



THIS WEEK'S TOPIC

# Road To Wellness

IT'S TIME TO FEEL GOOD AGAIN

“Will a detox help protect you against flu bugs, viruses or even COVID-19?”

Could a detox program reduce your risk of getting sick? Will a detox help protect you against flu bugs, viruses or even Covid-19?

One of the things we have learned about COVID-19 is that people that are already inflamed with compounding factors like obesity or blood sugar dysregulation are more prone to negative effects of the virus. Part of the reason is they are already inflamed and as the body fights the virus, additional inflammation occurs.

A cytokine storm can develop and overwhelm organ systems and bodily functions. So one of the ways to foster health is to promote an anti-inflammatory diet and nourish your body with the needed nutrients.

Here's the key principle: Clean the body.... and feed the body. We live in a sick nation, in fact looking at the health of industrial nations worldwide, the U.S. spends FAR FAR more money on health care but has the lowest life expectancy, highest chronic disease burden and highest rate of obesity. People live



with compromised immune systems. And then wonder why prescription drugs or treatments aren't always able to bail them out.

Sadly, many people die. But after 40 years in the field of wellness, I've seen many unhealthy people get healthy. And surprisingly, SMALL changes DO make a difference. So where do you start?

I understand most people don't want to make long term commitments. They want simple directions, something that works and they want to feel the results. That is the goal of the NutriClear Plus program.

Personally, I like to do a short detox program twice a year. Many people choose key times like January, "start off the New Year right" or a "get into your bathing suit" start time in April, or a "get back in shape after summer frolicking" during September or "get healthy before the next round of flu" in November. All of these are great motivations.

I've personally tried many detox programs and the NutriClear Plus program is the best one. It gets results, it's a short commitment and it's low cost. From a private clinical trial, both men and women who did the NutriClear Plus 15 Day Cleanse had a 65%

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reduction in overall symptom burden and lost an average of 7 pounds.

So in other words, people with joint pain, digestive problems, fatigue, trouble sleeping and many other health issues experienced significant improvements in only 15 days. And they also lost some weight. But let me get serious with you for a minute.

One of the benefits of this program is how effective it is in reducing inflammation. Reducing your body's inflammation during a time of pandemic is no gimmick. Inflammation can be systemic in the body and inflammation is the catalyst for most health problems.

Living with chronic inflammation and doing nothing about it is not wise. Some people try eating a little healthier or getting more exercise, but what they really need is a tangible, easy to follow program that works. I recommend the NutriClear Plus program for everyone, for couples or whole families. Organize a group of friends and do a detox together.

NutriClear Plus is affordable and what everyone likes about this program is that you can eat REAL food plus snacks. You've said to yourself many times, "I need to get healthier, or I need to start eating better or I feel old, I wish I felt better." One comment I hear continually about this program is "I feel the difference". Quite honestly, all the reviews are positive.

Contact the clinic on this page, get the info you need to get started. Your clinician can oversee your progress and answer your questions. Now is a great time. It's your time. You can do this.

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# Anti-Inflammatory Approved Foods & Sample Diet

The key to dietary change is variety & creativity. Explore new foods & recipes. Do not overeat, but enjoy!

Vegetables*	Portion
Alfalfa Sprouts	to taste
Arugula	to taste
Avocado	½ Avocado
Bean Sprouts	to taste
Broccoli	to taste
Brussel Sprouts	to taste
Cabbage	to taste
Carrots	to taste
Cauliflower	to taste
Celery	to taste
Cilantro	to taste
Corn (organic <u>only</u> )	to taste
Cucumber	to taste
Garlic	to taste
Kale	to taste
Lettuce	to taste
Mushrooms	to taste
Mustard Greens	to taste
Olives	to taste
Onions	to taste
Radish	to taste
Snow Peas	to taste
Spinach	to taste
String Beans	to taste
Sweet Potato / Yam	½ Potato
Swiss Chard	to taste
Tomato - fresh, whole	to taste
Water Cress	to taste
Zucchini	to taste

Fruits*	Portion
Apple	1 medium
Blackberries	4 oz
Blueberries	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	4-8 oz
Black Beans	4-8 oz
Chicken - breast - free range	4-8 oz
Cod	4-8 oz
Eggs - free range	2-3 eggs
Halibut	4-8 oz
Lamb	4-8 oz
Lentils	4-8 oz
Pinto Beans	4-8 oz
Red Beans	4-8 oz
Red Snapper	4-8 oz
Salmon - wild caught only	4-8 oz
Shrimp	4-8 oz
Tuna	4-8 oz
Turkey - breast / bacon	3-6 slices
Whitefish	4-8 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day

Beverages may be sweetened using approved sweeteners listed below.

Sweeteners	Portion
Honey	½ Tbsp
Stevia	To Taste

\*Organic Produce & Protein Preferred

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

**Do not eat foods that you know you have sensitivities to, even if it is on the list**

# Sample Daily Menus

Day One	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Lean Protein ½ Avocado Salad	Chicken Vegetable Vegetable	1 Fruit Raw Almonds
Day Two	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Large	Chicken Salad	Turkey Vegetable Vegetable ½ Avocado	1 Fruit Raw Cashews
Day Three	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled Gluten-free toast Almond Butter	Turkey Vegetable Salad	Fish Vegetable Vegetable	1 Fruit Raw Pecans
Day Four	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Apple	Fish Salad	Beef Vegetable Vegetable	1 Fruit Raw Walnuts
Day Five	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Beef Salad Vegetable	Chicken Vegetable Vegetable ½ Avocado	1 Fruit Raw Almonds
Day Six	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Large	Chicken Vegetable Salad	Turkey Vegetable Vegetable	1 Fruit Raw Cashews
Day Seven	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Turkey Vegetable Salad	Fish Vegetable Vegetable ½ Avocado	1 Fruit Raw Pecans