

# 21 Day

*Anti-Inflammatory*

# REBOOT



The Alternative Daily



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## *Introduction*

There is nothing quite like the sickening feeling you get when your toe smashes into the corner of the coffee table. We've all been there and experienced that pain and the redness, heat and swelling that goes along with it. No matter what caused it, if it's red, hot, painful and swollen... it's inflamed.

Inflammation is a protective immune response to a harmful or dangerous stimulus. It is a normal, natural and essential part of the healing process. The word inflammation is derived from the Latin root word "inflammare" which means to ignite, or set ablaze.

Paleolithic humans figured out how to control and harness the power of fire and we have depended on it for cooking and warmth ever since. On the flip side, of course, uncontrolled fire is one of the most destructive forces on the planet. Fire truly is a blessing and a curse. And so is inflammation... just like the fire from which it derives its name.



Inflammation is an absolutely essential biological reaction that we cannot survive without. But when that essential process gets out of control, it can become a destructive force — one that is at the root of virtually all painful and chronic diseases.

Taming the fire of chronic inflammation is entirely within your control. The switches on the inflammation control panel can be shifted by your own dietary and lifestyle choices. Poor choices act like wind on a forest fire and they cause inflammation to flare up, which increases the risk of illness and pain. Good choices are like the rain — they cool down the inflammation and decrease the risk of chronic disease.

This 21-day program is going to give you the tools that you need to be the captain of the fire department that will get the flames of inflammation under control. You'll learn everything that you need to know to help you make the right choices, and you'll absolutely love the results. You can expect to lose weight (if you need to), and see improvements in your energy level, your mood, your skin and your digestion. As an added bonus, there will also be a host of improvements that you cannot easily see on the outside but you'll see on your next blood tests. People who follow the advice in this program will see across-the-board improvements in blood sugar, cholesterol and laboratory markers of inflammation that correspond to decreased risk of chronic disease.



## Program Overview:

The following is a brief overview of the 21-day program. This will give you a sense of the overall architecture and design of the experience. This section is a summary; you'll get more detailed food lists and guidance in the next section.

The program is divided into three sections, which are outlined below.



### Phase One: Days 1-7

(Usually Saturday → Friday)

This first phase takes care of some important internal housekeeping. I like to call it the “basic clean up.” In this portion of the program, you will be eating a clean diet that includes lots of familiar foods so you will not feel hungry or deprived.

Your diet will be densely packed with nutrients and you'll be putting the focus on eliminating the common triggers of inflammation and increasing the overall nutrient density of your diet. That means that you will phase out “junk” foods and drinks, especially those that contain high fructose corn syrup. You will eliminate white carbohydrates and replace them with whole grain sources. You'll learn why it is critical that you cut out factory-farmed animal products but you'll be free to eat “clean” meat, poultry, fish, eggs and dairy products. You will be avoiding processed foods with their long lists of ingredients



and will be building meals based on a list of whole, single-ingredient foods.

In addition to the changes that you'll make to your diet, you will also be making some simple lifestyle modifications as well. We are going to limit alcohol and caffeine to one drink per day. Cooking and preparing your own meals becomes a bigger part of your life. You will be doing gentle physical activity each day, as well as developing daily habits that will bring natural health and wellness into your lifestyle.



## Phase Two: Days 8-14

(Usually Saturday → Friday)

We are going to kick it up a notch this week! During this period, you will be hitting your stride and developing the dietary and lifestyle habits that are part of your long-term solution. You'll begin to add in more plant-based superfoods and decrease your animal protein significantly. You'll decrease your sugar intake even further and you'll cut back alcohol to two drinks per week. A greater percentage of your food should be coming from your own kitchen.

Phase Two is really important to get comfortable with because it is the portion of this program that most closely resembles the eating pattern that you should strive to continue when this program is over. It is not a vegetarian diet but it is power packed with plant-based foods, which are associated with decreased inflammation and reduced risk of chronic disease. This is the way that the longest-lived people in the world tend to eat... so it is clearly a long-term, sustainable solution.



### Phase Three: Days 15-21 (Usually Saturday → Friday)

At this point in the program, your body and your mind are ready to explore some uncharted territory. Your diet will be pristine! This week is seven days of optimized human nutrition, maximal anti-inflammatory eating, no compromise. Phase Three is intense and designed to be a challenge.

Phase Three begins with a big weekend event: a 48-hour liquid-only fast! For two days, you will be consuming an abundance of easily digestible nutrients in the form of blended drinks, smoothies, juices, soups, broths and teas. Liquid nutrition for 48 hours is a safe and effective way to jumpstart your anti-inflammatory biochemistry without compromising your nutrition. Your immune system uses vitamins, minerals, and phytonutrients for fuel, so optimizing the absorption of these compounds is an excellent way to enhance the anti-inflammatory process.





This 48-hour period is when you really turn the corner on the road to a revitalized diet and lifestyle. During these two days, it is generally best to keep your schedule as empty as possible. You will be putting extra energy into the lessons on lifestyle change and stress management and you'll want to minimize distractions in order to maintain your focus. This weekend is a turning point for you... the road ahead is coming into view.



In the remainder of Phase Three, you'll be eating a plant-based diet... primarily vegetarian with a little twist (small amounts of premium animal protein will be allowed). You will be eliminating wheat (and gluten) and most dairy products as well. It

will be a big change from the way you used to eat. During this period, you will get acquainted with some new foods and flavors, and begin to notice what it feels like to be optimally nourished.

Along with the improvements that you'll feel in your body — like the increased energy, better sleep, improved mood and better digestion — you'll also begin to assimilate the dietary and lifestyle improvements that you've been learning into a daily routine that will ultimately become a longer term, sustainable plan for the future.

During all phases of this program there are a few basic food rules:

## Food Rules

- Eat only during a 12-hour period each day. (For example, if you eat breakfast at 7a.m., you should be done with dinner by 7 p.m. Do not eat again until breakfast the next day.)
- Eat meals and snacks slowly while sitting down.
- Breakfast must include a portion of clean protein.
- Lunch must include a portion of clean protein.
- Dinner should include a protein source but not required.
- Meals must contain a vegetable.
- No seconds.
- Up to two healthy snacks per day if you are hungry.
- No food for at least two hours before bedtime.

## Inflammation 101:

In order to understand how the food and lifestyle choices you make can affect the inflammatory process, it really helps to have a basic scientific understanding of how the process works. Inflammation is a function of the immune system, and what follows here is a simple, non-technical overview of how the system works so that you can learn to control it on your own.

In the first year of medical school, doctors learn a few rhyming Latin words that describe all the elements of the inflammatory process, “Dolor, Calor, Rubor, Tumor, Functio Laesa.” Please allow me to translate for you:

- **Dolor:** This means pain. Inflammation hurts. The pain is caused by the release of a family of chemical compounds which stimulate the nerve endings at the site.
- **Calor:** This means heat. The inflamed area gets hot as a result of increased blood flow and additional chemical mediators that raise temperature.
- **Rubor:** This means redness. Now we’re red, hot, and painful. Like heat, redness is caused by increases in local blood flow.
- **Tumor:** This means swelling or abnormal growth. An area that is inflamed gets engorged with blood, fluid, cells, and all of the chemical messengers of the healing process. All that stuff accumulates at the site and the area puffs up...swollen.
  - It is important to note that inflammation and swelling are not the same thing... swelling without the heat, pain and redness is NOT inflammation. A great example of this is “edema.” We’ve all seen puffy lower legs and feet, like when socks or stockings leave deep lines on the feet or lower legs. That is edema (swelling) but not inflammation.

- **Functio Laesa:** This refers to loss of function. Unfortunately, it doesn't rhyme like the rest of the descriptors but loss of function is a part of the inflammatory process, and it's one that can cause great distress in any body region.

Despite the discomfort it causes, inflammation is a necessary part of the healing process. It is a natural and protective biological reaction. The redness, heat, swelling, pain and temporary loss of function are all necessary in order for the immune system to repair the damage and heal the tissue. Whether it is infection or injury, inflammation is a critical step in the healing process.

It is also the centerpiece of an industry that is worth tens of billions of dollars annually. This is because inflammation plays a central role in a wide variety of symptoms, illnesses and chronic medical conditions... and finding ways to suppress it has become the holy grail of modern medicine.

Here's the trouble: suppressing an essential biological response is risky business. The inflammatory process is intended to help you heal and recover. There are numerous factors that can cause this process to escalate in both intensity and duration, which is when inflammation becomes a significant contributor to chronic disease. Simply suppressing inflammation with pharmaceuticals is a lot like drinking a second (or third) cup of coffee when what you really need is a nap; it might help temporarily but it certainly doesn't fix the problem in the long term. In fact, it might make it worse.



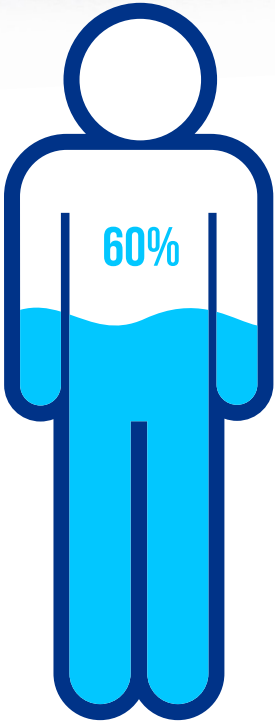
Going back to our example about the stubbed toe at the start... let's take a closer look at what is actually occurring in the time just after the toe smashes into the table to the moment when you see and feel the redness, heat, pain and swelling.



The toe hitting the table causes tissue damage. As the soft tissue within the toe gets crushed, blood vessels and soft tissue cells break open and release their contents into the local area. The appearance of this material that is normally kept inside the cell or within blood vessels causes an alarm that signals to the local immune system that there is damage that needs to be repaired.

The local immune system then uses an array of molecular signals to call in for additional support from the systemic (whole body) immune system. At this point we start to see the migration of white blood cells and a whole cocktail of chemical messengers that are part of the inflammatory reaction. (For those of you who really want to impress your friends... the ingredients in that inflammatory chemical cocktail include families of compounds called cytokines, prostaglandins, interleukins, thromboxanes and leukotrienes as well as some individual compounds with names that sound like college fraternities like TNF-alpha and NF-kappaB.) All of these compounds are individual players in the chain reaction of events that result in a full-blown immune system reaction in the damaged area.

Redness, heat, pain, swelling and loss of function are the end result. We have all experienced an inflammatory reaction. If you want a quick

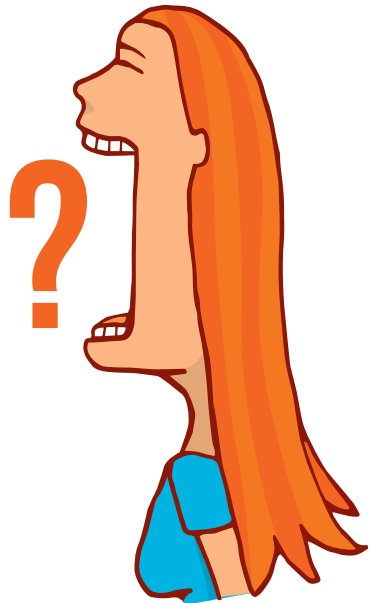


example, just scratch the inside of your arm with a fingernail and wait a few seconds. As you observe the red, puffy line that appears, it's easy to understand that the intensity of the response (i.e., how aggressive it is and how long it lasts) is directly related to the severity of the stimulus that triggered it. In other words, a minor injury will cause a weak reaction and a severe injury will cause a major reaction.

With that in mind, it is important to understand that there is another factor that is entirely unrelated to the trigger that can exert a major influence on the severity and duration of the inflammatory reaction. That factor has to do with the very composition of our cells themselves.

You have probably heard that our bodies are composed of around 60 percent water. That leaves about 40 percent of other stuff... which is mostly flesh and bone. All of that "other stuff" is made entirely out of what you eat. When your cells are built with quality building materials, they simply work better. When cells work better, they can deal with an inflammatory stimulus more effectively.

Here is a painful story to explain how this works.



*There are two adult twin brothers who are both back home and sleeping at their parent's house for a family reunion. One of them is a junk food addict, smokes cigarettes, drinks excessively, sleeps terribly and generally doesn't take good care of himself (mom and dad disapprove). The other eats healthy, whole foods and is on a plant-based diet, gets regular physical activity, plenty of sleep and takes really good care of his health (the golden child). They both wake up in the middle of the night to pee. Heading toward the bathroom and... SMASH. Both of them slam their big toes into the bedpost. They each let out a yelp and clutch their toe in pain... and the inflammatory process begins.*

*Both toes hurt. Both toes swell up. But there is a difference that becomes clear in the next few days. One toe heals quickly, the swelling goes down and the pain resolves within three days. The other remains painful and swollen for weeks. I don't think I need to tell you who's still limping...*

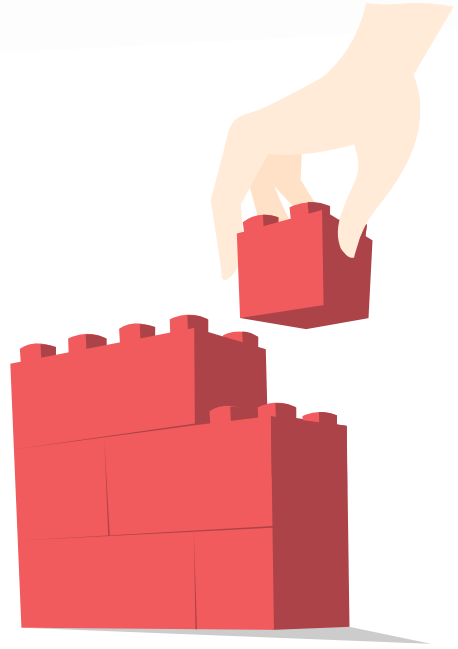
I hope that story helps you understand that your dietary and lifestyle choices put you in direct control of your own inflammatory response.

**POOR CHOICES → MORE INFLAMMATION**  
**GOOD CHOICES → LESS INFLAMMATION**

To understand the definition of a “good choice,” we will now take a deeper dive into the nutritional building blocks of your immune system and the entire body that it defends.

## The Building Blocks of Healthy Cells

Gaining control over inflammation starts with better composition of your cells themselves... and even more importantly, the membranes that surround them. Every one of the 37 trillion cells in our body is encased by an outer cell membrane which contains the contents of the cell and acts like a gatekeeper for substances to flow into or out of the cell. This flow of molecular messages across the cell membrane is the way that cells can communicate with each other. The cell membrane is essential for cellular communication because all of those chemical messages get transmitted and received across the cell membrane.



Inflammation is a process that relies on cell to cell communication, which is why the health and the composition of the cell membrane is of critical importance to the process.

The quality of the materials used in construction matters — a lot. (This applies to virtually any building material. For example, as a mediocre guitar player, I can assure you that even I sound better when I play a high-end instrument constructed of the finest hardwoods.) When cell membranes are constructed with “healthy” building materials, cellular communication is improved and the process of inflammation will be less severe even when the triggering stimulus is identical, just like in our twin brothers story with the stubbed toes.



So what are cell membranes made of? This may surprise you: they are composed almost entirely of... FAT. That's right, fat molecules. Or as science-types call them, lipids. These aren't just any fats either, your cell membranes are made of the very fat that you eat. This is exactly why our discussion about the building blocks of healthy cells starts with fats and oils.

## Macronutrient Building Blocks: Fat, Protein, and Carbohydrate

### Fats and Oils:

Nutrition science divides fats and oils into three main categories:

**Saturated Fats:** These are fats that are generally solid at room temperature. Butter, lard, animal fat, and coconut oil all contain significant concentrations of saturated fats. Higher concentrations of saturated fat within a cell membrane will make the membrane more stiff or rigid, which is not necessarily a good thing. Saturated fats from clean animal sources are allowed during Phase One of the program.



**Monounsaturated Fats (MUFAs):** These are healthy fats/oils which are very similar to saturated fats except for a chemical double bond between carbons within the long molecular chain. These fats are generally liquid at body temperature and will become solid when chilled. Food sources include avocados, nuts, seed, and olive oil. MUFAs can be included liberally throughout all phases of the program.

**Polyunsaturated Fats (PUFAs):** These are the oils that have the greatest anti-inflammatory nutritional benefits. In their pure and fresh form, they are the healthiest of the oils but they are also very vulnerable to oxidation, rancidity, and chemical conversion into unhealthy, pro-inflammatory fats. There are two famous families of polyunsaturated fats that play an important role in the inflammatory process. They are known as “essential fatty acids” because we cannot make them...they must be consumed in the diet. The essential fatty acids are:

- **Omega-3 fatty acids:** These are the healthiest oils of all. The best food source is cold water fish. Plant sources like hemp seed, flax, chia, and walnuts are great but need to be activated before they have their anti-inflammatory effects. Having cell membranes made of omega-3 oils will make you less prone to inflammation. Dietary sources of omega-3 fats are highly encouraged throughout all phases of this program.
- **Omega-6 fatty acids:** When omega-6 oils occupy a large percentage of your cell membranes, you will be more prone to inflammation. These less healthy fats are found in large amounts in corn oil, vegetable oil, and soybean oil. These omega-6 oils can also be chemically “hydrogenated” which turns them into “trans fats.” Trans fats are used extensively in processed, packaged foods but they are devastating to cell membrane health and major promoters of inflammation. During this program, you will avoid any foods that contain “hydrogenated” or “partially hydrogenated” oils.

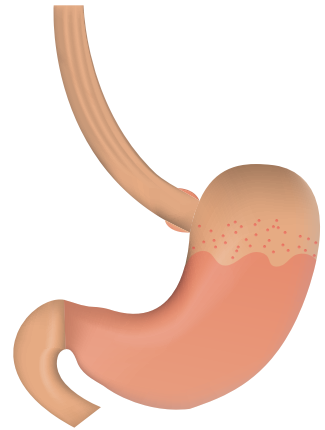


When it comes to inflammation, the quality of the fats that make up the cell membrane around the *outside* of the cell are extremely important. But the materials on the *inside* matter too. Internal cellular components are made of amino acids, proteins, vitamins, and minerals and again...the quality of the building material is essential.

## Protein:

Dietary proteins are essential elements of human nutrition. Proteins are large, complex molecular chains that act as a major structural component of every cell in your body. The individual links in these long protein chains are called amino acids, which are truly the building blocks of life. Some of these amino acids can be produced naturally by our bodies, others **MUST** be consumed in the diet. These critical amino acids that we are not able to manufacture on our own are called “essential amino acids” for good reason — because eating protein sources that contain those amino acids is absolutely **ESSENTIAL**.

When you consume high quality dietary protein, your body uses the acid in your stomach and special enzymes called proteases to break the protein chains apart into individual amino acids. Those amino acids are then absorbed into your bloodstream and used to build virtually all of the structural components and cellular machinery inside your body. Getting adequate amounts of these amino acids in the diet is critical for cellular functioning.



**You should eat clean protein at every meal.** This protein can come from animal or plant sources although plant sources are preferred. “Clean” refers to the health of the animal or plant that it came from. You’re probably asking “How am I supposed

to know if my steak came from a healthy cow, if my egg came from a well-fed chicken, or if my beans grew on a vigorous vine?" Below, you'll find useful information about each of the common dietary protein sources and how they fit into your diet during this program and for the rest of your life.

## Plant-based protein:

### Soy:

Although the soybean is a legume just like other beans, it is discussed separately here because it is so unique and so misunderstood. Compared to other beans, soybeans have an extraordinarily high protein content. They are also full of a naturally occurring compound called isoflavones which give them some important hormonal health activity. Their high protein content has made soybeans both a staple food and a globally important commodity crop for centuries. The isoflavones and their hormonal activity has made soybeans the subject of decades of intense research and controversy about whether they are healthy or not.



Here's the answer: not all soybeans (or products made from them) are created equal. When non-genetically modified (non-GMO) soybeans are grown in organic conditions and are consumed in traditional forms like tofu, tempeh, and miso, they are perfectly healthy. Eating these foods up to three times per week is safe and healthy for everyone.

There is a dark side of the soybean story and it starts in enormous farms that grow genetically modified beans on a large scale for industrial food production. The protein and the oil within those beans are extracted and used on a massive scale in livestock feed and in a wide variety of processed foods.

If you choose to eat soy, you should only ever eat organic, non-GMO soybeans and the focus should be on soy products like edamame, tofu, miso and tempeh rather than the modern meat and dairy substitutes made from highly processed soybeans. Over 90 percent of the soybeans in our food supply come from genetically modified crops, so you must be very cautious and attentive about reading labels on soy products to make sure that they are from organic, non-GMO sources.

## Beans (legumes):

We're going cut straight to the bottom line here... eat more beans. Lentils, pintos, white, black, kidney, mung, garbanzo — all of them are an excellent source of clean protein, fiber, vitamins, minerals, and antioxidants. Organic beans are ideal, and I encourage you to explore beyond the familiar varieties. There are hundreds of different types of beans; they come in a wide variety of colors, sizes, tastes and textures. You won't find the unusual beans in cans though, they usually come dry, which means you'll need to soak them overnight and then cook them. Although many local supermarkets and health food stores now carry a wider array of more exotic beans, you can't beat the quality and variety of my two favorite online sources for legumes: For beans, go to Rancho Gordo ([www.ranchogordo.com](http://www.ranchogordo.com)) and for lentils, check out Timeless Natural Food ([www.timelessfood.com](http://www.timelessfood.com)). They are all delicious ... and some of them are so beautiful, we keep them in glass jars on a shelf so we can admire them before we cook them.



We can't leave our discussion about beans without a quick reminder of that famous rhyme, "beans, beans the musical fruit ... the more you eat, the more you toot." It's true to an extent, and many people are concerned about adding beans to their diet because of a fear of developing gas and bloating. Here's the story: Beans contain some carbohydrate molecules that humans cannot digest. When these carbs reach the lower intestine, the ecosystem of bacteria and other organisms that live there will digest them for you. If you have a healthy, balanced ecosystem you can eat as many beans as you want and not notice a thing. If your ecosystem is unhealthy ... eating beans will prove that to you by giving you gas.

Don't worry though, for most people this problem is very easy to overcome. Here are the top six tips on avoiding gas from eating beans:

- 1) **Eat more beans.** Seriously. Start small and gradually increase the amount you eat and your body will "learn" to produce more of the enzymes necessary for digestion.
- 2) **The squish test.** Make sure that the beans you are eating are soft. You should be able to easily squish the bean between your tongue and the roof of your mouth. If you can't do the "squish test" your bean may be undercooked.
- 3) **Soak and rinse:** If you have dry beans and soak them overnight ... discard the water you soaked them in and cook them in new, fresh water. (Use the discarded soaking water on your houseplants or garden.)



- 4) **Kombu:** If you cook your own beans, adding a small piece of the seaweed “Kombu” to the cooking liquid can help to reduce the gas. You can find kombu at a health food store.
- 5) **Digestive enzymes:** A nutritional supplement that contains digestive enzymes can be a huge help to people who get gassy or bloated from beans or other foods.
- 6) **Probiotics:** Eating fermented foods or taking a probiotic supplement can help to restore the balance of the organisms that live in the GI tract which can help to reduce gas production.

### Nuts and seeds:

Nuts and seeds are fantastic food. They are among the most health-promoting foods you can eat and you should aim to eat them every day. Nuts and seeds are natural nutrition powerhouses that provide an excellent source of plant based protein, healthy omega-3 oils, and loads of vitamins and minerals. People who eat nuts every day have been shown to live longer and have lower risks of chronic disease.

Because they are so easy to carry, have an excellent shelf life, and require no preparation or refrigeration ... it's hard to imagine a better snack food. Nut butters can be added to smoothies or can be a great snack combined with fruit or vegetables. It's easy to learn to make your own nut milks which are a tasty and a healthy alternative to cow's milk. Unless you are allergic, you should aim to eat one to two handfuls of raw or lightly roasted nuts every day.



## Animal protein:

Animal protein is one of the most controversial issues in all of human nutrition. Humans are omnivores, which means that we can survive on foods derived from animals, plants, or both. In terms of maximizing human health and longevity, it is clear from mountains of research, that plant-based diets are ideal. “Plant-based” does not mean “only plants” — it simply means that the majority of the food we eat should be from plants. Meat, fish and fowl can be a part of healthy diet, but these foods (especially the four legged and the birds) are grossly over eaten by most Americans. Michael Pollan described the ideal diet brilliantly in just a few words when he said, “Eat food, not too much, mostly plants.” Now, on to our discussion of animal protein.

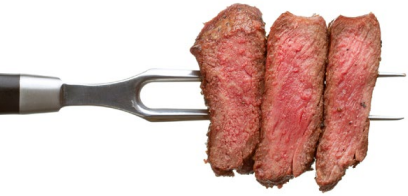
## Fish:

Because of its excellent amino acid profile and high levels of healthy omega-3 oils, fish is unquestionably the healthiest source of animal protein. Unfortunately, finding a clean source is not always so easy. Wild or farm-raised, the flesh of a fish will contain the toxins and pollutants from the water in which it swims in and the food that it eats. My favorite

choices for the cleanest and most eco-friendly fish choices are wild Alaskan salmon, farmed arctic char, sardines, anchovies, herring, as well as the occasional Alaskan halibut, mahi-mahi and black cod. As a general rule, swimming fish are cleaner than bottom feeders or filter feeding animals like lobster, catfish, crab, clams and mussels. An excellent source for further information about the cleanest (and most eco-friendly) fish sources can be found at <http://seafood.edf.org/> You should aim to eat fish from the approved list at least three times per week.







## Meat:

You should only eat meat from organic, grass-fed, wild, or pasture-raised animals. Meat from factory farmed, grain-fed cows and pigs is toxic food. It is one of the most important foods to avoid. Eating meat is

not the problem, it's the health of the animals that it comes from that should concern you. Conventional factory farms raise hormone treated animals on unnatural diets in crowded and confined spaces. These unhealthy conditions increase the risk of infectious diseases so animals are also regularly treated with antibiotics. There is no place for this sort of meat in your diet. The types of fats and oils that are present in wild or pasture-raised animals are substantially different and far healthier than the fats in conventionally fed animals. Organic, grass-fed, wild or pasture-raised meat is acceptable but should be kept to less than three meals per week.

## Poultry:

Meat from a healthy chicken or turkey can be a good source of lean, high-quality protein. Unfortunately, the poultry that you'll find at most supermarkets comes from birds raised on unnatural diets, in cramped quarters, on huge farms that aren't really concerned about your health. Meat from these farms contains residues of the chemicals in the feed as well as the hormones and antibiotics that were administered to the birds. You should only eat poultry that is free-range and USDA certified organic. Organic, free-range chicken and turkey is safe to consume up to three meals per week.



## Eggs:

Eggs are good for you. There ... I said it. They are full of high quality protein, healthy essential fatty acids, vitamins, minerals and carotenoids. The yolks do indeed contain some cholesterol, but there is no convincing evidence that eating eggs significantly increases your risk of heart disease. This is especially true when other sources of unclean animal protein (i.e., conventional beef and dairy) are kept to a minimum. Eggs that come from large factory farms have been shown to have lower levels of beneficial nutrients as well as higher levels of toxins ... not surprisingly, the healthiest eggs come from the healthiest chickens. If you keep other sources of animal derived protein to a minimum, you can safely enjoy about one egg per day.



## Dairy:

Technically, dairy refers to the milk from any mammal, although the vast majority of dairy in the modern diet comes from cows. For many people, dairy products find their way into virtually every meal. It's the milk in the morning cereal, the cream in the coffee, the butter on the bread and the cheese melted over the pasta or pizza for dinner. Considering that about 33 percent of Americans are lactose intolerant ... dairy at every meal is way too much.

The healthiest choice in the dairy case is organic plain yogurt. The “probiotic” organisms that helped to ferment the milk and turn it



into yogurt are beneficial themselves and they yield a higher protein content and easier-to-digest product than milk itself.

Generally, you should work to decrease your consumption of cow's milk dairy products and get comfortable with plant-based alternatives. A small amount of organic milk and cheese are acceptable but your main dairy source should be organic, plain yogurt.

### Protein powders:

By now you've begun to realize that the majority of the food that you should be eating is minimally processed and as close as possible to its natural form. As such, it may surprise you to see store bought protein powders on our list of acceptable sources of clean, high-quality protein. Fast-paced lives and challenging work schedules can make it difficult to find high-quality clean protein at every meal. Using a protein powder in a smoothie or stirred into food can help to fill that void for many people.

Protein powders made from hemp, whey, rice, egg or pea can provide a tasty and easy way to meet your daily protein needs.



### Carbohydrates:

It is hard to believe that a molecule that contains nothing but carbon(C), hydrogen(H), and oxygen(O) could inspire so much nutritional controversy. Carbohydrates are ring-shaped molecules that are widely distributed in plant foods like vegetables, fruits and grains. When these compounds are eaten, your digestive process will break them down into simple sugar molecules which serve as your body's primary fuel source. Depending on the arrangements of those Cs, Hs

and Os, carbohydrates are called simple or complex. Simple carbs break down into sugar quickly and easily while complex carbs take more time to release their sugars into the bloodstream.

Whether it's a vegetable, fruit or grain... the more complex the better. Complex carbohydrates from veggies, fruits and grains are allowed and encouraged.

You'll see on your food lists that the complex carbohydrate section is divided into three categories: vegetables, fruits and whole grains. Each category is discussed separately below:

### Vegetables:

When Hippocrates famously said "let thy food be thy medicine and medicine be thy food," he was undoubtedly referring to vegetables. You've heard it from your mother, from your doctor, and you've heard it from almost every



nutrition or diet book ever published. And you're going to hear it again here ... That's right, "eat your vegetables." As a rich source of complex carbohydrates, fiber, vitamins, minerals and phytonutrients, vegetables are the ultimate health food and they are foundational foods during all three phases of this program. There are several common questions that arise when people are starting to add additional vegetables into their diet. The following FAQs will help you guide your vegetable decision-making:

## Are organic vegetables better?

The short answer to this question is ... YES. It's true that organically grown produce tends to be more expensive and many people question whether the increased cost is justified. There is also an ongoing controversy about whether organic produce has more nutrients than those grown conventionally. I'd like to set the record straight ... Organic food is better for three reasons:

1. Organic food is better for you.
2. Organic growing is better for farmers.
3. Organic farms are better for the planet.

Fruits and vegetables grown in rich, fertile organic soil tend to have higher nutrient levels than their conventional counterparts. Perhaps more importantly, organically grown vegetables contain little to none of the toxic herbicides and pesticides found on (and in) conventionally grown varieties. More of what you want, less of what you don't. Although it is better to eat conventional vegetables than none at all, organic vegetables should be purchased whenever they are available and affordable.

The Environmental Working Group publishes an annual list of the "dirty dozen" which represents the most contaminated foods in the produce section ... these are the foods that you should buy organic whenever possible. They also list a group of the "clean 15" which represents foods that don't tend to have large amounts of pesticide residue even when they are not grown organically. Here's a link to the summary information containing links to these lists: <https://www.ewg.org/foodnews/summary.php>



## Is it okay to eat frozen or canned vegetables?

Remember the old Popeye cartoon? He was big and strong because he ate his spinach, right? And his spinach was in a can! Overcooked, over-salted and not exactly tasty. Gross. Well, these days, canning and freezing technology has improved immensely and canned/frozen vegetables are much better in terms of both taste and nutrition than they were years ago.

Fresh vegetables are always preferred but frozen or canned vegetables are perfectly acceptable. Our supermarkets are brimming year-round with fresh vegetables, many of which have travelled thousands of miles to get there. When you are shopping for vegetables, it makes sense to pay attention to where you live, the season of the year, and how far away from you that fresh vegetable was grown. When fresh produce is unavailable or expensive because it is out of season, canned or frozen vegetables are an excellent choice.

If you do choose canned vegetables, make sure that the can is not lined with Bisphenol-A (BPA). This is especially true for acidic foods like tomatoes and tomato sauces which should only be bought in glass or BPA-free cans. Also, take the time to look at the label of any canned vegetable to make sure that it does not contain additives, preservatives or extra salt.



## Does it matter if my produce is locally grown?

It makes financial, environmental and nutritional sense to eat locally grown produce. When you choose locally grown produce, you will also be “eating with the seasons,” which is a wonderful way to stay in touch with where your food comes from. Locally grown produce is always encouraged but not required.

## Are some vegetables better than others?

In terms of their overall nutritional value and the research on health promotion and disease prevention, there is one family of vegetables that stands way ahead of the rest. And the winner is... *Brassica oleracea*! Huh? Never heard of it? *Brassica oleracea* is the Latin name for a group of similar plants known as “cruciferous vegetables” because their flowers resemble a cross. This group of all-stars includes broccoli, cabbage, kale, collard greens, Brussels sprouts, cauliflower and bok choy. There is a staggering amount of medical research on the health benefits of cruciferous vegetables, including a large body of evidence about the role these plants play in anti-inflammation, human detoxification and cancer prevention. Anyone who is interested in generally improving their health should eat more cruciferous vegetables.



## What are “nightshades”?

Nightshade is the common name used to describe the Solanacea family of plants. This is a diverse group of edible, medicinal and sometimes poisonous plants. Nightshade plants contain a group of chemicals called alkaloids that can be a problem for some people with joint pain, muscle aches and certain neurological problems. The most common nightshades in the diet are:

- Tomatos
- Eggplants
- Potatos (white and yellow, sweet potato is in a different plant family)
- Peppers (including bell peppers and hot peppers but not black pepper)



Some people with joint pain, headaches and other symptoms find that they feel better if they avoid nightshades. If you think that you might be reacting to nightshades, you’ll get the opportunity to avoid them during Phase Three and see if it makes a difference in the way you feel. If you notice a big change, consider keeping them out of your diet for an additional 14 days and then try reintroducing them for one day and pay close attention to whether or not your symptoms return.





## Is there a best way to prepare my vegetables for maximum benefit?

For the purposes of general health and nutrition, I am much more concerned that you actually eat the vegetables than the way that they are prepared. If you can prepare them in a way that will make you more likely to eat them ... that's the best way. In my family, we eat vegetables at every meal... either in a way that "highlights" them as a stand-alone dish or cooking them into a more involved recipe. My favored prep methods for stand-alone vegetables are:

- 1. Roasted:** Spread a single layer of vegetables on a cookie sheet. Drizzle with olive oil and a little salt and pepper. Put in a 400°F oven and toss every 10 minutes until they get browned and tender. Works for just about anything but especially great for Brussels sprouts, broccoli, beets, cauliflower, asparagus, onions, carrots, sweet potato, squash and any root vegetables. Add a squeeze of fresh lemon juice after cooking.
- 2. Steamed:** Lightly steamed vegetables prepared with no added fats or oils are an excellent choice for broccoli, green beans, artichokes, carrots and cauliflower. Try cooking just until the vegetables turn a deep rich color, while there is still a little crunch left. A steamer pot with a glass lid can be your friend.
- 3. Sautéed:** Get your pan hot first, then add a bit of olive or coconut oil. This method works great for just about any single vegetable or vegetable medley ... toss in your onions, peppers, mushrooms, asparagus and zucchini, then let 'em sizzle. Take them off the heat well before they are limp.



4. **Grilled:** If barbecues could talk, mine would tell a very different story than most. Our family grill almost never cooks meat; fish and vegetables are what it knows best. Grilled onions, corn, tomatoes, asparagus, peppers, mushrooms, eggplant, zucchini and squash are delicious lightly brushed with a little homemade marinade then grilled on a skewer, in a basket or straight on the grate:
5. **Raw:** Some of the vitamins and phytochemicals that make vegetables so nutritious can be destroyed by heat. As such, it makes sense to eat some of your vegetables raw from time to time. When I'm preparing vegetables for a meal, I'll often cut off a few broccoli or cauliflower florets and just eat them raw while I'm cooking. Also try snacking on raw carrots, cabbage, celery, peppers, radishes and cucumbers.



## Fruit:

“Why not go out on a limb, that’s where the fruit is.”

— Mark Twain

There was a time not long ago when a piece of fresh fruit was a rare and very special treat. Back then, fresh fruit really was nature’s candy, and nobody needed to be told to eat more of it. With all the other sugar-laden candy that is available these days... fruit doesn’t get anywhere near enough attention. Fruits are loaded with a rainbow of healthy phytonutrients, vitamins and minerals. They make for sweet and delicious snacks and desserts. Fruits are healthy and are strongly encouraged throughout all three phases of this program.

There are several common questions that arise when people are thinking about adding additional fruit into the diet:

## Is the sugar in fruit bad for me?

You may have heard about the “glycemic index,” which is a scientifically valid scale that rates foods according to how much they raise your blood sugar. Foods with a higher glycemic index will raise blood sugar more rapidly than those with lower numbers. Because of the natural sugars found in fruits, many of them are fairly high on the glycemic index scale which causes lots of confusion for people who don’t know whether or not fruit should be included in the diet. Let’s set the record straight here: you can and should eat fruit. The natural sugars in fruit consumed in reasonable quantities are not triggers for inflammation which is why the food lists for each of the three phases of this program include fruit.

### Fresh or frozen?

Generally speaking, fresh fruits are ideal, but there are several advantages to freezing. For many recipes, frozen fruit performs perfectly well and is significantly less expensive. Frozen fruits are perfect for making a nice thick smoothie without adding extra ice. And of course, because they have a much longer shelf, frozen or canned foods can make summer fruits available all year long.



### What about dried fruit?

When a fruit is dried and the water is evaporated, what’s left is a concentrated version of the original. Although there is nothing unhealthy about the drying process itself, eating dried fruits does present two common problems:

1. The sugars in dried fruits are much more concentrated and it's easy to eat much more than you should. A good rule for dried fruits is that you should only eat as much dried fruit as you would have if that fruit were fresh. Think about those dried apricot slices. Each one (sometimes two) of those was a whole apricot. How many fresh whole apricots would you eat in one sitting?
2. Dried fruits often contain additives and preservatives to help maintain freshness, color, or texture. These chemical additives should be avoided entirely.

### Does my fruit need to be organic?

As discussed above for vegetables, it is always better to buy organic fruit when it is available and affordable. I would prefer you to buy frozen organic fruit over conventional fresh fruit. As noted previously, the Environmental Working Group produces an annual list of the “dirty dozen” and the “clean fifteen” (referring to all produce) – use it as a handy shopping guide to help you make purchasing decisions regarding the most and least contaminated fruits.



### Sweeteners:

It wasn't very long ago when getting your hands on a sugar cube was a rare and special treat. About 300 years ago, the average person ate about five pounds of sugar per year. Today, the average person consumes nearly 200 pounds of sugar per year! There is a very old phrase in toxicology that says “the dose makes the poison” which

expresses the idea that even a harmless substance can be a toxin ... it all depends on the dose. In the case of modern day sugar consumption, the dose is most definitely toxic.

In the quantities that are currently consumed by the average person, sugar is toxic — plain and simple. It causes diabetes, and increases inflammation which hastens the development of heart disease and cancer. You should decrease your sugar consumption significantly. Naturally occurring sugars like honey and maple syrup are generally acceptable, but you should be adding these in yourself rather than letting a food manufacturer add them for you.



Let's take a close look at vanilla yogurt for an example of how this can work for you. If you look at the label of a typical plain unflavored yogurt, you'll see that one cup contains about 9 grams of naturally occurring milk sugar. A store bought vanilla yogurt usually contains nearly 30 grams. Quick math quiz:  $30 - 9 = ?$  You got it... the manufacturer added 21 grams of sugar to the yogurt to give it that sweet vanilla flavor. Why not just add your own? If you buy the plain yogurt and add 1 teaspoon of your own real maple syrup and a few drops of vanilla extract... your total sugar will be 13 to 15 grams. Less than half of the store bought version! (Hint: sugar is a cheap filler for manufacturers and has the huge side benefit that it helps addict consumers to their product.)



## Natural or artificial sweeteners?

Humans love sweets. It's in our genes... literally. Blood sugar (glucose) is our primary fuel, and a sweet taste on the tongue is a signal that blood sugar is about to rise. This deep love for sweet has led to some amazing advances in our ability to extract sugar from a wide variety of different sources. It's fairly easy to see how humans learned to get the sweet nectar from sugar cane, maple trees and from honeybees, but we've also figured out how to get sugar from beets, corn, rice, agave, coconut and more. Eating any of these natural sources of sugar will cause the predictable rise in blood sugar that anyone would expect after eating something sweet. Modern agriculture has allowed massive amounts of these refined sugars into the food supply and in the quantities currently consumed, regardless of its source, it's a toxin and it promotes inflammation. Added sugars, even the naturally derived varieties, need to be limited.



Modern technology has also allowed us to eat high-tech sweet tasting chemicals that have virtually no effect on blood sugar. Saccharin (the pink one), aspartame (the blue one) and sucralose (the yellow one) are all examples of modern chemistry making its way into your food and drink. Although these chemical sweeteners don't directly raise blood sugar levels, they have been associated with increased rates of obesity, neurological problems (like migraines) and a host of issues. These synthetic compounds are best avoided entirely.

The most recent addition to the rainbow of little sweet packets is the green one: rebaudioside A or reb-A which is an extract made from the leaves of the stevia (sweetleaf) plant. This product is surprisingly sweet, and like the synthetic chemicals above, has minimal impact on

blood sugar levels. It is still a highly processed product, and probably not something you want to consume in large quantities.

During this program, as your sugar consumption decreases, you will notice that your taste buds will begin to become more sensitive to sweet flavors. After several weeks, most people continue to prefer their treats a bit less sweet. Small amounts of honey and maple syrup are the only sweeteners that you should eat.

## Grains:

“Oh beautiful for spacious skies, for amber waves of grain...” Those flowing fields of wheat have become a nutritional battleground. It’s hard to believe that the tiny seeds of these grass-like plants have caused so much controversy and confusion. There are a few simple facts that will help you understand how grains fit into a long-term health plan.

### **What is the difference between a whole grain and a refined grain?**

A whole grain is the entire seed of a grain plant, including all three parts of the seed:

1. **Bran:** The husk around the outside of the seed which contains fiber, B-vitamins and antioxidants.
2. **Germ:** The tiny kernel inside the husk that will eventually sprout into a new plant. It contains vitamins, minerals, protein and healthy fats.
3. **Endosperm:** The large starchy portion of the seed that will nourish the germ as it grows. It is largely composed of carbohydrates.



When a whole grain is refined, the bran and the germ are removed leaving only the starchy endosperm. Whole grains are healthier because they contain all of the naturally occurring nutrients in the seed. Some common examples of grain plants are: wheat, rice, barley, oats, buckwheat and quinoa.

### **Is there a difference between refined and processed grains?**

Absolutely! Refining grain involves the techniques described above whereby the bran and the germ are removed. Processing grain is what happens at a mill, where grains might be cracked, split or ground into flour. Processing is done on both whole and refined grains.



When you're shopping for breads, crackers and other processed grain products, it can be really tricky to figure out if a product contains whole or refined grains. In the case of wheat, when the whole seed is ground into flour and that flour (and only that flour) is used to make bread, the

packaging will say 100% whole wheat. If the packaging doesn't say 100% whole wheat, you can assume that refined flour has been added to the mix. The Whole Grains Council ([www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)) has developed a "100% Whole Grain" stamp that can now be found on many foods to help make it easier to identify 100% whole grain products.

For many people, a short trial of three to four weeks of complete elimination of wheat and all processed grains can be very eye-opening. That's right, nothing made with flour at all ... No bread, pasta, tortillas,



crackers or baked goods for three to four weeks! This can be a great kickstart, because most people who eliminate wheat and grains will lose significant weight and feel better. After a complete elimination, you can bring back grains but you should only eat whole grains (like brown rice or quinoa) as well as products like bread, pasta and cereal made from 100% whole grains.

### What's all the fuss about gluten?

The reputation of this humble protein sure has taken a beating lately, and for good reason. Back in the 1960s, there was significant work done on developing a version of wheat that was much higher yield. This hybrid wheat plant is known as “dwarf wheat” and it is now the primary wheat variety that is used in



the industrial world. (Some estimates suggest that dwarf wheat is as much as 99 percent of the wheat used in the market.) Unfortunately, over time we have discovered that dwarf wheat is more difficult to digest than older, heirloom varieties. This may be due to differences in the concentration and structure of the gluten proteins in the grain.

Gluten is a family of proteins found in certain grains, with wheat, barley and rye being the three most common ones. It is what helps bread have a spongy, chewy texture. It can also make some people sick. In a condition called celiac disease, patients have an abnormal immune reaction to gluten that can cause a very serious illness. Total avoidance of dietary gluten is the only treatment for this condition. On top of this, it is estimated that six times as many people have a

condition known as non-celiac gluten intolerance. Again, a gluten-free diet is the treatment for this condition.

Many people find that following a gluten-free diet delivers significant benefits to their health and vitality, especially in terms of reduced inflammation. The good news is that with the prevalence of these conditions, food product manufacturers, restaurants and bakeries catering to gluten-free diets are popping up everywhere.

Scientists still haven't figured out all of the exact reasons why gluten can be such a trigger for inflammation, but one thing is becoming increasingly clear: many people feel better on a gluten-free diet. There are many conditions and symptoms that respond well to a trial of a gluten-free diet. Usually, three weeks of wheat and gluten elimination will make it clear whether you have an intolerance — though there are more precise clinical tests that can be carried out, one of the leading providers of very high-end testing is Enterolab ([www.enterolab.com](http://www.enterolab.com)).



In addition to the major macronutrient groups (fat, protein, carbohydrate) discussed above, there are also some really important micronutrient groups that are an important part of anti-inflammatory nutrition. We will explore these in detail in the next section.

## Individual Nutrients:

In addition to the main three macronutrient groups (carbohydrate, protein and fat) listed above, the anti-inflammatory approach to eating also includes other accessory nutrients which can come from food or supplemental sources.

- **Fiber:** Ideally, you should be eating 40 grams of fiber per day. The average American eats only about 15 grams daily. You can increase your fiber intake by including more vegetables (especially beans and greens) and fruit (raspberries top the list). Seeds are also an excellent dietary source: try hemp, flax, or chia in a smoothie or as a topping on your oatmeal, yogurt, or salad. You can also consider adding a plant-based fiber supplement like ground flax seeds. Note: it is important to grind flax seeds - and ideally grind them at the time of using them to avoid rancidity issues, since flax is a great source of omega-3. The body is not able to easily digest the outer hull of the flax seed, so if you don't pre-grind them they will simply move right through without you getting the benefits of the contents of the seed.



- **Fish Oil:** If you have trouble adding two to three servings of fish to your meal plan, consider adding a high-quality fish oil supplement to boost your intake of dietary omega-3 oils. Typical doses of fish oil are about three to four grams per day.
- **Bioflavonoids:** This is a family of plant nutrients that impart the rich color to many of our favorite flowers, fruits, and vegetables. Bioflavonoids have potent anti-inflammatory and antioxidant effects as well as impressive effects on the health of blood vessels. It is easy to increase consumption of dietary bioflavonoids because they are found in large amounts in:

- o Berries: Blueberries, raspberries, blackberries, strawberries, and any other darkly pigmented fruits. If it will stain your clothes, it is high in bioflavonoids.
- o Tea: Green tea is the best, but black and white teas are also good sources.
- o Coffee: Yes, you read that right. Coffee is in. Twelve ounces per day max.
- o Chocolate: Dark chocolate (above 65 percent) with low sugar content is okay in moderation.
- o Red wine: If you don't drink... don't start. But, if you do drink, drink red wine. One glass per day during Phase One. Two glasses per week during Phase Two.
- o Some people with certain musculoskeletal conditions will benefit from supplementation with specific bioflavonoid complex blends.



• **Vitamins and minerals:** There are many vitamins and minerals that play an active role in the biochemistry of inflammation. The most important ones being:

- o Vitamin A
- o B-Complex Vitamins
- o Vitamin C
- o Vitamin D
- o Vitamin E
- o Vitamin K
- o Magnesium

If you're thinking that a list like that means that you need to run out to the nutrition center to stock up, I have good news

for you. All of the above (with the exception of Vitamin D — which you get from sunshine) are plentiful in the foods that are included within the food lists in all three phases of this program.

## Herbal Medicines:

Plant-based medicines can have powerful anti-inflammatory effects. There are hundreds of herbal medicines that can be used alone or in combination help to support a healthy inflammatory response. Some of the most common and reliable herbal medicines for inflammation are:

- **Turmeric** (*Curcuma longa*): Also known as curcumin, this yellow Indian spice is much more than just an ingredient in curry. It is a very effective anti-inflammatory medication when used in the proper form and dosage. There are several proprietary formulations of curcumin that increase its absorption and potency. Combining turmeric with black pepper, which contains “piperine,” may enhance its effects.
- **Boswellia** (*Boswellia serrata*): Known as frankincense in the bible, the resin from the sap of the tree has anti-inflammatory activity comparable with synthetic pharmaceuticals. Similar to curcumin, there are a number of well-studied extracts available.
- **Devil’s Claw** (*Harpagophytum procumbens*): Despite it’s rather evil sounding name, devil’s claw is an ally in the battle against inflammation. Extract made from the root have anti-inflammatory effects. Look for products that are standardized to contain reliable doses of “harpagoside” which is one of the active constituents in the roots.



- **Ginger** (*Zingiber officinalis*): Ginger root contains a family of compounds called “gingerols” that have impressive anti-inflammatory effects. Add it to your food, drink it as a tea and consider using it in a combination herbal anti-inflammatory supplement alongside some of the other herbal medicines listed here.
- **Hops** (*Humulus lupulus*): Most famous as an ingredient in beer, hops cones also deserve some credit as an anti-inflammatory. Standardized hops extracts like Perluxan® can be really useful alone or in combination with other anti-inflammatory herbs.

In addition to the herbs listed above, there are many other botanical medicines that can be included in the diet or in supplements. Incorporate celery seed, cumin, rosemary, garlic, basil, holy basil, cloves, and cinnamon into your cooking or your dietary supplement protocol.

## Living an Anti-Inflammatory Lifestyle:

It is clear that the diet is a pivotal piece of any anti-inflammatory program... but there are some other important lifestyle considerations that we must not forget.

- **Stress management:** Research has shown that emotional stress can contribute directly to increased inflammation. The stress management strategies in this program can help your mind *and* your body.
- **Smoking cessation:** News flash. Cigarettes are bad for you. They have no place in an anti-inflammatory lifestyle.



- **Personal hygiene:** Inflammation anywhere can contribute to inflammation everywhere. Pay special attention to your teeth and gums... tooth and gum disease has been clearly linked to systemic inflammation.
- **Limiting toxic exposures:** Learn about and minimize toxic exposures in your home and garden, workplace and in your personal care products. Do what you can to eat clean and live green.
- **Moderate exercise:** When it comes to the intensity of exercise... be aware of “too much of a good thing.” High intensity physical activity can act as a stress and contribute to inflammation. Move your body for at least 30 minutes per day and then take it easy.



In this section you will find the three phases that make up the practical part of this program — your 21 day plan.

This plan is very detailed and prescriptive. While the intention is to provide choices, some of the recommended foods in the lists below may be ones that you are already aware that you need to avoid. For example, for people who may be celiac, non-celiac gluten sensitive or who just know they need to avoid gluten, despite the Phase One advice to replace “white carbohydrates” with 100% whole grain flour, you should make sure you continue to avoid gluten.

Some of the “foods to include” in these phases you should consider as ones to avoid when you already know you need to avoid these foods. I.e., it is not the advice of this program to reintroduce any foods that are on your current avoid list.

In addition to the changes that you’ll make to your diet, you will also be making some simple lifestyle modifications as well. You will be journaling every morning and evening and getting some gentle physical activity each day. You’ll also be getting daily lessons and tips about natural health and wellness that you can incorporate into your lifestyle.







## *Phase One: Days 1-7:*

On days 1-7 you will have three clean, nutritionally complete meals per day. Each meal should include a serving of protein, and a serving of vegetables. You can substitute a smoothie for one meal per day, and one or two light snacks may also be included.

Your diet during this portion of the program will be built around minimally processed, single-ingredient whole foods. These nutrient-dense foods will be the fundamental building blocks of your diet during this period.

- You should choose organic produce whenever possible.
- Aim for a rainbow of color when selecting vegetables and fruits.
- Fresh vegetables and fruits are ideal.
- Canned or frozen vegetables without added salt, sugar or preservatives are allowed (more in the table below).
- You will entirely avoid refined “white carbohydrates” and replace them with whole grains and products like bread, pasta, and cereal made from 100% whole grain flour. Note: avoid gluten if you already know you need to be gluten-free.
- You are encouraged to eat at least four ounces (1/2 cup) of protein at every meal.



- You are free to eat animal protein sources like eggs, dairy, fish, poultry and lean meat but you must only eat animal proteins that come from healthy, well-fed animals.
  - Meat must be grass-fed or pasture-raised without unnecessary antibiotics or hormones.
  - Dairy products (milk, cheese or yogurt) must come from organic dairy farms unless you have a source of local dairy that you trust.
  - Poultry and eggs must come from organically raised birds.
  - Fish and seafood should include only wild-caught sources.
- You must completely avoid:
  - High fructose corn syrup
  - Partially hydrogenated oils
  - Artificial color, flavor and preservatives






## Phase One: Foods to Include

<b>Vegetables</b> Organic whenever possible 	<b>Fruit</b> Fresh or frozen, organic 	<b>Whole Grains</b> (May include breads, pastas, tortillas, cereals, crackers made from) 	<b>Protein</b> (With every meal) 	<b>Fats/Oils</b> 	<b>Drinks &amp; Condiments</b> 
<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Asparagus</li> <li>• Artichokes</li> <li>• Avocado</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chard</li> <li>• Collards</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Endive</li> <li>• Green Beans</li> <li>• Jicama</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onion</li> <li>• Peas</li> <li>• Peppers</li> <li>• Radish</li> <li>• Radicchio</li> <li>• Squash</li> <li>• Sweet Potato</li> <li>• Tomato</li> <li>• Watercress</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Banana</li> <li>• Berries</li> <li>• Blackberry</li> <li>• Blueberry</li> <li>• Cherry</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Kiwi</li> <li>• Lemon</li> <li>• Lime</li> <li>• Melon</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Plum</li> <li>• Pomegranate</li> <li>• Raspberry</li> <li>• Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Wheat</li> <li>• Oats</li> <li>• Brown Rice</li> <li>• Quinoa</li> <li>• Buckwheat (Kasha)</li> <li>• Millet</li> <li>• Corn</li> <li>• Barley</li> <li>• Rye</li> <li>• Spelt</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish                             <ul style="list-style-type: none"> <li>◦ Salmon (Wild)</li> <li>◦ Sardines</li> <li>◦ Anchovies</li> <li>◦ Black Cod</li> <li>◦ Mahi Mahi</li> <li>◦ Halibut (Alaska)</li> <li>◦ Herring</li> </ul> </li> <li>• Beans/Legumes                             <ul style="list-style-type: none"> <li>◦ All types</li> </ul> </li> <li>• Poultry:                             <ul style="list-style-type: none"> <li>◦ Chicken</li> <li>◦ Turkey</li> </ul> </li> <li>• Meat:                             <ul style="list-style-type: none"> <li>◦ Lamb</li> <li>◦ Beef (Grass Fed)</li> </ul> </li> <li>• Dairy                             <ul style="list-style-type: none"> <li>◦ Milk</li> <li>◦ Cheese</li> <li>◦ Yogurt</li> <li>◦ Cottage Cheese</li> </ul> </li> <li>• Soy                             <ul style="list-style-type: none"> <li>◦ Tofu</li> <li>◦ Tempeh</li> <li>◦ Edamame</li> </ul> </li> <li>• Nuts/Seeds (Raw/Unsalted)                             <ul style="list-style-type: none"> <li>◦ Almond</li> <li>◦ Walnut</li> <li>◦ Cashew</li> <li>◦ Macadamia</li> <li>◦ Peanut</li> <li>◦ Pecans</li> <li>◦ Sunflower</li> <li>◦ Pumpkin</li> <li>◦ Hemp</li> </ul> </li> <li>• Protein Powder                             <ul style="list-style-type: none"> <li>◦ Rice</li> <li>◦ Whey</li> <li>◦ Pea</li> <li>◦ Hemp</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Coconut</li> <li>• Flax</li> <li>• Olive</li> <li>• Sesame</li> <li>• Avocado</li> <li>• Grapeseed</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Clean Water</li> <li>• Sparkling Water</li> <li>• Herbal Tea</li> <li>• Coffee (12oz Max)</li> <li>• Fruit Juice (Dilute 50/50)</li> <li>• Vegetable Juice</li> <li>• Rice Milk</li> <li>• Nut Milks</li> <li>• Coconut Milk</li> <li>• Coconut Water</li> </ul> <p><b>Alcohol</b></p> <ul style="list-style-type: none"> <li>• 1/Day Max</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>• Salt</li> <li>• Pepper</li> <li>• Herbs</li> <li>• Spices</li> <li>• Tamari</li> <li>• Vinegar</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• Maple Syrup</li> <li>• Honey</li> <li>• Brown Rice Syrup</li> <li>• Molasses</li> <li>• Stevia</li> <li>• Xylitol</li> </ul>

The list of the foods that you CAN eat during days one to seven is extensive. As you can see, all of the individual items within each category are single-ingredient foods. They are foods that your great grandmother would recognize. These are foods that you'll find on the outer perimeter of your local grocery store. Most of the foods you will be consuming during these seven days will have no label at all. If they do have a label, the ingredient list will be very short.

During this period, you will practice the skills that will allow you to build nutritious and delicious meals using these simple whole foods as your building blocks.

## Phase One: Foods to Avoid

Carbohydrate			Proteins	Fats	Beverages etc...
Vegetables	Grains	Fruit			
<ul style="list-style-type: none"> <li>• Limit White Potato</li> <li>• Avoid French Fries</li> <li>• Avoid Potato Chips</li> <li>• Avoid canned vegetables with preservatives</li> </ul>	<ul style="list-style-type: none"> <li>• You should avoid foods made with "white" flour which includes virtually all commercially available bakery items.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid dried fruits with added sulfur or preservatives</li> </ul>	<p><b>Avoid factory farmed:</b></p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Pork</li> <li>• Poultry</li> </ul> <p><b>Avoid non-organic</b></p> <ul style="list-style-type: none"> <li>• Dairy</li> <li>• Eggs</li> </ul> <p><b>Avoid all farm raised fish and:</b></p> <ul style="list-style-type: none"> <li>• Tuna</li> <li>• Swordfish</li> <li>• Shark</li> <li>• Shellfish</li> </ul> <p><b>Avoid smoked meats/fish and cheeses.</b></p>	<p><b>Avoid harmful fats:</b></p> <ul style="list-style-type: none"> <li>• Shortening</li> <li>• Hydrogenated Oils</li> <li>• Partially Hydrogenated Oils</li> <li>• Trans Fats</li> <li>• Margarine</li> <li>• Cottonseed Oil</li> </ul>	<p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Soda</li> </ul> <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>• Coffee (12oz Max)</li> <li>• Alcohol (1/Day Max)</li> </ul> <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Sugar (refined and all processed variants)</li> <li>• High Fructose Corn Syrup</li> <li>• Saccharin</li> <li>• Aspartame</li> <li>• Sucralose</li> <li>• Artificial Color</li> <li>• Artificial Flavor</li> <li>• Preservatives</li> <li>• MSG</li> <li>• Sulfites</li> <li>• Nitrites</li> </ul>



## *Phase Two Guide: Days 8-14*

Now that you have completed Phase One, you have done the basic clean-up and you are ready to take it to the next level. You have decreased the sources of many of the most common triggers for inflammation so your diet is cleaner and your body is nutritionally primed. You can now begin the process of making additional shifts that will ramp up your immunity and cool down inflammation.

During this period, you begin to add more anti-inflammatory superfoods as you wind down your consumption of animal protein significantly. You will cut down your sugar intake even further and you'll back down the alcohol to two drinks during the week.

Phase Two is really important to get comfortable with because it is the portion of this program that most closely resembles the eating pattern that you should strive to continue when this program is over. It is not a vegetarian diet but it is power packed with plant-based foods which are associated with decreased inflammation and reduced risk of chronic disease. This is the way that the longest-lived people in the world tend to eat... so it is clearly a long-term, sustainable solution.



As you did in Phase One, you will again:

- Choose organic produce whenever possible.
- Aim for a rainbow of color when selecting vegetables and fruits.
- Eat fresh vegetables and fruits.
- Find canned or frozen vegetables without added salt, sugar or preservatives.
- Focus on getting at least four ounces (1/2 cup) of protein at every meal.

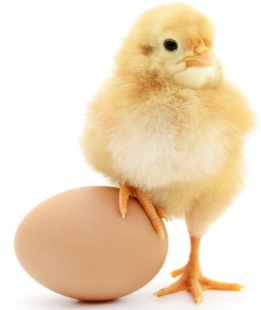


Beyond those basic food rules, in Phase Two you will also:

- Eat only whole, unrefined grains. You should restrict refined grains and products made from flour, even if it is made from whole wheat. That means you should limit bread, pasta, cereal and baked goods. Reminder: if you are celiac, non-celiac gluten sensitive or know you need to avoid gluten, your gluten tolerance is precisely zero — i.e., you must completely stay away from gluten.
- Eat at least four ounces (1/2 cup) of protein at every meal. Plant-based sources like nuts, seeds and beans are highly encouraged.
- Liberally include beans into your meals and nuts/seeds into your snacks.
- Add herbs and spices to your food. Remember spices are not necessarily spicy. Simply adding herbs and spices to your cooking can dramatically improve the anti-inflammatory effects of a meal.



- Limit animal protein sources and focus on plant-based sources. You can eat one meat-based meal and two poultry-based meals during the seven days of Phase Two. You will only eat animal protein that comes from healthy, well-fed animals.
  - Meat must be grass-fed or pasture-raised without unnecessary antibiotics or hormones.
  - Poultry and eggs must come from organically raised birds.
- Include healthy sources of fish, eggs and dairy products (milk, cheese, or yogurt):
  - Fish should include only specific wild-caught swimming fish with fins and scales. No shellfish (like clams, mussels, oysters or scallops) or crustaceans (like lobster, crab or shrimp)
  - Eggs must be from organic birds. Eggs that are fortified with omega-3 oils are encouraged.
  - Dairy must come from organic dairy farms unless you have a source of local dairy that you trust.
- Limit your sugar intake and use only “whole food” sources like honey and maple syrup.
- Completely avoid:
  - High fructose corn syrup
  - Partially hydrogenated oils
  - Artificial color, flavor and preservatives





## Foods to Include

### ✓ Carbohydrates:

- **Vegetables:** No restrictions! Fill half your plate with vegetables. Especially the colorful ones. Organic vegetables are preferred whenever possible.
- **Fruits:** Focus on the deeply pigmented ones, like berries and cherries. Fresh is best but frozen fruits are great too!
- **Whole Grains:** Stick to grains that are in their whole, intact form. Brown or black rice, quinoa, buckwheat, and bulgur are great choices.
- **Beans:** Excellent source of complex carbohydrates and fiber as well as clean vegetarian protein. There are many varieties so mix it up with lentils, black, white, soy, pinto, kidney, and garbanzos.

### ✓ Proteins

- **Wild caught fish:** High quality protein and full of anti-inflammatory oils. wild salmon, sardines, arctic char, and black cod are great choices.
- **Omega-3 enriched eggs:** Clean protein and healthy fats.
- **Beans:** Beans made their way into both the carbohydrate section and the protein section...the lesson here is simple: eat more beans!
- **Organic dairy:** unsweetened plain yogurt and hard cheeses in small amounts.

### ✓ Fats

- **Olive oil:** Extra virgin olive oil should be the main oil you use in your kitchen.
- **Nuts and nut butters:** Walnuts, almonds, cashews, pecans, and nut butters without added ingredients are a part of an anti-inflammatory diet.
- **Seeds:** Hemp seeds, flax seeds, chia seeds can all be a delicious and nutritious addition.
- **Fish:** Cold-water fish like wild Alaskan salmon and sardines are nature's most reliable source of healthy, anti-inflammatory Omega-3 oils.
- **Avocado:** There are high levels of monounsaturated fats in an avocado. Use avocado as a spread instead of mayonnaise.
- **Coconut:** Even though it contains saturated fats, this plant oil is healthy and useful for high heat cooking and baking.

### ✓ Spices

These are the top ten anti-inflammatory herbs and spices...but there are many many more.

Turmeric, Ginger, Cloves, Cumin, Paprika, Sage, Rosemary, Cayenne, Cinnamon, Garlic. The more herbs and spices in your cooking, the better!!!

## Foods to Avoid

### ✗ Carbohydrates:

- **High Fructose Corn Syrup:** This stuff has no place in a healthy, anti-inflammatory diet. None.
- **Sugar:** Limit intake, it spikes insulin levels which contributes to inflammation.
- **Processed Grains:** Restrict foods that are made from flour. When mills turn whole grain into flour, it makes the carbohydrates in the grain easier to break down which results in higher blood sugar spikes. White flour is worse than whole wheat flour but both should be limited.
- **White Flour:** Breads, pastas, baked goods, snack foods, and pastries that are made with flour should be restricted.

### ✗ Proteins

- **Beef:** Factory farmed cattle are fed almost entirely on corn, heavily medicated, and live in deplorable conditions. They are unhealthy animals and the meat from them is unhealthy for you.
- **Pork:** Hog farms are arguably worse than cattle farms. Stay away.
- **Poultry and eggs:** Again, factory farmed chickens and turkeys are unhealthy animals that produce unhealthy meat and eggs.

### ✗ Fats

- **Trans fats:** Avoid them completely. If it says "hydrogenated" or "partially hydrogenated" do not eat it. Margarine and shortening are made of trans fats.
- **Butter, cheese, full fat dairy:** Conventional dairy cows produce milk products that are loaded with pro-inflammatory saturated fats.
- **Beef, pork, and poultry:** Factory farmed animals have unhealthy fats in their meat. You should restrict consumption of meat altogether, and only eat grass fed, or pasture raised animals.
- **Vegetable oils:** Although they may sound healthy, this is where the unhealthy Omega-6 fats come from. Stay away from soybean oil, vegetable oil, safflower oil, cottonseed oil, and palm kernel oil.

### ✗ Spices

Nothing to avoid here. Green light for ALL natural herbs and spices. Enjoy!



## *Phase Three: Days 15-21:*

Phase Three is designed to be tough. It's a challenge that prepares you for the real world that lies ahead. It is NOT supposed to be the way you eat for the rest of your life. This phase is the end of your commitment to this program but it brings you right into the beginning of the rest of your life. The lessons that you learn during this most challenging part of this protocol are the ones that you will carry with you as you re-enter the real world with your new habits.

### Special Section: Days 15-16

You will begin Phase Three with a liquid only diet for 48 hours. You'll want to make friends with your blender... you're going to need it. A high-powered blender is ideal but a regular countertop model will be just fine. You can also make use of an immersion blender or a juicer if you have access to either.

The best way to succeed during these two days is to have three or four substantial "liquid meals" each day with sips of "liquid snacks" in between. This will prevent you from feeling hungry and keep your blood sugar stable throughout the day.

Typical liquid meals include:

- **Smoothies:** A smoothie that contains protein (nuts or nut butter, yogurt, protein powder) for breakfast as well as fruits and veggies is a great way to start the day off right.



- **Soups:** A blended, hearty vegetable soup will keep you feeling nourished well into the evening.
- **Homemade Nut/Seed Milk:** A tall glass of a homemade nut/seed milk, especially one that includes the pulp, can be a meal unto itself.
- **Vegetable/Fruit Juices:** Blended fruit and vegetable juices can be a light evening meal.

Options for “liquid snacks” to be sipped throughout the day include:

- **Clean Water**
- **Lemon Water:** Clean water with fresh lemon juice added. Serve hot or cold.
- **Herbal Tea**
- **Fresh Vegetable Juices**
- **Vegetable Broth**
- **Diluted Fruit Juices:** Dilute fruit juices at least 50 percent with clean water.



Your daily caloric intake will be lower than usual in these two days so you should do your best to keep your schedule as clear as possible and keep your activity level to a minimum. You can exercise moderately but should not schedule major events or social activities. Your focus during the fast should be on yourself and your goals for improved health and vitality.

When you have completed your 48-hour liquid diet, you will be entering the final phase of the program in a prime position to spend

the next five days in a mode of optimized human nutrition. This is a time to be pristine with maximal anti-inflammatory eating, no compromise.

You'll go back to having three complete meals per day. Each meal **MUST** include a serving of protein, and a serving of vegetables. One or two snacks may also be included.

Your diet during this portion of the program will again be built around minimally processed whole foods but with a few important changes.

As always, you will:

- Choose organic produce whenever possible.
- Aim for a rainbow of color when selecting vegetables and fruits.
- Eat fresh vegetables and fruits.
- Find canned or frozen vegetables without added salt, sugar or preservatives.
- Focus on getting at least four ounces (1/2 cup) of protein at every meal.



You are free to eat only the following animal protein sources:

- **Dairy:** Only plain yogurt from an organic dairy farm. Add your own fruit, no other sweetener!
- **Eggs:** must come from organically raised birds.
- **Fish** should include only specific wild-caught swimming fish with fins and scales. No shellfish (like clams, mussels, oysters or scallops) or crustaceans (like lobster, crab or shrimp).



For these five days you will **AVOID**:

- **Wheat and gluten:** Even this week of a gluten-free diet can make a huge difference in the way you feel.
- **Processed grains:** No breads, pasta, crackers or baked goods. Whole grains like brown rice and quinoa are allowed.



- **Meat and poultry:** No red meat, no poultry, no pork. The only animal proteins you'll consume for this week are wild fish, eggs and organic plain yogurt. If you want to try eating entirely vegan (no animal protein whatsoever) you are encouraged to do so.



- **Alcohol:** During Phase Three, no alcohol is allowed. (I like to tell my patients that its easier if they pretend they are pregnant... even the men!)
- **Nightshades:** This plant family is a trigger for inflammation in some individuals. There is no way of knowing whether or not nightshades are a problem, unless you eliminate them for a period of time. Phase Three is the time. Nightshades that you must avoid include:

- Eggplants
- Tomatos (including tomato based sauces, ketchup and salsas)
- White and yellow potatos (sweet potato is okay)
- Peppers (bell pepper, chili peppers, etc.). Black pepper is okay.









- **Corn:** This is a common trigger of inflammatory food reactions. Although non-GMO corn can be part of a healthy anti-inflammatory diet, you will be avoiding it during Phase Three.



- **Added sweeteners:** Your taste buds, your blood sugar and your waistline will thank you.
- **Artificial color, flavor and preservatives:** Try to buy foods that don't have a label. Hint, look in the produce section. Limit packaged foods and you'll limit artificial ingredients entirely.



## Phase Three: Foods To Include

<b>Vegetables</b> Organic whenever possible 	<b>Fruit</b> Fresh or frozen, organic 	<b>Whole Grains</b> 	<b>Protein</b> (With every meal) 	<b>Fats/Oils</b> 	<b>Drinks &amp; Condiments</b> 
<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Asparagus</li> <li>• Artichokes</li> <li>• Avocado</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chard</li> <li>• Collards</li> <li>• Cucumber</li> <li>• Endive</li> <li>• Green Beans</li> <li>• Jicama</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onion</li> <li>• Peas</li> <li>• Radish</li> <li>• Radicchio</li> <li>• Squash</li> <li>• Sweet Potato</li> <li>• Watercress</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Banana</li> <li>• Berries</li> <li>• Blackberry</li> <li>• Blueberry</li> <li>• Cherry</li> <li>• Grape</li> <li>• Grapefruit</li> <li>• Kiwi</li> <li>• Lemon</li> <li>• Lime</li> <li>• Melon</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Plum</li> <li>• Pomegranate</li> <li>• Raspberry</li> <li>• Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice</li> <li>• Quinoa</li> <li>• Buckwheat (Kasha)</li> <li>• Millet</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs (Only Organic)</li> <li>• Fish                             <ul style="list-style-type: none"> <li>◦ Salmon (Wild)</li> <li>◦ Sardines</li> <li>◦ Anchovies</li> <li>◦ Black Cod</li> <li>◦ Mahi Mahi</li> <li>◦ Halibut (Alaska)</li> <li>◦ Herring</li> </ul> </li> <li>• Dairy                             <ul style="list-style-type: none"> <li>◦ Yogurt</li> </ul> </li> <li>• Beans/Legumes                             <ul style="list-style-type: none"> <li>◦ All types</li> </ul> </li> <li>• Nuts/Seeds (Raw/Unsalted)                             <ul style="list-style-type: none"> <li>◦ Almond</li> <li>◦ Walnut</li> <li>◦ Cashew</li> <li>◦ Macadamia</li> <li>◦ Peanut</li> <li>◦ Pecans</li> <li>◦ Sunflower</li> <li>◦ Pumpkin</li> <li>◦ Hemp</li> </ul> </li> <li>• Protein Powder                             <ul style="list-style-type: none"> <li>◦ Rice</li> <li>◦ Pea</li> <li>◦ Hemp</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Olive</li> <li>• Sesame</li> <li>• Coconut</li> <li>• Flax</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Clean Water</li> <li>• Sparkling Water</li> <li>• Herbal Tea</li> <li>• Fruit Juice (Dilute 50/50)</li> <li>• Vegetable Juice</li> <li>• Rice Milk</li> <li>• Nut Milks</li> <li>• Coconut Water</li> </ul> <p><b>Alcohol</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>• Salt</li> <li>• Pepper</li> <li>• Herbs</li> <li>• Spices</li> <li>• Vinegar</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• None :-)</li> </ul>

Although the Phase Three food list does have some significant restrictions, it remains a very extensive list of foods that you CAN eat. This portion of the program is intended to be a bit of a challenge for you. It was designed to help you to step out of your dietary comfort zone. Although this list is not exclusively vegan (fish, eggs and yogurt are allowed) you will be avoiding meat and poultry which is a big shift in the anti-inflammatory direction. You may even want to try a few days with no animal protein whatsoever. You are encouraged to expand your palate and experiment with foods you've never tried before. This is the final phase of this program... so after day 21, you will be re-entering the "real world" again. Use this time to listen to your body... you will learn some important lessons that you can take with you for the rest of your life.



Phase Three: Foods to Avoid

<i>Carbohydrate</i>			<i>Proteins</i>	<i>Fats</i>	<i>Beverages etc...</i>
<i>Vegetables</i>	<i>Grains</i>	<i>Fruit</i>			
<ul style="list-style-type: none"> <li>• Avoid non-organic vegetables</li> <li>• Avoid Nightshades:                             <ul style="list-style-type: none"> <li>o Tomato</li> <li>o Potato</li> <li>o Eggplant</li> <li>o Peppers</li> </ul> </li> <li>• Avoid French Fries</li> <li>• Avoid Potato Chips</li> <li>• Avoid canned vegetables with preservatives</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid wheat entirely</li> <li>• Avoid all processed grain products made from flour including breads, pasta, baked goods, tortillas/wraps, crackers, cookies etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sulfured dried fruits</li> </ul>	<p><b>Meat to Avoid:</b></p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Pork</li> <li>• Poultry</li> <li>• Veal</li> </ul> <p><b>Fish to Avoid:</b></p> <ul style="list-style-type: none"> <li>• Farm Raised Fish</li> <li>• Tuna</li> <li>• Swordfish</li> <li>• Shark</li> <li>• Shellfish</li> </ul> <p><b>Dairy to Avoid:</b></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese</li> <li>• Butter</li> <li>• Cream</li> </ul> <p><b>Avoid smoked meats/fish and cheeses.</b></p>	<p><b>Avoid harmful fats:</b></p> <ul style="list-style-type: none"> <li>• Shortening</li> <li>• Cottonseed Oil</li> <li>• Hydrogenated Oils</li> <li>• Partially Hydrogenated Oils</li> <li>• Trans Fats / Margarine</li> </ul>	<p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Soda</li> </ul> <p><b>Avoid all added Sweeteners</b></p> <ul style="list-style-type: none"> <li>• Sugar</li> <li>• High Fructose Corn Syrup</li> <li>• Saccharin</li> <li>• Aspartame</li> <li>• Sucralose</li> </ul> <p><b>Avoid all:</b></p> <ul style="list-style-type: none"> <li>• Artificial Color</li> <li>• Artificial Flavor</li> <li>• Preservatives</li> <li>• MSG</li> <li>• Sulfites</li> <li>• Nitrites</li> </ul>

## Daily Program Journal

In deciding to do this program, you have chosen to make a commitment to your health and an investment in your future. Now you want to make sure that you do everything you can to ensure that your investment pays off long term.

Daily journaling is a practice that has been repeatedly proven to have positive effects on physical and mental health and well-being. Keeping a journal can help to reduce stress and improve clarity as well as provide a way to track progress, trends and growth over time. During a program like this, keeping a daily journal will help to solidify your commitment and improve your results. In the next 21 pages you will find a printable journal that is designed for you to spend just a few minutes with each morning and evening throughout the program.



These journal pages are designed to help you in three distinct ways:

1) **Positive psychology:** Optimistic individuals have an improved sense of overall well-being. Exercises that enable people to focus on positive elements within their own lives have been shown to improve aspects of both mental and physical health. You'll see that in the following pages, you will be asked to provide three responses to a morning and evening question each day. The morning question asks you to describe three things that you are grateful for today. The evening question asks you to write down three things that went well today. Although these seem like simple "feel-good" questions, you might be surprised to learn that scientists have studied these questions intensely. People who focus on gratitude and "what went well" have better health, improved sleep, less depression and anxiety and better overall life satisfaction.

2) **What gets measured, gets managed:** In addition to being useful as a tool for positive psychology, these pages are also a daily journal that you'll use to track your sleep, meals, physical activity and how you are feeling. Recording this simple data can allow you to observe changes as well as provide some additional motivation to keep you on track.

3) **Awesomeness:** There are many different positive emotions... several favorites are love, joy, hope, amusement, compassion and pride. All of those positive emotions are associated with health benefits, but there is one emotion that seems to beat all the rest when it comes to inflammation. And the winner is: awe. That goose-bumpy feeling that you get when you are amazed has actually been shown to be associated with a lower level of inflammatory markers in the blood. This journal exercise will help you look for awe in every day.

# Day 1 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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## Day 2 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

### START OF DAY

Three things I am grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

### END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 3 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 4 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 5 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 6 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 7 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 8 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 9 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 10 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 11 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 12 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 13 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 14 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 15 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 16 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 17 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 18 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 19 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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# Day 20 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that “passes the goose bump test.” (It can even include great experiences about your diet.)

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# Day 21 Journal:

DATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## START OF DAY

Three things I am grateful for today:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

How was my sleep last night?

How many hours? \_\_\_\_\_

Was it restful and refreshing? \_\_\_\_\_

## END OF DAY

Physical activity

How many steps did you take today? \_\_\_\_\_

Any other form of activity other than walking?  Yes  No

If so, what was it and for how long? \_\_\_\_\_ minutes

What went well today?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 1. \_\_\_\_\_

Something awesome today: Could be something that you saw, something you read, something you learned, something you experienced, or anything in your world that "passes the goose bump test." (It can even include great experiences about your diet.)

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