

14-DAY PARASITE CLEANSE

A COMPLETE 14-DAY MEAL/SUPPLEMENT PROGRAM





Welcome to the [Parasite Cleanse](#). Many people believe that we only get parasite stress when we travel to third world countries or places where maybe water and food control are not as stringent as in the states. This could not be further from the truth. In my clinical practice, I see parasitic overload all the time. It can absolutely be the reason why the body's immune system has gotten out of control with things like autoimmunity. It can also be a cause of hypersensitivities to food or inhalant allergies, things like dog hair, cat hair, thistle or ragweed. Sometimes the immune system is over-reactive to benign things because it is trying to fight an internal parasitic battle. This unique program has evoked tremendous results for my clients. Sometimes they stay on it for 45 days; sometimes they do a 14-day.

Check in with your body and see the significant burden parasites can cause by leaching nutrients, by stimulating the immune system in a dysfunctional way or by creating exhaustion in the body because it is constantly fighting a low-grade parasite infection. Congratulations on making positive choices to improve your health. I'm with you every step of the way. Be well,

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INTRODUCTION

Who needs it?

The Fast Metabolism Parasite Cleanse is for individuals looking for a program designed to reduce:

- Parasites
- Symptoms of IBS
- Traveler's diarrhea
- Skin irritations or unexplained rashes, hives, rosacea or eczema
- Teeth grinding throughout the night
- Pain or aching in your muscles or joints
- Fatigue, exhaustion, depression, or frequent feelings of apathy
- Iron-deficiency anemia

It also can help enhance performance, mental clarity, and stimulate detoxification.

Why this cleanse will work best for you!

The Fast Metabolism Parasite Cleanse uses the Fast Metabolism Cleanse™ Shakes, a strategic nutritional plan, and the supplements Metabolism Enzyme Balance, Metabolism Parasite, Metabolism Probiotic and Metabolism Colon in a specific, strategic rhythm to help reduce all signs that point to parasites. If you're looking for powerful on-the-go nutrition, that can also reduce symptoms of parasites, the Fast Metabolism Parasite Cleanse is right for you!

Success Boosters for Additional Support:

I have given you a variety of Success Booster at the end of this ebook (pages 22-26) for a good reason. There are a few different options because I want you to choose what you are most comfortable with. Don't do something you don't want to do, but I encourage you to be curious and expand your horizon a bit. If something sounds intriguing, give it a try!

My only word of caution is this: If you have a serious medical condition, are on prescription medication, or are pregnant or nursing, check with your doctor about any specific remedies you want to try, to make sure it is okay for you and your situation.

These Success Boosters will enhance the effects of the food on your plan. If you love something you find here, keep it in your toolbox the way I do and keep calling on it whenever you need it. Let your favorites become a part of your life. I know you will enjoy incorporating these into your plan, and into your life, as much as my clients do!

GETTING STARTED

The Parasite Cleanse program includes two Fast Metabolism Cleanse bottles, Metabolism Mycotoxin, Metabolism Parasite, Metabolism Probiotic, Metabolism Colon, and this program guide.

For maximum results, strictly follow this program guide.



The Fast Metabolism Cleanse™ whole food powder is made with a base of Metabolism Pro, a proprietary, gluten-free, vegan-approved whole food powder. Metabolism Pro is packed with targeted micronutrients, pea and rice protein, and whole foods such as organic spinach, kale, and spirulina. It is enhanced with supplements such as quercetin, rutin, turmeric, and pomegranate.

Instructions: Blend, shake, or briskly stir 2 level scoops into 8-12 ounces of chilled, spring water (or mix amount for desired thickness) and consume twice daily.



Metabolism Enzyme Balance™ affects cytokine and eicosanoid balance, promotes joint comfort, and supports the body's ability to maintain tissue integrity and heal. Proteolytic enzymes in Metabolism Enzyme Balance may break down proteins and complexes that can be produced as a result of injury and tissue damage. This activity is believed to aid nutrient and oxygen delivery and may help speed the body's ability to recover and heal. Acid-resistant capsules facilitate systemic delivery of enzymes.

Instructions: Take three capsules twice daily on an empty stomach



Metabolism Para™ is a powerful combination of well-tolerated intestinal support botanicals and standardized extracts. The key ingredients presented in Metabolism Para™ are Bromelain, Sweet Wormwood, garlic, and black walnut. Bromelain is an enzyme that specifically digests proteins and has been found to help your body digest food and is extremely effective at healing issues in the gastrointestinal tract. Sweet Wormwood and garlic help boost the immune system and it exhibits anti-parasitic effects. Black walnut is well-known for its ability to fight intestinal parasites. It is a well-documented vermifuge that is effective at helping the body rid itself of parasites.

Instructions: Take two capsules twice daily.



Metabolism Pro-Biotics™ is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU⁺ per capsule. Each vegetarian capsule is sealed in nitrogen-purged aluminum blister packs to serve as protection from factors proven to compromise the stability of probiotics such as heat, moisture, and oxygen. Metabolism Pro-Biotic provides four researched strains of beneficial bacteria, including the extensively studied HN019 strain of Bifidobacterium lactis. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH.

Instructions: Take 1 capsule 2 times daily.



Metabolism Colon™ is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.*

Instructions: Take one to two capsules at bedtime with 8 oz of water.

PROGRAM TIPS

- Read through the entire program guide before getting started.
- Carefully review and follow the daily program outline; choose foods only from the Parasite Cleanse food list. Be prepared and do your shopping in advance.
- When drinking your cleanse beverage, you may mix it with cold water or warm water, and you may sip it or drink it quickly. It's up to you.
- While most people feel more energized during the program, others may need to modify strenuous physical activity. Exercise 30 to 35 minutes daily if you are comfortable doing so, preferably outdoors in fresh air. Dressing so that you increase your ability to sweat is usually advised.
- Relaxation and proper rest are also vital to the success of your program, and to restoring your well-being. A massage or spa day would help rid your body of additional toxins.
- Be sure to drink ½ your body weight in ounces of spring water, in addition to your cleanse.

How will I feel on this program?

Most of the questions we have received about the Parasite Cleanse relate to the symptoms that may be experienced during the first phase of the program. There really is no “typical” or “normal” response to the program. Just as a person’s initial response to a new diet can vary greatly, physical responses to this program will vary, too.

Symptoms that have been reported in the initial phase of the Parasite Cleanse include: disturbance in sleep patterns, “cold sweats,” changes in body temperature (either up or down), light-headedness, mood swings, headaches, joint stiffness, muscle aches and pains, inability to concentrate, marked changes in gastrointestinal function, and changes in body odor.

Constipation is counterproductive during the Parasite Cleanse. If you do experience constipation, the addition of a fiber supplement may be helpful.

The material in this program guide is for information purposes only. It is not intended as a substitute for the advice and care of your physician.

As with all new weight loss, weight maintenance, or supplement regimes, the nutrition program described in this program guide should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person depending on age, sex, health status, and total diet. Responsibility for any adverse effects that may result from the use or application of the information contained in this program guide is expressly disclaimed.

FREQUENTLY ASKED QUESTIONS

How long should I do the Parasite Cleanse?

14 days is a good place to start. Because of the life cycle of many parasites, typically my clients do between 30 and 60 days on the Parasite Cleanse.

Will I see any parasites in my stool?

Yes, many clients do. Often at times, we see things like mucus in the stool, seed like substances, or sometimes hair-like substances in the stool. If you see it, don't worry it means the body is doing what it needs to do and passing it. Many times, though, parasites are microscopic, and unless the stool is being analyzed on a regular basis, you won't be able to see it passing in the stool.

Are there any medical tests that I can get run to see if I do or don't have parasites?

Yes, there are a few things we look at. In blood tests, we look at EOS, eosinophils to see if those are elevated. Those are typically elevated with the parasitic infection or significant allergies, which can also be stimulated by parasitic infestation. The other thing that can be run is a CDSA, a comprehensive digestive stool analysis. You have to have these run specifically for parasitology. We have many individuals that test negative on these and yet once we start the protocol to facilitate the body to kill off parasites we suddenly begin to find parasites in the stool.

Are there any strategic exercises during a Parasite Cleanse?

Yes, during a parasite cleanse, cardiovascular is very important. It is important that you do things to stimulate blood flow. Exercising, keeping the heart rate under 140 beats per minutes for 20-30 minutes at a time for 3-4 times a week can be very beneficial. Dry skin brushing can also help facilitate detoxification. It is of the utmost importance that you exercise your colon in this process. What I mean by that is you should be having at least one significant bowel movement a day, three is actually preferable.

Are there things I should avoid?

Yes. Caffeine, dairy, soy, corn, wheat, sugar, artificial sweeteners, smoking, and alcohol consumption are not recommended during the program. Stick to the Parasite Cleanse food list and you won't need to worry.

I have a gluten allergy. Can I do the program?

Our product does not contain gluten.

Will I have to use the bathroom often?

The body eliminates toxins through additional bowel movements and urine. These may go up in volume, but not typically in urgency.

Can I do this if I am pregnant or nursing?

We do not suggest this program if you are pregnant or nursing.

Are there any side effects?

We always recommend the you consult with your healthcare provider before beginning a nutrition program.

What do I eat when I'm done with my cleanse?

Gently introduce new foods to your diet, and consider long-term avoidance of the "no's" of the Parasite Cleanse Diet.

How do I use the meal map?

If you want a quick, easy map for following the Parasite Cleanse, just eat the meals (and drink the shakes) laid out in the sample menu.

What should I do if I'm constipated?

Start by making sure you're drinking enough water — at least half your body weight, in ounces, of spring water per day. Getting up and going for a walk can also help. The physical activity signals your gastrointestinal system that it's time to get things moving again.

PARASITE CLEANSE FOOD LIST

VEGETABLES

(fresh, canned or frozen – unlimited)

Arrowroot	Mushrooms
Arugula	Onions: red and yellow
Bamboo shoots	Parsnips
Beans: green, yellow (wax), French	Peas: snap, snow
Beets	Peppers: bell, pepperoncini
Broccoli florets	Pumpkin
Cabbage, all types	Radishes
Carrots	Rutabaga
Celery, including tops	Spinach
Cucumbers	Spirulina
Eggplant	Sprouts
Green chiles	Squash: winter or yellow
Green onions	Sweet potatoes/ yams
Jicama	Tomatoes
Kale	Turnips
Leeks	Zucchini
Lettuce (any except iceberg)	Pomroy's Metabolism Noodles
Mixed greens	Pomroy's Metabolism Rice

FRUITS

(fresh or frozen) – portion is 1 piece or 1 cup

Apples	Lemons
Apricots	Limes
Asian pears	Loganberries
Berries: blackberries, blueberries, mulberries, raspberries	Mangos
Cantaloupe	Oranges
Cherries	Papaya
Figs	Peaches
Grapefruit	Pears
Guava	Pineapples
Honeydew melon	Pomegranates
Kiwis	Strawberries
Kumquats	Tangerines
	Watermelon

VEGETABLE PROTEIN

(portion is 1/2 cup cooked)

Black-eyed peas	Dried or canned beans: adzuki, black, butter, great northern, kidney, lima, navy, pinto, white
Chana dal/lentils	Fava beans, fresh or canned
Chickpeas / garbanzo beans	

BROTHS, HERBS, SPICES, CONDIMENTS & SUPPLEMENTS

(unlimited; use as needed)

Brewer's yeast	Pickles, no sugar added
Broths: beef, chicken, vegetable*	Salsa
Dried herbs: all types	Seasonings: black and white peppers, cinnamon, chili powder, crushed red pepper flakes, cumin, curry powder, nutmeg, onion salt, raw cacao powder, turmeric, sea salt, Simply Organic seasoning
Fresh herbs: all types	Sweeteners: stevia, xylitol (birch only)
Garlic, fresh	Tamari
Ginger, fresh	Tomato soup
Horseradish, prepared	Tomato paste
Ketchup, no sugar added, no corn syrup	Vanilla or peppermint extract
Mustard, prepared, dry	Vinegar: any type
Natural seasonings:	
Bragg Liquid Aminos, coconut amino acids	
Noncaffeinated herbal teas or Pero	
Nutritional yeast	

ANIMAL PROTEIN















(portion is 4 oz. meat or 6 oz. fish measured prior to cooking)















Beef: filet, lean ground	Halibut: fillet, steak
Buffalo meat, ground	Pollock fillet
Chicken: boneless skinless, white meat	Pork: tenderloin
Corned beef	Sardines, packed in water
Deli meats (nitrate-free):	Sausages (nitrate-free): turkey, chicken
turkey, chicken, roast beef	Sole fillet
Eggs, whites only	Tuna, fresh or solid white, packed in water
Game: partridge, pheasant	Turkey: breast meat, lean ground
Guinea fowl	Turkey bacon (nitrate-free)
Haddock fillet	















GRAINS

(portion is 1 cup cooked, 1oz. crackers or 1 slice)

Amaranth	Quinoa/Wild rice
Arrowroot	Rice milk, plain
Barley	Spelt: pasta, pretzels, tortillas
Brown rice: rice, cereal, crackers, flour, pasta, tortillas	Sprouted-grain: bagels, bread, tortillas
Brown rice cheese or milk	Tapioca
Buckwheat	Teff
Kamut	Triticale
Millet	Pomroy's Baking Mix
Oats: steel-cut, old-fashioned	Pomroy's Popped Sorghum

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 1	Metabolism Para, Enzyme & Probiotic		Apple	Spicy Black Bean Wrap & A Pear		Stuffed Zucchini w/ Red Peppers	Met. Para, Enzyme, Probiotic & Colon
Day 2	Metabolism Para, Enzyme & Probiotic		Orange	Stuffed Zucchini w/ Red Peppers & Peaches		Spicy Chicken Casserole	Met. Para, Enzyme, Probiotic & Colon
Day 3	Metabolism Para, Enzyme & Probiotic		Apple	Spicy Chicken Casserole & A Pear		Tamari Ginger Halibut	Met. Para, Enzyme, Probiotic & Colon
Day 4	Metabolism Para, Enzyme & Probiotic		Orange	Tamari Ginger Halibut & Peaches		Turkey Chili	Met. Para, Enzyme, Probiotic & Colon
Day 5	Metabolism Para, Enzyme & Probiotic		Apple	Turkey Chili & A Pear		Cilantro-Lime Pork Tacos	Met. Para, Enzyme, Probiotic & Colon
Day 6	Metabolism Para, Enzyme & Probiotic		Orange	Cilantro-Lime Pork Tacos & Peaches		Chicken Sausage w/ Brown Rice Fussili	Met. Para, Enzyme, Probiotic & Colon
Day 7	Metabolism Para, Enzyme & Probiotic		Apple	Chicken Sausage w/ Brown Rice Fussili & A Pear		Black Bean Quinoa Veggie Burger	Met. Para, Enzyme, Probiotic & Colon

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 1	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 2	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 3	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 4	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 5	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 6	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 7	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 8	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 9	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 10	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 11	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 12	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 13	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement
Day 14	Supplement		Fruit:	Grain: Fruit: Protein: Veggie:		Grain: Protein: Veggie:	Supplement



Creole Skillet Dinner

Serves 4 | Prep time: 20 minutes | Total time: 20 minutes

Ingredients

- 1/2 pound lean ground beef
 - 4 teaspoons Creole seasoning, divided**
 - 1 cup chopped yellow onion
 - 1 cup thinly sliced celery
 - 1 green bell pepper, cored, seeded and sliced
 - 1 jalapeño pepper, seeded and finely chopped (optional)
 - 1/2 cup low-sodium vegetable broth
 - 15-ounce can kidney or small red beans, rinsed and drained
 - 4 cups cooked brown rice
 - 1/4 cup chopped fresh parsley or green onion
- Creole spice blend
 - 1 teaspoon paprika
 - 1 teaspoon sea salt
 - 1 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon oregano
 - 1/4 teaspoon cayenne pepper

**Commercial spice blends include MSG, soy, and dextrose — so use your own spice blend instead

Directions

1. In a large skillet over medium-high heat, cook the beef with 1 1/2 teaspoons of the Creole seasoning until just browned, stirring occasionally.
2. Add the onion, celery, pepper, optional jalapeño, and another 1 1/2 teaspoons of the Creole seasoning and cook and stir until tender, 6 to 8 minutes.
3. Add the broth, stir to scrape up any browned bits, and cook until thickened, 2 to 3 minutes. Stir in the beans and heat through.
4. Meanwhile, toss the warmed rice with the remaining 1 teaspoon Creole seasoning. Stir the parsley or green onion into the beef and bean mixture, and serve over rice.



Turkey Chili

Serves 6 (portion is 1.5 cups) | Prep time: 25 minutes | Cook time: 5 to 8 hours

Ingredients

- 1 to 1½ pounds lean ground turkey or buffalo meat
- ½ cup diced red onion, or more if desired
- 2 Tbls. fresh parsley or cilantro
- 1 heaping Tbls. chili powder
- 1 Tbls. minced garlic
- ½ tsp. crushed red chili flakes
- 15-ounce can white beans
- 15-ounce can kidney beans (no sugar added)
- 15-ounce can black beans
- 15-ounce can pinto beans
- 15-ounce can lentils or adzuki beans
- 4 cups chopped zucchini
- 28-oz can crushed tomatoes
- 1 heaping tsp. sea salt

Directions

1. Brown the turkey or buffalo meat in a skillet and drain.
2. Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover and set aside.
3. Open and partially drain all 5 cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and tomatoes to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours or adjust heat to low and simmer for 6 to 8 hours.
4. Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.



Spicy Black Bean Wrap

Serves 2 | Prep time: 15 minutes | Total time: 15 minutes

Ingredients

- 1/4 cup thinly sliced red onion
- 1 teaspoon minced garlic
- 1/4 cup diced red bell pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1 cup canned black beans, drained and rinsed
- 1 medium cooked sweet potato, diced
- 1/4 cup diced tomato
- 1/2 tablespoon lime juice
- Sea salt and black pepper
- 2 sprouted grain or brown rice tortillas
- 1/2 cup baby kale or spinach

Directions

1. Heat a nonstick skillet over medium heat.
2. Add the onion, garlic, and 1 tablespoon of water and sauté until the onion softens.
3. Add the red bell pepper, cumin, coriander, and cayenne, and sauté for 3 minutes.
4. Add the beans, sweet potato, tomato, and lime juice and stir until heated through.
5. Season with salt and pepper to taste.
6. Divide the filling evenly between the tortillas, top with baby kale or spinach, and roll up.



Chicken Sausage with Brown Rice Fusilli

Serves 4 | Prep time: 10 minutes | Total time: 10 minutes

Ingredients

- 2 cups brown rice fusilli
- 16 ounces chicken sausage
- 2 cups cubed zucchini
- 1 cup broccoli florets
- 1/4 cup minced red onion
- 1 tablespoon crushed garlic
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper

Directions

1. Prepare the pasta according to package directions, being careful to not overcook the pasta. When the pasta is done, strain and rinse it. Set aside.
2. Cut the chicken sausage into 1-inch pieces.
3. Preheat a large nonstick skillet. Add 1 tablespoon of water and stir in the sausage, onion, and garlic. Cook on medium heat until lightly browned.
4. Incorporate the zucchini, broccoli, salt, and pepper, and cook until vegetables are crisp-tender, about 3–5 minutes.
5. Add the pasta to the skillet and toss until warmed through. Serve immediately.



Vegetable Curry

Serves 4 | Prep time: 10 minutes | Total time: 4 to 6 hours (slow cooker)

Ingredients

- 4 sweet potatoes, diced
- 1 onion, diced
- 1 red bell pepper, seeded and chopped
- 1 cup diced carrots
- 1 cup green beans
- 1 cup broccoli florets
- 1 15-ounce can garbanzo beans, drained and rinsed
- 2 large tomatoes, chopped
- 1 6-ounce can tomato paste
- 2 teaspoons curry powder
- ½ teaspoon minced garlic
- ½ teaspoon sea salt
- 3 cups cooked brown rice or spelt pasta

Directions

1. Put all ingredients except the pasta into a slow cooker or Crock-Pot with $\frac{3}{4}$ cup water, stir, and cook for 4 to 6 hours on high or 6 to 8 hours on low. Serve with the pasta.



Spicy Chicken Casserole

Serves 4 | Prep time: 15 minutes | Total time: 1 hour

Ingredients

- 4 poblano chiles, halved and seeded
- 2 cups chopped cooked chicken breast
- 1 cup chopped zucchini
- 1 cup chopped red bell pepper
- 1/2 cup chopped onion
- 2 tablespoons finely chopped fresh cilantro
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon bottled minced garlic
- 1/4 cup bottled salsa
- 4 sprouted-grain tortillas
- Lime wedges, sliced radishes, cilantro, and/or chopped green onions to serve

Directions

1. Preheat the broiler. Place the poblano halves, skin sides up, on a foil-lined baking sheet, and flatten with your hand. Broil 8 minutes or until blackened. Place the peppers in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and discard the skins.
2. Reduce the oven temperature to 375°.
3. Combine the chicken and next 9 ingredients (through garlic) in a large bowl. Stir in the salsa, stirring until well combined.
4. Place the poblano peppers, cut sides up, in an 11 x 7-inch baking dish. Spoon the chicken mixture evenly on top. Cover and bake at 375° for 25 minutes or until the veggies are tender. Serve with sprouted-grain tortillas (Phases 1 and 3 only) and your favorite toppings.



Stuffed Zucchini with Red Pepper

Serves 2 | Prep time: 20 minutes | Total time: 50 minutes

Ingredients

- 2 medium zucchini (about 8 inches long each)
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 2 tablespoons plus 1/4 cup chicken broth
- 8 ounces lean ground beef
- 1 1/2 teaspoons chopped garlic
- 1 teaspoon Simply Organic seasoning (or another seasoning you like)
- 3/4 teaspoon sea salt
- 1/2 teaspoon ground fennel seed
- 2 cups cooked brown rice
- 1/2 cup finely chopped fresh basil

Directions

1. Preheat the oven to 375 degrees.
2. Trim the stem and flower ends from the zucchini. Cut the zucchini in half lengthwise, and then scoop out the seeds and part of the flesh, leaving 1/2-inch of flesh attached to the skin (you can reserve the scooped-out zucchini to throw into a soup, or sauté it with some scrambled eggs later). Microwave the zucchini shells on high for 3 to 4 minutes.
3. Heat a heavy skillet over medium-high heat. Sauté the onions and peppers with 2 tablespoons of chicken broth until they just begin to soften, about 3 minutes. Remove the onions and peppers to a bowl. Add the ground beef to the hot pan, reduce the heat to medium, and cook until the meat starts to brown.
4. Add the garlic, Simply Organic seasoning, salt, and ground fennel and continue to cook until the meat is browned, breaking it into small pieces. Add the remaining 1/4 cup chicken broth and scrape up any browned bits from the bottom of the pan.
5. Remove the pan from the heat. Stir in the cooked peppers and onions, cooked brown rice, and basil.
6. Place the zucchini in a baking pan just big enough to hold them (so they'll stay upright — or cut a thin slice off the bottom to keep them standing up).
7. Divide the filling among the zucchini, packing it tightly and mounding it up.
8. Bake uncovered for 30 minutes, until the zucchini is tender-crisp and the filling is slightly browned.



Black Bean Quinoa Veggie Burger

Serves 6 | Prep time: 20 minutes | Total time: 40 minutes (plus a few hours chilling time)

Ingredients

- 1 teaspoon olive oil
- 1 small red onion, chopped
- 3 cloves garlic, minced
- Sea salt
- 2 15-ounce cans black beans, rinsed and drained
- 2 tablespoons tomato paste
- 1 large egg
- 2/3 cup chopped red bell pepper
- 1/4 cup chopped cilantro
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon chipotle powder
- 2 cups cooked quinoa
- 1 cup rolled oats, ground into crumbs

Directions

1. Heat the oil in a small sauté pan over medium heat and add the onion and garlic. Season them with a pinch of salt and sauté until onions are softened, 5 to 6 minutes. Place the mixture into a large bowl. Add approximately 1 1/2 cans of black beans to the bowl and, using a potato masher or fork, mash all of the ingredients together until a pasty mixture forms. Stir in the remaining beans along with the tomato paste, egg, bell pepper, cilantro, cumin, chipotle powder, and 1/2 teaspoon salt. Stir in the cooked quinoa and ground oats until evenly distributed.
2. Form the mixture into 6 equal patties, compacting them well with your hands as you form them. Place the patties on a parchment-lined baking sheet, cover them with plastic wrap, and refrigerate for at least a few hours or overnight.
3. When ready to eat, remove the sheet from the fridge, and preheat the oven to 400 degrees. Bake 10 to 12 minutes, until the patties are golden brown and crispy, then carefully flip them over and cook another 10 minutes.



Cilantro-Lime Pork Tacos

Serves 4 | Prep time: 25 minutes | Total time: 25 minutes

Ingredients

- 1 pound pork tenderloin, trimmed and cut into thin strips
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1 1/2 cups thinly sliced onion
- 1 small jalapeño pepper, seeded and chopped
- 1/2 cup chicken broth
- 1/2 cup halved grape tomatoes, plus more for serving
- 1/2 cup chopped cilantro
- 2 1/2 tablespoons fresh lime juice
- 4, 6-inch sprouted-grain tortillas.*

Directions

1. Heat a large nonstick skillet over medium-high heat.
2. Sprinkle the pork with the cumin, chili powder, salt, and black pepper.
3. Add 2 teaspoons olive oil to the pan. Add the pork, and sauté 4 minutes or until browned. Transfer the pork to a bowl.
4. Add the onion and jalapeño to pan; sauté 3 minutes or until crisp-tender. Add the broth, reduce the heat, and simmer 1 minute, scraping the pan to loosen browned bits. Stir in 1/2 cup tomatoes; simmer 2 minutes. Return the pork and accumulated juices to pan.
5. Stir in 3 tablespoons of the cilantro and the lime juice; cook 1 minute or until the pork is done.
6. Heat the tortillas according to package directions. Divide the pork mixture among the tortillas, top with extra tomatoes and the rest of the cilantro, and roll up.



Tamari-Ginger Halibut

Serves 4 | Prep time: 20 minutes | Total time: 30 minutes

Ingredients

- 1/4 cup tamari
- 1/4 cup fresh lime juice
- 1 tablespoon minced peeled fresh ginger
- 2 1/2 teaspoons minced seeded jalapeño (about 1 small jalapeño)
- 1/2 cup shredded carrot
- 1/4 cup diagonally cut green onions
- 1 cup sugar snap peas, trimmed
- 1 cup thinly sliced shiitake mushrooms (about 2 ounces)
- 1 cup red bell pepper strips (about 1 large pepper)
- 4 (6-ounce) skinless halibut fillets
- 8 ounces buckwheat soba noodles
- 1/4 cup chopped fresh cilantro

Directions

1. Preheat the oven to 425 degrees. In a wide, shallow dish (big enough to dip the halibut fillets in), whisk together the first four ingredients (tamari through jalapeño) and set aside.
2. Fold four (16 x 12-inch) sheets of heavy-duty aluminum foil in half crosswise. Open the foil and divide the veggies (carrots, onions, snap peas, mushrooms, and bell peppers) evenly among the foil sheets. Dip the halibut fillets into the tamari mixture, turning to coat evenly. Place one fillet on each mound of veggies. Spoon the remaining tamari mixture evenly over each serving. Fold the foil over the halibut and veggies and tightly seal the edges. Place the packets on a baking sheet. Bake them for 13 minutes. Remove them from the oven and let them stand for 3 minutes.
3. While the packets bake, cook the soba according to the package directions, omitting salt and fat. Drain and rinse the soba under cold water. Place 1 cup of the soba on each of four plates, and top each with the contents of a foil packet. Sprinkle each serving with 1 tablespoon of cilantro. Serve immediately.



Epsom Salts Bath

Magnesium sulfate, commonly known as Epsom salts, is a naturally occurring substance composed of two compounds that are essential to our well-being: magnesium and sulfate (or oxidized sulfur). We need magnesium to regulate our enzymes and reduce inflammation, and we need sulfur to create amino acids, digest food, and detoxify the body. Because magnesium sulfate can be easily absorbed through the skin, taking a bath is a simple and relaxing way to boost your levels of both essential minerals while also detoxifying.

What You Need:

- 2 cups Epsom salts
- A warm bath

Step by Step:

1. Add the Epsom salts to the water in your tub.
2. Soak for at least 12 minutes, up to three times per week.



Neem Oil

Neem oil has been used in India for cosmetics and medicine for over six thousand years. Made from the nuts of the neem tree, the oil inhibits the growth of bacteria, fungus, parasites, and viruses. It's also a potent antiseptic that repels biting insects that spread disease, such as mosquitoes and ticks. It heals and increases circulation to the skin. I like neem oil for the Parasite Cleanse because it is so therapeutic and soothing for the skin. This helps the skin work more effectively as a detox organ. Having strong functional skin with good blood flow helps get rid of everything you will be sweating out.

What You Need:

- Neem oil. It is naturally semisolid; it is fine if you find neem oil that is blended with another oil. In fact, it makes it easier to pour.

Step by Step:

1. Add 20 to 25 drops of neem oil to about a tablespoon of a carrier oil (such as coconut oil, grapeseed oil, sesame oil) or lotion. Rub it into your pelvic area and all over your stomach area.



Thai Massage Therapy

Thai massage is like a combination of yoga and massage that is wonderful for your hormones. The stretches and sequences of postures center and ground the body, giving you wonderful long stretches and releasing tight tissue. Happy baby pose, in particular, is great for hormone balancing.

What You Need:

- A massage therapist who specializes in Thai massage

Step by Step:

1. Go get a massage! Relax and enjoy it. Let it relieve your stress as it increases the circulation in your muscles and tissues.



Clay Bath

Clay is a great way to detox from heavy metals and toxicity from environmental sources. There are several types of clay, and it's important to choose the right sort. The best type of clay for a clay bath is bentonite clay. Avoid any products that contain additives of any kind. You want pure bentonite clay. By detoxing through the skin, you take the burden off the liver, which allows it to be more efficient at neutralizing toxins. Don't forget to drink water before and after your clay bath to facilitate the detox effect.

What You Need:

- Bentonite clay (you can purchase this at most pharmacies and online)
- A fine-mesh drain strainer or hair trap, to catch clay clumps that could clog your drain

Step by Step:

1. Measure 2 cups of dry, powdered clay.
2. Pour the clay into running bathwater, avoiding any clay dust that gets into the air.
Mix the clay in with your hand as the tub fills.
3. Step carefully into the clay bath and make sure to keep the clay water out of your ears, nose, and eyes.
4. Soak for at least 20 minutes. Take a lukewarm shower after the allotted time to wash off the clay and rinse it out of the tub.



Infrared Sauna

The infrared sauna is so good for detoxification of heavy metals, chemical pesticides, and plastics. On the Cleanse, I like you to keep things gentle. You want to sweat a little more and get a little hotter, but certainly don't overdo it. If you feel at all dizzy or nauseated, leave the sauna immediately, and drink plenty of fresh water before, during, and after your sauna time.

What You Need:

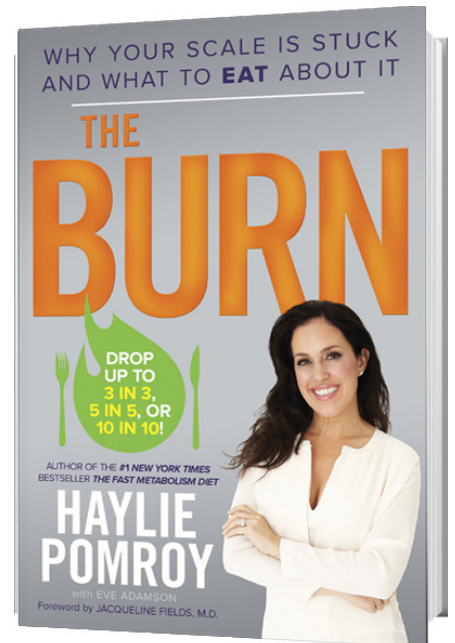
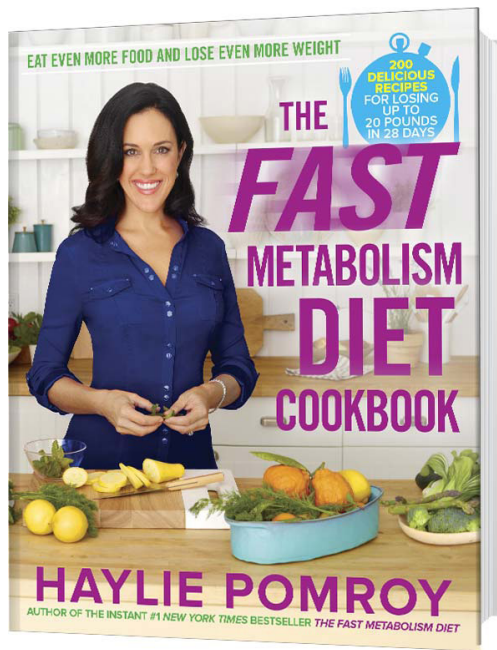
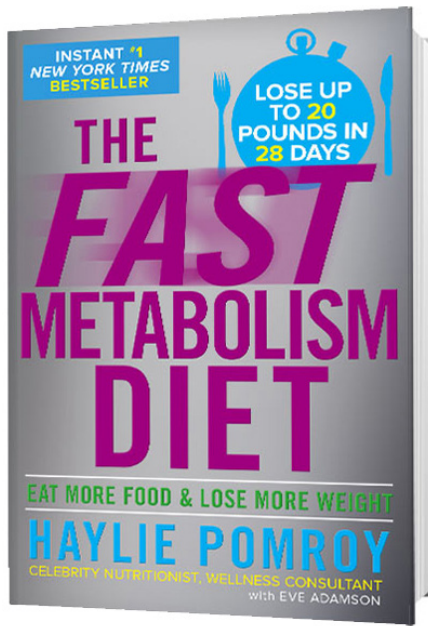
- An infrared sauna in your home or a friend's house or at a community wellness center, gym, or spa
- Plenty of water to drink before, during, and after
- Towels to sit on and for wiping off sweat

Step by Step:

1. Take a warm bath or shower before entering the sauna.
2. Enter the sauna and sit on towels, for 10 or 15 minutes to start, working up to 30 minutes if you continue to use the sauna on a regular basis (the amount of time will depend on the sauna's heat and your personal tolerance—if you start to feel at all uncomfortable, dizzy, or nauseated, leave the sauna). Wipe off sweat as needed.
3. After the sauna, sit for 10 to 20 minutes before showering to allow your body to cool down.
4. Rinse off the perspiration with cool-to-warm water.

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