labels on all foods.

### **Can I eat multi-grain breads after the first two fasting days?**

No. All breads (even multi-grain breads) should be avoided as much as possible because they contain wheat flour (a source of gluten), which is one of the most common allergens in the general population. Gluten-free bread (made from tapioca flour and/or rice flour) can be substituted. It is found in the natural foods section at the grocery store. Be sure to look for "gluten-free" on the label.

## FAQs

### **During the first two fasting days, can I drink anything other than water (aside from the beverage we are mixing the Core Support powder with)?**

Yes, in addition to purified water, you can drink organic herbal tea and/or organic green tea. Organic herbal teas and green tea have considerably less caffeine than coffee and other highly caffeinated beverages. Teas that are consumed should be unsweetened and organic. Your healthcare provider may allow you to consume additional foods and drinks on the first two fasting days depending on your medical condition.

### **Is the Core Restore program similar to a colon purge or heavy metal detoxification?**

Since the liver is the most important organ for detoxification in your body, the Core Restore program is designed to stimulate your liver to boost detoxification activity. It is not intended to be a heavy metal detoxification program, although a small amount of heavy metals may be released from your body. Heavy metals are more difficult to remove from the body, as they are stored in adipose tissue, muscle and bone marrow. If this type of detoxification is needed, it usually requires a more invasive treatment protocol with oral and intravenous (IV) therapy. Core Restore is not a colon purge—most purges can be dangerous without proper medical supervision and risk dehydration and loss of electrolytes.

### **What if I don't feel better after completing the Core Restore program?**

There are a small minority of people who, despite adhering to this program, may still not feel much better. This is an indication that there is a deeper issue to address, one that is findable and fixable with the help of your healthcare provider.

## FAQs

### **On the non-fasting days, are we allowed to consume goat dairy products (such as goat yogurt, goat milk, goat cheese, etc.)?**

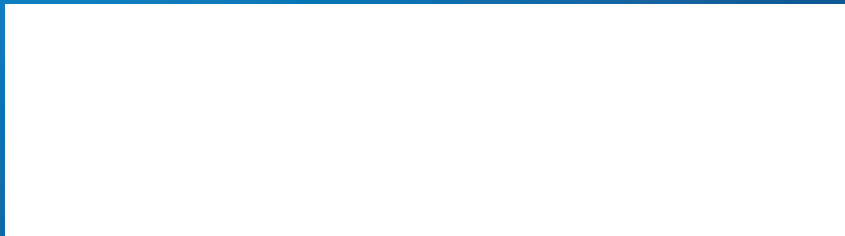
Consume goat dairy products only if you have not had any prior allergic reaction to them. Goat dairy products are not considered major allergens in most people, and are often substituted in individuals who have allergies or intolerances to dairy products derived from cows.

### **Can I continue on my exercise program while on the Core Restore program?**

It is best not to overexert yourself on exercise during the detoxification program. Your body needs rest while your liver and the rest of your body work to eliminate toxins. Also, your caloric intake will be lower than usual, so you need to conserve as much energy as possible.

### **Why can't I consume oranges during the Core Restore program?**

Oranges are a common food allergen in the general population. Citrus juice blends and punches found in most grocery stores are not only high in sugar and preservatives, but they also often contain orange juice in the ingredients as well.



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