



FUNCTIONAL MEDICAL INSTITUTE

Detox Guide book: These action steps can be used over the 2-week or 4-week processes. Within functional medicine, to which we actually call “functional healing”, we take a nutrient-based approach to metabolic detoxification.

This guidebook is a health reset program that is geared toward healthy detoxification processes that naturally take place in your body. If we correctly allow detox to occur by eating the correct foods, drinking the right fluids, and ensuring adequate movement, our bodies will naturally improve in the ability to undergo a healthy metabolic detoxification process.

What is Detoxification? Detoxification is a process to get your body rid of various toxins.

We like to refer to it as biotransformation. It aids in strengthening the immune system, rejuvenate skin and boost mental health, amongst many other health benefits. Detoxifying brings balance back to your life and helps your system function correctly. Detoxifying will not only rejuvenate your physical health but also help in maintaining your mental health. Detox makes you jump-start your body for a more active and healthier life.

Why is it important to detox your body? There are five primary sources of toxins that we regularly intake

- food, water, beauty/personal care items, environment, and negative thinking. It is essential to detoxify your body from time to time to avoid unnecessary physical and health issues like headaches, insomnia, diseases, weight gain, chronic fatigue, etc. Detoxifying helps boost your immunity system and enables you to concentrate and sleep better. Choosing to detoxify your body adapts this healthier lifestyle and betters itself in no time.

It is critical to ensure toxins are appropriately removed. If they are not eliminated, they often are stored in fat tissue. Hence, when we have an obesity problem, we concurrently have a toxic overload problem.

Detoxification occurs all day long in our bodies. As we journey through this process to better health, it is important to understand the processes and some key terminology defined below.

Nutrition for healthy biotransformation:

Macronutrients----- protein, carbohydrates, fibers, and fats. These are broken down further to micronutrients. Macronutrients are essential for the body to maintain energy to run all processes.

- Energy --- defined as metabolic, system, or body energy
- Fiber--- Fiber for binding and elimination

Micronutrients

- Amino acids – assist in detox pathways as well as form peptides, proteins, and hormones.
- Fatty acids – provide membrane support and structural integrity.
- Vitamins/Minerals --- Provide cofactors for enzymes, competitors for toxins, antioxidant support.

Phytonutrients --- Colorful, non-nutritive pigments that provide antioxidant support. These are typically found in plants.

Your body will sometimes give you signs that you need to break from all those toxins and choose a healthy alternative.

Here are a few signs you can look out for:

1. Food and scent intolerances
2. Digestive issues like diarrhea, constipation, etc.
3. Frequent colds and viruses
4. Continuous headaches
5. Body aches, pains and inflammation
6. Fatigue and low energy
7. Inability to sleep
8. Inability to lose weight
9. Cannot concentrate on activities
10. Mood swings
11. Unpleasant body odor
12. Weight gain (especially visceral fat)

Benefits of detoxing:

When we speak of benefits of proper detox, they are immense. However, here are just a few:

1. It helps in removing body toxins
2. It helps in losing weight, which is lost from extra yellow fat and not muscle
3. Energizes your body by improving the function of the mitochondria. These are the power houses of the cell.
4. It helps your skin glow - toxins move out the skin if they cannot be moved through the bowels or the kidneys. As elimination improves, the glow of the skin improves
5. Improves your mental health - once pollution is removed from the body, brain function gets better and cloudy thinking clears
6. It helps in getting rid of unnecessary food cravings - getting rid of the simple carbohydrates and the processed foods are at the root of cravings

How to begin to detoxify your body?

You may want to start with a few simple steps before you dive into a focused detox. Here are a few things that will make a focused detox easier:

1. Limit alcohol: excessive drinking can severely damage your liver function by causing the fat to build up, which scars the organ. Abstaining from alcohol is one of the best ways to keep your liver healthy. This is one of the best ways to detox your body.
2. Focusing on sleeping better: Sleeping allows the brain to recharge and remove toxic waste accumulated throughout the day.
3. Drinking lots of water: Water does so much more than just quenching your thirst. It majorly detoxifies your body by removing waste products.
4. Reducing sugar and processed food intake: high sugar products consumption has been linked to many chronic diseases. By consuming less junk food, you allow your body to detoxify naturally.
5. Eat antioxidant-rich food: antioxidants protect your cells against damages. Eating berries, fruits, nuts, cocoa,

vegetables, spices, and beverages like green tea has the highest antioxidants.

6. Exercising regularly: Regular exercise is associated with a longer life and reduces many diseases. It increases your immune system helping you to fight against any disease.

It is important to drink at least ½ ounce of water per pound of lean body weight of purified water daily during the detox to avoid becoming dehydrated.

We prefer filtered water. Reverse osmosis is a very proven method. In lieu of a large filtration system, there are smaller version that can be used on the spigot or even on pitcher spouts.

It is important to consume at least 24 ounces of hydrogen water. This will reduce inflammation, oxidative stress, and improve overall body energy. Our family of hydrogen machines along with a brief tutorial are found here: www.Sherwood.TV/H2

FAQ's about detoxification

How Long Does Detox Take?

The duration of drug detox varies depending on factors like the substance abused, the individual's health, and the severity of addiction. Generally, detox can last from 5 to 7 days and up to a couple of weeks. With our process, it can be customized to you. We encourage at least 14 days, but an entire month can really enhance the process.

What Withdrawal Symptoms Should I Expect?

Withdrawal symptoms vary based on the drug, but common symptoms include nausea, sweating, anxiety, diarrhea, insomnia, irritability, and cravings. Understanding what to expect helps individuals mentally prepare for the detox process.

Is Detox Painful?

Detox can be uncomfortable due to withdrawal symptoms, but medical professionals can provide medications and therapies to alleviate discomfort and manage symptoms effectively. One of the main things that makes detox uncomfortable is withdrawal from stimulating foods like sugar or caffeine, Please be reassured, detox is beneficial and safe.

Can I Detox at Home? Or on my own?

The detox processes we use are gentle and can be done at home and are often done in families or groups. They need very little if any supervision.

Are There Risks Associated with Detox?

Detoxing carries risks if you are on medications, have severe medical complications or have been sick for quite some time. Consult with your practitioner with specific condition or medication related questions.

What Support is Available During Detox?

We have a video series that is available and a live chat that we do over the course of our longer two-week detox programs

Can I Work During Detox?

There is no reason that you cannot work during a detox. This type of detox is designed to strengthen your body and improve your energy and metabolism.

Will I Experience Cravings After Detox?

Cravings can persist after detox. It is important continue a healthy lifestyle once you get through the detox process.

Can I exercise on the detox?

Monitor your self of course. Some days you may feel a little fatigued and need to take it easy. On these days, you may want to limit yourself to gentle movement – yoga, walking, stretching etc.

What Happens After Detox?

Detox is the initial step; the next phase often involves entering a long-term healthy eating plan that is anti-inflammatory in nature, supports cellular health and energy production, and leaves you feeling great. Most lose the desire to return to poor eating habits.

The detoxification process involves using a shake twice a day and adding a detox capsule packet with each shake that contains a blend of the following nutrients. The nutrient blend is explained in the paragraph below.

The unique blend of nutrients: is specifically designed to support Phase II actions without stimulating Phase I, thereby ensuring Phase II is primed to function efficiently before ramping up Phase I. Highlights · Taurine, methionine, MSM, & N-Acetyl-Cysteine (NAC): sulfur-containing amino acids and compounds, which support the sulfation pathway of detoxification. Think of sulfur as an 'escort' the liver uses to tag certain toxins for removal from the body. This pathway requires sufficient sulfur to function optimally. · Glutathione: the body's master antioxidant and free-radical scavenger, aided by glutamine & NAC · Calcium-D-Glucarate: supports the glucuronidation pathway and inhibits an enzyme that can undo Phase II detoxification in the colon. Glucuronic acid, which is part of this pathway, is another of the liver's escort molecules that binds to toxins and aids in their excretion.

The process of a 14-day or 28-day detox :

Kingdom Fuel: the chosen choice for the detox shake:

Why Kingdom Fuel: Kingdom Fuel is a complete nutritional shake mix that is good for the body and the soul. It provides a full spectrum of essential vitamins and minerals, and the full amino acid profile protein people need. Kingdom Fuel is *dairy-free and gluten-free*—perfect in smoothies, oatmeal, nonfat yogurt, mixed with water—or the milk substitute of your choice. Kingdom Fuel is shelf-stable, with a unique combination of 20 grams of organic pea protein, healthy fats, and added organic fruits and vegetables. Kingdom Fuel also contains 9 grams of a whole food fiber blend, 9.5 grams of healthy fats, polyphenol-rich fruit and vegetable extracts and the essential micronutrients needed for optimal nutrition.

TIP: Feel free to experiment with how you blend your shake to adjust the flavor to your preferred taste. Use anywhere from 1-3 scoops of Kingdom Fuel with any assortment of fruits and vegetables, peanut butter, ice, avocado, etc. You get the idea. Just do not add high sugar and processed items. No matter how or what you blend into your shake, you'll still be giving your body the full spectrum of vitamins and minerals, amino acids and protein essential for fueling a healthy lifestyle.

NOTE: Kingdom Fuel can be mixed in a blender or shaker bottle. If mixed in a blender, one can add a small amount of fruit (e.g. avocado or berries), some vegetables, and unsweetened almond, cashew, or almond milk.

Other Kingdom Fuel Facts:

Where is Kingdom fuel made?

Kingdom Fuel is proudly manufactured in an ISO certified manufacturing facility right here in the United States. ISO certification ensures the highest quality standards for testing and quality. Kingdom Fuel is made with the highest quality raw ingredients available and each batch is thoroughly tested for quality.

The canister isn't full when I un-seal it, do I have the right amount?

The product is sold by weight, not by volume. Some settling of the powder will occur during shipping. Before opening the container, gently shake or rotate the container prior to scooping to re-"fluff" the powder as needed. Store in a cool, dry place.

Can I use another type of protein shake mix?

Yes, there are many on the market from which to choose. However, Kingdom Fuel does ensure all ingredients are organic and American sourced and is a complete meal as opposed to simply protein.

Here are the directions:

Consume two meal shakes per day and have one healthy meal. Choose the timing of your shakes and meal to meet your own personal needs. Keep in mind that you can mix water, or your choice of unsweetened almond milk, cashew nut milk, goat milk, coconut milk or a milk alternative of your choice. If you wish, you can use a blender to blend in a serving of fruit or added greens to create different flavors and add nutrition to your shake mix.

Each time you drink a shake, take one detox packet to ensure that your enzyme pathways get the support that they need.

You will find a complete list of foods to choose from in the following pages for your meal choices.

Snacks: This is not a calorie restrictive program. If you feel hungry between meals, you can snack on healthy whole foods in moderation. Tune into your body to ensure you are truly hungry and not bored, tired or emotionally stressed.

Healthy snack options:

- Sliced bell pepper with 1-2 Tbsp. of hummus
- Apple slices or celery sticks with a TBSP of nut butter of your choice
- 1 piece of fruit and 10-12 almonds, walnuts or pecans
- Try a Turkey roll up- Chop up onion, cucumber, ¼ avocado, grate carrot or zucchini and add to the middle of nitrate free turkey. Roll the turkey around the ingredients and you have a wrap. You can add salsa or a spice of choice.
- 1 serving raw nuts- non roasted or salted

Alkaline broths: sipping on broth during detox can aid in keeping mineral balance and hydration intake. The following is an example of broth recipe. You can add other veggies to the mix to enhance the flavor to your liking.

Easy Alkaline Broth:

Choose a combination of the following vegetables equaling approximately 1 ½ -2 cups: Celery Green Beans, Zucchini, Spinach, Parsley, Kale, Chard, Onion, Garlic and favorite spices

Place vegetables in a soup pot with enough filtered water to cover. Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may add ginger and/or cayenne pepper to add an extra bite. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. Sip through out your detox as you deem necessary.

Food lists and choices for your meals-

GUIDELINES

EAT THESE:

Vegetables – Try to eat a minimum of 1-4 cups per day

(Fresh is best. Measure before cooking, except spinach.)

Artichoke hearts - water-packed or fresh Kohlrabi

Asparagus

Banana peppers - no food coloring

Lettuce - all types except iceberg - can exceed 4 cups

Beet greens

Marinara sauce - no added sugar, some olive oil is okay

Bok choy

Broccoli or broccolini

Mushrooms - all types

Brussels sprouts

Mustard greens

Cabbage - all types

Onions - all types

Capers - no added sugar or oil

Peppers - all types

Cauliflower

Pickles - no added sugar or color

Celery

Radishes

Celery root

Salsa - no corn, beans, added sugar or oil Chard

Sauerkraut - raw, no added sugar

Collard greens

Sea vegetables - all types

Cucumber Snap or snow peas - whole

Fennel

Spinach - measure after cooking - can exceed 4 cups

Garlic

Sprouts - all types

Ginger root

Tomatoes - all types

Green beans - all types; fresh, frozen or canned

Turnip greens

Hearts of palm - water-packed, no added sugar or oil

Yellow (summer) squash - except spaghetti Kale - all types

Zucchini

EAT THESE:

Protein – Try to eat at least 8 oz. per day (Remove visible fat before cooking IF you do not know the source. A 4-oz. serving is approximately the size of a deck of cards. Measure after cooking.)

All game animals

Scallops

Beef - lean, grass-fed preferred

Shrimp - USA is best

Bison

Chicken breast

Tuna - water-packed

Crab - not imitation

Turkey breast

Deli meat - chicken, turkey, beef; no added sugar

Veal

Eggs - 1 whole = 2 oz. protein

Venison

Goat or sheep cheese - up to 3 oz. per day White fish - wild-caught, cod, haddock, halibut, mahi mahi, scrod, sea bass, tuna, etc.

Lobster

Kefir – low fat, plain

Greek yogurt – low fat, plain

Yogurt – low fat, plain

EAT THESE:

Fruit – Try to eat at least 1- 2 servings per day (Fresh is best. Berries can be frozen. Must eat whole, not juiced. Measure before cooking. Quantities listed below count as 1 serving. – NOTE: limit this IF belly fat is an issue)

Cranberries – ½ cup, no added sugar Applesauce – ½ cup, no added sugar Grapefruit – ½ fruit, not juiced

Blackberries – ½ cup

Oranges – 1 whole, not juiced

Blueberries – ½ cup

Raspberries – ½ cup

Clementine, mandarins or tangerines - 2 whole Strawberries – 8 medium or ½ cup

Apples – 1 medium, all types

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Blackberries – ½ cup

Oranges – 1 whole, not juiced

Blueberries – ½ cup

Raspberries – ½ cup

Clementine, mandarins or tangerines - 2 whole Strawberries – 8 medium or ½ cup

Further guidelines:

Ensure the above is followed with precision. IF there is difficulty in adjusting to consuming vegetables (many don't), utilize Kingdom Fuel once or twice daily for a complete meal. It does

contain dried fruits and vegetables.

DON'T EAT THESE:

Inflammatory food list (AVOID)

Sugars/artificial sweeteners

Fried foods

MSG and other "filler" chemicals – check the label

Processed foods

Sodas

Excess caffeine and alcohol (a big topic here)

Breads and grains

Yeast

Soy

Corn

Dairy (a bit of yogurt or kefir is ok as long as are not lactose intolerant)

THESE ARE INFLAMMATORY (DISEASE CAUSING) TO EVERYONE (YOUNG AND OLD) ALL THE TIME