



# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## Foundation - Digestive - Candida



- ♥ Lose Weight
- ♥ Feel Better
- ♥ Beat the Bloat
- ♥ Be Energized
- ♥ Kick those Sugar Cravings



14 & 28 Day Programs



Dr. Andra Campitelli, ND

## Dr. Andra Campitelli, ND

[www.CampitelliHealth.com](http://www.CampitelliHealth.com)

Dr. Andra Campitelli, ND, is a leading North American Naturopathic Doctor. She received her BSc. (Hons.) in Biomedical Sciences, with a minor in French Studies, from the University of Guelph, ON before receiving her ND from the Canadian College of Naturopathic Medicine (CCNM).

She has a unique appreciation and understanding that education is the key to empowering individuals to take an active role in their own health and well-being. She demonstrates a commitment and passion for health and wellness, fitness and integrated medicine. **She has particular interests in Hormonal & sexual health, specifically Bioidentical Hormones, metabolic Balance, weight Management & Medical Nutrition, as well as Gastrointestinal & Autoimmune Health.**

Dr. Campitelli is a frequent and well-respected speaker, author and guest lecturer throughout Canada and the United States and regularly lectures on the topic of Integrative Medicine.

Dr. Campitelli is currently a licensed Naturopathic Doctor practicing in Toronto, ON.

*"The awareness that health is dependent upon habits that we control, makes us the first generation in history that, to a large extent, determines its own destiny."*

*~Jimmy Carter*



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Lose Weight | Feel Better | Live Better | Take Back Your Health



# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

Lose Weight | Feel Better | Live Better | Take Back Your Health

# Welcome To Your CleanStart



- A Message From Dr. Andi -

...because being healthy doesn't have to be painful

Life is meant to be lived and enjoyed. There are so many pleasures to be experienced; Living a healthy life is about finding a healthy balance - doing what's right, what feels good AND what makes us healthy and happy!

I want to help educate and inspire you to achieve that health and happiness in a way that works for you and that fits into your busy life.

Being healthy is more than just managing your health when you're sick. It's about prevention, by creating a new way of living: *eating well, living with passion, exercising for pleasure, and understanding the value and the impact that these things have on your life.* I want to be there with you, to help you along the way.

I created the CleanStart with the everyday person in mind. I have so many patients who come into my office, all with different health concerns, who *want* to try a Detox, but are terrified! There are so many crazy things out there that, let's be honest, aren't really detoxes AT ALL!

I wanted to share my SAFE Detox. No extremes, no dangerous flushes, no starvation diets (*Lemon water, cayenne and maple syrup anyone? NO? Didn't think so. Me neither.*)

I wanted to share a *healthy* Detox to help get you back on track. This means making some diet changes for a short period of time and adding in some safe, gentle and *non-laxative inducing* supplements, if desired. I don't really even like the word "detox". It gets thrown around a lot, and is now commonly linked to "flush," "laxative" and "starvation."

In a normal detox, you're really just giving your body a break, a boost and a healthy CleanStart. So, if an intense, fast-fix, laxative-inducing, starvation diet is what you have in mind, then my CleanStart Cleanse isn't for you.



# Welcome To Your CleanStart



- A Message From Dr. Andi -

So many people are terrified to start a Detox of any kind because of all the misleading information out there, as well as the side effects of some of the extreme supplements used in various Detox programs. Remember, laxative use does not equal detoxing. Neither does starvation. If weight loss is your goal, these things WILL get you there in an extreme and unsafe way. But, chances are, you've tried this already and you're still trying to lose that weight! So let's do this properly. Together.

There are **three Versions** of the CleanStart Cleanse each with different phases and different dietary changes: **Foundation, Digestive & Candida.**

They can be used to kick start your weight loss, as a gentle cleanse, or as a dietary and supplement program for people with *suspected food sensitivities, digestive concerns [gas? bloating? constipation? reflux?] and/or people suffering from Candida.*

It is designed to omit from your lifestyle foods and chemicals to which you may be sensitive or that may be having a negative impact on your health and your body, as well as attacking Candida overgrowth, if necessary. **It can help reset your body and your metabolism, identify food sensitivities, improve digestion, improve your immune system, get rid of that annoying bloated feeling, brain fog & fatigue, push pass your weight loss plateaus, kick your sugar cravings, boost your energy and so much more...**

The CleanStart does not eliminate *any* food groups - **carbs, fats and proteins are allowed!** (we're just changing how you eat them). The focus is a **healthy diet that will fit into you busy life and create sustainable results. No extremes. No crazy.**

***I want to help you be the healthiest version of you!***

**Good Luck!**



Live Well | Love Life

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# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## The Basics.



### Getting Started



Everything you need to know  
about your  
**CleanStart**  
& detoxing safely



Dr. Andra Campitelli, ND



## A Few Need-to-Knows

### Basis of the CleanStart Cleanse

**T**he CleanStart Cleanse is based on a variety of different dietary principles with which you are probably mostly familiar. This CleanStart is a blend of an anti-inflammatory diet, a few paleo principles, intermittent fasting, FODMAPS diet, typical elimination diets and ketogenic plans. I've taken the best (and safest) of the bunch (and the research, although I won't bore you with that part of it), and put it together into a concise, easy-to-follow plan that works for you.

It's not a crash or intense weight loss plan all at once. It's designed as a safe, gentle cleanse that will give you the results you're looking for, with gradual, sustainable results.

The CleanStart does require SOME effort. Let's be honest, there are no quick fixes. If you're looking for the easy route that miraculously fixes everything without you having to change a thing – you're going to be looking for a while.

If that's you, you have probably tried every other diet out there and yet here you are. Looking one last time. So I'm glad you found me. This is a sign that's it's time for you to make a change. The CleanStart isn't drastic and all-consuming, but it will take some planning and some work. And it WILL be worth it.

### What is a Detox? What is the CleanStart?

**T**his is the most common question people have for me. What, exactly, IS a detox? An excellent question. Especially with all the crazy stuff on the market. What a detox is REALLY and what the CleanStart Cleanse focuses on, is eliminating foods and chemicals that stress the body, foods that are common allergens, or foods and chemicals that might be irritating, hurting or taxing the body.

We want to **take them out for a short period of time**. While we do this, **we want to support the organs that help our body to detox**.

Our body **is naturally detoxing all the time!** The *kidney, liver, digestive tract and skin* being the key organs that help with the process. BUT, just like a drain, *these organs can get a little backed up* and may need a little bit of help to do what they're supposed to do. We want to give the body a little break and fill it up with healthy, nutritious, non-stressing foods and nutrients - and get everything back on track.

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"I'm not telling you it's going to be easy. I'm telling you it's going to be worth it."

~Art Williams

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# CleanStart Cleanse

## - Decoded -



### A Few Need-to-Knows

#### What's Going to Change?

**T**he CleanStart Cleanse is a dietary-based cleanse. That means we're going to be making some dietary changes. *\*GASP\**

As mentioned before, there are 3 different levels of the CleanStart. Each level builds on the level before it, with additional dietary changes, in order to address whichever phase you're in.

**So what are the primary things that are going getting kicked out?** Take a deep breather.... Now keep reading.

*The obvious:* **sugar & alcohol** are out. But you knew that was coming.

*We'll also be eliminating (depending on which cleanse you follow) gluten, dairy, and in some cases, we'll be eliminating grains, and even various legumes and fruit.*

The rationale behind these eliminations is explained in the pages to come. If you don't **REALLY** want to know, you're more than welcome to skip the next section, just pick your CleanStart and get going!

But I encourage you to read! The more you know, the better you'll do. Knowledge is power, and it's nice to know **WHY** I'm asking you to do some of these things. Good luck! 😊

You take your car in for an oil change a few times a year.  
You flush out the gunk, fill'er up with fresh oil, clean out the air filters and then keep on going.

We need to do the **SAME** thing with our body. Clean it out, fill it up with some good, healthy nutrients and keep moving.  
(and if you can keep up some of those good habits throughout the year, that would be even better!)



## A Few Need-to-Knows

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## Detoxification & Weight Loss

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**W**eight loss. It's rare to find someone who doesn't have weight loss in mind. Whether it's to lose weight, gain weight, maintain weight, it's a topic at the forefront of most people's minds.

And, with obesity trends on the rise, it's with good reason. Many people embark on a detox with the goal of losing weight. Now, don't get me wrong, this is a GREAT way to start any weight loss plan, but it's not the actual goal of a detox. It is, however, a great end result and an awesome motivator to stick with it.

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Obesity trends in North America are closing in on 70% of adults. Meaning 7 out of 10 adults are overweight or obese.

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Toxins CAN contribute to weight gain and water retention, since they love to sit right in our fat cells. So detoxing is a great way to assist in weight loss.

They tend to go hand-in-hand. Unfortunately, this is what propels people to those crazy diets and cleanses. They want the quick cleanse, but really, they want quick weight loss. *Slow and steady, my friends.* This is what *always* wins the race. You already know this. But we humans have this uncanny ability to ignore our own reasoning.

We KNOW crash diets don't work. So, let's exercise our common sense and patience. Starting now. If you're starting the CleanStart to lose weight, WONDERFUL! This is an amazing first step. What you're really doing is learning a new way of eating and creating new habits that you will hopefully keep long after this detox comes to an end.

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What if I'm losing too much weight?

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I know. A shocking question. What is this craziness of which I speak? Since most people are generally trying to LOSE weight, who are these

mythical beings who want their weight loss to stop?! Get past the shock, and know that on rare occasions, some people aren't actually trying to lose the weight, and find that while on the detox, they're dropping pounds they want to keep.

In this instance, you need to double check your calorie and fat intake!!

You **NEED** to get those healthy fats in! (I know, this little paragraph is just full of crazy info). See more on "[Eating fat won't make you fat](#)" below.

If you end up eating chicken and lettuce the entire time, you'll probably lose more weight than you need. You'll be unable to keep it off later – and be missing some important nutrients! You'll also be starving and have zero energy. Fun, Fun. Oh, wait...

## A Few Need-to-Knows

### What the CleanStart is (and isn't)

It's important to acknowledge what this Detox is and isn't. What it IS is a Clean Eating cleanse that will establish healthy eating habits and patterns. It will eliminate foods that are irritating and allergenic. It will fit into your life and lifestyle, because it's flexible. You mold the CleanStart Cleanse to YOUR life, not the other way around.

What it isn't? This is not a FAD diet. If you lose weight on the detox, great! And if you continue to live a healthy life afterwards, you will be able to maintain the awesome results. (you've got to take SOME responsibility for your health here!). It's not a gimmick.

It is NOT a flush. You won't have to stay within a 20 foot radius of the toilet at all times. It's not a crazy starvation diet. It's not forcing you to count calories (that right, NO calorie counting). We're NOT cutting out carbs OR fats.

There's a reason they exist in the first place.

You will still be able to go out for dinner and not fear having nothing to eat. You should NEVER be hungry or starving on this detox. That's not the point. That is NOT detoxing.

### Detoxification & Supplementation

The question about supplements is a great one.

There's only one answer here as well. You SHOULD ABSOLUTELY take supplements while detoxing in order to get the best results (*Standard disclaimer, but just in case you didn't consider this: that is, of course, that your health allows you to do so; it won't interact with your meds; and, your healthcare provider thinks it's right for you*). As mentioned above, the point of a detox is to support the organs of detoxification and supplementation is

the best way to do this. You CAN do this through food, but you get more powerful effects with the supplements, since it's in a much more concentrated dose.

There are three different detoxification options in this book. There are so many different supplements that can be used during a detox, but I'll share my personal faves.

The goal will be to support the organs, especially the liver and the digestive tract. Both of these need to be functioning optimally so that we can get rid of all those toxins. This is the case, especially with the digestive tract.. If you aren't eliminating, the toxins sit in your body, you've just put them in a different place.



## A Few Need-to-Knows

## Supplement Quality

If you're of the opinion that supplementation is unnecessary or ineffective or lacking in research, I *implore* you, *beg* you, to do some research of your own.

This is simply NOT true and there are thousands upon thousands of studies showing the benefit of supplementation. And EVERYONE should be doing it.

The key to supplements lies in the quality. At the end of the day, you get what you pay for! If it sounds too good to be true, it probably is. 3-for-1 deals at the local drug store? Just pass. I always advise people to skip buying from the local drug store and to purchase from a reputable health store instead.

**Quality DOES matter.** If you want uncontaminated supplements that do what you want them to do, then it's worth paying a bit more for them .

## Signs That it's Time to CleanStart

**T**here are many signs that it may be time to detox. For women, I often say a great time is when you start to feel a bit " off," and yet nothing has changed. You feel like you're holding water, you feel sluggish, bloated, tired and after ruling out everything else, you still can't pinpoint why you feel so unwell. Your clothes are snug, but you haven't gained a pound. You feel lethargic during the day In my books, these are all clear sings that it's Detox time!

So MANY things can point to the fact that it may be time to begin a detoxification program, although these vary for each individual.

Below is a list of common symptoms and conditions that may benefit from the CleanStart Cleanse

*\*But make sure you've seen your doctor to rule out anything serious!*

- ♥ Recurrent Ear Infections
- ♥ Chronic Muscle Aches & Pain
- ♥ Chronic Fatigue
- ♥ PMS & Hormonal Imbalances
- ♥ Mood Disorders: Depression/Anxiety
- ♥ Thyroid Imbalances
- ♥ Fertility Concerns
- ♥ Insomnia
- ♥ Digestive Concerns
- ♥ Diarrhea and/or Constipation
- ♥ Depressed Immune Function
- ♥ Water Retention
- ♥ Foggy/Cloudy Thinking
- ♥ Dark Circles Under Eyes
- ♥ Low Energy
- ♥ Gas & Bloating
- ♥ Heartburn
- ♥ Chronic Headaches
- ♥ Bad Breath
- ♥ Metallic Taste in Mouth
- ♥ Night Sweats
- ♥ Sensitivity to Odours

If any of the above hit home for you, then you know it's time. You just have to pick which CleanStart is right for you (which you can do a bit later).

However, even in the absence of any of the above, an annual Detox is still a great idea.

## A Few Need-to-Knows

### What to Expect From Your CleanStart Cleanse

**T**he Detox experience is different for everyone. Some people will start a Detox and feel great from Day 1. Other times, it's not so easy. I call this the Detox Die-Off Phase.

It is quite common to experience symptoms of discomfort at the beginning of a detoxification program. Most people describe them as cold-like symptoms during the first few days..

These symptoms are letting you know that your body is working hard to get itself back into balance. Your body is so used to consuming certain foods that you may go through a phase that is similar to withdrawal. It's not uncommon to be addicted to unhealthy foods you eat regularly ( esp. sugar, caffeine). So, be patient with yourself as your body starts to move into a new way of functioning.

I encourage you to allow these symptoms to unfold as they will pass within a few days (although if you do feel VERY unwell, STOP and

consult your healthcare provider to make sure nothing more serious is going on!). Common symptoms, such as headaches, may be telling us that we need more hydration, or that we should address the level of stress in our lives.

Constipation can be a sign that we are detoxing heavily and need to help our bowels regulate. Emotional detoxing is also quite common and some people may struggle with feelings or emotions that come to the surface. This may be a sign that certain areas of life are calling out for more attention.

Take note of your symptoms as you detox, rather than covering them up. This is a great way to understand the root cause of why you feel the way you do.

### When NOT to Detox

**T**his might sound a bit odd, but there ARE

periods of time when detoxification just isn't the right thing for you. Most people assume that detoxification is great at ANY time, but that's not always the case.

So, when should you skip out on the Cleanse?

- 1. Chronic Illness:** If you have been diagnosed or suffer from a chronic illness, detoxing may not be right for you. The healthy dietary changes are usually quite safe, but it's important to consult your healthcare provider and make sure that your body is healthy enough to handle it. If you're run down, overworked, suffering from an illness currently, it's probably best to do this with supervision.
- 2. Medication:** If you're taking any medication, the Detox might not be suitable for you. It's always an option to engage in the diet part of the Detox only and skip the supplements. Again, make sure you check with your healthcare provider.

## A Few Need-to-Knows

### A Note for Those With Disordered Eating Patterns

**3. Severe Fatigue & Stress:** If you're feeling run down and exhausted, you may think this is the best time to detox. In reality, it probably the worst. If you're extremely stressed, overwhelmed, run down, or getting sick all the time, then this probably isn't the best time. Detoxes can be stressful on the body to start, so it's a better idea to make a few positive lifestyle and diet changes. Try to build the strength back up in your body and THEN consider detoxing when you feel well enough to manage it.

The last time I decided to detox when I was run down, I got shingles! That's right, at 29 years of age, I was exhausted, stressed, run down, lacking sleep and working too much. (and obviously not living the way I should have been). We can make bad choices when we're tired, even when we know better. So, I started a detox because I felt so awful, and within 1 week, I was kicking myself. Although the week in bed *DID* force me to get the rest my body was craving.

Be patient with yourself. Understand your body and know when it's the right time lose weight, pick up the exercise, or start a detox. You may just be doing yourself more harm than good by overdoing it. Cleanse or a detox can be extremely healthy and

supportive to the body, when done the right

**A** cleanse or a detox can be extremely healthy

and supportive to the body, when done the right way. However, if you have ever suffered, or currently suffer from disordered eating of any kind, be it anorexia, exercise bulimia, bulimia, binge eating, emotional food consumption (or lack thereof), or any unhealthy relationship with food, then I caution you before you proceed.

As someone who has suffered and overcome my own eating disorder in the past, I understand the detriment that can come about from placing an excessive focus on what you eat. Restrictions and eliminations of any kind may not be in your best interest when you are still in the throes of your disordered eating pattern. Even if you feel that you have overcome your disordered eating habits, I want you to think long and hard before beginning anything that causes you to analyze the things you eat all over again.

It's a struggle that usually continues to follow you, something you need to make sure you don't fall into

all over again. So make sure that, mentally, you are in a place where you can engage in a cleanse without it talking over your life, throwing you back into those old patterns, or even creating new unhealthy ones. It's not uncommon for one form of disordered eating to be replaced by another. My eating disorder last from the age of 17-25, but changed from one form to another as I went through. I went from not eating, and moved onto exercise obsession, (anything less than 2hours wasn't worth my time) before coming back to a place that was healthy for me, both mentally and physically.

Know yourself and acknowledge where you are. If you are currently struggling with your own relationship with food, I suggest that you seek help and begin to heal before even considering any form of cleanse or detox. Nurture your body. Heal your body. Love your body and yourself. Come back to a place of health and peace with who you are. Begin only when you know that you're mentally able to engage in a cleanse without it impacting your state of mind. I know it took a lot of work and personal growth to get you here. Be proud of what you have achieved and don't do anything that will compromise the amazing work you've done.

## A Few Need-to-Knows

### CleanStart Cleanse – Time Frame

### Easing Into Your CleanStart

**T**he time frame of your CleanStart is quite important. It needs to be an adequate amount of time to achieve the desired effect. But, I understand that some people just aren't at a place where they want to commit to it for a month. 28 - days is the desired timeframe for the CleanStart. Although this time frame is often extended in the CleanStart-Candida phase.

If the idea of doing this for 1 month has you on the verge of throwing this book out, don't worry, I've got another option for you.

I'm willing to bargain with you. If 28 days seems like a lifetime, then let's start with **14- days**. It's all about what works best for you. Although, I strongly encourage a **28-day timeframe**. (It's only 28 days out of 365. In the grand scheme of things, it's really not *that* long). But any start is better than no start. So let's go for 14-days and we can take it from there.

People often end up continuing for the full 28 days

anyway once they realize how great they feel and that it's not THAT difficult.

I actually recommend permanently following some of these principles once your CleanStart Cleanse is over.

You'll notice such an improvement in general health and the basic principles aren't difficult to maintain once you've started. But, more on living well after your CleanStart later in the [Maintenance Guide](#).

### Weight Loss Time Frame

If your goal is to lose weight, you will probably want to continue on your CleanStart a bit longer. The diet is very safe, so you can just keep on going until you hit your weight loss goals.

A 3-month timeframe is generally a good time-line for weight loss. Don't worry, cheat days are allowed here, but try and stick with it for a full month before throwing those in. More on cheat days in the [Maintenance Guide](#).

**W**hen you start a cleanse where you have to eliminate some commonly consumed foods, you become very aware of how often you actually eat them. You also end up feeling that you can't eat anything until you get the hang of your new diet changes.

We are creatures of habit and all of the sudden, you can't eat your typical milk and cereal for breakfast or food court lunch that you've been eating for years. There is actually some prep involved. Some people work better just going cold turkey. During your CleanStart, it is encouraged that you embrace a grain-free diet

For those of you who look at the words "grain-free" and start to get nervous (some people even get angry – responses vary depending on how much you love your bread), then let's lead up to it. Remember, this is ONLY for 28days!! Here's what I suggest.



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 Easing Into Your CleanStart
 

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**S**ome of us need to do things a bit more slowly. That's ok too! You CAN embrace your CleanStart gradually, since we're taking out some foods that you probably eat *all the time*. Like gluten. And grains.

(See how I snuck that in there really casually?! Now take a deep breathe, try not to roll your eyes and keep reading. I'll tell you why these come out in a second ).

I encourage going entirely grain-free. But if that's too much all at once, then start off going gluten-free (more on these difference below) and ease into the grain elimination.

I want this to work for you, not overwhelm you or freak you out so that you end up doing nothing.

If you can't commit to all the changes, then commit to SOME of them. But you've got to start somewhere.

Try the guidelines below to ease into it.

### 14-Day Clean Start

#### Day 1 - 5:

Begin the CleanStart Program of your choice, following the diet outline, but gluten-free, instead of grain-free one.

Limiting gluten-free grains/fruit intake to 2 to 3 times daily. Dinner should be grain-/fruit-free.

#### Day 6+:

Continue with your chosen CleanStart and begin a grain-free diet.

### 28-Day Clean Start

#### Week 1-2:

Begin the CleanStart Program of your choice, following the diet outline, but gluten-free, instead of grain-free one.

Limiting gluten-free grains/fruit intake to 2 to 3 times daily. Dinner should be grain-/fruit-free.

#### Weeks 3+:

Continue with your chosen CleanStart and begin a grain-free diet.

# CleanStart Cleanse

## - A Few Extras-



### A Little Grainy

#### Grains: What's up?

**T**he rationale behind eliminating sugar, alcohol and caffeine is pretty easy to understand (yes, those are out too). The rationale behind gluten and grain elimination can be a bit harder to grasp, but is equally as important.

If you're one of those people who gets irritated by the "hype," I'm sorry to say, there's actually something to it.

The problem isn't just gluten, it's actually wheat as well. Without getting into TOO much detail (this could be a full book on its own), aside from being a very common allergen, grains contain nutrients (or anti-nutrients, as they're often called - gluten, saponins and lectins) that are shown to be detrimental to our health.

They actually contribute to inflammation (the root cause of pretty much every disease out there), harm the lining of the digestive track, disrupt our immune system, trigger weight gain and are a contributor to many different chronic conditions. In general, we have difficulty digesting grains, they can contribute

to a ton of different health problems and they're in pretty much everything.

Another issue is that the food pyramid, now the food plate, encourages the regular consumption of "healthy whole grains," so people get confused when it is suggested that they eat "grain-free".

The problem is that the grains we eat today aren't the same grains our grandparents consumed, especially with the current genetic manipulations.

Our grains aren't *technically* genetically modified, but they ARE genetically *hybridized*. Tricky, tricky.... (Show of hands who can tell me what the difference is...?)

They also contain WAY more gluten than in the past, which may be why so many people respond so poorly to it. AND cause an awesome spike in your blood sugar.

Once you eliminate grains, you may find improvements in health that you weren't even expecting – skin, focus, joints, concentration.

I suggest that instead of being skeptical, just give it a

try and see how you feel. It might be a little inconvenient at first, but what have you got to lose? You definitely have so much to gain.

It's important to remember that eating grain-free does not mean eating carb-free. Although you are eliminating all sources of grains, including rice, crackers, pasta etc., you can still consume carbohydrates.

Carbohydrates are not only found in grain sources, but also in vegetables, legumes and fruit, which are allowed during your CleanStart.



# CleanStart Cleanse

## - A Few Extras-



### A Little Grainy

#### Gluten-Free vs. Celiac Disease

You can still have a sensitivity to gluten and wheat, without being diagnosed with Celiac disease (an autoimmune condition leading to a hypersensitivity to gluten and an inability to digest it) – another common misunderstanding.

Although I do not have celiac disease, I do indeed have a gluten sensitivity. My post-meal “gluten-baby belly” bloat is proof enough. Just because you’re body hasn’t initiated an auto-immune response, as seen in Celiac Disease, does NOT mean you can’t have difficulty digesting gluten.

As mentioned above, if you’ve been diagnosed with Celiac Disease, you know you need to cut out the gluten. So, why would we take it out if you don’t have Celiac?

For YEARS, gluten has been associated with negative side effects and various medical conditions, but can present itself in different ways in everyone. Joint pain, skin conditions (eczema, psoriasis), bloating, brain fog, fatigue, exacerbated autoimmune conditions and so much more.

You’ll probably be surprised at how great you feel when you take it out of your diet. Don’t knock it ‘til

you try it. For people who are largely gluten intolerant (as I am), you might get digestive upset, migraines and bloating, symptoms that are just more prevalent.

For the “gluten/grain-free” skeptics, don’t scour the internet to try and show me why I’m wrong. Open your mind, and Just TRY it. That will be all the evidence you need.

#### The Difference Between Wheat, Gluten & Grains

These three terms can be confusing, as they are often used incorrectly, and do not refer to the same thing.

**GLUTEN** is a protein that acts like glue to hold foods together. It is found in wheat, barley, rye and triticale (a hybrid of rye and wheat). Oats are an in-between, as they don’t contain gluten themselves, but are often contaminated with gluten during growing or processing.

You can find gluten-free grains, such as millet, quinoa and rice.

**WHEAT** is a bit more obvious. You can think if this

as any product that lists wheat as a ingredient, but the more complex ones are durum, semolina, emmer, spelt, farro, kamut and einkorn. ALL wheat has gluten in it.

**GRAINS** encompass a large group of foods, mostly: wheat, rice, corn, quinoa\*, barley, millet, oats, and rye.

Individuals can have a wheat sensitivity, a gluten sensitivity, or both.

So, where will you find gluten? Everywhere. In bread, cereal, crackers and also in condiments. You’re going to become a label-reading machine, which is amazing, because you’ll become so aware of what is actually in our food. Sadly, you won’t be pleasantly surprised.

When we talk about eating “**Grain-free**” during your CleanStart, this means removing both wheat AND gluten, even the gluten-free grains that don’t contain wheat, such as rice.

Confused? Don’t worry. As long as you can identify what you can and can’t eat on you’re CleanStart, you’re good.

## - A Few Extras-

### Wheat & Gluten

#### Gluten & Wheat Containing Food Lists

	Gluten-Free (Enjoy)	Gluten-full (AVOID)
<b>Beverages</b>	Water, tea, carbonated beverages, coffee, cocoa with no wheat flour, almond, rice, goat and cow's milk	Coffee substitutes, malted milk (Ovaltine), beer, instant coffee, if wheat flour added
<b>Breads, Cereals, Pasta</b>	Bread/flours/crackers/pasta/treats made from: <ul style="list-style-type: none"> <li>• Rice</li> <li>• Millet</li> <li>• Amaranth</li> <li>• Quinoa (although this isn't quite a grain)</li> <li>• Oats* (Find pure, uncontaminated sources)</li> <li>• Soybean+</li> <li>• Corn+</li> <li>• Pure buckwheat</li> <li>• Potato flours,</li> </ul>	Wheat, rye, barley Flours, bread, rolls, pancakes, breads, bagels, muffins, biscuits, waffles, crackers, pretzels, bread crumbs, breaded foods made from these flours (unless specified as gluten-free)
<b>Fruits</b>	All	None
<b>Meats, Fish, Eggs, Cheese</b>	Meat, poultry and fish prepared without breading, eggs, all cheese except some cream cheese spreads	None unless breaded or prepared with sauces or dressing that contain gluten
<b>Starches</b>	White potatoes and sweet potatoes	Noodles with gluten or whole wheat

	Wheat Products (to be avoided – ALL contain gluten)	
<b>Wheat Sources</b>	<ul style="list-style-type: none"> <li>• Couscous</li> <li>• Flour</li> <li>• Food Starch (usually wheat)</li> <li>• Fu (dried wheat gluten)</li> <li>• Bulgar Wheat</li> <li>• Durum Wheat</li> <li>• Abyssinian wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Farina</li> <li>• Kamut</li> <li>• Spelt</li> <li>• Manna</li> <li>• Miso</li> <li>• Modified food Starch</li> <li>• Einkhorn wheat</li> </ul>
<b>Commonly Contaminated with wheat</b>	<ul style="list-style-type: none"> <li>• Beer</li> <li>• French Fries</li> <li>• Gravy</li> <li>• Liquorice</li> <li>• Gum Base</li> <li>• Horse Radish (can find a wheat-free version)</li> </ul>	

\* There is controversy on oat's gluten-free status, as it can become contaminated during processing.

Look for oats labelled gluten-free.

+ Although these are gluten-free, they are not to be consumed during your CleanStart

\*\* In restaurants, just ask! The servers and chefs are more than happy to accommodate your dietary requests.

For more information on gluten and eating gluten-free, take a look at these resources. Although the foods mentioned in here won't necessarily be CleanStart- friendly, it will give you more information, if that's what you're looking for!

[www.glutenfree.com](http://www.glutenfree.com)

[www.celiac.ca](http://www.celiac.ca)

[www.celiaccentral.org](http://www.celiaccentral.org)

# CleanStart Cleanse

## - A Few Extras-



### MILK - Does it do a Body Good?

#### Dairy: What's the Deal?

This is another common debate amongst most people. What's *actually* wrong with dairy?, You might be thinking, "I drink it, my parents drank it, my grandparents drank it...". The problem is that dairy isn't all that great for you, even if everyone you know drank it growing up and despite how it's advertised.

When I was in school, I refused to jump on the "dairy-free" bandwagon, even though I couldn't drink it, since I'm lactose intolerant (I'm a lot of fun in restaurants). I refused to ask my patients to take it out of their diet, unless they had to. But I could only refuse for so long before the research and the results I saw in my patients were too glaring to ignore. I didn't want to do the "typical" thing and make *everyone* come off it, but it has to happen, at least for the CleanStart. Dairy hasn't actually been shown to improve bone mass density, has been linked to inflammation and even prostate cancer. Plus, 75% of us are lactose intolerant and can't digest it anyway. We're not really supposed to drink milk past 2 to 3 years of age. The enzymes needed to break it down naturally decrease as we age.

That aside, it has been shown to irritate gut health and since we're detoxing (aka restoring and optimizing), the last thing we want to do is throw off the health of our gut, a primary organ of detoxification and one we want to support. Dairy has also been found to worsen

IBS/IBD symptoms (Crohn's/colitis sufferers should just say NO) and contribute to allergies, sinus problems, constipation and even diarrhea. It's a *key* component to be eliminated during your CleanStart.

#### Eating Dairy-Free

Eating dairy-free can be daunting for many people, so it is often a good idea to mentally prepare yourself for the change. Focus on the dairy products you CAN consume, as opposed to the ones you can't. Although, chances are, whatever your dairy craving might be, there's a dairy-free alternative! And don't be afraid to eat out! Most restaurants accommodate food restriction, all you have to do is ask!

#### Kefir

This is a fermented dairy product rich in nutrients and good gut bacteria, and it is also beneficial to immune and bone health. If you DO chose to indulge in dairy products, this is a better choice and is low in lactose content. You can also find lactose-free kefir.

#### Soy

If you do indulge in soy products (which I don't advise), I suggest focusing on fermented soy products, such as tempeh and miso, and avoiding non-fermented products, such as tofu. If you choose to drink soy milk, make sure it is organic and non-GMO.

**Butter:** Go ahead and enjoy! Although we are removing dairy from our diet during the CleanStart, grass-fed, organic butter isn't a problem on our plan. If you are lactose-intolerant, you'll have to test the water and see if you can tolerate butter or not

**Milk:** Nut, coconut and even hemp seed milks are widely available, not just at natural food stores, but also at just about every supermarket.

**Cheese:** There are several non-dairy cheeses on the market, but always check the label for casein or sodium caseinate, or any added milk products. Daiya is an option, and even comes shredded and melts really well. Goat Cheese is a much better alternative in a pinch. Our bodies seem to digest this form of milk a bit better, as it has a more easily digested form of casein (another protein found in milk). It also has a lower allergen potential, causes less inflammation than cows milk, and is very high in calcium. So generally just a better option all around!

## - A Few Extras-

### On a Sweet Note...

#### A Note on Sugar...

When you look at the list of eliminated sugars, you'll see some that are recommended and others are suggested to be limited. The reason? Some sugars are more refined than others. The goal of the CleanStart is to consume the least processed foods.

The more processed the food, the worse it is for you. Honey is barely processed, so raw, local, organic honey is an excellent option (in small amounts, of course)!

It is beneficial to severely limit your sugar intake, since most people are addicted to sugar anyway. Sugar has been found to be more addictive than cocaine (no joke!), which is why it's so hard to kick that habit and so many people find they can't seem to live without it.

What you'll find during your CleanStart is that as you increase your healthy fats and decrease your sugar intake, **your food cravings will decrease dramatically**. If you do indulge, then chose a

more natural source! This is where it becomes important to read labels, since food manufacturers are gifted at hiding sugar in foods you wouldn't think to find it in.

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#### Artificial Sweeteners ... just say no.

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I'm a proponent of living life in balance. There are very few things that I will say I'm staunchly "against".

But, when it comes to artificial sweeteners, I give it a flat out **NO**. I repeat NO. Just skip it.

These little beauties are just NOT worth it. All other side effects aside (migraines, digestive disruption, insomnia, joint pain, memory loss, etc.), they are a huge strain on the liver when it comes to processing them.

**They have been shown to ENCOURAGE weight gain**, encourage the body to store fat and can worsen food cravings.

That includes sucralose. The not-so-natural

sweetener, despite what the marketing says, high fructose corn syrup and all the other sugars that are supposed to be better (or no worse) than the real thing.

Diabetics used to be encouraged to use these alternatives, but they are now finding these aren't such great choices. Stick with Stevia, or the unrefined options. The artificial versions just aren't worth it.



# CleanStart Cleanse

## - A Few Extras-



### The Perfect Cup

#### Caffeine. To Drink or Not to Drink...?

**F**or the coffee lovers who are getting nervous just reading this section, take a deep breath – and a long sip from your perfect cup. When it comes to coffee, I don't *always* eliminate it while on a Detox. It depends on each individual. Only *you* know how in need you are of a bit of liver relief.

Caffeine consumption isn't *actually* bad for you, unless you are sensitive to it, or have a preexisting condition where you shouldn't be consuming it.

Caffeine is a wonderful source of antioxidants. However, it is something that still needs to be broken down and detoxified via the liver, along a similar pathway as other toxins in the body that we need to eliminate.

The entire point of a detox is to relieve our toxic burden and to stop stressing out our over-stressed detox organs, especially the liver, which is the most important one. So if your liver needs a break, then take it out.

If you **ARE** a coffee drinker, remember to cap your intake at 4 cups, max! And even that is a little high. That's generally where the negative side effects start to kick in. I prefer to stick to 2 cups, as a safe option (and I don't mean 2 Venti's).

If you're a sugary latte drinker, that habit needs to be kicked as well. Stick with a good old cup of pure coffee. Why would you want to mess with that glorious flavor anyway?

For those who drink coffee regularly, know that you can become resistant to the effects of caffeine, which used to give you a nice energy boost.

People often then find themselves with frequent headaches and fatigue or sluggishness *after* their perfect cup. NOT what you're after from your caffeine fix. And maybe a sign to lay off for a bit.



## - A Few Extras-

### The Perfect Cup

#### Caffeine. To Drink or Not to Drink...?

##### Stress & Caffeine.

It's important to remember that caffeine can stress the adrenal glands. These are 2 little glands that sit on top of the kidneys and are responsible for the release of our stress hormones, as well as adrenalin. Stress stimulates the adrenal glands to produce stress hormone and coffee also stimulates the adrenal glands to produce that adrenalin – which is why you get a nice energy kick from it. *However*, if you're under a lot of stress, this is not a good thing. Your adrenal glands are working over-time to make those stress hormones, and the caffeine is just making them work harder. When you're over stressed, sometimes your adrenal glands can't even manage to make the stress hormones, much less the additional push from the coffee, asking them to work harder and produce MORE hormones.

Even though you may feel extra tired when you're stressed, the caffeine won't help you. What you actually need to do is manage your stress and

support your adrenal glands (this topic could be a book in itself), and cut the caffeine for a bit – it will just make you feel worse.

If you find that you've been seriously stressing out your liver in the last little while (have you been drinking too much, taken a lot of medications?), or that you are under a large amount of stress, then I suggest eliminating the coffee during your CleanStart. As a coffee lover, I understand the pain that statement causes. But I've done it, and so can you.

If you are a serious coffee drinker, and think that going cold-turkey might be a bit much, then I suggest you slowly taper down to avoid withdrawal headaches. Unless you want to just go right for it!

**Sample taper for a 4-cup per day coffee drinker:** (you can spread the taper over 2 days, if that's better for you)

<b>Day 1:</b>		
<b>Day 2:</b>		+ 1 cup green tea
<b>Day 3:</b>		+Decaf/Green Tea + Decaf/Green Tea
<b>Day 4:</b>		+Decaf/Green Tea
<b>Day 5:</b>		+ Decaf/Green Tea + Decaf/Green Tea
<b>Day 6:</b>		+ Decaf/Green Tea
<b>Day 7+ :</b>		Green Tea



# CleanStart Cleanse

## - A Few Extras-



### Beverages.

#### A Note on Alcohol

I understand the love of wine just as much as you. I'm a regular wine drinker and think eating dinner is odd without a glass of wine to pair it with. That said, alcohol needs to be processed through the liver and can cause massive stress on the organ, especially if you've had a holiday or a celebration and over-consumed a little.

This is why we want to take it out for the period of the *entire* CleanStart. And this change isn't very negotiable.

Although studies show wine can be good for you (and it can be!), it can also disrupt gut bacteria, and seriously stress out the liver if you've had too much. Give your body a break, and come back to your favorite cocktail afterwards.

A good trick? Sparkling water and lemon in a wine glass. We're creatures of habit and just having a glass in hand to sip on is often enough.

It's important to know that some alcohol is made from gluten sources. Theoretically, after distillation,

all traces of gluten should be removed, if the process is done properly. However, not all alcohol is distilled enough times to get rid of all that gluten and really purify the drink. If people have gluten sensitivities, it can be a problem.

If you do choose to indulge (which I hope you don't for the time period of your cleanse), choose a low-sugar and gluten-free-option. (See below)

Once you're done your CleanStart, I've got a solution to help beat those hangover symptoms if you do happen to over-indulge a bit. I formulated a product called Plan C –

[www.NoOneLikesAHangover.com](http://www.NoOneLikesAHangover.com). An all-natural solution that might help you get a brighter morning the next day, if you happen to have one too many!

As mentioned above, some alcohol does, in fact, contain gluten. So if you're following your CleanStart, and even though alcohol should be eliminated entirely, if you do end up indulging, try and make sure you pick gluten free choices! It would be best to avoid sugary beverages, such as wine and mixed drinks, and to stick to the clear liquids, mixing them with something like soda water

and lemon. This is a lower-sugar AND a lower-calorie option.

#### Gluten-free alcohol:

- Vodka (made from potatoes or grapes)
- Tequila (made in the traditional manner from the blue agave plant. Cheaper versions may contain gluten)
- Wine & Champagne (generally gluten-free, but remember, high in sugar and calories)
- Gluten-Free Beer
- Cider

The alcohol below SHOULD be fine if it is processed correctly, as traces of gluten should have been removed:

- Rum, Gin, Vermouth
- Scotch Whiskey, Rye Whiskey
- Grappa
- Sake
- Vodka
- Cognac

I have listed the gluten free beverages, but still encourage sticking to the clear choices during your CleanStart, such as vodka or gin, if you DO indulge (hopefully you don't!!)

## - A Few Extras-

### The Weight Debate.

#### For the Weight Loss Aspirers.

get it. And, we've all been there. You want to

lose 5 lbs, 10 lbs, 50 lbs, 100 lbs? The best way to start – with a Detox. Always. Your body has been overloaded for so long with unhealthy foods, chemicals, etc., that a detox (a real, healthy one), is the best place to begin.

Because the CleanStart involves such great dietary changes, you're going to lose weight if you need to, since it's cutting out the unhealthy foods and cutting down on toxic, inflammatory foods -which contribute to weight gain.

Toxins are also generally stored in our fats cells, so a detox can help pull those toxins out, along with the extra fat. It will work to kick-start your weight loss goals. You will also find that this type of diet helps to reduce foods cravings and over-eating. Because it is low on sugar and higher in healthy fats, you'll find you're not craving those unhealthy treats as much and will feel much more satisfied at each meal. Often, when we have sugar cravings, it's not a sign

that we haven't stocked on enough healthy sugars, but that we haven't stocked up on enough healthy fats that day. You'll notice the difference.



Because you know I'm all about that fat,  
'bout that fat, no sugar....

**Eating fat DOES NOT make you fat! I repeat, eating fat DOES NOT make you fat!**

One of the goals of the CleanStart is to *INCREASE* your healthy fat intake, which is sorely lacking in today's diets.

This misconception might be the most frustrating one of all. But, I get it. We live in a society where everything is low-fat, no-fat. It comes from this notion that this is how we will lose weight, which then convinced everyone that eating a healthy fat will make you fat.

**WRONG.**

AND, if you are struggling to lose weight, you're probably reading this while you eat your low-fat yogurt and wondering why the pounds won't budge.

**You NEED the fat. What you don't need is the sugar.** It's hard to wrap your head around, but your body converts excess sugar right into fat. And it doesn't take a lot of sugar to make that happen.

I know, I know, you're sick of the "kick the sugar" kick. Sorry to burst your bubble, but it's true.

The proof is in the pudding. Aka, the science. I won't bore you with the minute details, but the studies are pretty conclusive.

You need to kick the sugar, NOT the fat. That includes fruit juice. I can hear you saying "but that's healthy."

Yes, technically fruit is healthy. But, it's still sugar. If you drink 1 ALL-NATURAL, NO SUGAR added fruit juice drink daily, that's ok. Just be aware of the sugar content in each one.

## - A Few Extras-

### All About That Fat.

I get it. As someone who suffered from disordered eating for a good 5 to 7 years (I'm including the time it took to get me "back to normal"),

I get the no fat thing. I thought if I so much as looked at an almond, I'd be obese (this from the 12% body fat girl who didn't eat at all. Funny how the mind works...). I thought fats would be my downfall, so I allowed myself candy, because I figured sugar was easier to burn off.

On my path to healing, I learned. It was education that got me to where I wanted to be. Learning how food impacts my body. That's what got me to where I am today, with a *consistent* weight all year round. I never "diet." I've even been known to eat \*gasp\* an avocado, with my eggs (yolk-in), topped off with goat cheese. Are you freaking out yet?

Now go give it a try. Your body needs all the amazing nutrients that are found in these healthy fats.

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Medium Chain Triglycerides (MCTs)

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**Not all fats are created equal.**

As you increase your fat intake, make sure to focus on getting in those Medium Chain Triglycerides (MCTs) – my favourite kind of fats!. You've probably heard of these in connection with the benefit of coconut oil. – and there is definitely something to them!

MCTs can actually *contribute* to weight loss, with many unique health benefits.

They are a form of dietary fats naturally found in coconut and palm oil, as well as ghee (clarified butter). They are shorter-chain fats and the beauty of these, is that they *DON'T* contribute to weight gain, and have a ton of additional health benefits.

They are absorbed directly into the blood stream and sent to the liver. They don't need bile or pancreatic enzymes to be broken down (great for those who don't have a gallbladder, or have problems break down fat!).

Since they are so quickly absorbed, they are more quickly metabolized and give the body a really great source of fuel (energy). The body uses them so

quickly, they barely have a chance to be stored as fat!

**So what do you get?** A healthy fat source that increases energy, isn't stored as fat and have been shown to increase thermogenesis (fat burning)..

**What do you notice overall?** Increased energy, decreased food cravings & a stable appetite, Increased sense of satiety, improved mental clarity & focus, sustainable weight loss,

A pretty great combo, in my opinion.



## - A Few Extras-

### All About That Fat.

#### Healthy Cooking Oils

Although consuming certain oils, as listed in your meal outline, is great for you, not all are great for cooking. When we cook with certain oils, the heat breaks them down and damages them, turning a healthy oil into an unhealthy one.

When it comes to cooking with an oil, we're looking for ones with "high smoke points," which is how high a temperature you can expose it to before it starts to smoke.

We've all had that happen. You put the oil in the pan, forget about it, come back to a smoking pan and oil that changed colour. We don't want to let our oils get to that point.

At this stage, the oil is starting to chemically degrade, forming free radicals and other harmful chemicals. So, we want to choose oils that can withstand the heat of cooking. The higher the smoke point, the more stable the oil, the better for us.

It's important to remember, that just because an oil

has a low smoke point, doesn't mean it's bad for us. It just means it shouldn't be used for cooking, but can still be used in sauces, dressings, or drizzled over your food.

Polyunsaturated fats, although good for us under normal circumstances, are not the best choice for cooking, as they create a harmful chemical when cooked that will end up in our food.

Remember, never reuse your oil! Once it's been heated, the smoke point becomes lower. As you continually heat it, you release MORE harmful chemicals.

Confused yet?

#### Here's a list of great cooking oils:

Temperature	Oil
High Heat Cooking (Frying, grilling, searing)	- Coconut Oil
	- Butter/Ghee
	- Palm Oil
Very Low Heat Cooking (Sauté, braising, baking)	- Avocado Oil
	- Olive Oil
	- Macadamia Nut Oil
No-Heat Cooking	Coconut, flaxseed, Olive, Macadamia, Avocado, Walnut, Sesame, Walnut - Any approved oil for the CleanStart

# CleanStart Cleanse

## - A Few Extras-



### Counting, Counting, 1...2...3

A Calorie is a calorie is a calorie... right?

WRONG. I know, weird thought, right? We're always taught calories in vs. calories out. There are now MILLIONS of low-fat, 100-calorie snacks that we're supposed to opt for, with 100-calorie chocolate bars, cookies, etc...

However, *the QUALITY of your food is just as important as the QUANTITY*. 1,000 calories of chocolate vs. 1,000 calories of broccoli is going to have a VERY different impact on your body.

I don't want to bore you with the biochemistry, but most people can grasp the concept that junk food will have a much different impact on your system than veggies. When put this way, it seems more like common sense.

Remember, **quality AND quantity count**. Always.

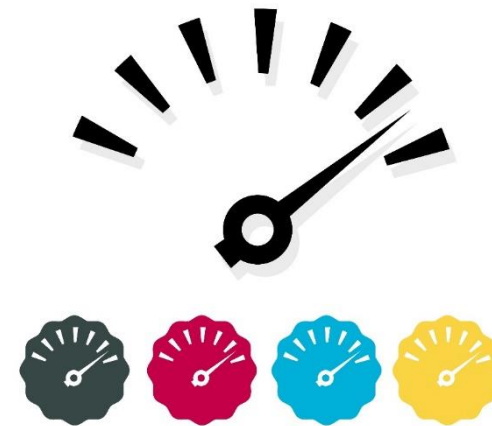
When it comes to weight loss, there is a component of caloric restriction. Although, I don't want you counting calories obsessively, it doesn't mean you can eat 5,000 calories of CleanStart-approved foods and expect to lose weight. You still have to show

portion control and there will be a degree of reducing calories, but it's not drastic. This is why I don't want you to focus on calories. I want you to focus on how to eat a healthy, balanced meal.

If you find you're not hitting your weight-loss goals, complete a food diary and track your calories. This will let you know if you're consuming WAY more than you should. Overall, the goal is not to be obsessed with food and calories, but if you don't have a good grasp on portion control and serving sizes, then track your calories for a week or so, until you get the general hang of it.

This is also a great way to find out if you're eating more sugar than you think.

Since there is SOME calorie awareness that needs to happen, and you want to know how many calories you should (sort o) be eating, you can find that out here: [Calorie Counter](#)





# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## PREP GUIDE



Getting ready  
for your

**CleanStart**



Dr. Andra Campitelli, ND

It's Go Time!

### 8 Steps to Prep

- Step 1: Read the DETOX Basics
- Step 2: Begin Your Mental Prep
- Step 3: Complete your SMART+ Goal Sheet
- Step 4: Complete your Meal Tracker
- Step 5: Choose your CleanStart
- Step 6: Grocery – Begin your CleanStart Shop & Meal Prep!
- Step 7: Choose Your Supplements
- Step 8: You're Ready to Go!

## It's Go Time!

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Mental Prep – Getting Ready for your CleanStart

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**Y**ou've probably tried a cleanse of some kind

before, and didn't quite make it through to the end. So, at this point, you know it takes some work. Especially if this is a big change from your normal routine and your normal way of eating. If this is going to be a struggle, especially if you need to lose weight or have extremely unhealthy eating patterns, then take time to prepare.

This is a wonderful time to become aware not only of your eating habits, but of yourself. Knowing yourself, your habits and your road blocks, will help you stay on track while making this shift in your lifestyle and your health, creating habits that will take you long past your CleanStart.

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Know Yourself

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This probably isn't the first time you've made a diet or lifestyle change. What were your struggles before? No one knows you as well as you know yourself. Are you someone who likes to be prepared? Do you need a plan and structure, or it won't work? Do you hate structure and just need to go with the flow? Only **you** know what you need and

what works best for you, so tailor your CleanStart to *yourself*.

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The Non-Planner (this is me)

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I'm not big on advance prep. Sometimes, I spend my entire Sunday cooking meals for the week, but most times, I'm making food as I go. I never know what I'll actually feel like eating and my schedule is all over the place, so it's hard for me to make a meal plan a week in advance. Even when it comes to exercise, I book that in 2 days out, when I know what my general day will look like, instead of getting stressed if I miss the 9am yoga class I had planned. I always get the workout in, just at a different item everyday. I need to go with the flow of my busy life, while maintaining my healthy eating and workout patterns. And it works for me.

If this sounds like you as well, it's ok! When it comes to your CleanStart, just make sure you know what you can and can't have and figure out a way to make it all work. In the back of your mind, know which places around your workplace will be able to accommodate your diet changes, or what you can buy, and then pick off your meals when you order something.

**Grocery Shopping:** I roam the aisles and decide

what I want to eat as I go and what grabs me (but I never do this while hungry). I don't like to follow recipes, I like to "throw things together". So, I just make this work, based on the CleanStart principles. You can do the same. Planning a week ahead just doesn't work for me. So, make the plan work for *you*.

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The Always-Prepared (this is my sister)

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If this is you, then get prepped. Make your shopping list, cook your food in advance and create your schedule. If you're a planner, then being prepared will drastically lower your stress levels while you do this. Surprises don't often help.

It's actually often easier to be the planner because everything is ready to go. But hey, we've got to do what works and what fits into our life *AND* personality. I find people get down on themselves for not being "prepared". Don't fight who you are, just move things around so it fits with who you are and how you live your life. There is NEVER a one size fits all. So make the CleanStart fit you, not the other way around. Don't worry about what other people are doing.



## It's Go Time!

## Staying on Track – Creating Healthier Habits

If you know this will be a struggle, then do what you need to do to help yourself stay on track. If this is going to be a challenge for you, then it may be time to goal set.

Our eating habits are often learned behaviours that become habits or addictions. You know what the beauty of that is? **If you learned it, you can *unlearn* it.**

I use this often when I talk about relationships. If you're a yeller and your partner needs you to change that, you can work on yourself. Go to therapy, read books, whatever the case may be to get you to unlearn this negative behavioural pattern that you picked up somewhere along the way. You aren't changing who you are at the core, you're just changing a learned, reactionary or protective behaviour that is negatively impacting you and someone else.

In this case, with you CleanStart, you're changing

an eating behaviour that is negatively impacting YOU.

When I was trying to sort out my disordered eating, a *learned* behaviour, I had someone ask me, "How are you nurturing yourself?" and that has stuck with me for more than 10 years. It was such a simple and yet powerful question, and for some reason really resonated with me. This also probably had something to do with the root cause of my eating disorder – but it struck and it stuck.

And, so, I ask you, if this is a significant life change for you, how are you nurturing yourself right now?

We all feel so infallible. We seem to think illness strikes others, not ourselves. And yet when you look around at your personal group of close family and friends, how many have been impacted by poor life choices? Or maybe even yourself? How many could have benefited from a simple tweak? By simply making a choice and then doing what needs to be done to work towards it.

You also don't have to look or feel unhealthy to need

this change. Your health is always worth it and this is the point of preventative medicine. We don't want to make the change when we're sick. We want to stop the sickness from happening.

**Change isn't easy. And no one is saying it is. But, it's always worth it.**

So you have to decide if you feel like *you're* worth it. And when you realize that you most certainly are, then we can start working together to get you there.



### It's Go Time!

#### What's Behind those Food Addictions?

The brain is wired to produce change, a constant in everyday life. This is generally a wonderful thing because if we have wired ourselves to make unhealthy changes, it means we can influence and rewire what we need to in order to make a HEALTHY change.

When we decide to make great, healthy life changes, we generally set out with the best of intentions. But oftentimes, we don't quite manage to reach our goals and fall easily back into old eating habits and patterns and the brain has a lot to do with it

It can take anywhere from 18 to 224 days to implement a new habit that actually sticks. This is why I like the 28-day CleanStart. It's enough time to actually get a new, healthy habit ingrained into your lifestyle, and stick.

(Get some coffee for this next one!)

When we engage in unhealthy behaviours, we actually rewire our brain and more specifically, the

brain's reward system, impacting dopamine. This is the chemical (neurotransmitter) in the brain that controls our reward and pleasure centres, that helps to regulate movement and emotional response. Studies find that individuals with low dopamine levels are more prone to addictions, such as overeating, and will always seek out methods of generating that reward response. Since negative eating patterns trigger that positive rush, we become dependent or "addicted" to those behaviours to get that same "rush" of pleasure. Think eating a carton of ice cream after a break up. Some of us become dependent on this emotional rush and our body remembers it clearly, so we repeat the behaviour trying to recapture this feeling.

As dopamine repeatedly surges, the brain struggles to put the brakes on the overflow and the normal response fails (think "willpower" here). The brain will actually decrease the number of dopamine receptors in order to deal with this overload, meaning that the next time around we need even MORE of our sugary food of choice in order to achieve that same emotional rush. Outcome: Overeating and binge

eating. Our body needs more dopamine EACH time and this is how addictions occur. In many obese individuals and those with a higher BMI, that part of the brain that controls inhibition isn't functioning correctly, making it very difficult to resist those very foods that are contributing to their poor state of health.

However, this doesn't mean it's hopeless! This was a system that was created within the body due to our behaviour and it can also be turned around in the same way. Through our behaviours.

So for some, this change might be a bit of a struggle. We need to rewire our brains so we aren't looking for unhealthy foods to give us that emotional return. The CleanStart will help.

## It's Go Time!

### How to Create Effective Change

#### 1. Cold Turkey or Gradual Goose?

For many people, going cold turkey is often the best option, but if you need to ease into it, then ease into it! Once again, get to know yourself. A large part of the CleanStart is self-discovery. Learn about yourself, your habits, and your choices. If you *do* suffer from a food addiction, then cold turkey is often best., just commit, and let it work for you.

#### 2. Learn from Past Mistakes

Have you tried to make a lifestyle change and just couldn't make it happen? Learn from it, don't be discouraged by it. Start by writing the lifestyle changes down. What did you try in the past? Why didn't it work? Try and avoid making the same mistakes.

#### 3. Acceptance – Set backs are ok

Don't lie to yourself. Don't make excuses. If you have a setback, it's ok. As humans, owning up to our "perceived" mistakes is tough, so we often ignore them or make excuses. Denial is often

easier than acknowledging that we haven't quite lived up to our personal expectations of ourselves. Don't judge yourself. Setbacks are ok. Find out what set you back and what might be holding you back from reaching the health goals you want or from sticking to your CleanStart. Why do you keep putting off making a healthy change, even when the desire is there to make a change? Don't fight it. Acknowledge it. Accept it. Now turn it around.

#### 4. Make an Informed Decision

Know what you are getting into. This has to be something that ***you*** want to do. We make changes when we are ready. If you're doing this because someone is forcing you and not because you feel it's the right thing for you, chances are you won't stick with it.

You need to see the value in what you're doing and the value that it will bring to your life and your health. Make sure this change makes sense to you. Make sure you are informed, have done the research beforehand and know how to get there. Ask questions. Be a sceptic if you want to be. Play an active role in your health and know why you're making a commitment to yourself to do

something differently.

#### 5. Create a Strategy

If you fail to plan, you are planning to fail." – Benjamin Franklin  
You'll have to make some kind of plan, even as a non-planner. You'll need to learn how to eat according to your CleanStart. so make sure you arm yourself with what you need to know!

Make sure you have a clear understanding as to how you will achieve this goal, or create this change.

Have everything you need laid out and ready to go ***in a way that works for you.***

## It's Go Time!

## How to Create Effective Change

**7. Impact**

Make sure your goal has an emotional impact for YOU. Don't just state, "I will work out more," or "I will eat better".

**WHY do you want to do these things?**

Instead, say, "I want to be healthy so I can be play with my children. To do this. I have to exercise 3 days a week."

This gives you a clear goal with a highly motivating factor.

The key to staying motivated is creating an emotional link to your CleanStart. Why did you start this in the first place? Don't say just "to lose weight". There was something that brought you here. There's a reason that you're reading this. Set your intention with an emotional ink.

Did you decide to Cleanstart in order to optimize your health? Great. Now tell me why. Tell yourself why. So you'll be here to see your kids grow up? What's your emotional tie? Write it down. Put it on your fridge. In your bathroom. As a pop-up daily reminder in your phone/calendar. Somewhere you see it daily and that reminds you why you decided to

make this healthy change in the first place.

**8. Stay Motivated!**

Change takes time, especially when it requires a deviation or a break from something to which you were accustomed. Don't feel disappointed if you have a setback or fall off the wagon! Allow yourself to feel upset and then keep moving forward.

For me, I find rule setting helpful. But, that's because I'm a rule follower. Boring, I know, but it's true and works for me. Here, it's all about what I tell myself is ok and not ok. I decide I'm making a change. I tell myself it's just not allowed. It can't happen. There's not cheat option. The rules say no. And, no means no. I also like to change things up. If I'm getting bored, and the motivation is lacking, I try something completely different, so my attention stays focused and I'm more excited to do it.

Understand the kind of person you are and what works for you, then create a plan and strategy that works. **For you.**

These goal setting tools aren't for everyone. But, they're here if you need them to get on track.

I find writing down my goals very effective! Use the SMART + worksheet below to help you set your goal and stay on track.

**WHAT'S NEXT?****Complete your SMART+ Goal Worksheet**

Fill it out, put it on the fridge, keep it somewhere as a reminder and a little help to keep you there!



## - LETS GET STARTED -

### It's Go Time!

It's Goal time – SMART+ Worksheet

#### Goal

when you want it. If possible, measure along the way so you can track your progress.

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Completion Date

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**Time:** Give yourself a deadline of some kind - make sure it's a reasonable deadline to achieve what you want! (14 days? 28 days? Longer?)

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#### Why goal set?

Create SMART goals to help you stay on track!

**Action-Oriented Goals:** How will you make the above happen? What actions will you take?

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#### Specific:

Clearly and simply state what you want to achieve.

**+ Don't forget the why.** What's your emotional link? Why are you doing this?

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**Realistic:** Make sure this is attainable. Don't set unrealistic goals that won't be achievable.

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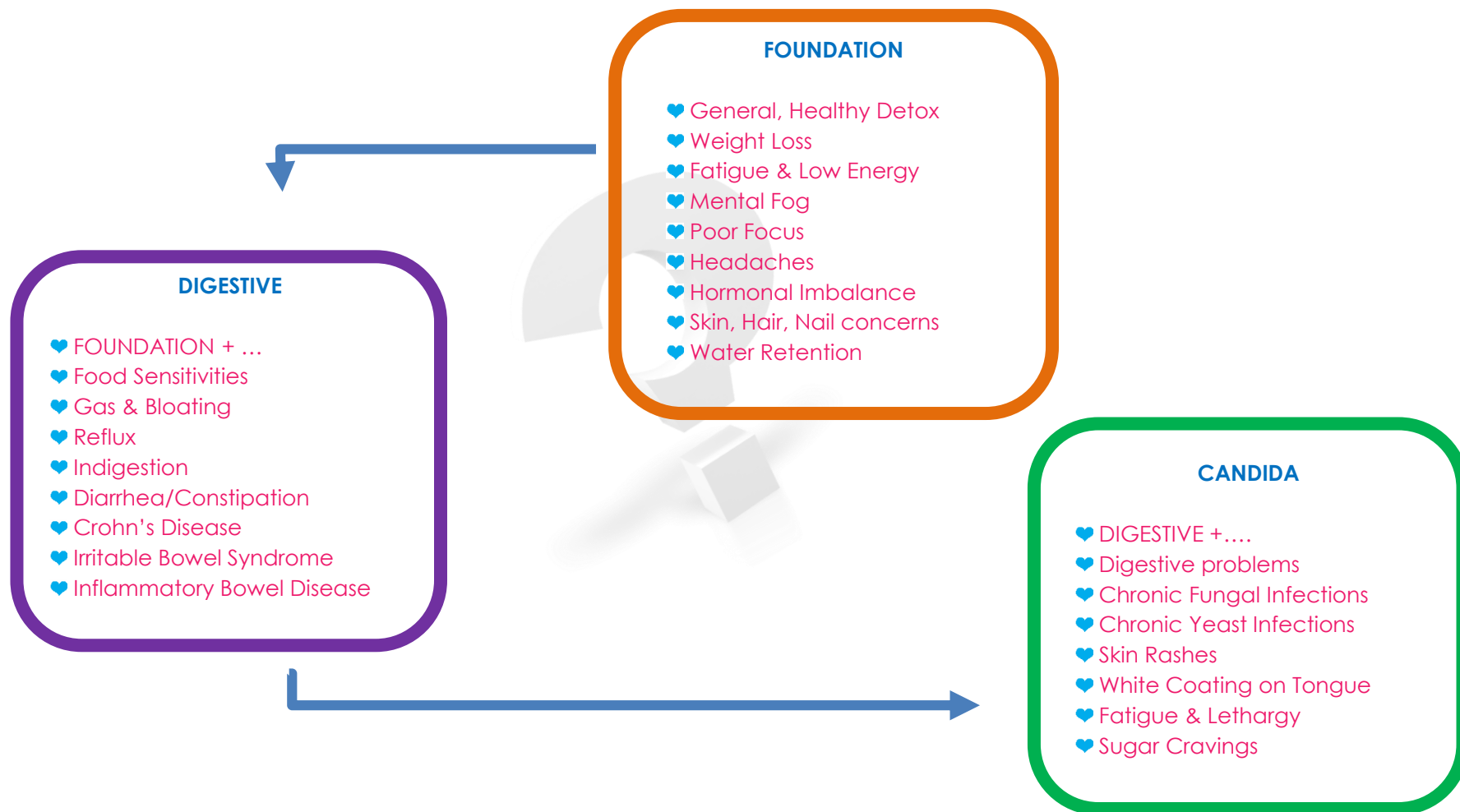
**Measurable:** Describe what you want and

# CleanStart Cleanse

## WHICH ONE IS RIGHT FOR YOU?



Decisions, Decisions...





# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## FOUNDATION



- ♥ Healthy Detoxification
- ♥ Lose Weight
- ♥ Boost energy
- ♥ **KICK THOSE SUGAR CRAVINGS**
- ♥ And more...



Dr. Andra Campitelli, ND

## - FOOD CHALLENGE -

## Foundation Foods

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**Food Basics – What’s Changing?**


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**A**s mentioned previously, the foundation of the CleanStart Cleanse is food related, although supplementation is an important part, and I will touch on this shortly.

The CleanStart is based on the principles of many different diets. I’ve pulled the best options of the lot and compiled a cleanse based on the research, and what works in science, personally and in practice.

The Foundation Diet forms the basis of the program. It is the general, healthy detox, that is geared towards those who are looking for a safe cleanse, give themselves a little boost, or who aren’t necessarily trying to address any specific concerns. It is tweaked slightly as you move into the Digestive or Candida Programs.

As I said, the goal ISN’T to cut all food or food groups out. It’s not a starvation diet or a laxative-use cleanse. The GOAL is to eliminate foods that commonly cause inflammation and irritation in the body. Give your body a rest while you replenish it

with healthy, healing foods and supplements.

**What we’re NOT Focusing on:**

- ♥ Calorie counting ( yes, you read that correctly)
- ♥ Eliminating entire macronutrients (carbs, fats & proteins)

The goal is to focus on the **kind** of foods you’re eating. Not to count calories and to become obsessed with everything that goes into your mouth. No weighing your food, timing your meals and counting every crumb on your plate. Although, portion control is important! You didn’t want to use this as an excuse to binge eat.

**Basic foods to exclude:**

There are certain foods that we *are* going to eliminate. Don’t freak out. Read this with an open mind and then keep reading for the rationale below. Exceptions can be made in some cases. The goal is to enjoy the benefits of the cleanse AND make it work for you.

**What are you skipping for the next 2 to 4 weeks?  
(The Basics – more details below)**

- ♥ Caffeine\* (read more on this [here](#), if you missed this section before)
- ♥ Alcohol
- ♥ Grains\*\*\*
- ♥ Dairy
- ♥ Soda & Diet Soda
- ♥ Sugar & Sugar Substitutes (Incl. aspartame and Splenda)

Although this list might seem daunting, don’t be alarmed. The first week can be a little tough, as you realize how often you eat these foods, and then it’s usually smooth sailing!



## - FOUNDATION DIET -

## To Eat &amp; Not To Eat: Gluten-Free vs. Grain-Free

Take your time reading over the list and digesting the food changes. It's NOT as restrictive as you think and once you slowly learn that the alternative foods are easy to find in the grocery store, you'll be ready to go.

## Grains

## Grain-Free CleanStart

Go Nuts	Just Say No
<input type="checkbox"/> Flour: Coconut flour (make sure no other grains have been mixed in to this),	<input type="checkbox"/> All grains, all wheat flours <input type="checkbox"/> Gluten-Free Grains (E.g. quinoa, amaranth, buckwheat), Corn Flour
<input type="checkbox"/> Nut Flours	<input type="checkbox"/> Bread, pasta, crackers, noodles, rice, oats

## Grains

## Gluten-Free CleanStart

Go Nuts	Just Say No
<input type="checkbox"/> Rice	
<input type="checkbox"/> Millet	<input type="checkbox"/> Kamut
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Spelt
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Durum
<input type="checkbox"/> Oats*	<input type="checkbox"/> Bulgar
<input type="checkbox"/> Pure buckwheat	<input type="checkbox"/> Cousous
<input type="checkbox"/> Potato flours	<input type="checkbox"/> Barley
<input type="checkbox"/> Coconut flour	<input type="checkbox"/> Rye
<input type="checkbox"/> Almond flower	

\*\*\* Although I encourage following the grain-free option of the CleanStart- Foundation, if this is a bit much for you, then you can embrace the CleanStart by going Gluten-free, and still experience the amazing health & weight loss benefits. \*\*\*

## - FOUNDATION DIET -

## To Eat &amp; Not To Eat

## Protein

Go Nuts	Just Say No
<p><i>Eat local, organic, free-range, grass-fed, when possible</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs (yolk in!)</li> <li><input type="checkbox"/> Fish, Tuna, Other seafood: oysters, clams, scallops, shrimp etc...</li> <li><input type="checkbox"/> Meats: Goat, lamb, pork, beef, bison, chicken, duck, goose, rabbit, vena, venison</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned Meats</li> <li>▪ Processed Meats</li> <li>▪ Cold Cuts</li> </ul>

## Nuts, Seed &amp; Oils

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Butter (grass-fed, organic), ghee</li> <li><input type="checkbox"/> Almonds, Brazil nuts, cashews, macadamia nuts, pecans, pine nuts, chestnuts, pistachios and walnuts</li> <li><input type="checkbox"/> Flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds and chia seeds</li> <li><input type="checkbox"/> Does not include peanuts</li> <li><input type="checkbox"/> Healthy Oils: Buy organic, extra virgin &amp; cold pressed when possible (minimal processing) <ul style="list-style-type: none"> <li><input type="checkbox"/> Coconut, Flaxseed, Olive, Macadamia, Avocado, Walnut, Sesame</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Refined Vegetable Oils – these oils are very processed, and are oxidized (damaged) easily through light &amp; heat <ul style="list-style-type: none"> <li>▪ canola, vegetable, peanut, soybean, grapeseed, sunflower, safflower, corn</li> </ul> </li> <li>▪ Margarine</li> <li>▪ Peanuts</li> </ul>

♥ See Environmental Working Group's Clean 15 & Dirty Dozen for a list of food best consumed organic: <http://www.ewg.org/foodnews/>

## - FOUNDATION DIET -

## To Eat &amp; Not To Eat

## Legumes

## Go Nuts

Consume in more limited amounts

- Tempeh
- Miso
- Potatoes & sweet potatoes
- Squash
- Alfalfa, beans (e.g. fava, kidney beans), peas, lentils, chickpeas

## Just Say No

- Edamame
- Soy & other soy-related products
- Tofu

## Sugar

## Go Nuts

\*Limit sugar intake, but these are better options

- Stevia
- Xylitol
- Sorbitol
- If necessary (these have higher sugar content, so use sparingly) :
  - coconut sugar /nectar
  - Raw honey
  - Cane sugar
  - Maple syrup
  - Molasses

## Just Say No

Eliminate all refined, processed & artificial sugars

- Artificial Sweeteners
  - Incl. aspartame, Splenda, equal, Sweet 'n low, sucralose
- High Fructose Corn Syrup
- Agave

## Dairy

## Go Nuts

\*Eliminate all cows milk. Goat & Sheep milk/cheese only if necessary.

- Eggs
- Almond, Hazelnut (and other nut) milks
- Hemp Milk
- Coconut Milk
- Kefir (lactose-free if possible)
- Yogurts sourced from the above dairy substitutes
- Cheese: Daiya (goat & sheep if necessary & in limited amounts)
- Butter
- Ghee

## Just Say No

- Any dairy source from cows
- Milk
- Yogurt
- Cheese
- Soy
- Margarine

## - FOUNDATION DIET -

## To Eat &amp; Not To Eat

## Beverages

## Go Nuts

- Water (as much as you like)
- Sparkling water
- Coconut water
- Herbal tea
- Green tea
- Fruit juice
  - In moderation! – ensure natural, no sugar added, not from concentrate – this counts as a fruit serving for the day

## Just Say No

- Soda (regular & diet)
- Beverages with high fructose corn syrup & added sugars
- Alcohol
- Caffeine (unless you choose to keep this in and have no known sensitivities)

## Fruit &amp; Veggies

## Go Nuts

*Enjoy!*  
*Limit to 2 servings daily of fruit*

- As many veggies as you like, esp. green leafy veggies

## Just Say No

- Corn

## Other

## Go Nuts

- Condiments: spices/herb, salt, pepper, mustard, miso, wheat-free tamari
- Vinegar: preferably apple cider vinegar

## Just Say No

- Avoid processed, deep-fried, refined foods
- Soy Sauce, Teriyaki Sauce
- Salad dressings (make your own!)

## Intermittent Fasting

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**Food Basics**


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**D**igestion is one of the most energy consuming functions of the body. So, if your body is constantly burdened with digesting food, it won't always be able to do the work necessary to get your health back on track.

How do we give our bodies a break when we need to eat? The answer? A 14/16-hour window

This is based on one of the 5 principles of Intermittent Fasting. This balances blood sugar, decreases food cravings and accelerates weight loss, and so much more...

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**How Does It Work?**


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After your evening meal, leave a 14-hour window (for women), and a 16-hour window (for men) between dinner and your first meal the next morning. If you have your evening meal at 7 pm, you should have your morning meal no earlier than 9 am (for women) or 11am (for men).

The body needs time to digest your last meal properly, then another few hours to do a deep clean.

**Eight hours (for digestion) + 6/8 hours (for a deep clean) = 14/16 Hour Window.**

If you fill up late at night, and eat early again the next day, your body isn't given the opportunity to cleanse. Not to mention you're storing a ton of excess calories if you're eating right before bed.

**Note:** It is okay to have water or herbal tea during this Window. And if you're hungry, a light, healthy snack is fine as well. The goal is not to starve yourself. Make sure this is a higher fat snack, and not a sugar-based snack.

I encourage doing this as often as possible, and 1 night per week, increase this window to 14 hours (for women) or 16 hours (for men) to enhance weight loss goals.

Some people like to start their morning with a bullet-proof coffee.

It sounds a bit weird, but actually tastes great, and keeps you energized and focused during this fasting time period! So feel free to give this a go when you wake up. You won't regret it!

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**Bulletproof Coffee**


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If you're keeping coffee IN for you CleanStart, then adding a bullet proof coffee might be a great way to start your day!

It sounds gross, but it's pretty cool and has some great health benefits (check out the CleanStart Blog for more info on this), and provides an awesome energy boost.

Recipe:

- 1 cup of hot coffee
- 1 tbsp. of unsalted grass-fed butter (I know, I know... read the blog...)
- 1 tbsp. of medium chain triglyceride fats
- Blend it all together and enjoy!

## A Few Tips on Meal Planning

- Remember, you **don't** have to restrict calories (unless you're reducing calories for weight loss purposes), or let yourself starve, Just REPLACE calories with cleanse-friendly foods.
- Eat when you are hungry. (no more obsessing over 4-5 meals daily)
- Balance every meal with a CleanStart Cleanse friendly carbohydrate, fat and protein.
  - The fats are most important here – so keep these front and center!
  - This is how you stay full and keep your energy consistent.
  - Limit your carbohydrate intake in the evening.
  - Focus on protein, veggies and healthy fats in your meal.
- **Fats are your friend. LOAD UP. Dump the sugar. (more on this on the blog)**



# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## DIGESTIVE



- ♥ Food Sensitivities
- ♥ Gas & Bloating
- ♥ Constipation/ Diarrhea
- ♥ Reflux
- ♥ IBS
- ♥ Other Digestive Upset



Dr. Andra Campitelli, ND

## - DIGESTIVE CLEANSE -

### Your Digestion Solution – A Little Tweak

#### Food Basics

The outlined CleanStart above is the foundation diet for those who don't seem to have any digestive concerns. However, if you do have any digestive issues, then you may have to take your CleanStart a bit further.

Many digestive conditions will benefit greatly from the dietary changes listed below.

***Please note, this is NOT a cure for your digestive problems and if what you're experiencing is persistent, talk to your doctor! The worst thing you can do is try to self-diagnose and miss a potentially serious condition that needs medical treatment. So, please consult your doctor!***

Unfortunately, *this* CleanStart *does* mean a more intense food restriction. Why, you might ask? If you're having digestive problems, then you're not only cleaning house, you've got a few other things to deal with.

If you have ANY digestive issues, then you can guarantee your gut is inflamed. You can also

guarantee that something you're eating is throwing things off and it could be a bit more than just grains and dairy. The goal is to eliminate the most common food allergens out there, reduce inflammatory foods, heal the gut with healthy food (and maybe supplements) and to figure out what it is causing your problems.

Most people do experience relief from their symptoms when they make significant dietary changes. You may find you don't want to go back to your old way of eating once you start this (which is great!). The CleanStart Digestive is a bit more intense than the CleanStart - Foundation Diet, with a few more food eliminations to really get to the root of your gut problems, and a **time frame of 28 Days**, without a 14-Day option, to allow for full GUT healing.

**Timeframe: 28 Days**

This CleanStart should be followed for the full item period to allow the gut to heal from the inflammation that is going on due to probable food sensitivities and poor food choices

#### What's Changing?

EAT	DON'T EAT
♥ Meat proteins	♥ Dairy
♥ Whole vegetables	♥ Gluten & Grains *
♥ Greens, fresh vegetable juices	♥ Alcohol
♥ Wild fish	♥ Caffeine (coffee, soda, black tea)
♥ Grass-fed or organic meats, eggs	♥ Fried food
♥ Whole fruits	♥ Potatoes, beans*
♥ Nuts, seeds, nut butters	♥ Starchy vegetables
♥ Avocado, coconut	♥ Foods in the nightshade family*
♥ Tomatoes, peppers	♥ Soy
♥ Sweeteners: Stevia	♥ Butter, mayonnaise*
	♥ Corn*
	♥ Processed sugar, artificial sweeteners



## - DIGESTIVE DIET -

## To Eat &amp; Not To Eat: Grain-Free

Take your time reading over the list and digesting the food changes.

It's NOT as restrictive as you think and once you slowly learn that the alternative foods are easy to find in the grocery store, you'll be ready to go.

### Grains

#### Grain-Free CleanStart

Go Nuts	Just Say No
<input type="checkbox"/> Flour: Coconut flour (make sure no other grains have been mixed in to this), <input type="checkbox"/> Nut Flours	<ul style="list-style-type: none"> <li>▪ All grains, all wheat flours</li> <li>▪ Gluten-Free Grains (E.g. quinoa, amaranth, buckwheat), Corn Flour</li> <li>▪ Bread, pasta, crackers, noodles, rice, oats</li> </ul>

### Fruit

#### Go Nuts

Limit to 2-3 servings of fruit daily

#### Focus on low-fructose-containing fruit: (FODMAPS)

- Bananas
- Blueberries, strawberries
- Cantaloupe, honeydew, Cranberry
- Lemon, lime
- Grapes
- Kiwi
- Pineapple
- Clementine, oranges
- Coconut
- Papaya, Passion fruit, rhubarb

#### Just Say No

Reduce consumption of high-fructose fruits:

- Apples, pears
- Cherries, raspberries, blackberries
- Watermelon
- Nectarines
- Peaches
- Apricots, plums, prunes
- Mango, papaya
- Persimmons
- Canned fruit
- Figs
- Grapefruits
- Large portions of any fruit

## - DIGESTIVE DIET -

## To Eat &amp; Not To Eat

## Protein

Go Nuts	Just Say No
<p><i>Eat local, organic, free-range, grass-fed, when possible</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs (yolk in!)</li> <li><input type="checkbox"/> Fish, Tuna, Other seafood: oysters, clams, scallops, shrimp etc...</li> <li><input type="checkbox"/> Meats: Goat, lamb, pork, beef, bison, chicken, duck, goose, rabbit, vena, venison</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned Meats</li> <li>▪ Processed Meats</li> <li>▪ Cold Cuts</li> </ul>

## Nuts, Seed &amp; Oils

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Butter (grass-fed, organic), ghee</li> <li><input type="checkbox"/> Almonds, Brazil nuts, cashews, macadamia nuts, pecans, pine nuts, chestnuts, pistachios and walnuts</li> <li><input type="checkbox"/> Flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds and chia seeds</li> <li><input type="checkbox"/> Does not include peanuts</li> <li><input type="checkbox"/> Healthy Oils: Buy organic, extra virgin &amp; cold pressed when possible (minimal processing) <ul style="list-style-type: none"> <li><input type="checkbox"/> Coconut, Flaxseed, Olive, Macadamia, Avocado, Walnut, Sesame</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Refined Vegetable Oils – these oils are very processed, and are oxidized (damaged) easily through light &amp; heat <ul style="list-style-type: none"> <li>▪ canola, vegetable, peanut, soybean, grapeseed, sunflower, safflower, corn</li> </ul> </li> <li>▪ Margarine</li> <li>▪ Peanuts</li> </ul>

♥ See Environmental Working Group's Clean 15 & Dirty Dozen for a list of food best consumed organic: <http://www.ewg.org/foodnews/>

## - DIGESTIVE DIET -

## To Eat &amp; Not To Eat

## Legumes

## Go Nuts

- Sweet potatoes, potato, butternut squash, Parsnip, pumpkin, turnip
- Arugula, kale, lettuce, spinach, collard greens
- Carrots, celery
- Chives, green onions, Leek
- Bell peppers, red pepper, Green Beans , zucchini
- Cucumber
- Broccoli
- Tempeh, miso
- Alfalfa, bean sprouts
- Ginger, Olives
- Radish

## Just Say No

- Corn
- Tomatoes (limit), eggplant
- Artichoke, asparagus
- Snap peas, green beans
- Cabbage, cauliflower
- Mushrooms
- Edamame, Soy
- Beans (ex: fava, kidney beans), peas, lentils (may consume in SMALL amounts), chickpeas
- Hummus

## Sugar

## Go Nuts

*\*Limit sugar intake, but these are better options*

- Stevia
- Xylitol
- Sorbitol
- If necessary (these have higher sugar content, so use sparingly) :
- coconut sugar /nectar
- Raw honey
- Cane sugar
- Maple syrup
- Molasses

## Just Say No

*Eliminate all refined, processed & artificial sugars*

- Artificial Sweeteners
  - Incl. aspartame, Splenda, equal, Sweet 'n low, sucralose
- High Fructose Corn Syrup
- Agave
- Sorbitol, manitol, malitol, fructose

## Dairy

## Go Nuts

*\*Eliminate all cows milk. Goat & Sheep milk/cheese only if necessary.*

- Eggs
- Almond, Hazelnut (and other nut) milks
- Hemp Milk
- Coconut Milk
- Kefir (lactose-free if possible)
- Yogurts sourced from the above dairy substitutes
- Cheese: Daiya (goat& sheep if necessary & in limited amounts)
- Butter
- Ghee

## Just Say No

- Any dairy source from cows
- Milk
- Yogurt
- Cheese
- Soy
- Margarine

## - DIGESTIVE DIET -

## To Eat &amp; Not To Eat

## Beverages

## Go Nuts

- Water (as much as you like)
- Sparkling water
- Coconut water
- Herbal tea
- Green tea
- Fruit juice
  - In moderation! – ensure natural, no sugar added, not from concentrate – this counts as a fruit serving for the day

## Just Say No

- Soda (regular & diet)
- Beverages with high fructose corn syrup & added sugars
- Alcohol
- Caffeine (unless you choose to keep this in and have no known sensitivities)

## Veggies

## Go Nuts

- Enjoy!*  
*Limit to 2 servings daily of fruit*
- As many veggies as you like, esp. green leafy veggies

## Just Say No

- Corn

## Other

## Go Nuts

- Condiments:
  - Spices/herb, salt, pepper, mustard, miso, wheat-free tamari
- Vinegar: preferably apple cider vinegar

## Just Say No

- Avoid processed, deep-fried, refined foods
- Soy Sauce, Teriyaki Sauce
- Salad dressings (make your own!)

## Your Digestion Solution – A Little Tweak

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## A Few Changes.

---

**T**he addition of the foods eliminated here (beans, additional legumes and some fruits) are due to the fact that they are so poorly absorbed in the small intestine, meaning they travel further down and they disrupt the beneficial bacteria in the gut, contributing to many of the symptoms of IBS. Some are also FODMAPs foods (foods high in fructose) that cause irritation in certain individuals .

**Alcohol & Caffeine:** In the Digestive CleanStart, the inclusion (or exclusion) of alcohol and caffeine are a bit more strict. In this portion of the CleanStart, you are most likely addressing your digestive upset. Unfortunately, alcohol and caffeine can be large contributors, so you need to figure out if this is the case for you too. Which means you need to get rid of it. For 28 full days, I know, a daunting thought. But if you've come this far, and your digestion bothers you that

much, then it's worth it. (I'm willing to negotiate on the caffeine).

**\*A note on eggs:** Eggs are often an allergen for many people. If after 2 weeks you still experience digestive upset, try eliminating these as well.

**\* Don't forget the 14/16-hour window!**

*\*See [above](#) for easing into a grain-free diet*

---

### What's the Deal with Beans & Legumes?

---

A legume (a dried fruit in some kind of shell, such as peanuts, peas, beans etc.), SEEMS like a healthy option. So, why are we restricting them? Unfortunately, these foods contain ingredients, such as phytates, that are tough on our digestive tract. Phytates that aren't well digested and may contribute to bloating, gas and inflammation; lectins, sticky particles that are also hard to break

down and bind to the gut lining. They have been implicated in some of the symptoms of IBS and may contribute to leaky gut. This is where the lining in the intestines is compromised and allows things to leak into the bloodstream that shouldn't be there. In small doses, these foods are perfectly fine, but if they become a staple, such as in a vegetarian diet, this is where you may begin to experience some problems. We eliminate them during the duration of your Digestive CleanStart, just in case they are contributing to your symptoms. You'll know pretty quickly if this is the case! Especially when you bring them back into your diet.

## Your Digestion Solution – Testing, Testing...

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Food Sensitivity Testing

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This diet is a wonderful way to identify food triggers for your digestive symptoms.

Although this one can be a little bit daunting, if you're suffering from digestive concerns, the changes are worth it, I promise. Generally, when you have digestive problems, there's a food component to it. I can almost guarantee that there is something that you are eating that is contributing to how you're feeling. (again, after you've seen your family doctor and ruled out other medical conditions.

Although the diet can still help, I just want to make sure that if you have a medical concern, it's being managed properly by a medical professional).

Many people ask about food sensitivity testing.

I prefer the food elimination root first and then go the extra step to do the test if we really can't pinpoint the trigger. The test can be quite expensive and I find elimination a much better route, since you'll experience benefit pretty quickly and will most likely have to eliminate the foods anyway, with or without the test.

So, my opinion? Follow the diet. It seems tough, but **WILL BE WORTH IT**. If you're **STILL** having issues, move on to the Candida Diet, and then consider Food Sensitivity (and Candida) Testing.





# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## CANDIDA



- ♥ Food Sensitivities
- ♥ Digestive problems
- ♥ Chronic Fungal Infections
- ♥ Skin Rashes
- ♥ White Coating on Tongue
- ♥ Chronic Yeast Infections
- ♥ Fatigue
- ♥ Sugar Cravings



Dr. Andra Campitelli, ND

## - CANDIDA CLEANSE -

## One More Step

## A Few Changes.

The CleanStart Cleanse – Candida, takes you one step further than both the Foundation & Digestive CleanStarts. Candida is a bit trickier to treat, so the diet has to be a bit more structured.

*Please note, this is NOT a cure for your health concerns so don't forget to talk to your doctor if you don't feel well! The worst thing you can do is try to self-diagnose and miss a potentially serious condition that needs medical treatment. So, please consult your doctor!*

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 What is Candida?
 

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Most people have heard of candida, but not many people are entirely familiar with what it is or how to treat it. Candida Albicans is a fungus that naturally exists in the body, in all of us. The problems happen when this yeast form begins to overgrow, causing a wide-spread range of symptoms, from gas and bloating to weight gain and joint pain.

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 What causes Candida overgrowth?
 

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There are a lot of different factors that can contribute to candida overgrowth. Remember, this is something that already exists in the body. It's not something you "catch." It's something that occurs when our lifestyle choices allow it to take over. The first trigger is our diet. Today, our dietary habits are like a little piece of heaven for candida and it all comes down to one thing: sugar. Yes, sugar, in any form. Candida will feast and grow on this wonderful sweet. Our immune system should be able to manage this overgrowth. Unfortunately, our lifestyle choices and habits compromise our system and we aren't quite able to reign it in. And, overgrowth occurs as a result.

**What are we doing to compromise our bodies so that they can't quite manage?**

- |                           |   |
|---------------------------|---|
| ♥ High Sugar Diet         | ♥ The Birth Control Pill                  |
| ♥ High Stress             | ♥ Chronic Illness                         |
| ♥ Frequent Antibiotic Use | ♥ Heavy Metal Exposure (mercury fillings) |

**Signs that it might be Candida:**

- |  |   |
|--|---|
| ♥ Fungal Infections (Skin, Nails)                      | ♥ Autoimmune Conditions                                   |
| ♥ Chronic Vaginal Yeast Infections, Bladder Infections | ♥ Problems Concentrating                                  |
| ♥ Vaginal/Anal Itching                                 | ♥ Digestive Disruptions: Diarrhea, Constipation, Bloating |
| ♥ Intense Carb and Sugar Cravings                      | ♥ Bad Breath  |
| ♥ Skin Conditions: Eczema, Psoriasis                   | ♥ Joint Pain  |
| ♥ Anxiety, Irritability and Other Mood Changes         | ♥ And more...   |



## - CANDIDA -

### To Eat & Not To Eat

Take your time reading over the list and digesting the food changes.

It's NOT as restrictive as you think and once you slowly learn that the alternative foods are easy to find in the grocery store, you'll be ready to go.

**Grains**

**Grain-Free CleanStart**

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Flour: Coconut flour (make sure no other grains have been mixed in to this),</li> <li><input type="checkbox"/> Nut Flours</li> </ul>	<ul style="list-style-type: none"> <li>▪ All grains, all wheat flours</li> <li>▪ Gluten-Free Grains (E.g. quinoa, amaranth, buckwheat), Corn Flour</li> <li>▪ Bread, pasta, crackers, noodles, rice, oats</li> </ul>

**Fruit**

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Focus on healthy fats and protein</li> </ul>	<ul style="list-style-type: none"> <li>▪ All</li> </ul>

## - CANDIDA -

## To Eat &amp; Not To Eat

## Protein

Go Nuts	Just Say No
<p><i>Eat local, organic, free-range, grass-fed, when possible</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs (yolk in!)</li> <li><input type="checkbox"/> Fish, Tuna, Other seafood: oysters, clams, scallops, shrimp etc...</li> <li><input type="checkbox"/> Meats: Goat, lamb, pork, beef, bison, chicken, duck, goose, rabbit, veal, venison</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned Meats</li> <li>▪ Processed Meats</li> <li>▪ Cold Cuts</li> </ul>

## Nuts, Seed &amp; Oils

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Butter (grass-fed, organic), ghee</li> <li><input type="checkbox"/> Almonds, Brazil nuts, cashews, macadamia nuts, pecans, pine nuts, chestnuts, pistachios and walnuts</li> <li><input type="checkbox"/> Flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds and chia seeds</li> <li><input type="checkbox"/> Does not include peanuts</li> <li><input type="checkbox"/> Healthy Oils: Buy organic, extra virgin &amp; cold pressed when possible (minimal processing) <ul style="list-style-type: none"> <li><input type="checkbox"/> Coconut, Flaxseed, Olive, Macadamia, Avocado, Walnut, Sesame</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Refined Vegetable Oils – these oils are very processed, and are oxidized (damaged) easily through light&amp; heat <ul style="list-style-type: none"> <li>▪ canola, vegetable, peanut, soybean, grapeseed, sunflower, safflower, corn</li> </ul> </li> <li>▪ Margarine</li> <li>▪ Peanuts</li> </ul>

♥ See Environmental Working Group's Clean 15 & Dirty Dozen for a list of food best consumed organic: <http://www.ewg.org/foodnews/>

## - CANDIDA -

## To Eat &amp; Not To Eat

## Legumes

## Go Nuts

- Sweet potatoes, potato, butternut squash, Parsnip, pumpkin, turnip
- Arugula, kale, lettuce, spinach, collard greens
- Carrots, celery
- Chives, green onions, Leek
- Bell peppers, red pepper, Green Beans , zucchini
- Cucumber
- Broccoli
- Tempeh, miso
- Alfalfa, bean sprouts
- Ginger, Olives
- Radish

## Just Say No

- Corn
- Tomatoes (limit), eggplant
- Artichoke, asparagus
- Snap peas, green beans
- Cabbage, cauliflower
- Mushrooms
- Edamame, Soy
- Beans (ex: fava, kidney beans), peas, lentils (may consume in SMALL amounts), chickpeas
- Hummus

## Sugar

## Go Nuts

- Stevia

## Just Say No

*Eliminate all refined, processed & artificial sugars*

- Artificial Sweeteners
  - Incl. aspartame, Splenda, equal, Sweet 'n low, sucralose
- High Fructose Corn Syrup
- Agave
- Sorbitol, manitol, malitol, fructose
- coconut sugar /nectar
- Raw honey
- Cane sugar
- Maple syrup
- Molasses

## Dairy

## Go Nuts

*\*Eliminate all cows milk.  
Goat & Sheep milk/cheese only if necessary.*

- Eggs
- Almond, Hazelnut (and other nut) milks
- Hemp Milk
- Coconut Milk
- Kefir (lactose-free if possible)
- Yogurts sourced from the above dairy substitutes
- Cheese: Daiya (goat& sheep if necessary & in limited amounts)
- Butter
- Ghee

## Just Say No

- Any dairy source from cows
- Milk
- Yogurt
- Cheese
- Soy
- Margarine

## - CANDIDA -

### To Eat & Not To Eat

#### Beverages

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Water (as much as you like)</li> <li><input type="checkbox"/> Sparkling water</li> <li><input type="checkbox"/> Coconut water</li> <li><input type="checkbox"/> Herbal tea</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Fruit juice                             <ul style="list-style-type: none"> <li><input type="checkbox"/> In moderation! – ensure natural, no sugar added, not from concentrate – this counts as a fruit serving for the day</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Soda (regular &amp; diet)</li> <li>▪ Beverages with high fructose corn syrup &amp; added sugars</li> <li>▪ Alcohol</li> <li>▪ Caffeine (unless you choose to keep this in and have no known sensitivities)</li> </ul>

#### Veggies

Go Nuts	Just Say No
<p style="text-align: center;"><i>Enjoy!</i> <i>Limit to 2 servings daily of fruit</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> As many veggies as you like, esp. green leafy veggies</li> </ul>	<ul style="list-style-type: none"> <li>▪ Corn</li> </ul>

#### Other

Go Nuts	Just Say No
<ul style="list-style-type: none"> <li><input type="checkbox"/> Condiments: spices/herb, salt, pepper, mustard, miso</li> <li><input type="checkbox"/> Vinegar: preferably apple cider vinegar</li> </ul>	<ul style="list-style-type: none"> <li>▪ Avoid processed, deep-fried, refined foods</li> <li>▪ Soy Sauce, Teriyaki Sauce</li> <li>▪ Salad dressings (make your own!)</li> </ul>



## - CANDIDA -

### Tick, Tock

#### All About the Timing.

The timeframe for the Candida diet is a bit different. The Foundation is 14 or 28 days and the Digestive is a 28-day set timeframe. Your Candida CleanStart is slightly altered.

The Candida CleanStart builds on the Digestive Detox. Chances are if you have candida, your adrenals are struggling and we're working with leaky gut, on top of everything else. This means you most likely have food allergies, probably caused by your candida, so we're working overtime managing those sensitivities AND killing the candida. There's a lot to deal with in this stage.

This is where the CleanStart comes in, helping you to manage these sensitivities AND make the gut healthy again.

**Time Frame: 4-6 Weeks**

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
<b>Timeframe</b>	1 week for each phase				
	Follow the Foundation Diet <b>(gluten-free)</b> . If you are able to embrace grain-free from the beginning, then move into phase 2.	Begin the CleanStart - Foundation Diet, <b>grain-free</b> .	Move into the CleanStart – Digestive.	Begin The CleanStart - Candida: entirely <b>sugar-free</b> . <b>(You can extend this by 1 more week if you feel you need it)</b>	Return to the Plus – Digestive for this final week., before moving onto the Maintenance phase.

## Sugar Kick

### What About the Carbs?

The Candida Diet is very similar to the Digestive Diet, however ALL sugar is eliminated. Yes, I said it. Sugar is out.

I know, I know. I'm not a proponent of completely eliminating ANY food groups either. HOWEVER, candida thrives on sugar. If you have candida and you keep giving yourself sugar – in ANY form, it won't go away. At all. This includes natural

AND synthetic sugars: candy, processed foods, soda, wine, and fruit. They all have to go. During this phase, focus on carbohydrate-rich veggies instead.

Depending on each individual, it can take weeks or months to get it out of the body. And, for some people, it keeps coming back.

This is why the timeframe of phase 4 varies. If you feel you need to keep the sugar out a bit longer, then keep it out!

This diet is much more strict, but it has to be. Candida can be quite debilitating for some people and it's important to allow your body the time to get rid of it. The results will be worth it.



## Not All tests Are Bad

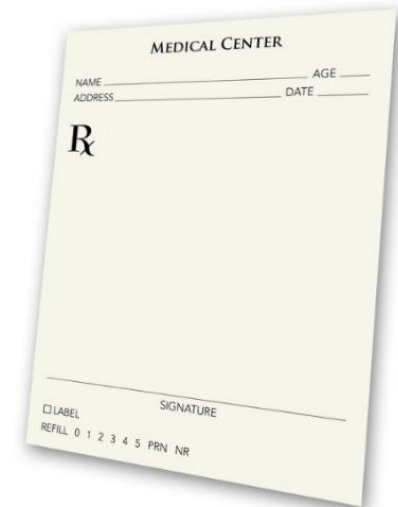
### Testing, Testing...

Candida can often be misdiagnosed because its symptoms are similar to the symptoms of so many other conditions such as IBS, chronic fatigue, arthritis, Crohn's, etc. This is not a good thing, since it can lead to a worsening of your symptoms, especially if you're given antibiotics or cortisol to bring down inflammation.

This is why it's good idea to work with a healthcare provider to help you out. Although the diet will be helpful, as will the supplements, it's a good idea to work with someone who knows about the condition and who can help you along the way.

Testing for the presence of Candida is always a good idea, so you can monitor your progress and see if it's been cleared.

You can go based on how you feel (and you WILL feel a difference), so this is a great guiding tool. Find a practitioner who is open to diagnosing Candida, as some medical professionals don't believe it's even an issue, which won't help you get to the bottom of the problem.





# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## MEAL PLANNING



♥ A Few Tips...



Dr. Andra Campitelli, ND



## - MEAL PLANNING -

## Timed Just Right

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## All About the Timing

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**A**lthough I enjoy cooking and try and do so for myself as often as possible, I'm no master chef. I didn't provide recipes for you in your CleanStart guide, but I'll help guide you along the way.

Everyone has different preferences, so I've provided the outline of the diet changes, provided a 7-day menu sample and given as much guidance as I can. Now you can take it away and customize it to suit your needs.

---

### SHAKE Up Your Morning!

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If you're eating breakfast, and skipping the Intermittent Fasting, I suggest starting your morning with a detox protein shake, if you don't have time to eat. It's a great way to get all those amazing nutrients in that you need. However, I don't mean protein in water, I mean an action packed shake that will keep you full and satiated, if this is all you're having. This means bulking up your shake. In the supplementation section, I point out a protein powder will enhance the cleanse proves, and is perfect to be used in the AM during the CleanStart.

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### Dinner-Sized Salads

---

I'm a salad junkie. I know, it seems weird. We often see salad as a side dish, but not anymore! Let go of thinking of this as a starter. You can make these interesting, filling AND delicious. Get creative. Think of the foods you love, and throw them in. The suggested evening meal on your CleanStart is a fabulous meal-Sized Salad. Trust me, this is NOT as boring as it sounds. Obviously, you don't have to do this every night, but it's a great, fast, healthy option for your evening dinner every now and then. It's not heavy, and can be a well-balanced, filling meal.

It's one of the easiest ways to create a nutrient-dense dish that is satisfying and easy to digest. The main reason that people don't do this is because they don't get full with a salad. That's because most of them are plain old lettuce, tomatoes and store-bought dressing. That wouldn't cut it for me either.

### BULK UP YOUR SALAD!

**Greens:** Your favourite lettuce of choice.

Romaine, spring mix, arugula, cooked kale and chard. I actually hate kale salads (I know, it's the new "super food" so I'm supposed to love it). Romaine is my go-to.

**Vegetables:** broccoli, bok choy, asparagus, celery, fennel – go nuts here! The more the better

**Healthy Fats:** avocado, coconut oil, olive oil, nut and seed oils (flax, sesame, pumpkin, macadamia)

Don't forget these!! As mentioned above, fat is essential. This is what will fill you and keep you full and craving-free later.

**Protein:** fish, organic and grass-fed meats, eggs,

I like to include chicken AND eggs – with the yolk in

**Spices:** dill, garlic and onion powder, parsley, cumin, curry, turmeric, cayenne, salt, pepper

**Dressing:** of your choice. (but NOT store bought!!)

My fav: Olive oil, apple cider vinegar, tarragon, fresh crushed garlic cloves (I don't advise making this dressing on a date...)

## - MEAL TRACKING -

## Worksheet

## Food Tracker

**T**his is a great way to create awareness of what you're eating. If you're a Digestive or Candida CleanStarter, this is key! You can also use a food tracking app, but some people prefer to write it all down. Track your food, your symptoms and your meds/supplements. Try and find a link between how you feel and what you eat.

- ♥ Print this out and fill it in for 3-5 Days. Notice anything?
  - ♥ Describe food & drinks consumed in detail (incl. amount & condiments)
  - ♥ How was it cooked?
  - ♥ Include symptoms & emotions
- *Please rate intensity (scale of 1 -10, 10 being the worst) & location of any symptoms experienced*

DATE: \_\_\_\_\_

	M	T	W	T	F			
Time of Meal	Food/Beverage					Symptom	Severity (0-10)	Time of Symptom

Physical Activity \_\_\_\_\_

Hours of Sleep: 4 5 6 7 8 9 10 11 12

Bed Time: \_\_\_\_\_ Wake Up time: \_\_\_\_\_

Energy levels (scale of 1-10) \_\_\_\_\_

Glasses of Water: \_\_\_\_\_

Stress Management/Relaxation: \_\_\_\_\_

Summary of day (anything to note?) \_\_\_\_\_



# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## SUPPLEMENT BASICS



Your Guide to Supplementing your

**CleanStart Cleanse**



Dr. Andra Campitelli, ND

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## Supplementation

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**U**p to this point, we have focused mostly on the diet changes, but supplementation plays an extremely important role in the detox picture! As well as everyday health.

Our bodies have a natural ability to detoxify and do it naturally every day. But, sometimes, this process can slow down, or get compromised, based on our lifestyle (stress, diet, etc...) so every now and then, it needs a little help. We should all be taking supplements daily anyway.

Supplementing with good quality supplements while you're CleanStart-ing is a great start and will take your CleanStart a step further.

While we're making all these great diet changes, let's give our detox organs a hand. This is why taking a laxative doesn't really cut it. All you're doing is ensuring you stay glued to your home until it kicks in. Laxatives can also damage the gut and make you more susceptible to food sensitivities and even Candida – not

what we're looking for. What we REALLY want to do is optimize the function of these organs, especially the liver and the gut, not just give ourselves gastric distress.

---

### Goal of Supplementation

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**T**he goal of supplementation in general, as mentioned above, is to support the organs of detoxification. We want to ensure that our liver and gut, specifically, are detoxifying as best they can.

Almost everything we consume is processed via the liver. This includes chemicals, drugs, alcohol. So, if our liver gets a little tired or slow, it can't detoxify properly. This means toxins either build up in the body or get converted into something they shouldn't become.

When our body has something it wants to get rid

of, it gets sent to the gut for elimination.

Unfortunately, this incredibly important organ is also regularly stressed by our day-to-day life.

If we aren't eliminating properly, or if we have the wrong kind of bacteria in the digestive track, we don't get the toxins out, or they leak back into the body due to inflamed intestinal cell walls that let things out that shouldn't. So, instead of eliminating toxins, we move them around where they can cause damage elsewhere. Not a good plan.

That's why, in every phase of the CleanStart, we are going to focus on optimizing nutrients, liver and gut health and add in additional supplements, as needed, for each additional phase.

## The HOW.

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Supplementation: My CleanStart Cleanse Customs

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Supplementation can be REALLY confusing.  
And there's no such thing as “One size fits all” when it comes to choosing  
what's right for you.

If you want to optimize your Cleanstart with a Customized Supplement Protocol,  
just book a personalized, Virtual CleanStart Consult, with *Moi*  
and I'll guide you along the way!

[www.CampitelliHealth.com/](http://www.CampitelliHealth.com/)



# CleanStart Cleanse

EVERY BODY DESERVES A CLEANSTART

## MAINTENANCE GUIDE



Living Well After Your  
**CleanStart Cleanse**



Dr. Andra Campitelli, ND

## - EXERCISE -

## Get Moving

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**Exercise is Key.**


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I didn't speak much to exercise in this book, as this is a primarily dietary- and supplement-focused protocol. However, exercise is ESSENTIAL. I find this is the hardest thing to incorporate into your routine, if it's not something you do regularly.

Whether you're detoxing or not, this should be something you're doing. I'm not going to list the health benefits of exercise. I know you already know them. With exercise, it's never a lack of understanding how great it is for you, it's usually finding the motivation and making the time it make it happen. This is a great time to use the [Goal Setting tools](#), if you need that extra motivation.

Finding time daily would be amazing, but I know that's tough, so aiming for 3 times a week to start would be great. Gradually increase from there.

As a former personal trainer, I could write an entire book on exercise. Instead, I'll give you some tips to get started

---

Make it Happen.

♥ **Find out what you like!**

One of the prime reasons people don't work out is because they *hate* it. They hate the gym, or hate classes, or whatever it might be. Find something that you *actually* enjoy. What do you like? Do you prefer to work out at home? Do you like weights? Figure it out, and add it in! Who cares if your friends like yoga. What do *you* like?

♥ **Don't let lack of knowledge stop you.**

Many people are terrified of the gym. They haven't got a clue how to exercise, or how to use the machines, feel embarrassed and then don't go. JUST ASK! The personal trainers are there for a reason. If you ask a trainer to show you how to use a few key machines, they will. Usually gym memberships come with a free session anyway. Of course they're trying to sell you personal training, but don't skip it just because you don't want to be sold. And, in all honesty, it might be worth it to invest in even 2 to 3 sessions, just to get a feel for the gym, if you've never been before. Or, start with come classes! IF you can't afford it, find gyms and studios that offer community classes or outdoor bootcamps at reduced rates. There are ALWAYS options.

♥ **Weights. PLEASE don't forget about the weights.**

Generally, it's women who seem to avoid the weights. You hear things like "Cardio is what makes

you lose weight" or "running is the best exercise." Don't get me wrong. There's value in these things, cardio is essential. But, so is weight training! Muscle burns more fat and boosts the metabolism, as well as improves the way your body processes sugar and enhances bone density. So, don't skip it! You need to do both. And, no ladies, you will not "bulk up". I promise. It's actually quite difficult to get bulky and requires a pretty targeted weight routine. So, don't be scared. Start lifting.

♥ **Order of Exercise.**

For some reason, people tend to do their cardio before their weights. You need to reverse this. Warm up for 10 minutes, then move into your weight training. Finish your work out with cardio followed by stretching.

Why? The weight training will allow your body to make use of sugar and sugar stores, which are needed in order for you to be at your best while lifting. Your body needs those instant sugars. Then when you move into cardio, your body will start to burn fat as fuel – enhancing your weight loss.

You will also probably be more exhausted when it comes time for weights if you did cardio first. Your body will have burned those instant fuel during cardio, so you'll probably lag a bit when it's time for weights

## - EXERCISE -

## Get Moving

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**Exercise is Key.**


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### ♥ Compound Exercises

If you're just starting to workout in a gym, you'll probably start off using machines, until you get the feel for the gym and learn how to make use of everything. But, compound exercises and free weights are a better choice. You use more muscles at once and make your workouts a bit more challenging.

### ♥ HIIT

My favourite workouts are actually High Intensity Interval Training (HIIT) workouts. This kind of exercise alternates between short bursts of high intensity exercise followed by a brief period of rest. This is one of the best ways to turn on "afterburn," where your body burns fat for a period of time AFTER your workout. Which is what most of us are looking for! Interval training can turn on this afterburn for a good 4 hours post-workout, meaning you're still burning calories and breaking down fat, even after you're done with exercise.

### ♥ Mix it up!

Do something different! Don't always do the SAME workout every day. Mix it up as much as you can. Get your weight training or HIIT workouts in, add in some yoga, boxing, skipping, anything to make your workouts more challenging, so your body doesn't get used to the same thing all the time.

The exercise portion is something you should be doing year-round, not just while CleanStarting. This is just a wonderful opportunity for you to get back to it if you've

been off for a little while, or to get started!





## - DAILY HABITS -

## A Few Lifestyle Changes

## Easy-Peasy

**T**he point of the CleanStart is to reduce toxin exposure to the body. This doesn't only apply to foods we consume, but to lifestyle changes as well. And, these are the easy things. I tend to keep these habits year round, because it's simple and doesn't impact my life, well, *at all*.

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 A Day in the Life
 

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♥ **Cleaning Products**

Aim for all-natural cleaning products: Dish soaps, dishwasher detergent, hand soaps. These all contain chemicals that we should try and avoid and the natural versions work just as well. Limit your exposure to harsh chemicals. It DOES make a difference and many people are sensitive to them anyway.

♥ **Bath Products**

Same as cleaning products, find a local store and get your organic skin care products. My two personal favourites: Dr. Baumann (a bit expensive, but amazing) and Neal's Yard. Both have fantastic skin care lines.

♥ **Tupperware**

We all know the dangers of plastic - BPA, phthalates and their impact on our hormones and so much more (again, this topic could be a book on its own). What is the alternative? Glass Tupperware. It's such a simple switch and you can heat, marinate, or store your food in these, worry-free.

♥ **Daily Habits:**

There are some wonderful daily habits that you can engage in to help you during your detox., since it's not ONLY about the food.

Steam/Sauna: Sweat it out! I like to follow a workout with a steam or sauna to sweat out anything I can and relax my muscles.

Epsom Salt Baths.

Lemon in your water everyone morning

♥ **Dry Skin Brushing**

A great way to improve circulation.

Dry skin brushing is fantastic! It stimulates circulation, gets the lymphatic system moving, removes dead skin cells, may improve digestion, impacts the immune system and even tones muscle.

**How do you do it?****The Brush:**

Buy a natural, non- synthetic, bristle brush, since it does not scratch the surface of your skin.

♥ **Technique:**

- Skin brushing should always be done “dry” BEFORE you shower. Do not wet the brush.
- Starting on the soles of your feet, use firm vigorous short strokes that progressively overlap moving from your heel to toes.
- Continue the same technique in an ascending fashion from toes all the way up the legs.
- Be sure to use enough pressure to make the skin “blush”. Strokes should not be painful.
- All strokes should be directed upwards and towards the heart.
- Start again at your fingertips and progress upwards, directing the final strokes towards your heart.
- Never brush your face.
- Be sure to brush both the front and back of your body as you progress upwards!

# COMING OFF OF YOUR CleanStart Cleanse



## All Good Things Must Come to an End

### A New Normal

**A**ll good things must come to an end. This is usually everyone's favourite part! The CleanStart is coming to a close. Most people want to celebrate by having a full-out binge fest, eating everything they had eliminated. I don't advise this, no matter how appealing this might sound.

You'll feel *terrible*. And, if you're trying to figure out if you have food sensitivities, a full-out binge fest is a great way to make figuring that out a massive challenge.

#### Food Re-Introduction

No matter which CleanStart you chose, the ending is the same for all of them. It's time to bring back some of the foods you've taken out. (I know, you're already excited). I want you to make a list, prioritizing the foods you miss the most and what you want to

reintroduce into your diet first.

The reason we want to introduce each food 1 item at a time is because you want to see how your body responds to each one. If you were on the **Digestive** or **Candida** CleanStart, then you want to identify food triggers. You need to give yourself an adequate timeframe for each food, to make sure that you can identify if you're sensitive to something or not. If you eat them all at once and you are sensitive to something, you'll never know which ones you react to or not.

Plus, if you binge eat, you'll feel horrible after eating so well for a full 30 days! Even if you were on the **Foundation** CleanStart, you may find that certain foods make you feel sluggish, lethargic, and generally unwell. Now, you're armed with the information and you know what you need to do to feel your best!

#### Here is how you want to do it:

1. Make a list of the foods you want to introduce, in the order of what you miss the most.
2. Introduce a small amount of the desired food into 1 or 2 meals in a single day.
3. Wait a period of 1 to 2 days and observe how you feel.
  - You're looking for anything that makes you feel unwell – lethargy, joint pain, skin rash, headache, digestive upset, etc.
  - If you experience any of these, you know you have a sensitivity to this food.
4. Move on to the next food on your list, repeat the same process for each of the foods and take note of the ones to which you respond.

# COMING OFF OF YOUR CleanStart Cleanse



## All Good Things Must Come to an End

### What if I DO have a Food Sensitivity

Often, during this food reintroduction phase, people get VERY upset when they realize that they don't respond well to certain foods

Wine headaches, gluten-baby bellies. I get it. As a lactose-intolerant, gluten-sensitive, sugar-sensitive and selective wine-sensitive person, I'm a lot of fun at restaurants.

So, the biggest fear that people have is that they will NEVER BE ABLE TO EAT/DRINK these things again! \*gasp\*

I get it. It's a sad thought. But, here's the thing. ***That's not the case.*** This is where **CHOICE** comes into to play. The beauty of this CleanStart is now you **KNOW**. You KNOW why you had headaches, why your stomach hurt. Why your joints ached. You know which foods make that happen. Now, you have a choice. That's the beauty of being an adult. You KNOW what these food will do to you. So, you get to **DECIDE** if it's worth it.

This gluten-sensitive, lactose-intolerant gal has been known to down a few slices of pizza every now and then. Or indulge in my all-time favourite sour jujubes – so good .... and so bad for me. Just because I have food sensitivities, doesn't mean I can't eat the foods I love. It just has to be worth it, because I pay for it later. So you have the same choice. YOU get to decide if it's worth it. You know what's going to happen, you know how you're going to feel, now you get to decide if you want to suffer the consequences. You've now nailed down the triggers.

Knowledge is power.

Life is meant to be enjoyed, you don't have to eliminate everything you love, if you feel it's worth it. Personally, dairy is never worth it. So, I skip out on the ice cream and don't miss it for a second. The ripping, sharp, stabbing shooting pains that tear across my abdomen and have me doubled over crying in a corner - just aren't worth it. I don't even miss it. And, I certainly don't miss the pain.

### Life After Your CleanStart

So now what? You've finished your CleanStart, you feel amazing. Where do you go from here and how do you live once you're done?

#### Do you go back to eating the way you did before?

Hopefully, not. Hopefully, you will have realized the benefits of eating the way you did while CleanStarting.

As I've mentioned before, life is meant to be enjoyed. We don't want to eliminate all the things we love, but we want to live in balance. Finding that balance between eating well, being healthy and indulging in what makes us happy.

Personally, I generally eat according to the CleanStart Cleanse Foundation Principles. I avoid dairy (obviously) and avoid grains, because I know they're so bad for me. This doesn't mean I don't eat them at all, I just do so in moderation

# COMING OFF OF YOUR CleanStart Cleanse



## All Good Things Must Come to an End

### Life After Your CleanStart

**1. Enjoy your coffee** (unless for some reason, it doesn't work for you!)

♥ Coffee isn't actually bad for you and is a powerful antioxidant. I start my day with my favorite Americano. It's all about moderation. Don't indulge in 5 Starbucks Venti coffees, but 1 to 2 cups a day (and definitely NO MORE than 4 small cups), are fine.

**2. Wine**

♥ Another indulgence. And nothing wrong with this one. Just in moderation. As I write this portion of the book, it's just past midnight and I'm sipping a nice glass of red. And, it's a Monday night. I think I'll be just fine.

♥ Mixed drinks? No problem, but aim for less sugary mixes, like soda. You can still enjoy, just try and make healthier choices.

**3. Food choices**

♥ I live by the 90:10 rule. 90% of the time, I

eat & live well. Then when I indulge at a party and enjoy my sour jujubes, I don't feel bad. I still drink wine, and I enjoy a nice grain-full cheat day every week (sometimes more).

While on vacation, I relax and eat whatever I want, then come back to my healthy once I'm back. I never really "diet." I just live well. all year-round.

♥ If weight loss is your goal, I encourage you to follow the CleanStart Foundation for an extra month.

♥ Life isn't about counting calories, that's not the point. It's about eating well and living fully. Your body will naturally and gradually move to the weight it's supposed to be. Hopefully your CleanStart introduced you to a healthier way of eating and you'll keep some of these principles moving forward

♥ A note on dairy:

If possible, continue with the dairy-free as much as possible. Enjoy your yogurt, but continue to swap out your milk for almond milk. Making these small, easy choices can only help and won't really impact you on a daily basis.

♥ A note on grains:

If you can continue grain-free, that's wonderful, or even gluten-free as an alternative, and now it's so easy to find, even in a restaurant.

However, again, this doesn't have to be 100% of the time – just most of the time, if you can. You'll feel better. Just ignore the "gluten-free haters". For some reason, this topic makes people angry. It's your life, your body and your health. You need to treat it the way you think it should be treated.

*As my mother always said (and my Mom rocks),  
"If you live well, you'll never have to diet a  
day in your life."*

*Once again, proof that Mom's are always right.*

*Thanks Mama, you're the best! ♥*

# CleanStart Cleanse

## CONGRATULATIONS!!



You Did It!

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Good Job, CleanStart-er!

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A Little One-on-One

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CONGRATULATIONS!!!

You're done!  
I'm SO proud of you! You've completed your CleanStart!!

I bet it wasn't as tough as you first thought. How do you feel?

I'd love to hear about your experience. Share your story with me, your journey, and the changes in your health. I always love to hear how change can influence us positively and in more ways than we ever thought.

*"...because being healthy doesn't have to be painful  
& it's always better with a glass of wine."*

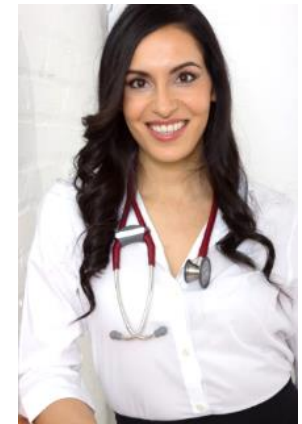
♥ I'm Here to Help.

If you need some help, or a little more personal CleanStart clarification, I'm here for you!

Book a virtual consult with me and I'll answer your CleanStart questions to help you along the way!

*A.C.S*

**Dr. Andra Campitelli, ND**  
Your CleanStart Creator.



Lose Weight | Feel Better | Live Better | Take Back Your Health

Talk To Me.

I'd love to hear from you !



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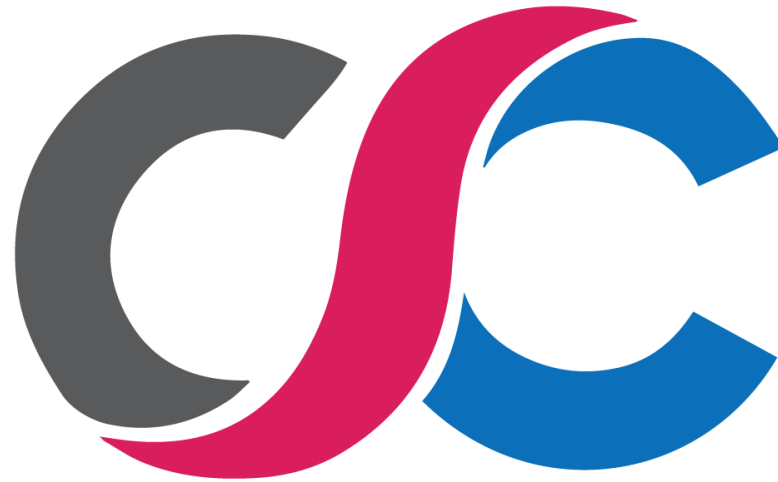
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