



Welcome to

the 15-day Integrative Detox

Remove Toxicity, Replenish Deficiencies, and Rebalance Health in 15 days!



What to Expect

Possible Detox Effects

- Low Mood
- Low Energy
- Headache
- Nausea
- Irregular bowels movements

Long-Term Detox Benefits

- + Clearer Thinking
- + Improved Digestion
- + Deeper Sleep
- + Vibrant Skin
- + Increased Energy
- + Weight Loss



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HEALTH
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Know the WHY

Processed food, chemical additives, added sugars, and conventional food ingredients put **STRESS** on the body.

The 15-Day Integrative Detox is designed to De-Stress & Support your Body Systems.

- Give your digestive and immune system a rest from processed foods and common allergens by eliminating: gluten, eggs, dairy, nuts, and grains for 15 days.
- Support and relieve your overworked liver by taking a break from stimulants such as caffeine, refined sugars, inflammatory oils, and alcohol.
- Break from toxins: food dyes, food chemicals, and preservatives.



The 15-day Integrative Detox is an opportunity to take a mental and emotional break. An opportunity to focus on your self-care routines, relax workouts, unplug social media, and other commitments to tune inward to how you feel. Prioritize active recovery “work-ins”, like walking, stretching, yoga, meditation, reading, journaling, self-care, and aim for 7-9 hours sleep to help the detox process during this time.



Track your Health Progress

Section 8 of my Integrative Health Assessment asks about liver and gallbladder health specifically through the following symptoms.

These symptoms are communication messenger that your body/liver is telling you that it needs support.

How many boxes do you check here below?

Take a Before and After assessment of your detox progress and track your progress along the way in a daily journal.

Section 8: Liver & Gallbladder Health.

Check all that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Poor tolerance to fatty foods | <input type="checkbox"/> Easily intoxicated after a small amount of alcohol |
| <input type="checkbox"/> Jaundice | <input type="checkbox"/> Pain under the right shoulder blade | <input type="checkbox"/> Pain under rib cage on right side |
| <input type="checkbox"/> Pale stool | <input type="checkbox"/> Digestive complaints | <input type="checkbox"/> Fish-tasting burps after taking fish oil |
| <input type="checkbox"/> Abdominal weight gain | <input type="checkbox"/> Mood swings | <input type="checkbox"/> Palms of hands look red |
| <input type="checkbox"/> Blood tests showing elevated liver enzymes | <input type="checkbox"/> Allergies | <input type="checkbox"/> Gallstones or gallbladder attack |
| <input type="checkbox"/> Pain on right side | <input type="checkbox"/> Drowsiness after eating | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Depressed appetite | <input type="checkbox"/> Weak tendons, ligaments & muscles | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Loss of energy | <input type="checkbox"/> Difficulty losing weight | <input type="checkbox"/> Motion sickness |
| <input type="checkbox"/> Metallic taste in mouth | <input type="checkbox"/> Depression | <input type="checkbox"/> Gas and bloating for hours after eating |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Unexplained swelling in legs and ankles |
| <input type="checkbox"/> Skin problems | <input type="checkbox"/> Abdominal tenderness | <input type="checkbox"/> Pain between shoulder blades |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Excessive itching or hives | <input type="checkbox"/> Headache over eyes |
| <input type="checkbox"/> Bruising easily | <input type="checkbox"/> Sensitivities to perfumes, insecticides, fabric shop odours, or other chemicals | <input type="checkbox"/> Stool colour looks grey clay |
| <input type="checkbox"/> Impaired libido | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Hemorrhoids |
| <input type="checkbox"/> Blood sugar problems | <input type="checkbox"/> Stomach gets upset after eating greasy or high-fat foods | <input type="checkbox"/> Alcohol abuse |
| <input type="checkbox"/> Age spots | <input type="checkbox"/> Metallic taste in mouth in the morning | <input type="checkbox"/> Itchy and/or peeling feet |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Eyes are yellow | <input type="checkbox"/> Chronic fatigue |
| <input type="checkbox"/> Chemical sensitivities | <input type="checkbox"/> Excessive hair loss | <input type="checkbox"/> Dark coloured urine |
| <input type="checkbox"/> Discoloured whites of eyes | <input type="checkbox"/> Sensitivity to perfume | |
| <input type="checkbox"/> PMS | <input type="checkbox"/> Sensitivity to chemicals | |

Daily Guide

	8:00AM (1 hour after waking)	11:30AM (3.5 hours later)	3:00PM (3.5 hours later)	6:30PM (3.5 hours later)
Days 1-2	Protein shake + Detox Capsules	Green Juice/Herbal Tea + Detox Capsules	Green Juice/Herbal Tea	Protein shake + Detox Capsules
Days 3-7	Protein shake + Detox Capsules	Detox Lunch + Detox Capsules (vegetarian)	Green Juice/Herbal Tea	Detox Dinner + Detox Capsules
Day 8-9	Protein shake + Detox Capsules	Green Juice/Herbal Tea + Detox Capsules	Green Juice/Herbal Tea	Protein shake + Detox Capsules
Days 10 -15	Protein shake + Detox capsules	Detox Lunch + Detox capsules (vegetarian)	Green Juice/Herbal Tea	Detox Dinner + Detox Capsules

Detox Shopping List

**Protein (1/2-1c)
CHOOSE 1**

Lunch & Dinner

* Lunch should be a vegetarian protein option
* Dinner may be vegetarian or animal/fish protein

PLANT PROTEINS (Lunch & Dinner Options)

Bean Sprouts	Split Mung Beans
Beans (not baked beans)	Tofu (sprouted organic)
Legumes	Hummus
Lentils	Chickpeas
Natto	Hemp Hearts

ANIMAL PROTEINS* (Dinner only)

Anchovies	Sardines
Chicken	Scallops
Cod	Sole
Cornish hen	Shrimp
Duck	Tilapia
Haddock	Turkey
Salmon	Trout

*Choose wild or pastured


**Fat (1-2 TBSP)
CHOOSE 1**

Lunch & Dinner

Avocado	Flax Seeds
Chia Seeds	Olive Oil*
Coconut Oil	

*Combine 1-2 tbsp of olive oil and fresh squeezed lemon juice to make a great dressing

OPTIONAL

	&	
Lemon Water		Herbal Tea

**Carb (1-2+ Cups)
CHOOSE 1 or 2**

Lunch & Dinner

Artichokes	Peppers
Arugula	Radishes
Asparagus	Red Beets
Broccoli	Sea vegetables
Brussels sprouts	Scallions
Cabbage	Snap peas
Carrots	Snow peas
Cauliflower	Spinach
Celery	Sprouts (all)
Chard/Swiss chard	Tomatoes
Chives	Water chestnuts
Cucumber	Watercress
Kale	
Escarole	Blackberry**
Fennel	Blueberry**
Garlic and shallots	Cherry**
Green Beans	Pumpkin**
Greens (beets, collards)	Raspberry**
Jicama	Sweet Potato**
Leeks	Yam**
Lettuce (all)	
Micro greens	
Mushrooms	
Onions	
Parsley	

** If you are trying to lose weight avoid these options during the detox.

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

Acid-Forming & Alkaline-Forming Foods

Alkaline

Most fruits
Most vegetables
Leafy greens
Some nuts and seeds
Herbs and spices
Non-dairy milk (hemp, almond, coconut, cashew)
Filtered water

Acidic

Alcohol
Animal products (meat, fish*, poultry*, dairy)
Coffee
Grains (wheat, rice, corn, flour, bread)
Legumes (beans, lentils)*
Processed foods
Soft drinks

Traditionally liver detoxification is done in the spring and fall when temperatures are moderate and fresh greens are plentiful. On detox plans we avoid anything inflammatory, processed or white: sugar bread, alcohol, aged, pickled or spices that can trigger allergies or histamine reactions.

A good way to start is to look at food in terms of Alkaline vs. Acidic and to aim for a ratio of +/- 80% alkaline 20% acidic.

*Fish, poultry, and legumes are acid-forming, however, they are included in the integrative detox protocol to provide essential amino acids for detoxification. Aim for 80% alkaline-forming foods.

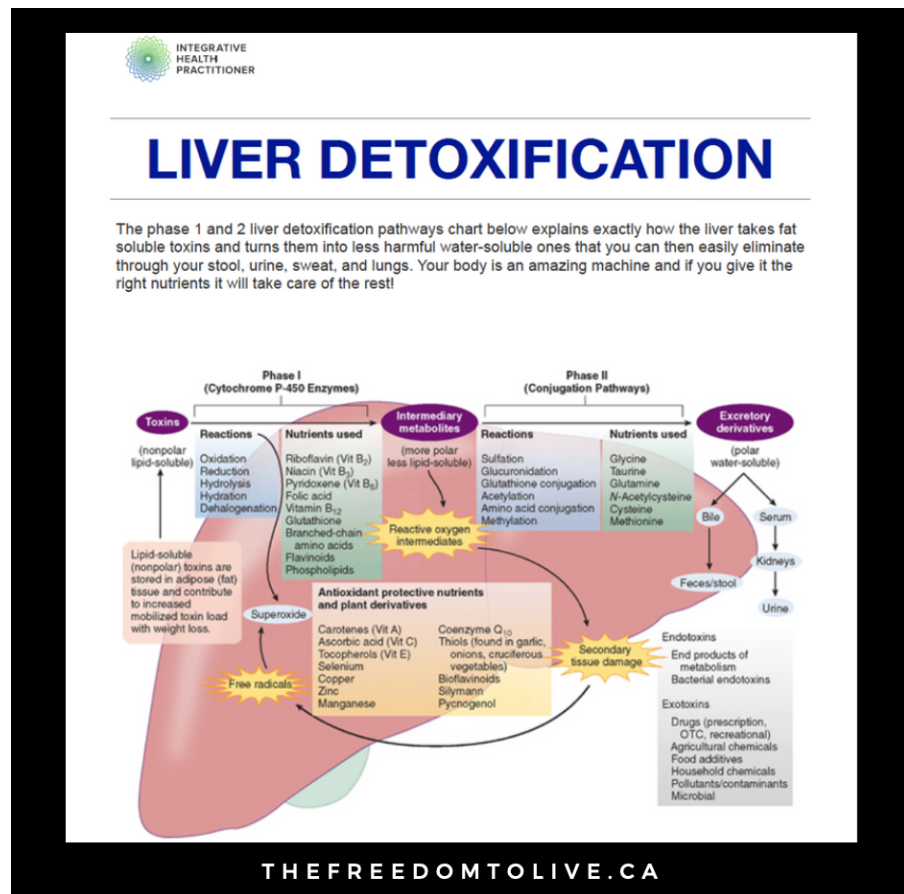


Choose Wild or Pastured Animal Proteins
Opt for Organic, Pesticide-free, Non GMO, Local Produce
Avoid tap water and environmental chemicals

Liver Detox SCIENCE

The word Detox, has been so overly mis-marketed as a quick-fix product or crash diet plan.

Detoxification is a very in-depth and scientific process that the body does naturally to release toxins through our 4 main detox pathway channels: breath, sweat, urine, feces. But in order to expel toxins out of the body through our kidneys, colon, lungs, and skin, most toxins being fat-soluble, need to be converted over to water-soluble toxins to then be released with the help of different nutrients as shown in the image. (phase 1 + phase 2).



A lot of "detox" products on the market do not contain these nutrients, therefore there is really no assurance that your body is properly getting rid of toxins. Toxins can actually get stuck between phase 1 and phase 2, an intermediate phase if the proper phase 2 nutrients are missing from diet as well as a detox formula.

Just removing a toxin, like sugar, doesn't mean you are detoxing. The proper term would be a "sugar elimination". Although eliminations are good, by just removing the triggers, this can still be a band-aid approach by not actually getting at the underlying root cause of the issue.

Detoxing is a true physical, chemical, mind, and emotional process of releasing toxicity.

Most toxins are stored in our adipose (fat tissues) because toxins are mostly fat-soluble compounds, and this shows up predominantly in the mid-section.

As a protection mechanism, our bodies will hold on to toxic water or fat weight as opposed to just dumping these toxins into the blood stream. This is one of the main reasons no matter how much calories in/calories out, the body will not release this weight.

By choosing a detox nutrition plan and formulation (functional medicine detox) that includes all these nutrients, we are setting the body up to be able to safely remove any stored toxic water and fat weight.

Key factors and what to look for in a detox formula

CanPrev's Detox Pro is a 15-day functional medicine detox formula combining a blend of antioxidants, herbs and other nutrients that provide the liver with specific nutrients to support phase 1 and 2 of detoxification and to ultimately help rid toxins out of the body.

Powerful antioxidants such as N-acetyl-cysteine (NAC), which is a precursor to an endogenous antioxidant called glutathione as well as vitamins A, C and E, all help to neutralize the free radicals (damaging substances) from phase 1 waiting to enter phase 2.

The vitamin B family such as B1, B2, B3, B5, B6, folate and B12, provide energy and act as co-factors in the metabolic reactions that happen in phase 2 detoxification. Choline helps to metabolize fat, copper and zinc help make an antioxidant called superoxide dismutase work (an enzyme that helps break down potentially harmful oxygen molecules) and also supports a healthy metabolism.

Trace minerals such as molybdenum, manganese and selenium enable other vitamins or enzymes in the detoxification process to function.

Herbs for detox

Artichoke extract, also found in this formula, has strong antioxidant property, protects the liver and prevents depletion of glutathione.

Turmeric, an ancient spice that has hepatoprotective and anti-inflammatory properties contains beneficial polyphenols and offers powerful antioxidant support. Turmeric works in both fat and water soluble tissues to protect the liver.

Dandelion extract can help stimulate digestive glands and the liver. Green tea extract contains compounds called polyphenols that help to support Phase 1 and 2. Milk thistle extract's active ingredient is silymarin, which has the amazing capacity to regenerate liver tissue. Rosemary extract is an antioxidant and inhibits some cancer-causing effects from carcinogens. Lastly, slippery elm forms a gel-like substance when mixed with water to protect the mucous membranes.

Additional factors to support healthy detox

Fiber and probiotics are important additions to any detox.

NFH ProBio SAP supplies a compatible and complementary blend of 10 probiotic strains to address a wide spectrum of gastrointestinal health benefits.

Enteric-coated vegetable capsule ensures 100% delivery of live microbial cells to the intestine, and is resistant to gastric and bile acids.

Fructooligosaccharides and arabinogalactan are prebiotics included in ProBio SAP to enhance Bifidobacterium and Lactobacillus proliferation and implantation, stimulate mineral (calcium and magnesium) absorption, and enhance production of short-chain fatty acids.

[More product information](#)

NFH Trifibe SAP

A daily supplement of three soluble, viscous fibres (oat β -glucan, psyllium husk, and glucomannan) designed to reduce blood LDL and total cholesterol, as well as insulin and glucose responses. Other health benefits of a soluble and viscous fibre blend include weight management and improvement of gut regularity and health.

[More product information](#)

Please contact us to order any supporting CanPrev and NFH supplements. CanPrev and NFH are Canadian nutraceutical companies devoted to the integration and application of nutraceutical science in clinical practice. NFH produces herbal, vitamin and mineral formulations of the highest quality for exclusive use by licensed healthcare practitioners. The focus is in formulations of optimal efficacy combined with patient safety. A Scientific Advisory Panel and Medical Consultancy Group provides essential guidance in formulating products and positioning product lines.

Recommended Protein

Hemp protein powder by Manitoba Harvest, Nutiva, or equivalent

The Organic Plant Protein Superfood Smoothie by Nutiva also supports this plan.

*** All information provided in this document is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease. This document does not serve as medical advice.



Boost your health in just 72 hours!

Experience Health!

Use this 72-hour template as a tool and guide to give both your mind and body a much-needed break during the holiday season or anytime during the year!

Remember! you can take some of the stress out by streamlining the prep work and by doing 3 days of meal prep upfront (eat the same 3 meals, pick and choose) or order pre-made from our local Niagara professional chef, Gooddine Catering.

The option is yours! Implementation is simple.

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Visit <https://www.thefreedomtolive.ca> to book your complimentary session today!



INTEGRATIVE
HEALTH
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Change the World. Heal Yourself. Heal Others.



*Change your story,
Change your body,
Change your life.*