



Detox

with a Holistic Nutritionist

Support and strengthen your bodies ability to detox

Beginners Detox

Goal!

- Detox the sugar, by dropping this addictive & harmful substance from your diet.
- Rehydrate: Increase water consumption to 90% to reap the full benefits of being properly hydrated
- Health: Reduce inflammation, improved digestive health & gut flora, reduced digestive organ stress, improve mental health, increase energy, better sleep, vibrant & healthy skin, improved immune function & overall health.

Detox Instructions:

- Give up refined sugars 100% for 14 days (see notes & list)
- Reduce healthy sugars (real honey & maple syrup) to no more than 200 calories/week which is approximately 4 tbsp./week (see notes)
- Consume 2-3 servings of fruit a day, and enjoy the natural synergistic benefits of the sugar found in fruit.
- Don't fall for the desert culture (no deserts, even the healthy one's)
- Drink 90% water/daily, drink to thirst (approx. 2L/day give or take depending on environment, weather, health & activity level, there is no perfect calculation, see notes).
- Consume no more than 1 approved beverage/day (coffee or tea with almond milk, coconut milk, cashew milk or organic soy milk or just straight up black, you may use carefully selected stevia or better yet stevia leaf to sweetened your beverage or use your allotted maple syrup or honey, you may also consume infused water or plain unflavoured carbonated water as one of your approved beverages)
- Daily fast/Intermittent fast: Stop eating 10-12 hours before you plan on having breakfast the next day.

Recommended Supplements:

Quality multi vitamin/mineral (prenatal or women's vitamin if you have a menstrual cycle or on any form of birth control) & probiotic. If you are having difficulties having a bowel movement, please contact Dana for additional recommendations.

Important!

Possible Side Effects: Some people may experience side effects, more so if they have been consuming a lot of sugar for a long period of time. Most side effects will clear up near the end or shortly after the detox, these side effects are a result of the body detoxifying and withdrawal symptoms. Common side effects are mild headaches, nausea, diarrhea, and frequent urination, skin problems, feeling tired & emotional. Side effects should not prevent you from going about your daily routine. If side effects become intolerable or a concern, please contact Dana to discuss the issues. Some individuals may experience a healing crisis where they experience symptoms of acute health imbalances, if this occurs please contact Dana.

Contact Dana via

Facebook in a private message.

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Health Benefits of Drinking Water

Regulates body temperatures

Detoxifies

Helps with metabolism

Transports nutrients to our cells

Supports healthy immune system function

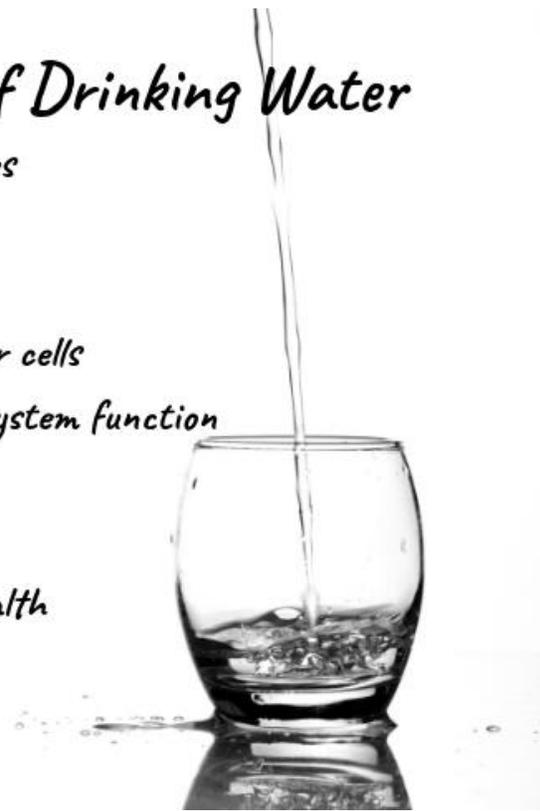
Gives us energy

Is needed by the brain

Is essential to digestive health

Lubricates our joints

Keeps our skin healthy



Signs of dehydration

Thirsty - Dry mouth - Dry lips - Low energy - Feeling faint - Low blood pressure - Headaches - Poor concentration - Digestive issues - Irritability - Bad breath - Hungry - Dry skin - Congested skin - Wrinkles(lines) - Dark urine - Cloudy urine - Constipation or difficulty having a bowel movement - Not thirsty at all (body has stopped communicating it's need)

Monitor your hydration!

Observe your pee, that's right check the status of your urine. This is a great way to monitor your water intake. Aim for mid to late morning, mid-afternoon and sometime in the evening.

- Dark urine,
 - Cloudy urine,
 - Strong smell,
 - Clear urine, if your urine looks like water it's time to back off, too much water is hard on the kidneys.
- Unless you have just woken up, these are indicators that it's time to rehydrate

Comparison of Water to Alternative Beverages

Water	Coffee	Tea	Juice	Pop
Hydrating to the body and its cells	Diuretic effect & tannins	Diuretic effect & tannins	Sugar draws water from your cells	Sugar draws water from your cells
100% calories free	Approx. 2 calories/cup of black coffee	Ranges from 0 and up.	1 cup = over 100 calories depending on the type	1 cup = over 100 calories depending on the type
Is metabolized and used by the cells & body for proper function.	H2O present replaces water lost from the diuretic effect & tannins.	H2O present replaces water lost from the diuretic effect & tannins.	H2O present replaces water lost from the sugars effect.	H2O present replaces water lost from the sugars effect.
Hydrating	Neutral	Neutral	Neutral	Neutral

Approved Alternative Beverages (1/day only)

- Tea/Herbal Tea (only with honey, maple syrup, stevia leaf, coconut milk, almond milk or organic soy milk or better yet just plain)
- Coffee (only with honey, maple syrup, stevia leaf, coconut milk, almond milk or organic soy milk or better yet just plain)
- Infused water (Those who are not into drinking water may enjoy this freely working their way to consuming only 90% pure water)
- Carbonated water (Those who are not into drinking water enjoy this freely working their way to consuming only 90% pure water)
- Smoothies & shakes are meals and should not replace water consumption.

Important
<ul style="list-style-type: none"> • Avoid drinking unfiltered municipal tap water • Only drink well water that has been regularly tested • Avoid drinking store bought bottled water. • Use stainless steel or glass bottles when out and about, limit the use of plastic (even BPA free bottles) & aluminum bottles. • How much? <u>Drink to thirst</u>, do not wait till you have a very dry mouth or are very thirsty, try and drink water just as you start to notice symptoms. Keep water on hand wherever you go. <u>The average adult drinks 2L/day give or take, depending on; personal health, activity levels & humidity as well as current weather.</u> Your goal should be to drink 90% water, meaning you only consume 1 alternative beverage a day. • Lemon water may have some health benefits however too much can affect teeth enamel.



Intrinsic/Wholefood Sugars



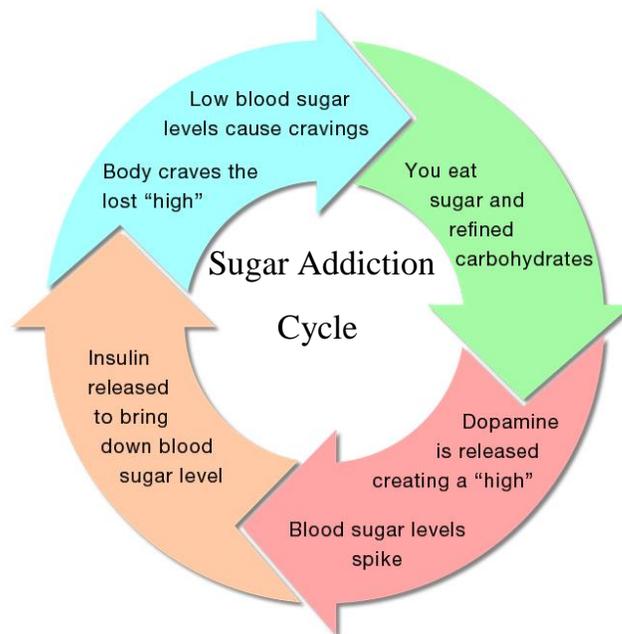
Extrinsic/Free/Added Sugars

Intrinsic sugars are the sugars naturally found in whole fruits, whole vegetables, intact grains, legumes, and nuts in varying amounts. These sugars are delivered to your body in a synergistic way, they are regulated by fiber and resistant starches that slow their release allowing the body to effectively metabolize them, direct them to the correct areas, and put them to work. These sugars are needed by our cells and brain as fuel for various processes and daily functions, the foods that contain them are essential to our overall wellness and provide important macro and micronutrients as well as phytochemicals such as antioxidants.

Extrinsic sugars, a.k.a. added/free sugars are sugars removed/extracted from their whole food source and made into syrups and powders... These sugars are the ones we need to worry about, they are no longer provided to the body in a synergistic, regulated method and are metabolized differently. This adds stress to the body leading to the *health issues listed below* and they are also very easily overconsumed adding to this stress. A large percentage of these sugars provide no nutrition to the body and can actually cause nutritional malabsorption.
To identify these sugars, refer to the sugar list.

Free/added sugar’s impact on our body.

Inflammation, Insomnia, Dizziness, Allergies, Agravates or contributes to mental health & behavioural issues, Cardiovascular disease, High Cholesterol, Hypertension, Hypoglycemia, Colon & Pancreatic Cancer, Hair loss, Breakouts & Skin Irritation, Tooth Decay, Metabolic Disorders, Obesity, Diabetes, Hormone imbalances, Mineral malabsorption, Digestive issues, Candida infections, Weakened immune system, Headaches, Addiction.





Honey: Although not human processed but bee processed, is still an extrinsic sugar but with a few perks. It's very high in antioxidants, amino acids, and antimicrobial constituents that help with minor illnesses (think sore throat). You don't need to ditch this completely but keep it to no more than 100 calories/day working your way to no more than 100 calories a week. Also, aim for raw honey to reap all the benefits.



Maple syrup: Maple syrup is made from sap from the maple tree and is, therefore, an extrinsic sugar. With that being said maple syrup is mainly sucrose which is not as hard on the liver as fructose sources. Maple syrup also has antioxidants and minerals which do provide some benefit. Another consideration is a constituent that they have named quebecol, this constituent has shown to reduce the rate of cancer growth in a test tube (don't get too excited, more research needs to be done). This same constituent also slows the breakdown of carbohydrates in the digestive system which gives the body time to metabolize it more efficiently than other extrinsic sugars. So, don't ditch this free sugar completely, keep it to no more than 100 calories/day working your way to no more than 100 calories a week.

Important

Do not focus on the nutrition label when looking for hidden sugar, look at the ingredients list. Some products contain hidden sugars, but surprisingly due to the serving size and regulations the nutrition label can state there is 0g of sugar when in fact the food item does contain sugar. Alternatively, a nutrition label may list 2g of sugar when there are no hidden/unhealthy sugars present due to the presence of intrinsic sugars.

Do not consume more than 100 calories/2tbsp from honey & maple syrup. Ideally one should work to consuming no more than 100 calories/2tbsp a week from honey & maple syrup, work your way there.

Dessert Culture: Drop the desserts even the "healthy" desserts, should be kept to special occasions. When consuming desserts you are putting yourself at risk for sugar cravings, overindulging or indulging in unhealthy treats. It's not worth it!

When eliminating sugar due to its effect on the brain there will be symptoms of withdrawal such as:

- Enhanced cravings
- Moodiness/Irritability
- Headaches
- Anxiety
- Fatigue, or difficulties with sleeping.

These are normal experiences; I am here to help you through this process.

The Sugar List

(includes sugar substitutes with health risks or possible health risks)

Acesulfame-k	Dark corn syrup	HFCS (High-Fructose Corn Syrup)	Molasses (any)	Sorbitol syrup
Agave nectar	Dark molasses	Syrup)	Molasses sugar	Sorghum molasses
Agave syrup	Date sap	HFCS 42	Monosaccharide	Sorghum syrup
Alcohol	Date sugar	HFCS 55	Morena	Stevia (in any powdered form)
All natural evaporated cane juice	Decorating sugar	HFCS 90	Muscovado	Sucanat
Amasake	Dehydrated cane juice	High dextrose glucose syrup	Muscovado sugar	Sucralose
Amber liquid sugar	Demerara light sugar	High fructose maize syrup	Mycose	Sucre de canne naturel
Anhydrous dextrose	Demerara sugar	High maltose corn syrup	Mylose	Sucrose
Apple butter	Demerara sugar	Honey	Natural Flavours	Sucrosweet
Apple fructose	Dextran	HSH	Natural maple flavoring	Sugar
Apple sugar	Dextrin	Hydrogenated starch	Natural sweetener	Sugar (granulated)
Apple syrup	Dextrose	Hydrogenated starch hydrolysate	Neotame	Sugar based ferments (Kombucha, Kimchi)
Arenga sugar	D-fructofuranose	Hydrolyzed corn starch	Nigerotriose	Sugar beet crystals
Aspartame	D-fructose	Icing sugar	Nipa sap	Sugar beet molasses
Azucar morena	D-glucose	Inulin	Nipa syrup	Sugar beet syrup
Bakers special sugar	Diastatic malt	Invert cane sugar	Olestra	Sugar cane juice
Bar sugar	Diatase	Invert sugar	Oligosaccharide	Sugar cane natural
Barbados Sugar	Disaccharide	Invert syrup	Organic Agave	Sugar glass
Barley malt	Dixie crystals	Inverted sugar	Organic agave syrup	Sugar hat
Barley malt syrup	D-mannose	Inverted sugar syrup	Organic apple syrup	Sugar pine
Beer	Dried corn syrup	Isoglucose	Organic brown rice syrup	Sulfured molasses
Beet molasses	Dried evaporated organic cane juice	Isomalt	Organic cane juice crystals	Superfine sugar
Beet sugar	D-xylose	Isomaltotriose	Organic coconut crystals	Sweet sorghum syrup
Beet syrup	ECJ	Isosweet	Organic coconut nectar	Sweetened condensed milk
Berry Sugar	Erythritol	Jaggery	Organic coconut palm sugar	Syrup
Blackstrap molasses	Ethyl maltol	Jaggery powder	Organic coconut sugar	Table sugar
Blonde coconut sugar	Evaporated cane juice	Karo	Organic granulated coconut sugar	Taffy
Brown rice malt	Evaporated corn sweetener	Karo corn syrup	Organic palm sugar	Tagatose
Brown rice syrup	Evaporated organic cane juice	Lactitol	Organic raw sugar	Tapioca syrup
Brown sugar	First molasses	Lactose	Organic rice syrup	Toddy
BRS	Florida Crystals	Lesys	Organic sucanat	Treacle
Burnt sugar	Fondant sugar	Levulose	Organic sugar	Trehalose
Buttered syrup	Free Flowing	Light brown sugar	Orgeat syrup	Tremalose
Candi sugar	Free flowing brown sugar	Light molasses	Palm sap	Trimoline
Candi syrup	Free-flowing brown sugars	Liquid dextrose	Palm sugar	Triose
Candy floss	Fructamyl	Liquid fructose	Palm syrup	Trisaccharides
Candy syrup	Fructosan	Liquid fructose syrup	Pancake syrup	Turbinado sugar
Cane crystals	Fructose	Liquid maltodextrin	Panela	Unrefined sugar
Cane juice	Fructose crystals	Liquid sucrose	Panocha	Unsulphured molasses
Cane juice crystals	Fructose sweetener	Liquid sugar	Pearl sugar	Wheat flours (whole grain, enriched...)
Cane juice powder	Fruit fructose	Maize sugar	Piloncilo	Wheat syrup
Cane sugar	Fruit juice	Maize syrup	Potato maltodextrine	White crystal sugar
Caramel	Fruit juice concentrate	Maldex	Potato syrup	White grape juice concentrate
Caramelized sugar	Fruit juice nectar	Maldexel	Powdered sugar	White refined sugar
Carob syrup	Fruit powder	Malitsorb	Promitor	White sugar
Caster sugar	Fruit sugar	Malt	Pure cane syrup	Wine
Castor sugar	Fruit syrup	Malt syrup	Pure fructose crystals	Wine coolers
Cellobiose	Galactose	Malted barley	Pure sugar spun	Wood sugar
Coarse sugar	Glucodry	Malted barley syrup	Raffinose	Xylitol
Coco sap sugar	Glucomalt	Malted corn and barley syrup	Raisin syrup	Xylose
Coco sugar	Glucoplus	Malted corn syrup	Rapadura	Yacon syrup
Coconut crystals	Glucose	Maltisweet	Raw agave syrup	Yellow sugar
Coconut nectar	Glucose solids	Maltitol	Raw sugar	
Coconut palm sugar	Glucose syrup	Maltitol syrup	Refiner's syrup	
Coconut sap sugar	Glucose-fructose syrup	Maltodextrin	Rice bran syrup	
Coconut sugar	Glucosweet	Maltol	Rice malt	
Coconut syrup	Glucose fructose	Maltose	Rice malt syrup	
Confectioner's sugar	Golden molasses	Maltotetraitol	Rice maltodextrine	
Corn steep liquor	Golden sugar	Maltotriitol	Rice syrup	
Corn sugar	Golden syrup	Maltotriose	Rice syrup solids	
Corn sweetener	Golden yellow sugar	Maltotriulose	Rock sugar	
Corn syrup	Gomme syrup	Mannitol	Saccharin	
Corn syrup powder	Granulated coconut nectar	Mannose	Saccharose	
Corn syrup solids	Granulated coconut sugar	Maple butter (not syrup)	Sanding sugar	
Cornsweet 90 @	Granulated fructose	Maple sugar (not syrup)	Second molasses	
Crystal dextrose	Granulated sugar	Maple syrup	Shakar	
Crystal sugar	Granulated sugar cane juice	Meritab 700	Simple syrup	
Crystalline fructose	Granulized cane sugar	Meritose	Sirodex	
Crystallized organic cane juice	Grape sugar	Milk sugar	Soft sugar	
D-arabino-hexulose	Gur	Misri	Soluble corn fiber	
Dark brown sugar	Hard liquor	Mizuame	Sorbitol	

7 Day Meal Plan (Based on 1500 calories a day, if you need more add in extra servings)

Day 1:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Good Morning Green Smoothie
	Meal 2:	Pad Thai Bowl
	Meal 3:	2 oz. baked chicken breast, 1 cup cooked brown rice, over 1 cup of spinach, season with pink salt or sea salt, pepper & dill with a squirt of lemon.
	Meal 4:	3 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 2:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Creamy Pineapple Fennel Smoothie
	Meal 2:	Fresh Avocado Soup (make 2 servings for leftovers the next day)
	Meal 3:	2 hard boiled eggs, 1 cup cooked quinoa, over 1 cup of spinach, season with pink salt, or sea salt, pepper & paprika
	Meal 4:	1 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 3:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Good Morning Green Smoothie
	Meal 2:	Chickpea Caesar Salad
	Meal 3:	Fresh Avocado Soup
	Meal 4:	2 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 4:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Creamy Pineapple Fennel Smoothie
	Meal 2:	3 oz. serving of baked salmon, 1 cup of rice, 5 spears of roasted of asparagus, season with pink or sea salt, pepper & dill and squirt of lemon.
	Meal 3:	Colourful Bowl
	Meal 4:	1 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 5:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Good Morning Green Smoothie
	Meal 2:	Burrito Bowl
	Meal 3:	2 oz. serving of baked chicken breast, 2 cups romaine, 1 oz. of purple onion, mix as a salad. Dressings (1 tbsp. sesame oil, cayenne to taste, ginger to taste, 1 tbsp. tamari, shake well and add to salad)
	Meal 4:	2 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 6:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Creamy Pineapple Fennel Smoothie
	Meal 2:	½ of the Quick & Easy Guacamole & 6 Mary's Crackers
	Meal 3:	Spinach & Chickpea Curry
	Meal 4:	1 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 7:	Starter:	1 large glass of water with freshly squeezed lemon to get your digestive system going
	Meal 1:	Good Morning Green Smoothie
	Meal 2:	Chickpea Salad over 1 cup of spinach
	Meal 3:	½ of the Quick & Easy Guacamole & 6 Mary's Crackers
	Meal 4:	1.5 oz. serving of almonds
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night

[See Recipe book for recipes](#)