

whole-body • gentle • deep
25-DAY CLEANSE PROGRAM

Nutritional Guide



Flor•Essence® gentle deep-detoxification program

The 25-day “WOW I feel great!” return to health program

Congratulations! This Flor•Essence cleansing program will put you on the road to a healthier digestive system, regular elimination and a healthier YOU! Flor•Essence is gentle on your body while ridding your system of unwanted toxins and waste materials. This 25-day return to health program is designed to give you some new ideas on using whole foods while you are cleansing (and beyond!) and support you in identifying “non-foods” on grocery store shelves.

It is important to undergo period cleansing. Traditionally, ancient cultures have used occasional cleansing and/or fasting as a way to maintain good health. Choosing a gentle yet effective herbal detoxification product such as Flor•Essence is crucial. A cleansing product needs to support the body and nourish it at the same time. Flor•Essence does precisely this!

Healthy eating is important when undergoing detoxification. It is easy to incorporate a product that will rid the body of toxins; ensuring that we are also nourishing our cells with bioavailable nutrients is critical. It won't do any good to remove toxins if you are (at the same time) putting more in by way of junk food and/or processed foods. We absorb nutrients easily from real food; the liver and the digestive tract recognize whole, unrefined foods and know exactly how to metabolize them. There exists a certain synergy in whole foods, which allows the body to absorb numerous nutrients at once.

What are some signs that detoxification is necessary?

“Foggy brain”, poor sleep habits,
irritability, hormonal disorders, skin problems,
weight gain, constipation,
food allergies or intolerances, frequent colds,
headaches, inflammation



Flor•Essence works in a similar synergistic manner. The way this eight-herb formula is able to gently detoxify the body is akin to eating a whole food diet. It cleanses the entire body rather than just acting as a harsh intestinal cleanse. Many people have suffered from harsh cleanses and have had to change their lifestyle entirely during the cleansing program. Not so with Flor•Essence!

Flor•Essence is able to cleanse down to the cellular level. It is a liquid herbal tea, so anyone can adjust the dosage to suit his/her individual needs and reactions. An average dose of one ounce twice a day will last about 25 days.

Some major objectives of this return to health program are to:

- Increase the consumption of raw foods
- Increase consumption of clean water
- Raise awareness on the importance of chewing food

There are four main points to focus on in this return to health program:

- 1) Flushing out the toxins – get started with water and *good* fibre
- 2) Regaining acid/alkaline balance
- 3) Food combining for complete vegetarian protein
- 4) Reading labels: identifying “non-foods” and eliminating refined sugars

Meal Plan

WEEK ONE

Eliminating toxins

This week is focused on increasing good soluble fibre and water intake to help ease the burden on the kidneys and the bowel (which will be busy eliminating toxins). The first week in any detoxification process can result in different sleep patterns, varying energy levels, headache and/or elimination inconsistencies. Not to worry – these are signs that your body is eliminating toxins.

Did you know?

The average can of soda contains the equivalent of 12 teaspoons of sugar.



The basic ingredients in this first week are designed to increase the intake of soluble fibre while flushing out the system with at least two litres of water a day. Oats are high in soluble fibre and are ideal for flushing out fat-soluble toxins from the body. Quinoa, an ancient grain, is a complete protein (contains all essential amino acids) and is high in iron. Choosing whole grain pastas and sprouted grain breads means more fibre and more nutrients. Adding freshly ground flaxseed to your morning smoothie results in a feeling of satiety and a lower glycemic index. Fresh, raw nuts and seeds provide essential vitamins and minerals, while also providing essential fatty acids omega-3 and -6. Fresh organic eggs are a powerhouse of nutrients, as they are high in iron, lecithin and protein.

The first step in this program is to start every morning with a tall glass of water with a squeeze of fresh lemon wedge. Since the liver is busy all night long detoxifying and cleaning the body, this will help to remove the left-over “sludge” and will start to flush out your system. After your lemon water, prepare a warm tea of Flor•Essence according to your chosen dosage instructions. Swish the tea around in your mouth before swallowing, as the taste buds and capillaries in the mouth will begin the detoxification process. After sipping your tea slowly, you are ready to begin your return to health program!

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence
BREAKFAST	“Power” fruit smoothie	Soft-boiled egg on toast	“Power” fruit smoothie	Granola with Udo’s Oil™ and plain yogurt	Oatmeal with Udo’s Oil™, nuts and dried fruit	Fruit salad and toast with soft-boiled egg	Oatmeal with Udo’s Oil™, nuts and dried fruit
SNACK	Apple and raw almonds	Homemade trail mix with raw nuts/seeds	Apple and crackers with walnut butter	Homemade hummus with crackers	Apple and cottage cheese	Organic tortilla chips with fresh salsa	Raw veggies with guacamole
LUNCH	Boiled egg on mixed greens	Goat cheese on toast with raw carrots	Green salad with olives, sprouts and raw pumpkin seeds	Egg salad on whole grain toast	Avocado salad with crackers	Quinoa salad with parsley and lemon	Whole wheat veggie sandwich
DINNER	Steamed veggies and brown rice	Whole wheat pasta with veggies	Chili with beans and veggies	Veggie burger with green salad	“Pita pizza” with veggies and cheese	Roasted veggies with olive oil and balsamic vinegar	Homemade soup with quinoa
EVENING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence

*NOTE: Organic ingredients should be used whenever possible

“Power” Smoothie

- 1 banana
 - 1/2 cup frozen fruit
 - 1/2 cup plain yogurt
 - 1 Tbsp fresh-ground flaxseed
 - 1 Tbsp Udo’s Oil™
 - 1/2 cup soy, rice or hemp milk
 - Protein powder (optional)
- Throw all ingredients into blender.



Recipe Suggestion

Meal Plan

WEEK TWO

Balance pH in the body

In the second week of the detoxification process, you may still be experiencing some minor things such as mild headaches, skin breakouts or moodiness. **This week's menu plan is designed to help balance the pH in the body.** By choosing foods that are alkalizing, you essentially create an environment in the body that is unacceptable to many bacteria, viruses and toxins. Eliminating acid-forming foods can help prevent illness and "dis-ease". Some experts believe that this is the single most effective way to achieve true health. The pH of the body should sit right around 7.4 (slightly alkaline). When pH in the body drops and becomes more acidic, it provides a comfortable environment for bacteria and viruses to live and thrive.

The foods that are most alkaline are fruits and vegetables, whereas the most acid-forming foods are animal products, hydrogenated oils and some grains. Increasing intake of green leafy vegetables is crucial, as chlorophyll plays a role in providing oxygen and neutralizing pH in the body. Fresh juices are high in enzymes, as well as minerals; if you don't have a juicer, inquire at your local health food store about which bottled fresh juices would be best. This week will be focused on including as much colour in your diet as possible. High in antioxidants, coloured vegetables and fruit are also rich in fibre and minerals, and help to neutralize an acid pH. Sea vegetables (a.k.a. seaweeds) and some types of algae are a great way to remineralize and provide the trace minerals lost through food refining; they can also bind to heavy metals, which helps excrete them from the body.

Did you know?

Chewing food properly is the first step to healthy digestion. The longer food spends in the mouth being chewed, the stronger the signal to the stomach and pancreas to start releasing the appropriate enzymes to facilitate digestion.



	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence
BREAKFAST	Fresh carrot juice	Wheatgrass juice and toast	Healthy granola and plain yogurt	Fruit salad and cottage cheese	Fresh carrot juice and oatmeal	Soft-boiled egg on toast with fruit salad	"Power" fruit smoothie
SNACK	Chilled edamame with sea salt	Plain yogurt with raisins and flax oil	Fresh carrot juice and fruit	Rice cakes with tahini (sesame butter)	Apple with almond butter	Fruit salad with Udo's Oil™	Fresh vegetable juice
LUNCH	Mixed greens with avocado and raw nuts	Steamed kale with raisins, raw almonds and lemon	Egg salad on whole grain bread with spinach and tomato	Whole wheat pita with salsa and goat cheese	Spinach salad with avocado and green onions	Whole wheat pita with sprouts and tomato	Baked yam topped with salsa and green onion
DINNER	Sprouted grain tortilla with sautéed veggies and salsa	Tofu stir-fry with vegetable medley	Bruschetta on toasted whole grain bread	Mixed greens with chickpeas and red pepper	Steamed collard greens with wild rice	Broccoli sautéed with cashews on quinoa	Mixed vegetable soup with shredded cabbage
EVENING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence

*NOTE: Organic ingredients should be used whenever possible

Bruschetta

- 2 ripe tomatoes, diced
- 3 green onions, chopped
- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 2 cloves garlic
- Crumbled goat feta cheese

Chop all ingredients together in a bowl. Top fresh whole grain bread and bake at 350°F for 20 minutes. Drizzle Udo's Oil™ on top before eating. Easy and quick!



Recipe Suggestion

Meal Plan

WEEK THREE

Getting enough high quality protein

In week three, you should notice that your pathways of elimination are becoming more predictable and your energy levels are going up again. **The third week of the return to health program is designed to focus on getting enough high quality vegetable-based protein, along with proper food combining.** Food combining is a concept that many overlook when planning meals. It is based on the idea that certain foods are better digested with each other, while some combinations require more work by your digestive tract. Keep in mind that some whole foods are naturally high in combinations that might not fall into the chart below; as with anything in nature, the body therefore knows how to digest and metabolize these foods. This week's menu plan is based around the idea that animal protein (particularly meats) should not be eaten with fruit, which is the poorest combination for facilitating optimal digestion. Here is a simple chart to think about when preparing meals:

GOOD FOOD COMBINING

- Complex carbohydrates + healthy fats
- Protein + vegetables
- Simple carbohydrates (fruit) alone

VS

POOR FOOD COMBINING

- Complex carbohydrates + protein
- More than one protein at each meal
- Protein + simple carbohydrates (fruit)

Getting enough high quality protein is crucial to any return to health program. By choosing vegetarian sources of protein, you are choosing foods with higher fibre, less saturated fat and more nutrient value. Vegetable protein is also less acid-forming to the body. While beans and grains are great sources of protein, combining the two is a good idea in order to get *complete* protein. A complete protein means that the food contains all of the essential amino acids (which are the building blocks of protein). Ancient cultures typically knew to combine things such as beans + corn, rice + soybeans etc. Some grains, such as quinoa, are complete proteins on their own. This weekly menu focuses on proper food combining with complete (vegetarian) protein.

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence
BREAKFAST	"Power" fruit smoothie	Sprouted grain cereal with plain yogurt	Fruit salad and cottage cheese	Oatmeal with Udo's Oil™, nuts and dried fruit	"Power" fruit smoothie	Whole wheat pancakes with fruit	Granola with plain yogurt and Udo's Oil™
SNACK	Fruit with nut butter	Homemade trail mix with raw nuts/seeds	Grapes and crackers with cashew butter	Homemade trail mix with raw nuts/seeds	Sliced apple and cheese	Homemade trail mix with raw nuts/seeds	Mixed bean salad
LUNCH	Soup and whole grain toast	Sliced avocado and tomato sandwich	Leftover wild rice salad with added chickpeas	Boiled egg with spinach salad	Green salad with mung beans on brown rice	Soup with whole grain crackers	Hummus with raw carrots, tomatoes and toast
DINNER	Veggies stir-fried in tahini sauce	Corn on the cob with wild rice salad	Sautéed veggies in peanut sauce with mung bean sprouts	Steamed greens with chickpeas on quinoa	Whole wheat pasta with veggies and navy beans	Veggie chili with kidney beans and corn	Lentil stew with whole grain bread
EVENING	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence	Flor•Essence

*NOTE: Organic ingredients should be used whenever possible

Wild Rice Salad

- | | |
|-----------------------|--------------------|
| 1/2 cup wild rice | 8-9 dates, chopped |
| 1/2 cup brown rice | 1 tomato, diced |
| Green onions, chopped | 3 Tbsp Udo's Oil™ |

Prepare rice according to directions. Add remaining ingredients and store in fridge. Makes great leftovers!

Recipe Suggestion



WEEK FOUR

“WOW I feel great!”

By the fourth week, you are probably feeling lighter, more energetic and rejuvenated. ***This week is focused on quality of food***, so the week four menu plan is simply any combination of the previous three weeks. By reading the following information, however, you can begin to see where you should be looking for your food, and start focusing on making quality changes in your food shopping habits.

By quality, we are talking about learning to read labels in the grocery store, and learning to avoid refined sugars and chemical preservatives. One of the best ways to get good – and FREE – information is to head to your local full-service health food/grocery store. The staff is knowledgeable, and they can help you identify possible “junk” foods, while giving you suggestions for healthy alternatives. After all, this cleansing program is designed to put you back to the basics of healthy eating; you won’t want to start incorporating “non-foods” once it’s over!

Processed foods

Some examples of processed foods are refined grain products and baked goods. Cured deli meats are loaded with preservatives and additives and should be avoided. Processed cheeses should be replaced with deli-style cheeses (organic if possible). Frozen or canned vegetables should be replaced with fresh. Refined, bleached sugars should be replaced with natural sweeteners such as honey, agave syrup or blackstrap molasses. Bleached, deodorized cooking oils should be replaced with expeller-pressed fresh plant oils (or coconut oil for cooking). Avoid synthetic sweeteners such as aspartame or sucralose; these act as neuro-toxins and trick the liver into thinking that you are consuming “real” sugar. Read labels carefully, as artificial sweeteners are often hidden behind popular brand names!

Preservatives

Learning to decipher ingredients on labels can seem a bit like a science project, but the ones to avoid are generally longer, chemical-sounding words that are hard to pronounce. Eating preservative-laden food is stressful on the body; our livers and digestive systems don’t generally know what to do with these foods. Often,

the safest place to “store” these chemical ingredients is in fat cells in the body. This is commonly why people undergoing a detoxification regime may experience some weight loss. Having said this, flooding the body with real nutrients from whole foods during the detoxification process helps restore the organs of elimination and build the immune system. Making meals from scratch often takes no more time than preparing a processed ready-to-eat meal. Learning to appreciate the tastes and textures of real food guarantees a feeling of wellness, more energy and better sleep habits.

Did you know?

Commercially-made breads made from refined flours have nearly all of the vital nutrients stripped during the bleaching and removal of the bran and endosperm of the grain kernel. Your body struggles to digest these foods.



Of the numerous choices you will have to begin incorporating healthy foods into your new, clean diet, one of the important macronutrients to consider is fat. Many people still shy away from fat, for fear of gaining weight. The truth is: along with proteins and carbohydrates, fat must be a major component of your everyday diet. Where the trouble lies is in eating the wrong kinds of fats. Vegetable oils are liquid at room temperature, and they should be. Nature knows best, so avoiding margarine and sticking with organic butter (a real food) is recommended – in moderation, of course. Staying away from refined, bleached, deodorized cooking oils may be the single most important thing you can do to keep your heart healthy and your cells happy. Including fresh, unrefined sources of omega-3 and -6 is also an important consideration. Cold-fresh-pressed plant seed oils or combination oil blends (such as Udo’s Oil™) should be included in your diet on a DAILY BASIS.

Healthy Salad Dressing

- 2 Tbsp Udo’s Oil™
- 1 clove garlic
- 1 tsp dried parsley
- 2 Tbsp balsamic vinegar



Recipe Suggestion

This return to health program has been designed as a vegetarian regime to accommodate everyone. If you feel you must include animal sources of protein, please be sure to only include deep sea fish (not shellfish), wild-caught from sustainable sources. In keeping with our efforts to reduce our carbon footprint and support local economy, please try to purchase local foods whenever possible.

While not all recipes are included, the meal plan ideas are guidelines and suggestions. There are many resources to consult for exact recipes that meet your individual tastes. There are some great “whole food” cookbooks, such as *Healing with Whole Foods* by Paul Pitchford. Pick up a free Udo’s Oil™ recipe booklet at your local health food store. Learning about the endless possibilities of healthy eating can be rewarding and exciting!

What might you see after the Flor•Essence detoxification program?

VISIBLE SIGNS

“INVISIBLE” REASON

Clear skin	Healthy liver that can keep up daily
Less swelling or inflammation	Kidneys that are functioning optimally
More energy	Better oxygen delivery to the cells
Better sleep patterns	Less stress for the body to digest at night
Elimination improved	Colon/lower bowel function improved
Better overall mood	Hormone balance
Weight loss	Effective use of sugar/insulin
Fewer food intolerances	Healthy digestive tract without inflammation
Softer skin	Hydrated cells + adequate dietary EFAs
Fewer cravings for junk food	Adequate absorption of nutrients from diet

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