



PATIENT GUIDE

SEASONAL THERAPEUTICS

SPRING: SEASON OF DETOX LIVER AND GI

A Gentle Purification Guide

"Seasonal Therapeutics
a rational approach
using the best of biomedicine
and Chinese medicine
to maintain balance and
harmony with nature."

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www.LifeRX.us

SEASONAL THERAPEUTICS: SPRING

PURIFICATION & PREPARATION

We designed this to line up with the powerful energies to support your body and mind in many ways during the transition from winter to spring. A three-step program is an easy and effective way to prepare your body for the natural detoxification that takes place during this season. We optimize the organs of elimination and removal of chemical and carcinogens accumulated over the preceding months and years. The natural biological clocks ticking both outside and within are the keys to managing your health.

- **STEP 1** By becoming mindful of the foods you eat and introducing more specific detoxification foods to aid your body's cleansing.
- **STEP 2** Targeting specific organs with herbs and nutritional supplements.
As each individual needs are different we do suggest that you test for your constitutional type.
- **STEP 3** Probably the most overlooked part of detoxification is breathing.
We introduce cleansing breath and specific body-mind exercises.

By partnering with your healthcare practitioner... Spring season!

BENEFITS OF A SEASONAL APPROACH

- Stabilizes and supports the digestive elimination function
- Helps remove and prevent excessive accumulation of toxins
- Supports the liver to manage the detoxification process
- Restores normal levels of energy and vitality
- Increase mental and emotional clarity
- Promotes healthy nutrient use by your body

DAILY ROUTINE

- Drink water throughout the day (Guideline: half your body weight in ounces)
- Engage in at least 20 minutes of exercise daily
- Chew solid food well before swallowing
- Strike a balance between rest and activity throughout the day
- Attempt to get between 7-9 hours per night. Take short (20-25 minutes) if the day allows
- Always listen to your body. If you feel as though you need a break, take 10 minutes, rest and then resume your activity

FOOD PREPARATION: SPRING DETOX DIET

1

The Detox Diet is not a diet in the popular sense - It is not intended as a weight loss program (although some people report weight loss).

It is a way of selecting preparing foods based on clinical nutrition and Chinese herbal medicine creating a harmony of the best of both systems.

Along with eliminating toxins and carcinogens, this diet will provide steady energy and ample vitamins, mineral, essential amino acids, dietary fiber, and protective phytonutrients. Choosing the most appropriate foods for the season will help support this diet's detox properties.

NOTE: For a complete list of detox foods and elimination foods visit www.liferx.us

FOODS TO

ALWAYS AVOID

- White Bread • White Sugar • White Flour
- Cereals (except "organic prepared")
- Crackers
- Fast Food • French Fries • Fried Foods
- Fruit Juice (choose the fruit instead)
- Meat (all types)
- Margarine
- Pasta
- Popcorn
- Potatoes
- Snack Foods (including chips, soda, hot dogs, sausages, steaks, seafood, poultry, etc.)

FOODS OF SPRING

TO EMBRACE

According to Chinese medicine the spring is governed by the Wood element, the taste that aids the liver in detoxification are sour foods. They tend to be high in citric acid and functions a guide to the liver. The liver removes toxic chemicals, create protein from amino acids and aid in filtering the blood. What and how the liver function are explored in our zoom workshop outlining the various sour foods choices.

SOUR FRUITS

- Lemons
- Grapefruit
- Tamarind
- Granny Apples
- White Grapes
- Blackcurrants

- Oranges
- Tart Cherrie
- Lime
- Kiwifruit
- Cranberries
- Raspberries

SOUR VEGETABLES

- Rhubarb
- Vinegars
- Kimchi
- Sauerkraut
- Yogurt
- Kombucha

PRODUCTS: TARGETED NUTRITIONAL SUPPLEMENTATION

2 DAILY NUTRICEUTICALS



Glutathione is a powerful antioxidant and detoxifying compound consisting of three amino acids: cysteine, glutamic acid, and glycine.†

Produced in the liver, glutathione assists with detoxifying xenobiotics and heavy metals, carcinogens, neutralizes hydrogen peroxide, maintains the integrity of blood cells, and helps transport amino acids across cell membranes.†

It aids in the breakdown of oxidized fats and is necessary for carbohydrate metabolism.† Glutathione is also involved in metabolizing insulin and regulating blood glucose levels.†

These hypoallergenic formulations have been specifically designed using the active, reduced form of glutathione for maximum benefit.

Suggested Use: 1 capsule daily with 8 ounces of water.



LIVER AND EYE CONNECTION

The liver meridian is connected to the eyes, and the visual ability mainly relies on the nourishment of liver blood.

Therefore, the eyes can reflect the function of the liver according to Chinese medicine.

Visual tissues are highly susceptible to free radicals as a result of daily exposure to light radiation and oxygen.

Maintaining a strong antioxidant defense system to protect the ocular lens, retina, and macula is critical to maintaining visual health and function.

OcuThera™ augments the actions of herbal formulas with key amino acids, antioxidants, and phytonutrients that protect and nourish ocular tissues. Significant amounts of lutein, taurine, N-acetyl-L-cysteine, and other key nutrients for the eyes are provided in just two daily capsules of OcuThera™ with food.

Extra vitamin E and C are also included, since high levels appear necessary for protecting lens proteins from oxidation.

Suggested Use: 2 capsules daily with food or as directed by a healthcare professional.



A non-acidic form of Vitamin C that is gentle on the stomach.

Created by a unique process resulting in a patented mixture of mineral ascorbates and Vitamin C metabolites.

Ester-C can be taken by anyone who wishes to increase their intake of Vitamin C.

This non-acidic form may be more comfortably digested by those who have difficulty tolerating regular Vitamin C.

Suggested Use: 1 capsule daily with 8 ounces of water.



Long Dan Xie Gan Wan is a Herbal Formula that has been used historically to soothe, purge & detox the liver and gallbladder. 100Grams.

Contains: Huang Qin, Long Dan Cao, Sheng Di Huang, Chai Hu, Che Qian Zi, Dang Gui, Gan Cao, Ze Xie, and Zhi Zi.

Suggested Use: Take 3 scoops or 1 tsp daily in 6-8 ounces of hot water.



A blend of herbs used for centuries in traditional Chinese medicine (TCM).

Xiao Yao San is said to clear "liver stagnation" by improving the flow of qi (energy).

Stagnant liver qi is said to contribute to stress, mood swings, pain, irritability, constipation, abdominal upset, premenstrual syndrome (PMS), and irregular periods.

Xiao Yao San is able to relieve indigestion symptoms (stomach upset, nausea, bloating, belching). 100 grams.

Contains: Bupleurum, Dang Gui, White peony root, White atractylodes, Poria mushroom, Peppermint, Quick-fried ginger root, Licorice root.

Suggested Use: Take 3 scoops or 1 tsp daily in 6-8 ounces of hot water.

MIND & BODY SUPPORT: BREATH, MEDITATION & GRATITUDE

3 STIMULATING & RELAXING BREATH EXERCISES

The Stimulating Breath is adapted from the yogic breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

MEDITATION

It's important to learn meditation from an accredited source.

Although it's a very simple practice, it's also quite precise.

Please explore many resources available such as Susan Piver at susanpiver.com, projectmeditation.org, or transcendentalmeditationattm.org.

In the meantime, here are some simple steps to start with:

- Find a relaxing spot to meditate
- Sit in a comfortable position without stress or strain on your back or neck
- Sit and observe; start observing your breath while not being concerned about the thoughts that come and go in your mind. Let them pass as if they are clouds in the sky or waves on a beach.
- End your meditation by slowing increasing awareness of your body, opening your eyes and readjusting to your environment.

GRATITUDE JOURNAL

Writing in a gratitude journal has demonstrated an incredible impact on overall health. One study compared writing in a gratitude journal vs. people writing their burdens in a journal vs. writing a neutral journal for nine weeks.

Results: The grateful group report increased well-being, had better health, exercised more (~40min./week), felt life was better (~8% better), and had increased optimism (~5% more).

QUICK GUIDE*

	FOODS	SUPPLEMENT	MIND BODY
BREAKFAST	Protein Drink Flaxseeds Fruit (high antioxidants) Water/ Juice Veggie Plant Protein (Hemp, pea, chia)	Reduced L-Glutathione 1 Capsule Ester C - 1 Capsule Ocuthera - 1 Capsule	Breathing Stimulating Breathe (Upon Rising)
LUNCH	See Recipes	Xiao Yao San Ocuthera	10 Minute Meditation before Lunch (To Improve Digestion) Food Gratitude
DINNER	See recipes	Long Dan Xie Gan Tang	Relaxing Breath
BEDTIME	Grapes (white) Almonds, Hazel Nuts, Cherries (tart), Kiwi, Herbs (Peppermint or Chamomile)	Probiotic Yogurt, etc.	Relaxing Breath Food Gratitude

* Below is a list of recipes to help you detox during the spring season.

Green Dragon Broccoli

Kebobs

Curry Dill Pate

Hummus

Sunny Basil Pate

Thai Seasoned Almonds Or

Brazil Nut

Walnut Pate

Supprme Greens

So What

Arugula Spinach Salad

Cabbage Hemp Salad

Caesar Salad

Cous Cous

Rosemary Broccoli

Dandelion Salad

Napa Slaw

Crescent Cucumber Salad

Spinach Sprout Salad

Tabouli #1

Tabouli #2

Avocado Dill Dressing

Avacado Spinach Dressing

Basic Italian Dressing

Cucumber Dill Dressing

Curried Carrot Dressing

Flax Oil Ginger Dressing

Italian Dressing

Lemon Dill Dressing

Orange Miso Dressing

GREEN DRAGON BROCCOLI

2 Cups of Broccoli, Chopped ½ Bunch Dandelion Leaves,
1 Bunch of Kale, Finely Chopped Remove Stems And Chop

Sauce:

½ Cup Fresh Mint, Minced
¼ Cup Raisins
2 Jalapeno Peppers, Seeded And Finely Chopped
2 Tbsp Fresh Lemon Grass, Minced
1 Tbsp Lime Leaf, Minced
1 Tbsp Coconut Butter
2 Tbsp Celtic Salt
1 Tbsp Tarragon
Water For Consistency

In a blender, process all sauce ingredients until smooth.

Place broccoli into a glass rectangular dish
and pour sauce over broccoli.

Massage the sauce into the broccoli for 30 seconds.

Strain the excess marinade and set aside.

Place mixture on a dehydrator tray and dehydrate
for 1 hour at 145 degree F.

Remove from dehydrator and toss kale, dandelion greens,
and wilted broccoli with the marinade.

KEBABS

2 Heads of Broccoli, cut into florets
1 Head Cauliflower, cut into florets
2 Pints Cherry Tomatoes
3 Zucchini, mandoline lengthwise
1 Cup Almond Butter
1 Bunch of Mint
1 Handful of Cilantro
1 Tbsp Ginger
Celtic Salt to Taste
Pepper
Cayenne to Taste

Place broccoli and cauliflower florets in dehydrator
to soften for one hour.

In a blender combine almond butter, mint,
cilantro, ginger, salt, pepper and cayenne.

Massage mixture onto all the vegetables.

Variation:

Add 1/4 Cup soaked raisins to the sauce for Phase II.

CURRY DILL PATE

2 Cups Pecans, Soaked
2 Cup Cauliflower Florets, Homogenized
1 Tbsp Curry
1 Tbsp Dill Weed
1 Tbsp Flax Seed
1 Tbsp Lemon Juice
1 Tsp Celtic Salt

Process almonds and cauliflower through
a Champion Juicer with the solid plate.

Combine remaining ingredients and mix well.

Serves 4-6

HUMMUS

2 Cups Almonds, Soaked overnight
1 Cup Sesame Seeds, Unsoaked
5 Tbsp Lemon Juice
2 Cloves Garlic (optional or substitute)
1 Cup Water
½ Cup Olive Oil
1 Tbsp Cumin
1 ½ Tsp Celtic Salt
1 Tsp Fresh Ground Black Pepper
1 Tsp Roasted Cumin Seeds & Cilantro
½ Tsp Smoked Paprika (Hot)
Nutritional Yeast to Taste

In a food processor with the "S" blade,
process the almonds until finely chopped.

Slowly add ½-1/3 Cup water and mix
for 2-3 minutes until creamy.

In a blender grind sesame seed dry to powder and then
mix with ½ C water and remaining ingredients until
the mixture is smooth. (Add more water if necessary)

Add creamed almond mixture and process for 1-2 minutes
until the mixture is blended. Sprinkle some fresh finely
chopped parsley on top and serve.

SUNNY BASIL PATE

1 ½ Cup Sunflower Seeds, Soaked
1 Cup Sun-Dried Tomatoes, Soaked
3 Stalks of Celery
2 Carrots
½ Cup Fresh Basil, Chopped
2 Tsp Dried Basil
¼ Tsp Hing (Asafetida)
Celtic Salt to Taste
Fresh Ground Black Pepper to Taste

Process all ingredients in a food processor with the "S" blade until smooth and creamy.
Add a little water for consistency.
Serves 4-6

THAI SEASONED ALMOND OR BRAZIL NUT

3 Cup Almonds, Soaked
1-2 Tbsp Sesame Oil
2 ½ Tsp Cumin
1 ½ Tsp Cayenne
1 ½ Tsp Chili Powder
1 Tsp Celtic Salt

Process almonds in a food processor with the "S" blade until they are chunky.
In a large mixing bowl, stir the remaining ingredients together and mix well.
Place on a dehydrator tray and dehydrate at 145 degrees F for 2 hours and then 115 degrees F for 8 hours.

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3 Cup Almonds, Soaked
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Process almonds in a food processor with the "S" blade until they are chunky.
In a large mixing bowl, stir the remaining ingredients together and mix well.
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WALNUT PATE

2 Cup Walnuts, Soaked
1 Cup Leeks, Finely Chopped
2 Tbsp Olive Oil
1 Tbsp Italian Seasoning
1 Tsp Celtic Salt

Process ingredients in a food processor with the "S" blade until smooth and creamy.
Add a little water for consistency.

ARUGULA SPINACH SALAD

3 Cup Baby Spinach
2 Cup Baby Arugula
1 ½ Cup Avocado, Diced
½ Cup Cherry Tomatoes, Halved
¼ Cup Red Onion, Thinly Sliced (Optional)
2 Tbsp Lime Juice
½ Tbsp Fresh Jalapeno, Seeded & Minced
1 ½ Celtic Salt

Combine all ingredients in a mixing bowl and mix well.

CABBAGE HEMP SALAD

2 Cup Red and Green Cabbage, Shredded
3 Tbsp Fresh Cilantro, Finely Chopped
2 Tbsp Hemp Nuts
2 Tbsp Hemp Oil
2 Tbsp Olive Oil
2 Tbsp Lemon Juice
1 Tsp Ginger Juice
1 Tsp Celtic Salt

Combine cabbage and salt in a mixing bowl and massage the salt into the cabbage.

Let sit for 10 minutes.

Add remaining ingredients and mix well.

CAESAR SALAD

3 Avocados
1/3 Cup Lemon Juice
1 Tbsp Black Pepper
1 Tbsp Salt
1 Tsp Cayenne
3 Tbsp Olive Oil
¼ Cup Water
2 Heads Romaine Lettuce

Blend all ingredients, except lettuce, together in high-power blender.

Pour over chopped lettuce and serve immediately.

COUS COUS

1 Head of Cauliflower
½ Cup Lemon Juice
½ Cup Olive Oil (Optional)
Pepper to Taste
Celtic Salt to Taste
1 Bunch Cilantro, Finely Chopped
1 Bunch Mint, Finely Chopped
1 Bunch Parsley, Finely Chopped
1 Pint Cherry Tomatoes, Seeded & Quartered
1/3 Cup Black Moroccan Olive, Seed & Chopped

Cut cauliflower and place in a food processor with "S" blade attachment and blend until a cous cous-like texture is achieved.

Place in bowl and add lemon juice, olive oil, salt and pepper. Mix in herbs, tomatoes, and olives.

Stir well and serve chilled.

This dish is great served with flax crackers and hummus.

ROSEMARY BROCCOLI

3 Cup Broccoli, Chopped in Florets
½ Cup Fresh Olive, Pitted & Diced
2 Cloves Garlic, Minced
3 Tbsp Olive Oil
2 ½ Tbsp Lemon Juice
2 Tbsp Fresh Rosemary, Minced
1 ½ Tbsp Italian Seasoning
1 Tsp Celtic Salt
Fresh Ground Black Pepper to Taste

Combine all ingredients in a mixing bowl and massage the broccoli.

Place in a dehydrator at 145 degrees for ½-1 hour to speed up the marinating process.

Serve Warm.

DANDELION SALAD

1 Cup Dandelion Greens, Finely Chopped
1 Cup Romaine Lettuce
½ Cup Parsley
½ Cup Pine Nuts, Unsoaked
½ Cup Broken Walnut
2 Hass Avocado

Combine all ingredients in a large mixing bowl.
Your liver will thank you for this detoxifying salad.
Dandelion greens are a little bitter, so we recommend serving this salad with the Miso Orange Dressing (Phase II Only)
The orange helps lighten the taste of the dandelion.

NAPA SLAW

1 Head Napa Cabbage, shredded
½ Cup Fresh Cilantro, Finely Chopped
3 Tbsp Sesame Seeds
3 Tbsp Flax Oil
2 ½ Tbsp Lime Juice
1 Tbsp Ginger, minced
½ Tsp Celtic Salt
¼ - ½ Tsp Cayenne

Toss all ingredients in a large mixing bowl and serve.

CRESCENT CUCUMBER SALAD

3 Cucumbers, Cut into Thin Rounds
½ Cup Fresh Parsley, Finely Chopped
3 Tbsp Olive Oil
2 Tbsp Lemon Juice

Toss cucumbers in a mixing bowl with salt and let set for 15 minutes.
Drain excess water; add remaining ingredients and mix well.
Serves 2-4

CRESCENT CUCUMBER SALAD

3 Cucumbers, Cut into Thin Rounds
½ Cup Fresh Parsley, Finely Chopped
3 Tbsp Olive Oil
2 Tbsp Lemon Juice
1 tsp Cinnamon
1 Tsp Cumin
1 Tsp Salt

Toss cucumbers in a mixing bowl with salt and let set for 15 minutes.
Drain excess water; add remaining ingredients and mix well.
Serves 2-4

SPINACH SPROUT SALAD

2 Cup Spinach
2 Cup Sprout of Choice
¼ Cup Olives, Pitted
1 Medium Avocado
1 Stalk Celery
2 Tbsp Olive Oil
1 Tbsp Lemon Juice
1 Tsp Celtic Salt

Massage spinach with Celtic salt until moist.
Blend the avocado, celery, lemon juice, and olive oil until creamy.
Pour over salad and mix in pitted olives.

TABOULI #1

4 Cup Parsley, Finely Chopped
2 Cup Quinoa, Sprouted (Cooked ok)
4 Medium Lemons
½ Cup Olive Oil
2 Cucumbers, Finely Chopped
2 Tomatoes, Finely Diced
2 Tsp Dried Mint
1 ½ Celtic Salt
1 Tsp Fresh Ground Black Pepper

Drain quinoa, and with your hands squeeze as much of the moisture out as possible.

Put quinoa in a large bowl and place the cucumbers and parsley to top.

In a blender, process lemon juice, olive oil, mint, salt, and pepper until smooth.

Pour half the dressing over the quinoa and cucumbers and let marinate for ½ hour.

Add the remaining dressing and toss the salad before serving.

TABOULI #2

2 Cup Cucumbers, Chopped
1 Cup Tomato, Seeded and Diced
1 Cup Parsley, Finely Chopped
2 ½ Tbsp Olive Oil
2 Tbsp Lemon Juice
1 Tbsp Fresh Oregano, Minced
1 Tbsp Garlic, Minced
1 Tsp Celtic Salt
½ Tsp Cayenne
¼ Tsp Fresh Ground Black Pepper

Combine all ingredients in a large mixing bowl and mix well.

AVOCADO SPINACH DRESSING

1 Large Avocado
2 Cup Spinach, Finely Chopped
½ Apple
1 Tsp Cayenne
1 Tsp Celtic Salt
Water for Consistency

In a blender, process all ingredients until smooth and creamy.
Makes 2 cups.

BASIC ITALIAN DRESSING

2 Stalks Celery, Chopped
1 Clove Garlic
½ Cup Olive Oil
2 Tbsp Lemon Juice
½ Tbsp Italian Seasoning
½ Tsp Celtic Salt
1/8 - 1/4 Tsp Cayenne (optional)

In a blender, process all ingredients until smooth and creamy.
Makes 1 cups.

CUCUMBER DILL DRESSING

3 Cucumbers
3 Stalks of Celery
½ Cup Olive Oil
1 Tsp Celtic Salt
1 Clove Garlic (optional)
1 Cup Fresh Dill (Add On)

In a blender, process all ingredients until smooth and creamy.
Add On: Pulse a couple of times with the blender.
The dill should be chopped but not blended.
Makes 2 cups.

CURRIED CARROT DRESSING

6 Carrots, Chopped
2 Tbsp Sesame Oil
1 Tbsp Ginger Juice
1 ½ Tsp Curry
¼ Tsp Nutmeg

In a blender, process all ingredients until smooth and creamy.
Makes 2 cups.

FLAX OIL GINGER DRESSING

1 Lemon, Peeled
½ Cup Flax Oil
1 Tbsp Fresh Ginger Juice
1 Tsp Celtic Salt

In a blender, process all ingredients until smooth and creamy.
Makes ¾ cups.

ITALIAN DRESSING

1 Large Tomato
1 Clove Garlic
¼ Cup Water
¼ Cup Olive Oil
2 Tbsp Lemon Juice
1 Tsp Fresh Basil
½ Tsp Fresh Oregano
½ Tsp Celtic Salt

In a blender, process all ingredients until smooth and creamy.
Makes 1 cup.

LEMON DILL DRESSING

½ Cup Flax Oil
½ Cup Fresh Lemon Juice
1 Tbsp Raw Tahini
2 Tsp Dill
½ Tsp Celtic Salt

In a blender, process all ingredients until smooth and creamy.
Makes 1 cup.

ORANGE MISO DRESSING

½ Cup Extra Virgin Olive Oil
½ Cup Fresh Squeezed Orange Juice
1/8 Cup Fresh Squeezed Lemon Juice
2 Tbsp Chickpea Miso (or Barley Miso)

BLEND until smooth and creamy.
Pour as much dressing as you'd like and massage the salad with your hands.

LOVE SUPREME GREENS

5-10 Leaves Red & Green Dandelions, Thinly Sliced
5-10 Lacinato Kale, Thinly Sliced
1 Whole Red Onion, Chopped/Finely Diced
1 Whole Beet, Grated
2 Medium Carrots, Grated
¼ Cup Olive Oil
2-3 Tbsp Lemon Juice
1-2 Tbsp Nutritional Yeast
2 Tsp Smoked Paprika
Topping pate, avocado, etc.

Combine in mixing bowl.
Massage the olive oil with all ingredients.
Mix well.
Add lemon juice.
Sprinkle to taste.
Let marinate for 1 hour.
Your riff on your solo.

SO WHAT

1-2 Cup Baby Collared Green, Chopped (Optional)
2 Tbsp Lemon Juice.

Pour lemon juice over greens and serve immediately.