



RH Reintroduce *Health*

with Drs. Rachel Eppinga and Heather Krebsbach

Real *food*. Real *life*. Real *health*.

Discover the foods that *Nourish* you best
for life-long *Health* and *Vitality*

60-DAY SIGNATURE PROGRAM GUIDE

8 week *Signature* Reintroduce *HEALTH* Program

Discover the foods that *nourish* you best for life-long *health*
and *vitality*

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Introduction: WELCOME TO YOUR Reintroduce Health Experience!

Here you are at the start of another adventure on your journey in health and wellness. You may be wondering if you will make it to the finish line with smiles and hands raised overhead in victory or having stumbled along the way and not quite as far as you hoped. No matter how it turns out, the fact that you are here, that you are willing to show up for yourself, that you are curious and committed to change is a fantastic place to start. Let go of any expectations, while keeping in mind your health goals; then allow the process to unfold. **Life is really all about the journey as well as the desired destination.**

This guide is meant to support you in your 8-week, 60-day **Reintroduce Health experience**. The recipes, meal plans and lifestyle tips will help you have a joyful experience without having to grip through cravings and hunger pangs. Even so, **it is your courage and willingness to persist, your inspired daily action that will help you fly to completion** of the program having done something different than you have before. Neither this guide, nor the coaching that we offer you will be what allows you success; rather it is **your** daily choices and prioritization to stay on the path that will be required to give you the best experience possible.

YOU CAN do this! **Make the decision** to do what it takes to dive deeper into your own understanding. **Set your intention** now, right at the beginning to make this an amazing experience. Visualize yourself feeling confident, vibrant and renewed at the end of this adventure. **Commit now** to your own resilience and power and it will carry you through. We celebrate your courage and honor your decision to be here. We wish you an awesome ride in getting to explore the possibilities of how great you can feel, what the next level of health is for you and to knowing and loving yourself deeper than you have before. May you feel your full potential emerging and a new sense of joy throughout this experience!

Why are WE here?

We are here because we know the importance of proper individualized nutrition for long-term health. **The importance of how we choose to eat and nourish ourselves cannot be underestimated.** We also know after seeing thousands of patients, not all people ought to be on the same exact diet and certainly not all “diets” fulfill their claims of weight loss and increased energy. Most of all, **there is no quick fix to reaching anything worth having or sustaining long term.**

After watching the frustration of countless patients, the conflicting information and nutrition myths that are out there, we decided to create the Reintroduce Health experience to give you the best of both worlds.....

- **A cleanse or “reset” program**--an opportunity to clean up your diet for a couple weeks to see what a short amount of time can really do for your health if you have direction and focus.
- An opportunity to get clear on **what foods** may be **contributing to your health** symptoms and those that nourish you best to offer you the most energy, focus and feelings of wellbeing.

- This then leads to a much **clearer picture of any food intolerances** you have that you were not aware of or were unsure of before now.

We are here because we want you to finally **receive some clarity around the food choices and lifestyle that is right for you**. We want to help you discover a **new relationship to food**, to begin seeing what you eat as part of your “medicine” and to **feel empowered to take charge of your own health**. Knowledge truly is power and in this program you will be learning a lot!

Why are you here?

Because you are tired of quick fix programs, harsh and intense cleanses that may make you feel better or worse. You are tired of diet programs that are unsustainable or leave you even more confused about what is right for you. You need a clear plan to follow and want the advice of professionals who do this every day. Mostly **because you really wish you knew how to eat for better energy, focus, hormonal and digestive balance** and even to release weight and step into your ideal body for where you are in your life right now.

You are here because **you are willing and wanting** to do something different and **desire the guidance** to help you along the way. You are here because you are ready to feel better and know you are the only one who can really make the necessary changes. You are here because you know it’s not “normal” to feel exhausted, fat, bloated, anxious or depressed. You are tired of being in pain and are ready for something new.

We are here to tell you that **you can** find your own personalized way of eating, one that serves you best and offers you more vitality and long-term wellness. You will have new knowledge and tools that will help you for the rest of your life if you choose to use them!

Why do I need a Cleanse?

We live in an ever-increasing toxic environment. Many of the toxins in our environment today did not exist 30 years ago. No matter how careful we are; we all have some level of exposure. In addition, convenience or processed foods are devoid of micronutrients and may add to the burden on our body’s natural processes. We can all reflect and imagine how hard our bodies work in the modern world to keep us healthy. Taking a break from our normal routine and making super clean choices is a worthy process to do periodically. A cleansing program can give your body the break it needs while supporting and optimizing all aspects of digestive function. We also live in a world of high stress, emotional demands and expectations that often deplete us on a level that goes way beyond our physical experience. This cleanse will offer you the opportunity to explore your relationship with food and cultivate a new awareness around what and how you eat. Who doesn’t need that?!

This program goes beyond just eating more fruits and vegetables and eliminating the typical “bad guys”.

In this program you will not only be supported through some dietary changes but also **encouraged to cultivate and celebrate a new level of awareness** around the thoughts, beliefs and **habitual patterns** that ultimately arise when we try to make lifestyle changes. This process can offer us a ripe environment to **transform ourselves from the inside out**, from the mind to the emotion to the physical level.

You will be invited to go as deeply into your own transformation as you choose. This can be a time of healthy eating and improved awareness about your everyday choices and it can also be a truly transformative time where you shift some of your negative patterns for good!

You will gain new insights if you allow yourself. Your commitment to the process, no matter how deep you wish to go will determine your success. Honor yourself for the choice you have made. **Just by joining this journey you have made a declaration to your desire for greater health in your life.** We are here to guide and encourage you along the way! Set your intention for what you really want from this. Ask questions, be willing to see with new eyes and you will be amazed at what you are capable of.

We've listed some **FAQs** on the member site in addition to this guide if your brain is asking for more reassurance. Trust that **this is a safe** journey for you to take and that what exists on the other side is a version of you that is one step closer to your best self.

THE BASICS:

THE DIET--Your food choices

This is the main focus of our program so we might call this a food and nutrition program above all else. You will follow an elimination-type, anti-inflammatory diet.

The **first two weeks is considered a classic cleanse type diet**, super clean (but yummy thanks to our recipes) and allows you to clean things up for a couple weeks to see how good you can feel in a short period of time if you make different choices.

The 6 weeks following involves **food reintroduction**; the keystone of our program. We are interested in helping you discover what foods might be bothering YOU; some call it **food intolerances**. Even if it's a whole food or unprocessed it could be irritating your system and causing you to feel unwell or hold on to extra weight. **THIS TAKES TIME**. Don't be fooled by the myths....you CANNOT figure out your various food intolerances in a matter of days. Your **body** NEEDS time to have a response to what you are doing and your **mind** needs time to adjust to your new habits! For this reason, our program is 60 days long.

But don't worry!

During the Reintroduction phase, every 4 days you will be adding in something new; every 4 days you have something to look forward to and your brain LOVES this! The human mind needs variety.

Along the way we will also be teaching you how to begin changing some of your habitual patterns around food; whether emotional eating, overeating, stress eating or food addictions; you CAN do something different! Once we start **paying attention** to what we are doing and noticing our behaviors in a whole new light, we often automatically start adjusting. We are here to help you make change that lasts!

OPTIONAL Modifications or Additions:

If you choose you can add additional targeted supplements to support your body's natural detoxification processes and enjoy the benefits of a bit of "cleaning house". You will **make a "daily detox smoothie" for one meal-replacement during the first 2-3 weeks of the program.** You can choose to enjoy this smoothie for any meal. If you are enjoying them, they are perfectly safe to continue for the duration of the program.

For increased Detox support:

- ✓ The key ingredient here is ***Thorne Mediclear Plus***—your detox-protein powder. It contains all the protein and necessary nutrients and botanicals to enhance your liver detoxification function.
- ✓ You will also add ***Innate Response Renewal Greens*** a whole-food greens power to upgrade your nutrition during this time.

***Use 1-2 scoops of Mediclear and 1 scoop of Renewal greens** in a smoothie that acts as a meal replacement. If you decide to use a smoothie as a snack, only use 1/2-1 scoop of protein powder. This product contains a good amount of protein so doses can be split up! Add the Renewal greens, or drink 1 scoop of greens separately in water each day.

(One recommended protocol is to use 1 scoop per day during the first and third weeks and 2 scoops per day during the middle or second week. You can even do 2 meal replacements during this middle week if you are wishing for a more classic "cleanse" experience. See our detox guide for more in depth info.)

If you do not want to do smoothies, see our Detox guide for other detox product options.

- ✓ We also strongly recommend ***Similase—digestive enzyme or similar to support digestion*** through the entire 60 days.
- ✓ **Detoxification tea:** Enjoy 1-2 cups of warm tea during the day.

NOTE on supplements—Please work with your current health care provider if you are already taking supplements or Medications. **Do not stop taking any of your current medications without speaking with your physician.**

We do not include personalized supplement recommendations in this program. Those we have recommended here are safe to take but we need you to be responsible for any possible interactions.

The Mediclear Plus product alters/enhances liver detoxification. This can change the metabolism of certain prescription medications. Please consult your physician prior to including these in your plan. You may also contact one of us for a personal consultation.

*****If you are currently taking medications please continue taking your medications as prescribed unless you discuss discontinuation with your physician.***

For Weightloss:

We are providing you with a weight loss guide if part of your goal is to release some extra weight. It will be up to you to step into a bit more of a serious role if you wish to lose weight on this program. We will give you all the goods and support and you must make the decision to stay focused and true through the 8 weeks. Past participants have been delighted by their weight loss during our program. You too can be slimmer and trimmer by the end of our time together!

LIFESTYLE PRACTICES:

HABIT CHANGE

*Here's where the rubber meets the road on mindful eating and living. **If you are experiencing anything but optimal health then you have habits in your life that could be getting in your way.** Sometimes it is pure lack of awareness but once we are willing to look at what we are actually doing day to day; **change can begin.***

It's very simple yet not always easy.

*We know this in our own life and through helping countless patients. **A big part of this program is *getting REAL with what we are choosing!****

So often we hear, "I know I should be doing/thinking/being.....to feel better, but don't....WHY?"

*The answer...because you have deeply ingrained patterns that you and your body are used to doing. **The first step to making any change is AWARENESS.** Here's where our program will help you.*

Watch your email for daily and weekly tips for more mindfulness and habit changes around food and eating. Begin to practice our suggestions, maybe just for the fun of it, but also to see what change might be possible in your daily patterns.

***"The truth will set you free, but first it will piss you off."* –Gloria Steinem**

THE PRACTICES (mind, body, energetic)

This is the fun part. Here's where your **curiosity will serve you.**

We will give you many suggestions. You can go as deep as you wish. You can include as many daily practices as you wish. We will be encouraging you to **move your body, explore your thoughts and observe and transform your emotions.** This is where you get to decide and commit to your own healing. This is where we get a "mind cleanse, an emotional cleanse, a spiritual cleanse" if you will. As we change our diet, voluntarily restrict ourselves from stimulants and avoid our cravings, our mind will try to convince us that we may actually die without them. Here is where we have the opportunity to reframe and retrain our brain. Here is where we get to make friends with the parts of us we don't usually care for very much, but who are often in control. Here's where we get to become someone a bit different! We say, "Whoo Hoo. Let's go for it!"

BREATHING

Throughout this journey, pay attention to your breath! Using it in moments when you feel challenged will be a foundational piece to your success and feeling like you received the most from the program. **We cannot underestimate the power of our BREATH!** It promotes our **life force**, our **Qi**; our connection to the deepest part of our selves. Use it to keep you present and feeling empowered. **It is from the present moment that we co-create and manifest our heart's true desire.** *The breath can keep us there.*

We will continue to share as we move through the program together so in a sense this is an organic body of information. In our guides you will find all the information that you need to be successful, what you do with is up to you. We too are constantly growing, learning and stretching and our inspirations through walking this journey with you will ultimately lead us to share what comes up along the way.

What other program offers you that? Your inquiry and reflections are always invited. We look forward to the unfolding! Let's get started.

“To do something you've never done before is to BECOME something you've never been before!”

Your Reintroduce Health Plan

Your new relationship to food

In this strategic eating plan, we remove foods from the diet that are known to cause inflammation and irritation in the body, thus reducing or resolving your body's reaction to them. Even foods considered "good for you" could be contributing to your lack of vital health. This plan will allow you to stop the confusion and begin to get clear on what foods are right for you.

Whether you are experiencing pain, swelling, fatigue, allergies, sleep disturbance, digestive complaints, mental fog or various hormonal imbalances, this program will offer you clarity about how your diet is affecting your health. Our goal is to help you identify the foods that irritate your body's systems and enable you to make informed and empowered choices that lead to a more energized, healthy and vital YOU.

The foundation to any cleanse, or detox program, lies in the foods you eat. The addition of supplements or herbs may enhance your body's elimination and detoxification pathways, but **it starts with food!** Here we focus on identifying and eliminating the obstacles to YOUR health when it comes to food and your relationship to it. **What you eat does matter** and can impact your health in positive and negative ways; affecting your current state and your future risk for disease and illness. We believe the first step in creating vibrant and long-term health is identifying that which nourishes you and promotes healing, and that which does not.

What makes this program different from most others is the careful and deliberate food reintroduction. The strategically guided food reintroduction phase of this program is the key to your long-term success and its value not underestimated!

Following this step-by-step reintroduction will allow you to clearly identify the foods that inflame your system and those that do not. Unlike popular belief, **not every diet is for everyone.** Not every food, even if whole, unprocessed or "natural" is the right food to nourish every "body". How you feel when you eat something tells you a great deal about what is going on in your system. This information can empower you to make the choices that allow you to take charge of how you wish to feel each day and be in control of your overall health. Our goal in this program is to help you **move towards real health and vitality** by becoming the master of your choices in your food lifestyle and in your life.

This program will change your body. It will change your tastes, how you think about food, your habits and your cravings. If followed as outlined, it has great potential to change the way you eat for the rest of your life.

The great thing about this plan is that it can be done at any time of the year and does not require any special or additional products or supplements. If you wish to support detoxification at a higher level, discuss that option with your healthcare provider, as we mentioned above, there are many ways to upgrade your experience. If you feel this plan is right for you please discuss it with your healthcare provider to determine if it is a good fit.

Step One: The Prep

- **Get clear and set your goals.** Take the time to write down 5 things that this means to you or what you hope to achieve. Consider posting this where you can see it. Reminding yourself periodically WHY you are doing what you are doing helps you stay enthused and on track.
- **Take at least 1 week to PLAN for the upcoming experience.** The key to success is being prepared!! You will be doing things differently, so plan to cook meals in advance and **always** have snacks with you.
- **Re-stock your pantry and refrigerator.** Go through your pantry and cabinets and get rid of the foods that do not meet the guidelines of the program. If it's not there, you won't eat it!
- **Get your containers!** Being prepared leads to success. Consider purchasing Mason Jars to store soups, Pyrex containers for meal storage and a Kleen Kanteen or other BPA-free container to drink water on the go. Get rid of plastic beverage bottles.
- **Determine the best time to start the plan and then COMMIT.** You will need 60-days for the full program. (Take a BREATH! This may seem long but the way we have it designed the time will breeze by!) **14 of these days are devoted to strict avoidance of all known “inflammatory foods”.** The other 45 days are devoted to the re-introduction and investigation of these eliminated foods. You will be staying off gluten and cow dairy for the longest period of time, as these are often the worst offenders.

NOTE: If you are doing this with us live, BRAVO! You will be getting great personal support and **we've set the start date for you!!!!**

- **Prepare the people in your life.** If you share meals with others, let them know how important this is to you so they can be on your team! They may even want to join you!
- **Determine the type of support you will need** during this process: a friend or family member to join you on the adventure, regular acupuncture or counseling sessions, or a written plan for social engagements. ***Feeling supported is a secret to success in this and in life.***
- **Decide if you are going to go without caffeine (coffee)** for the entirety of the plan. We include it in the re-introduction phase but you can choose to eliminate it for the whole 60 days. Eliminating caffeine over the long term can greatly improve sleep, pain levels, digestive complaints, mood swings, PMS and afternoon fatigue.

If you plan to eliminate caffeine, start weaning during the Prep phase to decrease any withdrawal symptoms: decrease your caffeine consumption in 1/2 every 3 days so that you are completely off by the start of the program or within the first 3 days. Determine if you plan to switch to green tea or Matcha, white tea or Yerba Maté. If you are not going to eliminate caffeine at *this time*, then consider an elimination experiment in the future! **Please remember however that drinking soda (diet and regular) is not permitted.**

If you plan to continue drinking coffee or caffeinated tea during the program, the beverage should be free of any sweetener, dairy and alternative dairy products. Please choose organic sources and limit to 2-4 oz. in the morning **with your breakfast. This will minimize the stress effect on your cortisol levels and prevent it from suppressing your appetite. If going without coffee is a concern, we have other suggestions on how to incorporate it into the plan so please ask us.

**Good substitutions for coffee are: Green tea, Rooibos tea, herbal coffee (gluten free), recommended detox tea or a glass of sparkling water/warm lemon water in the morning.

- **Buy a journal dedicated to your process. This is very important.** During the program it will be helpful to keep a health journal and write down how you are feeling or symptoms you notice. **Before beginning the program write down your main symptoms.** Attach a qualitative description to the symptom (for example: joint pain in my hands each morning that feels achy for 3 hours) then rate it on a scale of 1-10 (10 being the worst you can imagine). Also record eating habits that don't make you feel well (like eating late at night, eating while driving, eating too fast or eating because you are stressed). The more you pay attention and document, the more you are going to learn about yourself and the lifestyle that can support you to feeling your best.

We strongly recommend using the provided **questionnaires** on your member page as an initial assessment before the Program. Fill them out again after the Program to discover and highlight any major shifts or changes. These questionnaires can be very helpful to remind you of where you are starting, where you end up during this process and where you wish to go moving forward.

Step two: The Launch~~Your 2 week cleanse

During this process make a commitment to yourself to only nourish your body with fresh, whole, organic, free-range foods that are local when possible. If you need to use canned foods, purchase the Eden brand or other BPA free cans and in general be very aware of the ingredients in anything that comes packaged.

Drink extra amounts of water, being mindful to hydrate every hour or so especially between meals with clean, filtered water.

Please do your best to avoid the microwave and if you must then only use glass containers.

LET'S GET STARTED!

We'll start with **what to remove** and in doing so watch how immediately our *mind-cleanse* begins!

If you are willing to pay attention in this moment you will see that even reading this list may trigger your mind and the ways you think or feel about food. Right from the start we can begin to witness the mind. Look for any resistance and the story that begins to show up right away. Get interested in how your mind guides you! Watch all the questions that arise.... ***"How am I going to do this? What am I going to eat? This sounds too hard.....14 days, 60 days? No way."***

If any of these types of questions or self talk comes up, **remind yourself why you are here** and then replace them with positive thoughts of ***"Yes I can do anything, there is plenty to nourish me.....I am capable, I am safe, I desire better health and I commit to this experience!"***

Day 1-14 Avoid all foods containing the following ingredients:

- Gluten
- Dairy
- Eggs
- Soy
- Corn
- Night-shade vegetables: Tomatoes, White Potatoes, Eggplant, Peppers (hot and Bell)
- Sugar (whole fruit is ok and 1-3 tsp of honey per day is ok)
- Alcohol
- Citrus foods: except lemons and limes to be used as condiment/flavoring
- Processed food (Fried foods, highly refined gluten free grains, food with added nitrites or sulfites, MSG, food coloring and **artificial sweeteners**)
- Peanuts
- Farmed fish and shellfish
- Meats and eggs that are **not** from grass fed, pasture raised animals. If you can source locally this is the time to make the investment and note the difference in quality!

Please note: **Day 4-10** we ask you to eliminate ALL Grains.

This may seem unthinkable for some, but there is solid science around this and we are providing a meal plan to help you!

**This includes gluten free crackers, pretzels, pastas and other bread products.*

If following our recommendations, whole **gluten free** grains are ok on **days 1-3 and 11-on.** ***(Individuals with joint pain, mid-day fatigue, reflux, gas, bloating, constipation, diarrhea or other digestive symptoms should pay extra attention to how they feel with and without grains.)***

We encourage eliminating legumes during this time as well---see our upgraded options. The deeper you go, the more info you will receive. However, we understand that this takes away a major protein source for vegetarians and therefore, may not be possible for some.

****If you suspect that legumes are bothering your digestion, making you tired after meals or causing other symptoms this is the place in the program to avoid them. You would reintroduce them on day 13 if you choose.**

If you continue to eat legumes, pay attention to gas, bloating and fatigue within 4 hours after the legume meal. Also take note of any feelings of a foggy head or the need to eat within 3-4 hours.

Note: If you already avoid something on this list, this program is still for you. Choose another food that you eat every day, (ie almonds, bananas....) and remove those during the two weeks and reintroduce them somewhere in the sequence. **This is why this program can be used again and again** as we change and continue to refine our diets as we age.

“Ok Doc, so what the heck is left to eat?”

A LOT! Embrace and place your focus of attention on all that is available to you! Read this list and wonder into the possibility of all the new and exciting meals that you will be able to enjoy. You'll notice this list is much longer than the one above.

FOODS TO ENJOY:

- **Vegetables.** These will be your staple. **Eat these, lots of these!** Get creative, experiment with leafy greens, root veggies, fresh herbs, etc. Even frozen is ok in a pinch. **Choose organic whenever possible.**
- **Organic Fruit.** Go easy, berries are highest in antioxidants and have the least sugar.
- **Clean, lean protein sources**—free-range, grass finished, local and wild are best.
- **Healthy fats**-- *Use oils that are Cold Expeller Pressed and virgin*—Extra Virgin Olive Oil, coconut oil, Ghee (clarified organic pasture butter), Grapeseed oil, Avocado oil, Sesame oil, walnut or pumpkin seed oil, red palm oil. Fish oil, olives, avocados, coconut milk (in a can, no preservatives, BPA free cans).
- **Raw nuts and seeds** (no peanuts). Macadamia nuts, pistachios, walnuts, hazelnuts, pecans, brazil nuts. (Unless of course you are sensitive to any of these). Pumpkin seeds, sunflower seeds, freshly ground flax seeds, hemp seeds or chia seeds.
- **Non-gluten grains** (brown or wild rice, quinoa, millet, buckwheat, teff, amaranth). **Except for days 4-10.**
- **Legumes and beans** are acceptable for a small protein source and good fiber. These can be difficult to digest for some, so go lightly or avoid if they tend to bother you. Lentils and split peas are often a bit easier to digest and can be very nutritious. **Again consider eliminating days 4-10.**
- **Alternative Milks**—Alternate these and always look for unsweetened versions. Almond, hazelnut, hemp, rice or coconut milk all can be used. No soymilk, no oat milk (gluten contamination). We encourage you to **make your own nut milks.** It's super easy and you will never want to go back to packaged again! We include a recipe that can be easily adapted.

**Many or most of the dairy alternatives on the market have a lot of additives or chemicals which we want to avoid during this time! The thickeners used in milk alternatives can often produce just as much phlegm in the sinuses and lungs as dairy does. WATCH FOR THIS!*

- **Allowed sweeteners in very small amounts**—raw honey (local is best), stevia or xylitol (non-corn).
- **WATER.** Lots of it. Water is especially important during this time as it carries vital substances to cells and waste away and out of the body. Drink **at least 10-8 oz.** glasses per day. **80 oz. should be the minimum. DRINK CLEAN, PURIFIED WATER!** Even a cheap Britta filter is better than not.

Remember that this is a wonderful choice you are making for yourself! You are doing something to honor your body and as a result your mind and spirit. We can all do anything for a few weeks of our life. Think positively everyday about this great gift you are giving yourself. Thank yourself for making different choices for a time. Be willing to watch your hunger and manage your body's signals to fuel up. Here is your chance to really pay attention!

Step Three: The Re-introduction

This is the phase where the real work begins! It's importance lies in the messaging your body will give you as you begin to bring things back into your system. If you are paying attention you will begin to discover that which may not be of benefit to your health. **Listen to your body, there is wisdom there!!!!**

If you experience an undesirable symptom, this is a sign that your body is unhappy, unbalanced or stressed. This is a sign that an **inflammatory reaction** has been triggered, an immune response launched and that tissues are being irritated as a result. Once you determine this, you get to make the choice to continue or to avoid it for a period of time.

Journaling your experience becomes crucial in this step of the process, as it is your curiosity, sleuthing and documentation of it that will reveal the food lifestyle that will support your health moving forward.

During this phase you will re-introduce a given food on the highlighted day.

***It is important to know that some reactions are delayed and can present up to 7 days after consumption. This is the reason this part of the program takes a bit of time.*

During the re-introduction, you will eat the suggested food for 2 meals, breakfast and lunch OR dinner, then wait 3 additional days to determine if you have any reactions. If you react after the first meal then we suggest stopping there. **Write any reactions in your journal.**

Please follow the guidelines on which foods to re-introduce and when. We have a method to our madness! Chocolate, caffeine and alcohol have been added to the re-introduction sequence. We understand that these foods can bring pleasure and happiness into life, however pay attention to **how YOU feel about** these foods and how **YOUR BODY feels** about them!

Do these foods function as a crutch or an addiction? If you get emotional or stressed out, are these your go-to? If so, is that ultimately leading to a more vital version of you? We strongly recommend writing in your journal during this process and seek support if needed. This is where our relationship with food comes into play. There are ways to shift your focus to avoid emotional eating so become aware and then ask for help. This is a beautiful gift of awareness you are giving yourself.

Reactions to pay attention to:

- **Any of your main symptoms returning or worsening**
- Stomach ache or indigestion (of any type)
- Burping, reflux
- Gas & bloating
- Diarrhea, constipation, irregular, incomplete or changes in bowel movements
- Runny nose, sinus/throat/lung congestion, asthma symptoms
- Itchy or red eyes
- Temperature changes after eating, hot flashes, night sweats
- Increased heart rate or restlessness/anxiety
- Mood changes, mental confusion (this can sometimes be a hour to several hours later! **Watch for feelings of irritability!!!!**)
- Fatigue (if you want to crash 1-2 hours after eating this is a sign!!!)
- Headache, migraine or dizziness
- Insomnia, nightmares, restless sleep
- Muscle or joint pain—arthritic pain, muscle soreness
- Nerve pain, numbness or tingling. Burning feeling on feet or other area of the body
- Joint swelling, or swelling in general
- Weight gain (you may want to weigh yourself each morning of the reintroduction period.)
- Skin rash, pimples on face or body (often delayed)

If you experience a symptom within 4 days of eating the re-introduced food then we suggest you wait until the symptom resolves before re-introducing the next food in line. ***Even if this extends the process for you!*** Ask us about that if you find this to be true or need clarity.

It is also recommend that you **avoid the reactionary food for an additional 3 months** before attempting to re-introduce it again.

If symptoms occur, your body is trying to tell you something! Please be willing to listen.

Keep track of all you experience and discuss this information with your healthcare practitioner or coach if you feel you need assistance moving forward.

If you do not experience a symptom or reaction, that's great! This food is now on your allowed list! Continue the re-introduction process and celebrate that which your body is happy with!

Once you finish the entire re-introduction, for any of the foods that caused few or minor symptoms it is recommended that you consider a “Rotation diet”, eating the known “inflammatory” foods from the above list no more than once every 4 days. If this is not practical, with leftovers or such, then focus on no more than 2 x/week.

- **It is worth mentioning again** → for any foods that caused a clear reaction we ask that you avoid the food for an additional 3 months before attempting reintroduction again. If after 3 months you have no reaction, move that food into rotation, but do your best to not eat it every day.
- **The exception to this discussion is Gluten and Dairy.** If you have any sort of reaction during the program, please allow this to be the evidence that you need to adopt a gluten, dairy or gluten and dairy free lifestyle.

The goal is to have a diverse whole food diet; organic, clean and plant powered.

This plan can and ought to be repeated at least once a year as a “check in” or “reboot.” Our bodies are always changing. Sometimes it’s easy to get into a rut and this program provides an excellent opportunity to help you get back on track to eating the way your body prefers.

***Caveat:** You can experience reactions to certain foods depending on the time of the year. For example, if it is allergy season and you are in the throws of your typical seasonal allergy experience, you may notice more symptoms during the food reintroduction than you would during an off allergy time of the year. This is definitely important information, which can help you to decrease your overall allergy response in seasons to come.

Re-Introduction guidelines/time table:

*Day 15: **Spicy or Bell Peppers** (Nightshade)

*Day 19: **Citrus (oranges or grapefruit)**

***Bonus Day 21: Caffeine** if you have avoided and wish to reintroduce OR skip to the next food to introduce. If you have been drinking green tea throughout the program, now is the time to introduce coffee if you wish. If you have been caffeine free, we encourage you to start with green tea here.

- Breakfast= 4 oz of organic coffee or caffeinated tea. Only introduce this in the morning and enjoy with your breakfast. This is not a time to introduce cream and sugar. Black is recommended or you can add coconut/nut milk. NO Sweetener!

*Day 23: **Free Range/Pasture Eggs**

*Day 27: **Corn-non GMO** (leave GMO corn out of your diet, you will need to read ingredient labels to determine)

*Day 31: **Tomatoes** (Nightshade): **Pain and Arthritis can worsen with the foods in the nightshade family**, but the effect may be different for one of these foods to the next! If you have a reaction to tomatoes then consider waiting to reintroduce the other nightshades until the end of the program.

***Bonus Day 34: Chocolate--** Dark only (70% or higher) or **Raw Cacao** (see our recipes) or skip to the next food to introduce

*Day 35: **Goat/Sheep Dairy**

*Day 39: **White Potato** (Nightshade)

*Day 43: **Soy**

*Day 47: **Alcohol** (optional). You can skip to the next food in line, or one you've waited on from above. (When you first introduce alcohol, drink without adding a mixer. Options: Cider, saki, organic wine, or spirits on the rocks/straight up) **Please have only one drink for this first introduction.** Your tolerance will have decreased over the last few weeks and we don't want any reactions to be due to overindulgence!

NOTE: For the next 2 foods we encourage you to take inventory of your progress so far. If you are feeling super and are feeling confident with your new way of eating then the next two are completely optional. **Gluten and Dairy are usually the top culprits in inducing inflammation in the body and are also the gateway to many processed and nutrient robbing foods.** You can choose to continue with a gluten and dairy free food lifestyle or do the reintroduction now. Once again, please listen closely to your body and be careful of how the mind may begin to play some games here! Many are "addicted" to these food groups.

*Day 51: **Cow Dairy**

*Day 55: **Gluten**

Refined sugar-- introduce on Day 59 or on your own watch. **Refined sugar ought to be limited in all diets for all people. There is a definite addictive quality for most people, so begin wisely!**

CONGRATULATIONS!!!!

You did it! At this point you ought to have greater clarity about the foods that your body enjoys and those that cause you some havoc. **Now you get to choose to listen to your body moving forward** and continue to improve your overall state of well-being.

Please remember that life is an ever-moving stream; events happen, life gets stressful, we go on vacation or numerous other things occur that might throw us off balance. We all have habits that have been around for a long time and the process you just went through gave you the opportunity to create some new habits, ones that serve your health rather than impair it. The insights you gained are tools you now have to return to when you feel less than awesome, or find yourself getting off track.

Our bodies are always changing. As we age food can be our medicine as much as anything else. We all have a choice in how we nourish ourselves each day. **May you continue to listen to your body's wisdom and experience a new level of vitality through the foods you choose and your relationship to them.**

People usually fail when they are on the verge of success. So give as much care to the end as to the beginning. Then there will be no failure. ~Lao Tzu

Step Four: What's Next?

How do I create a new healthy lifestyle and maintain it?

The information you have gleaned throughout this program is meant to be followed at least 80% of the time. Living life in moderation allows us a bit of wiggle room without completely “falling off the wagon” and getting too far off track. We can learn to powerfully choose something knowing it may very well cause us to feel pretty crappy. However, if you give yourself permission to “indulge” 10-20% of the time, your mind will cooperate with you and you will begin to know that healthy eating and living really is sustainable.

So in real life, what does this look like?

Through these 60-days, you may have realized that you feel best when you avoid gluten, cow dairy and sugar. After the program, you decide to avoid these foods in your daily life but enjoy them while on vacation, when at a birthday party or once a week on date night. You determine what you need to be doing 80% of the time by identifying what is realistic for you and that which keeps you feeling good.

We chose 60 days not only to allow enough time to reintroduce each eliminated food; but research shows that 60 days is the average length of time required to create a new habit and have it stick. During these 60 days you have been re-patterning your brain and creating new habits. **We understand that this is not an end-point but a work in progress.** The more you follow the meal plan, practice cooking at home and use the tips we have provided; the more it will become a part of your daily life. So much so, that if you get off track for one day or one meal, you are able to hop back on without much effort.

Unlike other programs, we understand that it is not always realistic to rely on willpower to meet your goals; **you need a plan.** This plan then becomes the script for your life moving forward. If you have difficulty managing portion sizes or eating over the holidays. Create a new script...reframe what you think is true. Use the following exercises to help you with this process.

1. In your [journal](#), draw a line down the middle of one page.
 - On the left side of the page, list unhealthy habits you have fallen into or have a hard time changing. Write down as many as you can think of. This includes physical behaviors as well as emotional.
 - Write [behavioral modifications](#) on the right side of the page. **What can you do or wish you could do instead of the “unhealthy” habit?**

If you need help coming up with a healthy alternative, get some help from someone like us! Remember that if you bump into a struggle on the journey, this is when asking for help is a good a tool as any!

We suggest looking at these behavioral modifications and alternatives daily in order to keep them fresh in your mind. Then practice, practice, practice. Each and every moment, of each and every day is an opportunity to start again and create a new story of your daily experience. Remember this and you have a tool that will change your life.

2. Identify situations that make it difficult for you to maintain your individual food plan. Then write down a plan of what you could do or are going to do instead. For instance, *“It is difficult for me to avoid overindulging in desserts and alcohol at parties.*

My new strategy: *Instead of consuming that first drink, I’m going to drink sparkling water and place my focus on my friends and family. I will feel so much better the next day and am prioritizing my health. This will help me to preserve my willpower.”*

3. Think about the following phrases and determine if any one of these rings true for you.

- “I can’t believe I ate that burger and fries from Burger Ville, oh well, I might as well get a milkshake too. I can always restart the plan next Monday.”
- “I have had such a busy day and I’m so tired, I deserve an ice cream...or some chocolate...or that bag of chips.”
- “This plan is stupid, I should be able to eat whatever I want. It doesn’t really matter.”

If so, you are not alone. These are three very common and predictable self-defeating thoughts that can derail any program. If you have heard these phrases in your mind or leave your lips, let’s figure out a way to **change the language to change the behavior.**

Substitute the following dialogue into the scenario:

- “It’s normal to eat outside of what I planned and that burger and fries tasted good. No big deal, I’m restarting my plan right now.”
- “I’ve had such a busy day, I’m tired but a nice walk will help me let go of my day and refresh me. I will walk for 15 minutes and if I need to stop I will.”
- “I’m following this plan because it has my health goals in mind. I can’t eat the way I always have because my cholesterol and blood sugar levels are high, the weight won’t come off and I don’t have the energy to do all the things I want to do. Even though I don’t want to do this now, I know that it is better for me long-term.”

4. Create a restart button. Every single day is a chance to start new. Determine the things that help you feel good, place your focus on those things and use them to get back on your wellness plan. For example, “on Saturday morning, after Friday’s dinner party I am going to drink a green smoothie with protein powder and go the gym. This will help me restart”.

This program is just as much about retraining our mind as it is about retraining our bodies. What we think determines what we do and our choices determine our experience...of health and of life!

“I am not what happens to me. I am what I choose to become.”
–Carl Jung

For those of you wanting or needing more support we encourage you to work personally with either of us to continue moving forward on your wellness journey. This reset opportunity can be a new start to a new you. **Getting ongoing support is how we all make the transformations that change our life.**

Contact either of us through our websites to get clear on your current health goals and create a plan that supports you on your own path of healing and vital well-being!

Thank you for participating! We wish you health and vitality.

Drs. *RACHEL & HEATHER*