

BODYBOOST 3-DAY WINTER 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)
Alternative milks (Oat or coconut)
Fruit: Seasonal in moderation (smoothies)
Soups, broths

FOODS TO AVOID:

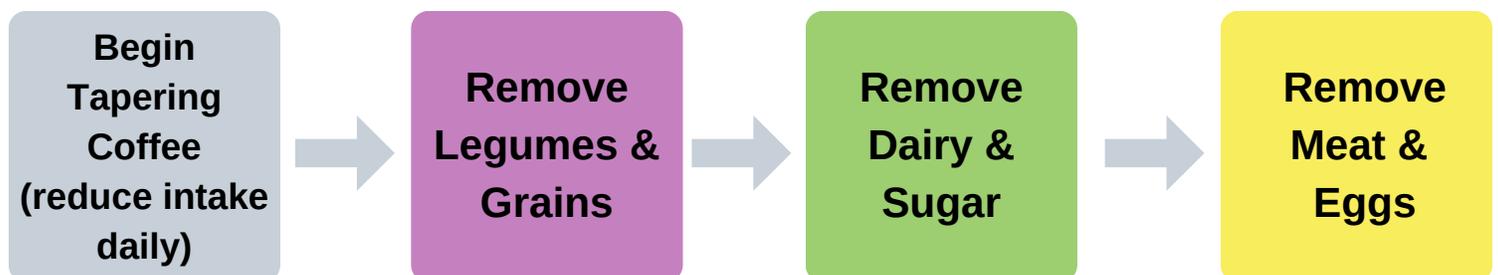
Sugar: natural & artificial
Dairy
All grains
Legumes (beans, soy, peanut)
Coffee in excess
Non-organic produce
Alcohol any type
Meats

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 one week total:

Liv-Clear Complex: 3 caps daily with larger meals for 1 week.

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:

OptiMag Neuro Capsules: 3 capsules daily

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 seed - as additional source of fiber. Fiber is necessary to augment the cleanse process and aid in elimination.

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

OptiMag Neuro: 3 capsules daily. Magnesium threonate (active ingredient) has been shown to cross the blood brain barrier and may help optimize cognitive function, brain fog and encourages a relaxed mood, healthy bowels and restful sleep.

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 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: Warm water with lemon Green tea Broth</p>
<p>Lunch:</p>	<p>Soup, broth and/or steamed veggies Green smoothie</p>
<p>Dinner:</p>	<p>Soup, broth and/or steamed veggies Green smoothie Supplements: Liv-Clear Complex (3), OptiMag Neuro (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>

WINTER CLEANSE GOALS

- Provide immune enhancing nutrients to overcome cold & flu season and clear congestion
- Restore a healthy sleep pattern
- Prepare the body for restoration and rejuvenation
- Gently warm the body with foods to help overcome cold climates
- Reestablish routine

SEASONAL PRODUCE: WINTER CLEANSE

ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE

Focus on seasonal produce for nutrient density and to support your local economy. Many of the winter vegetables provide nutrients that will be utilized in the winter months when our bodies function at a lower metabolic rate. You will find an abundance of beta carotene (vitamin A) and antioxidants in many of the winter squash and root vegetables that help the immune system protect the body against infections. These nutrients are also supportive of skin health, which is predisposed to excessive dryness in the fall and winter months. Focus on warm foods include broths, soups and roasted veggies. The best selections are as follows:

SEASONAL VEGETABLES:

arugula	beets/beet greens	bok choy	broccoli
Brussels sprouts	cabbage	carrots	cauliflower
dandelion greens	endive	garlic	kale
leeks	lettuce	mushrooms	mustard greens
parsnips	rutabaga	scallions	spinach

SEASONAL FRUIT:

grapefruit	lime	lemon	mandarin
orange	persimmon		

BodyBoost Winter 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.

Winter 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

Antioxidant Tonic (makes 2 servings):

- Greens mix, 6 oz
- Beet, 1-2 whole peeled (raw if vitamix, shredded if other blenders)
- Lemon, 1/4 wedge
- Blackberries, 1-2 large handfuls
- Cucumber, 1 medium peeled
- Chia seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

Easy as Pumpkin Pie Smoothie:

- Spinach, 2 cups
- Almond or coconut milk (unsweetened), 2 cups
- Pumpkin, (fresh or canned), 1 cup
- Carrot, 1 large
- Bananas, 2 whole
- Pumpkin pie spice, 2 tsp

Sweet Pumpkin Spice:

- Spinach, 3 oz
- Beet, 1-2 peeled, raw whole (vitamix), shredded (other blenders)
- Banana, 1
- Pumpkin puree, 1/2 can
- Pumpkin pie spice, 2 tbsp
- Nut butter, 1 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Chia seeds, 1 tbsp
- Coconut milk, 4 oz (optional)
- Water, 6-10 oz depending on desired thickness

Pearfectly Autumn Green Smoothie:

- Pear, 1 ripe
- Greens (kale, spinach, collards, chard), 2 cups
- Parsley, 1 handful
- Chia or flax seed, 2 tbsp
- Cinnamon, 1/4 tsp
- Apple cider vinegar, 2 tbsp
- Water, 1/2 cup filtered
- Coconut or almond milk (unsweetened), 1/2 cup
- Salt, sea salt 1 pinch
- Ice if desired

Warming Ginger Greens (makes 2 servings):

- Greens mix, 6 oz
- Ginger root, 1 inch piece, peeled
- Celery, 5 stalks
- Lemon, 1/4 wedge
- Carrots: 4 whole
- Apple, 1 whole
- Pear, 1 whole
- Chia 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 seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

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 seeds, 2 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 (or one large orange)
- Lemon, 1/4 wedge
- Coconut oil unrefined, 1 tbsp
- Chia seeds, 2 tbsp
- 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 seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbs

Protein & Greens Blend:

- Choice of greens, 4 handfuls (kale, spinach, chard, collards)
- Banana, 1 medium
- Lemon, 1/4 wedge
- Almond butter, 2 tbsp
- Chia seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Water, 10-12 oz
- Collagen powder, 1-2 tbsp

Make Your Own Fall Festive Greens:

The base should include the following for optimal taste and nutrition. Choose 1 or more item from each category:

- Greens: spinach, kale, chard, collards, dandelion or mustard greens, romaine
- Chia seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Veggies: celery, beets, cucumber
- Fruit: Apples, Frozen pineapple, berries
- Lemon, 1/4-1/2 wedge
- Optional: coconut milk, MCT/coconut oil, nut butter, collagen

BODY BOOST 3-DAY CLEANSE WINTER LUNCH & DINNER IDEAS

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.

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.

Seasonal Veggies:

Choose from any seasonal veggies, toss in butter or coconut oil and grill or roast away!

Roasted Veggies: (serve with lean protein if desired)

Roast butternut squash, acorn squash, brussels sprouts, beets, broccoli, cauliflower, carrots and more. Select which vegetables you would like to try.

Directions:

1. Preheat oven to 425 degrees
2. Cut desired veggies in 1-2 inch pieces
3. Mix veggies in a bowl with some coconut oil (liquefy by placing a small amount of hot
4. water in a bowl and setting the coconut oil jar in it for a couple of minutes until some
5. becomes fluid-like).
6. Add fresh or dried herbs like rosemary, garlic, thyme, and/or sage. Stir to coat veggies
7. evenly
8. Place on cookie sheets in even single layer
9. Place in oven
10. Bake in oven for 35-45 minutes, stirring every 10-15 minutes. Remove when veggies
11. have reached desired texture

Spinach Pomegranate Salad:

Ingredients per serving:

- Spinach, 2 oz
- Pomegranate Seeds (1/4 pomegranate)
- Optional: Hardboiled egg, roasted chicken or turkey
- Olive oil: 1 Tbsp
- Lemon: Juice of 1/4 lemon
- Salt: pinch

Cilantro Spinach Sweet Potato Soup

Makes 6.5 cups / 1.5 liters

Ingredients (all organic if possible):

- 1 Tbsp. coconut oil
- 2 medium onions, chopped
- 5 cloves garlic, minced
- 1 tsp. sea salt
- 3 cups water
- 2 medium-large sweet potato, scrubbed and cut into 1" cubes
- 1 Tbsp. freshly-squeezed lemon juice
- Cayenne pepper: pinch – 1/4 tsp.
- 2 cups cilantro (leaves and tender stems)
- 2 cups firmly packed baby spinach

Directions:

1. Heat coconut oil in a large stockpot.
2. Add onions and salt, stir to coat and let cook until onions have softened, about 5-7 minutes.
3. Add garlic, stir, cook 1 minute.
4. Add sweet potato and water.
5. Bring to a boil, reduce to simmer and cook until the sweet potatoes are tender, about 12-15 minutes.
6. Place soup contents in a blender. Blend on high until smooth, then add spinach, cilantro, lemon and cayenne. Season to taste. Serve and enjoy.
7. Store cooled leftovers in the fridge.

Steamed Veggies:

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

Dr. Danielle's Favorite Dressing:

Works very well with chopped lacinato kale. Can add avocado, apple or celery if desired.

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.

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.

Other chia seed pudding options are available on our blog. Visit SonomaRoots.com/blog for more information.

GROCERY LISTS:

Shopping list ideas

Vegetables	Fruit	Herbs & Spices	Other
Green Mix, 1 lb Spinach, 1 lb Beets Carrots Celery Avocado Squash/zucchini Cucumber Spaghetti/winter squash Daikon Broccoli Brussels sprouts	Apples Pears Pineapple chunks, frozen bag Banana Lemon Other frozen fruit Mandarins Orange Persimmon	Turmeric Cumin Sea or Himalayan salt Pepper Grilling herbs (rosemary, thyme, sage, etc) Fresh basil and/or rosemary Ginger root	Nut butter Coconut milk Coconut oil Chia seeds, 8 oz Flax seeds, 8 oz Coconut cream Green tea, 1 box Epsom salts

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	Herbs & Spices
Onion, 2 brown Celery, 4-5 stalks Carrots, 4-5 Kale or chard, 1 bunch Garlic, 6 cloves Lemon, 1 whole	Turmeric Cumin Salt Pepper

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.
- 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.

If you plan on returning to your regular eating habits, please taper back on in the following way leaving 2-3 days for optimal effects and to minimize any discomforts, brain fog, etc.

