

BODYBOOST 10-DAY SPRING CLEANSE

THE BASICS

FOODS TO CONSUME:

Teas (green tea, herbal detox tea)
Water, 70 oz daily
Green Smoothies
Vegetables, seasonal & organic
Seeds (chia, pumpkin, etc)
Nuts (raw, soaked/fermented advised)
Nut butter (no peanut)
Alternative milks (Oat or coconut)
Oils: coconut or olive
Fruit: Seasonal in moderation (smoothies)
Soups, broths
Meat: Lean turkey, chicken, fish
All should be organic, wild-caught, free-range whenever possible.

FOODS TO AVOID:

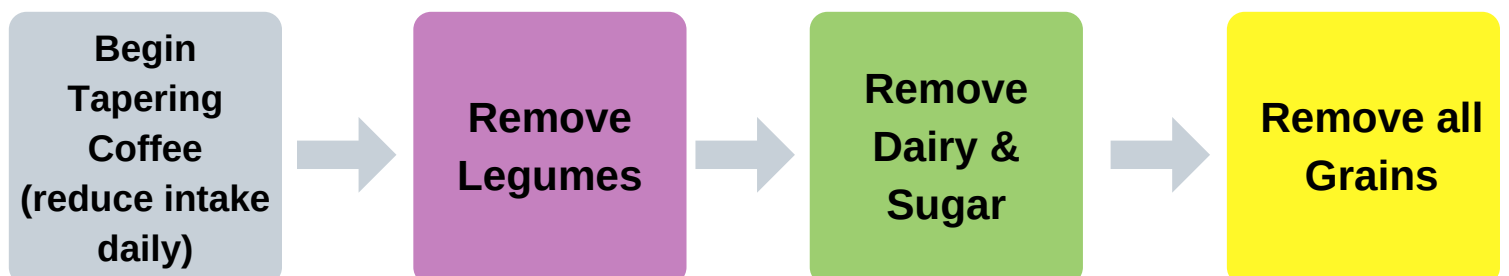
Sugar: natural & artificial
Dairy
All grains
Legumes (beans, soy, peanut)
Coffee in excess
Non-organic produce
Alcohol any type
Meats grown with antibiotics or hormones

STARTING THE BODYBOOST CLEANSE

Prior to the start of the actual cleanse, tapering certain foods with a day or two between each item is advised. An adequate tapering is recommended in order to avoid detox-like symptoms (fever, headache, nausea) and to limit strong cravings that may be associated with an abrupt discontinuation of carbohydrate and sugar.

FOOD TAPERING BEFORE THE CLEANSE

Allow one to two days between tapering different food groups.



CLEANSE SUPPLEMENTS

During Cleanse and for 10 Days total:

Liv-Clear Complex: 3 caps daily with larger meals for 10 days.

Cleanse powder of choice (Mediclear Plus, or OptiCleanse GHI): 2 scoops or one pouch daily.

Chia seeds or ground flax seed (smoothies) - as additional source of fiber.

Seasonal Booster. Start with cleanse and continue for one month:

Resveracel: 2 caps daily in AM before food. Mitochondrial, histamine & antioxidant support

Optional Ongoing Daily Maintenance After Cleanse:

Daily Defense Probiotic: 1 capsule daily

Omega Supreme: 2 capsules

Energy B-complex: 1-2 caps daily

SUPPLEMENT INFORMATION

Cleanse Powder Options: Chose 1 of the following:

Mediclear Plus: Pea protein and medical cleanse powder, unflavored and no alternative sweeteners.

Contains many anti-inflammatory phytonutrients to aid in detoxification and cleanse. There are no added flavors or sweeteners in MediClear Plus.

OptiCleanse GHI: Chocolate or vanilla flavored protein and cleanse powder with monkfruit sweetener. A good choice for those who would like to make a simple detoxifying drink and won't be able to make green smoothies.

Warrior Blend can be considered as a plant based protein for the cleanse, yet it lacks the cleanse nutritive agents that the other two powders contain.

Liv-Clear Complex: 3 caps daily with larger meals for 1 week. Contains additional liver-loving herbs (milk thistle, artichoke) and ox bile to optimize bile flow. Not suitable for vegans.

Chia seeds or ground flax seeds: as additional source of fiber. Fiber is necessary to augment the cleanse process and aid in elimination.

Spring Seasonal Booster: Start with cleanse and continue for one month:

Resveracel: 2 caps daily in AM before food. Selected for the spring cleanse when some may experience seasonal allergies and provides mitochondrial and anti-oxidant support.

Ongoing Daily Maintenance After Cleanse:

Daily Defense Probiotic: 1 capsule daily for gut, mood and immune health.

Omega Supreme: 2 capsules daily for anti-inflammatory, cardiovascular, nervous system support

Energy B-complex: 1-2 caps daily for nervous system and energy support.

A TYPICAL DAY ON THE BODY BOOST 3 DAY CLEANSE

<p>Morning & Breakfast:</p>	<p>Warm water with lemon upon waking Supplements: 2 Resveracel on empty stomach Green smoothie with cleanse powder Cleanse powder of choice: 2 scoops OR 1 packet Tea: Morning blend or green tea</p>
<p>Snack (optional):</p>	<p>Choose from the following: nut butter with banana, a handful of nuts or seeds, broth or tea, hardboiled egg, carrot or celery sticks with nut butter, leftover veggies, green smoothie, pumpkin seeds, kale or beet chips.</p>
<p>Lunch:</p>	<p>Choose from the following: Salad, soup, steamed veggies, broth, leftover veggies, green smoothie, hardboiled egg</p>
<p>Dinner:</p>	<p>Choose from the following: lean meat (chicken, turkey, fish) with roasted or steamed veggies, soup. Supplements: Liv-Clear Complex (3)</p>
<p>Bed Time Routine:</p>	<p>Nighttime tea: Relaxation or Detox blends (1-2 cups)</p> <p>Epsom salt bath: To aid gentle detoxification and warming the body to encourage restorative (deep) sleep.</p> <p>Sleep hygiene: sleep in a dark room, no devices 1 hour before bed, go to bed around the same time each night.</p>
<p>Additional Considerations:</p>	<p>Daily water intake: 40-60 ounces minimum while on the cleanse.</p> <p>Intermittent fasting: 11-13 hours per night for overall health & vitality.</p> <p>Exercise: Mild exercise is crucial to encourage movement & circulation of fluids and aids elimination of toxins. Walk, yoga, swim, hikes, light jogging and other light-intensity activities.</p>

SEASONAL PRODUCE: SPRING CLEANSE

ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE

Focus on seasonal produce for nutrient density and to support your local economy. Many of the spring vegetables contain many liver-loving and cleansing properties that nourish the body, are important to incorporate following a winter of indulgence, storage and hibernation. Spring provides the perfect opportunity to support metabolism and detoxification of fat and other storage products.

SEASONAL VEGETABLES:

artichoke	arugula	asparagus	beets/beet greens
bok choy	broccoli	broccoli rabe	Brussels sprout
cabbage	carrot	cauliflower	celery
chard	collard greens	dandelion greens	endive
fennel	garlic	kale	leek
lettuce	mushroom	mustard greens	nettle
onion	parsnip	pea shoot	radish
rutabaga	scallion	spinach	sprout
sun choke	turnip		

SEASONAL FRUIT:

avacado	kumquat	lemon	lime
mandarin	orange		

BodyBoost Spring Recipes

The recipes included in this section are simply ideas and suggestions. Please feel free to make your own recipes that include veggies (steamed or raw), as outlined in the previous pages. More recipes can be found on our blog www.SonomaRoots.com/blog by searching specific categories.

Spring Green Smoothie Recipes:

You are free to use your own green smoothie recipes as long as they combine mostly greens and just a little fruit with 2 tablespoons chia or flax seeds, water, and optional coconut oil or coconut milk. It is perfectly acceptable to use frozen organic fruit when it is not in season, as it was most likely picked when ripe and contains optimal nutrient density. It is best to prepare your smoothie by cutting fruit into chunks and using a high powered blender similar to a Vitamix, to allow for smooth texture.

Choose from the following recipes by Dr. Danielle or the Make Your Own guidelines listed below:

Green Banana Bliss

- Spinach, 3 oz
- Banana, 1 whole
- Coconut oil, 1 tbsp
- Almond butter, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz depending on desired thickness

Sweet Pineapple Greens

- Spinach, 3 oz
- Pineapple chunks, frozen 1/3 bag
- Coconut oil, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz to desired thickness

Super Clean Colorful Greens (2 servings)

- Kale, 2-3 large leaves
- Chard, 2 large leaves
- Beet, 1-2 whole peeled (raw if vitamix, shredded if other blenders)
- Banana, 1 medium
- Lemon, 1/4 wedge
- Apple, granny smith
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

Strawberry Banana Bliss

- Mixed greens or spinach, 6 oz
- Banana, 1 large
- Raspberries, 6 oz fresh or frozen
- Lemon, 1/4 wedge
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

Protein & Greens Blend:

- Choice of greens, 4 handfuls (kale, spinach, chard, collards)
- Banana, 1 medium
- Lemon, 1/4 wedge
- Almond butter, 2 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut oil (optional), 1 tbsp
- Water, 10-12 oz
- Collagen powder, warrior blend or unflavored Whey powder, 1-2 tbsp

Simply Green (makes 2 servings)

- Greens mix, 8 oz
- Celery, 5 stalks
- Avocado, 1 whole
- Apple, 1 whole green
- Carrots, 4 whole peeled
- Pineapple chunks, 1/3 bag
- Chia or flax seeds, 2 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

Liver Loving Greens (makes 2 servings)

- Greens mix, 6 oz
- Beet, 1 whole peeled (raw if vitamix, shredded if other blenders)
- Lemon, 1/4 wedge
- Apple, 1 Fuji, Pink Lady, or Gala
- Chia or flax seeds, 2 tbsp
- Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

Orange or Tangerine Dreamsicle:

- Greens, your choice of 4 chopped handfuls (chard, spinach, kale, collards)
- Tangerine, 2-3 small/medium peeled
- Lemon, 1/4 wedge
- Coconut oil unrefined, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Water, 6-10 oz to desired thickness

Make Your Own: Consider using the following ingredients and post a picture on social media and tag @sonomaroots so we can see your creation.

- Greens (choose 1 or more): spinach, kale, chard dandelion or mustard greens, romaine
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Veggies: celery, pumpkin, butternut squash
- Optional: coconut milk, coconut oil, nut butter
- Fruit: Apples, Frozen fruit

BODY BOOST 10-DAY CLEANSE SPRING LUNCH & DINNER IDEAS

Lean meats, lots of veggies and soups/broths are the general dietary recommendations while on the 10-day cleanse. Feel free to make your own vegetable or bone broth based soups. Homemade soups are a healthy and low calorie option for those who are trying to optimize weight management or cleansing goals. Combine lots of vegetables with veggie broth/stock or bone broth. If you have a vitamix or high-powered blender, blending up a roasted butternut squash or broccoli (without cheese) into soups are a wonderful addition to our cleanse.

Bieler Broth:

- String beans, 1 lb
- Zucchini, 2 lbs
- Celery, 3 stalks
- Parsley (any type), 1 handful
- Water, enough to cover your veggies

Directions: Add water, beans, zucchini and celery and boil for 10-15 min until fork goes through the outside of the zucchini. Add parsley and puree using the water you cooked it in and make it the consistency you desire.

Bone Broth:

- 4 quarts water
- 1 teaspoon salt
- 2 tablespoons apple cider vinegar or 1 lemon halved
- 2 large onions, unpeeled and coarsely chopped
- 2 carrots, scrubbed and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch fresh parsley
- 2-3 garlic cloves, lightly smashed
- 2-4 lbs. meat or poultry bones

Directions: Add all ingredients to a crockpot or pot on the stove. Bring to a boil, cover and reduce heat to low. Cook for 12-24 hours. Strain and keep broth in fridge or freezer. Drink as is or use as stock for other soups.

Tip: If purchasing a chicken or using turkey bones, roast the meat a day ahead and de-bone. Save the bones (or carcass) to be used for the bone broth. More information can be found on our website: www.sonomaroots.com/blog

Veggie Broth:

- Water, 4 quarts
- Salt, 1 tsp
- Apple cider vinegar 2 Tbsp or juice of 1/2 lemon
- Onion, 2 large unpeeled and coarsely chopped
- Carrots, 2 large scrubbed and coarsely chopped
- Celery stalks, 3 cleaned and coarsely chopped
- Parsley, 1 bunch
- Garlic, 2-3 cloves lightly smashed

Directions: Add all ingredients to a crockpot or pot on the stove. Bring to a boil, cover and reduce heat to low. Cook for 2-4 hours. Strain and keep broth in fridge or freezer. Drink as is or use as stock for other soups.

Steamed Veggies:

Choose from any seasonal veggies, steam and eat them up!

Steamed Artichoke:

Prepare artichokes by cutting both ends and trimming the points off of the remaining leaves. Stuff 4-5 peeled garlic cloves into segments of the artichoke. Fill a pot with water and add steaming basket. Steam on medium for 35-45 minutes (depending on size of the artichoke and quantity in the pot). Check on the water every 20 minutes to avoid burning the pot. When ready to eat, remove the garlic cloves and mash in dipping oil.

Baked Spaghetti Squash

Ingredients per serving:

- Spaghetti squash
- Basil (fresh if available)
- Garlic
- Lean meat to add if desired
- Salt, to taste
- Olive oil

Directions

1. Preheat oven to 375 degrees
2. Cut spaghetti squash in half lengthwise
3. Scoop out seeds and slime and discard
4. Place cut-side down in glass baking dish
5. Add 1/2 cup water to dish
6. Bake in oven for 30-45 minutes. It is done when fork can penetrate the outer skin with ease.
7. ease.
8. Rake a fork across the flesh to remove strands like spaghetti
9. Drizzle with olive oil, chopped garlic (if desired), salt, and fresh chopped herbs.
10. Mix and serve!

Grilled Salmon

Grilled salmon with lemon, cayenne, garlic, and a little olive or coconut oil is a wonderfully light and healthy protein rich treat!

Baked Red Snapper

Ingredients (all organic if possible):

- Red snapper
- Lemon zest
- Lemon, 1 sliced
- Butter
- Rosemary, fresh

Line baking dish with sliced lemon and set rinsed snapper on top. Sprinkle on the rosemary, salt and pepper. Bake at 425 degrees for 12-15 minutes. When it is removed from oven, brush on butter with lemon zest.

Spinach Strawberry Salad

Ingredients per serving:

- Spinach, 2 oz
- Strawberries (3-5 sliced)
- Optional: roasted chicken or turkey
- Olive oil: 1 Tbsp
- Lemon: Juice of 1/4 lemon
- Salt: pinch

Dr. Danielle's Favorite Salad Dressing:

Ingredients:

- Juice of 1 lemon
- 3-4 tablespoons extra-virgin olive oil
- 2 cloves garlic, mashed in mortar and pestle
- Salt to taste
- Hot red pepper flakes, to taste

Instructions: In mortar and pestle: Mash garlic with a little olive oil and crushed red pepper flakes. When it becomes paste, add remaining oil, salt, and lemon juice and whisk together. Works very well with chopped lacinato kale. Can add avocado, apple or celery if desired.

BODYBOOST DESSERT:

Dr. Danielle's Chia Seed Pudding or Breakfast Porridge:

- Chia Seed, 2 Tbsp
- Coconut or almond milk. 1/4 - 1/2 cup (to desired thickness)
- Banana or berries (optional)

Directions: Add chia and nut/coconut milk to a jar. Secure lid tightly and shake vigorously. Allow to congeal in fridge for 2-4 hours (up to a few days). Add fruit and a dash of 100% pure maple syrup (for a little sweetness) right before serving. This can be made in larger batches for convenience and scooped out as desired per sitting. Eat cold as a dessert or warm up if using as porridge for breakfast.

GROCERY LISTS:

Shopping list ideas

Vegetables	Fruit	Herbs & Spices	Other
Greens mix, 1 lb Spinach, 1 lb Beets Carrots Celery Avocado Squash/zucchini Cucumber Spaghetti squash Parsnips	Apples Pineapple, frozen Banana Lemon Frozen fruit, other Tangerines Strawberries Raspberries	Turmeric Cumin Sea salt Pepper Rosemary Sage Thyme Ginger root Basil, fresh	Nut butter Coconut milk Coconut oil Chia seeds, 8 oz Flax seeds, 8 oz Coconut cream Green tea, 1 box Epsom salts MEAT: Chicken Turkey Fish

Make Ahead Broth Shopping List

Make ahead 1-2 days in advance and keep in fridge in airtight containers or freeze if made further in advance:

Vegetables	Meat	Herbs & Spices
Onion, 2 brown Celery, 4-5 stalks Carrots, 4-5 Kale or chard, 1 bunch Garlic, 6 cloves Lemon, 1 whole	Chicken, 1 whole free-range OR 1-2 lbs of beef knuckles	Turmeric Cumin Salt Pepper

ADDITIONAL RECIPE RESOURCES:

Other online recipe resources include:

www.primaipalate.com

www.paleohacks.com

Simply choose recipes in which have turkey, fish, chicken or vegetarian options.

BODYBOOST CLEANSE TREATS & CHEATS

Treats are allowed every couple of days, if necessary. While on the 10-Day BodyBoost cleanse, you should remain strict about avoiding certain foods like gluten-containing-grains, sugar and dairy.

The following treats are allowed every couple of days if needed in the following order:

Allowed (best to worst)

Coffee (black, no sugar or cream)

Rice (can help curb sugar cravings)

Beef – grass-fed, high quality

Avoid Throughout Cleanse:

Sugar

Gluten containing grains (wheat, rye, barley)

Dairy – milk, cheese, yogurt, cottage cheese

Alcohol

Heavy fat meats (may cause diarrhea)

WEIGHT MANAGEMENT:

For those looking to kick start a weight management program, we encourage our cleanse participants to download MyNetDiary or MyFitnessPal on their smartphones to modify and keep track of their daily caloric and fiber intake. Simply include your dietary intake each day and try to incorporate the weight management recommendations below:

Calories: 1200-1500 as an average daily intake for females or 1500-2000 for males for weight management or weight loss. To receive a more accurate and individualized caloric goal, input your basal metabolic rate (BMR) into your calculating app from a recent body fat analysis print out. See below for details.

Fiber: 35-40 grams daily for optimal weight management, hormonal health and bowel elimination. Chia seeds, flax seed and vegetables are the healthiest choices for fiber.

Net Carbs: Total carbs – Fiber = Net carbs. Aim for less than 50 net carbs daily. Grains, sugar, beverages, starchy vegetables and fruits are the biggest negative influences of net carbs. Modify smoothie recipes accordingly.

Protein: 0.7g per pound of body weight for weight management or weight loss. Dr. Danielle recommends this goal in order to build and maintain muscle mass. Keep in mind that not eating sufficient quantities of protein during a weight-loss program can cause muscle breakdown, which can contribute to difficult weight loss. Adequate muscle mass increases the metabolism of the body and makes weight easier to maintain.

If you are interested in finding out your percentage of body fat, lean muscle mass or basal metabolic rate (the amount of calories your body burns everyday while at rest), please contact Sonoma Roots to schedule your body fat analysis testing. If you are not near Sonoma, find a practitioner closest to you who performs BIA (Bio Impedance Analysis) or other forms of body composition testing, calipers are not recommended for these purposes.

There are many weight management products that can augment weight-loss goals and programs. During the cleanse, Dr. Danielle recommends holding off on implementing any new weight management products. Immediately following the cleanse is a great time to consider supplements and programs to help achieve a healthy weight. Our Body Boost cleanse, along with mild exercise, sauna use and Epsom salt baths provide a healthy foundation for preparing the body for a weight management program. After completion of the BodyBoost Cleanse, Dr. Danielle is available by consultation to create individualized plans for natural products, dietary modifications, B-vitamin injections and other effective weight management modalities that best suit your needs.

SAUNA USE:

If you have access to a far infrared sauna, Dr. Danielle recommends taking advantage the sauna during cleanse protocols to enhance the metabolic and elimination activities of the body. The skin is one of the main organs of elimination and our cleanse focuses on enhancing each route of detoxification and elimination, which are necessary components of the overall health of each individual.

Protocols for sauna use during a whole body cleanse are typically three times weekly for the duration of the cleanse in intervals that elicit a sweat response. For those new to dry sauna use, 15-minute intervals are recommended until a decent sweat is achieved in a 15-20 minute time frame.

UPON COMPLETION OF CLEANSE:

Dr. Danielle recommends sticking to a healthier diet and lifestyle after completing the cleanse. Below, you will find her basic recommendations for a healthy lifestyle and daily detoxification.

- Water intake: 1/2 body weight in ounces each day.
- Diet: Dr. Danielle's top recommendation is a veggie and clean protein based diet that focuses on vegetable intake for fiber and includes clean animal-based proteins for optimal nutrition.
- Rule of thumb: At least 1/2 your plate in veggies each meal.
- Fiber: 30-40 grams daily. Calculate a few days worth of daily dietary intake on an app to see your average fiber intake.
- Coffee: No more than 1-2 cups daily (if desired).
- Supplements, All high quality and in their active forms: Multivitamin, Energy B-complex, Omega Supreme, Daily Defense Probiotic.
- Consider adding EndoTrim and/or Leptin Manager supplements for those whom are desiring weight management.
- Consider monthly B-vitamin injections for optimal B-12 levels. B-12 is crucial for optimal energy production, sleep management, mood support and more.

If you plan on returning to your regular eating habits, please taper back on in the following way leaving 2-3 days between foods for optimal effects and to minimize digestive disturbances, brain fog and fatigue.

