

The 5-Day Whole Foods Cleanse protocol recommends a number of supplements in partnership with removing inflammatory foods in order to give your body a break and provide you with the best detox possible during our work together. This supplement guide explains the role of each supplement.

It is your choice if you want to include them or not, but they can have a profound effect on your body's physiology during this program and beyond. Please note that if you don't use the supplements you can still achieve great results by following the food guidelines and recipe suggestions, this is completely **optional**. If you are pregnant or nursing, please skip the supplement protocol.

Cleanse/ Detox Protocol & Supplements Information

All supplements are a bonus step as part of the 5-Day Whole Foods Detox program and should be skipped if pregnant or nursing.

Recommended Supplement Protocol:

- Supplements to be taken with breakfast: 1 probiotic, 1,000-1,000 IU Vitamin D, 1000 mg Vitamin C, 1 capsule Vitamin B complex, or manufacturer's recommendations; OR you can take 1 serving of a high quality multi-vitamin.
- Nettle and Dandelion teas can be consumed throughout the day.
- 2 capsules milk thistle can be taken at bedtime.

B Complex Vitamin

A vitamin B complex is a dietary supplement that delivers all eight of the B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B7 (biotin), B9 (folate), B12. B vitamins help the body to produce energy and form red blood cells. The B vitamins are critical for liver detoxification and chemicals like heavy metals, histamines and bacterial toxins that are at the root of immune and neurological issues. They also have dramatic mood elevating effects, more so than any other nutrient.

We recommend a B Complex that includes folate instead of folic acid. Folic acid is a synthetic form of vitamin B9 that our bodies must convert to folate. Some individuals are unable to properly convert folic acid into folate, which leaves unabsorbed folic acid in the blood as an inflammatory substance. You'll need to check the label of the brand you're purchasing.

Vitamin D

Vitamin D is a fat-soluble vitamin that modulates cell growth, neuromuscular and immune function, and reduces inflammation. A growing body of studies suggests that Vitamin D may play a role in the prevention and treatment of certain cancers, type 1 and type 2 diabetes, hypertension, glucose intolerance, multiple sclerosis and other conditions. It is very common to be deficient in Vitamin D, so the next time you go in for your check-up you can ask your physician to test your blood levels.

Use Vitamin D3 (instead of D2). Ideally you should have your Vitamin D levels checked every 3-6 months, or yearly at a minimum. Ask your health care professional for your recommended levels.

Probiotics

Probiotics are bacteria that line your digestive tract and support your body's ability to absorb nutrients and fight infection. Probiotics, or good gut bacteria, are responsible for supporting immune function and healthy digestion, but are also known to produce vitamin B-12 and vitamin K2, crowd out bad bacteria, and stimulate secretion of regulatory T cells. Probiotics boost the immune system, improve digestive function, help with inflammatory bowel conditions, and fight food-borne illness.

Vitamin C

Vitamin C is a potent antioxidant and buffers the activities of detoxification. It helps to reduce symptoms of fatigue, joint pain, bruising & infections. The buffered form helps reduce stomach irritation. It comes in the form of capsule or powder.

Vitamin C also supports our adrenal system and aids in hormone production, boosts our immune system, decreases histamine production as well as supporting our skin and blood vessels with collagen production.

Milk Thistle (Silymarin)

Milk thistle is a flowering herb native to the Mediterranean region. It has been used as a folk remedy for thousands of years, and is believed to have protective effects on the liver and to improve its function. Lab studies have suggested that milk thistle may benefit the liver by protecting and promoting the growth of living cells, fighting oxidation, and inhibiting inflammation. Silymarin, which is extracted from the seeds, is believed to be the biologically active part of the herb.

Contraindications: People who are **allergic to ragweed**, chrysanthemum, marigold, and daisy should **avoid consuming milk thistle**. Milk thistle may lower blood sugar levels, so people with diabetes or hypoglycemia should avoid taking it.

Nettle Leaf Tea

Stinging nettle, or nettle leaf, is believed to stimulate the lymph system to boost immunity, release uric acid from joints, support the adrenals, break down kidney stones, support the kidneys, and reduce inflammation.

Dandelion Tea

Dandelion is an edible plant and has been used in many traditional medical systems. Dandelion has commonly been used to treat liver diseases, kidney diseases and spleen problems. Today, folk uses of dandelion include as a liver or kidney tonic, as a diuretic, and for minor digestive problems.

doTERRA Essential Oils

What is an essential oil video: <https://doterra.com/US/en/what-is-an-essential-oil>

Lemon Essential Oil

doTERRA Lemon Essential Oil is known to naturally cleanse the body and aid in digestion. Place a drop of lemon in your water to assist in the detoxification. To order let Lori know: <https://www.doterra.com/US/en/site/lorikearney>

Slim & Sassy Essential Oil Blend

Slim & Sassy is a special essential oil blend from doTERRA that promotes a healthy metabolism, helps to manage hunger cravings and calms your stomach.

Recommended Brands

- Gaia (all)
- Jarrow Formulas (all)
- Whole Foods (all)
- Valley Natural Foods (all)
- Ester C (Vitamin C)
- NOW (Vitamins B, C, D)
- Eclectic Institute (milk thistle)
- New Chapter Organics (milk thistle)
- Oregon's Wild Harvest (milk thistle)
- BioKult (probiotic)
- Dr. Ohhira's (probiotic)
- Numi (Tea)
- Rishi (Tea)
- Traditional Medicinals (tea)
- Yogi (tea)

Can take a multivitamin instead of individual nutrients:

SmartyPants Adult Complete, Multivitamins – Take 6 gummies daily.
Or another good quality Multivitamin.

Probiotics:

GutPro
BioKult
Dr. Ohhira's

Vitamin C:

NOW Brand Buffered Vitamin C
Livon Lypo-Spheric Vitamin



DETOX SUPPLEMENT GUIDE

Vitamin D:

NOW Brand liquid(1000 IU), Vitamin D3

Vitamin B Complex:

Designs for Health B Supreme

Milk Thistle Brands:

Gaia Herbs

New Chapter Organics

Eclectic Institute

Oregon's Wild Harvest

Jarrow

Now

Please keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, yeast and lactose.

Where To Buy

- Local co-op/health food store
- Whole Foods
- Fresh Thyme
- Some upscale grocery stores
- Online through Amazon – these are often the best prices! (See below for links)

Lori's Recommendations from Amazon.com

If you are an amazon buyer like I am, check out the link below for items I have bought and loved.

<https://kit.com/lorikearney/lori-s-recommended-wellness-kit-with-detox-focus>

Sources: National Center for Complementary and Integrative Health, National Institutes of Health, draxe.com, naturalsociety.com.

Have questions? Great. I'd love to chat with you! Send me an email at info@mindfulhealthwithlori.com or post in our private facebook group for all members to see and learn.

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