



➔ **Metabolic Detoxification** Program Guide



Chemicals are everywhere—air, food, water, soil, dust, and everyday products. Over time, a buildup of toxins in your body can make you feel bad. While you may have limited control over your environment, you have a great deal of control over your own body. A 10-day Metabolic Detoxification Program can help remove toxins from your body. By taking action now, you can start to feel re-energized soon.

Simple 10-Day Program

This scientifically designed program includes targeted nutrition, a modified elimination diet, simple exercise, and basic recommendations for stress management. If that sounds simple, that's because it is. After just 10 days, many people notice improved energy with fewer bothersome symptoms.



Targeted Nutrition

The program includes a powdered beverage mix to support metabolic detoxification, including a “clean” protein, vitamins, minerals, and phytonutrients.



Eating Plan

A modified elimination diet rich in vitamins, minerals, and phytonutrients reduces the allergen and toxin load, helping the body to detoxify efficiently.



Simple Exercise

Strenuous or prolonged exercise should be reduced during the program to allow your body to cleanse and rejuvenate more effectively.



Stress Management

Adequate stress reduction and sleep are important to the success of your program. Your body is recharging and regenerating—help it by getting adequate rest!

Professional Supervision



Your success can improve dramatically when you follow the guidance of your healthcare provider. Program adjustments may be made to better suit your individual health needs.

Targeted Nutrition



This program includes a scientifically formulated powdered beverage mix to support healthy liver function and enhance metabolic detoxification. It supplies a low-allergy-potential rice protein and specific amounts and types of carbohydrates and healthy fats, along with other targeted nutrients. The rice protein is fortified with two amino acids to provide a complete, easily digested source of protein. Specific vitamins, minerals, plant nutrients, and other amino acids help to facilitate the removal of toxins.

Your healthcare provider may also recommend an encapsulated nutritional supplement for enhanced detoxification support and/or other targeted formulas (based on your individual health needs).

Eating Plan



The food plan is a modified elimination diet consisting of low-allergy-potential, “clean” foods rich in vitamins, minerals, and phytonutrients to reduce the allergen and toxic load and enhance the body’s ability to detoxify.

For best results, carefully adhere to the Dietary Guidelines. Foods that are not found under Food Choices should not be eaten, unless discussed with your healthcare provider.

Avoiding potentially allergenic or heavily processed foods that may impair your body’s ability to cleanse and detoxify is very important for the success of your program.

Dietary Guidelines

Days 1-7 reflect an elimination plan that builds on recommendations from the days prior. Once a food category has been eliminated, do not add back until advised.

Day 1

Eliminate all:

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

Day 2

In addition to eliminating foods listed for Day 1,

Eliminate all:

- Dairy products and eggs

Start powdered beverage mix—1 scoop twice today

Day 3

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

Eliminate all:

- Wheat, rye, barley, spelt, kamut, and corn
- Note: You may continue to eat rice, tapioca, amaranth, millet, and buckwheat

Continue powdered beverage mix—1 scoop twice today

Day 4

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

Eliminate all:

- Remaining grains
- Nuts and seeds
- Note: You now should be eating vegetables, fruits, and legumes only (along with the powdered beverage mix)

Increase powdered beverage mix—2 scoops twice today

Dietary Guidelines (cont.)

Days 5-7

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

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

Increase powdered beverage mix—2 scoops four times per day

Day 8

Gently add back fruits, vegetables, and white rice (only) to diet.

Decrease powdered beverage mix—2 scoops three times today

Day 9

Add back:

- Millet, tapioca, amaranth, and buckwheat
- Legumes, nuts, and seeds

Decrease powdered beverage mix—2 scoops twice today

Day 10 & Beyond

Congratulations! You have successfully completed the program. For maximum benefit from this program, it is important to slowly reintroduce the foods which you have not added back to your diet yet. If you suspect that you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction.

If unsure about a reaction, wait until symptoms recede and eat only foods that do not cause a reaction. Then ingest the suspicious food again and take note.

Food Choices

For best results, select foods from this approved list—making sure to eat only from the categories designated in the Dietary Guidelines for each specific day of the program. Your healthcare provider may make additional dietary suggestions or limitations.

Vegetables



Alfalfa sprouts
Artichoke
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Garlic
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach

Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits



Apple
Applesauce
Apricot
Avocado
Banana
Berries (all types)
Cherries
Coconut
Kiwi
Lemons
Limes
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Grains



Rice, rice bread, rice cereal, rice pancakes, rice cakes, rice pasta, rice milk
Cream of rice
Puffed rice
Tapioca
Amaranth
Millet
Buckwheat

Legumes (Vegetable Protein)



Beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans/chickpeas
Hummus
Lentils
Peas (green, snow)

Nuts, Seeds & Oils



Almonds, almond oil, almond milk, almond butter
Canola oil
Flaxseed, flaxseed oil
Hazelnuts
Olive oil

Pecans
Pumpkin oil & seeds
Safflower oil
Sesame oil & seeds
Sunflower oil & seeds
Walnuts, walnut oil

Condiments



All herbs & spices
Dijon-like mustard
Tahini
Vinegar: apple cider, rice, red wine, balsamic

Sweeteners



Brown rice syrup
Fruit sweetener
Blackstrap molasses
Stevia

Beverages



Almond milk
Coconut milk
Herbal tea, decaffeinated
Water (filtered, distilled, mineral)
Rice milk
Juices from allowable fruits without added sugar

Sample Recipes

The easiest route may be simply choosing from our recipe suggestions. If you wish to develop your own recipes, keep the Dietary Guidelines in mind. You may eat as much of anything on the allowed food list as you would like.

Breakfast & Beverages



Fruit Smoothie

(1 serving)
2 scoops powdered beverage mix
8-10 oz. water
2-3 ice cubes
One of the following:
½ banana or peach
1-2 pineapple rings
⅓-½ cup berries

Mix ingredients in a blender to desired consistency. Adjust liquid according to personal taste.

"Milk" Shake

(1 serving)
2 scoops powdered beverage mix
4-5 oz. water
4-5 oz. allowable milk substitute
2-3 ice cubes
Fresh fruit of choice (see above for suggestions)

Mix ingredients in a blender to desired consistency. Adjust liquid according to personal taste.

Cream of Rice Cereal

Mix in milk substitute, top with mashed banana or applesauce, and sprinkle with cinnamon and chopped raw nuts.

Crispy Brown Rice (Cold Cereal)

Top with almond or rice milk, sliced banana or raisins, and cinnamon.

Lunch



Minestrone Soup

(8 servings)
1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
28-oz. can tomatoes with juice
½ cup brown rice
16-oz. can organic kidney beans, undrained, or 2 cups home-cooked beans
1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Spicy Black Beans and Tomatoes (8 servings)

1 tsp. olive oil
1 small onion, chopped
2 cloves garlic, minced
1 can chopped stewed tomatoes or 2-3 fresh tomatoes, chopped
4-oz. can diced green chilies
15-oz. can black beans, drained or 2 cups home-cooked beans
½ tsp. cumin
½ tsp. ground red pepper
¼ tsp. chili powder

1 Tbsp. chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.

Vegetable Rice Soup

(8 servings)
1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
28-oz. can tomatoes with juice
½ cup brown rice
1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans
Vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired

Follow same cooking instructions for *Minestrone Soup*.

Dinner



Red Potato-Green Bean Salad

(4-6 servings)
4 medium red potatoes, washed, unpeeled, steamed, or baked and cut into chunks (leftover potatoes may be used)

1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed
2-4 Tbsp. olive or flaxseed oil
2 tsp. balsamic vinegar
¼-½ cup red onion, thinly sliced
2 garlic cloves, slivered
2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb)

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil and/or oregano. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

Vegetarian Chili (4 servings)

1 Tbsp. olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced
1 sweet red bell pepper, chopped
1 green bell pepper, chopped
1 jalapeño pepper, fresh or canned, finely chopped
2 Tbsp. chili powder
1 tsp. cumin
1 cup cooked kidney beans
1 cup cooked pinto beans
28-oz. can tomatoes, chopped (reserve juice)
½ tsp. freshly ground pepper
2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin

and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

Pasta and Beans (4 servings)

16-oz. can white beans (navy, Great Northern)
3 Tbsp. olive oil
2 onions, chopped
2 carrots, chopped
2 Tbsp. dried basil
1 tsp. dried oregano
16-oz. can tomatoes or 4 tomatoes, peeled, seeded, and chopped
½ cup bean liquid
1-2 tsp. salt
½ lb. rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until onions are wilted. Add tomatoes and juice, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the carrots are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with bean sauce.

Snacks & Toppings



Tropical Salad

(4-6 servings)
1 avocado, cubed
8 pineapple slices, cubed
1 papaya or mango, cubed

½ cup celery, diced
½ cup mango or pineapple juice

Combine all and garnish with fresh mint leaves.

Basic Salad Dressing

(2-3 servings)
¼ cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)
1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)
½-1 Tbsp. water
1 tsp. Dijon-type mustard (optional, but delicious), whisked into liquid for easy mixing
Whole or minced garlic, oregano, basil, or other herbs of choice

Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

Hummus (6 servings)

16-oz. can garbanzo beans (chickpeas), or 2 cups home-cooked
½ cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
Paprika, sea salt, and fresh parsley to taste
1 tsp. cumin
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Simple Exercise



While most people have no problem maintaining enough energy on the program (in fact, many people feel more energized), others may need to curtail more strenuous physical activity during the program. You can gain benefit from an exercise program as simple as 30 minutes of walking 3 times a week. You should follow the advice of your healthcare provider.

Stress Management



You don't have to make big changes in your life to reduce your stress—just lessen the impact that stressful occurrences can have on you. These quick and simple tips make it easy for you to change your response to stress—and help you live a healthier life. Take the time for at least one of these activities each day.

- Breathe from your belly
- Take a short walk
- Burst into exercise
- Listen to music
- Dance or sing
- Take a mental break
- Have a good laugh
- Write in your journal
- Take a power nap

Tips & Helpful Information

Eating & Drinking

- **Follow the plan.** Only make substitutions that are recommended by your healthcare provider. You should, of course, avoid any foods that you are intolerant or allergic. Your healthcare provider may change your eating plan based upon your personal health condition and history.
- **Go organic.** Select organically grown, fresh fruits and vegetables whenever possible to decrease your intake of pesticide and herbicide residues. The “cleaner” you eat, the better the program will work.
- **Wash & remove.** When organic produce isn't available, remove any pesticides, waxes, and chemicals from fruits and vegetables with a fruit and vegetable wash and rinse thoroughly. If you cannot locate a fruit and vegetable wash, then use a dilute of dish soap.
- **Flush your system.** Drink at least 2 quarts (64 ounces) of plain, purified, distilled, or mineral water each day. Water flushes the system and carries out toxins, making it a critical component of your program.
- **Keep it flavorful.** A variety of seasonings can enhance the natural flavors of food without added butter, margarine, and salt. There is an abundant array of herbs and spices that can add flavor and variety to foods.

- **Stay calm.** Caffeine has been eliminated from the dietary program as it can have a significant negative affect on detoxification. Many herbal teas are naturally decaffeinated and can add variety and flavor to your program.

Shopping & Menu Planning

- **Plan ahead.** Prepare your 10-day menu and buy everything you can ahead of time.
- **Short cuts.** When you get home, wash and cut up fruits and vegetables for quick salads and snacks.

Travel & Work

- **Get packing.** Choose portable, healthy snacks for work or short travel. Pre-measure servings of the powdered beverage mix into sandwich bags.
- **Shake it up.** Buy a small battery-operated mixer or shaker cup with lid for times when a blender isn't available to mix your powdered nutritional product.



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