



Dr. Adam Markew



DETOX

— 2019 —

Information Guide

Disclaimer

The nutritional Detox put on by Chiropractic on Eagle is designed to help your body get the correct fuel that it needs to run optimally.

The Detox Programme was designed to help our patients decrease the nutritional stress on their body therefore reducing their likelihood of subluxation and increasing their health.

We have invited members of the public in hopes to improve the health of the people in Newmarket.

Ongoing support through the Detox programme is provided to current active patients of Chiropractic on Eagle. It goes without saying that anyone who wishes to participate in this Detox Programme should do so under the supervision of a qualified Health Care Professional. This holds especially true if you have a health condition or any co-morbidities, and/or are currently taking any medications.

The Guidelines

Your body is designed to eat certain foods. When you eat the foods that you are **not** designed to eat, your body will be irritated. This irritation is called **nutritional stress**. Nutritional stress can cause your body to work less than optimal and can lead to common symptoms such as fogginess, fatigue, trouble sleeping, weight gain, skin conditions and inflammation (which is the underlying factor in the top three lifestyle related illnesses).

The **primary goal** of this Detox plan is to reduce the nutritional stress on your body.

The **secondary goal** of this Detox plan is to support your bodies natural detox pathways to help with the changes in your body.

The **tertiary goal** is to re-waken your body's metabolic machinery (ie. metabolizing fats as well as carbohydrates)

Week 1

- Initial week to remove any major contributors of nutritional stress from our diet. **This is the hardest week.**
- You may have feelings of wanting to give up.
- The low-carb flu (withdrawal from sugar)
- Caffeine headaches (withdrawal from caffeine)
- Cold body temperature (More vegetables)
- Feelings of hunger are best combated with good food preparation and proper snacks.
- Remember to drink lots of water to help flush toxins from body.
- Fatigue (Your body will start learning to use the fat storage as fuel)
- Support liver detox pathways

Week 2

- Introduce eggs, poultry, and water fowl back into diet.
- Try for free run pastured eggs and organic, antibiotic free poultry.

Week 3

- Introduce beef and natural sweeteners back into diet
- Space 48 hours apart.
- Re-introduce ancient and pseudo grains if you please

Week 4

- Sustainable diet. Builds on the steps and principles from the first three weeks.
- Daily meals with continuing progress.
- You can introduce pork if you like. (check your sources with pork)

Changes

- **The Bad** - Hangriness, Headaches, fatigue, bloating/gas, fogginess
- **The Good** - Weight loss, less fatigue, less fogginess, better energy, better athletic performance, increased clarity, increased immune function.

Remember this...

At the end of week four, feel free to add which ever foods you desire. The mission of this programme is that you will take a few or more principles, recipes or lifestyle changes, and continue to apply them to become apart of a healthier lifestyle.

When the right thing is done consistently over a period of time you will get good results. The longer you go, the better the results.

Slowly add foods back into your diet. You may notice that you react to certain foods. Fogginess, headaches, bloating etc. These symptoms will help you identify foods that cause your body increased nutritional stress and you may want to eliminate these foods entirely.

Please note you do not have to follow the 14 day meal plan entirely, If you are an experienced clean eater you may want to substitute recipes. If you do make changes, you should still follow the principles of the programme.

When using seeds and legumes sprouting is recommended, but please consult with a good resource to do it properly.

If you are going to drink herbal teas try and find naturally decaffeinated teas. You can drink hot water, with or without lemon as a substitute. High grade edible lemon essential oil is also good to add to warm or cold water.

Foods to Avoid

Processed/packaged food

Sugar

Alcohol

Caffeine

Pop/soda

Energy Drinks

Sports Drinks (gatorade)

Juices

Corn products (unless GMO free)

Dairy (expect grass fed butter or ghee)

Fried foods

Vegetable oils (except olive oil when not used for cooking)

Bread

Excess Grains

Potato

Soy products

Rice

Peanuts

Sweeteners

Meat (allowed after certain period)

Foods to Consume

Vegetables:

Leafy Green Vegetables: Chard, Spinach, Beet Greens, Kale, Dandelion, Romaine, Watercress, Bok Choy

Fibrous Vegetables: Carrots, Beets, Zucchini, Broccoli, Cauliflower, Green Peas, Snap peas, Green Beans, Onions, Celery

Starchy Vegetables: Parsnips, Turnips, Squash, Pumpkin, Yams, Sweet Potato

Sea Vegetables: Dulse, Nori, Kelp, Kombu, Wakame

Fruit:

Berries, Bananas, Pomegranates, Lemon, Lime, Mangos, Melon, Apples, Apricots, Dates, Figs, Kiwi, Papaya, Oranges, Pears, Pineapples, Peaches, Plums

*Grapefruits (check medications for interactions)

Dirty Dozen - EWG.ORG

Eggs:

Local free range, antibiotic/hormone free

Fish:

Wild, not farmed

Nuts/Seeds:

Raw or roasted (sans salt)

Brazil Nuts, Almonds, Macadamia Nuts, Pine Nuts, Hazelnuts, Cashews, Pecans, Pistachio

Sesame, Sunflower, Pumpkin, Flax, Hemp seeds.

Legumes:

Beans, Lentils, Peas
preferably sprouted
*no peanuts

Meat:

Organic, free-range, no hormones or antibiotics
Fowl - Turkey, Cornish Game Hen, Chicken, Duck, Pheasant, Quail
Beef - Leanest Cuts (unless full grass fed), Organ meet,
Pork - pastured pork

Grains:

Pseudograins - Quinoa, Amaranth, Buckwheat, Wild Rice
Grains - Millet, Teff, Oats (steel-cut or rolled, not quick oats)

Oils:

Coconut oil, EVOO, Avocado Oil

Additives:

Apple Cider Vinegar, Ginger, Nutritional Yeast, Stevia, Xylitol,
Almond/ Coconut Milk (unsweetened)

Water:

Rule of thumb 8 Glasses a day, but listen to your body. If you are
thirsty drink if not don't.

Tools

- Blender
- Spirulizer
- Hand Blender, Coffee Grinder, Food Processor

Supplements

Essential - Omega 3, Vitamin D, Probiotic

Helpful - Chlorella, Spirulina, Collagen, Tumeric



Resources

Dirty Dozen - foods with most pesticide

*From Environmental Working Group Website

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet Bell Peppers
9. Cucumbers
10. Cherry Tomatoes
11. Snap Peas - Imported
12. Potatoes

Clean 15 - foods with lowest pesticide

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbage
5. Sweet Peas Frozen
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet Potato

Glycemic Index & Load

If you are Diabetic or Pre-diabetic you should consult this list regularly. The lower the number the better

[Click Here](#)

Oil Smoking Point

For a great article and chart please click the link below.

[Click Here](#)

Flipp Application

If you have a smart phone you should definitely download this application. It's an easy way to price match before you go to the grocery store.

[Click Here](#)

Booklist

- The Big Fat Surprise
- The Thrive Diet
- Primal Blueprint
- Against All Grain
- The Bullet Proof Diet
- Paleo Kitchen
- The Paleo Cure
- 21 Day Sugar Detox
- The Eat- Clean Diet
- The oh she glows
Cookbook
- The Eat By Design
Cookbook
- Food Rules
- Deep Nutrition

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