

FOOD ELIMINATION FIX



The 6 week fix to living pain and symptom free

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I. WHAT IS A FOOD SENSITIVITY

Hidden food sensitivities can cause inflammation, weight gain, and poor health.

You are eating all the right things, lots of lean protein, plenty of organic vegetables and only sticking to the cleanest carbs like quinoa and sweet potatoes but you still aren't losing weight and you feel lethargic all the time. So what gives? Well, along with some other things that may be going on one thing that may be an issue for you is that you are not eating the foods that are right for your body.

You may have what we call a sensitivity to some foods. This is different than an allergy to foods. When you have an allergy to a food, the food will cause an extreme reaction in the body like an anaphylactic reaction. This is what is tested for when you do a food allergy skin prick test. This is the most common test that doctors will do to test for food allergies.

However, this is not the only way your body can react to foods that they may have an allergy or sensitivity. When you eat a food that your body may not agree with it can cause inflammation inside of the body, something that you can't see or feel and you may not have an immediate reaction.

When the body tries to digest food that it is sensitive to it can cause an adverse immune response that can end in fatigue, GI issues, weight loss resistance and chronic disease.

When eating foods that your body has a sensitivity to over and over again it starts to create a low grade chronic inflammation in your body. This can happen even when you are eating "clean foods." If you are always eating the same foods over and over again your body can build up an intolerance to these foods causing inflammation. This is detrimental to weight loss because inflammation causes you to hold onto extra water weight in your body.

Inflammation is a word synonymous with food intolerance but what exactly is it? Inflammation is the body's natural immune response. When something harmful or irritating affects a part of our body, the body's immune system tries to remove it by showing signs of inflammation. This can mean things like heat, pain, redness or swelling in the body and can manifest with issues like acne, arthritis and weight gain.

Inflammation can cause problems that can weaken the gut lining resulting in malabsorption. When your body experiences nutrition insufficiencies from malabsorption your body tends to start to store fat to help combat the lack of nutrients it is not getting.

Inflammation in the body can also cause you to feel lethargic and exhausted which can lead to the excess use of sugars and caffeine to help to make it through the day. Depending on sugar and caffeine to help with energy causes a cycle of crashing blood sugar, more exhaustion, and weight gain.

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Take a look at what foods you are eating on a daily basis and how those foods are making you feel after you eat them. Start a food journal and keep track of what you are eating, what time you are eating and then how you are feeling immediately after you eat those foods and then 24-48 hours after.

Start an elimination diet by taking out any of the high inflammatory foods like dairy, gluten, and processed foods. Eliminate these foods from your diet for at least 4-6 weeks and start to notice how you are feeling. Focus on eating green leafy vegetables, lean proteins, low glycemic fruits and healthy fats. If you start to feel better, have more energy and feel less bloated you probably have a food sensitivity to one or multiple foods that you have eliminated.

After you have eliminated these foods for 4-6 weeks you can start to challenge the foods by putting them slowly back into your diet. Choose one food to add back into at a time. For example, if you choose dairy, have yogurt, cheese and ice cream in a day (or any other dairy products you are used to eating). Wait 3 days and see how you are feeling. Do you have your old symptoms back? If your symptoms don't come back then you can add this food back into your diet. Continue to add a new food back in every three days and monitor progress.

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II. THE PROTOCOL

Remove, Replace, Repair, Reintroduce

The protocol that is outlined in this program removes the most highly inflammatory foods that are known to cause issues in the body. However, every person is different and foods will impact every individual in their own unique way. If you feel like there are certain foods that you know affect you that are not on the list to avoid you may want to add that to your personal list of foods to eliminate. On the other hand, if you feel like there are foods on the list of what to avoid that you know do not affect you then you may leave them in your diet.

This program is meant to be a guide for you, but always remember you know your body best. The Food Elimination Fix was designed to give you the tools you need to remove the foods that are inflammatory to your body and can be causing you problems but always remember to pay attention to how your body reacts and feels when you eat certain foods. This is your personal journey to health and wellness and you should honor and listen to what your body needs.

STAGE I: Remove

For the first four weeks of this the program the goal is to remove any inflammation from the body. The body cannot heal and repair without removing the foods that can be causing the issues and inflammation in the body.

Remove:

- Grains:
 - wheat, corn, oats, spelt, etc.
- Dairy:
 - Milk, cheese, yogurt, whey protein
- Night Shades:
 - Tomatoes, white potatoes, eggplants, all peppers
- Soy
- Beans and legumes
- Peanuts
- Synthetic sweeteners
- Sugar alcohols

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STAGE 2: Replace

After removing the above mentioned foods from your diet it is time to replace the body's natural defense against allergens, chemicals and stress.

Recommended Supplements:

Digestive Enzymes: Take a full spectrum digestive enzyme 1-2 or more with each meal (if severe gas and bloating consider HCL as well).

Ex.= Digestzymes by Designs For Health.

Please see Supplement guide on page 30 for information on where to buy these supplements.

STAGE 3: REPAIR

In order to restore balance and health to the gut and the body healthy bacteria are needed to repopulate the gut. The gut is known as the second brain of the body, it is the most concentrated area of nervous system tissue and immune function.

Once the gut has all it needs in the form of enzymes and bacteria, nutrients and diet are used to repair and regenerate any remaining damage. This will ensure the digestive system's return to optimal function.

Recommended Supplements:

Probiotics: Take 1-3 high potency probiotics with at least 10-20 billion colony forming units (CFU) and a good mix of lactobacillus and bifidus cultures.

GI Repair: 4 capsules with breakfast & 3 capsules with dinners

Please see Supplement guide on page 30 for information on where to buy these supplements.

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Stage 4: Reinroduce

After 4 weeks of eliminating foods you may start to reintroduce the foods into your diet one at a time.

Here are the rules to follow:

- Introduce only one food at a time
- Eat one serving of the food one time only (i.e. 1 bowl of pasta at one meal that day)
- Don't combine with any other foods that have been eliminated
- Return to the elimination diet and wait 4 days till you introduce that food again or another food group
- After introducing a food again use your food journal to record any symptoms or reactions after eating that food.
- If a reaction happens after eating an eliminated food then continue to remove from your diet
 - *Optional: Use the pulse test reintroducing the food. See below for more details.
- If no reaction occurs you may add in food and then challenge with the next food
- Space out 4 days between introducing new foods

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****Pulse Test****

Theory: If your body has a sensitivity to a food your heart rate will increase after you eat that food.

The Initial Test

Take your pulse during these times for three days:

- prior to getting out of bed
- before each meal
- three times after each meal at 30 mins, 60 mins, and 90 mins after finishing
- just before going to bed

Interpreting Results

Your morning pulse should be the lowest of the day. Unless you are allergic or reactive to something on which you are sleeping. (Pillow, fabric softener, sheets, carpet, dust mites, pet that sleeps with you, etc.)

If your pulse goes up noticeably after you get up from bed, you could be reacting to something like your toothpaste, shaving lotion, shampoo, or make-up.

Determine your highest and lowest pulse rates over the three days. Your highest “non reactive” pulse rate should be no more than 15 beats above your lowest point. Anything above that point is questionable and mostly likely an indication that you are having a reaction. So, if your lowest point is 60, then anything above 75 is a red flag.

Basic Rules

- If a frequently-eaten food causes no acceleration of your pulse (at least 6 beats above your normal maximum), that food can be tentatively considered safe. If ingesting it does cause acceleration of your pulse (30, 60, or 90 minutes after eating the food), it is likely you are allergic/sensitive to it and shouldn't eat it.
- If you take your pulse at least 14 times a day, and if your “normal” (no more than 15 beats more than minimum rate) daily maximum pulse rate is within one or two beats for three days in succession, this indicates that all food-allergens/sensitivities have been avoided on those days.
- If your daily maximum pulse-rate varies by more than a couple of beats, it indicates there still is a sensitivity or an infection. For example: Monday 72, Tuesday 78, Wednesday 76, Thursday 71.
- Pulse rates within 6 beats above the “normal” daily max are most likely caused by an inhalant (dust, pet dander, mold, perfume, pollen, etc.) or a recurring reaction rather than a food.
- If your minimum pulse rate does not regularly occur before rising, after the night's rest, but at some other time in the day, this usually indicates sensitivity to dust mites found in mattresses or pillows, or something else such as the detergent or fabric softener you are using on your sheets.
- If your pulse-count taken standing is greater than that taken sitting, this is a positive indication of present allergic/intolerance tension and could also indicate that you have adrenal fatigue, often caused by constant inflammation due to allergen. **Reference: <http://www.nourish123.com/blog/food-allergy-detective-how-to-find-a-food-sensitivity-or-food-allergy-part-3/>

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III. FOOD GUIDELINES

ACCEPTABLE FOODS

Animal Protein: (always choose organic, hormone free)

- Broth
- Chicken
- Duck
- Egg
- Fish
- Game
- Lamb
- Turkey
- Venison

Nuts and Seeds:

- Almond
- Brazil Nut
- Hazelnut
- Macadamia
- Pecan
- Pumpkin Seed
- Sunflower Seed
- Walnuts

* All nuts and seeds listed above can be eaten as butters also

Oils:

- Butter
- Olive Oil
- Sesame Oil

Dressings:

Make all dressings from olive oil and lemon juice or vinegar with spices.

All spices are allowed to flavor food.

Organic Tamari (gluten-free) may be used occasionally.

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Vegetables:

- Artichoke
- Asparagus
- Avocado
- Bamboo Shoot
- Beets
- Broccoli
- Brussels Sprout
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Endive
- Fennel
- Garlic
- Green Beans
- Kale
- Kombu
- Leek
- Lettuces
- Okra
- Onion
- Parsnip
- Pea, Green
- Pickle, Dill
- Spinach
- Squash
- Sweet Potato
- Sweet Pepper
- Swiss Chard
- Tomato
- Turnip
- Yam
- Zucchini

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Foods to Avoid

- Dairy
 - Cheese, milk, yogurt
- Processed Foods
 - Cookies, cakes, pastries, bread, pasta
- Meats with hormones
- Any foods that contain wheat/gluten
- Corn
- Coffee
- Soft Drinks
- Alcohol (liquor/wine)
- Fried Foods
- Artificial sweeteners

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IV. MEALS GUIDELINES:

- Eat when hungry and pay attention to your hunger.
- If you are not hungry for 2 snacks a day only eat 1 snack per day.
- You should not go more than 4-5 hours without eating.
- If you start to feel light headed or dizzy make sure you eat a snack, you may not be eating enough. Be sure to adjust accordingly the next day also, you may need to add an extra snack into your day. You may also need increase your water intake if this occurs.
- Be sure to check in on how you are feeling and eat as you feel needed.

SAMPLE DIET:

Breakfast: 2 eggs or 5 egg whites omelet with fresh vegetables, and mixed berries.

Mid morning snack: sugar free all natural almond butter and celery

Lunch: Fresh vegetables, large salad and 4 oz wild salmon

Afternoon snack: Cucumber and avocado slices

Dinner: Vegetable broth based soup, large salad, asparagus, 4 oz lean protein (example: turkey or salmon).

MEAL OPTIONS:

Breakfast:

- Smoothies: 1 cup of almond/coconut milk (no soy or cow's milk), 1 scoop of protein powder (a pea protein powder is recommended) and 1 cup frozen berries.
- 2 hard boiled eggs with 1 cup of fresh berries

Snacks:

- Handful of nuts (almonds, hazelnuts, cashews, walnuts; no peanuts)
- Raw veggie slice; carrots, celery, cucumbers, etc.
- Guacamole
- Kale chip
- Smoothie
- Green vegetable juice
- Nut milk (coconut, almond, hemp)
- Apple with nut butter (natural, no sugar added)

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Lunch:

- Large green salad with chopped vegetables with lean protein
- Beet Salad
- Cabbage soup
- Chicken and vegetable soup
- Grilled salmon with lemon

Dinner:

- Vegetable lasagna
- Poached salmon with broccoli and sweet potato
- Steamed kale with lemon juice and turkey
- Halibut with green salad and mixed vegetables
- Spaghetti squash with ground turkey and roasted brussels sprouts

Dessert:

- Frozen berries with coconut cream
- Banana “Cookies”
- Pumpkin “Cookies”

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V. DETOXING GUIDELINES:

A food elimination diet can be similar to a detox because you are removing all potential foods that have a negative effect on your body. Therefore it may be beneficial to follow some of the guidelines of a detox program.

- As soon as you wake up in the morning, give thanks for your day.
- Drink 8 oz of warm water with 1/2 fresh lemon squeezed as soon as you wake up.
- Take 1 shot of apple cider vinegar followed by 8 oz of water 3 times a day (before meals).
- Drink green tea throughout the day at your leisure.
 - Green tea is filled with great antioxidants that will assist with the detox.
- Switch to Yogi Bedtime tea at night.
- Eat for 12 hours a day; fast for 12 hours a day.
 - An example of this would be: First meal of the day is 8am so then your last meal of the day would be 8pm. This helps to take some of the work off of your digestive system by allowing it to get 12 hours of rest a day. If this doesn't work for you try to limit eating to your comfort level.
- Eat until you are 80 % full.
 - During a detox you are trying to lessen the work done by the liver and digestive system. When you overeat you put more stress on those systems, which has a negative impact on their bodily functions.
- Spend 5 minutes each morning when you wake up and 5 minutes before bed for mediation.
- Go to bed by 10pm.
 - HGH (human growth hormone aka the fat loss and anti aging hormone) is most active between 10pm and 2am so you don't want to miss out on the window of the most activity of this hormone.
- Do not eat within an hour of bed.
 - Sleep is a reset for your body and your hormones. You want your body to focus on restoration when you are sleeping and not to be working on digesting the food you just ate, therefore it is important to not eat for a least an hour before you go to sleep.
- Sleep in a dark, cool room with no disruptions.

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- Reduce additional stress from your life (as much as possible).
- Get 20 mins of sunlight a day.

o Sunlight is important for vitamin D production in the body. As a general population we are deficient in Vitamin D and need to take supplements in order to get adequate levels into our body. Going outside and getting 20 mins of sunlight a day will increase your vitamin D levels, improve your mood and give you a healthy glow.

DETOXING TIPS AND DETOXING YOUR ENVIRONMENT

These are optional activities you can do to enhance your elimination.

Take a Fiber Supplement

o You want to do this slowly or you will have some GI distress. Start by adding 1 teaspoon and see how you feel. Then add on from there. You will also need to increase your water intake if you are increasing fiber.

Take a Break From Electronics and Social Media (this may be impossible with your job but try to do as minimal as possible).

Take a TV Break

o Don't watch any TV and try to stick to reading books that make you feel good.

Remove Toxins

o This would include any plastics that you use to store foods or drink out of, cleaning products that are not organic and chemical free, make up that is not organic, etc.

o Change your beauty products to organic, chemical free products; such as deodorant, face wash, body wash, and chemical cleaners.

o Reduce BPAs found in plastics and food cans.

o Using plastics and tin can can leach chemicals into your foods causing disruption in hormones and metal toxicity.

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Dry Brushing

o Dry brushing helps to slough off dead skin cells and opens the pores on your skin to help the body detox. Dry brushing promotes tighter skin, increased blood flow, helps the lymphatic system release toxins, aids in digestion, and reduces cellulite.

o You can do this daily or twice a day. Your skin and brush should be dry when you are doing this. Make long sweeps, back and forth, and circular motion and always brush away from the heart. Start at your feet, move up the legs, then work the arms towards the chest. Use a counterclockwise stroke when brushing the stomach area. You want a firm brush stroke to stimulate the skin but not cause redness and irritation.

Exfoliation

o Exfoliation is also an option to help detox the skin. Use an organic salt scrub or make your own and rub the mixture on your skin in a circular motion.

- 1 cup of salt or sugar
- 1 tablespoon coconut oil
- Mix ingredients together and rub on skin in a circular motion. Rinse off with water.

Massage

o Massage therapy is a great way to help your body increase circulation and flush toxins in the body. Treat yourself to a massage and ask if they use essential oils that aid in the detoxification process. Some essential oils that help with detoxification are: Coriander, Cypress, Fennel, Grapefruit, Juniper Berry, Rosemary

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Epson Salt Bath

- Fill a bath tub with hot (but not scorching) water
- Add 2 cups of Epson salt
- Add 1 to 2 cups of baking soda
- Add 1 tablespoon or 1/3 cup of ginger tea (this will increase body heat and detoxification) Add essential oils if you choose
- Stay in the tub for 20-40 minutes.
- If you start to feel too hot add some cool water.
- Get out of the tub carefully and rinse off in the shower.
- Drink plenty of water after your bath.
- Sauna therapy.
 - o Spend 10-20 minutes in the sauna getting hot and sweaty. Then jump into a cold shower for a minute and then repeat
- for 2 to 3 times. This helps to stimulate the body's metabolic functions and helps to intensify the detox.

Oil Pulling

o Oil pulling is used to remove toxins and bacteria from your mouth. It will help to whiten your teeth, clear up acne, and helps to give you a glowing complexion. Take a tablespoon of coconut oil (it will be in solid form at room temperature but will turn into a liquid in your mouth) swish it around in your mouth for about 15-20 mins. Spit it out and rinse your mouth out with water and then brush your teeth as normal.

Vitamin C Supplementation

o Vitamin C produces glutathione, a liver compound that drives away toxins. Start with 500 mg a day.

Hydrotherapy

o Take a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds.

- Repeat this 3 times.

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Breathing Exercises

- Breathing is a great detoxing exercise because it moves oxygen through the body. It also helps to quiet and relax the mind.

o Bellows Breath

- In a relaxed seated position inhale and exhale rapidly through your nose, keeping your mouth closed. Your breathes should be equal in duration but as short as possible. Take 3-5 breathes.

- Try this for 3 to 5 cycles. Breathing normally in between cycles.

o Alternate Nostril Breathing

- In a relaxed seated position take your right arm and make a hang 10 sign (the index and pinkie finger are up and the other fingers down)

- Place your index finger on your one nostril and breathe inhale through the other nostril for a count of 5 seconds, exhale for the same count of 5 seconds.

- Then take your pinkie finger over your opposite nostril and inhale for 5 breaths and exhale for the same 5 counts.

- Repeat for about 3-5 cycles.

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VI. EXERCISE

*If you have a regular exercise routine I encourage you to keep to the same routine you are used to as long as you are feeling well. I also encourage you to include the following into your routine this week.

Recommended Exercise:

- 60 minutes of daily leisure walking. This walking should be done at a slow, leisurely pace. Walking helps to lower cortisol levels in the body and will help to increase blood flow through the body which aid in detoxification.
- Yoga- Many different yoga poses that include twists and inversions will help to stimulate blood flow and digestion that will help with detoxing. It will also help to clear your mind and reduce stress and tension within your body.
- Meditation. Including meditation into your day during your detox will help to center your body and mind. Spend just a few minutes sitting quietly while focusing on your breathing. As you inhale focus on breathing in health and vitality and exhaling out toxins and negativity.

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VII. COMMON QUESTIONS ABOUT DETOXING

WHAT MIGHT HAPPEN TO MY BODY ON A CLEANSE/ELIMINATION?

Each person will react differently to the new eating regime. During a cleanse/elimination a few things can happen with your body. Depending on how your diet was before your cleanse, your body can react in a few different ways.

It is possible that at first you may not feel well. You may feel as though you are going through a withdrawal process. Symptoms may include a dull headache, joint pain, muscle aches, fatigue and sinus discomfort or even back pain.

These withdrawal symptoms may start as little as 12 hours after stopping the foods (particularly coffee or tea) can last a few days or in extreme cases they can last up to a few weeks. If any (or all) of these symptoms occur, we recommend that you increase your fluid intake: in severe cases an over the counter anti-inflammatory agent should alleviate those detox symptoms.

Break outs

You may start to see your skin breaking out. This is an indication that toxins are releasing from your body. What to do if this happens? Make sure that you cleanse your skin with a gentle non chemical cleanser. You may also want to exfoliate with a gentle exfoliator. If you want a natural remedy you can mix some sugar with water and gently scrub it on your skin. You can also use tea tree oil directly on the skin to help with blemishes.

Tired and Groggy

You may also start to feel a little tired and groggy. Again, this can be the toxins leaving your body. If you start to feel like this the first thing you should do is listen to your body. If you are feeling tired and worn down then you may want to try and get some extra rest and sleep. You may also want to increase your food consumption of green leafy vegetables and lean protein.

Constipation

If you are feeling constipated during your cleanse you can add some ground flax seeds to your meals to help increase bowel movements. Words of caution; if you are new to eating flax seeds you will want to start slowly or you won't be able to leave the bathroom for a few hours! You can also take 400 mg of magnesium before bed. Magnesium helps the bowel and its musculature and nervous system relax. Vitamin C can be used as a laxative and to help soften stool. Start with 500mg twice daily, and double this amount every 1-2 days. Once you find your Vitamin C tolerance level (the amount you can take to soften the stool) you may use this on an as-needed basis.

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Gas

When increasing fiber in your day you may end up with extra gas you are not used to having. When this occurs you may want to do a few things to help relieve symptoms. Increase water consumption, pull back on fiber consumption and add some twisting yoga poses.

JOURNAL WRITING

Journal writing is a great way to detox thoughts in your head and get your emotions onto paper. Journaling will help you to really notice how you are feeling by doing some introspective work. Once you are able to access how you are feeling you will

be able to start to clarify your thinking. Your thoughts are sometimes jumbled in your head and actually writing them down on paper is helpful to understanding your emotions. During your detox program while you are making strides to detox your body it is important to be aware of your thoughts and emotions that you are feeling. Journaling is a great way to really start to listen and understand your body. Remember, your body has all the answers, you just need to listen to it. So take some time during your detox to journal, allow yourself to feel your feelings by doing this introspective work.

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IX. TOP DETOX FOODS TO ADD INTO YOUR DETOX DIET:

Cabbage: an anti inflammatory food that is high in Vitamin A, C and E and can help to lower cortisol levels.

Watercress: Has been known to cleanse and oxygenate tissues for better blood flow and glowing skin. It is rich in iron, which will help carry oxygen to the body and skin.

Beets: Are high in an antioxidant, betacyanin, which supports liver and the lymphatic system. Beets are a natural colon cleanser and can remove toxins and congestion in the body.

Cilantro: Helps to remove heavy metals from the body which can cause cellulite and other health issues like adrenal fatigue and thyroid conditions.

Sea Vegetables: are filled with antioxidants that help to alkalize the blood and absorb toxins from the digestive track.

Dandelions: are super antioxidants that support the cleansing of the digestive tract and give liver support to help detoxify.

Flaxseed: ground flaxseeds are filled with fiber and help to bind to toxins and flush them out of the intestinal tract.

Lemons: stimulates the release of enzymes to convert toxins into a water soluble form to excrete it from the body.

Garlic: Is a great antibiotic, antiseptic and antiviral food. It is an essential detox food.

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X. FOOD PREP

An often-overlooked aspect of food preparation is the use of any oils in cooking. It is important to remember that if you are using oil to cook with, it must be derived from foods on your list. Be aware some cooking oils have extra ingredients that may be listed on the label. If preparing a meal for other people it is important to cook any foods you are intolerant to separately, so that your meal is not contaminated in any way.

How Cooking Affects Nutrients

Cooking food may destroy essential vitamins and enzymes. It is therefore helpful to incorporate some raw foods and lightly cooked foods into your diet. When you are cooking, choose methods such as steaming or stir-frying for vegetables, which help to maintain the nutrient content.

Whenever possible, use any water that has been used for cooking organic vegetables for soups, casseroles and gravies as well as drinking as a vegetable juice in order to retain as many nutrients as possible. Using this liquid will reduce the loss of water-soluble vitamins such as those of the B vitamin family and vitamin C as well as many minerals. Fat-soluble vitamins such as vitamins A, D, E and K can be lost through cooking in oil. Be aware that prolonged heat can also affect the nutritional content of foods.

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XI. THE DIRTY DOZEN:

Are you confused about when you should eat organic and when it's just a waste of money? Fruits and vegetables are an important part of your diet but can be covered in harmful pesticides. Here is a list of the top fruits and vegetables that are worth the splurge to buy organic and avoid pesticides.

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Kale
10. Cherries
11. Potatoes
12. Grapes

Anything with a hard skin is usually the least contaminated

1. Banana
2. Orange
3. Avocado
4. Mango
5. Peas
6. Pineapple
7. Melons

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XII. INFLAMMATION AND INFLAMMATORY FOODS

Inflammation is the number one cause of disease and illness in the body. It is important to eat foods that are low in inflammatory factors and eat foods that are anti-inflammatory. Here is a list of foods for you to follow.

Pro-inflammatory (eat less)

Sugar

- cookies • candy • cakes

Cooking oils

- grape seed oil • cottonseed oil • safflower oil • corn oil

Trans fats- found in deep fried foods, fast foods,

- partially hydrogenated oil • margarine • vegetable shortening

• Dairy

- milk • cheese • yogurts

• Commercially raised meat

• Processed meats

- ham • sausage • salami • hot dogs

• Alcohol-beer, liquor, wine.

• Refined Grains

- white rice • white flour • white bread • pasta • pastries

- Artificial Food Additives • aspartame • MSG • color dyes

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Anti-Inflammatory (eat more)

- Fruits and vegetables
- Omega 3 filled fish
 - salmon • sardines • mackerel
- Nuts
 - almonds • walnuts
- Ginger
- Turmeric
- Garlic
- Onions
- Olive oil
- Berries
- Cherries

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XIII. ALKALIZING YOUR DIET

pH balance in simple terms is how acidic or alkaline our body is. A pH of 0 is completely acidic, a pH of 14 is completely basic and a pH of 7 is neutral. Our blood is slightly alkaline with a pH of 7.35 to 7.45.

Alkalizing your diet helps to maintain the body's ideal pH and improve overall health. Disease and illness in the body occur in the body when it is operating in an acidic environment. Therefore, you want to eat foods that help to alkalize your body.

Eat More:

- Green leafy vegetables
- Nuts
- Whole grains
- Legumes
- Kelp and other sea vegetables
- Flax seeds
- Chia seeds
- Quinoa
- Lemons
- Coconut
- Avocado

Eat Less:

- Commercially Raised Beef
- Milk
- Cheese
- Creams
- Roasted Peanuts
- Coffee
- Sugar
- Sodas
- Cakes
- Processed Grains

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XIV. GMO

GMO's, NON-GMO's, and CERTIFIED ORGANIC-NON-GMO

As these terms become more and more popular I want you to be fully educated on the differences and what you should be looking for in terms of quality food. Quality is key and unfortunately the quality of our food has taken a serious nose dive in that last 30-years.

GMO's -genetically modified organisms - where created back in the early 80's to increase the production of food. The goal --> to help feed the less fortunate in countries like Africa. These organisms start at the seed level. They are basically inbred with pesticides (round-up) within the seeds to ward off bug infestation. So, yes, the same chemicals we put on our grass to kill weeds, are also in our food in the form of herbicide glyphosate - a proven carcinogen... translation - cancer causing chemical.

NON-GMO - means at the seed level there are no modified organisms - BUT ~ this does not mean there was no spraying of the crops, soil, etc in the process of their growth. So, if a label on a package reads "NON-GMO" that only means at the seed level, but the quality of how it was grown and the integrity of the soil is questionable.

CERT ORGANIC - NON-GMO - This is the way to go. This means, from the soil all the way to the moment it hits the store shelf, the highest integrity of that food was respected. From seed, to growth, to soil - there are no chemicals and no tampering with the product.

This is REALLY important to understand, as we get sucked into these labels. GMO's have wreaked havoc on our health as women. More and more women can't get pregnant, excessive amounts of cancer, our children are hitting puberty earlier and earlier.

All of this was predicted by the same scientist who discovered GMO's - he knew we would have learning issues, Autism, Infertility, cancer etc. He tried to stop it but Monsanto ignored and forged forward simply to put money in their back pocket!

The irony of it all... even people in underprivileged Countries will NOT take our free food. They know, the little they eat each day or not eating at all, is way better than the poison we are putting in our bodies.

So, please do your research and make the best choice for you!

Some good resources to learn more:
Seeds of Deception by Jeffrey M. Erin Smith

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IX. HOW TO DEAL WITH CRAVINGS

Depending on your diet before you begin, this will definitely be a shock to the system. I'm not saying this to scare or deter you but I want you to be prepared and armed for those cravings. I have included some tips that will help with you hunger as your body adjusts to this clean eating. Trust me it will adjust and you'll feel & look great in no time!

- Drink water: I'm sure you've heard it a million times, however water is the best thing for your body and hunger is often a sign of dehydration.
- Add more to your meals: First add more fiber to your meals by eating more vegetables. If you are still having cravings add in more lean proteins and then increase your starchy carbohydrates, (sweet potatoes and squashes)
- Increase the amount of snacks: If you are still feeling hungry and having cravings between meals then add an extra snack into your day.
- Drink green tea liberally during the day and at night switch to Yogi Bedtime tea. o *this should be in addition to your 3L of water
- Snack on cucumber and celery these are “free” veggies and can be used to snack on when hunger or cravings hit between your meals.
- If all of this doesn't work try to do something to distract you, take a walk, do some exercises. I've found that keeping a journal to track your hunger and cravings helped me put it all in perspective. It keeps your goal(s) in focus and reminds you why you are making this investment in yourself.

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XVI. VITAMINS AND SUPPLEMENTS

One thing that I am extremely adamant about is that you buy high quality pharmaceutical grade vitamins and supplements. Vitamins and supplements that you find in any store are not held to the same standards as when you get them from a health care practitioner or a supplement company that only sells to health care practitioners.

As careful as you are about putting the proper foods into your body you should be as careful about putting high quality supplements and vitamins into your body. To be sure you are getting the best quality, look for companies that only sell to health care practitioners.

Please sign up at my online dispensary here:

<https://www.healthwavehq.com/welcome/ssarabella>

Once you are signed up I will personally send you recommendations for which supplements to choose and adjust your price so you will receive 15% off all products.

During your Food Elimination Fix program I suggest you take the following supplements:

Digestive Enzymes: (Designs for Health) Take a full spectrum digestive enzyme 1-2 or more with each meal (if severe gas and bloating consider HCL as well).

Probiotic: (Designs for Health) Take 1-3 high potency probiotics with at least 10-20 billion colony forming units (CFU) and a good mix of lactobacillus and bifidus cultures.

GI Repair: (Vital Nutrients) This product promotes integrity of mucosal lining of the gut, maintains intestinal permeability, and supports intestinal lining. Take 4 capsules with breakfast & 3 capsules with dinners

Pure Pea Protein Powder- (Designs for Health) PurePea, a natural pea protein isolate, offers a high level of functionality and nutritional benefits. PurePea is a true vegan protein which has high bioavailability and excellent digestibility.

Paleo Cleanse- (Designs for Health) Functional Detoxification Powder

The pea protein isolate used in PaleoCleanse is comprised of an excellent amino acid profile, is free of dairy, gluten, and lactose, and has a smooth texture and pleasant taste. It has been assayed and shown to have non-detectable levels of lectins. DimaCal and TRACCS are registered trademarks of Albion Laboratories, Inc.

Recommended Use: As a dietary supplement, mix 36 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.

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Below are some of the most important supplements that I think every woman should take on a daily basis.

MULTIVITAMIN/MULTI-MINERAL

Choose a multivitamin/Multi-Mineral with the following: (You can look on the label for the amount of each vitamin in mineral in each pill)

- High potency B vitamins that include: B6, B2, B1, Riboflavin, Niacin, Thiamin, B5 (pantothenic acid), Biotin and Folate.
- Vitamin E in mixed tocopherol (mainly gamma)
- Magnesium (100-300 mg) of magnesium glycinate
- Calcium (best form is calcium citrate). Look for a 2:1 ratio of calcium to magnesium (i.e. if you take 100mg magnesium, you want 200 mg calcium). FOR OPTIMAL HEALTH: 200 mg magnesium glycinate & 400 mg calcium citrate.
- Chromium (helps with blood sugar metabolism) 200-400 micrograms
- Alpha Lipoic Acid (helps with blood sugar metabolism) 100-600 mg -Zinc around 15-30mg

OMEGA 3

Our body can not make Omega 3's so it is important to incorporate a supplement into your diet. We get Omega 3's from good quality fats like salmon and walnuts. If you don't eat large amounts of these foods daily you should buy a good quality supplement. Omega 3s can help with fat burning, brain health, heart health and have been shown to help your mood.

Choose based on the following:

- 1-3 grams of TOTAL Omega-3s daily -500-600mg EPA
- 250-400 mg DHA

**this should be per serving & it is important to look at the serving size. Ideally these amounts should be in 1-3 capsules.

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VITAMIN D

Vitamin D is a very important vitamin. You need this vitamin to absorb calcium for bone health and for many other important body functions. Vitamin D deficiency has been linked to cancers, heart disease, depression, and weight gain among many other things.

Functional ranges for Vitamin D should be 50-100 ng. Many of us are deficient in this vitamin especially since we have long cold winters. Depending on your blood levels you should supplement accordingly.

- Test for this with your doctor- (serum 25 hydroxy test)
- Optimal ranges should be 50-100 ng/ml
- If your levels are in the right range, suggested dose is 2000-5000 IU daily (in addition to sun exposure)
- If you are deficient in Vitamin D then you should take 5000-10,000 IU daily (in addition to sun exposure)
- Take vitamin D with Vitamin K to aid absorption.

PROBIOTICS

Probiotics are a supplemental form of beneficial bacteria that can be used to bolster the microbiome, balance immunity and can be used for specific conditions.

Probiotics can help regulate bowel function and aid in digestion of proteins and amino acids.

What to look for?

- Has Lactobacillus and Bifidobacter strains in it. -Has 20 billions CFUs (Colony Forming Units) -Have only probiotic in it, not mixed with a prebiotic

Make sure all your vitamins are gluten free, dye free, filler free

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Disclaimer: This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made. There are no medical recommendations or claims for this Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake this Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the the Detox program.

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