

Dietary Cleanse Guidelines

Food to Include	Food to Avoid
<p>Fruit strawberries, citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, blueberries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, prunes, raspberries, etc. fresh is best, or you can have unsweetened – dried, frozen, or canned fruit, and limited unsweetened fruit juices</p>	<p>Fruit grapefruit (grapefruit can alter detoxification enzyme function for up to 72 hours), sweetened fruits (either in cans or frozen) and sweetened fruit juice</p>
<p>Veggies arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, spinach, squash (summer and winter), sweet potatoes, taro, turnips, yams, zucchini, etc. all fresh raw, steamed, grilled, sauteed, roasted, or juiced</p>	<p>Veggies corn, tomato, tomato sauce, and any creamed vegetables</p>
<p>Starch (Breads & Cereals) rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa (a surprisingly tasty grain, somewhat bland on its own, but served with a sauce or gravy – delicious), millet, tapioca, amaranth, buckwheat</p>	<p>Starch (Breads & Cereals) corn, plus all gluten containing products including wheat, spelt, kamut, barley, rye</p>
<p>Legumes all legumes including peas and lentils (except soybeans)</p>	<p>Legumes soybeans, tofu, tempeh, soy milk, soy sauce, or any product containing soy</p>
<p>Nuts and Seeds all nuts except peanuts – almonds, cashews, macadamia, walnuts, pumpkin seeds, brazil nuts, sunflower seeds, etc., – whole or as a nut butter</p>	<p>Nuts & Seeds peanuts, peanut butter, and peanut oil</p>
<p>Meat and Fish all fresh or frozen fish (except shellfish -with the exception of oysters from a clean source) such as salmon, halibut, sole, mahi mahi, cod, snapper, etc., (wild is better than farm raised fish) – chicken, turkey, beef, pork, sausage, wild game (venison, buffalo, elk, etc.), – with meat <u>only</u> eat organic, hormone & antibiotic free, free range, grass-fed (beef).</p>	<p>Meats & Fish tuna and swordfish, shellfish, cold cuts (unless they contain no nitrates) and canned meats.</p>
<p>Dairy products & substitutes milk substitutes such as rice milk, oat milk, almond or other nut milk, and egg substitutes</p>	<p>Dairy products & substitutes milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs</p>
<p>Fats cold pressed oils such as olive oil, flaxseed, canola, safflower, sunflower, sesame, walnut, hazelnut or pumpkin seed, butter (allowed if from organic grass fed cows)</p>	<p>Fats margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise</p>
<p>Beverages filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, kombucha, or mineral water</p>	<p>Beverages sodas and soft drinks (including sugar-free), alcoholic beverages, coffee, tea, or any other caffeinated beverages, sweetened fruit juice</p>
<p>Sweet stuff Dark chocolate (70%+), brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, fruit sweeteners such as LoHan fruit, pure maple syrup, agave nectar, yacon syrup</p>	<p>Sweet stuff white or brown sugar, high fructose corn syrup, honey, corn syrup</p>
<p>Spices and condiments vinegars (except grain source), wasabi, mustard, horseradish, pesto (cheese free) and all spices</p>	<p>Spices & Condiments chocolate, ketchup, relish, soy sauce, BBQ sauce, chutney</p>

DIRECTIONS

The above dietary recommendations are to be followed for a 3 week period and taken in conjunction with Cleanse, a supplement powder created by Yinstill Reproductive Wellness.

REINTRODUCTION

After 3 weeks of the elimination diet is complete, reintroduction begins. This is possibly the most important aspect of the cleanse as it is when you will learn what you may be sensitive to, in other words, what foods may be causing inflammation and imbalance.

When reintroducing the eliminated food groups, it is important to do so in a rotating fashion by introducing one food group at a time and allowing 24 hours of rest in between. It is also important to maximize the body's exposure to the food group you are reintroducing in order to give the immune system a chance to react. For example, if you decide to re-introduce starch first, you would do so by having starch with every meal on the day of introduction (ideally 3 meals with starch). This would be followed by a 24 hour observation period to ensure that you don't develop any latent immune reactions. If symptoms appear, wait until they clear before introducing the next food group. If you re-introduce starch with your first meal and begin to react right away, eliminate starch from your diet, allow for the 24 hour period (or until symptoms resolve) and move on to the next food group. If you have any questions about this diet and the rotation diet that follows, please book an appointment with our naturopathic doctor Nora Shilo.

CLEANSE SUPPLEMENT

Cleanse was designed with two main goals in mind: proper detoxification and proper elimination of toxins. Toxic burden is unavoidable in today's society given the number of chemicals we are exposed to on a daily basis. Some of these chemicals are hormonally active and can play a major role in contributing to infertility - they are known as hormone disruptors. Furthermore, even if toxic exposure to exogenous hormones is limited, the body sometimes needs help breaking down its own endogenous hormones which we frequently see in practice, are elevated or out of balance. The main organ responsible for hormone detoxification in the body is the liver. Therefore, Cleanse contains vitamins and nutrients that support phases 1 and 2 of the liver detoxification process to help the body efficiently break down toxins and excess hormones. It also contains fiber, as well as electrolytes and nutrients required by the kidneys for proper elimination.

The Cleanse supplement should be paired with the Yinstill Dietary Cleanse Guidelines above, which serves as a reboot for the body and its internal organs. The Yinstill Cleanse program also promotes healthy dietary habits, blood sugar regulation, and weight management. Any patient would benefit from using the Cleanse program twice a year to help maintain a healthy weight, reduce inflammation, and restore optimal liver function and hormonal balance.

Instructions (dose per serving)

- Retinyl Palmitate - 2000iu
- Beta Carotene (mixed carotenoids) - 3000iu
- Ascorbic acid - 300mg
- Vitamin D3 - 400iu
- Vitamin E (d-alpha Tocopheryl Acetate) - 50iu
- Vitamin B1 - 12mg
- Riboflavin-5-Phosphate - 10mg
- Niacinamide - 30mg
- Niacin - 8mg
- Pyridoxal-5-Phosphate - 10mg
- 5-Methyltetrahydrofolate (Quatrefolate) - 300mcg
- Vitamin B12 (Methylcobalamin) - 50mcg
- Biotin (1%) - 150mcg
- Vitamin B5 (Calcium Pantothenate) - 46mg
- Calcium (Citrate) - 300mg
- Magnesium (Citrate) - 150mg
- Zinc (Citrate) - 10mg
- Selenium (L-Selenomethionine) - 70mcg
- Manganese (Citrate) - 1.5mg
- Chromium (Polynicotinate) - 100mcg
- Molybdenum (Citrate) - 50mcg

- Potassium (Citrate) - 100mg
- Vanadium (Sulfate) - 50mcg
- Choline Citrate - 30mg
- Boron (Citrate) - 0.1mg
- Reduced L-Glutathione - 25mg
- N-Acetylcysteine - 50mg
- L-Glycine - 1650mg
- Taurine - 110mg
- Green Tea 50% Catechins - 25mg
- MSM - 100mg
- Quercetin - 250mg
- L-Glutamine - 500mg
- Betaine Anhydrous (TMG) - 50mg
- Medium Chain Triglycerides - 1500mg
- L-Lysine - 500mg
- Rice Protein - 13.4gm protein
- Pea Protein - 13.4gm protein
- Vanilla flavour - 4028mg

18 servings per bottle

10.5 day supply (2 bottles are required to complete the 3 week cleanse)

Suggested use: Day 1-4, one serving daily. Day 5-21, one serving twice daily.

BENEFITS

- Overall, this is a cleanse to reduce inflammation in the body and allow for the liver and kidneys to better process and eliminate metabolites from the body and maintain or restore hormonal balance.
- This is also a great way to reset the gastrointestinal tract and begin to heal conditions like leaky gut where the immune system has been over active
- Focus on creating new habits of shopping and eating and use this momentum to continue healthy eating beyond the cleanse
- Pay attention to changes in your body and mind (skin, digestion, mood, emotions, sleep, etc.)
- Keep a diary to help figure out what foods are affecting your body

FURTHER DIETARY GUIDELINES, TIPS, & TRICKS

- If you experience any gastrointestinal symptoms, we recommend following Dr. Shilo's GI resetting protocol along with your cleanse, which would be customized to your specific needs upon completion of initial consultation
- The rationale behind taking the powder before meals is so that less food is consumed with meals and to maintain blood sugar levels longer to avoid craving sweets.
- Do not need to take prenatal multivitamin while taking cleanse supplement but should continue to take 1mg folic acid.
- In General, we recommend adhering to 3 square meals each day, and no snacking or eating late. This helps the body maintain its ability to utilize fat as energy (instead of relying on a steady stream of carbs) and can help drastically with maintaining a healthy weight.
- Chew food sufficiently and be sure to relax when eating. Enjoy taking time to eat, time with loved ones. This allows for better digestion.
- Do not drink too much water (or any liquid) with your meals as it makes digestion more difficult.
- Foods should be organic whenever possible to minimize the negative effects that pesticides may have on your health.
- Take time to educate yourself on how to properly soak, sprout, and cook your legumes and grains.
- Include plenty of fermented foods in your diet to help maintain healthy gut flora (sauerkraut, kimchi, kefir, kombucha)
- When reintroducing soy, substitute Bragg's Soy Seasoning for soy sauce (no MSG or gluten).
- Drink plenty of filtered water each day. Chlorine damages gut flora and water stored in plastic contains BPA and phthalates, known hormonal disruptors.
- Utilize kombucha to help minimize the caffeine withdrawal often experienced for 2-3 days when stopping coffee consumption.
- If cravings are thing with you, make sure to have something satisfying and filling on hand (hummus, carrots, lots of fruit, dates, raisins, etc)
- Since one serving of the cleanse powder contains over 25 grams of protein, this can also be useful as a post workout drink.
- Animal products should be organic, hormone and antibiotic free, grass fed (beef), wild game, and free range happy animals.
- When cooking meats, take your time. Use low temperature.
- Local foods should always be a focus when possible.