



Dr Barrett's 10 day express Detox Program Restore and Rejuvenate your health and vitality!

Detoxification – the elimination of toxic waste – has been used to promote health in cultures around the world for thousands of years. Many health problems may be associated with prolonged exposure to various toxic agents that our bodies may not be able to cleanse completely.

During periods of detoxification, certain nutrients are in increased demand to help turn toxic substances into harmless by-products for elimination from the body. This program has been specifically formulated to assist the body with these important nutrients, and is intended as a complement to an elimination diet to promote healthy detoxification activities.

The first 5 days of the program require a gradual removal of specific groups of foods from the diet in the order indicated. At the same time, you will be slowly introducing detoxification factors and nutrients. As you begin to eliminate foods from your normal diet, detoxifying reactions can result as a disturbance in sleep patterns, changes in body temperature, light-headedness, mood swings, headaches, joint or muscle aches, changes in gastrointestinal function, and changes in body odor or breath. These responses usually lessen in intensity during the program.

This is not a calorie-restricted program. Many people notice that they're initially hungry, but that tends to dissipate. Most people are able to carry on with their normal daily activities while on this program and even experience increased energy. So relax and enjoy the process. Let's get started!

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Day 1

Eliminate all:

- Refined sugars – anything with added sucrose, high fructose corn syrup or alcohol (cakes, cookies, candies, pastries, beer, wine, liquor)
- Caffeinated drinks (soda, coffee, tea)
- Artificial colorings, flavorings and sweeteners (packaged and processed foods)
- Meat (beef, pork, lamb, poultry, wild game)

Day 2

In addition to eliminating foods for Day 1, eliminate all:

- Dairy products and eggs

Start Ultra clear plus (Metagenics) - 1 scoop twice today in smoothie

Detoxification Support Packets (Designs for Health) – 1 packet twice today

Fiber Formula (Integrative Therapeutics) – 3 capsules twice today

Day 3

In addition to eliminating foods listed for Days 1 & 2, eliminate all:

- Gluten grains – wheat, rye, barley, spelt, kamut, oat and corn
- Note: you may continue to eat quinoa, rice, millet and buckwheat

Continue Ultra clear plus – 1 scoop twice today in smoothie

Detoxification packets – 1 packet twice today

Fiber Formula – 3 capsules twice today

Day 4

In addition to eliminating foods listed for Days 1-3, eliminate all:

- Remaining grains (quinoa, rice, millet, buckwheat)
- Nuts and seeds
- Note: you now should be eating *only* vegetables, fruits, legumes (along with Ultra clear plus)

Increase Ultra clear plus – 2 scoops twice today in smoothie

Detoxification packets – 1 packet three times today

Fiber Formula – 3 caps twice today

Days 5-7

Continue eliminating foods listed for Days 1-4, as well as legumes (beans, peas, lentils). Eat only those fruits and vegetables as listed below:

- Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts)
- Raw greens (red and green lettuce, romaine, spinach and endive)
- Fresh apples and pears (whole or freshly juiced)
- Canned apple or pear juice (no sugar added)

Increase Ultra clear plus – 2 scoops four times per day in smoothie

Detoxification packets – 1 packet three times today

Fiber Formula – 3 capsules three times today

Day 8

Gently add back fruits, vegetables and white rice (only) to diet
Decrease Ultra clear plus – 2 scoops three times per day in smoothie
Continue Detoxification packets – 1 packet three times today
Fiber Formula – 3 capsules two times today

Day 9

Add back:

- Quinoa, millet and buckwheat
- Legumes and nuts

Continue Ultra clear plus – 2 scoops twice per day in smoothie
Detoxification packets – 1 packet twice today
Fiber Formula – 3 capsules twice today

Day 10

Continue Detoxification packets – 1 packet twice per day until gone

Congratulations! You have successfully completed the 10 Day Express Detox Program. For maximum benefit from this program, it is important to slowly reintroduce the foods which you have not added back to your diet. If you suspect you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction. If unsure about a reaction, wait until symptoms recede and eat only foods that do not cause a reaction. Then ingest the suspicious food again and take note.

Program Tips:

1. Purchase organically grown produce or wash conventional produce thoroughly to remove pesticide residue.
2. During Days 5-7 you may want to curtail some of your more strenuous activities, as you may experience a decrease in energy.
3. If you get light-headed or excessively fatigued, this may be a sign of low blood sugar. Keep an apple or pear handy (allowed throughout the program) or consume a serving of Ultra clear plus.
4. if needed, add 4 oz. Wild Alaskan Salmon baked or broiled at lunch and/or dinner (I usually need this!)

Ultra clear plus Smoothie recipe

2 scoops Ultra clear plus protein powder

1 cup rice milk or organic apple juice

½ cup frozen organic berries (I like blueberries)

Optional – 1 tsp PaleoReds, 1 tsp PaleoGreens and 1 tsp acai berry powder

Ice

Blend and enjoy!

Detox Soup

All organic ingredients:

Chop several large heads of broccoli, cilantro (whole bunch), 1 burdock root in small slices, few leaves of red chard, 1 small zucchini, 5 cloves of garlic, 1 sprig of fresh rosemary, 2 tsp of ground turmeric root, and 1 – 2 tbsp of fresh diced ginger, add water to boil the vegetables.

This is a thick soup, so if your pot is full of vegetables, add half as much water.

Simmer until the vegetables are soft; pour into a blender and puree. Taste and flavor as needed with dry turmeric, rosemary, cumin, and cayenne. Store in the refrigerator and heat before serving