

RESOLVE 2012

Detoxification Program PATIENT GUIDE

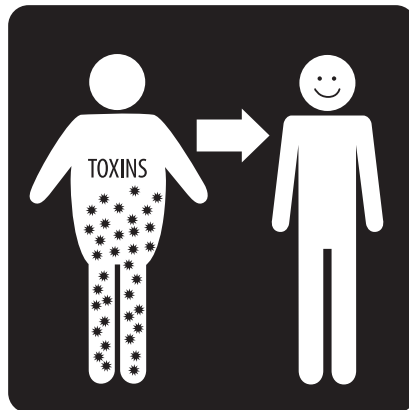


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TESTIMONIALS

"I feel great! Lot's of energy. Skin is soft." - Diane

"I can sleep! I can breathe! I have regular bowel movements every day!" - Ricia

"I feel so much more energized!" - Michele

"Lost 13 pounds and 2 ½% body fat. I felt good during the 3 weeks. No headaches, stomachaches, etc. Towards the last week I slept better. I had more energy, actually felt like I needed to exercise to burn off some of the energy!" - Rose

"I noticed an increased energy level, less severe hot flashes, less sinus congestion & an overall feeling of wellness." - Barbara

"What I liked best about the detox program was knowing that I was cleansing my liver, kidneys, blood and bowels so that I could be healthier. I am enjoying feeling better now. I have more energy and feel fresher." - Victoria

"We are only on the second week, and doing great! My husband has already lost 15 pounds!" - Stephanie

"I lost 18 pounds in the three week cleanse, as well as losing 16 inches. I have noticed much less mucous and nasal congestion since the cleanse. I have not had a desire for sugar, simple carbs, or soft drinks." - Ed

"I lost 11 pounds. My triglycerides dropped from 459 to 138. My cholesterol dropped from 400 to 150." - Jerry

PAM'S EXPERIENCE

"I wanted to take this opportunity to thank you for your help with my recent success in losing weight.

Growing up in an Italian family, our diet consisted of pasta, pizza, homemade bread, fried dough, and more pasta! No one left the table until they were stuffed—and that led to the couch for a nap.

Reaching mid-life, I knew things had to change as I was always feeling tired and could not take weight off as easily. I was buying bigger and bigger sized and trying every 'fad' diet out there – with little or no success. When I came to you I was ready to try anything but wanted quick results. You started me off with the 'cleanse' in August of 2002 and after three weeks I lost 13 pounds. The shakes were great and I was never hungry. Now, I'm down over 20 pounds and too many inches to count! I have gone from a size 10 to a size 2. (I haven't been a size 2 since I got married 22 years ago!) Yes, the results were quick and the best part is the way I feel. I have so much energy – no more naps! My blood pressure and cholesterol are great – I even received a discount on life insurance!

The 'cleanse' worked for me, even through the holidays I was able to maintain. It's not just a diet – it's a new way of life, and I do NOT ever want to go back. Your guidance and commitment to improving my health has been invaluable and greatly appreciated."

BARB'S EXPERIENCE

"I wanted to thank you for having such a positive impact on my health and overall quality of life. I thought I had tried everything to relieve the pain, inconvenience and unpleasantness of my Crohn's disease and never expected to live a "normal" life until, I was referred to you and your program.

I was referred to you by Pam in September of this year. As a friend, she was aware of my history with Crohn's disease, female problems and efforts to be fit and healthy. She was already a patient and felt confident you could eliminate, or at least relieve, my constant discomfort. So, feeling I had nothing to lose, I made the appointment.

I was immediately put at ease with you. You asked a lot of questions, offered a lot of information and spent a lot of time with me. I was also pleased that you took the time to answer all of my questions and address my concerns, which is uncommon with most doctors today.

I started your program the next day. Desperate to feel better, I committed myself to follow your program exactly as you described. Within four days, for the first time in years, I realized I had a "normal" bowel movement. As the days went on, I began to actually feel good in the morning and look forward to the day. Sticking to the plan was not difficult for me, because of the immediate results.

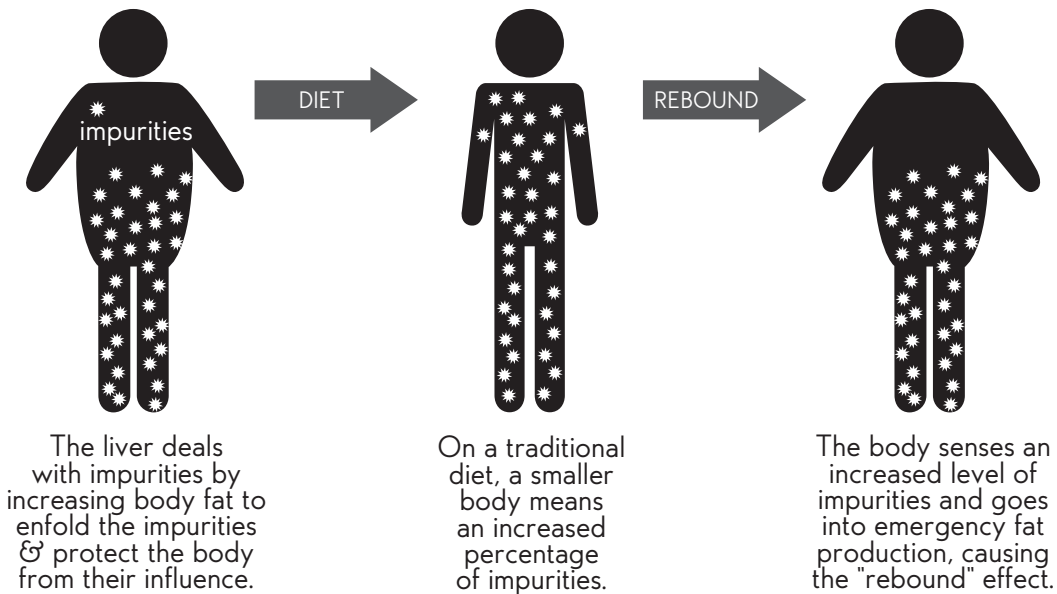
Now, three months later, I can hardly express how much better I feel! I have so much more energy, my Crohns is in check, I no longer experience PMS. Also, the annoying monthly cramps, tenderness and bloating from my menstrual cycle are virtually non-existent. There was only one "unexpected side effect" from your program. I lost the unwanted pounds I have struggled with for the past few years!

Thank you for your knowledge, understanding and patience. Your program has been an answer to my prayers. You are so right about "you are what you eat". I am living proof that your program works and would be happy to be a reference."

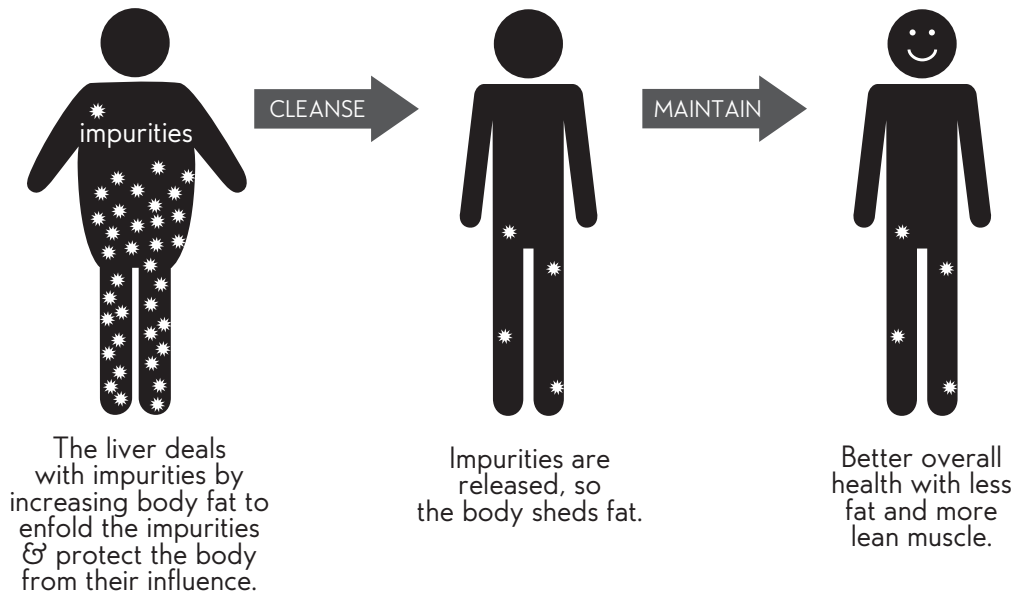
TOXIC BODIES: WHY THEY CAN'T LOSE WEIGHT

TRADITIONAL DIET VS. CLEANSING

TRADITIONAL DIET



CLEANSE



WEIGHT LOSS PRINCIPLES

HEALTH FIRST - You have to be healthy first before you can actually lose weight. It is NOT a cause of other issues in your body such as heart disease, diabetes, arthritis etc. Excess weight is a symptom of an unhealthy system of your body. So in order to lose weight you must have a healthy body. On “weight loss programs” out there, you may lose some initial weight immediately, but you won’t get down to optimal weight or health, unless you deal with the overall health of your body.

Summary: A healthy body will create optimal weight.

WEIGHT LOSS IS NOT THE GOAL - You have to understand that fat is a symptom of underlying conditions. You can lose weight through prepackaged, portion- controlled products with exercise, but that’s not the optimal solution and can lead to bigger problems down the road. The optimal solution is healthier glands and hormones.

Summary: Many programs can cause weight loss, but can lead to bigger problems down the road.

UNDERSTANDING FAT - Our body has an innate survival mechanism, and because our glands, organs and hormones can’t speak English, their over or under activity speaks to us and tells us there is imbalance. Excess fat is a symptom that speaks loudly to us to express an imbalance in these systems. Fat is also the defense mechanism against a stressor in our body for example; toxins and excess cortisol. Fat envelops toxins so we can function with the level of toxins in our bodies. It is also the symptom that hormones are out of balance. Please don’t confuse healthy essential fatty acids with fat in your body.

Summary: It is a symptom of unbalanced systems. There are good fats and bad fats.

THE GOAL - Optimal health is where the systems of the body are working synergistically and efficiently. As Dr. Henry Harrower points out, every endocrine gland is interrelated. So supporting a gland in isolation is counterproductive in regards to optimal health. Which system is more important to support in weight loss? Liver? Adrenals? Thyroid? Pancreas? They all need to be supported so they can work synergistically, as a whole.

Summary: Optimal health is all systems working in harmony.

THE FUEL - Just like you shouldn’t support a body’s isolated system, all the naturally-occurring components in whole foods and their interactions, make up a matrix which influences all the biological processes that need to take place in our bodies to ensure our health. This interaction represents synergy in which all the cofactors are needed to participate in a harmonious concert. These can only be found raw organic vegetables, fruits, and good sources of fish, chicken and meats. Also, quality whole food supplements give you the matrix of enzymes and cofactors needed to fuel your body in concentrated, clinical potency.

Summary: Eating organic fruits, vegetables, and animal protein in proper proportions.

GENERAL GUIDELINES

The following outlines the Purification & Weight Loss Program you are about to embark on. Read this thoroughly and follow the program as directed with no variations. We recommend that you go a minimum of 21 days, or even up to 30 days. At the end of the detox it is important that we sit down and talk about the long-term plan to keep you healthy and address any other health concerns. It is possible that you may react negatively to foods you used to eat in the past as the body has now shifted into a higher level of function and elimination. It is therefore prudent not to return to junk food. If you do, your body will slowly adapt by storing toxins again and shifting into a lower state of function and while you may not feel the immediate effects from the junk food, your long term health will keep declining and will eventually lead more and more toward the state of disease.

It is an exciting time for you as you are about to experience a state of health you may never have felt, or at least since you were young. The first 2-3 days are the hardest as you will likely be craving all the old foods. Don't give in! Take this time to exercise extreme "Self Control". After the 5th day you will find your old cravings diminishing and a newfound sense of well-being. Generally by days 7-10 you are functioning at a higher plane and your body and mind are clearing.

If you are craving carbohydrates (pasta, bread, potatoes, sugar, etc.) you can take an herb called "Gymnema" (1 tablet 3 times per day) that we will have in stock for you. This will be your lifesaver! You can also purchase a bottle of Inositol from your doctor. Put these in a candy bowl and eat them as needed for cravings.

I want you to call if you experience anything unusual. Remember, this is a time of renewal. Use these 21 days to learn and regenerate. Take time for introspection, creative outlets, and do some special things for yourself, such as luxurious baths (with special salts) or a massage.

Be sure you keep all your scheduled appointments. It is essential to your success in the program.

What You Can Eat: Note that each week of the program allows different foods and different dosages of supplements. See the guidelines for the particular week you are on.

You can have all the fresh, (not canned!) uncooked vegetables and fruits you would like, but avoid high sugar fruits and vegetables like corn, bananas, white potatoes and pineapple. You can eat apples, grapefruit, oranges, plums, blueberries, raspberries, strawberries, carrots, broccoli, cauliflower, turnips, parsnips, and yams which are lightly steamed in small portions. Especially eat lots of green and cruciferous vegetables such as cauliflower, Brussels sprouts, cabbage, broccoli, cucumber, string beans, sprouts, celery, watercress, salad greens, spinach, kale, Swiss chard, beet greens, and sea vegetables (kelp, dulse and nori). You can have any fruit and vegetable with a low glycemic index (see Page Diet Plan). Note that the Page Diet Plan can be followed when you are no longer on the detox, and therefore lists foods (such as meat) that you may not consume while on this program.

You may steam or stir-cook (at low heat) your vegetables lightly (during the second two weeks), but it is best to eat at least half of them raw. Try also to eat at least 60-75% vegetables and only 25-40% fruit. Try to get organic foods if possible; they are much higher in vital nutrients and will leave you feeling more satisfied. Eat a variety of foods; choose a rainbow of colors.

Store bought salad dressing is not permissible. See the recipe section for some great, easy to make homemade salad dressings.

This program intentionally avoids heavy proteins. During the 3rd week only fish is eaten. Try to avoid local lake fish. Do not fry.

Butter and olive oil are okay to use. Choose organic, unsalted butter, and Extra Virgin Olive Oil. Avoid margarine and hydrogenated oils.

Avoid alcohol, caffeine, tobacco and other stimulants. If you are a high caffeine user, sip 1 teaspoon of coffee to avoid withdrawal headaches – 3 days maximum.

Eat frequently throughout the day – DO NOT skip meals.

Arthritis: For those of you with arthritis, you will need to avoid all citrus fruits and “nightshades” (peppers, eggplant, potato, paprika, cayenne). Please also don’t smoke or use tobacco products.

Weight Loss: If you desire to increase weight loss, drink your shake 1 hour before you eat. This will allow you to enjoy your meal fully, but you will find you feel full faster. Ask your practitioner for other weight loss ideas.

The Shake: Even though some of the shake recipes say you can add fruit juice, it is best to avoid all juice and sugary fruits to help support normal blood sugar. If needed, you may add Stevia to sweeten the shake, but no artificial sweeteners!

Water: It is very important that you drink at least ½ your body weight in ounces per day. This helps to flush the toxins and avoid constipation and headaches. Spring or mineral water is best. No carbonation. Drink between meals. You can add fresh squeezed lemon or lime to your water if you desire.

Sleep: You will need to get 7-9 hours of sleep during this time. Try to not overwork. Spend more time relaxing.

Exercise: Exercise is critical to keep the toxins moving out of your tissues and out of your body. It is best if you exercise until you sweat. Some older people may need to go a little easier. For them it is recommended to walk 20-30 minutes minimum, daily. Daily walks are recommended for everyone. Breathe deeply during your walks. Strength training is also important, if you are not doing strength training 40% of the weight you lose will be muscle mass.

General Guidelines is an excerpt from Dr. Holly Carling.

LEVELS

It is important to know that the Cleanse can be done on a variety of levels. For first time people, unless otherwise specified, we recommend you do the Cleanse the way it is described on throughout this document.

LEVEL ONE:

Removing from diet:

- Caffeine
- Alcohol
- Refined Sugar
- Processed Foods (anything in a box or a bag, basically)
- Fried Foods

LEVEL TWO:

Some people are interested in taking the Cleanse to the next level, especially if they have done it before. In that case, in addition to removing the above items from the diet, one can also look at removing:

- Dairy
- Wheat
- Carbohydrates in general
- Any additional foods you suspect an allergy to, i.e. eggs, corn, soy, etc.

LEVEL THREE:

The most popular version is the version that is described throughout this document, which is eliminating all of the above while basically eating only fruits and vegetables for the first 11 days of the Cleanse, then adding lean meats and protein in the second 10 days. The reason for this is that removing fats from the diet for that length of time allows the liver and gall bladder to thin the bile, soften gallstones, and de-congest the liver.

Our experience shows that people will reap enormous benefits from the Cleanse, regardless of whatever level they take on, but especially on Level Three!

SYMPTOM SURVEY FORM

Patient _____ M / F Date _____

INSTRUCTIONS:

LEAVE THE QUESTION BLANK if the question does not apply to you.

CIRCLE (1) for MILD symptoms (occurring once or twice a year).

CIRCLE (2) for MODERATE symptoms (occurring several times a month).

CIRCLE (3) for SEVERE symptoms (you are aware of it almost constantly)

GROUP ONE

- | | | |
|---------------------------------------|---|--------------------------------------|
| 1. 1 2 3 Acid foods upset | 8. 1 2 3 Gag easily | 15. 1 2 3 Appetite reduced |
| 2. 1 2 3 Get chilled often | 9. 1 2 3 Unable to relax; startles easily | 16. 1 2 3 Cold sweats often |
| 3. 1 2 3 "Lump" in throat | 10. 1 2 3 Extremities cold, clammy | 17. 1 2 3 Fever easily raised |
| 4. 1 2 3 Dry mouth-eyes-nose | 11. 1 2 3 Strong light irritates | 18. 1 2 3 Tingling, Nerve-like pains |
| 5. 1 2 3 Pulse speeds after meals | 12. 1 2 3 Urine amount reduced | 19. 1 2 3 Staring, blinks little |
| 6. 1 2 3 Keyed up – fail to calm down | 13. 1 2 3 Heart pounds after retiring | 20. 1 2 3 Sour stomach frequent |
| 7. 1 2 3 Cuts heal slowly | 14. 1 2 3 "Nervous" stomach | |

GROUP TWO

- | | | |
|--|--|--|
| 21. 1 2 3 Joint stiffness after arising | 29. 1 2 3 Digestion rapid | 37. 1 2 3 "Slow starter" |
| 22. 1 2 3 Muscle-leg-toe cramps at night | 30. 1 2 3 Vomiting frequent | 38. 1 2 3 Get "chilled" infrequently |
| 23. 1 2 3 "Butterfly" stomach, cramps | 31. 1 2 3 Hoarseness frequent | 39. 1 2 3 Perspire easily |
| 24. 1 2 3 Eyes or nose watery | 32. 1 2 3 Breathing irregular | 40. 1 2 3 Circulation poor, sensitive to cold |
| 25. 1 2 3 Eyes blink often | 33. 1 2 3 Pulse slow; feels irregular | 41. 1 2 3 Subject to colds, asthma, bronchitis |
| 26. 1 2 3 Eyelids swollen, puffy | 34. 1 2 3 Gagging reflex slow | |
| 27. 1 2 3 Indigestion soon after meals | 35. 1 2 3 Difficulty swallowing | |
| 28. 1 2 3 Always seems hungry; feels "lightheaded" often | 36. 1 2 3 Constipation, diarrhea alternating | |

GROUP THREE

- | | | |
|--|--|---|
| 42. 1 2 3 Eat when nervous | 49. 1 2 3 Heart palpitates if meals missed or delayed | 53. 1 2 3 Crave candy or coffee in afternoon |
| 43. 1 2 3 Excessive appetite | 50. 1 2 3 Afternoon headaches | 54. 1 2 3 Moods of depression – "blues" or melancholy |
| 44. 1 2 3 Hungry between meals | 51. 1 2 3 Overeating sweets upsets | 55. 1 2 3 Abnormal craving for sweets or snacks |
| 45. 1 2 3 Irritable before meals | 52. 1 2 3 Awaken after few hours sleep – hard to get back to sleep | |
| 46. 1 2 3 Get "shaky" if hungry | | |
| 47. 1 2 3 Fatigue, eating relieves | | |
| 48. 1 2 3 "Lightheaded" if meals delayed | | |

GROUP FOUR

- | | | |
|---|--|---|
| 56. 1 2 3 Hands and feet go to sleep easily, numbness | 63. 1 2 3 Get "drowsy" often | 68. 1 2 3 Bruise easily, "black and blue" spots |
| 57. 1 2 3 Sigh frequently, "air" | 64. 1 2 3 Swollen ankles worse at night | 69. 1 2 3 Tendency towards anemia |
| 58. 1 2 3 Aware of "breathing heavily" | 65. 1 2 3 Muscle cramps, worse during exercise; get "charley horses" | 70. 1 2 3 "Nose bleeds" frequent |
| 59. 1 2 3 High altitude discomfort | 66. 1 2 3 Shortness of breath on exertion | 71. 1 2 3 Noises in head, or "ringing in the ears" |
| 60. 1 2 3 Opens windows in closed room | 67. 1 2 3 Dull pain in chest or radiating into left arm, worse on exertion | 72. 1 2 3 Tension under breastbone or feeling of "tightness", worse on exertion |
| 61. 1 2 3 Susceptible to colds and fevers | | |
| 62. 1 2 3 Afternoon yawner | | |

GROUP FIVE

- | | | |
|---|--|---|
| 73. 1 2 3 Dizziness | 83. 1 2 3 Feeling queasy; headache over eyes | 91. 1 2 3 Sneezing attacks |
| 74. 1 2 3 Dry skin | 84. 1 2 3 Greasy foods upset | 92. 1 2 3 Dreaming, nightmare type bad dreams |
| 75. 1 2 3 Burning feet | 85. 1 2 3 Stools light-colored | 93. 1 2 3 Bad breath (halitosis) |
| 76. 1 2 3 Blurred vision | 86. 1 2 3 Skin peels on soles of feet | 94. 1 2 3 Milk products cause distress |
| 77. 1 2 3 Itching skin and feet | 87. 1 2 3 Pain between shoulder blades | 95. 1 2 3 Sensitive to hot weather |
| 78. 1 2 3 Excessive falling hair | 88. 1 2 3 Use laxatives | 96. 1 2 3 Burning or itching anus |
| 79. 1 2 3 Frequent skin rashes | 89. 1 2 3 Stools alternate from soft to watery | 97. 1 2 3 Crave sweets |
| 80. 1 2 3 Bitter, metallic taste in mouth in mornings | 90. 1 2 3 History of gallbladder attacks or gallstones | |
| 81. 1 2 3 Bowel movements painful or difficult | | |
| 82. 1 2 3 Worrier, feels insecure | | |

PAGE FOOD PLAN

**VEGETABLES
3% OR LESS CARBS**

Asparagus
 Bamboo Shoots
 Beet Greens
 Bok Choy Greens
 Broccoli
 All Cabbages
 Cauliflower
 Celery
 Chards
 Chicory
 Collard Greens
 Cucumber
 Endive
 Escarole
 Garlic
 Kale
 Kolrabi
 Lettuces
 (except Iceberg)
 Mushrooms
 Mustard Greens
 Parsley
 Radishes
 Raw Corn Cob
 Salad Greens
 Sauerkraut
 Spinach
 String Beans
 Summer Squashes
 Turnip Greens
 Watercress
 Yellow Squash
 Zucchini Squash

**VEGETABLES
4-6% OR LESS CARBS**

Bell Peppers
 Bok Choy Stems
 Chives
 Eggplant
 Green Beans
 Green Onions
 Okra
 Olives
 Pickles
 Pimento
 Rhubarb
 Sweet Potatoes
 Tomatoes
 Water Chestnuts
 Yams

**VEGETABLES
7-9% OR LESS CARBS**

Acorn Squash
 Artichokes
 Avocado
 Beets
 Brussels Sprouts
 Butternut Squash
 Carrots
 Jicama
 Leeks
 Onion
 Pumpkin
 Rutabagas
 Turnips
 Winter Squashes

**VEGETABLES
12-21% OR LESS CARBS**

Celeriac
 Chickpeas
 Cooked Corn
 Grains, Sprouted
 Horseradish
 Jerusalem Artichokes
 Kidney Beans
 Lima Beans
 Lentils
 Parsnips
 Peas
 Popcorn
 Potatoes
 Seeds, Sprouted
 Soybeans
 Sunflower Seeds

**FRUITS
LIMITED QUANTITY,
LIMITED BASIS
(SNACKS ONLY)**

Apples
 Berries
 Grapes (only
 Granderized)
 Papaya
 Pineapple
 Pears
 Prunes (Fresh)

**MISCELLANEOUS
IN LIMITED AMOUNTS**

Butter (Raw)
 Cider Vinegar (only)
 Cold Press Olive Oil
 Coconut Oil

BEVERAGES

Herbal Teas
 - Except Green / Camomile
 Granderized Water
 - Half your weight in ounces of
 Spring Water

BASIC SALAD INSTRUCTIONS

Many people do not understand what a really good, health-promoting salad consists of. Here are some basics to get you started.

- DO NOT use iceberg lettuce – it does not have any nutritional value.
- Use a variety of dark green, greens (see list below)
- Choose fresh, organic vegetables whenever possible – they taste better and have more nutritional value.

GREENS:

- Romaine lettuce
- Red Leaf Lettuce
- Spinach
- Swiss Chard
- Kale
- Beet Greens
- Endive
- Radicchio
- Arugula
- Spring Mix
- Chicory
- Escarole
- Mache
- Mesculin
- Watercress
- Etc.

VEGETABLES:

- Avocado
- Tomato
- Cucumber
- Zucchini
- Broccoli
- Cauliflower
- Corn
- Peas
- Sugar Snap Peas
- Onions
- Shredded Carrots
- Shredded Beets
- Radishes
- Sprouts (alfalfa, broccoli, etc.)
- Asparagus
- Green Beans
- Celery
- Bell Peppers
- Garlic
- Chives
- Mint
- Basil
- Cilantro
- Etc.

SALAD DRESSINGS

ITALIAN DRESSING

½ cup Extra-Virgin Olive Oil
2 Tbs. Fresh Squeezed Lemon Juice
1 Tbs. Balsamic Vinegar
1 tsp. Fresh Basil
1 tsp. Fresh Parsley
½ tsp. Sea Salt
½ tsp. Fresh Oregano

Use a blender to combine the oil, lemon juice, vinegars, basil, parsley, salt, and oregano. Blend for 1 minute or until the dressing emulsifies.

ROSEMARY-BASIL VINAIGRETTE

1 Tbs. plus 1 tsp. Freshly Squeezed Lime Juice
1 Tbs. Balsamic Vinegar
1 Tbs. Honey
¼ cup tightly packed fresh Basil Leaves (about 24 medium leaves)
1 tsp. finely chopped fresh rosemary leaves
¾ tsp. sea salt
2/3 cup extra-virgin olive oil

Combine the lime juice, vinegar, honey, basil, rosemary, and salt in a blender and puree. With the motor running, slowly add the oil until emulsifies.

CREAMY RASPBERRY DRESSING

¼ cup pure water
¼ cup Dijon mustard
2 Tbs. Apple cider vinegar
6 Raspberries, fresh or frozen
½ cup olive oil

Combine the water, mustard, vinegar, and raspberries in a blender and puree. With the motor running, slowly add the oil until emulsified.

RED WINE VINEGAR DRESSING

1 cup red wine vinegar
2 Tbs. honey
¼ cup dry mustard
1 ½ tsp. sea salt
4 cloves garlic, pressed
¼ tsp. pepper
¼ tsp. cayenne pepper
3 cups olive oil

Combine in blender and puree.

BASIC VINAIGRETTE DRESSING

½ cup olive oil
¼ cup red or white vinegar
½ tsp. Dijon mustard
1/8 tsp. black pepper

Hint: substitute balsamic vinegar for the red or white vinegar. Add garlic or your favorite herbs as a variation.

AVOCADO DRESSING

1 Avocado
1 Tbs. Lemon Juice
1 Tbs. White Wine Vinegar
1 Tomato
1 tsp. Dijon Mustard
Salt and pepper to taste

Blend avocado pulp and remaining ingredients in a blender till smooth and creamy.

COOKED VEGETABLE RECIPES

VEGETARIAN STUFFED PEPPERS

- 4 red or green bell peppers
- 2 cups grape tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp. olive oil
- ¼ tsp. Real salt
- ¼ tsp. black pepper

Preheat oven to 425 degrees. Lightly oil a large shallow baking pan. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges. Halve tomatoes and chop onion and basil. Finely chop garlic. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt and pepper. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, but not blackened about 20 minutes.

STIR-COOKED GINGERY KALE

- 1 Tbs. extra virgin olive oil
- 2 tablespoons peeled, finely minced fresh ginger root
- 1-pound Kale (washed and cut into slightly larger than bite-size pieces – the kale will shrink during cooking. Cut off any thick stems.)
- 2 tablespoons soy sauce
- ½ cup water

In a medium skillet, heat the olive oil. Sauté the ginger root over low heat, stirring occasionally, for 1 minute. Add the kale and increase heat to medium. Add soy sauce and water and stir-cook until the kale is wilted, but still slightly crunchy and bright green, about 3 minutes. Serve warm or cold.

SWISS CHARD RECIPE

- 1 large bunch of fresh Swiss chard
- 1 small clove garlic, sliced
- 2 Tbs. extra virgin olive oil
- 2 Tbs. water Pinch of dried crushed red pepper
- 1 teaspoon butter Real salt
- 3 cups olive oil

Rinse out the Swiss chard leaves thoroughly. Roughly chop into inch-wide strips. Remove the toughest third of the stalk, discard or save for another recipe. Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

SPINACH AND KALE SALAD

2 tablespoons olive oil
1 red bell pepper, diced
2 garlic cloves, diced
1 bunch of kale, chopped
1 bunch of spinach, chopped
Salt and freshly-ground black pepper to taste
4 tablespoons balsamic vinegar

Heat the oil in a pan and cook red bell pepper, garlic, and kale about 5 minutes, covered. Add spinach, salt and black pepper, and cook about 5 minutes more. Stir in the balsamic vinegar.

BRUSSELS SPROUTS RECIPE

1 lb fresh Brussels sprouts
4-6 Tbsp butter
½ onion, chopped
Salt and Pepper
1 teaspoon lemon juice, fresh squeezed
¼ cup slivered almonds (omit during detox)

Boil in water or steam Brussels sprouts for 3-4 minutes until just tender. Split one open to see if it has cooked to the middle. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves. Sauté onions in 2-3 Tbsp of butter in a wide sauté pan until the onions are translucent. Add the Brussels sprout halves and 2-3 Tbsp more of butter and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness. Add salt and pepper to taste while the sprouts are cooking. Whatever you do, do not over-cook, as the sprouts will be bitter. Remove from heat, toss in half of the slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the almonds.

EGGPLANT AU GRATIN

3 Medium, firm eggplants
5 Tbs. Extra virgin olive oil
2 Cloves garlic, minced
3 Ripe, firm tomatoes, thinly sliced
4 Firm zucchini, ends removed, thinly sliced
3 Tbs. Chopped, fresh parsley
Salt and pepper

Remove the top from the eggplant, and slice it lengthwise into ¼ inch slices. Lightly brush the eggplant slices with a little of the olive oil, and broil until soft but not blackened. Remove the cooked eggplant to a serving platter, and continue cooking until all the slices are cooked. Cook the zucchini in the same manner.

Preheat the oven to 350 degrees. In an ovenproof casserole dish that has been lightly oiled, lay one layer of the eggplant along the bottom. Cover with a layer of thinly sliced tomatoes, and one of zucchini. Sprinkle some of the garlic and parsley on top. Season with salt and pepper. Prepare another layer of vegetables in the same manner on top of the first, ending with the seasonings. Bake for 30 minutes covered, and then remove the cover, turn up the heat to 400 degrees, and cook an additional 10 minutes. Let sit 10-15 minutes before serving. Note: You could also add sautéed mushrooms or spinach in this dish to change the flavor.

GRILLED EGGPLANT AND TOMATO SALAD

- 6 Small, firm eggplants (about 4-5 inches in length)
- ¼ Cup extra virgin olive oil
- 2 Cloves garlic, minced
- 1 ½ Cups ripe cherry or grape tomatoes cut in half
- 2 Green onions, finely chopped
- 2 Tbs. chopped capers
- 3 Tbs. chopped, fresh herb of choice (Parsley, Mint or Basil)
- 2 Tbs. balsamic vinegar
- Salt and pepper to taste

Slice the eggplant into ½ inch rounds. Lightly brush eggplant with a little olive oil. Broil until soft, but not blackened. Place eggplant in a serving platter, spread over the eggplants, the cherry tomatoes, onions, garlic, parsley and capers. Mix the remaining oil with the balsamic vinegar, and sprinkle over the dish. Season with salt and pepper, and mix the mixture lightly, being careful not to break up the eggplant. Serve warm or at room temperature.

CURRIED CAULIFLOWER & SPINACH

- | | |
|-------------------------------|-----------------------------|
| 1 medium Cauliflower | 1 Onion, halved and sliced |
| 6 Tbs. extra virgin olive oil | 1 Green chili, sliced |
| 1 tsp. Mustard seeds | 1 lb. spinach |
| 1 tsp. Ground cumin | 6 Tbs. Vegetable stock |
| 1 tsp. Garam Masala | 1 Tbs. Chopped cilantro |
| 1 tsp. Turmeric | Salt and pepper |
| 2 Garlic cloves, crushed | Cilantro sprigs, to garnish |

Break the cauliflower into small florets. Heat the oil in a deep flameproof casserole. Add the mustard seeds and cook until they begin to pop. Stir in the remaining spices, the garlic, onion, and chili and cook for 2-3 minutes, stirring. Add the cauliflower, spinach, vegetable stock, cilantro, and seasoning and cook over gentle heat for 15 minutes, or until the cauliflower is tender. Uncover the dish and boil for 1 minute to thicken the juices. Garnish and serve at once. Variations: Substitute broccoli for the cauliflower.

ARTICHOKES WITH GARLIC AND HERB BUTTER

- 2 large or 4 medium Artichokes
- Real salt
- Garlic & Herb Butter:
 - 6 Tbs. Butter
 - 1 Garlic clove, very finely chopped
 - 1 Tbs. Chopped fresh mixed herbs (your choice or Thyme, Basil & Rosemary)

Wash the artichokes well in cold water. Cut off the stalks level with the bases. Cut off the top ½ inch of leaves. Snip off the pointed ends of the remaining leaves with kitchen scissors and discard. Put the prepared artichokes in a large saucepan of lightly salted water. Bring to a boil, cover and cook for 40-45 minutes or until one of the lower leaves comes away easily from the artichoke when gently pulled. Drain upside down while making the garlic and herb butter. Melt the butter in a small saucepan over low heat, add the garlic and cook for 30 seconds. Remove from the heat, stir in the herbs and pour into one or two small serving bowls. Place the artichokes on serving plates and serve immediately with the garlic and herb butter.

ZUCCHINI CURRY

1 ½ lbs. Zucchini	1 tsp. Ground coriander
3 Tbs. Extra virgin olive oil	1 tsp. Ground cumin
½ tsp. Cumin seeds	½ tsp. Real salt
½ tsp. Mustard seeds	14 oz. Chopped tomatoes
1 Onion, thinly sliced	2/3 cup water
2 Garlic cloves, crushed	1 Tbs. Chopped cilantro
¼ tsp. Ground turmeric	1 tsp. Garam Masala
¼ tsp. Cayenne pepper	

Trim the ends from the zucchini then cut into ½ inch thick slices. Heat the oil in a large saucepan and stir cook the cumin and mustard seeds for 2 minutes. Add the onion and garlic and stir cook for about 5-6 minutes. Add the turmeric, cayenne pepper, coriander, cumin and salt and fry for about 2-3 minutes. Add the sliced zucchini all at once, and cook for 5 minutes. Add the chopped tomatoes and water to the saucepan. Cover and simmer for 10 minutes, until the sauce thickens. Stir in the cilantro and garam masala, then cook for 5 minutes or until the zucchini are tender.

VEGETABLE SOUP

- 1 Large leek
- 2 Carrots
- 4 Ribs celery (plus any leaves)
- 1 Medium zucchini
- 1 Red sweet bell pepper
- 1 Green sweet bell pepper
- 4 Large ripe tomatoes
- 1 Quart veggie broth
- Dill
- 2 Cloves garlic
- Real salt & pepper to taste

Clean and chop vegetables roughly. Heat oil in soup pot and sauté in this order: peppers, garlic, celery, leek, carrot, zucchini. Add tomatoes and allow to “sweat” until vegetables have collapsed a bit. Cover with broth, cover pot and simmer for about 20 minutes. Season to taste. Dill should be added near the end so it doesn’t become bitter. Blitz in food processor or blender until smooth, or leave chunky.

This is taken from Dr. Holly Carling Purification Program

WHOLE FOOD FIBER KIT (WHEY OR DAIRY FREE)

SP COMPLETE™ SHAKE— FOR ALL 21 DAYS; 2-3 PER DAY

Fruit	1-1½ cups
Purified Water	½ - 1 cup
SP Complete™ powder (Whey or Dairy Free)	2 rounded scoops
Fiber— Whole Food Fiber	1 level Tablespoon

SUPPLEMENTS FOR WEEK ONE

- **SP Cleanse®**: 7 Capsules 3x/day with SP Complete™ Shake or before meals

SUPPLEMENTS FOR WEEKS TWO AND THREE

- **SP Green Food™**: 5 Capsules 2x/day with SP Complete Shake™ or before meals

ADDITIONAL SUPPLEMENTS TO CONSIDER: (AT AN ADDITIONAL COST TO PROGRAM)

- **Tuna Omega 3-** (essential fatty acids) 2 perles with each shake
- **Gymnema-** (sugar cravings) as needed or 3 per day
- **Coleus Forte-** (increase metabolism) 1 tablet between meals or 3 per day
- **Thyroid Complex-** (Thyroid support) 1 tablet 3 times per day
- **SP Whey Pro Complete-** (essential protein) 2 scoops in each shake
- **Linum B6-** (essential fatty acids) 2 perles with each shake

GASTRO FIBER KIT (WHEY OR DAIRY FREE)

SP COMPLETE™ SHAKE— FOR ALL 21 DAYS; 2-3 PER DAY

Fruit	1-1½ cups
Purified Water	½ - 1 cup
SP Complete™ powder (Whey or Dairy Free)	2 rounded scoops

SUPPLEMENTS FOR WEEK ONE

- **SP Cleanse®:** 7 Capsules 3x/day with SP Complete™ Shake or before meals
- **Gastro Fiber:** 3 Capsules 3x/day with SP Complete™ Shake or before meals

SUPPLEMENTS FOR WEEKS TWO AND THREE

- **SP Green Food™:** 5 Capsules 2x/day with SP Complete Shake™ or before meals
- **Gastro Fiber:** 3 Capsules 3x/day with SP Complete™ Shake or before meals

ADDITIONAL SUPPLEMENTS TO CONSIDER: (AT AN ADDITIONAL COST TO PROGRAM)

- **Tuna Omega 3-** (essential fatty acids) 2 perles with each shake
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- **SP Whey Pro Complete-** (essential protein) 2 scoops in each shake
- **Linum B6-** (essential fatty acids) 2 perles with each shake

MEASURABLE RESULTS

I, _____, Resolve, to attain a healthy lifestyle and optimal weight in 2012 by understanding it is essential to balance my hormones through the foods I consume; and to rid my body of toxins which may cause me to regain weight in the future.

TODAY'S REALITY (PRE-CLEANSE)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____

FUTURE EXPECTATIONS (PRE-CLEANSE GOALS)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____

MY ATTAINED REALITY (POST-CLEANSE)

Weight: _____

Chest: _____

Waist: _____

Hips: _____

Toxicity Score: _____

Systems Survey Score: _____