Welcome!

I am so excited for you to be embarking on this incredible journey towards optimizing your health and vitality.

Some of you may be old pros at detoxing. Others might be anxious about doing a detox, but rest assured that I have designed this program so that you will never feel deprived. We are going to bring your body back into balance naturally, by eating whole, real foods.

You will emerge from this program not only feeling lighter and more energized, but armed with the knowledge of:

- How to eat clean and choose foods that support your unique body;
- Simple ways to support cell regeneration and your liver’s natural detoxifying function
- Techniques to reduce stress—our biggest source of toxicity—on a daily basis.

Beyond the health benefits of the detox itself, these tools will serve you and your family for a lifetime.

We live in an age of information saturation. With so much health info being bombarded at us—often giving conflicting advice—even my most knowledgeable clients end up confused about what to eat. My mission in life is to teach busy people how to make clean eating a way of life and how to regularly eliminate toxins, safely and effectively. Toxic overload can lead to fatigue, food allergies, weight gain, hormonal imbalance and a host of health issues.

Trust me, I’ve been there. I was once on the coffee and sugar rollercoaster myself, and struggled to juggle the demands of my work and personal life. Since discovering clean Qualitarian eating for myself, I have never looked back. Why settle for low energy when you can jump out of bed in the morning ready to make your dreams and health become a reality?

Regularly Detoxing allows you to enjoy:

- More energy
- Better moods
- Improved concentration
• Improved digestion and bowel elimination
• Reduced bloating and gas
• Fewer food allergies
• Weight loss or gain, as needed
• Hormonal balance
• Better skin
• Better sleep

So let’s harness that spring-cleaning energy, throw open the windows, and get rid of the internal clutter—both physical and mental.

**Time to Detox!**

**What is Detoxification?**

Detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

**Program Overview**

I have designed this detox to be as easy to follow as possible. First, by following the 21-day email sequence, you will slowly and steadily begin to eliminate toxins from your diet and introduce healthier, clean foods along with healthy lifestyle habits. Some of you may already be eating a clean and healthy diet, but are looking for new recipes, a community to connect with, information about detoxification and so on. If so, you’ve come to the right place, as there is a ton of information and knowledge to gain from following this challenge!

The 21-day Spring Detox Meal Plan can be followed exactly as is, or if you are new to clean eating, choose the recipes that excite you and introduce healthy meals at a pace that feels good to you. The point of this detox is not to overwhelm you, but to educate you about your body, health and supply you with delicious and nourishing foods to optimize your health!

Within the first ten days of this challenge, you will begin to reduce caffeine, processed foods, and sugar gradually, in order to minimize withdrawal symptoms and optimize detoxification. Familiarize yourself with the program materials and recipes, mentally begin to shift your attitude...
towards that of positivity and healing and start to adopt more self-care habits which you can find in this manual and in The Qualitarian Life eBook. Self care is essential and will be one of the things we focus on during the next 21 days 😊

Set yourself up for success:

Download the program documents and set aside the time to read through them. Don’t be overwhelmed or think of the materials as homework. Rather, consider them a treasure trove of information on how to feel your best!

- This **essential detox guide** gives you the scoop on everything you want to know about detoxing—from spring detox foods to gut health to the truth about grains and so much more!
- **Your Spring Detox Recipe Guide + Meal Plan** is your easy-to-follow guide for all things food, stocking your kitchen and planning your daily meal schedule.
- The **shopping list & meal plan template** allows you to write out exactly what you need for meal planning. Since you can switch up the meals however you like, the template is a great way for you to plan your own meals according to your schedule and allows you to be prepared and organized!

**The Importance of DETOXING**

Clients often ask me why they should detox. The reality is, no matter how cleanly we eat, we live in a very toxic world. Before we even open our mouths to take a bite of food, we are exposed to industrial pollution in the air and toxins in our cleaning products and cosmetics. Not to mention the havoc wreaked on the body by stress. So the question is not ‘am I toxic?’ but rather ‘how toxic am I?’

Not that long ago in historical terms we didn’t have processed foods, mass agriculture, or the levels of pollution we face today. Our bodies detox naturally, but they have not evolved fast enough to keep up with the increasing toxic load. When the body’s natural detoxification systems reach their limit, we begin to experience symptoms of over toxicity, which can lead ot a host of health issues, such as:
• Fatigue
• Foods allergies or intolerances
• Skin problems
• Weight gain or inability to gain weight
• IBS, constipation, or irregular bowel movements
• Hampered immunity
• Headaches and migraines
• Joint pain and inflammation
• Hormonal imbalances
• Depression, anxiety, or constant mood swings
• Trouble sleeping
• Low sex drive
• Sugar cravings
• High Blood Pressure
• Increase Acidity
• Osteoporosis
• Diabetes
• Hormonal Imbalances
• Fatigue
• Decreased Immune Function
• PMS
• Menopausal Issues
• Heart Disease
• Infertility
• Disrupted Sleep Patterns

If you suffer from any of the above, this is a great time to hit your body’s reset button by detoxing. Even if you aren’t experiencing any symptoms, it is recommended that everyone detox seasonally to give the body’s detox organs a break.

So here’s the thing... Detox has become such a buzzword, I find that people often think they can run out to the nearest health food store, buy a 10-day detox kit and viola, are fully detoxed in 10 days! Unfortunately, it doesn’t work that way. We detoxify EVER SINGLE DAY, so as much as a detox kit can help, it’s with our food, managing stress and paying attention to toxins in our cosmetics and household cleaning products that TRULY assist in detoxification.

We need to support the health of our liver, our main detoxifying organ, on an every day basis, along with the health of our gut in order to truly have vitality, optimal health and to assist our body in effectively detoxing. This is
why what you eat is SO important and that’s why the meals designed for you in this program are essential for your health and detoxification.

By following this program, you will release the toxins that have found their way into your organs, fatty tissues, and blood.

Regularly Detoxing allows you to:
1. Alkalize the body naturally
2. Reduce sugar intake and eliminate cravings
3. Improve the function of the detox organs and boost cellular health
4. Improve digestive and gut health
5. Increase mental clarity and focus
6. Reduce inflammation and acidity

Good health rests on the condition of our cells. Healthy cells require the essential components of:

- Oxygen
- Healthy foods containing nutrients and minerals
- Adequate hydration
- Well-functioning detoxification pathways

Simply put, when you are not getting these four building blocks for cellular regeneration, you will not feel your best.

Are you ready to reboot and recharge?

**Detoxing During The Spring Season**

While winter is a time for conserving energy and turning inward, spring brings with it a feeling of renewal, new life and expansive energy. In Chinese medicine, each organ is associated with a season. Spring is all about the liver and the gallbladder.

The liver and gallbladder work in harmony to support a strong immune system, balanced moods, and healthy digestion. The liver is responsible for filtering and neutralizing harmful substances in your body. It has 500 metabolic jobs, which it cannot perform optimally when overburdened with toxins. Chinese medicine also believes the liver to be responsible for the smooth flow of energy (Qi) throughout the body.
Why is the gallbladder so important? Bile is produced in the liver and stored in the gallbladder. A toxic and overburdened liver leads to impaired release of bile from the gallbladder, which affects the breakdown of fats and overall digestion.

As you rid your body of toxins, you will feel cleaner, lighter, more focused and find your mood to be more balanced. Chinese medicine holds that each organ is associated with an emotion. The emotion associated with the liver is anger, and resentment is linked to the gallbladder. If you have found yourself feeling irritated or angry, this detox should help you release those blocked emotions and find a sense of peace.

Allowing emotional toxins to arise and release during the program is just as important as the physical side of the detox. If you find emotions coming up, give yourself the space to sit with them. Journal, take a bath, go for a run, or talk to a trusted friend. Spring is about letting go of the old and allowing a fresh start. You are giving yourself the best possible gift this season by detoxing the liver.

**Foods That Support The Liver During Spring**

By following this program, you are eating foods in season that naturally cleanse your liver and support a harmonious body. Eating with the seasons supports detoxification. If you would like to add other foods for great liver health in the spring, try adding the following:

**Artichoke:** A wonderful choice for the liver and the gallbladder because it increases bile flow.

**Asparagus:** Helps cleanse the kidneys and reduces water retention. It is also a rich source of folate, important for healthy cells, and high in glutathione, a vital antioxidant for detoxification.

**Dandelion:** Stimulates the digestive juices. Helps to digest fats and supports the body’s natural detoxification processes. You can juice dandelion leaves, cook with them, or drink dandelion tea. Spring is the ideal time to reap the benefits of dandelion greens, as they become too bitter in the summer.

**Garlic:** Antibacterial, antiviral, anti-fungal, and anti-cancer. Garlic supports detoxification and is one of nature’s best antioxidants.
Nettle: Rich in antioxidants, vitamins, and minerals, including natural iron, nettle is fabulous for strengthening the liver, adrenals, and kidneys. Wonderful in tea form, it can be taken up to 3 times a day for extra nourishment during this detox.

Peas: Rich in vegan protein and packed with essential nutrients. An ideal food to substitute for heavier protein sources during a detox.

Sea Vegetables: Dulse, nori, kelp, arame, and kombu all supply minerals and iodine to help support the thyroid and immune system.

Leafy Greens: Kale, Swiss chard, spinach, bok choy, mustard greens, and watercress. Are all rich in magnesium, which is an important detoxifying mineral.

Fresh Herbs: Parsley, cilantro, and basil and amazing chelators. They help bind to heavy metals and flush them from your system.

Super Foods: Chlorella, spirulina, wheatgrass, chlorophyll, barley grass, and wild blue algae are incredibly supportive of the liver, gut, immune system and supply your body with vital nutrients.

**Simple Steps to Maintaining Good Liver Health**

- Ensure proper digestion and elimination
- Avoid environmental toxins/stressors
- Increase water and fiber intake
- Avoid excessive alcohol, saturated fats and refined sugar
- Ensure a healthy clean diet & appropriate supplementation

**Detox with Spices!**

A great way to boost flavor in your meals without using sugar or salt is to add fresh herbs and spices.

**Anise/star anise**: Great for soothing the digestive tract.

**Cayenne**: Stimulates circulation, boosts the immune system.

**Chili powder**: Anti-inflammatory and speeds the metabolism.

**Cinnamon**: Regulates blood sugar and aids in digestion.
Cumin: Relieves gas and supports digestion.
Coriander: Protects against urinary tract infections and aids in digestion.
Garlic powder: Regulates blood pressure.
Mustard: Anti-inflammatory properties.
Oregano: Anti-bacterial properties.
Turmeric: A potent anti-inflammatory that naturally detoxifies the liver.

Phases of Liver Detoxification

Your liver goes through two detoxification phases in order to eliminate wastes and toxins. In phase I, the liver works to neutralize chemicals and wastes, while in phase II, the liver further alters these chemicals and toxins and excretes them from your body. It’s important that we provide the right nutrients and foods to help the liver during these two phases.

Support Phase I Detoxification

- Eat cruciferous vegetables such as: broccoli, cauliflower, cabbage and brussel sprouts
- Include citrus fruits, like lemons and limes
- Load up on vitamin C rich foods such as, strawberries, papaya, peppers and kale
- Include vitamin E rich foods such as avocados, sunflower seeds and almonds
- Include anti-inflammatory turmeric (or the supplement Curcumin) into your diet

Support Phase II Detoxification

- Cruciferious vegetables are also important here. Broccoli, cauliflower, brussel sprouts and cabbage are great options, just as above
- Include pasture raised organic eggs
- Eat sulfur contains foods such as: garlic, onions, leeks and shallots

Glutathione – Antioxidant Powerhouse

Glutathione is a powerful antioxidant produced by the liver. During phase I and Phase II of detoxification, glutathione will step in and help to neutralize any free radical damage and assist in the detoxification
process. Walnuts, asparagus and avocado are all rich in glutathione. Be sure to include them into your diet weekly for extra liver support.

**Loving Your Liver Daily**

By now you’ve seen just how important the liver is in maintaining optimal health.

**My Top 10 Suggestions for Loving Your Liver and Reducing its Workload:**

1. Eliminate the toxic load of what you ingest through food and drink. Try to eat organic when possible. Cut out alcohol during this detox and/or keep alcohol consumption moderate going forward. Alcohol slows down the detoxification process.
2. Reduce toxins in your home by choosing natural beauty products and cleaning products when possible. Refer to The Qualitarian Life for details on ingredients and how to make your own body care.
3. Consume lemon water/apple cider vinegar or The Slimming Sip elixir every morning upon rising.
4. Stay hydrated by drinking half your body weight in ounces of water daily. For a boost in cellular regeneration and liver support, add 1 teaspoon of chlorophyll, spirulina, or any green powder to 10 ounces of water. Consume up to 3 times a day during this program if you like. You can find these at your local health food store or online.
5. Support a healthy colon by drinking flax tea (add 1 Tbsp. of flax seeds to one cup of water), or add extra fiber, such as chia or flax seeds, to meals. Fiber is vital for removing toxic wastes from the colon.
6. Eat foods that naturally cleanse the liver, such as apples, lemons, limes, asparagus, broccoli, radish, cucumber, spinach, watercress, parsley, cilantro, and other bitter greens.
7. Have a green juice or green smoothie every day. Liquefied nutrients make them easier to digest and assimilate.
8. Close the kitchen three hours before bedtime. Sleep is when the liver begins to clean the body of wastes. If you are hungry before bed, hydrate by drinking a natural homemade electrolyte elixir: take 20 ounces of water and add the juice of one lemon, 1/8 teaspoon of sea salt, and 1/2 teaspoon of raw honey or a bit of stevia to sweeten (optional).
9. Incorporate dry skin brushing and Epsom salt baths regularly to help support the body’s natural detoxification pathways.
10. Rub some cold pressed castor oil on your liver (located under your ribs on the right side) to help assist in detoxification. Read more about the benefits and how to use it here - http://holisticwellness.ca/from-boobs-to-pubes-the-many-uses-of-castor-oil/

**Identifying Food Intolerances**

Many children and adults have sensitivities and intolerances to food. When you ingest food to which you are intolerant, the body releases histamines into the bloodstream, causing inflammation. If the body thinks it is under constant attack, then we start to feel sluggish and may experience other health issues including candida, digestive issues, or blood sugar imbalances.

Everybody is different. There is no one-size-fits-all approach to dieting. What works for you may not work for someone else, and vice versa. One person might thrive on grains, for example, while another person may feel sluggish and experience digestive upsets when eating them.

Food allergy tests are pricey and are not always reliable, as intolerances shift over time. The most inexpensive and accurate way to determine various foods’ effects on you is to do an elimination diet, in which you eliminate common allergens and add them back in one by one to determine your reaction.

If you feel there are certain foods that you are reacting too, taking the next 21-days to eliminate them may be a great way to heal your digestion and to experiment with the food elimination diet. After 21-days, you can reintroduce those foods back to your diet to see how you react to them.

There are many foods that may be wreaking havoc on our system, but if we’re eating several of the main culprits (wheat/gluten, eggs, peanuts, soy, dairy, sugar, corn and caffeine), it’s hard to tell exactly what’s triggering the reaction. Most of these culprits, with the exception of eggs and some natural sugars, are not included in your detox meal plan. Sometimes symptoms of intolerance manifest themselves immediately upon eating food, but other times there is a delayed reaction, further complicating matters.
Your food diary (last page in this guide) will allow you to systematically and objectively track your physical and emotional reactions to each meal and determine exactly which foods suit you or not. Ironically, it’s often the foods we crave the most that are harming us. By breaking any food addictions, this program will allow you to reduce cravings and start fresh.

You will be amazed at how great you feel when you eliminate your personal culprits from your diet. If you ever feel tired or have health issues in the future, use the elimination diet to determine what might be causing you issues.

**To maximize the benefits of your detox:**

1. Follow the suggested meal plan, but feel free to make substitutions based on taste preferences or any known food sensitivities.
2. Aim to eat every 4 – 5 hours.
3. Be sure to add protein to your vegetarian meals. Some of the recipes are more plant based and lighter, so feel free to add your choice of protein. With animal products aim for organic, pasture raised (ideally) and antibiotic and hormone free. With plant based sources, organic is best and beans (if canned) should be rinsed and contain no salt.
4. Hydration is key to flushing out the toxins and keeping hunger at bay. Be sure to drink lots of water!
5. Write in your food diary after every meal. This will allow us to see which foods are causing inflammation and which foods make you feel energized. Note any dips in energy levels throughout the day.

* In my private practice, I have my clients eat 3 meals a day, every 5 hours. All meals are balanced; contain high quality protein and maintain healthy blood sugar levels. This is mainly for all my weight loss clients and for those clients who are wanting to improve their digestion, insulin and hormonal imbalances. Based on one’s activity levels and/or goals, I understand that some people may require more meals or enjoy eating every 3 hours; especially if you are diabetic and/or have blood sugar instability. Please do what feels best to YOU. If you have diabetes, have over 20+ pounds to lose and are suffering with inflammation and hormonal imbalances my private coaching program is a great suit for you! Please don’t hesitate to reach out and find out more details about my metabolic weight loss program. Connect with me at samanthagladish@gmail.com
What to expect

We have to ensure that we are rebuilding our cells as we detox. The best way to do this is by giving our body nourishing food. Make sure you are eating enough fats, greens, and proteins for your body, which is all contained in your meal plan. Really listen and be conscious of your physical needs as you have breakfast, lunch, dinner, and snacks.

If you find yourself low in energy, by all means add an extra smoothie or sip on miso soup, bone broth, or vegetable broth. Keeping up your nutrients is important, and detox need not be about deprivation. If you feel your body requires extra protein—especially if you are working out or know you do better with more protein for balancing blood sugar—then I suggest adding extra protein powder (hemp, pea, whey, brown rice) to your morning smoothie or a few extra ounces to your meal. You know your body best.

Some people experience increased vitality from the beginning of a detox while others may feel a little tired for the first few days.

If you experience any withdrawal symptoms from eliminating or reducing your caffeine, sugar, dairy and gluten intake, such as headaches, bloating, fatigue, nausea, or irritability, do not worry. These symptoms will not last long, and they can be alleviated with the detox tools below. Remind yourself that the discomfort is a sign that your body is getting healthier as it releases these toxins.

Detox tips and tools

Performing these simple acts will help to release toxins from the liver and other organs that help detox your body, such as the lymphatic system, the colon, skin, lungs, kidneys, and bladder.

If you are feeling lethargic or experiencing detox symptoms, then I encourage you to:

1. Drink more water – I suggest drinking half your body weight in ounces of water daily. Add the juice of a lemon or lime to enhance elimination and change up the taste.
2. Sweat it out – treat yourself to an Epsom salt bath. This is a sure-fire way to get a healthy and natural dose of magnesium into the body and sweat out toxins. It’s also a great way to relax. I enjoy an Epsom salt
bath 3 times a week when I’m detoxing. Add 1 cup Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup raw apple cider vinegar (optional) to a warm bath. Feel free to add a few drops of lavender or any other essential oils of your choice.

3. Tongue scraper – it may sound strange, but this will scrape away the mucus that builds up on the tongue. More details about dental health is in The Qualitarian Life.

4. Skin brush – as the largest detox organ—sometimes referred to as the third kidney—the skin is vital for healthy detoxification. Skin brushing can decrease the toxins in your body by 25%! I dry skin brush every morning before my shower. More details on how to dry skin brush is in The Qualitarian Life.

5. Practice deep breathing, which not only oxygenates the cells but promotes relaxation. In The Qualitarian Life I help guide you through an effective breathing technique.

If you want to go deeper, here are a few extra detox support tools.

Advanced detox tips and tools you can add into this challenge:

**OIL PULLING:** Oil pulling has been a common detoxification practice for centuries. You can use coconut oil or sesame oil. Here’s how you do it:
- Put 1-2 tablespoons of oil in your mouth
- Swish the oil for 10 - 20 minutes
- Spit the oil in the trash can or toilet (to avoid it hardening and clogging up your sink)
- Rinse your mouth with water and sea salt
- Brush your teeth

For maximum benefits, oil pulling should be done on an empty stomach. The best times are upon rising and before bed.

**CLAY:** Bentonite clay, composed of volcanic ash, is known for its ability to absorb and remove toxins.

Dissolve ½ cup of Epsom salts into warm/hot bath water. Mix ½ cup bentonite clay in ½ cup of warm water and stir until clay is dissolved. Add the clay to the bath and soak for 20 minutes. Feel free to add in essential oils of your choice.
Alternatively, you can ingest bentonite clay, which is great for cleaning out the GI system of pathogens. Drink/take 45 minutes away from other supplements.

**INFRARED SAUNA:** Treating yourself to a sauna 1-2 times a week during this program is not only relaxing but also a great way to support lymphatic cleansing. Look for an infrared sauna at your local gym or spa. I suggest drinking the natural electrolyte elixir, coconut water, or green juice after being in the sauna to help replenish minerals lost through sweat.

**ENEMAS / COLONICS:** Enemas are a good way to remove waste naturally from the colon. Often bacteria, yeast, and unwanted pathogens can create toxic build-up, leading to poor digestion. A coffee enema is amazing for detoxing the liver.

For more information on how to do an enema in the privacy of your home, check out this link: [http://www.foodmatters.tv/articles-1/detox-enemas-why-and-how](http://www.foodmatters.tv/articles-1/detox-enemas-why-and-how)

Doing an enema at home is more straightforward than you might think, but if you prefer, you can have an experienced colon hydrotherapist perform a colonic. You can search online for enema kits or find them at your local health food store. Getting one or two colonic done during the program will support your liver and colon in detoxification.

**CONTRAST SHOWERING:** Alternating between hot and cold water in the shower supports lymphatic drainage. The hot water brings blood flow to the skin surface while the cold water brings blood flow inward to the organs and is beneficial for detox and circulation.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 10 - 15 minutes, always finishing with cold water.

**REBOUNDING:** Rebounding has been proven to be effective for lymphatic drainage. I suggest rebounding for 15 minutes per day. You can find great rebounders online or at your local sports equipment store. Mine cost only $40 and fits perfectly under my bed.

**YOGA:** Yoga poses that stretch, twist, and compress all parts of the body help eliminate impurities from different organs and allow oxygenated and nutrient-rich blood to flow through the organs.
To benefit from yoga’s detox benefits, seek out a local studio or do a gentle home practice with the support of YouTube or online yoga course platforms.

**Sugar Addiction**

You will see only natural sugars such as raw honey, maple syrup, coconut sugar or stevia in this program. Sugar depletes minerals from your body and inhibits natural enzymes from working. We often crave sugar the most when we’re stressed out or tired, moments in which we are depleted already. It is important to take time out for yourself to find sources of pleasure besides food and incorporate habits into your life that allow you to de-stress.

Stevia tends to be a favorite sugar substitute, as it’s a natural sugar that does not lead to blood sugar imbalances or feed candida. If you prefer to completely omit sugar during this challenge, please go ahead and do so, making sure to eliminate any necessary snacks or treats.

**The Effects of Sugar on Your Health**

- Causes your glucose to spike and then plummet
- Leads to unstable mood swings, headaches and fatigue
- Increases the risk of obesity, diabetes and heart disease
- Depletes immunity, which in turn can lead to more colds, flu’s and illness
- Sugar causes aging by binding to proteins in the body and effecting the elasticity and suppleness of your skin
- Forces liver cells to change by spiking insulin
- Impairs gut health

**My top suggestions for curbing sugar cravings are:**

- Make sure you’re getting enough protein and good fats for a feeling of satiety
- Have some low-GI fruits, like berries, green apples, and grapefruit
- Add root vegetables, figs, or dates to your diet
- Sprinkle cinnamon on fruit, in your smoothie, or in your coffee substitute
- Enjoy a cup of herbal tea with stevia
- Do something nice for yourself that doesn’t involve food
Juicing

Juicing is a terrific way to benefit from the nutrients in vegetables without the fiber. It can be particularly beneficial for those who suffer from digestive distress, celiac, ulcers, and other conditions in which digesting fiber is problematic. If you don’t suffer from these problems and are worried about fiber, you can blend vegetables in a high-speed blender rather than juice them or add 1-2 tablespoons of flax meal or chia seeds to your juices. You can also add a dash of ginger, cinnamon, or cayenne to enhance your digestive enzymes.

Drinking at least one juice a day is an easy way to alkalize the body and purge it of acid wastes that can lead to headaches, bloating, and fatigue. If you do not have a juicer, you can buy cold-pressed juices at your local juice bar or health food store (watch that they don’t contain any high-GI fruits so you don’t spike your blood sugar). Or simply add 1 teaspoon of chlorophyll, spirulina, or any green powder to 10 ounces of water up to 3 times a day during this program.

Alkalinity

Alkaline foods are foods that raise the amount of oxygen the blood takes in. The body is naturally slightly alkaline, but consuming too many acidic foods and drinks (including sugar, caffeine, and mucous-producing foods such as dairy and glutinous grains) can disrupt its pH balance. Being out of balance makes us more susceptible to illness.

Ways to alkalize the body include:

- Eating more greens and water-rich foods such as fruits and vegetables
- Adding lemon and lime (which may taste acidic, but are actually alkalizing) to water
- Drinking coconut water and green juices / superfood greens in water
- Adding sprouts to your diet. Sprouts are a nutrient-dense, enzyme-rich food full of vitamins and minerals
- Sea vegetables, such as nori, dulse, or wakame, are naturally cleansing and wonderful for the thyroid, adrenals, kidneys, and liver. They help to detoxify the liver and digestive tract. One of my favorites is Maine Coast Sea Sprinkles - it’s easy to incorporate into meals.
- Breathing deeply
- Reducing stress
Gut Health and Probiotics

Did you know that 95% of serotonin—the neurotransmitter considered responsible for happiness and wellbeing—is produced in the gut? And that 80% of your immune system is located in your gut?

Hippocrates, considered the father of modern medicine, said “all disease begins in the gut.” During this program, you are eliminating foods that are common allergens. Avoiding these potential inflammatory foods and favoring foods that are easy to digest, supports gut health.

What causes the gut to get out of balance?

- A diet high in sugar
- A diet high in processed foods
- Smoking
- Stress
- Fried Foods
- Eating too fast and not chewing food properly
- A diet low in minerals and healthy fats
- Years of taking antibiotics or birth control

The gut is populated by both “good” and “bad” bacteria, also known as gut flora. Our aim is to raise the ratio of healthy (good) to harmful (bad) bacteria. Adding probiotics to your diet, in the form of cultured foods and/or supplements, will help you increase the good bacteria in your gut, promoting improved digestion. Good digestion is vital for your health as it optimizes the assimilation of your nutrients. If you have IBS, constipation, acid reflux, or any digestive distress or hormonal imbalance, then adding probiotics is a top priority. I speak more about this in The Qualitarian Life eBook.

GOOD SOURCES OF PROBIOTICS INCLUDE:

- Cultured vegetables support weight loss, reduce cravings, and help avoid constipation. I suggest starting with 2 tablespoons of cultured vegetables with each meal and slowly increasing by 1 tablespoon until you reach ¼ cup at each meal. Sauerkraut, kimchi and kombucha are all great options. Be sure use choose kombucha that is low in sugar
- Coconut water kefir—homemade or store-bought
- Coconut milk, almond, or any unsweetened and dairy-free yogurt

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.
• Coconut milk kefir or any non-dairy kefir
• Bubbie’s cultured foods, available in your local market or local health food store
• High-quality probiotic supplements, which can be purchased at your local health food store. I suggest choosing a probiotic with at least 15-50 billion colony-forming units (CFUs)

If you add probiotics to your diet and find you experience “die-off” symptoms such as headaches, loose stools, or belly bloat from the bad bacteria dying off, then reduce the amount of cultured foods and take a break from your probiotic before reintroducing.

If you experience digestive upset (bloating, loose stools, or acid reflux), I encourage you to try more puréed foods, soups, smoothies, and warm foods. Try chewing on ginger or taking digestive enzymes (which help to break down fats, proteins, and carbohydrates) prior to eating salad or other raw vegetables. You can also drink apple cider vinegar added to some warm water 20 minutes before each meal—to enhance the natural enzymes in your body and stimulate digestion.

A few things to consider about your digestion:

• It’s where everything beings and ends
• Digestion begins with chewing – there are no teeth in your stomach!
• If you are not chewing properly, your stomach is overworking
• There are 3 vitality important digestive enzymes: amylase (carbs), protease (protein), lipase (fat). Look for these in any digestive enzyme supplement
• Relax when eating – Rest=Digest
• Our state of mind greatly determines how we digest our food. If you’re angry, good chance you’re not chewing properly
• Include some raw food with your meals – they contain active enzymes which help improve digestion and assimilation
• Do not drink more than 1 cup of water with your meals
• Consider taking some digestive bitters, which assist in food breakdown (gentian, globe artichoke, ginger, black walnut, cardamom)
• DON’T take antacids! They damage the gut lining, prevent us from killing off necessary bacteria, affects absorption of iron, B12 and calcium (hello hip fractures!).

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.
Grains, phytic acid and your metabolism

During this program, we are finding your body’s own unique blueprint. Grains, nuts, beans, and seeds are fine for some people while others experience bloating, constipation, headaches, skin problems, thyroid imbalance, joint pain or weight gain. There are limited grains on this meal plan, but please be sure to include some throughout this detox if they do agree with you. Alternatively, you can replace grains with starchier vegetables, such as sweet potato, squash or pumpkin.

The reason grains, nuts, beans, and even seeds (including flax and chia) can cause problems is that they contain phytic acid. Phytic acid is a compound that comes from the phosphorous found in plants. Too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body, such as zinc and iron. Phytic acid also interferes with the natural enzymes your body needs to digest your food. Some people who have autoimmune, thyroid, metabolism, and chronic candida or weight issues, see improvement when they eliminate or reduce phytic acid.

If you eat grains, I recommend soaking the grains beforehand to reduce the phytic acid (see instructions below). If you are looking to lose weight, then I suggest keeping to only one serving of grains per day or omitting them completely.

Here are some simple guidelines:

• These grains, technically considered seeds, are easier to digest:
  - Amaranth
  - Buckwheat
  - Millet
  - Quinoa

• You can also try the following grains and note any bloating or reactions in your food diary:
  - Brown rice
  - Wild rice
  - Gluten-free oats

• Soak your grains and seeds to reduce phytic acid:
1. Add the grains, beans, seeds, or nuts to a bowl of warm or room-temperature water.

2. Add 1-2 tablespoons of lemon juice or Bragg’s raw apple cider vinegar.

3. Soak the grains, beans, seeds, or nuts for 12-24 hours.

4. Leave the bowl sitting on your countertop.

5. Empty the grains, beans, seeds, or nuts into a colander, and rinse at least 6 times to remove any remaining phytic acid.

6. Cook the grains, seeds, or beans as usual, or store the seeds or nuts in your fridge for 1-2 days before using.

**Daily Fats**

It is important to consume good fats during this program. Adding avocado, avocado oil, flax oil, flax meal, ghee, grass fed butter, coconut oil or olive oil to any of your meals is a fabulous way to get your daily dose of fat. You can also use chia seeds and hemp seeds for an extra fat and protein boost.

I have found that adding coconut oil into my diet, which is a medium-chain fatty acid, is great for energy and weight loss, plus it helps me to feel energized through my detox. * Some people do react to coconut; so pay attention to your consumption, as this may be a food that causes some digestive and intestinal distress.
PAY ATTENTION TO PHYSICAL & EMOTIONAL REACTIONS TO FOOD:

**PHYSICAL** symptoms are bodily sensations.

1. **CLUES FOR IMBALANCE**: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
2. **CLUES FOR BALANCE**: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.

**EMOTIONAL** symptoms may be a little harder to notice.

1. **CLUES FOR IMBALANCE**: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, and hyper.
2. **CLUES FOR BALANCE**: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD

**Upgrade Your Day**

In addition to eating clean, taking the time each day to relieve stress is the key to optimal health. I know how stressful life can be, but with practice we can learn to get into a calm state of mind. When you practice conscious thought, meditate, or do deep breathing, your cortisol levels decrease, and your cells awaken.
Some calming rituals to try:

- Write in your journal each night
- Do one minute of meditation upon waking, throughout your day, and before you go to sleep
- Keep a gratitude journal, which has been proven to increase feelings of positivity and happiness
- Get moving! Exercise releases endorphins, and sweating is detoxifying. Find an exercise you like and go do it!
- Enjoy an Epsom salt bath at night or do a castor oil pack once a week with some essential oils
- At least once during your detox, treat yourself to a sauna, a massage, or do a self-massage.

Managing stress involves being VERY proactive in your health from day to day. It’s important that you, schedule ‘me’ time, sleep, keep your environment clean & organized (lots of mess increases cortisol levels), develop networks of support, practice saying NO, ditch the coffee (caffeine will not allow your adrenals to heal), smile, even when you don’t want to and consider taking a B vitamin complex and vitamin C.

**Top 10 Tips to Rock Your Detox**

The more you plan and prep ahead of time, the more fun and easy your detox will be. Research shows that one of the keys to changing habits is not intention or will power, but your environment. As such, the easier you make things for yourself, the more likely it will turn into a habit.

**Here are my favorite timesaving tips for the busy detoxer:**

1. If you’re not a morning person, try preparing your lemon water and/or breakfast smoothie the night before.
2. If you do not cook, then find a healthy place in your neighborhood to have your meals prepared for you. However, I do encourage everyone to experiment with food and learn to prepare their own meals.
3. Use the meal planner as a guide and feel free to exchange recipes where needed. Print out the meal planner and goal tracker and put it on your fridge.
4. If you are traveling, then look for clean eating restaurants that serve up salads, vegetables and quality protein (animal or non-animal based).
5. Make soups ahead of time. Easy for grab and go and can be stored in a thermos.
6. Prep salads and chop vegetables and add them to BPA-free containers or Mason jars in the refrigerator.
7. Prep your clean sources of protein and have them ready to go.
8. Buy snacks such as kale chips, seeds, guacamole, or make one of the suggested snacks in the guide.
9. Know when your moment of weakness is in the day and have something ready for that time (carrot sticks if you like chips while watching TV, protein balls if you crave an afternoon snack at work, etc.)
10. Enlist a friend or family member for encouragement, or make use of The Qualitarian Life Facebook group for virtual support. Join the group here - https://www.facebook.com/groups/1543881855853073/

FAQ’S

Can I exchange the meals on a specific day for another recipe in the Recipe Guide?

Yes, you can refer to your Recipe Guide and exchange meals. You do not have to stick to the exact menu in the suggested meals.

What if I’m eating on the go?

If you are eating out, remember the building blocks of a healthy meal:
• Vegetables prepared in a healthy manner (not fried or covered in sauce)
• Chose clean sources of protein prepared in a healthy manner
• Eat a small amount of good fat, i.e. Avocado, olive oil, coconut oil, nuts and/or seeds

What if I am traveling?

Pack kale chips, raw veggies or nuts and seeds and fresh fruit. Hotels and restaurants can almost always make you a healthy meal. Don’t hesitate to ask for foods to be preared to your liking and dietary needs. Eggs can also make for easy and healthy protein on the go. Personally (and because I know my body and how I react to hotel food) I
pack a travel blender, like the Nutri-Bullet and head to a local grocery store to grab fresh fruit and veggies. I make sure to pack protein powder, superfoods like chia and hemp and make my own smoothies in my hotel room in the morning.

I have a party to attend, what do I eat?

Simple and clean eating is what this detox is all about. Try to opt for a simple and clean choice like a healthy salad with lemon and olive oil, and include 3-5 ounces of high-quality protein such as grilled chicken or avocado.

When in doubt, eat something healthy at home before the party or sneak some healthy snacks into your car or purse.

Sip on sparkling water with a slice of lime, so people don't pressure you to drink alcohol.

I’m on a budget. Can I still do this detox?

Absolutely! I pride myself on not pushing expensive powders or meal replacements. The idea is to detox naturally with whole foods.

To eat healthy in a cost effective way, look for a local CSA or farmers’ market. Frozen organic produce can also be good value for your money. If the cost is an issue, try to budget your organic dollars for the fruits and vegetables that have been shown to have the highest pesticide load¹.

The “dirty dozen”:

• Apples
• Strawberries
• Grapes
• Celery
• Peaches
• Spinach
• Sweet bell peppers
• Nectarines (imported to the US)
• Cucumbers
• Cherry tomatoes

¹ List from ewg.org
• Snap peas (imported to the US)
• Potatoes

**Plus** these, which may contain organophosphate insecticides, are considered "highly toxic" and of special concern:
  • Hot peppers
  • Blueberries (US domestic)

**I have a headache. Am I doing something wrong?**

No, you are not doing anything wrong. Headaches, feelings of nausea, tiredness and/or emotional swings are all common effects of a detox. These are toxins leaving your body. Make sure you are drinking enough water, using your detox tools and truly listening to your body. Also, it can depend where you are in your cycle, how stressful your day was, how effectively you are breathing and how well you slept that can all have an impact on headaches and migraines.

**I am nursing. Can I still follow the detox?**

Yes, you can do this program while breastfeeding, but be sure to add in quality protein (animal or plant based) at all your meals, consume enough high quality fat and keep your calories and water intake up. Be conscious of certain detox techniques (such as infrared sauna) and truly use this program as a way to introduce healthy nourishing meals into your diet.

**Can I still work out?**

Yes, you can still exercise if you feel up to it. Some people have a spurt of energy while detoxing, which I call the detox high. Others prefer to take it easy while they detox and would benefit more from light stretching or hot yoga.

*If you have any other questions, please feel free to post them in the Facebook group.*
FINAL WORDS

Food is fuel. In fact, food is medicine. Often we reach for food as a quick fix without thinking of its effect on our bodies. Eating living foods, such as fresh, organic vegetables, gives you vitality. These foods are full of live rich enzymes and provide energy—supporting you to rid yourself of cravings and that afternoon slump. In contrast, chemicals found in nitrates and foods loaded with hormones deplete you of energy.

When you have completed this program, you will have a deeper understanding of which foods work best for you, which is a great gift in and of itself. Robust physical health is the first step to leading a happy life. No matter how great things are going for you at work or in your relationships, if you don’t feel well, you won’t be able to enjoy life to the fullest. Waking up every day bursting with energy will give you the clarity and stamina to pursue your dreams and achieve optimal health going forward.

Please keep in touch and share your success stories in the forum or shoot me an email to let me know how your life has changed thanks to detoxing!

If you are interested in private coaching and looking to dive deeper into your health issues or concerns, please don’t hesitate to email me at samanthagladish@gmail.com and we can set up some time to discuss your personal needs and concerns.

With Much Love,

Your Detoxing Cheerleader & Real Food Lover

Samantha Gladish, RHN
A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally, and physically. I am not a medical doctor or dietitian. I do not hold a degree in medicine or dietetics. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases.

It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor or wellness team if you have any questions regarding this whole foods program, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

As with most digital and print offerings from audio and eBook retailers: there are no refunds on programs or products that can be downloaded, viewed, copied, or stored in an electronic format. This is an industry standard. Therefore, this program is non-refundable. In purchasing this program, you agree to not sell, share, or exchange any of this copyrighted material. This material is strictly for your personal use and benefit; therefore, no part of it can be used in any other business manner, including, but not limited to reselling of information within your practice and/or business.

All materials are copyrighted and remain the property of their respective owners. Materials made available to the private group forums, by email or any other means, may not be distributed in any fashion, print nor electronic, without the expressed written permission of the respective owner. Thank you for your professional understanding.

PLEASE NOTE: Please consult your doctor regarding medications or medical advice.
<table>
<thead>
<tr>
<th>WHEN</th>
<th>FOOD</th>
<th>HUNGER LEVEL</th>
<th>SITUATION</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(date, time)</td>
<td>(preparation, how much)</td>
<td>(0-5)</td>
<td>(place, activity)</td>
<td>(emotional, physical, mood)</td>
</tr>
</tbody>
</table>

**PRE-BREAKFAST**

**BREAKFAST**

**A.M. SNACK(S)**

**LUNCH**

**P.M. SNACK(S)**

**DINNER**

**EVENING SNACK(S)**

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