



INSPIRED HEALTH

INTEGRATIVE + FUNCTIONAL MEDICINE CENTER

ReNew Cleanse Program

ANTI-INFLAMMATORY DIET + LIVER AND GI HEALTH



Beautiful organic veggies



Yummy smoothies



Locally grown veggies are the best!

Eat your GREENS!
Protein for breakfast.
Drink 1/2 your body
weight in ounces of
water per day.

HOW FOOD AFFECTS INFLAMMATION IN THE BODY

FOODS THAT INCREASE INFLAMMATION

Animal Fat

- High: grain-fed beef, pork
- Moderate: cheese, egg yolk, skin on chicken, pork, turkey
- Least: grass-fed beef, wild game

Trans-fat acids

(partially hydrogenated oils)

- Why do they exist? Because they are solid at room temperature
- Found in crackers, cookies, chips, etc

Anything that increases

Insulin

- Sugar
- Sweets
- Processed grains

FOODS THAT DECREASE INFLAMMATION

Cold Water Fish

- Wild-caught Salmon
- Tuna
- Sardines
- Herring
- Rainbow Trout
- Mackerel

Other

- Turmeric
- Garlic
- Ginger
- Flax Seeds
- Walnut

Bioflavonoids

- Colorful veggies and fruits

List of Foods to Eat

Try to eat only organic or locally grown foods

PROTEIN

Eat protein with EVERY meal!

FISH

Poach, bake, steam or broil deep sea ocean (vs. farmed) fish

- Cod
- Haddock
- Halibut
- Mackerel
- Sardines
- Summer Flounder
- Wild Pacific Salmon

No shellfish (Shrimp, lobster, crab, clam)

CHICKEN/TURKEY

Eat only the meat and not the skin of free-range or organically grown chicken, turkey: Bake, broil or steam

- Limit to 4oz, 3times/week

LAMB

Lamb is hypoallergenic- limit intake because it is a rich meat.

LEGUMES

Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly

- Split Peas
- Lentils
- Kidney Beans
- Pinto Beans
- Fermented Soy (tempeh or miso)
- Mung beans
- Garbanzo beans
- Adzuki beans

SEEDS & NUTS

Seeds: Grind 2 Tbsp/day and add to cereal, smoothies, salads etc

- Flax
- Pumpkin
- Sunflower
- Sesame

Nut & Seed butters

- Almond, cashew, sesame, etc

Whole food nut & fruit bars

VEGETABLES

Eat a variety of any and all vegetables **except tomatoes and potatoes** that you can tolerate.

Include at least one green vegetable daily.

Aim to eat at least **5 servings/day**.

It is best to try and eat mostly the lower carbohydrate (3, 6%) vegetables.

- 3% - asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress
- 6% - string beans, beets, brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabaga, turnip, zucchini
- 15% - artichoke, parsnip, green peas, squash, carrot
- 20% - yam
- **NOTE: If you have joint pain or arthritis: AVOID all nightshade vegetables (tomatoes, potatoes, peppers, eggplant).**

Add your favorite spices to enhance the taste of these yummy vegetables.

Increase your intake of garlic, onions, leeks, ginger and turmeric.

GRAINS

Eat **no more than 1 cup of cooked grains per day** of those that you tolerate, unless you have indications of high insulin levels such as overweight, high blood pressure, high cholesterol or diabetes.

- **NOTE: If you have an Autoimmune condition, please avoid ALL grains during this entire cleanse.**

Allowed grains include:

- Amaranth
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Rice
- Teff
- **NOTE: exclude any grains you know you have a sensitivity to**

FRUIT

Eat at least **1 or 2 servings/day** of practically any fruit except citrus. Like vegetables, try to eat mostly the low carbohydrate fruits (3,6%).

- 3%- cantaloupe, rhubarb, strawberries, melons
- 6%- apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi
- 15%- apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate
- 20%- banana, figs, prunes, any dried fruit

SWEETENERS

Use sparingly and **ONLY** with meals

- Raw honey
- Maple syrup
- Barley syrup
- Stevia

Absolutely **NO** sugar (cane juice, high fructose corn syrup, etc), NutraSweet or any other chemical sweetener.

OILS

Use only avocado oil, coconut oil, olive oil or flaxseed oil (in moderation).

SPICES

To add a delightful flavor to your food choices, add whatever spices you enjoy.

WATER

Drink a **MINIMUM** of 6-8 glasses of spring, bottled, filtered or reverse osmosis filtered water every day.

- **1/2 your body weight in ounces** of water per day is the optimal amount

SMOOTHIE INGREDIENTS:

use all or some - Be creative!

- 2 cups greens (kale, spinach, super greens, salad greens)
- 1/2 banana
- 1/2 cup blueberries
- 3 strawberries
- 1/2 avocado
- 1/2 cup non-dairy milk or yogurt
- water to desired consistency

Eat healthy, live healthy...

List of Foods to Avoid

This program is designed to improve blood sugar regulation and decrease the inflammatory processes within your body that contribute to chronic disease and pain.

DAIRY

- Milk: all animal milks
- Cheeses: all animal cheeses
- Butter

COMMERCIAL EGGS:

- NOTE: If you KNOW you do not have a sensitivity to eggs, you may eat Pasture raised Organic eggs during the cleanse

WHEAT / GLUTEN CONTAINING GRAINS

- Wheat varieties: Spelt, Kamut, Farro, Farina, Einkorn, Durum, Bulgar and Semolina
- Barley, Rye, Triticale, Malt

CITRUS FRUITS (except you can have lemon water: that is OK)

PEANUTS

- Peanut butter

CERTAIN MEATS

- Shell Fish
- Cold cuts- deli meat
- Canned meat
- Grain Fed Meat
- Non-Organic Meat

NIGHT SHADE VEGETABLES

- Potatoes: red and white, Tomatoes, Eggplants, Peppers
- NOTE: If you do NOT have joint pain/ arthritis, you may eat night shades

ALL FRUIT JUICES

CAFFEINE

- Teas with caffeine
- Coffee

CORN

- All products with corn

DRIED FRUITS

FRIED FOODS

ALCOHOL

SOY

- All products with soy

SUGAR

- Cane juice
- High fructose corn syrup
- NOTE: If you have an Autoimmune condition, please avoid ALL grains during this entire cleanse.



ReNew Program Protocol

Serving Size = 2 scoops

If 2 scoops is too thick for your personal preference, you can use 1.5 scoops.
Add to water (10-16 oz) or make into a Smoothie.

TWO WEEK PLAN	THREE WEEK PLAN	SERVINGS OF RENEW POWDER	DIETARY PLAN TO FOLLOW
Days 1 & 2	Days 1 to 4	Preparation Phase I One Serving Daily: 1. Before or After Breakfast	Foods to Avoid (see details in pages above) <ul style="list-style-type: none"> Any food that you are allergic to Dairy (milk, cheeses, yogurt, butter), eggs, margarine & shortening Food prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in breads, pasta, etc Tomatoes and tomato sauces, corn Alcohol, caffeine (coffee, black tea, sodas) Soy or products made from soy (soy milk, tofu, tempeh) Peanuts or peanut butter Grain-fed beef, pork cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy Foods to Eat <ul style="list-style-type: none"> Drink plenty of fresh water, herbal teas, green tea, dilute fruit juice (no sugar), vegetable juice Grains: Rice, Millet, Quinoa, Buckwheat, Gluten Free Oats Mainly fish (not shellfish), and moderate amounts of chicken, turkey, and lamb Use only avocado oil, coconut oil, olive oil or flaxseed oil (in moderation)
Days 3 & 4	Days 5 to 7	Preparation Phase II Two Servings Daily: 1. Before or After Breakfast 2. Before or After Dinner	
Days 5 to 10	Days 8 to 14	Detoxification Phase Three Servings Daily: 1. Before or After Breakfast 2. Before or After Lunch 3. Before or After Dinner	During this phase of the plan: <ul style="list-style-type: none"> Eliminate all animal products (meat) from the diet during this phase Avoid all the food in the Foods to Avoid list Use any of the foods in the Foods to Eat list
Days 11 & 12	Days 15 to 17	Completion Phase I Two Servings Daily: 1. Before or After Breakfast 2. Before or After Dinner	During this phase of the plan: <ul style="list-style-type: none"> Avoid all of the foods in the Foods to Avoid list Use any of the foods in the Foods to Eat list, including all the animal products listed.
Days 13 & 14	Days 18 to 21	Completion Phase II One Serving Daily: 1. Before or After Breakfast	

550 SW Industrial Way, Building 2, Suite 100 | Bend, OR 97702

phone 541.312.9838 | email admin@inspiredhealthmed.com

inspiredhealthmed.com | inspiredhealthapothecary.com