



CORE

RESTORE *BT*

Patient Guide

Revitalizing Healthy Liver Function
Comprehensive Biotransformation Kit

Signs That Your Detoxification Capacity Might Be Impaired

- Digestion, Elimination Problems (constipation, bloating, diarrhea, nausea, heartburn)
- Elevated Cholesterol
- Overweight/Underweight
- Allergies
- Skin Disorders
- Fatigue
- Anger, Depression, Irritability
- Dark Circles Under Eyes
- Blood Sugar and Hormonal Imbalances
- PMS
- Asthma
- Frequent Flu, Colds, Sinus Infections
- Muscle and Joint Pain, Fibromyalgia
- Insomnia
- Chemical Sensitivities

If you identify with many of the signs listed above, a portion of your impaired health may be due to inadequate clearance of toxins within the liver-gastrointestinal systems. The simple program within this guide will show you how easy it is to reduce and even eliminate most of the burden that these unwanted toxins cause- preventing optimal health.

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Introduction

Our health is one of the most valuable things we possess- and yet most of us spend little time understanding how to maintain our bodies in optimal health. Sometimes we don't pay attention to our health until it begins to fail. Thankfully, our bodies are forgiving. They can withstand quite a burden before they begin to fail and, given the appropriate support, our bodies can recover from amazing amounts of damage. Unfortunately, we often don't recognize the combined burden our environment, diet, lifestyle and metabolic processes place upon our bodies each and every day.

Exposure to potentially harmful substances comes from many sources. Our skin is designed to protect us from contacting many of these substances. However, we unknowingly expose ourselves to substances in our environment everyday- most often by what we apply to our skin, what we breathe and,

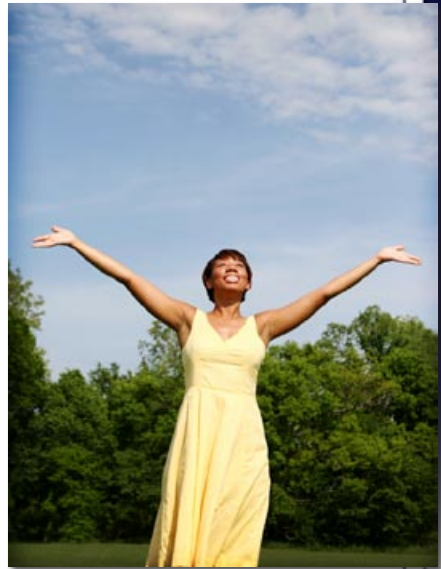
“ This guide will help you understand how you can reduce the burden placed upon your detoxification system.”

most commonly, by what we ingest. Within our lifetime, we will consume between 30 and 50 tons of food. Our gastrointestinal (GI) system is responsible for breaking down these foods, digesting and absorbing those components

which are potentially useful and eliminating the rest. The liver, in close association with the GI system, works to remove toxins that we encounter from the food we eat as well as toxins produced by our bodies. When the gastrointestinal tract is not functioning optimally, additional burden is placed upon the

liver. Periodically, it is important to restore the body's ability to cleanse itself and eliminate toxins.

The Core Restore BT Program described in this guide is designed to help you restore healthy detoxification and elimination functions. This program can be used as a precursor to further GI system support (ask about the "GI Pillars of Health" Patient Guide) or as a pro-active approach to maintaining your health. This guide will help you understand how you can reduce the burden placed upon your detoxification system as well as outline a step-by-step protocol to promote healthy detoxification. By the end of the program, you should have a clearer pathway to optimal health.



What Exactly are Toxins, and Where Do They Come From?

A toxin is defined as any substance that causes harmful effects to our body. Normally, the immune system, liver and kidneys work together to remove toxins at the same rate as they are encountered. When toxin levels are in excess of our body's capacity to remove them, toxins build up and are stored until they are removed. We can have toxins stored in our bodies for years without experiencing any negative symptoms, but once the burden of toxins becomes too high, we start to feel ill. We tend to think about toxins coming from environmental sources such as exhaust fumes, solvents and inhalants, but it is important to consider the other numerous, less apparent toxin-producing sources we are exposed to on a daily basis. These include toxins from our lifestyle, toxins created within our bodies (internal toxins) and toxins created from our emotions.

Environmental Toxins

We are exposed to more pollution today than any other period in history. During the past 100 years, approximately 75,000 new chemicals have been released into our environment. Although very few long-term safety studies have been done on these chemicals, the Environmental Protection Agency (EPA) wants us to believe that they are safe. Industrial and technological advancements have resulted in many new



and stronger chemicals, air and water pollution, radiation, pesticides and herbicides. These are just some examples of what we are exposed to on a daily basis. Your body

was not designed to deal with the considerable onslaught of these toxins. By lowering the amount of exposure to these environmental toxins and taking steps to cleanse out those that have accumulated in your body, you can feel better and reduce your risk of illness. This can help your body function at an optimal level.

“By lowering exposure to environmental toxins and cleansing those that have accumulated in your body, you can feel better and reduce your risk of illness.”

Lifestyle Toxins

Many of us have unhealthy lifestyle habits which introduce significant toxins into our bodies. Today, we use more prescription drugs, eat more sugar and highly-processed foods and turn to addictive substances such as caffeine, alcohol and tobacco to help us deal with the daily stresses of life. A majority of diet foods sold in the market today have little nutritional value because of over-processing and the addition of ingredients used to help make the food appear more attractive and taste fresher. These ingredients include artificial food additives, colors, flavors and preservatives. Certain types of meats that we consume contain hormones (used to fatten up cattle and poultry) as well as antibiotics, both of which can cause hormonal disruption in our bodies. To cope with the increasing levels of daily stresses, some of us turn to

addictive substances such as caffeine and other stimulants, sedatives, alcohol, tobacco and illegal drugs, all of which have to be filtered out of the body through the liver and kidneys. In today's fast-paced society, we also do not get the proper amount of sleep and exercise needed to stay healthy. Both of these lifestyle factors play a critical role in relieving stress and eliminating harmful toxins from our body.

Internal Toxins

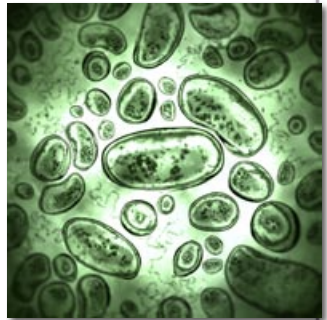
In addition to toxins from our environment and lifestyle choices, there are different types of toxins that are produced within our body. Three main categories of toxins are created within our bodies:

1. Metabolic reactions - Countless metabolic reactions are occurring in our body at every moment of every day. These reactions occur at the molecular level and are necessary in helping us break down proteins, fats and sugars into energy during the digestive and metabolic processes. Each of these reactions create toxic waste products (such as carbon dioxide and ammonia) that must be eliminated. Another important example are hormones such as estrogen and androgen, which must be broken down and excreted by the liver after they are used. If they are not properly broken down and excreted, then hormonal imbalance results and causes symptoms such as weight gain, skin disorders and blood sugar imbalance. In addition, toxic build-up can occur when elimination mechanisms are inadequate due to poor nutrient intake or improper

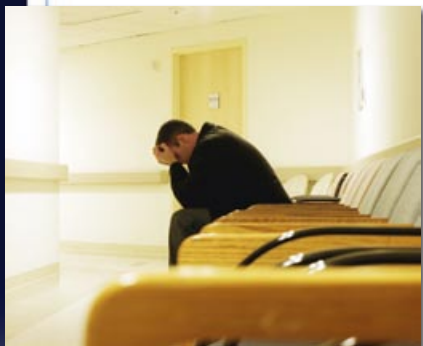
absorption of key detoxification nutrients. In most cases, it is the combination of excess toxin formation and poor toxin elimination that leads to toxic build-up.

2. Intestinal microbes - The intestinal tract is full of bacteria and yeast. Often called gut flora or intestinal microbes, these bacteria and yeast are highly beneficial. They assist in the digestion of some vitamins and play an important role in the body's immune response. Although most of these microbes are beneficial, overgrowth of certain strains of bacteria and yeast can be harmful to our health. These harmful flora constantly absorb nutrients and produce waste that can be absorbed

into our body's blood circulation. Long-term production of these toxins can lead to inflammation, a weakened immune system and a slower metabolic rate. It usually takes about 12-20 hours for the food we eat to be digested and eliminated from our body, but when we have digestive problems such as decreased enzymes to digest our food or slow peristaltic movement (rhythmic contraction of smooth muscles to move food through our GI tract), undigested food can remain in the large intestine for a prolonged period of time causing harmful bacteria and yeast to grow. This build-up produces high levels of toxic compounds that are absorbed into the body's blood circulation which requires detoxification and elimination from the body.



3. Emotional toxins – Research has shown that there is a connection between our emotions and well-being. When experiencing a traumatic or stressful event, it is common for us to react with anger, fear, grief, sorrow, resentment and other related emotions. Repeated cycles of these types of emotional stresses have a direct effect on the nervous and hormonal systems, which can indirectly affect our body's ability to detoxify. Rather than accepting these as normal or natural emotions, we might suppress them and not deal with them



directly. Ignoring or suppressing these emotions (such as leaving a spouse or job, avoiding a relative or neighbor, etc.) will not make them go away and only prolongs the damaging effects on our bodies. If severe enough, seeking the help of counselors, clergy or mental health care providers can be the first step toward letting go

of these suppressed feelings, thoughts and emotions. The Adrenal Recovery Kit (A.R.K.) can provide the tools needed to help support your body while you learn about the impact of stressors, as well as provide recommendations for lifestyle decisions that can reduce the negative impact of those stressors. Ultimately, the good news is that mastering these emotional toxins is under your control.

Table 1 - Where Toxins Come From

Environmental Toxins

- Polluted air from factories
- Auto exhaust
- Solvents (paint and cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalents

Lifestyle Toxins

- Nicotine
- Alcohol
- Caffeine
- Recreational drugs
- Prescription drugs
- Over-the-counter drugs
- Artificial food additives, colorings and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars
- Dietary choices (fast foods, fried foods)

Internal Toxins

- Bacterial, yeast, fungal overgrowth
- By-products of metabolic reactions (such as carbon dioxide, ammonia, hormones)
- Undigested food
- Stress
- Unresolved trauma or abuse (experienced as a child or as an adult)
- Unhappy relationships (with a relative, a spouse, a "significant other," a boss, a co-worker, a neighbor, etc.)

Detoxification and Its Connection to Digestive Health

The dictionary defines detoxification as “the removal of toxic substances from the body,” or simply put, “a cleansing of the body.” In scientific terms, this is called biotransformation. The primary organ involved in detoxification is our liver - it takes in “unfiltered” blood from the entire body, which is full of harmful toxins and absorbed nutrients. Next, our liver acts like a “clean up crew” - it is the first filter that toxins from the GI tract must pass through, and if it is able to keep up with the pace of toxins being formed, they will be filtered out fast enough and never reach the rest of the body. Toxemia (toxins in the blood stream) occurs when the liver is compromised in clearing toxins or if there is an excess of toxins pouring into the body. Problems in the digestive system that can contribute to increasing levels of incoming toxins include but are not limited to:

- Constipation
- Chronic diarrhea
- Food allergies
- Inflammatory bowel disease (such as Crohn’s Disease or Ulcerative Colitis)
- Malabsorption syndromes (such as Celiac disease) – a decreased ability of the digestive tract to digest and absorb nutrients from food
- Lack of digestive enzymes or stomach acid

These problems occur because of damage caused to our digestive system by an overload of toxins, which interfere with digestion and the liver's ability to properly filter out these toxins. Toxins will then enter

our circulation and accumulate in various parts of our body, causing further damage over time. A proper detoxification program will help restore healthy digestive system function by removal of harmful toxins, promote nutrient absorption from food and help you feel more energized. This, in turn, may help to address the GI symptoms you are currently experiencing.

“A proper detoxification program will help restore healthy digestive system function by removal of harmful toxins and enhance nutrient absorption which can help you feel more energized.”

For a full understanding of digestive health, ask your healthcare provider about the “GI Pillars of Health” Patient Guide

The Role of the Liver in Detoxification

The liver is the main organ of detoxification in your body. Every other system in our body is compromised if our liver is not functioning properly. This is because most of the toxins we are exposed to are fat soluble – they are attracted to the fatty portion of cells throughout our body, instead of directly being excreted in water-based urine. Unfortunately, this attraction allows them to be easily transported into cells where they settle and exert their toxic effects. These toxins

then stay in our systems permanently and start to negatively affect various organs - including liver, colon, kidney, heart, brain, lungs, skin and endocrine system (hormones). A good detoxification program should assist the liver in changing harmful fat-soluble toxins into a water-soluble form so they can be easily eliminated from the system through the kidneys or colon. The Core Restore BT Program will not only help to accomplish this, but also:



- Reduce incoming toxins into the body
- Boost the liver's ability to eliminate the incoming toxins, which will allow toxins that are stored in tissues to come out and be removed.

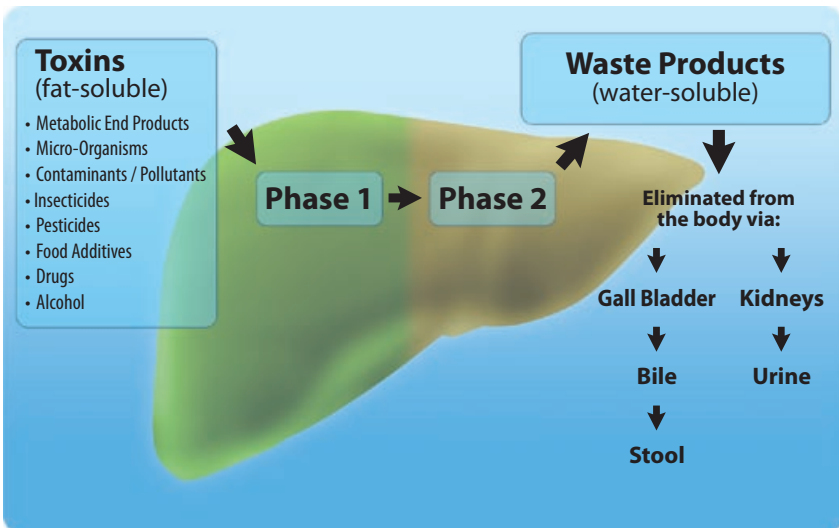
Generally speaking, our liver eliminates toxins through a two-step enzymatic process, also known as Phase I and II detoxification (biotransformation) pathways. Specific reactions occur in these two pathways that help breakdown these toxins into harmless substances:

PHASE I – A series of enzymes, called cytochrome P450, chemically changes harmful fat-soluble toxins into a more toxic substance called an “intermediary metabolite.” Since the intermediary metabolite is often more toxic than the original fat-soluble toxin, it has to go through Phase II to become less toxic.

PHASE II – Attachment (or conjugation) of specific molecules onto the intermediary metabolite occurs. This process makes intermediary metabolites non-toxic and water soluble so they can be eliminated through the urine or stool.

For a more detailed explanation of Phase I & II detoxification please see Appendix A.

Figure 1 - Detoxification (Biotransformation) Pathways



Why Should You Detoxify?

• **To Feel Better** – When detoxification and elimination systems of the body are not working at their optimal level, they are unable to handle the load of incoming toxins and symptoms begin as the toxic

levels build up in your cells, tissues and organs. Even after day-to-day external exposures are removed, toxins remain in our body until they are cleared out. An example of this is if we live near a factory and then decide later on to move to a less polluted town without any factories. Although we have stopped getting the external exposure of factory pollutants, the toxins we were exposed to



from the previous factory we lived next to will still be in our body. Just knowing this, imagine the build-up of all the toxins from our environment, lifestyle and stresses that have been stored in our bodies since we were a child. Despite this, there is something you can do about reducing your toxic burden. By completing the Core Restore BT program, you can prevent further accumulation of destructive toxins from entering into your body. You will also see a gradual improvement in your symptoms as the stored toxins are released and eliminated through newly efficient detoxification pathways.

• **To Unmask GI and Other Health Problems** – Your healthcare provider needs to get an accurate picture of the underlying cause, or true cause, of your illness. Identifying the underlying cause of your illness is important because it can be masked, or covered up, by the accumulation of toxins in your body. The accumulation of toxins can cause your present illness to either intensify, or it can manifest into other signs and symptoms related to ill health (depending on where most of the toxins accumulated in your body). After completing this detoxification program, most of the toxins trapped in your body should clear out, reducing the symptoms associated with toxin accumulation, giving your healthcare provider a better picture of the underlying cause. If your symptoms still persist, your healthcare provider will perform the appropriate tests needed to determine the underlying cause. This will help him or her formulate a specific treatment plan for you.

• **To Maintain Good Health** – Like your car that needs periodic oil and filter changes, our bodies need periodic detoxification to clean out all the toxins that have accumulated in our system over the years. If you feel progressively sluggish, tired, achy and run down, maybe it's time for your "filter to be cleaned" to maintain optimal health. Even if you feel fine, consider the Core Restore BT program at least once a year for continued good health.

The “Restore” Goals

The purpose of the Core Restore BT program is to “restore” the way your liver detoxifies and how your digestive system operates – back to the way they were functioning when you were healthy. This, in turn, will help your body to regain proper digestion, elimination and absorption of nutrients needed for optimal health. The Core Restore BT program incorporates dietary recommendations and nutritional supplementation to accomplish this purpose.

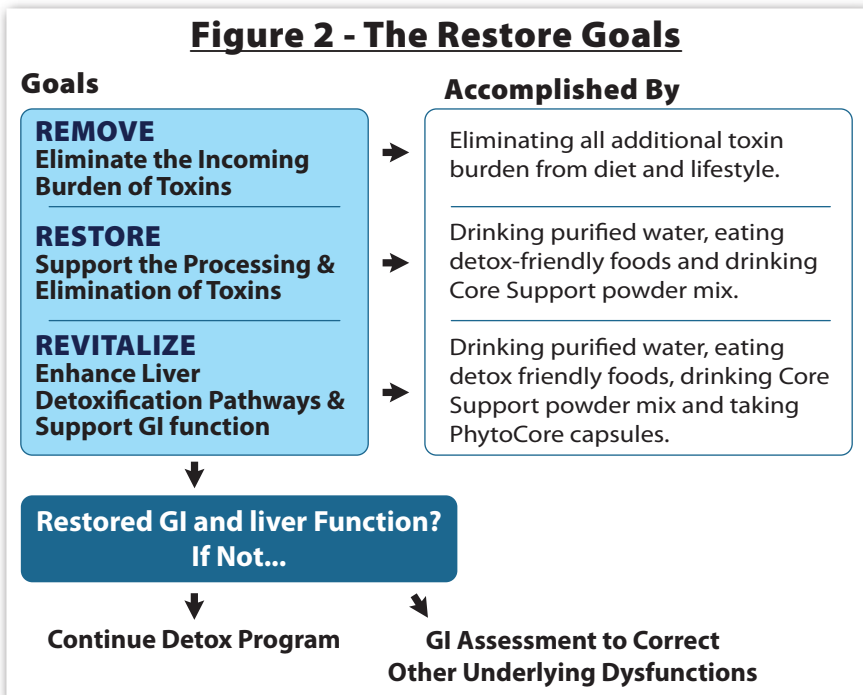
There are three main goals of the Core Restore BT Program:

1. **REMOVE** – This is accomplished by eliminating the incoming burden of toxins from your diet and lifestyle as described in Table 1.
2. **RESTORE** – This is achieved by supporting the processing and elimination of toxins. Drinking purified water, eating foods that help with detoxification and drinking the Core Support Drink Mix will all assist in the removal of toxins that have long been trapped in your body.
3. **REVITALIZE** – Drinking purified water, eating foods that help with detoxification, drinking Core Support and taking PhytoCore capsules will help to enhance Phase I and II detoxification pathways in your liver, as well as support healthy functioning of your digestive system during the detoxification process.

After completing the 7-day detoxification program (Level 1 detoxification), your healthcare provider will assess your progress and perform a GI assessment to see if all of the above goals have been met. If all of these goals have not been met, then he or she may recommend that you continue the detoxification for an additional 21 days (Level 2 detoxification). Your healthcare provider may also utilize additional nutritional supplementation based their assessment, and even recommend further testing to uncover specific underlying GI-related conditions.

Please see Figure 2 below that will help you conceptualize how the “Restore” goals will work for you.

Figure 2 - The Restore Goals



Core Restore BT Detoxification Program Instructions

Dietary Guidelines

While going through the detoxification program, it is highly recommended that you follow the dietary guidelines listed in Table 2 (page 22). This table suggests foods to avoid, as well as foods that are recommended to help enhance detoxification. The diet plan below is important to follow as it reduces the load of incoming toxins and will improve your body's ability to eliminate toxins that have been stored over time. Following the diet plan as suggested will also reduce inflammatory stress on the GI tract which will improve integrity and function of the intestinal lining and provide the following benefits:

- Decreases the influx of toxins, which can cause food allergies and sensitivities
- Improves absorption of nutrients
- Reduces stress hormone response
- Improves immune function



The foods in this diet plan have been carefully chosen to help decrease your risk of exposure to pesticides, herbicides, artificial colors and flavors, antibiotics, hormones, preservatives and other chemicals which can cause more of a burden to your body's detoxification system. Certain vegetables included in this diet, such as broccoli and cabbage, have been shown to promote Phase I and II detoxification pathways in your liver.

Before your healthcare provider performs expensive laboratory testing to detect what food allergies and sensitivities you may

have, this simple hypoallergenic diet program can help you identify and minimize offending foods that can cause allergies and sensitivities. This, in turn, will help to restore normal GI tract function by reducing stress and inflammation on the GI and immune systems and allow the GI tract to have a chance to heal, rest and repair.

Some Key Points to Remember While Following the Detoxification Diet Plan:

- Try to use only fresh herbs and spices for seasoning
- Avoid packaged and processed foods
- Drink only filtered water. Try to avoid other liquids such as coffee, soda, alcohol, and black tea as much as possible. Make it a goal to drink at least 48-64 oz (6-8 glasses) of filtered water each day. This will help to flush out unwanted toxins out of your body. Avoid distilled water as it lacks needed minerals. During the first few days of fasting, you may be less thirsty – it is okay to drink less than the recommended 6-8 glasses of water per day.
- With the exception of the initial two days, it is recommended that women consume between 1,000-1,300 calories per day; men should consume between 1,400-1,800 calories per day. This will help you to maintain blood sugar without putting a large burden on your digestive system. The Core Restore BT program is not designed to be used for prolonged fasting or weight loss programs.
- Avoid any of the foods from Table 2 as they have a potential to cause inflammation from an allergy or sensitivity
- If possible, incorporate fresh, organic foods such as free range (pesticide-free, hormone-free) chicken or grass-fed beef as much as possible
- If you are a tobacco user (cigarettes, chewing tobacco, cigars or pipe smoking), try to minimize the amount you take if you have not seriously considered quitting. It is suggested that you should cut your intake by 50% during the detoxification program.
- When following the program guidelines for detoxification, there will be a significant release of stored toxins which may cause you to experience uncomfortable symptoms such as headache, fatigue, body aches, nausea, acne and mood changes. Each person varies from one to another in the type and severity of symptoms experienced. This depends on how much toxic burden you are carrying, as well as any underlying medical illnesses you have. These symptoms are only temporary and are not cause for concern. If you have any questions during the protocol contact your healthcare provider.

Need help getting started? Try the delicious recipes on pages 35-44 and convenient grocery list in Appendix C on page 46 to plan out your healthy meals!

Table 2 - Foods to be Included and Avoided While on the 7-Day Core Restore BT Program

	Foods That Increase Detoxification	Foods To Avoid
Fruits	Raspberries Strawberries Blueberries 100% Berry Juices Bananas Apples Any other fresh or frozen fruit	Canned fruit packed in syrup High sugar or artificial berry juices Oranges Grapefruit
Vegetables	Broccoli, Cabbage, Cauliflower Brussels sprouts Watercress Arugula Kale Bok Choy Radish Turnip Beans and lentils Garlic Onion	Corn Canned vegetables in sauces Soybean and soy based foods
Grains and Similar	Rice-whole grain Buckwheat Millet Amaranth Quinoa	Refined flours Gluten containing grains ~Wheat ~Spelt ~Kamut ~Rye ~Oats* ~Barley
Nuts and Seeds	Almonds Cashews Walnuts Sunflower seeds Sesame seeds	Peanuts Soy nuts
Dairy	None ~Use a milk substitute like Rice Milk or Almond Milk	Milk Cheese Ice-cream Yogurt All dairy based products
Fats	Extra virgin olive oil Flaxseed oil Nut oils other than peanut	Margarine Butter Hydrogenated oils Cooking sprays Mayonnaise
Drinks	Purified Water 100% fruit or vegetable juices Organic Herbal Tea Organic Green Tea	Coffee Sweetened Beverages Alcohol High sugar or artificially flavored juices Black Tea
Spices and Sauces	Rosemary Parsley Cilantro Thyme	Soy sauce BBQ sauce Ketchup
Other		Eggs Fish and Shellfish Non-organic meats Fried Foods Artificial flavors, colors, preservatives (MSG)

* Oats do not contain gluten, however most commercially available oats often are contaminated with gluten. It is best to avoid oats.

NOTE: Individuals with joint pain should consider avoiding foods derived from the nightshade family of plants [such as tomatoes, white potatoes, eggplant, peppers of all kinds (except black pepper), paprika, and cayenne]

The Core Restore BT 7-Day program kit

The Core Restore BT program kit contains the following:

- 1) 1 bottle of Core Support powder
- 2) 1 box of Alpha Base blisters (contains 30 capsules)
- 3) 1 bottle of PhytoCore capsules (contains 20 capsules)
- 4) 1 Detoxification Patient Guide

While following the dietary guidelines (mentioned in the previous section), please follow the 3 easy steps below for the first 7 days (Level 1) of the detoxification program:

1) Please be sure to fill out the detoxification symptom questionnaire (given by your healthcare provider) **before** and **after** the Core Restore BT 7-day detoxification program. This will be used to identify improvements in your general symptoms (not related to the digestive system) after this detoxification program. Your healthcare provider will ask you a series of questions related to digestive health that is separate from this questionnaire during your office visit.

2) It is recommended that you go grocery shopping (using the recommendations in the previous section, as well as grocery list in Appendix C) prior to beginning the Core Restore BT program. † see note on page 24

3) Please follow the instructions on the following page for taking the nutritional supplementation provided in the Core Restore BT program kit:

- **Days 1-2: Fasting Days**
(do not eat any food during this time)



MORNING:

1. 2 scoops of Core Support powder mixed with 8 oz. of water, rice milk or pure fruit juice.
2. 2 Alpha Base capsules



EVENING:

1. 2 scoops of Core Support powder mixed with 8 oz. of water, rice milk or pure fruit juice.
2. 2 Alpha Base capsules

- **Days 3-7: Meals Allowed**
(according to dietary guidelines listed on Table 2 pg. 22)



MORNING:

1. 2 scoops of Core Support powder mixed with 8 oz. of water, rice milk or pure fruit juice.
2. 2 Alpha Base capsules
3. 2 PhytoCore capsules



EVENING:

1. 2 scoops of Core Support powder mixed with 8 oz. of water, rice milk or pure fruit juice.
2. 2 Alpha Base capsules
3. 2 PhytoCore capsules

† **NOTE:** You may experience some slight uncomfortable symptoms during the beginning of the 7-day Core Restore BT program because your body is releasing stored toxins into the

bloodstream for clearance. Because of this, it is recommended that you start the program at the end of your work week (such as on a Friday). This will allow you to spend time at home while these uncomfortable symptoms reach their peak. Eventually, if not immediately, the benefits of removing stored toxins will be seen in fewer symptoms and improved overall health.

*If your healthcare provider recommends that you continue with Level 2 of the detoxification process (for an additional 3 weeks), please refer to Appendix B (pg. 34) for instructions.

**Please see summary chart (Appendix D pg. 48) for an overall timeline of Level I and II detoxification programs

DO NOT undergo detoxification programs of any kind if you are/maybe pregnant and/or if you are nursing. This can be harmful to the baby.

Before starting the detoxification program, please inform your healthcare provider if you:

1. Are under 18 years of age
2. Have any of the following conditions:
 - An eating disorder (such as anorexia or bulimia)
 - Type I diabetes or uncontrolled type II diabetes
 - Kidney disease
 - Appendicitis
 - Impacted gallstone(s) or any other condition related to the gall bladder
 - Liver disease (such as chronic hepatitis or cirrhosis)



Core Support

- Includes N-Acetyl Cysteine, an immediate precursor to glutathione, a potent antioxidant and among the most important detoxification nutrients for the liver.
- Includes 5g of fiber per serving. Fiber is essential to any cleansing protocol as it binds toxins and eliminates them through the GI tract.
- Includes nutrients for phase II liver detoxification.
- Includes a high ORAC vegetable extract blend and polyphenols.
- A pleasant natural mixed berry flavor that easily mixes into water or juice.



Supplement Facts

Serving Size: 40.18 Grams (~ 2 Scoops)
Servings Per Container: 14

40.18 grams contain	Amount Per Serving	% Daily Value*
Calories	136	
Total Fat	<1 g	<1%
Saturated Fat	<1 g	<1%
Total Carbohydrate	18 g	6%
Dietary Fiber	5 g	20%
Soluble Fiber	2 g	
Sugars	13 g	
Protein	15 g	30%
Magnesium (as Citrate)	100 mg	25%
Potassium (as Citrate)	170 mg	5%
Oryzatein™ Whole Grain	18.75 g	**
Brown Rice Protein Concentrate		
Psyllium Husk Powder	4.16 g	**
Glycine USP	500 mg	**
Vegetable Anti-Oxidant Blend (2,500 ORAC) Containing:	500 mg	**
Broccoli		**
Broccoli Sprout Extract		**
Tomato		**
Carrot		**
Spinach		**
Kale		**
Brussel Sprout		**
Onion Extract		**
Glucosinolates	1,000 mcg	**
Sulphoraphane Potential	500 mcg	**
Bentonite	250 mg	**
Taurine	250 mg	**
L-Glutamine USP	150 mg	**
Acetyl-L-Carnitine HCl	125 mg	**
N-Acetyl-L-Cysteine USP	125 mg	**
Green Tea Extract	50 mg	**
(Standardized to contain 60% Polyphenols & 40% EGCG)		
Alpha Lipoic Acid	50 mg	**
Rosemary (aerial portion)	50 mg	**
Schizandra Berry Extract	50 mg	**
Ellagic Acid	25 mg	**
Stevia Leaf Extract	5 mg	**

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

Core Support 567 Grams

Product #583567

SUGGESTED USE: Mix 2 scoops (40.18g) of Core Support with 8 oz. of water or the beverage of your choice 2 times daily or as recommended by your health care professional.

PhytoCore

- Artichoke is a traditional choleric agent and helps support the body's natural production of bile.
- Silymarin is a bioflavonoid complex found in milk thistle seeds. It is widely used to support and protect the liver for optimal health.
- Beet leaf, dandelion root and yellow dock all work to cleanse the liver.
- Inositol and methionine are lipotropic agents that work to transport fat out of the liver.



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 6

3 capsules contain	Amount Per Serving	% Daily Value
Dandelion Root Extract 4:1	225 mg	*
Choline Bitartrate USP	185 mg	*
Radish Root	130 mg	*
Inositol	130 mg	*
L-Methionine USP	130 mg	*
Milk Thistle Seed Extract (Standardized to contain 80% Silymarin)	130 mg	*
Artichoke Leaf Extract (Standardized to contain 5% Cynarin) (from Asteracea Family)	110 mg	*
Garlic Bulb	95 mg	*
Turmeric Root Extract (Standardized to contain 95% Curcumin)	95 mg	*
Beet Leaf	65 mg	*
Yellow Dock Root Extract 4:1	55 mg	*

* % Daily Value not established

PhytoCore 20 Capsules

Product #523020

SUGGESTED USE: 2-3 capsules two times per day or as recommended by your health care professional.

Phytonutrients for Supporting Phase I and II Detoxification

Alpha Base Blister Box

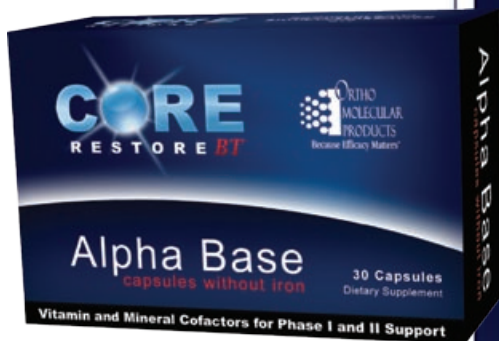
Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 7

	4 capsules contain	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%
Vitamin C (as Ascorbic Acid USP, Ascorbate)	500 mg	833%
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopherol Succinate)	100 IU	333%
Vitamin K (as Phytanadione)	50 mcg	63%
Thiamine (B1 from Thiamine HCl USP)	25 mg	1,667%
Riboflavin (Vitamin B2 USP)	25 mg	1,471%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%
Vitamin B6 (as Pyridoxine HCl USP)	38 mg	1,900%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%
Calcium (as DimaCal® Di-Calcium Malate)	100 mg	10%
Iodine (from Kelp)	113 mcg	75%
Magnesium (as Di-Magnesium Malate, Ascorbate, TRAACS® Magnesium Glycinate Chelate Buffered)	200 mg	50%
Zinc (as TRAACS® Zinc Glycinate Chelate)	10 mg	67%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Copper (as TRAACS® Copper Lysinate Chelate)	1 mg	50%
Manganese (as TRAACS® Manganese Glycinate Chelate)	2.5 mg	125%
Chromium (as ChromeMate®)	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Citrate)	50 mg	1%
Choline Bitartrate USP	50 mg	*
Inositol	50 mg	*
Mixed Tocopherols	50 mg	*
Alpha Lipoic Acid	25 mg	*
N-Acetyl-L-Cysteine USP	25 mg	*
Rutin	25 mg	*
Lutein (from Asteraceae Family)	3 mg	*
Boron (as Proinate)	1.5 mg	*
Lycopene	1 mg	*
Vanadyl Sulfate Hydrate	1 mg	*

* % Daily Value not established

- Complete multivitamin and mineral for phase I support
- Contains high doses of B vitamins- necessary cofactors used in phase I detoxification
- Contains high doses of antioxidants- including vitamins C and E and zinc
- Includes fully reacted Albion minerals



Vitamin and Mineral Cofactors for Phase I and II Support

Alpha Base Capsules Without Iron 30 Capsules

Product #152003

SUGGESTED USE: 2 capsules two times per day along with the Core Restore BT Program, or as recommended by your health care professional.

Appendix A – The Science Behind Phase I and II Liver Detoxification

The liver is an amazing organ. Besides filtering the blood, storing glucose for energy, breaking down steroid hormones and producing/secreting bile, our liver plays a major role in detoxification. This critical function relies on a two-step enzymatic pathway for the neutralization of unwanted toxic chemical compounds that our bodies encounter on a daily basis (see Table 1 for a list of toxins). These two pathways occur in series and are known as Phase I and II detoxification pathways. When either or both of these pathways are not functioning properly, toxins pass through the liver unaffected and move into our blood circulation where they are deposited in various tissues of our body. This can lead to symptoms such as digestive system disturbances, toxemia, hormonal changes, low energy, mood changes and high cholesterol (please see inside cover of booklet). Now, let's talk more specifically about each of these pathways. Figure 3 (page 33) outlines the concepts of Phase I and II Liver Detoxification and lists the various reactions and nutrients associated with each phase.

1. PHASE I – This is usually the first enzymatic defense against unwanted chemical compounds. The cytochrome P450 system, composed of a group of around 50-100 enzymes, use specific reactions and nutrients to convert toxins into intermediary metabolites. Intermediary metabolites that are formed out of these reactions are more toxic than the original toxins. If these intermediary metabolites are not further reduced into less harmful

substances by the phase II enzymes, these toxins accumulate and can cause various illnesses such as allergies, frequent colds and flus, etc. This can occur from either decreased activity of phase II enzymes or increased activity of phase I enzymes (which does not allow phase II enzymes to catch up with the toxin overload). Many reasons for this include:

- Not receiving adequate nutrition from our diet, which causes phase I and/or phase II detoxification pathways to be impaired
- Lifestyle factors
- High levels of toxin exposure that cause an immediate overload on phase I enzymes
- Genetic factors, age, certain diseases and use of medications can influence enzyme activity

Specific nutrients that are needed for phase I detoxification consist of:

- B vitamins (B2, B3, B6, B12)
- Folic acid
- Glutathione
- Flavonoids (such as catechins, found in green tea)

2. PHASE II – Also called the conjugation pathway, this is where the liver cells convert the highly toxic intermediary metabolites from phase I into non-toxic molecules called excretory derivatives. This process is accomplished by conjugation, or attachment, of specific molecules to the intermediary metabolite after passing through the six phase II detoxification pathways below. The end result is a

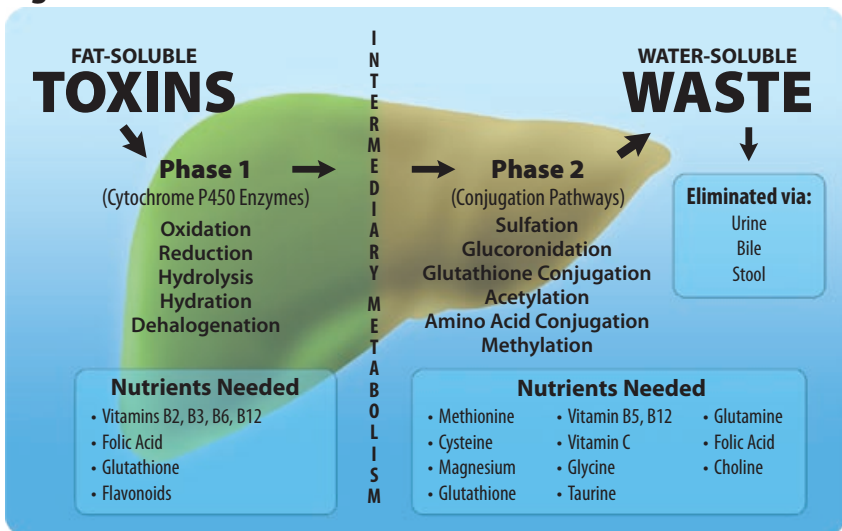
safe, non-toxic, water soluble compound that is excreted through the urine, bile or stool.

The 6 phase II detoxification pathways:

- **Sulfation** – This is the pathway where toxins attach with sulfur-containing compounds. This is the main liver detoxification pathway that neutralizes the stress hormone cortisol, as well as some commonly-prescribed pharmaceuticals, food additives, toxins produced by intestinal bacteria and environmental toxins. Sources of sulfur include the sulfur-bearing amino acids such as methionine and cysteine.
- **Glucuronidation** – In this pathway, glucuronic acid combines with toxins. This, in turn, helps to detoxify certain medications (such as aspirin), food additives (such as benzoates) and preservatives and reproductive and adrenal hormones. Glucuronidation requires magnesium and glucuronic acid.
- **Glutathione conjugation** – The attachment of glutathione to toxins helps to detoxify and eliminate fat soluble toxins, especially heavy metals like mercury and lead. Glutathione is a very important antioxidant and anti-cancer agent in the body. Its production requires the presence of amino acids such cysteine, glutamic acid and glycine. Nutrients that help to increase glutathione levels include vitamin C, alpha-lipoic acid and the amino acids glutamine and methionine.

- **Acetylation** – In this pathway, acetyl co-A is attached to toxins to make them less harmful and easy to excrete. In order for this pathway to work at its optimal level, vitamin B5 (pantothenic acid) and vitamin C are needed.
- **Amino acid conjugation** – The conjugation of toxins with amino acids occurs in this pathway. The amino acids commonly used in this pathway include glycine, taurine and glutamine. These amino acids help to excrete many toxic chemicals, called xenobiotics, from the environment. Amino acids are found in protein-rich foods if they are eaten in adequate amounts.
- **Methylation** – Involves conjugating methyl groups to toxins. This pathway is used to detoxify many steroid hormones, including estrogen. The principle amino acid methionine drives this pathway, which requires cofactors vitamin B12, folic acid and choline to function properly.

Figure 3. Phase I and II Liver Detoxification



Appendix B –

Protocol for Days 8-28 (Level 2) Detoxification (if Applicable)

If you are continuing on to Level 2 of the detoxification protocol (as determined by your healthcare provider) please follow the directions below:

• Days 8-10: Meals Allowed

(according to dietary guidelines listed on Table 2 pg. 22)



MORNING:

1. 2 scoops of Core Support powder mixed with 8 oz. water, rice milk or pure fruit juice
2. 2 Alpha Base capsules
3. 2 PhytoCore capsules



EVENING:

1. 2 scoops of Core Support powder mixed with 8 oz. water, rice milk or pure fruit juice
2. 2 Alpha Base capsules
3. 2 PhytoCore capsules

• Days 11-28: Meals Allowed

(according to dietary guidelines listed on Table 2 pg. 22)



MORNING:

1. 2 scoops of Core Support powder mixed with 8 oz. water, rice milk or pure fruit juice
2. 2 Alpha Base capsules
3. 3 PhytoCore capsules



EVENING:

1. 2 scoops of Core Support powder mixed with 8 oz. water, rice milk or pure fruit juice
2. 2 Alpha Base capsules
3. 3 PhytoCore capsules

Appendix C – Recipes[†]

Please note the following abbreviations below: tsp = teaspoon, tbsp = tablespoon

Hassle-Free Hints When Preparing Meals

- A rice cooker is an inexpensive tool that provides an easy way to help you prepare large quantities of rice, requiring little attention. You can then store the excess rice in the fridge to use later with meals – such as with vegetable stir fry or cooked with herbs and spices (healthy fried rice).
- A Crock Pot, or slow cooker, is another reasonably-priced device that can help with meal preparation. Since it has a long cooking time, food can be set to slow-cook before leaving for a day's work, and will be ready on return. This is especially useful for cooking vegetables (beans, peas, etc), stews, soups, meats, and a variety of other dishes. Cooking the meat in a single pot reduces clean up time, and the low cooking temperature and glazed pot make cleaning it trouble-free. Leftovers can be stored in containers in the fridge and eaten later, eliminating the need to cook several meals a day.
- Cooking large portions of organic chicken will allow you to store the excess chicken in the fridge so it can be eaten later.

[†] If you choose, you may add organic chicken or beef to the vegetarian recipes below.

Clarifying Organic Roast Chicken with Gremolata

approx. 200-300 calories per serving

2 tbsp lemon juice	2 cloves garlic, minced
1/4 cup chopped organic parsley	3 tbsp extra-virgin olive oil
1 free-range organic chicken (look for a 5-pound roaster)	1/2 tsp salt
	1/4 tsp pepper

1. Preheat oven to 500°F.
2. In a small bowl, mix together the lemon zest, parsley, and garlic.
3. Place the chicken on a work surface. Manually lift the skin away from the breast meat and lightly coat the flesh with the lemon zest mixture. Rub some of the mixture onto the skin covering the legs and thighs, and more of it inside the chicken cavity, on the cavity surface.
4. Combine what's left of the lemon zest mixture with the oil, salt, and pepper in a bowl; set aside.
5. Place the chicken, breast side down, on a rack in a roasting pan and bake for 20 minutes. Turn the bird breast side up and spoon some of the oil mixture over it; bake for 10 more minutes or until the breast is lightly browned.
6. Lower the heat to 320°F and baste again. Continue roasting until a thermometer inserted into the thickest part of the thigh reads 160°F to 165°F. (Total cooking time will be about 1 hour.)
7. Transfer chicken to a platter, let cool for 5 minutes, then carve and serve.



Organic Herb and Veggie Baked Chicken

approx. 400-500 calories per serving

1 whole organic chicken	1 cup fresh basil, chopped
small carrots	1/4 cup thyme and rosemary
1 lg. white or yellow onion	1/4 cup olive oil
6-8 small red potatoes, halved	salt and pepper to taste

Stuff chicken with organic fresh carrots, onion and potatoes, fresh basil, thyme and rosemary. Surround chicken with extra vegetables in baking dish. Place herb mixture under skin of chicken as well as inside. Sprinkle some olive oil on surrounding potatoes and vegetables. Bake at 350 degrees for 20 minutes per pound (i.e. a 4-lb. chicken will bake for 1 hour and 20 minutes).

BLACK BEAN SOUP approx. 260 calories per serving (1 cup)

- | | |
|---------------------------------------|---|
| 1 tbsp olive oil | 1 can (1 $\frac{3}{4}$ c) organic vegetable broth |
| 1 medium onion chopped | 2 cups water |
| 2 garlic cloves, minced | $\frac{1}{2}$ c cilantro chopped |
| 2 tsp chili powder | 1 lime |
| 1 tsp ground cumin | |
| 2 cans black beans rinsed and drained | |

In 3 quart pot, heat oil over medium heat, add onion and garlic and cook until tender. Stir in chili powder, cumin, beans, broth and water and heat to boiling. Reduce to heat to low and simmer for 15 minutes. Use handheld mixer to blend the soup together to a creamy consistency. Garnish with cilantro and lime wedges. May add avocado for a garnish as well.

3 BEAN SALAD approx. 342 calories per serving (1 cup)

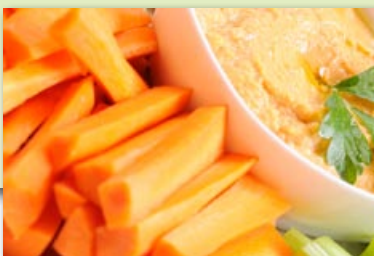
- | | |
|---|--|
| 1 15-oz can garbanzo beans (drained and rinsed) | 1 tbsp fresh finely chopped rosemary |
| 1 15-oz can cannellini beans (drained and rinsed) | $\frac{1}{2}$ red onion (finely chopped) |
| 1 15-oz can kidney beans (drained and rinsed) | $\frac{1}{3}$ cup apple cider vinegar |
| 2 celery stalks (finely chopped) | $\frac{1}{4}$ cup olive oil |
| 1 cup fresh, finely chopped flat-leaf parsley | $\frac{1}{4}$ teaspoon black pepper |
| | 1 teaspoon salt |

In a large bowl, mix the celery, parsley, onion, the three beans and rosemary. In a small bowl, whip up the vinegar, olive oil, salt and pepper. Add this dressing to the beans. Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.

HUMMUS WITH DIPPING VEGETABLES approx. 350-500 calories

2 15-oz cans of garbanzo beans (chickpeas), drained and rinsed
4 garlic cloves (minced and then mashed)
2/3 cup of tahini (roasted, not raw)
1/4 cup olive oil
1/2 cup water
1/2 teaspoon of salt
pine nuts (toasted) and parsley (chopped) for garnish
Juice of 1 large lemon

In a food processor, combine the garbanzo beans, mashed garlic, tahini, 1/2 cup water, lemon juice and olive oil. Blend until smooth. Add salt, starting at a half a teaspoon (to taste). Place this mixture into a serving dish and sprinkle with toasted pine nuts and chopped parsley. Can be served with carrots, celery, cucumbers, peppers or your choice of any vegetables used for dipping.



VEGETABLE BROTH approx 130 calories per serving (1 cup)

2 cups spinach
2 cups broccoli heads
2 quarts distilled water
3 cups celery stalk
2 cups red-skinned organic potato peels, 1/2 inch thick
1 small zucchini

Chop all the vegetables into very fine pieces. Place them in the water and bring to a boil with the lid on. Lower the heat and simmer for 20 to 30 minutes. Strain and drink the broth. This broth will keep for 3 days in the refrigerator. It may also be made in larger quantities and frozen.

INDIAN BEAN SOUP approx. 237 calories per serving (1cup)

- | | |
|---|---|
| 4 tbsp olive oil | 2 garlic cloves minced |
| 2 onions chopped | 2 tsp coriander |
| 8 oz potatoes, cut into bite-size chunks | 1 tbsp paprika |
| 8 oz parsnips, cut into bite-size chunks | 1 tbsp mild curry paste |
| 8 oz turnips, cut into bite-size chunks | 5 cups organic vegetable broth |
| 2 celery stalks chopped | salt to taste |
| 2 small zucchini chopped | 1 can black eyed peas, drained and rinsed |
| 1 green bell pepper cut into bite-size chunks | |

Heat olive oil in pot and add all of the vegetables except the black eyed peas. Cook over moderate heat for 5 minutes. Add the garlic, coriander, paprika and curry paste and cook for 1 minute stirring constantly. Stir in the vegetable broth and salt to taste, bring to a boil and then simmer over low heat for 25 minutes. Stir in the black eyed peas and cook another 15 minutes. Use handheld mixer briefly to make soup creamy in appearance.



VEGETABLE JAMBALAYA approx. 180 calories per serving (1 cup)

- | | |
|---------------------------------------|---------------------------------------|
| 2 ¾ oz whole grain rice | 2/3 c organic vegetable broth |
| 2 tbsp olive oil | 8 oz fresh or canned chopped tomatoes |
| 2 garlic cloves, crushed or grated | 1 tbsp tomato paste |
| 1 red onion cut into bite-size pieces | 1 tsp creole seasoning |
| 1 eggplant, diced | salt and pepper to taste |
| 1 green bell pepper, diced | ½ tsp chili flakes |
| ½ cup frozen peas | |
| 1 cup broccoli florets | |

Cook rice as directed on package and set aside. Heat the olive oil in heavy skillet and cook garlic and onion for approximately 2-3 minutes. Add the eggplant, bell pepper, peas and broccoli stirring occasionally and cooking for 5 minutes. Stir in the vegetable broth, tomatoes, tomato paste, creole seasoning and chili flakes. Use salt and pepper to taste and cook for approx. 15-20 minutes. Stir in the rice and cook until hot.

BEAN BURGERS approx. 110 calories per burger

1 tbsp sunflower oil
1 onion, finely chopped,
1 garlic clove, finely chopped
1 tsp ground coriander
1 tsp ground cumin
5 oz white mushrooms, finely
chopped

1 ½ cups canned red pinto or red
kidney beans, drained and rinsed
2 tbsp chopped fresh parsley
salt and black pepper to taste

Heat the oil and skillet. Add the onion and cook until soft. Add the garlic, coriander, cumin and mushrooms and continue to cook for 5-6 minutes, stirring constantly. Transfer the mixture into a bowl. Place the beans in a small bowl and mash with a fork. Stir the beans into the mushroom mixture with the parsley and season to taste with salt and pepper. Divide the mixture into 4 equal portions and brush with oil and cook on the grill or stovetop until heated through. Top with lettuce, tomato, peppers or the topping of your choice.

RICE AND BEANS approx. 180 calories per serving (1 cup)

1 c whole grain rice
4 tbsp olive oil
1 small green bell pepper, chopped
1 small red bell pepper, chopped
1 onion, chopped
1 small red or green chili, chopped
2 tomatoes, copped

1 cup canned red kidney beans, rinsed
and drained
1 tbsp chopped fresh basil
2 tsp chopped fresh thyme
1 tsp Cajun spice
salt and pepper to taste

Cook the rice according to package directions, set aside. Heat oil in skillet and add green and red peppers and onion and cook for 5 minutes or until soft. Add the chili and tomatoes and cook for another 2-3 minutes. Add the vegetable mixture and the drained red kidney beans to the cooked rice and blend. Add the chopped fresh herbs and Cajun spice and season with salt and pepper to taste.



STIR-FRIED GREENS approx. 120 calories per serving (1 cup)

8 scallions	2 tbsp olive oil
2 celery stalks	1 tbsp sesame oil
1 cup white radish	2 garlic cloves, finely chopped or grated
1 ½ cup sugar snap or snow peas	1 tsp finely grated fresh ginger root
1 ½ cup Napa cabbage	pepper to taste
6 oz bok choy or spinach	

Cut the scallions, celery, white radish and peas into strips. Shred the Napa cabbage and the bok choy or spinach. Heat the olive oil and sesame oil together in a wok and add the garlic. Add the scallions, celery, white radish and peas to the wok and stir-fry for about 2 minutes. Add the shredded Napa cabbage and bok choy or spinach to the skillet and stir-fry for another minute or so. Add ginger and pepper and cook another minute.

POTATO AND LEMON CASSEROLE approx. 338 calories per serving (1 cup)

½ cup olive oil	2 small turnips, quartered
2 red onions, largely chopped	1 zucchini, sliced
3 garlic cloves, chopped or grated	1 lb potatoes, thickly sliced
2 tsp cumin	Juice and rind of 2 large lemons
2 tsp coriander	1 ¼ cups organic vegetable stock
Pinch of cayenne pepper	2 tbsp fresh cilantro
1 carrot thickly chopped	salt and pepper to taste

Heat olive oil in a large casserole dish. Add the onion and sauté until tender. Add the garlic, cumin, coriander and cayenne and cook for another minute. Add the carrot, turnips, zucchini and potatoes and coat in the olive oil. Add the lemon juice and rind and vegetable stock. Season to taste with salt and pepper. Cover and cook over medium heat for 20-30 minutes until all vegetables are tender. Sprinkle fresh chopped cilantro over the top.

HOT LENTIL SALAD approx. 180 calories per serving (1 cup)

1 cup brown or green lentils	$\frac{3}{4}$ cup green beans cut into short lengths
4 tbsp olive oil	$\frac{1}{2}$ yellow bell pepper, diced
1 small onion, sliced	1 tsp Dijon mustard
4 stalks celery, sliced	1 tbsp balsamic vinegar
2 cloves garlic, crushed or grated	Salt and pepper to taste
2 zucchini diced	
$\frac{1}{2}$ red bell pepper, diced	

Cook the lentils according to package instructions. Heat the oil in a pan and cook onion, celery, garlic, zucchini and green beans for 5 minutes. Add the bell peppers to the pan and cook another minute. Stir in the mustard and balsamic vinegar. Pour the warm mixture over the cook lentils and toss together well. Season with salt and pepper to taste.

SPINACH AND GARLIC SALAD approx. 228 calories per serving (1 cup)

12 garlic cloves
4 tbsp olive oil
1 lb organic spinach, washed and dried
 $\frac{1}{2}$ cup chopped walnuts or pine nuts
2 tbsp lemon juice
Salt and pepper to taste

Place the peeled garlic cloves into an ovenproof dish and add 2 tbsp olive oil. Roast in a 375 degree oven for 15-20 minutes. Transfer the garlic and oil into a salad bowl. Add the spinach, nuts, lemon juice and remaining olive oil. Toss well to coat the salad and season with salt and pepper to taste.

BERRY BLAST-OFF SMOOTHIE approx. 447 calories

2 scoops of Core Support	1 banana
1 c rice milk or unsweetened fruit juice	$\frac{1}{2}$ c strawberries
$\frac{1}{2}$ c ice cubes	$\frac{1}{2}$ c blueberries

Place all ingredients in a blender and blend until smooth.



MEXICAN POTATO SALAD approx. 260 calories per serving (1 cup)

- | | |
|-----------------------------------|-------------------------------|
| 2 ¾ lb waxy potatoes, sliced | 2 large tomatoes, sliced |
| 1 ripe avocado | 1 green chili, chopped |
| 1 tsp olive oil | 1 yellow bell pepper, sliced |
| 1 tsp lemon juice | 2 tbsp chopped fresh cilantro |
| 1 garlic clove, crushed or grated | Salt and pepper to taste |
| 1 onion, chopped | |

Cook the potato slices in a pan of boiling water for 10-15 minutes or until tender, drain well and let cool. Cut the avocado in half and remove pit, mash the avocado flesh with a fork. Add the olive oil, lemon juice, garlic and chopped onion to the avocado and stir. Set avocado mixture aside. Mix tomatoes, chili and yellow pepper together and transfer to a salad bowl with the potato slices. Arrange the avocado mixture on top of the salad and sprinkle with fresh cilantro. Season with salt and pepper to taste.



BALSAMIC VINEGAR AND FRUIT approx. 135-260 calories per serving

- 3-4 of your favorite stone fruits such as peach, nectarine or plums.
- Balsamic vinegar
- Fresh mint leaves

Quarter the stone fruits, removing pit and place in an oven-safe dish. Drizzle balsamic vinegar over the fruit and bake in a 400 degree oven for 15-20 minutes. Remove fruit and garnish with fresh mint leaves.

FRUIT SALAD WITH MIXED NUTS approx. 430 calories per serving

- | | |
|---|------------------------------|
| 1 banana sliced | ½ c grapes (purple or green) |
| ½ c strawberries sliced | ½ c cantaloupe |
| ½ c blueberries | ¼ c walnuts |
| ½ c apple chopped into bite-size pieces | ¼ c almonds |

BLACK BEAN SALAD TOPPED WITH GUACAMOLE

approx. 450-500 calories per serving

1 can organic black beans drained
 ½ small onion finely chopped
 ½ c fresh chopped cilantro
 ½ c diced tomato

A drizzle of extra virgin olive oil
 Squeeze of ½ a lemon
 Salt and pepper to taste

Mix all ingredients together

Guacamole

2 avocados
 ½ c fresh cilantro
 1 clove garlic

4-5 cherry tomatoes
 Squeeze of ½ a lemon
 Salt to taste

Cut the avocados in half and remove pit. Scoop out flesh with a spoon and place in a food processor. Add fresh cilantro, garlic and cherry tomatoes. Blend until all ingredients are pureed in the food processor. Squeeze in lemon juice and season with salt to taste.

STUFFED PEPPERS

approx. 170 calories per pepper

4 green peppers (or any color pepper
 of your choice)
 2 cups cooked long grain rice
 1 can organic stewed tomatoes

1 small onion, chopped
 1 cup fresh mushrooms, chopped
 2 tablespoons fresh basil, minced
 Salt and pepper to taste

Cut peppers in half and place in a oven-safe dish. Mix together rice, tomatoes, onion, mushrooms, basil and salt and pepper. Stuff the pepper halves with the rice mixture so that each pepper contains an even amount of the rice mixture. Bake in the oven at 350 degrees for 30 minutes or until peppers are tender.



Also Try:

CREAM OF RICE CEREAL WITH RICE MILK

Top with 1 medium banana sliced. Add chopped walnuts or almonds to top.
 approx. 438 calories per serving

RICE CAKES TOPPED WITH ALMOND BUTTER AND ASSORTED FRUIT

approx 400-500 calories for 3 rice cakes

Sample Menu Selection

Please select one of the following sample meal choices below for Breakfast, Lunch and Dinner. The recipes provided in the previous section can assist you in preparing the meal choices below. You are free to choose from other recipes not mentioned in this guide, as long as they adhere to the dietary recommendations mentioned in Table 2 (pg. 22).

Breakfast Choices Pick 1

1

~ 400-550 calories

Rice Cakes Topped with Almond Butter and Assorted Fruit

2

~ 447 calories

Berry Blast-Off Smoothie

3

~ 438 calories

Cream of Rice Cereal with Rice Milk

4

~ 430 calories

Fruit Salad with Mixed Nuts

Lunch Choices Pick 1

1

~ 300 calories

Indian Bean Soup with Plain Rice Cakes

2

~ 450-500 calories

Black Bean Salad Topped with Guacamole

3

~ 350-500 calories

Hummus with Dipping Vegetables

4

~ 390 calories

Mexican Potato Salad and Vegetable Broth

Dinner Choices Pick 1

1

~ 468 calories

Potato and Lemon Casserole and Vegetable Broth

2

~ 348 calories

Bean Burgers with Spinach and Garlic Salad

3

~ 512 calories

Stuffed Peppers and 3 Bean Salad

4

~ 530-680 calories

Vegetable Jambalaya and Hummus with Dipping Vegetables

Grocery List[†]

This is a grocery shopping list which can be used as a guide when preparing meals that are Core Restore friendly. Listed in **red** are the food ingredients used in the sample recipes (previous section)- parentheses indicate which sample recipes they are included in (if used in less than 3 sample recipes). Be sure to read all labels carefully.

Vegetables

- Alfalfa sprouts
- Artichoke
- Asparagus
- Avocado (Mexican potato salad, Black bean salad topped with guacamole)
- Bok choy (Stir-fried greens)
- Broccoli
- Carrots (Hummus with dipping vegetables, Potato and lemon casserole)
- Cauliflower
- Celery
- Cucumber (Hummus with dipping vegetables)
- Eggplant (Vegetable jambalaya)
- Green peas, frozen (Vegetable jambalaya)
- Green, red, and yellow bell peppers
- Kale
- Leeks
- Napa cabbage (Stir-fried greens)
- Onions
- Organic vegetable broth or stock
- Parsnips (Indian bean soup)
- Potatoes
- Radishes
- Scallions (Stir-fried greens)
- Spinach
- Squash
- Sugar snap or snow peas (Stir-fried greens)
- Tomatoes
- Tomato paste (Vegetable jambalaya)

- Turnips (Indian bean soup, Potato and lemon casserole)
- White mushrooms (Bean burgers)
- White radish (Stir-fried greens)
- Zucchini

Oils and Dressings

- Apple cider vinegar (3 bean salad)
- Balsamic vinegar (Hot lentil salad, Balsamic vinegar and fruit)
- Olive oil
- Safflower oil
- Sesame oil (Stir-fried greens)
- Sunflower oil (Bean burgers)
- Walnut oil

Beans and Peas

- Black beans (Black bean soup, Black bean salad topped with guacamole)
- Black eyed peas (Indian bean soup)
- Cannellini beans (3 bean salad)
- Garbanzo beans, or chickpeas (3 bean salad, Hummus with dipping vegetables)
- Green beans (Hot lentil salad)
- Lentils, brown or green (Hot lentil salad)
- Mung beans
- Red kidney beans
- Split peas

Herbs, Spices and Seasonings

- Anise
- Basil (Rice and beans, Stuffed peppers)
- Black pepper (3 bean salad, Bean burger)
- Cajun spice (Rice and beans)

[†] It is suggested you use organic items when possible. Beef and chicken should always be organic in origin.

Herbs, Spices and Seasonings *cont.*

- Cayenne pepper (Potato and lemon casserole)
- Chili powder (Black bean soup)
- Chili flakes (Vegetable jambalaya)
- Cilantro (coriander)
- Cinnamon
- Creole seasoning (Vegetable jambalaya)
- Cumin
- Curry paste (Indian bean soup)
- Garlic
- Ginger root (Stir-fried greens)
- Green chili (Rice and beans, Mexican potato salad)
- Mint leaves (Balsamic vinegar and fruit)
- Mustard, dry or dijon (Hot lentil salad)
- Nutmeg
- Oregano
- Paprika (Indian bean soup)
- Parsley
- Red chili (Rice and beans)
- Rosemary (3 bean salad)
- Salt
- Tarragon
- Thyme (Rice and beans)
- Turmeric

Nuts and Seeds

- Almonds (Fruit salad with mixed nuts, Cream of Rice Cereal with rice milk)
- Cashews
- Flaxseed
- Hazelnuts
- Pecans
- Pine nuts, toasted (Hummus with dipping vegetables, Spinach and garlic salad)
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Tahini, roasted (Hummus with dipping vegetables)
- Walnuts

Grains

- Amaranth
- Buckwheat
- Millet
- Quinoa
- Rice (white, brown, wild, long grain, whole grain)
- Rice cakes (Rice cakes topped with almond butter and assorted fruit)
- Teff

Fruits

- Apple
- Apricot
- Banana
- Berries (any)
- Cantaloupe
- Cherries
- Grapes (Fruit salad with mixed nuts)
- Lemon
- Lime (Black bean soup)
- Mango
- Melon (any)
- Nectarines (Balsamic vinegar and fruit)
- Papaya
- Peaches (Balsamic vinegar and fruit)
- Pear
- Pineapple
- Plum (Balsamic vinegar and fruit)
- Strawberries

Sweeteners

- Brown rice syrup
- Molasses
- Stevia

Meats

- Beef (organic only)
- Chicken (organic only)

Miscellaneous

- Almond butter (Rice cakes topped with almond butter and assorted fruit)
- Almond milk
- Cream of Rice Cereal (Cream of Rice Cereal with rice milk)
- Rice milk (Berry blast-off smoothie, Cream of Rice Cereal with rice milk)
- Unsweetened fruit juice (Berry blast-off smoothie)

Appendix D: 28 Day Protocol Summary Chart (Calendar)

1	2	3	4	5	6	7
FASTING DAYS						
AM: 2 Scoops Powder 2 AB Capsules	AM: 2 Scoops Powder 2 AB Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules
PM: 2 Scoops Powder 2 AB Capsules	PM: 2 Scoops Powder 2 AB Capsules	PM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules
8	9	10	11	12	13	14
AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 2 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules
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15	16	17	18	19	20	21
AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules
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22	23	24	25	26	27	28
AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	AM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules
PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules	PM: 2 Scoops Powder 2 AB Capsules 3 PC Capsules

AB - Alpha Base Capsules, PC - PhytoCore Capsules

Frequently Asked Questions

Can I start the Core Restore BT program if I currently have a medical condition that is not listed in this Patient Guide?

Your healthcare provider will determine if the Core Restore BT program is right for you. He or she knows your medical history the best, and has your medical records to make an informed decision if you should start this program or not.

Can I continue with my medications and/or supplement schedule while on the Core Restore BT program?

Every patient has a different medical history and most likely on a different medication and/or supplement schedule. Since your healthcare provider is aware of your medical history, he or she would be the one to decide if you should modify the detoxification protocol to fit your needs (if you are a candidate for the program). He or she is also aware of potential interactions that may occur between the products in this kit and other medications and/or supplements you are currently on.

Am I allowed to chew gum while on the Core Restore BT program?

It is highly recommended that you avoid chewing gum during the entire program, unless the gum is organic or natural. Most of the sugarless gums on the market have preservatives, additives, sugar substitutes, and colorings contained in them – which are all toxins. As always, it is suggested that you check labels on all foods.

Can I eat multi-grain breads after the first 2 fasting days?

No. All breads (even multi-grain breads) should be avoided as much as possible because they contain wheat flour (a source of gluten), which is one of the most common allergens in the general population. Gluten free bread (made from tapioca flour and/or rice flour) can be substituted, which is available in the natural foods aisle at the grocery store. Be sure to look for “gluten-free” on the label.

During the first 2 fasting days, can I drink anything other than water (aside from the beverage we are mixing the Core Support powder with)?

Yes, on the first 2 fasting days you can drink purified water, organic herbal tea, and/or organic green tea. Organic herbal teas, such as green tea, have considerably less caffeine than coffee and other highly caffeinated beverages. Teas that are consumed should be unsweetened and organic. Your healthcare provider may allow you to consume additional foods and drinks on the first 2 fasting days depending on your medical condition.

Is the Core Restore BT program similar to a colon purge, or heavy metal detoxification?

Since the liver is the most important organ for detoxification in your body, the Core Restore BT program is designed to stimulate your liver to boost detoxification activity. It is not intended to be a heavy metal detoxification program, although a small amount of heavy metals may be released from your body. Heavy metals are usually harder to get out of the body, given their storage in adipose (fat) tissue, muscle, and bone marrow- if this type of detoxification is needed, it usually requires a more invasive treatment protocol with oral and intravenous (IV) therapy. Core Restore BT is not a colon purge - most of these purges can be dangerous without proper medical supervision because you can dehydrate yourself, as well as lose electrolytes from the strong laxative effects they have.

On the non-fasting days, are we allowed to consume goat dairy products (such as goat yogurt, goat milk, goat cheese, etc)?

It would be fine to consume goat dairy products as long as you have not had any prior allergic reactions to it. Goat dairy products are not a major allergen in most people, and are often substituted in individuals who have allergies or intolerances to dairy products derived from cows.

Can I continue on my exercise program while on the Core Restore BT program?

It is best not to overexert yourself on exercise during the detoxification program. Your body needs as much rest as possible while your liver and the rest of your body work hard to eliminate toxins trapped for years. Also, your caloric intake will be lower than usual, which means you need to conserve as much energy as possible.

Why can oranges (or orange juice) not be consumed during the Core Restore BT program?

Oranges are also a common food allergen in the general population. Citrus juice blends and punches found in most grocery stores are not only high in sugar and preservatives, but they also often contain orange juice in the ingredients as well.

After completing the Core Restore program, how do I reintroduce foods back into my diet?

With the help of your healthcare provider, you will gradually reintroduce food groups (wheat, dairy, gluten, corn, red meats, etc.) back into your diet after the program is over. Usually only one new food group is introduced at a time, while waiting for at least 2 days before challenging a new food. Your healthcare provider will then note reactions to identify the food groups that may be aggravating your health conditions – such as bloating, constipation, sinus congestion, fatigue, skin conditions, arthritis pain, etc. He or she will help you design a long-term dietary plan to maximize your health and well-being (if needed).

Why is therapeutic fasting important?

What if I cannot tolerate it?

Throughout history, people of various cultures and religions have recognized the value of fasting. Fasting is defined as an abstinence from all food and drink except water for a specific period of time. Although this guide mentions the word “fasting” for the first 2 days, it is not a pure fast in this sense because you are also taking the Core Support powder and the Alpha Base capsules, which both assist in providing the nutrients you need for detoxification. Fasting encourages your digestive tract to rest and heal itself. During fasting, your digestive tract is resting instead of using up energy to digest and absorb food. Instead, this spared energy is used by your body to remove toxins. Healing also occurs because you are eliminating potential foods and drinks that can cause inflammation in your digestive tract. This helps “restore” the balance within your digestive system. When you start to reintroduce foods again on day 3 of the Core Restore BT program, you become more self-conscious about what you are eating, as well as more motivated and appreciative in making dietary changes after you finish the program.

Some people cannot tolerate fasting for any amount of time – whether it is because of caffeine and sugar withdrawal causing headaches, or other uncomfortable symptoms that reach their peak early. Your healthcare provider may modify the recommended fast on the first 2 days to include fruits and vegetables (if needed) depending on your medical condition.

NOTE: Before starting the first 2 days of fasting on the Core Restore BT program, please inform your healthcare provider if you:

- Are under 18 years of age
- Have any of the following medical conditions listed on page 26
- Are taking any medications and/or supplements (including over-the-counter)

****DO NOT undergo detoxification programs of any kind if you are/ maybe pregnant and/or if you are nursing. This can be harmful to the baby.**

What is the proper way to wash the fruits and vegetables before preparing recipes?

It is essential to properly wash the fruits and vegetables before preparing meals – even if you buy them organically-grown. The produce you find in grocery stores are handled by many people in the fields and orchards, warehouses, and grocery stores – because of this, food-borne bacteria (such as *Salmonella*, *E. coli*, and *Listeria*) can be present on your produce and cause illness. Proper washing helps not only wash away these bacteria, but also washes away pesticide/herbicide residues (in non-organic foods), dirt, and other contaminants that may be present.

Follow these guidelines for the proper washing and preparing of your produce:

- Make sure your kitchen countertops, refrigerator, cookware and cutlery are clean
- Wash your hands before handling fruits and vegetables
- Keep fruits and vegetables away from raw meats to avoid cross-contamination
- Choose produce that is not moldy, bruised and supple
- Wait until just before preparing/eating fruits and vegetables to wash them, otherwise they will spoil sooner than normal
- Even if the label claims that the fruits and vegetables you buy are pre-washed, make sure you still wash them
- Gently rub fruits and vegetables under warm water. You can also use a vegetable brush for firmer fruits and vegetables (such as apples and potatoes) under warm water. It is advised that you avoid washing with detergents, soaps, bleaches or any other toxic chemicals – they will not only leave a toxic residue on your produce, but can also be absorbed in the pores of the produce
- Commercial washes and sprays for cleaning produce that are sold in grocery stores have not shown any more benefit than cleaning thoroughly with regular water. If desired, you can place the produce in warm water and add 2 teaspoons of salt. Let this sit for 5 minutes, and then rinse produce out with warm water, making sure to rinse off all salt.

Notes:



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