

THORNE



Detox & Allergy Elimination

MediClear® Program Guide



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Health questionnaire

Before you begin the MediClear® Program

01. Please list your primary health concerns.

02. Are you having regular bowel movements? (circle)

Y / N 1-3 times per day?

Y / N Well-formed?

Y / N Easily eliminated?

03. How would you rate your energy level? (check one)

_____ Excellent

_____ Good

_____ Mediocre

_____ Poor

04. How is your sleep? (circle)

Y / N Fall asleep easily?

Y / N Stay asleep throughout the night?

Y / N Wake feeling refreshed?

05. What would you like to accomplish with this program?

Health questionnaire

After you complete the MediClear® Program (before beginning food reintroduction)

01. Describe how your primary health concerns have changed.

02. Are you having regular bowel movements? (circle)

Y / N 1-3 times per day?

Y / N Well-formed?

Y / N Easily eliminated?

03. How would you rate your energy level? (check one)

_____ Excellent

_____ Good

_____ Mediocre

_____ Poor

04. How is your sleep? (circle)

Y / N Fall asleep easily?

Y / N Stay asleep throughout the night?

Y / N Wake feeling refreshed?

05. Did you accomplish what you had hoped to with this program?

Science behind detoxification

Overview

The MediClear® Program of recommended dietary suggestions and nutritional supplementation can help your body's trillions of cells repair and regenerate.* In turn, this can optimize their function and help you reach a new level of health.* The MediClear Program is designed to do two things: (1) decrease your exposure to toxins and allergens and, (2) help your body cleanse. The MediClear Program lasts three weeks and helps your body detoxify by providing an allergy elimination diet and including essential nutrients and botanicals in the MediClear formulas and FiberMend® that support your liver and GI tract.* For a shorter cleansing program, see the Thorne 10-Day Detox Program.

Are we all toxic?

In the last 50 years our environment has become increasingly more polluted, resulting in a greater human toxic burden than ever before. Unfortunately, tens of thousands of toxic chemicals have been introduced into our environment. So, no matter how careful we are or where we live, we all have some level of exposure. Add to this the use of alcohol, tobacco, and prescription, non-prescription, and illicit drugs, and you can see what a challenging task our bodies have.

Increasingly, we find our food supply contaminated with hormones and antibiotics commonly used in the mass-market farming of animals and in the farm raising of certain fish. Add to this the typical Western diet – high in sugar and low in nutrient value – providing inadequate nutrients for many metabolic processes, including detoxification. These dietary habits, and the fact that many of us eat a limited variety of foods, can result in the development of allergies to some of the most commonly eaten foods such as eggs, wheat, soy, dairy, and peanuts. Allergies and exposure to toxins in foods, water, and the environment are being increasingly recognized as major contributing factors in many health problems.

— In the last 50 years our environment has become increasingly *more* polluted, resulting in a greater human toxic burden than ever before.



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Science behind detoxification

The liver’s role in detoxification

The liver carries the greatest burden of detoxifying foreign substances, as well as substances our bodies create (like hormones). You can help your liver do its job by providing your body with enough protein and the key nutrients and botanicals involved in liver function. In order to metabolize and eliminate these potentially harmful toxins, the liver has developed an intricate, two-step detoxification system. Together, these two phases convert toxins into water-soluble molecules that can be excreted from the body in the stool and urine.

Phase I detoxification

Specific enzymes produced in the liver perform the first step of detoxification – referred to as phase I. These enzymes, called cytochrome p450 enzymes, help detoxify a number of substances, including medications, caffeine, alcohol, many food constituents, and environmental pollutants. These enzymes cause chemical reactions in the liver that make the above substances more water soluble. Individuals with an intolerance to caffeine, perfumes, or chemical odors often have a dysfunction in this first phase of liver detoxification.

The primary nutrients required during phase I detoxification include B-vitamins, vitamin C, folate, copper, magnesium, and zinc; antioxidants including glutathione and lipoic acid; and the branched-chain amino acids leucine, isoleucine, and valine.* Phase I detoxification is further enhanced by flavonoids, including silymarin from milk thistle, curcumin from the spice turmeric, and polyphenol antioxidants from grape seeds and green tea.*

Phase II detoxification

During phase II, substances from phase I, which are partially detoxified, react with other substances in the liver that convert them into water-soluble compounds that can be eliminated from the body in the urine and stool. A number of cofactors are necessary for this phase to occur, including antioxidants, vitamins, amino acids, and other substances the liver needs to have in ample supply to detoxify efficiently.*

Nutrients required to support phase II detoxification include vitamins B5, B6, B12, and C, folate, selenium, zinc, molybdenum, glutathione, and the amino acids glycine, cysteine, methionine, taurine, and glutamine.*

Sulforaphane glucosinolate (SGS), found in cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and cauliflower (included in MediClear-SGS™), enhances phase II detoxification enzymes.*

Toxins (fat soluble)	Phase I Required nutrients	Phase II Required nutrients	Waste (Water soluble)	
/ Drugs / Alcohol / Endotoxins / Environmental toxins / Metabolic end-products / Food additives	/ Antioxidants / Carotenoids / Vitamin C / Vitamin E / B-vitamins / Folic acid / Glutathione / Branched-chained amino acids	/ Amino Acids - Glutamine - Glycine - Taurine - Gluathione - Cysteine / Antioxidants / B-vitamins / Sulfated phytochemicals / S-adenosylmethionine	Eliminated from the body via:	
			Gall bladder	Kidneys
			↓	↓
			Bile	Urine
			↓	
			Bowel actions	

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Supplements



MediClear Plus®

MediClear Plus is a unique formulation containing rice protein, pea protein, vitamins, minerals, and specialized nutrients and botanicals that aid in the detoxification process.* The vitamins and minerals are provided in their most absorbable forms.* Rice and pea proteins are used because individuals are rarely allergic to these protein sources. MediClear Plus contains a high concentration of protein to aid in tissue repair and regeneration.* The amino acids in these proteins also help in detoxification and elimination of harmful substances in the body.* Other beneficial amino acids, including glycine, taurine, and glutathione, are added to assist in this process.* Green tea phytosome provides potent antioxidant and liver-protecting activity, and MSM supports detoxification and joint function.* Grape seed phytosome provides potent antioxidant compounds that help strengthen connective tissue and blood vessels.* Curcumin, the principal ingredient in the Indian spice turmeric, is delivered in the well-absorbed phytosome form to help maintain the body's normal inflammatory response to toxic insults.* Curcumin is an efficient antioxidant that also assists the liver's detoxification activities.*

MediClear-SGS™

MediClear-SGS provides all the elements of MediClear Plus with the addition of advanced antioxidant and phase II liver support from sulforaphane glucosinolate (SGS).* SGS is an indirect antioxidant that provides long-lasting cell protection from free radical damage for as long as several days after being consumed.* Each serving of MediClear-SGS contains 30 mg of sulforaphane glucosinolate – equivalent to eating 1.2 lbs of broccoli. MediClear-SGS is available in vanilla or chocolate flavors.

	MediClear Plus	MediClear-SGS	MediClear-SGS
Flavor	Unflavored	Chocolate	Vanilla
Calories	100	170	190
Total fat	1.5 g	3.5 g	5 g
Protein	20 g	20 g	20 g
Fiber	1 g	2 g	1 g
Total carbs	2 g	9 g	10 g
Sweetened		✓	✓

FiberMend®

FiberMend is a prebiotic fiber formula, which means it stimulates the growth of beneficial bacteria in the GI tract.* It combines Sunfiber® – a partially hydrolyzed guar gum fiber – with rice bran, larch arabinogalactan, apple pectin, and green tea phytosome in a water-soluble blend that helps promote regularity and optimal digestive function for gentle bowel cleansing.* FiberMend is well-tolerated – it produces little to no bloating, cramping, or gas. And because it's tasteless, odorless, and dissolves readily in water, it can be easily mixed with a smoothie or any preferred beverage.

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MediClear® program

How does it work?

Many of the body's systems, including the digestive, cardiovascular, and immune systems can be adversely affected as a direct result of your diet. You are what you eat! You might be sensitive to foods you consume on a regular basis, which can cause an immune reaction that can have a negative impact on your body's normal inflammatory response, as well as causing gas, bloating, diarrhea, sinus congestion, or headache. These symptoms might not happen immediately after eating a food, so it can be difficult to make the connection. However, identifying and eliminating these foods is essential to your long-term health. This diet eliminates the most common culprits.

Program benefits

- / MediClear provides essential nutrients and botanicals to support your body's detoxification processes*
- / FiberMend® promotes healthy beneficial GI flora and gentle bowel cleansing*
- / The diet gives your body a break from the potential allergens you might be consuming daily
- / The diet gives your liver a vacation by eliminating caffeine and alcohol
- / The guide provides a list of healthy foods to eat, sample menus, and recipes
- / The program provides you with a unique opportunity to read labels on foods, learn new recipes, and start adopting permanent lifestyle changes



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MediClear® program

Getting started

You will be on the MediClear Program for three weeks. The best strategy is to choose a three-week period when you have no trips planned, no big family get-togethers, no holidays like Thanksgiving or Christmas, and no big events like weddings to attend. This will make staying on the program a lot easier for you.

What you will need

For the three-week program you will need:

- / 2 jars of MediClear Plus® or MediClear-SGS™ (chocolate or vanilla) – or mix and match
- / 1 jar of FiberMend®
- / A pantry full of healthy foods from the **Foods to Eat** (pages 13-16) section

How you will feel

Many people have a lessening of their symptoms while on the MediClear Program. Most feel a greater sense of energy and wellbeing, with better sleep. However, some individuals feel fatigued or have a return of old symptoms. This is not an uncommon occurrence as the body detoxifies. If this occurs, it is important to note that it should be temporary; however, if symptoms become bothersome, check with your health-care practitioner.

If you are used to consuming caffeine, refined sugars, and/or alcohol daily you might experience headaches, anxiety, or a decrease in energy during the initial days of the MediClear Program. If any of these symptoms arise, it is helpful to understand your body is responding to not having substances it has become used to, and is also detoxifying these substances. Be sure to drink plenty of water and to follow the program as directed by your health-care practitioner. You might have better results if you gradually decrease the intake of these substances before you start the program. Consult with your health-care practitioner if you have questions or concerns.

You might feel less energetic on this program, although many feel exactly the opposite. You might need to curtail strenuous physical activity for at least a portion of the three weeks. Don't give up! Your body has collected toxins for years, so it might take some time to effectively detoxify.



Diet & supplement protocol

What diet you will follow and why

Both alcohol and caffeine are hard on your liver, and this is going to be a vacation for your liver, since it is the organ most responsible for detoxification. Allergenic foods can cause inflammation; therefore, the “elimination diet” portion of the MediClear® Program removes potentially allergenic foods from your diet and allows you to choose from a group of healthy foods to which you are less likely to be allergic. The foods allowed are also less likely to contain other substances that could interfere with the cleansing process, putting less stress on your digestive and immune systems.

Sodas and fruit drinks are high in refined sugars, as are many processed foods. Refined sugars contain empty calories that do not offer any healthful nutrients in return, which puts stress on your pancreas and liver, causes significant fluctuations in blood-sugar levels, and robs stored nutrients from your body. Replacing refined sugars with whole foods that contain complex carbohydrates, including fresh fruits, grains, and legumes, is an important part of the elimination diet.

These next few weeks will give you a unique opportunity to read the labels on the foods you consume and to learn how you can continue to make permanent changes to your diet even after this program is over. Being healthy is about making healthful lifestyle choices. Thorne’s MediClear Program is a great way to start on the path to a better, more healthy way of eating.

Replacing refined sugars with ***whole foods*** that contain complex carbohydrates, including fresh fruits, grains, and legumes, is an important part of the elimination diet.

Diet & supplement protocol



Week 1

During the first week you will ease into the program and reduce potentially allergenic and toxic foods in your diet. Simply follow the list of foods to eat and foods to avoid in the **foods to eat & avoid** section (pages 13-16). Try some of the sample menus suggested in this booklet and utilize some of the suggestions we have provided to find foods you can eat.

Day 1-4

- / One serving (2 scoops) of a MediClear® product once daily in 10 ounces of cold water, juice, rice or nut milk, or mixed in a smoothie (see MediClear smoothie recipes on pages 23 & 24) in the morning with breakfast.
- / One serving (1 scoop) of FiberMend® in 8-10 ounces of water, juice, or mixed with your MediClear once daily.
- / Week 1 elimination diet – eat from the foods to eat list in the **foods to eat & avoid** section (pages 13-16) and avoid the foods as indicated on those pages. You might want to use the Week 1 or 3 Sample Menus in the **sample menus** section (page 21) as guidelines.

Day 5-7

- / Increase to one serving of MediClear product twice daily, with breakfast and dinner.
- / One serving (1 scoop) of FiberMend in 8-10 ounces of water, juice, or mixed with your MediClear once daily.
- / Continue to follow the Week 1 elimination diet – using the foods to eat and foods to avoid list in the **foods to eat & avoid** section (pages 13-16) and the sample menus for Week 1 or 3 (page 21).

Week 2

In addition to the foods eliminated in Week 1, meats, fish, and poultry need to be avoided during this week. You will also be consuming more of the MediClear product – consider this week a great opportunity to experiment with fun and delicious recipes for a tasty variety.

- / One serving of MediClear product three times daily in 10 ounces of cold water, juice, rice or nut milk, or mixed in a smoothie (see MediClear smoothie recipes in the **recipe** section on pages 23 & 24) with breakfast, lunch, and dinner.
- / One serving (1 scoop) of FiberMend in 8-10 ounces of water, juice, or mixed with your MediClear once daily.
- / Week 2 elimination diet – follow the foods to eat and avoid lists in the **foods to eat & avoid** section (pages 13-16); in addition, avoid meat, poultry, and fish. Use the sample menus for Week 2 in the **sample menus** section (page 22).

Diet & supplement protocol

Week 3

The meats, fish, and poultry you eliminated during the second week can now be reintroduced.

Day 1-4

- / One serving of MediClear® product twice daily in 10 ounces of cold water, juice, rice or nut milk, or mixed in a smoothie (see MediClear smoothie recipes in the **recipe** section on pages 23 & 24) with breakfast and dinner.
- / One serving (1 scoop) of FiberMend® in 8-10 ounces of water, juice, or mixed with your MediClear once daily.
- / Follow the Week 3 elimination diet (same as Week 1) on page 21.

Day 5-7

- / One serving of MediClear product daily, just before breakfast and continue the diet through the end of the week.
- / One serving (1 scoop) of FiberMend in 8-10 ounces of water, juice, or mixed with your MediClear once daily.



Foods to eat & avoid

Fruits

Include

Fresh is best, or you can have unsweetened dried, frozen, or canned fruit, and limited unsweetened fruit juices.

Apples	Cherries	Papaya	Raspberries
Apricots	Grapes	Pears	Strawberries
Avocados	Kiwis	Peaches	
Bananas	Mangos	Pineapple	
Blueberries	Melons	Plums	
Citrus	Nectarines	Prunes	

Avoid

- Grapefruit (grapefruit can alter detoxification enzyme function for up to 72 hours)
- Sweetened fruits (either in cans or frozen)
- Sweetened fruit juice

Vegetables

Include

Fresh – either raw, steamed, grilled, roasted, sautéed in olive oil, juiced

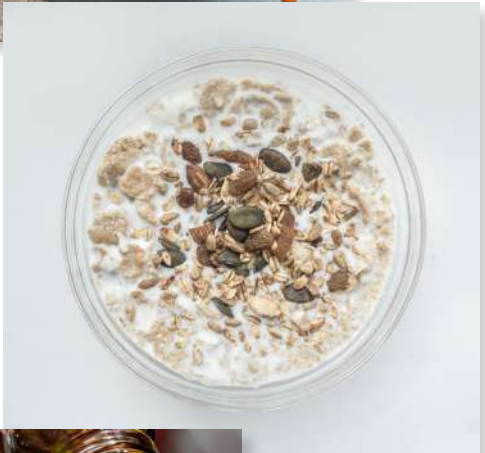
Arugula	Cabbage	Green peas	Spinach
Asparagus	Cauliflower	Jicama	Squash
Artichokes	Celery	Kale	Sweet potatoes
Bean sprouts	Cucumbers	Lettuce	Taro
Bell peppers	Eggplant	Mushrooms	Turnips
Bok choy	Endive	Okra	Yams
Broccoli	Escarole	Potatoes	Zucchini
Brussels sprouts	Green beans	Radishes	

Avoid

- Batter-fried vegetables
- Corn
- Creamed vegetables
- Tomatoes
- Tomato sauce



Foods to eat & avoid



Legumes

Include

Adzuki beans	Kidney beans
Black beans	Lentils
Fava beans	Lima beans
Garbanzo beans (chickpeas)	Navy beans
Green beans	Peas
	Pinto beans

Avoid

Peanuts	Soy sauce
Soybeans	Tempeh
Soy milk	Tofu

Grains

Include

Amaranth	Quinoa
Buckwheat	Rice
Millet	Tapioca
Oats (gluten-free)	

Avoid

Barley	Spelt
Corn	Wheat
Kamut	Any other products containing gluten (ex. non-gluten free oats)
Rye	

Nuts & seeds

Include

Whole or as a nut butter	
Almonds	Pumpkin seeds
Brazil	Sunflower seeds
Cashews	Walnuts
Macadamia	

Avoid

Peanuts
Peanut butter
Peanut oil

Fats

Include

Olive oil	Sesame oil
Flaxseed oil	Walnut oil
Coconut oil	Hazelnut oil
Sunflower oil	Pumpkin seed oil

Avoid

Margarine	Peanut oil
Butter	Mayonnaise
Shortening	Processed/hydrogenated oils

Foods to eat & avoid



Meat, fish, & poultry

Include

Organic, hormone-free is always best – either fresh or frozen.

Beef (organic)	Lamb	Sole
Chicken (organic)	Mahi mahi	Turkey
Cod	Salmon	Wild game (venison, buffalo, elk)
Halibut	Snapper	

Avoid

Canned meats	Orange roughy+	Swordfish+
Cold cuts	Pork	Tilefish+
Hot dogs	Sausage	Tuna+
King mackerel+	Shark+	
Marlin+	Shellfish	

— +Highest in mercury

Dairy & egg substitutes

Include

Almond / nut milk	Egg substitutes (check ingredients)	Rice milk
Coconut milk	Oat milk	Yogurt from milk substitutes (ex. coconut milk yogurt)

Avoid

Butter	Eggs	Sour cream
Cheese	Ice cream	Soy milk
Cottage cheese	Milk	Yogurt
Cream	Non-dairy creamers	

Beverages

Include

Decaf tea	Filtered or distilled water	Mineral water
Decaf green tea	Herbal tea	Pure fruit juice

Avoid

Alcohol	Caffeinated tea	Sweetened fruit juice
Coffee	Sodas and soft drinks (including sugar-free)	Other caffeinated beverages

Foods to eat & avoid

Sweeteners

Include

(in moderation)

Blackstrap molasses

Brown rice syrup (gluten-free)

Chicory syrup

Evaporated cane juice sugar

Fruit sweeteners (ex. monk fruit)

Honey

Pure maple syrup

Stevia

Avoid

Corn syrup

High fructose corn syrup

White or refined sugar

Spices & condiments

Include

All spices

Horseradish

Mustard

Pesto (cheese free)

Vinegars (except grain source)

Wasabi

Avoid

BBQ sauce

Chutney

Ketchup

Relish

Soy sauce

Other condiments (check ingredients)



Additional detoxification methods

Exercise is a very important element of any detoxification/cleansing regimen. Exercise increases oxygen delivery to all your tissues and increases your body temperature and metabolism, making your body more efficient at breaking down and eliminating toxins. It increases the flow of lymph fluid, which helps detoxify. Exercise burns fat as well, but be careful when starting an exercise program. Take it easy at first if you are not used to exercising. Take a walk around the block, go for a short swim or bike ride, but start slowly and work up to an intensity level that makes you sweat. If you feel worse after exercise or if it makes you very fatigued, back off. One thing that happens when you exercise is you burn fat. However, toxins are stored in fat, so you can increase the amount of toxins in your blood temporarily when you exercise.

Note: If you have not been exercising regularly, consult with your health-care practitioner before getting started.



Improving liver function with exercise

Approximately 25% of the U.S. population has a condition called fatty liver, in which, as the name implies, there is an increased amount of fat in the liver. Most of the time people with fatty liver have no symptoms; however, high liver enzymes are found on a blood test. Exercise has been shown to improve liver function, reduce the amount of fat in the liver, and decrease liver enzymes – all positive results from a simple lifestyle change. Even if you don't have fatty liver, your liver function will benefit from exercise.

Exercise also improves elimination from the bowels. Most people find they have better, more frequent bowel movements when they exercise. Make sure to increase your water intake if you are exercising, as you will lose water – and toxins – in your sweat.

Saunas can help eliminate toxins

Another way to increase toxin removal is by using a sauna. The skin is your largest organ of elimination, so every time you sweat you eliminate toxins through the skin. When you start using a sauna, as when you begin an exercise program, start slowly with just a few minutes in the sauna and build up from there. Be sure to check with your health-care practitioner to make sure you are healthy enough to begin any exercise or sauna program. Consider testing for heavy metals



Reintroducing foods

Overview

Once the three-week MediClear® program is finished you will gradually reintroduce certain foods back into your diet. In addition to foods you know you are allergic to, some of the common allergens you have eliminated from your diet over the past weeks might cause you problems once you begin to eat them again. Therefore, it is important that you introduce no more than one food item at a time from the food reintroduction list (below), and that you allow three days before introducing another food item. Be especially careful when reintroducing caffeine. Many people experience a strong reaction, including heart palpitations.

Each newly introduced food should be eaten during at least two of the three meals daily for three days. If you begin to react before the three days is up, stop eating the offending food. If you have no reaction after three days, then you can introduce another food. However, if you react to an introduced food, it is important to wait until the reaction subsides before introducing another food.

Begin by making note of how you feel before you start the program, list your major complaints as well as what you would like to accomplish with this program by completing the **Health Questionnaire** (page 3).

Then follow up by making note of how you feel while completing your last day of the diet. Have you accomplished your goals? What has happened to the list of complaints you had before you started the MediClear program? Before reintroducing foods, complete the **Health Questionnaire** (page 4).

Use the **Response Journal** (page 19) to record new foods introduced and how your body responds accordingly.

Food reintroduction list

- | | |
|--------------------------------------|------------------|
| / Dairy | / Tomatoes |
| / Caffeine (coffee, caffeinated tea) | / Corn |
| / Wheat/gluten (barley, rye) | / Fish/shellfish |
| / Eggs | / Peanuts |
| / Soy | |



Response journal

Day 1-9	Day 1-3	Day 4-6	Day 7-9
Food(s) introduced			
Gut			
Bowel function			
Headache			
Congestion			
Skin			
Energy level			
Joint / muscle pain			
Other			

Day 10-18	Day 10-12	Day 13-15	Day 16-18
Food(s) introduced			
Gut			
Bowel function			
Headache			
Congestion			
Skin			
Energy level			
Joint / muscle pain			
Other			

Day 19-27	Day 19-21	Day 22-24	Day 25-27
Food(s) introduced			
Gut			
Bowel function			
Headache			
Congestion			
Skin			
Energy level			
Joint / muscle pain			
Other			

FAQs

Can I use the MediClear® products if I am pregnant?

Since they have not been tested during pregnancy, we do not recommend using MediClear Plus® or MediClear-SGS™. This is typically not a good time to embark on a detoxification program. If your goal is to increase protein intake, please see our Whey Protein Isolate.

Can I use the MediClear products if am nursing?

Because breastfeeding is typically not a good time to embark on a detoxification program, we do not recommend using MediClear products while nursing. If your goal is to increase protein intake, please see our Whey Protein Isolate.

Can I continue the program for more than three weeks?

The diet and MediClear program outlined for weeks 1 and 3 is well-balanced and can be continued for longer than three weeks. But keep in mind that the MediClear Program is not a meal replacement program.

Is it safe for children to use the MediClear products?

The MediClear Program is designed for adults and youth older than 12 years. A health-care practitioner might deem it necessary to use this product for someone younger than 12, with supervision, although it should not be the sole source of nutrition.

Will the MediClear Program help me lose weight?

Although the MediClear Program is not designed as a weight management program many people find they lose a few pounds while doing a cleansing regimen. Sometimes with increased water intake, and the more efficient processing of toxic substances, individuals lose a few pounds of water weight. Others find their body's metabolism works more efficiently, causing them to burn calories better, resulting in some weight loss.

Can I take the MediClear products if I have diabetes?

The MediClear Program is nutritionally well-balanced. Therefore, it can be used if you have diabetes. However, as with any dietary or supplement changes you make, careful and frequent monitoring of blood sugar is a must!

Can I use the Mediclear products without the program?

Yes, MediClear Plus and MediClear-SGS are excellent sources of well-assimilated protein and other nutrients and can be used indefinitely as a gentle cleanse or as an addition to the daily diet.

What if I am constipated?

To properly do a cleansing program you need to be having regular (daily or more often) bowel movements. Although FiberMend® should help with elimination, it is essential to drink plenty of water or herbal tea – at least 8-10 glasses daily.

What if I am gluten or dairy sensitive?

No problem, Mediclear Plus and MediClear-SGS do not contain dairy or gluten.

Should I expect my symptoms to get better while on the program?

Many people experience a lessening of symptoms while on the program. However, some do experience a temporary increase of symptoms while their body is cleansing. If your symptoms get worse and are troublesome, contact your health-care practitioner.

Can I exercise while on this program?

During this program it is recommended that you do mild exercise daily and get adequate sleep. If possible, take a vacation from extra tasks and stresses. At the very least, take an hour per day to relax: breathe deeply, listen to the music you love, relax in a hot bath, take a yoga class, or enjoy a walk in the park.

If you are used to a strenuous exercise routine, such as daily runs, you can continue as usual. However, do not embark on this program if you are increasing your exercise routine in preparation for a competitive event. If you have a competition planned, wait at least 10 days after the event to start this program, and listen to your body's guidance. Don't push it – work with it. If you find yourself overly tired one day, take a break. If you are feeling high energy, go for it. Your body will tell you what it needs. Most athletes find a detoxification program has lasting results and improves their stamina and endurance. Just don't overdo it when your body is working hard cleansing toxins.

What should I do about non-prescription and prescription medications while on this program?

First of all make sure your health-care practitioner has a complete list of every prescription and non-prescription medication you are taking. This includes any dietary supplements you might have started taking on your own. Keep in mind MANY products, including supplements, can contain allergens. Do not discontinue medications without guidance from your health-care professional.

If I am allergic to rice or peas, can I still take the MediClear products?

Since MediClear Plus and MediClear-SGS contain rice and pea protein, if you are allergic to either rice or peas, then MediClear might not be the product for you. Talk to your health-care practitioner. He or she might suggest trying one of the MediClear products for a time, or the use of Thorne's Whey Protein Isolate.

Sample menus

Menu 01

Breakfast	1 cup mixed berries (on the side or in a smoothie) 3-4 pieces turkey sausage 2 scoops MediClear® 1 scoop FiberMend® Herbal tea
Lunch	Mixed vegetable and romaine salad with your choice of dressing topped with grilled Cajun chicken breast
Dinner	Sliced roasted turkey roll 1 cup cooked rice Steamed or grilled asparagus Mixed salad with your choice of dressing ½ cup applesauce 2 scoops MediClear†
Snack	2 rice cakes w/ nut butter 1 pear Herbal tea

Menu 03

Breakfast	Potato-sausage pancakes  2 scoops MediClear 1 scoop FiberMend
Lunch	1 cup of chicken vegetable soup Wild rice pilaf  Grilled chicken breast with roasted bell pepper sauce  Mixed green salad w/ choice of dressing
Dinner	Broiled salmon w/ lemon and dill or grilled salmon fillet w/ cheese-free pesto Steamed cauliflower 1 cup beets 1 cup mashed potatoes (or mash the cauliflower in place of potatoes for a lower-carb meal) Baked apple  2 scoops MediClear†
Snack	2 mochi (a rice pastry available in health food stores) 1 banana Herbal tea

We encourage you to customize your meal plans based on our allowed food lists. You can also follow our sample meal plan below and review our recommended recipes.

Menu 02

Breakfast	Oatmeal (gluten-free) with almond or other milk substitute, cooked with raisins and sweetened with applesauce or mashed bananas 2 scoops MediClear 1 scoop FiberMend Herbal tea
Lunch	Cup of cream of broccoli soup  Leftover roasted turkey roll Mixed green salad with your choice of dressing
Dinner	Grilled halibut or mahi mahi with fresh fruit salsa 1 cup beets 1 cup quinoa ½ cup melon 2 scoops MediClear†
Snack	Celery sticks with hummus dip Herbal tea

Menu 04

Breakfast	Baked apple  Cream of rice with milk substitute 2 scoops MediClear 1 scoop FiberMend
Lunch	Mixed vegetable and romaine salad w/ choice of dressing Bowl of black bean soup
Dinner	Stuffed cajun chicken breast  1 cup wild rice pilaf  Steamed or grilled green beans Mixed salad w/ choice of dressing ½ cup pineapple chunks 2 scoops MediClear†
Snack	1 small handful walnuts ½ cup fresh blueberries Herbal tea

Note: MediClear and FiberMend can be mixed in water, juice, nut milk, or blended as a smoothie either together or separately.

†On days when two servings of MediClear are recommended – days 5-7 of week 1 and days 1-4 of week 3.

 Recipe in Recipes section.

Sample menus

Menu 01

Breakfast	Whole grain oatmeal w/ almond or other milk substitute, cooked w/ diced apples and a dash of cinnamon and sweetened w/ brown rice syrup 2 scoops MediClear® 1 scoop FiberMend Herbal tea
Lunch	Mixed vegetable and romaine salad w/ choice of dressing 1 bowl cream of mushroom soup 🍷 2 scoops MediClear
Dinner	Spaghetti squash primavera 🍷 Grilled salad w/ balsamic vinaigrette 🍷 ½ cup applesauce 2 scoops MediClear
Snack	2 rice cakes w/ nut butter 1 pear Herbal tea

Menu 03

Breakfast	1 banana walnut muffin† 🍷 ½ cup prunes 2 scoops MediClear 1 scoop FiberMend Herbal tea
Lunch	1 cup of lentil soup Baked potato & steamed broccoli w/ spinach puree 🍷 Mixed green salad with your choice of dressing 2 scoops MediClear
Dinner	Portabello mushroom grilled and served on toasted gluten-free bun with avocado slices and arugula 1 cup garlic mashed potatoes 🍷 (see roasted garlic recipe) Rice pudding 🍷 2 scoops MediClear
Snack	1 small handful pumpkin seeds Herbal tea

Menu 02

Breakfast	1 cup melon 1 cup maple buckwheat flakes w/ rice or nut milk 2 scoops MediClear 1 scoop FiberMend
Lunch	1 bowl cream of broccoli soup 🍷 Vegetarian California rolls (no tofu, soy sauce, shellfish, or fish) 2 scoops MediClear
Dinner	1 cup steamed rice ½ cup cellophane noodles (rice) with stir-fried vegetables (snow peas, mushrooms, carrots, broccoli, onion, bell pepper, and other veggies of your choice, sautéed in olive oil, garlic, and ginger) Small mixed green salad w/ choice of dressing 1 cup sliced peaches 2 scoops MediClear
Snack	1 banana walnut muffin† 🍷 Herbal tea

Menu 04

Breakfast	Gluten-free/corn-free blueberry pancakes topped w/ ½ cup mashed sliced peaches 2 scoops MediClear 1 scoop FiberMend
Lunch	Bowl of black bean soup 🍷 ½ cup fresh peaches 2 scoops MediClear
Dinner	Baked potato wedges (from 1-2 potatoes) tossed in olive oil and seasoned w/ garlic, parsley, and Italian seasoning Steamed or grilled asparagus 2 scoops MediClear Herbal tea
Snack	Fresh fruitsicle† 🍷

Note: MediClear and FiberMend can be mixed in water, juice, nut milk, or blended as a smoothie either together or separately.

†On days when two servings of MediClear are recommended – days 5-7 of week 1 and days 1-4 of week 3.

‡Recipe in *Whole Life Nutrition Cookbook*.

🍷 Recipe in Recipes section.

Smoothie recipes

MediClear® latte

- 2 scoops** MediClear Plus® or MediClear-SGS™ Vanilla
- 6 oz** Rice or nut milk
- 2-4 oz** Cold water
- Etc** Pero or Dacopa (roasted dahlia syrup from California Natural Products – both coffee substitutes)

For an iced latte, add ice and less water and a dash of cinnamon.

For a MediClear Mocha, use MediClear-SGS Chocolate.

Apple lemon double ginger

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- 6 oz** Apple juice
- ½ oz** Lemon juice (fresh squeezed)
- 1 tbsp** Ginger juice (optional)
- 2-4 oz** Cold water

Orange standby

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- 6 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water

Orange standby - version II

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- 2 oz** Orange juice (fresh squeezed)
- 2-4 oz** Cold water
- ½** Banana and/or ½ cup fresh or frozen fruit



Note: For a thicker smoothie, add ice and eliminate water

Smoothie recipes

MediClear® piña colada

- 2 scoops** MediClear Plus® or MediClear-SGS™ Vanilla
- 2 oz** Coconut milk (plain)
- 6 oz** Pineapple juice
- 4 oz** Cold water

Peach cooler

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- 6 oz** Pear juice
- 2 oz** Cold water
- ½ cup** Peaches (fresh or frozen)

Tart & tasty

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- 2 oz** Pomegranate juice
- 2 oz** Pear juice
- ½ cup** Raspberries (fresh or frozen)
- 4 oz** Cold water

Banana chocolate

- 2 scoops** MediClear-SGS Chocolate
- 2 oz** Coconut milk (plain), rice milk, or nut milk
- 2-4 oz** Cold water
- ½-1** Banana

If your smoothie is too gritty, add 1 tsp flax oil.

Very berry

- 2 scoops** MediClear Plus or MediClear-SGS Vanilla
- ½ cup** Blueberries (fresh or frozen)
- ½ cup** Raspberries (fresh or frozen)
- 8 oz** Cold water or 4 oz cold water + 4 oz rice milk

For a chocolate version, use MediClear-SGS Chocolate.



— **Note:** For a thicker smoothie, add ice and eliminate water

Breakfast recipes



Banana walnut muffins[‡]

Yields: 12-16 muffins

Ingredients

2.5 cups	Brown rice flour	½ tsp	Sea salt
½ cup	Tapioca flour	5	Bananas
½ cup	Date sugar	¼ cup	Virgin coconut oil (melted)
2 tsp	Xanthan gum	2 tsp	Vanilla
1 tsp	Baking soda	1 cup	Walnuts (chopped)
2 tsp	Baking powder		

Directions

In a large bowl **combine** 2.5 cups brown rice flour, ½ cup tapioca flour, ½ cup date sugar, 2 tsp xanthan gum, 1 tsp baking soda, 2 tsp baking powder, and ½ tsp sea salt. Mix well.

Purée about 4 large ripe bananas in a blender till smooth and measure out 3 cups. Place puree in a bowl, **add** ¼ cup melted virgin coconut oil and 2 tsp vanilla and whisk together.

Pour wet ingredients over dry and gently mix together. Do not over mix. Gently **fold in** 1 ripe banana chopped and 1 cup of chopped walnuts. Spoon into oiled muffin tins and **bake at 375 degrees** for about 20-25 minutes.

Baked apples

Serves: 4

Ingredients

4	Apples	¼ cup	Lemon juice
1 strip	Lemon rind	Etc	Currants
¼	Whole vanilla bean		Raisins
1	Cinnamon stick		Almond milk

Directions

Place 4 medium apples that have been washed and cored in a large glass oven proof dish (with lid). Place a strip of lemon rind, ¼ of a whole vanilla bean, 1 cinnamon stick, and some currants or raisins **inside each** apple.

Drizzle apples with ¼ cup lemon juice and scatter remainder of currants around them. Bake covered at **350 degrees** for 60 to 75 minutes. **Serve warm or cold**, you can also drizzle with almond milk.

[‡]Recipe in *Whole Life Nutrition Cookbook*.

Breakfast recipes

Smoothie bowl

Serves: 1

Ingredients

2 cups Frozen fruit
¼ cup Dairy-free milk
1 scoop MediClear®

Optional toppings

Fresh fruit
 Nuts / seeds
 Shredded coconut

Directions

Place fruit in high speed blender and blend until almost smooth. Add milk and MediClear and blend until smooth. More milk can be added for a thinner consistency.

Spoon mixture into a bowl and add desired toppings.



Potato-sausage pancakes

Serves: 2

Ingredients

2 medium Idaho potatoes (shredded) **¼ cup** Sweet onion (finely chopped)
2 organic Chicken or turkey sausages **Etc** Salt & pepper to taste

Directions

Boil potato until tender, and strain. Sauté sausage and onions in olive oil until sausage is **browned** on the outside (and done on the inside if not precooked); onions should be soft and translucent.

Chop sausage into small pieces and **mix** with pan drippings, onions, and potato. Mold the mixture into 4 pancakes and **sauté in olive oil** until golden brown.



Lunch & dinner recipes



Wild rice pilaf / salad

Serves: 2-4

Ingredients

1 pkg	Lundberg Wild Rice Blend	½ cup	Red/yellow bell pepper (chopped)
1 cup	Mushrooms (sliced)	2	Green onions (chopped)
1	Shallot (minced)	½	Cucumber (peeled and chopped)
½ cup	Celery (chopped)	Etc	Balsamic vinaigrette
1 clove	Garlic (minced)		

Directions

Follow the cooking instructions on a package of “Lundberg Wild Rice Blend” using olive oil instead of butter and vegetable stock instead of water. In a non-stick pan **sauté** 1 cup of sliced mushrooms, 1 minced shallot, ½ cup chopped celery, and 1 clove of minced garlic in 3 tbsp olive oil. When the rice is done, **combine** with the mushroom mixture and serve.

Turn leftover rice pilaf into a salad by adding ½ cup chopped red and yellow bell peppers, 2 chopped green onions, and half of a peeled, chopped cucumber. Drizzle with balsamic vinaigrette and mix well.

Grilled Italian salad

Serves: 2-4

Ingredients

1	Romaine head	Etc	Olive oil
1	Escarole head		Balsamic vinegar / vinaigrette
3	Endive heads		Salt & pepper to taste

Directions

Take 1 whole romaine head, 1 whole escarole head, and 3 whole endive heads and cut all heads lengthwise through center leaving stem attached – **drizzle** with olive oil and **grill** on low until wilted. Move to a cutting board, remove stem and **chop** all heads into bite size chunks. **Drizzle** with balsamic vinegar or balsamic vinaigrette. **Add** salt and pepper to taste.

Cream of broccoli soup

Serves: 2-4

Ingredients

1 head	Broccoli	¼ cup	Rice milk
2-3 cups	Vegetable broth	Etc	Salt & pepper to taste

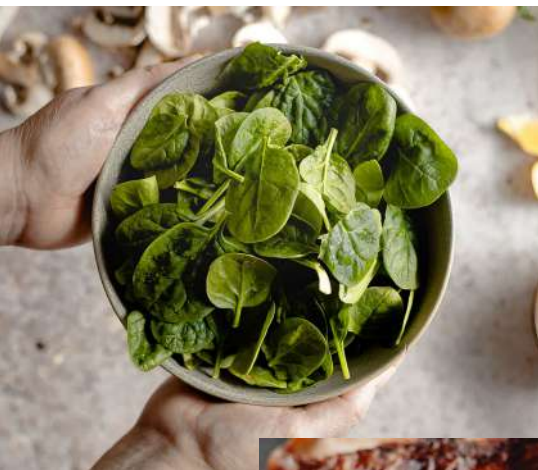
Directions

Steam 1 head of broccoli in 2-3 cups vegetable broth until done. Strain broth into a bowl. Put broccoli and ¼ of the broth (cool first) in blender and **blend**. Return blended broccoli to stock pot and bring back up to **simmer** and add balance of the broth. **Add** ¼ cup rice milk. Salt and pepper to taste.

For asparagus soup, replace broccoli with a large bunch of asparagus spears.

For cream of mushroom soup, replace broccoli with 1 lb mixed, diced mushrooms.

Lunch & dinner recipes



Spinach purée

Serves: 2-4

Ingredients

1 lb	Fresh spinach	½ cup	Celery (chopped)
¼ cup	Water	Etc	Salt & pepper to taste
1 clove	Garlic (minced)		

Directions

Cook 1 lb of **fresh spinach** that has been cleaned and stemmed without added water in a covered pot for just a few minutes **until tender** and bright green. **Transfer** to a blender or processor and add ¼ cup water. **Puree** until very smooth and place in a small bowl. **Season** with 1 clove of minced fresh garlic, sea salt and black pepper to taste. You can add a little more water to get desired consistency.

Serve over baked potato, fish, on cold rice pasta, or on steamed vegetables.

Stuffed Cajun chicken breast

Serves: 2

Ingredients

2	Boneless, skinless chicken breasts	Etc	Roasted garlic or
¼ cup	Vegetable stock		Cheese-free pesto or
¼ cup	Rice milk		Roasted bell pepper sauce
			Cajun spice

Directions

Take 1 boneless, skinless chicken breast per person. **Slice lengthwise** into the thin side of the breast to make a pocket. **Stuff pocket** with roasted garlic, cheese-free pesto or roasted bell pepper sauce and seal with a few tooth picks. **Sprinkle** Cajun spice on both sides of the breast and **pan fry** in a non-stick pan with olive oil (or the oil from the roasted garlic) for about 15 minutes or until cooked.

Remove the chicken to a serving plate with wild rice pilaf or quinoa. **Add** ¼ cup vegetable stock and ¼ cup rice milk to the pan. Over a **medium high** heat reduce liquid by ½ volume. **Pour over** the chicken and enjoy.

Spaghetti squash primavera

Serves: 2-4

Ingredients

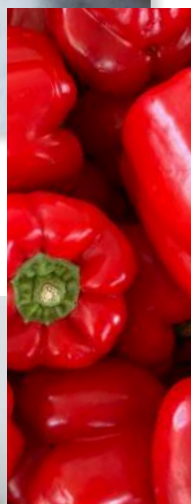
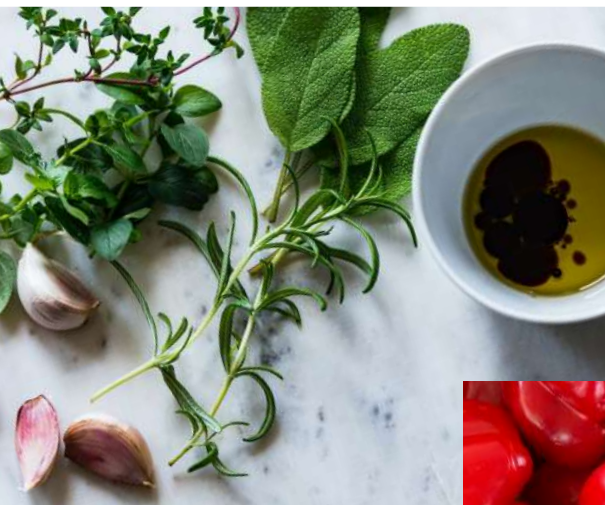
1	Spaghetti squash	½ cup	Zucchini
2 tbsp	Olive oil	½ cup	Chopped mushrooms
2 cloves	Garlic (crushed)	½ cup	Broccoli
¼ cup	Red onion (diced)	¼ cup	Roasted bell pepper sauce

Directions

Cook a whole spaghetti squash until done, cool, and scoop out the interior (spaghetti). Put 2 tbsp olive oil, 1-2 cloves crushed garlic, and ¼ cup diced red onion in a non-stick pan **on medium** and sweat.

Add zucchini, chopped mushrooms, and broccoli and sauté **until tender**. Add spaghetti squash and ¼ cup roasted bell pepper sauce — **toss** until warm. **Serve** with garlic mashed potatoes.

Sauces & condiments



Balsamic vinaigrette

Yields: 1 cup

Ingredients

¾ cup	Balsamic vinegar	1 tbsp	Italian spice
¼ cup	Olive oil	Etc	Salt & pepper to taste
3 cloves	Garlic (whole but crushed)		

Directions

Mix and let stand for 1 hour to develop flavor.

Roasted garlic

Yields: ½ cup

Ingredients

20-30	Whole garlic cloves (peeled)
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Directions

Take 20-30 whole peeled garlic cloves, place in ramekin or small glass dish and cover completely with olive oil. **Bake** at 200° for 45 minutes. Let cool and drain the oil into a container (save for cooking).

Roasted bell pepper sauce

Yields: 1 cup

Ingredients

3	Red bell peppers
Splash	Balsamic vinegar
Etc	Salt & pepper to taste

Directions

Cut 3 medium red bell peppers in half and remove seeds. On the **top rack** of your oven place the peppers skin side up on a cookie sheet and **broil** until the skins are totally black.

Remove and cool. Then wash the burnt skin from the peppers. In a blender add the peppers and a splash of balsamic vinegar and puree.

Add salt and pepper to taste.

Spicy black bean dip

Yields: 2 cups

Ingredients

2 cups	Black beans	¾ tsp	Cumin
2 tbsp	Fresh lime juice	¼ tsp	Sea salt
2 cloves	Minced garlic	Etc	Cayenne
Handful	Parsley		Pepper to taste
Handful	Cilantro		

Directions

In a blender or food processor put 2 cups cooked black beans rinsed and drained, 2 tbsp fresh lime juice, 2 cloves of minced garlic, a handful each of fresh parsley and cilantro, ¾ tsp cumin, ¼ tsp sea salt.

Blend all until just a little chunky. Transfer to a bowl and add cayenne and black pepper to taste. **Serve** with carrot sticks, rice cakes, or gluten-free crackers.

Desserts

Rice pudding

Serves: 2-4

Ingredients

1 cup	Short-grain rice	½ tsp	Vanilla
3 cups	Rice or almond milk	½ tsp	Cinnamon
3-4 tbsp	Pure maple syrup	Etc	Raisins (optional)
½ tsp	Salt		

Directions

Rinse 1 cup short-grain rice, drain and place in a saucepan with 3 cups rice or almond milk. Bring to a boil, cover and reduce to a very low heat - **simmer** until rice is tender - about 1.5 hrs. About 1 hour into cooking add 3 to 4 tablespoons pure maple syrup, ½ tsp salt, ½ tsp vanilla, ½ tsp cinnamon, and a small handful of raisins if desired.

Finish cooking and **season** with a touch more cinnamon and perhaps a dash of nutmeg. If too sweet add a little fresh lemon juice to taste. Serve at room temperature with fresh fruit or berries on top.



Fresh fruitsicle[‡]

Yields: 4-8 popsicles

Ingredients

1-2 cups	Fresh strawberries, trimmed
1	Ripe banana, cut into chunks
½ cup	Coconut milk
2-4 tbsp	Agave nectar

Directions

Blend all in blender until smooth. Pour into popsicle molds and freeze 6 to 8 hours or overnight.

[‡]Recipe in *Whole Life Nutrition Cookbook*. For more great recipes, we highly recommend this and other great books by Alissa Segersten and Tom Malterre, MS, CN. These cookbooks can be found at wholelifefoodnutrition.net





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