Standard Process
Post-Purification Program

A Patient Guide to Post-purifying,
Nourishing, and Maintaining
a Healthy Body and Weight
"A journey of a thousand miles begins by taking the first step"  
– Lao-Tzu

Congratulations for taking the first step toward optimal health
You’ve successfully made it through the 21-day purification program and you probably feel better than you have for awhile. You’ve worked hard to follow a healthy meal plan, exercise, and take whole food supplements. You should be proud of your accomplishment.
Program Objectives

• Provide patients with the “what’s next” after completing purification

• Provides guidelines for how to maintain a healthy lifestyle and obtain their weight management goals
Program Overview

- The supplements provide a 30-day supply, however the program can go on for as long as desired.
- Patients will follow the day 11-21 diet plan from the purification program for as long as the health care professional recommends.
- Patients will work with their health care professional to determine when it's time to begin reintroducing foods.
Post-Purification Program Details

Patient Guide

For your shopping convenience, use the tear-off shopping list in the back of this guide.
Living a Healthy Lifestyle

Now you're ready for the next step—maintaining your health and supporting your weight management goals. The healthy lifestyle you've begun is taking you in the right direction. You have a new attitude about food and health in general, and now you have the opportunity to continue on the road to maintaining a healthy body, mind, and spirit. Now you're ready to:

Get Back to "New Normal" and Obtain Optimal Results

You will begin to define your "New Normal", the healthy diet that will meet your nutritional and lifestyle needs. You'll be starting off with a healthy diet similar to days 11-21 of the purification program, so you'll include organic foods in your diet when possible; get regular exercise; and drink plenty of fluids.

Then when you and your health care professional decide it's the right time, you'll start to reintroduce foods that you avoided during purification and build a new relationship with food.

Supplements During Post-purification

Your health care professional will help you decide how long you will take the following supplements, but you will take them for at least 30 days following the purification program.

Catalyn®
- Contains concentrated multiple vitamins, minerals, and trace minerals providing complex nutritional supplementation.

SP Complete™
- Provides amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health.

Trace Minerals-B12™
- Provides an extensive variety of trace minerals including iodine, which is required for healthy thyroid, spleen, and red blood cell functions.

Tuna Omega-3 Oil
- Provides a rich source of long-chain omega-3 fatty acids, comprised of DHA and EPA in a naturally occurring 5:1 ratio. They are responsible for promoting and supporting healthy cardiovascular, nervous, and immune system health.

Whole Food Fiber (powder) | Gastro-Fiber (capsules)
- Whole Food Fiber offers a good source of fiber made from whole foods, all playing a vital role in keeping the intestinal tract and immune system healthy.
- Gastro-Fiber offers dietary fiber from herbal and whole food sources, providing support for the gastrointestinal system and helping detoxify the body.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Additional Supplementation
Your health care professional may also recommend the following products or others depending on your specific health needs.

Adrenals
Drenamin®—Offers comprehensive adrenal support to help reduce ongoing stress, increase energy production, and regulate mood.*

Digestion
Zypan®—Contains nutrients, including digestive enzymes, to support healthy digestion and the absorption of proteins, carbohydrates, and fats.*

Liver support
Livaplex®—A whole food based concentrate to support detoxification, fat digestion, and overall liver functioning.*

Sugar metabolism
Gymnema 4g (from MediHerb®)—Helps maintain healthy blood sugar levels when combined with a healthy diet. Especially effective in moderating sugar cravings.*

Whey protein
Whey Pro Complete—Complete amino acid supplement that augments weight management; supports muscle tissue; enhances immune function; and improves gastrointestinal health. Unique ingredients, such as colostrum and inulin, work in tandem providing immune support, especially in the gastrointestinal tract.*

High-protein Health Bars
StandardBars®—Offer a convenient, balanced supplement, without artificial preservatives, colors, or flavors. These bars contain ingredients derived from natural sources, and provide nutrients with specific benefits. They come in three flavors:
- Cocoa Crisp
- Cocoa Cherry
- Peanut Butter*
Visit www.standardprocess.com for additional information on these products.

If you are looking for convenience,
SP Complete and
Whey Pro Complete
are available in
single-serving packets.
Ask your health care
professional for
more details.
Daily Diet

Just like the purification program, this program also emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and hydrogenated oils/trans-fats. Nourishing yourself with nutrient-rich, high fiber, whole, unprocessed foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Fruits

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, no dried or canned fruit (use organic whenever possible).

- Average serving size indicated
  - Apples, 1 medium
  - Apricots, raw (3 medium)
  - Avocados, 1/2
  - Bananas, 1/2 per shake
  - Blackberries, 1 cup
  - Blueberries, 1 cup
  - Cantaloupe, 1/2 medium
  - Cherries, 15
  - Cranberries, 1 cup whole
  - Figs, 2
  - Grapefruit, 1 whole
  - Grapes, 15
  - Guavas, 1 whole
  - Honeydew melon, 1/2 small
  - Kiwis, 1 whole
  - Kumquats, 1 whole
  - Lemons, 1 whole
  - Limes, 1 whole
  - Loganberries, 1 cup
  - Mangos, 1 whole
  - Mulberries, 1 cup
  - Nectarines, 2 small
  - Oranges, 1 large
  - Papayas, 1 small
  - Peaches, 2 small
  - Pears, 1 medium
  - Pineapple, 1/2 cup
  - Plums, 2 small
  - Pomegranates, 1 whole
  - Raspberries, 1 1/2 cup
  - Rhubarb, 1 cup
  - Strawberries, 1 1/2 cup
  - Tangerines, 2 small
  - Tomatoes, 1 medium

Vegetables

- You can eat an unlimited amount of vegetables from the list below (use organic whenever possible). Your vegetable intake should be twice the amount of fruit intake.
- Average serving size = 1/2 cup
- No dried or canned vegetables; frozen OK
- Fresh juices made from vegetables are also allowed
- Most vegetables may be steamed for four minutes or stir fried over low heat; however, for best results, consume 1/2 of your vegetables raw
- Fresh herbs and spices are optional

<table>
<thead>
<tr>
<th>Vegetables</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>Chives</td>
<td>Pimentos</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cucumbers</td>
<td>Radishes</td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td>Eggplant</td>
<td>Sea vegetables</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>Garlic</td>
<td>Squash</td>
</tr>
<tr>
<td>Beets, red</td>
<td>Kohlrabies</td>
<td>String beans</td>
</tr>
<tr>
<td>(steam for 20-30 minutes or until soft)</td>
<td>Leeks</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Bok choy</td>
<td>Mushrooms</td>
<td>Turnips</td>
</tr>
<tr>
<td>Broccoli or brocciflower</td>
<td>Okra</td>
<td>Water chestnuts</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Onions</td>
<td>Yams</td>
</tr>
<tr>
<td>Cabbage (all types)</td>
<td>Oyster plant</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Carrots</td>
<td>Parsley</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>Peppers (any color)</td>
<td></td>
</tr>
<tr>
<td>Lettuce and Greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arugula</td>
<td>Escarole</td>
<td>Romaine</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Kale</td>
<td>Spinach</td>
</tr>
<tr>
<td>Chicory</td>
<td>Mustard greens</td>
<td>Swiss chard</td>
</tr>
<tr>
<td>Collard greens</td>
<td>Radicchio</td>
<td>Watercress</td>
</tr>
<tr>
<td>Dandelion greens</td>
<td>Red and green leaf</td>
<td></td>
</tr>
<tr>
<td>Endive</td>
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</tbody>
</table>
Lentils or Wild/Brown Rice

- Average serving size = ½ cup cooked (measure carefully)
- 1-2 servings of lentils or 1 serving of wild or brown rice per day
- Please note: Lentils have a higher protein content and less carbohydrates than rice. For ideal weight and blood glucose management, choose lentils more often than rice.

Protein

- Average serving size = 3-5 oz. cooked
  Roughly the size and thickness of your palm.
- Total servings: 2-4 per day, with 1-2 servings being fish
  Fish should be deep sea fish (e.g. salmon, cod, or sea bass), not farm raised
  Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.
- Prepare by broiling, baking, roasting, or poaching
- No cured, smoked, or luncheon meats
- Ask your health care professional about adding 2 scoops of Whey Pro Complete, a powdered protein supplement, to each SP Complete shake for additional protein.

Oils

- Average serving size = 1 tsp. | Servings: 4-7 teaspoons per day
- Should be cold-pressed and unprocessed
- Use high-quality oils, such as:
  - Coconut oil
  - Extra-virgin olive oil
  - Fish oil
  - Flaxseed oil (Keep refrigerated, do not heat)
  - Grape seed oil
  - Real butter (Organic/raw is preferred)

Spring Water

- Drink a minimum of 8 glasses (64 oz.) of spring water a day
Food Reintroduction

Systematically reintroducing foods from one food group at a time is a great way to figure out which foods will make the cut. This method allows you to gauge how these foods make you feel, and if they cause any problems. Just remember, your body hasn’t dealt with some of the foods in these groups for a few weeks, so you’ll want to introduce each new food in small portions at first.

Also, it is possible to have a food allergy or intolerance that you don’t know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel. A food experience journal is provided on page 30. And this may sound far-fetched, but if you do have a reaction, you need to rule out food poisoning, since it can cause some of the worst symptoms of a food allergy or intolerance.

The Process

You’ll follow the daily diet detailed on page 6 of this guide until you and your health care professional decide to reintroduce the foods you want to add back into your diet. You’ll reintroduce one food from a food group at a time but it’s important to undertake this process with your health care professional’s guidance. You should work together to decide which foods you’ll reintroduce, and what you should do if you have a reaction.

Let your body be your guide: if you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional. If your symptoms are uncomfortable but not severe, wait a few hours and try the food again, or follow the instructions your health care professional provides you with for reporting any issues. And remember, each person is different, so write down what you feel—different people will have different responses to the same food.

A quick note about allergies & intolerance to foods:

Allergy

An allergic reaction happens when the body’s immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy but some other “highly” allergenic foods are: milk, eggs, soy products, and wheat. Allergic reactions usually happen fast—minutes to hours after eating the allergen.

Intolerance

Food intolerance is the digestive system’s response to the part of a food or additive that it can’t process, or that causes irritation. This could be from a biological cause, as in sugar intolerance where the body lacks the enzymes needed to process lactose or fructose; or it could be from an additive that is poorly absorbed by the gut (as in the types of sugar you find in diet foods or drinks). The body’s response to food intolerance is usually based on portion: a small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body’s reaction to food intolerance can take place immediately, or over a few days.
If you choose to reintroduce some foods/food groups you eliminated during purification, here are some guidelines to follow:

**Grains**
Choose whole grains (the entire grain kernel), instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains—which contain their original fiber, iron, and B vitamins—are a healthier choice. Eat a healthy range of whole grains that includes quinoa, spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

**Dairy**
This group includes products like cheese, milk, yogurt, and butter. These foods are nutritionally dense and provide a host of nutrient components like calcium and protein.

**Nuts & Seeds (Raw)**
Nuts and seeds can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful a day does the trick for most people.

**Shellfish**
Shellfish, like shrimp and mussels, can add important nutrients like protein and iodine to the diet.

**Eggs**
Eggs provide an important source of protein, iron, and B vitamins. You may want to reintroduce eggs after grains, so you can try them with a bran muffin. Or you could hard boil an egg and eat it at breakfast or as a snack.
An Example of a New Normal

To give you an idea of how complex and rich your diet should be, we've included an example. This example diet is not for everyone—it was designed for a woman, 5' 5", 135 lb, age 45, Caucasian, sedentary.

### Meal Plan

This diet is designed with weight maintenance in mind (1,641 calories/day). If you haven't met your weight management goals, you and your health care professional can determine the best course of action for you. Most people can cut 300 calories from their diet per day, and along with 30 – 40 minutes of moderate exercise, you can expect to lose 1 lb. per week. But this is something you'll have to discuss with your health care professional.

#### Day 1

<table>
<thead>
<tr>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP Complete Shake Original recipe 1 serving</td>
</tr>
<tr>
<td>Add the following to the shake: Water 8 oz. Hazelnut oil 1 Tbs. Blueberries frozen, unsweetened 1 1/2 cups</td>
</tr>
<tr>
<td>Fresh mixed fruit salad 1 cup peach, apricot, pineapple, cherries (unsweetened)</td>
</tr>
<tr>
<td>Yogurt plain, whole milk 8 oz. Green tea 8 oz.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Orange medium 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salad</strong></td>
</tr>
<tr>
<td>Greens 2 cups</td>
</tr>
<tr>
<td>Beets boiled 1</td>
</tr>
<tr>
<td>Kidney beans cooked, without salt 1/2 cup</td>
</tr>
<tr>
<td>Sunflower seeds oil roasted, without salt 1 Tbs.</td>
</tr>
<tr>
<td>Vinaigrette dressing 2 oz. Carrots, baby, raw 5 medium</td>
</tr>
<tr>
<td><strong>Cottage cheese</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Rye bread</strong> 1 slice</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Apple medium 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Turkey breast no skin, roasted</strong> 3 oz.</td>
</tr>
<tr>
<td><strong>Broccoli cooked, without salt</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Rice brown, medium-grain, cooked</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Fresh mango raw, sliced, unsweetened 1 cup</td>
</tr>
</tbody>
</table>

#### Day 2

<table>
<thead>
<tr>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP Complete Shake Original recipe 1 serving</td>
</tr>
<tr>
<td>Add the following to the shake: Water 8 oz. Hazelnut oil 1 Tbs. Strawberries frozen, unsweetened 1 1/2 cups</td>
</tr>
<tr>
<td>Oatmeal prepared with water 3/4 cup</td>
</tr>
<tr>
<td>Green tea 8 oz.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Kiwi fruit 1 large fruit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sandwich</strong></td>
</tr>
<tr>
<td>Mushroom Portabella, grilled 1 large</td>
</tr>
<tr>
<td>Tuna light, canned in water 1 can</td>
</tr>
<tr>
<td>Feta cheese 1 oz. Tahini 1 Tbs.</td>
</tr>
<tr>
<td><strong>Whole milk</strong> 8 oz.</td>
</tr>
<tr>
<td><strong>Carrots baby raw</strong> 5 medium</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Sunflower seeds oil roasted, without salt 1 1/2 Tbs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef round, lean only, roasted</strong> 3 oz.</td>
</tr>
<tr>
<td><strong>Wild rice</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Green beans cooked</strong> 1 cup</td>
</tr>
<tr>
<td><strong>Cauliflower cooked, without salt</strong> 1 cup</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Kiwi fruit 1 large</td>
</tr>
</tbody>
</table>

#### Day 3

<table>
<thead>
<tr>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP Complete Shake Original recipe 1 serving</td>
</tr>
<tr>
<td>Add the following to the shake: Water 8 oz. Hazelnut oil 1 Tbs. Raspberries raw 1 1/2 cups</td>
</tr>
<tr>
<td>Fresh mixed fruit salad 1 cup peach, apricot, pineapple, cherries (unsweetened)</td>
</tr>
<tr>
<td>Yogurt plain, whole milk 8 oz. Green tea 8 oz.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Sunflower seeds kernels, oil roasted, without salt 1 1/2 Tbs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
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</thead>
<tbody>
<tr>
<td><strong>Cantaloupe</strong> 1 medium wedge</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salad</strong></td>
</tr>
<tr>
<td><strong>Beet salad</strong> 1 cup Vinaigrette dressing 2 oz.</td>
</tr>
<tr>
<td><strong>Kidney beans cooked, without salt</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Orange medium</strong> 1</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td><strong>Whole milk</strong> 8 oz.</td>
</tr>
<tr>
<td><strong>Kiwi fruit</strong> 1 large</td>
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</tbody>
</table>

#### Day 4

<table>
<thead>
<tr>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP Complete Shake Original recipe 1 serving</td>
</tr>
<tr>
<td>Add the following to the shake: Water 8 oz. Hazelnut oil 1 Tbs. Blueberries frozen, unsweetened 1 1/2 cups</td>
</tr>
<tr>
<td>Oatmeal prepared with water 3/4 cup</td>
</tr>
<tr>
<td>Green tea 8 oz.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Walleye baked 3 oz.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td><strong>Greens</strong> 2 cups</td>
</tr>
<tr>
<td><strong>Chickpeas cooked</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Cabbage red, cooked, without salt</strong> 1/2 cup</td>
</tr>
<tr>
<td><strong>Broccoli cooked, without salt</strong> 1 cup</td>
</tr>
<tr>
<td><strong>Sweet potato baked in skin, without salt</strong> 1 small</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Fresh papaya raw, sliced, unsweetened 1 medium</td>
</tr>
</tbody>
</table>
## Day 5

### Breakfast

<table>
<thead>
<tr>
<th>Meal</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP Complete Shake Original recipe</td>
<td>1 serving</td>
</tr>
</tbody>
</table>

Add the following to the shake:

- Water: 8 oz.
- Hazelnut oil: 1 Tbs.
- Strawberries frozen, unsweetened: 1 ½ cups

- Fresh mixed fruit salad: 1 cup
- Peach, apricot, pineapple, cherries (unsweetened): 1 cup
- Yogurt plain, whole milk: 8 oz.
- Green tea: 8 oz.

### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds raw, sliced, unsalted</td>
<td>1 ½ Tbs.</td>
</tr>
</tbody>
</table>

### Lunch

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
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</thead>
<tbody>
<tr>
<td>Omelet</td>
<td>1</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Mozzarella cheese</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Broccoli cooked, without salt</td>
<td>½ cup</td>
</tr>
<tr>
<td>Rye bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td>1 large</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ medium</td>
</tr>
</tbody>
</table>

### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana raw</td>
<td>1 medium</td>
</tr>
</tbody>
</table>

### Dinner

<table>
<thead>
<tr>
<th>Meal</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili con carne with beans</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cauliflower cooked, without salt</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>½ cup</td>
</tr>
<tr>
<td>Wild rice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salad</td>
<td>2 cups</td>
</tr>
<tr>
<td>Greens</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Vinegrette dressing</td>
<td>2 oz.</td>
</tr>
</tbody>
</table>

### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>8 oz.</td>
</tr>
</tbody>
</table>

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### Healthy for a Lifetime

It's a lifelong journey, so watch out for road blocks.

Maintaining your weight and staying healthy are lifelong commitments. Along the way you may run into roadblocks that make your commitment difficult. Below are some ways to keep your challenges to a minimum.

### Healthy weight management tips

Don't try to lose too much, too fast.

If you begin to gain weight, it is tempting to try to lose more weight in a shorter timeframe. However, the safest way to lose weight is setting a goal of 1 to 2 pounds per week. That way you take it off and keep it off without “yo-yo” dieting.

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This meal plan is an example of what a healthy diet looks like. It isn't appropriate for everyone. Your healthcare professional can help you determine a meal plan that's right for you.
Don't underestimate the number of calories/nutrients in food

Often we really don't know how many calories or nutrients are in foods. When in doubt, you can visit the USDA National Nutrient Database at www.nal.usda.gov to look up any foods you're unsure about.

Preparing for social gatherings

When deciding to eat out, plan what you'll eat ahead of time so there's no guesswork when you arrive. Don't forget to drink water before you leave and while you're there so you don't mistake hunger for dehydration. If you're going to a place with appetizers to munch on, eat a healthy snack beforehand so you're not so tempted (many dips and appetizers are calorie-laden and are high in trans-fats). Healthy snacks could include:

- 1 cup of carrots with low-fat ranch dressing
- Celery sticks with 1 Tbs. peanut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar®

Dealing with feeling deprived/bored with the diet

Depriving yourself all the time of your favorite, albeit unhealthy, food may lead you back into unhealthy eating habits. It's OK to give in once and awhile and eat your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before. Remember to eat a wide variety of foods; choose a rainbow of colors.

Reaching for processed or refined foods

These can be high in sugar, fat, and additives. Most of us use these foods for their convenience. Try to keep these foods out of the house so you won't be tempted. Review the menu when you go out to eat with friends so you can avoid these foods.

Drinking alcohol or caffeine

These kinds of drinks can be consumed in moderation, but many people find that drinking them can easily become habit-forming.

Portion control

Portion control is all about understanding how much a serving size is and how many calories a serving contains. Nutrient-dense food gives the most nutrition per serving. Being able to visualize correct portions is hard when you first start. Here are some pointers when planning what to eat.

- Portion of carbohydrates should be one fistful (i.e. pasta)
- A potato serving is equal to the size of a standard computer mouse
- 1 cup of strawberries, 1 cup of breakfast cereal flakes, and 1 cup of broccoli, raw greens, or carrots are equal to the size of a baseball
- 1 oz. of hard cheese is equal to 1 domino
- ¼ cup almonds or pistachios is equal to a golf ball
- 3 oz. of meat/poultry is equal to the size of a deck of cards
- 3 oz. of cooked fish is equal to the size of a checkbook
- 1 tablespoon of butter or salad dressing is equal to a poker chip

Let your body tell you when it's full—never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience. If you are still hungry, pay attention to portion sizes so you'll know what foods to go back for.
Reading labels
As you begin adding new foods to your diet, make sure you read the labels carefully. Try to avoid additives and unhealthy fats—your feeling of well-being depends on it. Ingredients to watch for:

MSG—Monosodium glutamate/Natural flavoring
MSG is used as a salt-substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Trans-fats (Hydrogenated oils)
Most dietary trans-fats are found in processed foods like cakes, cookies, crackers, and bread. They are known to raise “bad” cholesterol levels and lower “good” cholesterol levels. You may see them as “hydrogenated” or “partially hydrogenated.”

Artificial sweeteners
These are chemicals used to replace sugar in diet/sugar-free foods. They include things like saccharine and aspartame. These products are generally found in foods that contain “empty calories”—meaning they don’t provide any nutritive value for the calories they add to your diet.

Artificial colors/dyes
These are artificial chemicals added to foods to improve appearance. People expect foods to appear appetizing so these artificial colors are used to provide uniformity in color and to make products look as expected based on ingredients. However, some people may have physical reactions to these substances. For example, a common yellow dye may cause an allergic reaction in susceptible individuals. Look for natural coloring agents like turmeric, paprika, or saffron instead.

Sodium
Sodium can hide in the most innocent places, like sauces, soups, and baked goods. So watch out as you navigate your new diet. Eating too much sodium can contribute to long-term health problems, but it can also cause you to retain water and feel bloated. Opt for fresh foods, low-sodium products (including condiments like salad dressing, ketchup, and mustard), use herbs instead of salt for seasoning, and take the salt shaker off the table. Some people prefer salt that is less processed, like sea salt. But regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.

FAQs

Q. How long will I remain on post-purification protocol?
A. You will continue on the post-purification protocol for as long as you and your health care professional determine it is right for you. You can continue this protocol for a lifetime. You’ll want to remember the things you’ve learned and put them into play as you continue your quest for better health.

Q. What do I do if I have continued health issues?
A. You and your health care professional should work together during post-purification. Your health care professional may recommend supplements that are specific to your health concern.

Q. Is this post-purification program recommended for pregnant or lactating women?
A. No. More calories are required during pregnancy and nursing than needed for everyday weight management.

Q. What if I want to add more protein or fiber to my diet?
A. For additional protein or fiber, you may want to mix a shake with Whey Pro Complete (powdered protein supplement) or add additional Whole Food Fiber (powdered fiber supplement). You can also combine Whey Pro Complete with SP Complete, or other beverages or foods, such as applesauce or yogurt. See the Whey Protein or Dietary Fiber brochure (on our website) for more details.

Q. Why is exercise necessary? How much and what type is recommended?
A. Exercise facilitates the removal of toxins and it helps you manage a healthy weight. It is recommended that you walk at least 30-45 minutes at least four days per week. More strenuous exercise may be appropriate as well. Consult with your health care professional to help you develop an appropriate exercise program.
Q: Can I take my regular supplements/medication while on the program?

A: Please contact your health care professional before you begin this program. They can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. Your health care professional may recommend additional supplements to support your body while on the program.

Q: What can I do if I am tired or lack energy while on the program?

A: You may be fatigued because your body may require a higher amount of protein during post-purification. Ask your health care professional about adding Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements.

Q: What if I am struggling with the program?

A: Don’t give up! Changing eating habits is difficult, so don’t be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

Q: What if I am not losing weight like I did on the purification diet?

A: The post-purification diet is a way to establish healthy eating habits, not a weight-loss program. That said, many people will lose weight on both purification and the post-purification programs because they’re eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:

- Watch your portion sizes and make sure your diet has more vegetables than fruits.
- Have healthy snacks available at all times (fruits and vegetables make great snacks).
- Be aware of portion size especially when it comes to foods that are easy to overeat.
- Don’t eat anything in excess. If you must have treats, write them down in your journal so you can gauge how often you are having them and how they make you feel.
- If sugar cravings are your problem, ask your health care professional if there are any additional supplements that can help you.
Recipes to Help Reach Your New Normal

Here is a sampling of what you have to look forward to when eating during post-purification. The recipes are designed to be simple, yet flavorful and will continue to help you reach optimal health and weight management goals. Visit www.standardprocess.com for more recipes.

Shakes

Directions for most shakes:
Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Original Recipe
1-1 1/2 cups of your favorite fresh or frozen fruit or vegetables (optional)
1 Tbs. high-quality oil (e.g., flaxseed oil)
2 rounded Tbs. scoop SP Complete
8 oz. water (increase for desired consistency)

Apple-Cinnamon Surprise
1 scoop SP Complete
1 scoop Whole Food Fiber
1 cup water
1 medium apple
1/2 banana (frozen)
1 tsp. cinnamon
Handful of ice cubes

Flocks o' Flax
1 scoop SP Complete
1 scoop Whole Food Fiber
1 small or 1/2 large banana
A handful of grapes
1/2 ripe pear or apple
1 cup water
2 heaping Tbs. of organic
milled flaxseed (not oil)
Pulse blender 4-5 times for a smooth consistency.

Pumpkin Pie
1 scoop SP Complete
1 scoop Whole Food Fiber
1 Tbs. flaxseed oil
1/2 frozen banana
1/2 cup organic pumpkin
Few pinches of each ginger,
cinnamon, and Stevia
1/2 to 1 cup water (less if adding ice cubes)

Salsa Fresca
2 cups ripe tomatoes, chopped
1 cup Vidalia onions, chopped
1 cup green bell pepper, chopped
2 Tbs. fresh lime juice
1 jalapeno, finely diced
1 tsp. sea salt
Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid, gently mix in the cilantro and sea salt to taste.

Heirloom Cherry Tomato Salsa
6 cups heirloom cherry tomatoes, sliced into halves
1 1/2 cups finely diced celery (save the celery hearts for garnish)
1 small bunch parsley (about 2 cups)
leaves only, roughly chopped, plus additional sprigs for garnish
3 jalapenos, seeded and finely minced
4 to 5 scalions
the white part and 1 inch of green, sliced very thin
1 Tbs. red-wine vinegar
1 Tbs. extra-virgin olive oil
1 tsp. sea salt

Place all the ingredients in a bowl and toss until evenly mixed.

Kale Chips
1 bunch kale
1 Tbs. olive oil
1 tsp. sea salt
1 tsp. cayenne pepper
Preheat oven to 350. Line a non-insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Visit www.standardprocess.com for more recipes.
Soups

Creamy Red Pepper Soup
1 red pepper
1 cup warm water
½ large avocado
5 baby carrots
¼ cup hemp seeds
1 tsp. onion, chopped
½ tsp. garlic, chopped
1 tsp. raw honey
½ tsp. jalapeño pepper
½ tsp. sea salt
Blend all ingredients for about 5-10 minutes until thick, smooth, and slightly warm.

Vegetable Soup
1 cucumber
1 young coconut water
½ bell pepper
½ avocado
2 celery ribs
3 green onions
2 large chard leaves (or 4 small)
Juice from 1 lime
Small combination of herbs
(suggestions include cilantro, mint, and rosemary)
Small portion of Dulse seaweed
(optional)
In a blender combine the coconut water,
½ cucumber, avocado, celery, chard leaves, one green onion, lime juice, cayenne pepper, and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, two remaining green onions, and the herbs. Pulse until herbs are chopped up. Garnish the soup with avocado, tomato, green onion, fresh herbs, and bell pepper.

Lentil Soup
1 onion, chopped
¼ cup olive oil
2 carrots, diced
2 stalks celery, chopped
2 cloves garlic, minced
1 tsp. dried oregano
1 bay leaf
1 tsp. dried basil
1 (14.5-ounce) can crushed tomatoes
2 cups dry lentils
8 cups water
½ cup spinach, rinsed and thinly sliced
2 Tbs. vinegar
Sea salt and ground black pepper to taste
In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until wilted. Stir in vinegar, and season to taste with sea salt and pepper, and more vinegar if desired.

Visit www.standardprocess.com for more recipes.

Dressings

Avocado and Papaya with Lime Dressing
2 limes, juiced
1 Tbs. raw honey
¼ tsp. sea salt
¼ tsp. freshly cracked black pepper
4 cups mixed baby lettuce greens
2 papayas
2 avocados
Combine the lime juice, honey, sea salt and pepper; blend until smooth. Peel the papayas and cut them in half. Using a spoon, remove the seeds. Slice the papaya halves into thin wedges. Cut the avocados in half and remove the pits. Slice the flesh into thin strips. Arrange the fruit slices on salad plates, alternating between papaya and avocado. Combine the greens and dressing in a bowl and toss well to coat. Mound a portion of the greens in the center of each plate. Drizzle with a few drops of dressing.

Avocado Dressing
1 ripe avocado, peeled and chopped
¼ cup of olive oil
¼ tsp. fresh lemon juice
¼ tsp. dry mustard
¼ tsp. sea salt
Pinch of freshly ground pepper
Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

Parsley Garlic Dressing
½ bunch fresh parsley
2 garlic cloves, chopped
½ cup olive oil
¼ cup fresh lemon juice
1 teaspoon sea salt
Coarsely chop the parsley and put into blender or food processor with the other ingredients. Process until smooth. Serve chilled.
Salads

Beet Salad
1 lb. beets, peeled and grated
4 sticks of celery, finely chopped
2 Tbs. apple juice
1 Tbs. apple cider vinegar
4 scallions, finely chopped
2 Tbs. fresh parsley, chopped
3 Tbs. olive oil
Sea salt and pepper to taste
Mix beets and celery with apple juice.
In a separate bowl, whisk together the remaining ingredients. Toss the celery/ beets with half of the liquids. Then drizzle the remaining liquid over the salad. Chill for 2 hours and serve.

BLT Salad
1 tomato
Handful of Kalamata olives
Sea salt
¼ avocado

Cholula Fiesta Salad
2 cups mixed greens
¼ cup avocado
1 carrot, shredded
¼ cup tomato
¼ cup jicama
1 lime, juiced
Chop tomato, avocado, and jicama. Combine all ingredients in a bowl and top with lime juice.

Carrot Beet Salad
¼ cup lemon juice
2 Tbs. olive oil
2 Tbs. raw honey or agave nectar
1 tsp. cumin
½ tsp. cinnamon
¼ tsp. cayenne, optional
Sea salt, to taste
3 cups shredded beets
3 cups shredded carrots
½ cup fresh parsley, chopped
Mix first 7 ingredients in a large bowl.
Check seasonings. Add beets, carrots, and parsley. Toss to combine. Let marinate 2 hours, if desired.

Cabbage-carrot Slaw
½ cup white wine vinegar
1-2 Tbs. sugar (optional)
1 clove garlic, finely chopped
½ tsp. ground cumin
¼ tsp. dried oregano
¼ tsp. dry mustard
4 cups finely shredded green and red cabbage
2 cups shredded carrots
1 cup green onions, thinly sliced
Sea salt and pepper to taste
In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano, and mustard just until sugar is dissolved. Add cabbage, carrots, green onions, sea salt, and pepper. Toss gently to combine. Cover and chill for at least 4 hours before serving.

Entrees

Herb Salmon
4 salmon fillets, about 6 oz. each
4 Tbs. fresh lemon juice
Sea salt and ground pepper
½ cup Dijon mustard
1 tsp. extra-virgin olive oil
3 Tbs. chopped fresh dill
3 Tbs. chopped fresh basil
Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 tablespoons of lemon juice over the top. Season with salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 Tbsp. lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

Garlic Shrimp
12 garlic cloves, cracked away from skins
2 Tbs. extra-virgin olive oil—spread around pan
2 Tbs. butter, cut into small pieces
¼ tsp. crushed red pepper flakes
1 ½ pounds jumbo shrimp, peeled, and deveined
1 tsp. sea salt
Black pepper
In food processor, finely chop the garlic. Add oil and butter then garlic and crushed pepper to a heated skillet over medium heat. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.

Visit www.standardprocess.com for more recipes.
Food Experience Journal

Day 1  Good luck on your journey to better health!
What did you eat today?

Breakfast__________________________________________

Lunch__________________________________________

Dinner__________________________________________

Other:__________________________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level  High energy level  Headaches  Digestive issues  Congestion

Other:__________________________________________

Day 2
What did you eat today?

Breakfast__________________________________________

Lunch__________________________________________

Dinner__________________________________________

Other:__________________________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level  High energy level  Headaches  Digestive issues  Congestion

Other:__________________________________________

Day 3
What did you eat today?

Breakfast__________________________________________

Lunch__________________________________________

Dinner__________________________________________

Other:__________________________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level  High energy level  Headaches  Digestive issues  Congestion

Other:__________________________________________

Day 4
What did you eat today?

Breakfast__________________________________________

Lunch__________________________________________

Dinner__________________________________________

Other:__________________________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level  High energy level  Headaches  Digestive issues  Congestion

Other:__________________________________________

During the post-purification program, write down your experiences with different foods. This will help guide you and your health care professional to determine the best long-term diet for you.
### Shopping List

#### Vegetables

*Purchase twice as many veggies as fruits—fresh or frozen only, organic if possible.*

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Beets, red
- Bok choy
- Broccoli or broccoli flower
- Brussels sprouts
- Cabbage (all types)
- Carrots
- Cauliflower
- Celery
- Chicory
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplant
- Endive
- Escarole
- Garlic
- Kale

#### Lentils | Wild/Brown Rice

- Lentils
- Brown rice
- Wild rice

#### Beverages

- Spring water

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#### Fruit

*Fresh or frozen only, organic if possible.*

- Apples
- Apricots, raw
- Avocados
- Bananas
- Blackberries
- Blueberries
- Blueberries
- Cherries
- Cranberries
- Figs
- Grapefruit
- Grapes
- Guavas
- Honeydew melon
- Kiwis
- Kumquats
- Lemons
- Limes
- Loganberries
- Mangos
- Mulberries
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Raspberries
- Rhubarb
- Strawberries
- Tangerines
- Tomatoes

#### Lean Protein Sources

*Note: Select organic, free-range, antibiotic-free, and hormone-free protein sources if possible—no cured, smoked, or luncheon meats.*

- Chicken
- Fish
- Other lean meat

#### Oils

- Coconut oil
- Extra-virgin olive oil
- Fish oil
- Flaxseed oil (keep refrigerated, do not heat)
- Grape seed oil

#### Other

- Fresh herbs, spices, and accents

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Visit [www.standardprocess.com](http://www.standardprocess.com) to download and print more shopping lists.
### Standard Process Post-purification Protocol

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### Additional Supplementation

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▲ Also available in single-serving packets for convenience.
Food Reintroduction

-Key to supporting patients during post purification
IgE/IgG (Immediate/Delayed)

- There are two types of “reactions” that apply to most people. IgE and IgG food allergies

- The first one is immediate and the second one is delayed
Food Allergies

An immediate response to a food you are allergic to might show up as:

- Sneezing
- Runny nose
- Red eyes
- Increased heart beat
- Hives
- Nausea
- Migraines
Food Allergies

Delayed Response

• The other type of food intolerance is more insidious, difficult to identify. …and the most important for our discussion here. It is “The delayed reaction” type of food intolerance.
• A patient wouldn’t normally make the connection between the food they are eating and symptoms, but there seems to be a strong connection between these delayed food allergies and many chronic health concerns.


• Food allergy--fact or fiction: a review.

• IRRITABLE BOWEL SYNDROME Food elimination based on IgG antibodies in irritable bowel syndrome: a randomised controlled trial
  - Gut 2004;53:1459-1464; doi:10.1136/gut.2003.037697
Food Experience Journal

During the post-purification program, write down your experiences with different foods. This will help guide you and your health care professional to determine the best long-term diet for you.

Day 1
Good luck on your journey to better health!

What did you eat today?

Breakfast__________________________

Lunch____________________________

Dinner____________________________

Other______________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level High energy level Headaches Digestive issues Congestion

Other:______________________________

Day 2
What did you eat today?

Breakfast__________________________

Lunch____________________________

Dinner____________________________

Other______________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level High energy level Headaches Digestive issues Congestion

Other:______________________________

Day 3
What did you eat today?

Breakfast__________________________

Lunch____________________________

Dinner____________________________

Other______________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level High energy level Headaches Digestive issues Congestion

Other:______________________________

Day 4
What did you eat today?

Breakfast__________________________

Lunch____________________________

Dinner____________________________

Other______________________________

Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs
Why did I choose it?
Do I feel better or worse after eating it?
Are you experiencing (circle all that apply):
Low energy level High energy level Headaches Digestive issues Congestion

Other:______________________________
# Reaction To Foods and Their Timing

Below is a table adapted from *Basics of Food Allergies*, by Dr. James Breneman, which correlates allergic reactions with common offenders. Included is the frequency of the time interval between when the food is eaten and when the symptoms begin to appear. One can see that some reactions such as heartburn may occur very shortly after eating a particular food offender and other reactions may not present for days. These reactions can be very difficult to assess and often go incorrectly diagnosed. Unless there is some suspicion and some type of thorough evaluation, such reactions can be ascribed to many things other than the real cause.

NOTE: The number of *’s displayed across from each of the pathologies represents the frequency with which the symptoms may appear after eating that food. Again, this can be very variable in individuals and this table should be used as a guide.

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</tbody>
</table>

¹ The foods listed across from the symptom or pathological condition are some of the more common causes of them. Certainly they are not the only foods or substances that can trigger such reactions as many environmental pollutants or toxic exposures can also trigger the same symptoms.
Tip

Supporting Weight Loss Goals-

SP Complete… 2 scoops in AM (Second Meal Effect) is a great way to support them and weight loss goals.

Soon in “DAIRY FREE”! (RICE) (Arrival Est. Sept 2010)

If weight loss is their prime area of concern stay on days 11-21 diet.
4-Body Types

4-Body Types By Dr. Eric Berg D.C.

Supports Weight Loss by supporting Endocrine Function and Health
4-Body Types

• Body type and Weight Loss
• Reshaping the Body
• The Endocrine Connection

http://www.drberg.com/
Liver Type

- Potbelly
- Bloating after meals
- Cravings for fried foods
- Tired in the morning
- Stiff joints in morning

4-Body Types
Liver Type

- 1 serving per day of meat. (Fish is best!) The size of your palm
- 1-2 Organic Eggs per day
- 2 small hand full's of raw nuts per day. (NO Peanuts!)
- 5 Servings+ of Cruciferous Vegetables
Liver Type

• Critical to Avoid!

• Fried foods (Including Potato Chips, Bacon, Chicken etc)

• Grains, (Wheat, Corn, Rice, Oats, Flour etc.)

• Alcohol
Liver Type

Supplements:
• “Livaplex Capsules” 2 twice per day

Power Foods:
• Beets, Cruciferous Veggies

4-Body Types
Adrenal Type

- “Buffalo Hump” of fat on shoulders. Stomach loose and hanging over waist.
- Unable to rest at night
- Tired around 10:00 AM, 2:00 PM, and 4:00 PM
- Excess Stress and Worry!
- Craving Salt
- Retaining Water, especially around ankles
Adrenal Type

- Smaller meals more frequent throughout day.
- DO NOT eat 1-2 large meals per day
- Eat raw nuts in between meals to support blood sugar
- Sea Salt; 1/4 teaspoon in the morning, and 1/4 teaspoon in the evening.
- Do Not Over drink water. (Drink water when you are thirsty!)
Adrenal Type

- Critical to Avoid!
- Sugar
- Refined carbohydrates (bread, pasta, desserts, candy, colas etc.)
- Coffee and stimulants
Adrenal Type

Supplements:

• “Drenamin Tablets” 3 twice per day

• “Adrenal Complex” 1-three times per day (Caution: Do not use in Hypertension)

• “Gymnema” 1 tablet 3 times per day. (Helps with carb cravings)
Thyroid Type

• Weight is more evenly distributed, heavy all over
• Cold extremities
• Craves bread and sugary foods
• Tired all the time
• Dry skin
Thyroid Type

• Lots of vegetables! Steam your Cruciferous Vegetables

• Kelp-power foods

• Lentils/beans at 1/3 of vegetable consumption

• 25 grams of protein per day. (Slow metabolism)

• Light on fats, make sure all fat you consume is healthy fat!

• Organic Meat and Dairy

• Raw nuts between meals
Thyroid Type

• Critical to Avoid!

• Overeating

• Too many raw cruciferous vegetables

• Bread, Pasta, Candy, Colas, refined carbohydrates
Thyroid Type

Supplements:

• “Thyroid Complex Tablets” Tablets 2 twice per day

• “Thytrophin PMG” 2 three times per day
Ovary Type

• “Saddlebags”, Thighs, Lower Stomach and Buttocks.

• Bad PMS

• Hormonal Problems

• Cyclic Acne

• Cyclic Pain

• Cyclic mood Swings/Depression
Ovary Type

• Lots and Lots of Cruciferous Vegetables. (Helps balance estrogen)

• 50-75 grams of Protein to increase fat burning

• Hormone Free fats (Butter, raw cheese, milk, cream etc)

• Kelp

• Red vegetables and fruits
• Critical to Avoid!

• Estrogen Sources (*Eating or drinking out of plastics, commercial meats and dairy*)

• Sugar and Refined Carbohydrates
Supplements:

• “Ovex-P” 2 twice per day

• “Chaste Tree Tablets” 2 in the morning
Exercise

• An excellent way to support an evenly shaped body is to use a rebounder.

• First goal might be 3 minutes per day

• Try to get to 7 minutes per day

• 7 Minutes is equal to walking 1 mile

Caution: Use one with handles if you are older, or have balance problems
Purify 1-2x/year

• Human tendency is to go back to the bad foods that caused you to feel bad in the first place.

• Try hard to avoid these, but if you slip, perform a 21 day purification program again.

• Remember, You are only 10 days away from feeling good again!