



Inspired  
HEALTH

# ReVive 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.



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