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The "Christmas Cleanse" Shake Program

What the Christmas Cleanse Shake Program Accomplishes:

In short, the Christmas Cleanse shake program is a 10 day, detoxification, weight management and nutritional feeding program that is designed to support your body's ability to function at its best and encourage healthy weight loss. The Christmas Cleanse is typically done between the time of Thanksgiving and Christmas; the closer to Christmas the better.

The theory behind the Christmas Cleanse:

We end the summer with Labor Day. Then Halloween hits. Next it's Thanksgiving, then Christmas and we end it all off with a New Year's celebration. The sweets, rich food, wine, sugar and other junk we put into our body during these occasions, can certainly stress the body. When you combine that with the 84,000 different potentially damaging chemicals that are put into American food sources and you can begin to understand why I'm a HUGE advocate of the Christmas Cleanse.

From my estimations, most people put on between 5 and 10 pounds from Labor Day to New Year's Day, with most of the damage occurring between Thanksgiving and Christmas. Let's give the liver and the body a break after the beat down it takes from Thanksgiving. Let's support healthy weight loss and maybe get the weight that we gained from September 1 through November 24th off. Let's also unburden and destress the liver. This will give you some wiggle room to eat and enjoy during the week of Christmas and New Year's Day. Then after New Year's Day we do one more 10 Day Cleanse and now we are in ultra-weight loss mode, getting ready for the spring and summer months.

This is a 10-day detoxification program. This information will guide you through each phase of the program. People who followed these guidelines got the best results. Individual results may vary. Nothing in this informational pack or program is designed to treat, diagnose, prevent or cure any disease. This program is not a substitute for medical care. Do not stop taking any drugs or medications because of this program without the consent of your medical doctor. Nothing in this informational pack has been approved by the FDA for weight loss or use.

IF YOU ARE A DIABETIC OR HAVE A SERIOUS MEDICAL CONDITION DO NOT DO THIS PROGRAM WITHOUT FIRST CONSULTING YOUR MEDICAL DOCTOR.

PHASE I - HOLIDAY DETOXIFICATION

DAYS 1 - 2 (INITIAL CLEANSING PHASE)

- Drink the Christmas Cleanse shakes **every 3 hours** (except sleep).
- This will total anywhere between 5 - 8 Christmas Cleanse Shakes per day depending on how many hours you are awake.
- Mix 1 scoop of the Christmas Cleanse with 8-oz. of water; not juice). Also, drink 8 *additional* glasses of water throughout the day.
 - (Example: 7 a.m., 10 a.m., 1 p.m., 4 p.m., and 7 p.m.)
- **It is very important not to go more than 3 hours without a shake. Also, do not skip a shake.** If you skip one, your blood sugar can drop. If this occurs, it is hard to recover your energy for the rest of the day and this can be harmful to your health. Additionally, decreased blood sugar can increase your cravings tremendously.
- **Do not eat anything else in the first 2 days.** This includes other foods, gum and mints. Eliminate these unless otherwise advised by your doctor.

DAYS 3 - 10

- Drink the Christmas Cleanse shakes **every 3 hours** like the first 3 days.

- Drink 3 - 5 Christmas Cleanse Shakes per day (1 scoop mixed with 8-oz. of water; not juice). Also, drink 8 *additional* glasses of water throughout the day.
- Eat 1 meal per day. The meal should consist of a carbohydrate, protein and fat from the below food list:

What to Eat

1. **FATS:**
 - a. Avocado—approximately two thumbs or ¼ of an avocado is the serving size.
 - b. Oils—flax seed oil, coconut oil, olive oils, sunflower oil, sesame seed oil or grape seed oil. Serving size = 1 to 2 tsp.
 - c. Nuts—walnuts (serving = 15) almonds (serving = 20) Brazil nuts (serving = 5)
 - d. Dairy— **NO DAIRY**

2. **PROTEINS:** All fish and chicken has a serving size of 4 ounces. Weigh your food raw.
 - a. Fowl—chicken, turkey, duck and other game birds.
 - b. Wild caught fish is best. Salmon, orange roughy, sea bass, halibut, cod, red snapper, flounder and so on. Never eat farmed tilapia as they are often fed the feces of other animals and fish.
 - c. Eggs—a serving is 2 egg yolks and one egg white for a total of 3 eggs.

3. **VEGETABLES:** Must have a minimum of 2 cups of vegetables at your meal. You can have them cooked, raw or blended.

Now you could have as many of the below vegetables as you'd like at each meal providing they do not irritate your stomach.

Algae, Alfalfa, All Lettuces however do not eat ice berg lettuce, Asparagus, Arugula, Bell Peppers, Broccoli, Bean Sprouts, Cauliflower, Cabbage (red, pak choi, bok choy), Celery, Celeriac, Chicory, Collards, Cress, Cucumbers, Dill Pickles, Endive, Fennel, Field Salad, Green Onions, Kale, Kohlrabi, Leeks, Mushrooms, Okra, Onions (raw only), Hot Peppers, Radicchio, Radish, Rhubarb, Rutabaga, Sauerkraut, Sorrel, Spinach, Swiss Chard, Turnip, Watercress, Zucchini, Brussels sprouts, Beans (Green & Wax), Eggplant, Palm Hearts, Snow Peas, Swede, Tomato
Artichoke,

4. **CARBOHYDRATES:**

FRUITS

 1. Fruit List #1—strawberries, blueberries, blackberries, raspberries, kiwi, grapefruit and cantaloupe—serving size = ½ to 1 cup.
 2. Fruit List #2—apples and pears—serving size = one medium sized piece of fruit.

GRAINS, LEGUMES AND TUBER LIST.

 1. Grain List—brown rice, black rice, quinoa, buckwheat, millet, sorghum, amaranth, oat (gluten free only) wild rice—serving size is ½ to 1 of a cup of any of the above. For example if you wanted to have ½ of a cup of rice pasta that would be fine. You'd measure this cooked. All the above grains are measured after cooking them.

2. Legume List—kidney bean, great northern beans, garbanzo beans, black beans, lima beans and green peas—serving size = 2/3 cup. BAKED BEANS ARE NOT PERMITTED:
3. Miscellaneous List—carrots and beats. Serving size = ½ cup of sliced or chopped beats or 1 to 2 large carrot.
5. **SEASONINGS:** You may use as much natural seasoning as you'd like. By natural we mean the real herb, salt or pepper itself NOT MSG or “season-all” type seasonings as these are usually full with chemicals and various “flavor enhancers.” Examples of acceptable seasonings would be: sea salt, black pepper, dried or fresh; garlic, parsley thyme, oregano, basil and so on. Vinegar especially apple cider vinegar with the mother is perfectly OK to use and recommended providing you don't suffer from gastritis or stomach ulcers.
6. **Beverages:** You may drink only purified water. You may flavor you water with any of the flavored Stevia items that we sell at AlternaCare.

How to Prepare Your Food

Bake, broil, or grill your food. No breading or frying.

When to Eat the Meal

You may eat your meal anytime during the day. I recommend lunchtime because, along with your shakes, it gives you the highest likelihood to have normal blood sugar throughout the afternoon hours. However, many people prefer dinner, which is perfectly OK.

How Much Can I Eat at Each Meal While I'm on the Christmas Cleanse Shake Program?

Stay between those guidelines and you can be assured you are eating the right amount of food.

Is It Okay for Me to Have Additional Shakes if I Get Hungry?

Yes. **You can have up to 8 shakes a day.** All that happens is that you have more vitamin and mineral replenishment

CHRISTMAS CLEANSE SHAKE PROGRAM “FREQUENTLY ASKED QUESTIONS”

Will I Feel Sick or Miserable During the Detox?

If you do feel sick from detoxing, it is usually on Day 2 of the program. You may want to pick your starting day with this in mind. By day 3, most start to feel great.

Most people feel much better almost immediately upon starting the Christmas Cleanse Shake program because it supplies many of the nutrients their body needs for normal function. However, there are people who experience undesirable symptoms, such as: fatigue, nausea, headaches, weakness, lethargy, and sometimes diarrhea. If that happens, it is important for you to know why:

The Worse You Feel On This Program, The More You Need To Do It!!!

Remember, if you have not felt well for a long time, or you are overweight, or have some chronic illness, your body is probably not functioning very well. Your body may be addicted to sugar, caffeine, large meals, certain foods, and more. When you start any detox program you are eliminating daily habits that your body has gotten used to over the years. It can be similar to someone who stops drinking alcohol after 20 years of regular use. They will feel horrible for quite some time before they feel the benefit from quitting. What would happen to them if they quit detoxing? They would be right back where they started or worse. So, stick with it.

Will I be Hungry?

Not usually. You might miss chewing food, but people find that the Christmas Cleanse Shake is quite filling. If you are hungry, then you may drink up to 8 shakes the first 3 days but please, do not add additional food.

What about Bowel Movements? Will I Feel "Constipated" While on the Christmas Cleanse Shake Program?

It is important to have at least one bowel movement daily while on the Christmas Cleanse Shake program since this is a major way toxins are eliminated from your body. However, people have been misled to believe that they should have several *large* bowel movements every day. A bowel movement is simply the body eliminating the waste. Because people eat so poorly, they don't absorb their food. They end up with a toxic, putrefying (rotting or decaying) intestine filled with unabsorbed food, which leads to excessively large bowel movements to get rid of all the waste. Christmas Cleanse is designed to give your body the nutrients it needs for normal metabolism and energy production. **Therefore, very little waste is produced and you may find that your bowel movements are smaller and less frequent. In most cases this is not constipation but is a normal intestinal response to low amounts of waste.**

Let's face it. If there is a small amount of waste then your bowel movements will be small. They will mostly contain the toxins and putrefied foods that are being eliminated because of the cleanse. If you have any difficulty with actual constipation add one [Colo Clnz](#) with your meal. If the next day you do not have a good bowel movement then increase to 2 [Colo Clnz](#). Continue increasing the Colo

Cluz by 1 additional capsule per day until you are having a bowel movement. If after 3 days you do not have a bowel movement please call us immediately (770)304-1500.

If I Have Trouble Sleeping During the Detox, What Should I Do?

The stress of any detox program can cause your body to be on the edge. This can lead to muscle tension, irritability and sleep disturbance. The best solution for this is to supplement the body with [Dr. Rob's Restore PM](#). Take 2 right before bedtime. This is a soothing and relaxing blend that is designed for easy absorption even in a distressed intestine.

Should I Exercise During the Christmas Cleanse Shake program?

Not ideally. Take it very easy throughout the time you are detoxifying because it is likely you may have reduced energy and stamina. Also, this is not the time to become Superman. You are undergoing a detox program and the body needs its strength. A good rule is to involve yourself in no more than 20 minutes of light aerobic activity every day and definitely NO EXERCISE the first 3 days. Remember: The body has to heal before it can get strong.

CONGRATULATIONS!!!

You are taking a step toward nutritionally supporting the improvement of the general health and weight of your body during the Holiday Season.

Some patients enjoy the benefits they receive from the Christmas Cleanse program so much that they want to continue it and that can be done as well as switching to using Ultimate Meal shakes or bars, it makes life much simpler and continues the replenishment process without stressing your digestive tract.