

# The 3-Step Detox



## Step 1 Reduce Inflammation

Step 1 of the 3-Step Detox program is focused on reducing chronic inflammation. This is accomplished by a combination of the following.

Common food allergens are removed from the diet and structural adjustments are made to realign the spine and restore the free flow of energy through the body. Anti-inflammatory nutritional supplements are used to inhibit the inflammatory response mechanisms.

This step lasts 10 days and is immediately followed by Step 2, which is a detox period. It is very important to follow the principles of the diet as closely as possible.

### Step 1 Addresses 3 Of The Most Common Underlying Causes Of Chronic Health Challenges

- ✓ **Structural Problems**
- ✓ **Hidden Food Allergies**
- ✓ **Chronic Inflammation**

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Toxic Overload

Harmful Bacteria

Heavy Metal Toxicity

Leaky Gut

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Cell Malnourishment

Joint Damage

## Step 1 Treatment Modalities

Chiropractic Adjustments

Hypo-Allergenic Diet

Anti-Inflammatory Supplements

# Supplements

Step One consists of an hypo-allergenic diet and anti-inflammatory supplements.

**Duration: 7 - 10 days**

Supplement	For Scores	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
<b>Beta-TCP</b>	All		3-5		3-5		3-5	
<b>Bromelain + CLA</b>	All		3-5		3-5		3-5	
<b>Bio-Allay</b>	For Pain		2		2		2	2

*Note: This is for all Chronic conditions, this will make the transition for the Detoxification process in Step 2 a little easier*


# Diet

Following the diet is extremely important to the success of this program. The diet consists mostly of lean protein (fish, chicken breast, turkey breast, very lean beef) along with fruits and vegetables. Do not worry too much about the amount of food. Your protein serving should be about the size of your palm, and unlimited vegetables. Add fruit as dessert/snacks.

A sample diet is on the back of this page. It is only a sample to give you an idea. You can eat any of those foods in any combination. In this sample, foods are rotated (especially proteins), it is better not to eat the same foods too many days in a row.

The sample diet on the reverse side uses the following precepts:

- Breakfast:** Alternate eggs with lean protein leftovers, add as much fruit as you want
- Lunch:** Leftover protein from the night before, always a salad with good oils, add as much veggies/fruit as you want
- Dinner:** Alternate chicken breast, turkey breast, fish, very lean beef. Add two types of veggies and some fruit (dessert).

Any recipes you use for this diet can contain no wheat, dairy of any kind, hydrogenated oil, peanuts, corn, alcohol, sugar, potato, rice, etc. Just lean protein, fruits, and vegetables. 

If sugar is a problem, limit the amount of fruits per day, especially during the first 20 days

# Sample Step One Diet

This diet is a sample only. You may eat any of these foods  
See other side for general diet instructions.

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACKS</b>
<b>Day One</b>	2 egg veggie omelet 1/2 avocado 1 Kiwi 1 Orange	Any left over lean protein 1/2 avocado Salad Strawberries	Chicken Veggies Veggies Banana	Apple Raw Almonds Strawberries
<b>Day Two</b>	2 eggs scrambled Large grapefruit Cantaloupe 4 strawberries	L/O chicken from day one Salad Apple Kiwi	Turkey Veggies Veggies 1/2 avocado	Pear Plum Raw almonds
<b>Day Three</b>	L/O Chicken breast Banana 1/2 avocado Grapes	L/O Turkey L/O veggie Cantaloupe Salad	Fish Veggie Veggie Kiwi	Strawberries Banana Orange
<b>Day Four</b>	L/O turkey Large grapefruit Orange 4 strawberries	L/O fish Salad Grapes Honey dew melon	Beef Veggies Veggies Pear/Plum	Apple Cantaloupe Grapes
<b>Day Five</b>	2 egg veggie omelet 1/2 avocado Grapes Orange	L/O Beef Salad L/O Veggie Banana	Chicken Veggies Veggies 1/2 avocado	Raw Almonds Honey dew melon Pear/Plum
<b>Day Six</b>	L/O Chicken Grapefruit Banana Cantaloupe	L/O chicken L/O veggie Salad Apple	Turkey Veggies Veggies Kiwi	Orange Grapes Banana
<b>Day Seven</b>	2 egg veggie omelet 1/2 avocado Orange Pear/Plum	L/O Turkey L/O Veggie Salad Banana	Fish Veggie Veggie 1/2 avocado	Strawberries Raw almonds Grapefruit
<b>Day Eight</b>	L/O turkey Large grapefruit Orange 4 strawberries	L/O fish Salad Cucumber Honey dew melon	Beef Veggies Veggies Pear/Plum	Apple Cantaloupe Grapes
<b>Day Nine</b>	2 egg veggie omelet 1/2 avocado Grapes Orange	L/O Beef Salad L/O Veggie Banana	Chicken Veggies Veggies 1/2 avocado	Raw Almonds Honey dew melon Pear/Plum
<b>Day Ten</b>	L/O Chicken Grapefruit Banana Cantaloupe	L/O chicken L/O veggie Salad Apple	Turkey Veggies Veggies Kiwi	Orange Grapes Banana

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# Hypo-Allergenic Diet Basics

## Foods To Avoid

**All gluten-containing foods like wheat, rye, oats and barley which are commonly found in breads, pasta and other products from refined flour.**

*The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.*

**Alcohol, caffeine (coffee, black teas, sodas and soy milk), soda and fruit drinks that are high in refined sugars.**

*Both alcohol and caffeine are hard on the liver. So give your liver a vacation!*

**Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish.**

*Meats are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.*

**Corn and tomatoes.**

*These vegetables are common allergens and can contribute to pain and inflammation.*

**All dairy (milk, cheese, butter, yogurt, etc.)**

*Dairy products are most likely to cause allergies and increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.*

**Foods high in fats and oils, including peanuts, refined oils, margarine and shortening.**

*This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.*

**Any other foods not listed on these pages that you know you are allergic to.**

*Give your healthcare practitioner a list of foods that you know you are allergic to.*

# Hypo-Allergenic Diet Shopping List

<b>Vegetables</b>	Asparagus, Avocados, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Green Beans, Mixed Greens ( <u>not</u> iceberg), Zucchini, Peapods, Spinach
<b>Fruits</b>	Apples, Bananas, Blueberries, Cantaloupe, Grapes, Honeydew Melon, Oranges, Pears, Plums, Strawberries
<b>Protein</b>	Skinless Chicken breast, Turkey breasts, Flank Steak, Eggs (omega 3, cage free, hormone free)
<b>Fish</b>	Halibut, Tilapia, Salmon, Red Snapper, Orange Roughy, Perch, Cod, Anchovies, Sardines, Pollock, Mackerel, Herring *If possible use wild, not farm raised fish.
<b>Misc.</b>	Raw almonds, Cream of Rice, Millet, Nut Butter ( <u>not</u> peanut),
<b>Drinks</b>	Organic Decaffeinated Coffee, Green Tea, Herb Tea Non fluorinated / chlorinated water