

Green and Clean Nutrition Program

Jump start your metabolism and rid your body of unwanted toxins

Designed by Joan Lavery-McLaughlin, Registered and Licensed Dietitian and individually tailored to meet your unique nutritional needs.

"Let food be thy medicine and medicine be thy food."

Hippocrates ca. 400 BC

The Detoxification Process

A natural body cleanse can give your body a leg up on clearing accumulated toxins and help you look and feel great. It can also help with weight loss too! Just like giving your car an oil change, detoxifying your body makes it possible for you to keep running smoothly! When everything is in proper working order, your body naturally filters out the "bad stuff" and uses the "good stuff" as fuel. For the body to detoxify itself effectively, it relies on the strength and health of its vital detoxifying organs, which **must** be working efficiently to optimally perform this job.

Many organs are involved in keeping clean blood pumping through your veins, and nutrients traveling to your cells. The detoxification process begins with the filtering abilities of your skin, lungs and digestive tract. When a harmful substance makes it in, the liver and kidneys have to neutralize it. They then send the neutralized substance to the colon, bladder, skin or lungs to be expelled. In order for this system to work, the major filtering organs (the digestive tract – small intestines, liver and kidneys) must all do their individual jobs! This is especially important because eighty percent of the body's immune system is in the intestines and a properly functioning liver is needed to eliminate toxins, heavy metals, bacteria and other impurities (all of which we inhale, ingest, and absorb on a daily basis) from the blood.

A heavy toxic load can overwork and damage these organs, leaving your body with a compromised ability to detoxify. When your body is taking in more toxins than it can safely filter out, it will try to protect itself by stashing more and more toxins in fat cells. Many diseases and conditions (including unwanted weight gain and obesity) are caused by this type of toxic accumulation. Weight loss efforts become much more effective when your internal detoxifying environment is functioning normally. The good news is that your body is ready and willing to clean out and regenerate itself - all it needs is a little help from you! As you begin to lighten up your body's toxic load, **the body** will naturally enter the process of increased detoxification.

Why should I Detoxify?

The typical western diet is very high in acid containing foods which can negatively affect blood pH. A blood pH below 7.0 is acidic, while a blood pH above 7.0 is alkaline. Optimally human blood pH should be slightly alkaline between 7.35 - 7.45. Processed foods like white flour, white sugar, soft drinks and artificial sweeteners all contribute to an acidic blood pH and can negatively impact overall health. Combined with emotional stress and body processes that deprive cells of oxygen and other nutrients, the Standard American Diet provides an internal environment favorable to disease development and progression, weight gain, decreased energy production in cells, decreased ability to repair damaged cells, and decreased ability to detoxify potentially harmful substances within the body.

One of the best ways to correct an overly acidic body is to consume "whole" unprocessed foods and increase daily intake of alkalizing foods including fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, seeds and nuts. *The Green and Clean Detoxifying Program* is a four week internal cleansing plan designed to maximize the body's natural ability to detoxify itself by providing a steady supply of alkalizing nutrients that will not only make you feel better, but look better too! It also will "kick start" your weight loss efforts as your body eliminates harmful toxins that lead to unwanted weight gain! Your new way of eating will offer protection against many lifestyle related diseases, while promoting strong bones and weight loss. Filled with fiber, it supports healthy digestion while also helping to eliminate colon dysfunction. The antioxidants and phytonutrients present in *The Green and Clean Detoxifying Program* contribute to neutralizing oxidative stress - the fundamental process involved in aging and most chronic diseases. The science behind this is finding the right combination of these alkalizing fiber-rich foods that will work for you and the rate and order in which they should be introduced to your system. This is why the personalization of this plan is so important.

Green and Clean Detoxifying Program

The Green and Clean Detoxifying Program offers three different, customized levels to choose from so that you can pick a plan that fits into your unique lifestyle and eating style. You will get individualized diet instruction from a Joan, who has also worked as a Professional Chef. So you are guaranteed to not only learn about healthy eating and the body's natural detoxifying process, but will also receive delicious wholesome food recommendations and recipes too! Your individualized plan includes an in depth nutrition assessment provided by Joan, daily food journals, and phone and e-mail support. A post-program nutrition telephone consultation and further healthy diet recommendations will ensure that your four week body cleanse serves as a platform to obtaining and maintaining a new healthy eating style that will maximize your health!

Regardless of which level you choose, *The Green and Clean Detoxifying Program* will promote a healing internal environment as your body learns to more efficiently use the health promoting fuel it receives.

This four week program includes three customized program options. All levels include:

- Customized Nutrition assessment - where you will receive in depth instruction on your new eating plan
- Thirty minute pre-program nutrition consultation (this can be done in person or via telephone – whichever you prefer)
- Detailed eating plan and recipes
- Food journals that will be evaluated weekly
- Phone and e-mail support
- Post-program nutrition telephone consultation

Making positive changes in your eating habits requires a commitment to changing not only the types of foods you eat, but changing eating patterns and learned habits that can inhibit your progress. *The Green and Clean Detoxifying Program* will help you not only jump start your metabolism, but rid your body of unwanted toxins too!

Your next step to better health involves determining which program level best suits your individual needs.

Green and Clean Detoxifying Program Plans:

Level I – Are you ready to make some positive nutrition changes in your life? Are you ready for a nutrition overhaul that emphasizes anti-inflammatory foods known to decrease disease risk and promote healthy weight loss? This plan is right for you if you answer YES to the following questions.

I am:

- Ready to feel better and have more energy
- Willing to commit to improving my health through better eating
- Willing to try new foods
- Ready to commit to new way of eating
- Willing to commit to eating more plant based foods
- Willing to commit time needed to prepare meals/snacks
- Willing to incorporate anti-inflammatory foods into my current diet
- Willing to increase amounts and types of fruits and vegetables I eat
- Willing to keep a daily food journal

Level II – This plan requires more dietary changes and will spark your body’s natural detoxifying capabilities from the inside out!! This level is right for you if you answer YES to the following questions.

I am:

- Ready to feel better and have more energy
- Willing to commit to improving my health through better eating
- Willing to try new foods
- Ready to commit to new way of eating
- Willing to commit to eating more plant based foods
- Willing to commit time needed to prepare meals/snacks
- Willing to incorporate anti-inflammatory foods into my current diet
- Willing to increase amounts and types of fruits and vegetables I eat
- Willing to keep a daily food journal
- Willing to commit to a primarily plant based diet for 4 weeks
- Willing to remove dairy from my diet for 4 weeks

Level III - This plan is designed to be a complete nutrition overhaul and guaranteed to make you feel more energized! This plan requires the most dietary changes and is right for you if you answer YES to the following questions.

I am:

- Ready to feel better and have more energy
- Willing to commit to improving my health through better eating
- Willing to try new foods
- Ready to commit to new way of eating
- Willing to commit to eating more plant based foods
- Willing to commit time needed to prepare meals/snacks
- Willing to incorporate anti-inflammatory foods into my current diet
- Willing to increase amounts and types of fruits and vegetables I eat
- Willing to keep a daily food journal
- Willing to commit to a completely plant based vegetarian diet for 4 weeks
- Willing to commit to eating more “raw” foods for 4 weeks
- Willing to remove dairy from diet for 4 weeks

For more information please contact:

The Wellness Solution
366 U.S. Route 1
Falmouth, ME 04105
Telephone 207-899-0727
Fax 207-899-0729
Email theresa@thewellnesssolution.net

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