



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Dear Friend,

I am excited and honored to be sharing in your journey to Optimal Health! Thank you for allowing me the privilege of guiding you through the Grow A New Body 10-Day Detox Program. This program has been instrumental the last few years in helping me to create Optimal Health, getting off four prescriptions, shedding toxins, and clearing up brain fog, with the added bonus of losing 35 pounds!!! I have been doing this program 3-4 times per year for about 3 years now. While 10 days may not change your entire life, regular detoxing and clean eating can. It is my goal that you will find some, if not even better, benefits than I.

There is a lot of information here. I tried to keep it as simple and straightforward as possible. All the information you need to cook the detox food yourself is included: recipes, shopping list, meal plan, copy of the book. In addition, there is the option to purchase the food prepared from Underground Kitchen. (www.undergroundkitchen.com)

We will start with a Zoom meeting to introduce you to the program. I want to encourage you to do everything you can to set yourself up for success. That may mean getting the coffee pot off the kitchen counter (me lol!) or ridding your kitchen of any temptations, especially sugar. I put my bedtime supplements on my bedside table when I take my morning supplements. This helps me to remember to take them at night before bed. If that means packing up juice, broth, and salad lunch the night before, then do it. If it means limiting social time for 10 days to avoid alcohol temptation, then do it.

Each day I will send you a text message of what to expect for that day of the program. Though this can vary depending on how compliant you are with the program and how much toxic load you are carrying, generally the process is the same for most people.

Please remember, your success is dependent on your compliance with the program, both eating and supplements, as they work together in the detoxification process. It's 10 days, you owe it to yourself. You've invested in you, now follow through. Your body will thank you for it!!!

In Optimal Health,

Angela Burge Medicine Woman

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Optimal Health Guidance for GNB 10 Day Detox Program **\$175pp**
Program Includes*:**

- ***Group Zoom Meeting: Overview of Program – Goals & Objectives***
- ***Book — Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health! By Alberto Villoldo***
- ***Set Yourself Up for Success Game Plan***
- ***Prep Ahead Tips & Tricks***
- ***At-a-Glance Eating Schedule***
- ***Dinner Meal Plan, Shopping List & Recipes***
- ***Supplements Instructions and Resources***
- ***'What to Expect' Daily – Optimal Health Guidance text messages***
- ***Text Access to Angela for questions & concerns throughout this 10-day program***
- ***Access to purchase all the detox food for the week fully prepared by Underground Kitchen using local organic ingredients. (Cost approx. \$350 pp, pick up at GATHER, 2424 Mchenry Ave, 10AM- 5PM, Day -1, Day 3, & Day 6 of the program.) Of course, you may always cook and prepare your own food! Or pick & choose!***

Detoxing is one great practice toward achieving optimal health. I invite you to explore additional aspects of your healing to enhance your results!

*****Food and supplement costs are additional — prices are subject to change.**

"The new manifesto for body & soul" — **Mark Hyman, M.D.**, author of the number-one New York Times bestseller "The Blood Sugar Solution: 10-Day Detox Program".

"Within these pages are the keys that unlock our vast potential to be happy, healthy, full of joy" — **Christiane Northrup, M.D.**, New York Times bestselling author.

This program is not intended as medical advice. Always check with your health care provider before starting any type of cleanse, detox, exercise, or health improvement program. NOTE: Do NOT do this program if you are pregnant or nursing, if you have cancer, a heart condition, or any bowel disease. Consult with your doctor before starting this program.

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Overview of Grow A New Body Program by Alberto Villodo

(taken from FWS Light Body School Certification program)

From the time we're in the womb we suffer ongoing free radical damage to mitochondria, the fuel factories in our cells. This damage begins with our mother's diet, and builds up from environmental toxins, pesticides, and stress until it manifests as disease.

By middle age, our ability to produce clean-burning fuel diminishes. And free radical damage leads to premature ageing and damage to our brain cells. When we cross a threshold of mitochondrial injury, illness, fatigue, and brain fog become perversely difficult to cure or even manage.

Cancer, diabetes, heart disease, Alzheimer's, Parkinson's, and all degenerative diseases of the brain have in common free-radical damage and mitochondrial breakdown.

When our mitochondria are strong, we switch on the genes that produce health. When they are weakened, they trigger premature cell suicide or apoptosis. As a result, ageing is accelerated, we become dis-stressed and live in a brain fog, and our health is compromised.

We've discovered that you can begin to repair your brain and to heal your body by re activating your cellular detox and free-radical scavenging systems that have shut down with age, and turn on your health and longevity proteins (Sirt1 genes).

Detoxifying nutraceuticals including antioxidant and mitochondrial repair formulas clear away the brain fog, relieve cellular stress, and bring you increased clarity and energy.

In 10 days you will restart detox systems that have been shut down for many years, the brain-fog will clear, and you will begin the journey to recover your health. You will learn to work with the brain foods and nutrients that repair the brain, regulate cellular energy production, and reverse the damage done by free radicals and oxidative stress.

Participants in this program report an average of 70% of their symptoms disappearing within the 10 days of the program.

Use the biology of detoxification, working with nutraceuticals and the foods that repair and upgrade the brain, to switch on the longevity genes through the use of super-foods and plant nutrients.

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Reading Resources

- *Grow A New Body: How Spirit and Power Plant NUTRIENTS can Transform Your Health* by Alberto Villoldo
- *Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar – Your Brain’s Silent Killers* by David Perlmutter
- *Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life* by Nora T. Gedgaudas

Viewing Resources

- Mark Hyman, MD – Fatty Liver is More Dangerous than You Might Realize. Here’s How to Heal It - <https://www.youtube.com/watch?v=6oOHSYt6I1c>
- Nora Gedgaudas – Primal Fat Burner - <https://www.youtube.com/watch?v=RVhBOgL-O58>
- Dr. Eric Berg – What is Ketosis? - <https://www.youtube.com/watch?v=s5w-PyeJOrs>
- Dr. Eric Berg – Is Ketosis Safe Long Term? - <https://www.youtube.com/watch?v=5vIoHR7J24I>
- 10 Day Detox Diet Recipes – Dr. Mark Hyman Detox Smoothie - <https://www.youtube.com/watch?v=w4cVkGp8Kp0>

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At-A-Glance Eating Schedule for Grow A New Body 10 Day Detox

Upon Waking	Warm Lemon Water 12 oz. I add fresh ginger slices. Green tea, if desired. (This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive)
8 AM	Green Goddess Juice approx. 12 oz each
10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each.
11AM	Green Smoothie -optional, drink if hungry, 8 oz.
1:00 PM	Salad Bar Lunch- no dairy or meat. Include herbs, nuts, seeds, avocado, garbanzo beans, lentils, sweet potatoes, sprouts etc. Use a variety of greens such as spinach, kale, arugula, broccoli sprouts, microgreens. 2 Tbsp dressing of choice & 1 Tbsp Crunchy Salad Topper
3:00 PM	Midafternoon Snack-Optional Nuts, Seeds, Fresh Fruit
6:00 PM	Dinner from Meal Plan- see meal plan chart

The times are approximate. Find what works well for your family. The goal here is to practice an 18 hour fast from sugars or anything that turns into sugar in your gut, eating solid food only between 1 pm-7 pm. If you don't get dinner until 7 PM, push your schedule back an hour the next day and to do all your solid food eating between 2PM -8 PM. (allows for one hour eating time)

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Grow A New Body Dinner Plan

<u>Day 1</u>	Los Lobos Vegetable Soup -12 oz 2 tbsp Walnut Tapenade w/2 celery sticks Grilled Asparagus – ½ lb.
<u>Day 2</u>	Rich Avocado Soup (cold) – 12 oz. Brussels Sprout Stir-Fry - 4-8 sprouts 2 tbsp Olive Tapenade w/ 2 celery stalks 2 tbsp Hummus w/2 celery stalks
<u>Day 3</u>	~2 cups Mixed Greens from your home salad bar + 2 Tbsp dressing of choice, 1 Tbsp crunchy salad topper Vegetable Stir-Fry - ~ 1 ½ cups Perfect Quinoa with 1 Tbsp extra virgin olive oil – up to ¾ cup 2 tbsp Olive Tapenade w/ 2 stalks celery
<u>Day 4</u>	Los Lobos Vegetable Soup – 12 oz. 2 tbsp Walnut Tapenade w/2 celery stalks Grilled Asparagus - ~ ½ lb.
<u>Day 5</u>	Anti-Aging Asparagus Soup – 12 oz. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp Walnut Tapenade w/2 celery stalks
<u>Day 6</u>	Vegetable Stir-fry – 1 ½ cups Perfect Quinoa with 1 Tbsp extra virgin olive oil – up to ¾ cup Grilled Asparagus – ½ lb. 2 tbsp. Hummus w/2 celery stalks
<u>Day 7</u>	Roasted Butternut Squash Soup – 12 oz. Steamed Broccoli – ½ bunch or ~1/3 lb. 2 tbsp Olive Tapenade w/2 celery stalks 2 tbsp Walnut Tapenade w/2 celery stalks
<u>Day 8</u>	Anti-Aging Asparagus Soup – 12 oz. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp Walnut Tapenade w/2 celery stalks
<u>Day 9</u>	Roasted Butternut Squash Soup – 12 oz. Brussel Sprout Stir-fry – 4-8 sprouts 2 tbsp Walnut Tapenade w/2 celery stalks
<u>Day 10</u>	Mixed Greens from your home salad bar + 2 Tbsp dressing of choice, 1 Tbsp. Crunchy Salad Topper Grilled Halibut in Avocado Sauce & Grilled Asparagus – ½ lb.

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Grow A New Body: Set Yourself Up for Success

You are about to embark on a lifechanging epic journey!!! In order to Set Yourself Up for Success on the Grow A New Body Detox Program, please carefully read through the following prep ahead tips & tricks.

Read the book! Or at least the parts of it most calling to you. You are investing in yourself, and you are worth the effort! You are basically rewiring your health, the science and spiritually behind it are fascinating.

Clean out pantry and refrigerator of anything likely to tempt you especially sugar, simple carbohydrates, and dairy. Even it is something you are going to use after the detox, get it out of sight, out of mind. I would encourage you to think carefully about what you keep. This is a lifelong journey of adopting and adapting to healthier ways of living. You cannot change habits for 10 days or even 60-90 days and expect to go back to your old lifestyle habits and not lose the ground you have gained. The goal is to achieve long-term lasting Optimal Health.

Shop on your 'Thursday or Friday' before the starting the detox. Start with a Costco run as they have a lot of good organic vegetables and fruits these days. The remainder of what I need I get at Sprouts.

Plan to **cook ahead on your 'Saturday or Sunday', maybe both,** depending on how much time you have during the week to cook or alternatively pre-order from Underground Kitchen.

I have found that **making enough green juice for the week at one time** is essential for us staying on track. We keep a large glass pitcher in the refrigerator. Ideally, juice every day for maximum effectiveness, but once a week works well for us. Add broccoli microgreens, broccoli sprouts and/or nettle to your juice every week. Super immune building and loaded with food medicine. You will not be able to taste the difference. These are also great to add to salads.

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Prepare morning broth on your 'weekend' before you start as well. This way it is prepared for Day 1. We keep a large glass pitcher in the refrigerator ready to pour. It is really soothing and nurturing, and with the added MCT and coconut oil adds incredible brain clarity and staying power. MCT and coconut oil are rocket fuel for your brain. Start with ½ tbsp. of MCT oil and work up as you adjust.



Drink the optional green smoothie if feeling hungry at all (especially men) or if you have any issues with constipation, as the smoothie is full of fiber. It is helpful to make large batches of smoothies and pour them into protein shakers, so they are ready to grab and go. I would make these about twice during the week for freshness. Most days I do not have the optional green smoothie. But my appetite is much, much smaller than it used to be.

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Make a large salad for your lunches on your 'Sunday' or the day before you start. Then prep another big salad about midweek for the rest of the week. Use a variety of greens including kale, spinach, arugula, butter lettuce, romaine, broccoli sprouts, microgreens, dandelion, and nettle. Chop fresh herbs to put in your salad. Parsley, dill, oregano, mint, cilantro are all delicious in green salad and add extra plant medicine. **Fresh herbs have potent phytonutrients.** Chop them and add to everything. Better yet, plant a fresh herb garden and use it daily. Don't forget to prepare your salad dressings for the week: **Tahini Dressing & Herbed Dressing**, recipes included.

Finish your salad with a generous sprinkling of our **Crunchy Salad Topper**. This adds a delicious crunch and lots of good fat and nutrition. It is also great on soups!



Soups and broth can be frozen. We make extra and freeze in glass jars. Then we have an easier time of the cooking the next time we do the detox.

Feel free to add extra spices, jalapenos, or other heat to taste.

If you don't care for one of the menu items, substitute with a recipe with similar ingredients.

For example, we did not care for the avocado soup (odd because I love avocados). I'm not wild about cold soups. Instead, we made anti-aging asparagus soup from Mark Hyman's, 'Food What the Heck Should I Cook?' this recipe has lots of coconut milk in it for the good fat (replacing the avocados).

All of these recipes with detailed instructions are included in your packet.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit **Supplement Instructions for Grow A New Body Program**

The number of capsules that one is directed to take is based on the product in parenthesis, when purchased from ABMC. If you are using other products, please take as many pills as is needed to meet the recommended amount per day.

Morning:

Upon waking, drink 8 oz. warm lemon water before anything else. I add fresh sliced ginger as well.

Glutathione: ~1000-1200g/day. Take 3 capsules on an empty stomach first thing in AM. (Pure Encapsulations 375mg, 30 pills pp)

Take with 8 am green juice:

Vitamin B12: 2000mcg/day. Take 2 dropperfuls of liquid B12 under tongue. (Pure Encapsulations Adenosyl/Hydroxy B12 liquid (1000mcg per serving), bottle contains 30,000mcg. (Need 2000mg x 10 days=20,000 mg pp)

Vitamin C: 2000mg/day. Take 2 capsules. (Pure Encapsulations 1000mg), 20 pills pp)

Vitamin D3: Take 5000 IU/day. Take 1 capsule. (Pure Encapsulations (5000IU), 10 pills pp)

Zinc: 30 mg/day. Take 1 capsule Zinc. (Pure Encapsulations 30 mg, 10 pills pp)

Curcumin (Turmeric): 1000mg/day. Take 2 capsules Curcumin in liposomal form. (Pure Encapsulations 500 mg, 20 pills pp)

Trans-resveratrol: 500 mg/day. Take 5 Capsules Trans-resveratrol. (Pure Encapsulations Resveratrol VESIsorb 100mg, 50 pills pp)

(Nrf2) Sulforaphane: 250 mg/day. Take 1 capsule per day. (Pure Encapsulations 250mg, 10 pills pp)

Probiotics: Take a good quality active viable probiotic. Take as instructed. If taking Genestra HMF Travel or Pure Encapsulations Probiotic 5. Take 2 capsules daily.

If possible, open capsules into room temperature water for 10 minutes and then drink your probiotics. This will allow more of these living organisms to survive in your gut by rehydrating them in water. When probiotics rehydrate in stomach acid, many do not survive. Also, you can learn to make your own, recipe for S. Boulardi probiotic included in the book. (Much cheaper!)

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Coconut oil + MCT Oil: ½-1 tbsp. each with food in morning and afternoon. Start with ½ tbsp. to see how you feel and work up to 1 tbsp. of each by day 3. I put this in our morning broth at 10 AM. It helps give staying power to not get hungry until 1 or 2, and it fires up my brain for work. I use organic Genestra MCT oil or Douglas Labs. I buy Kirkland organic virgin coconut oil at Costco. (~10 Tbsp pp + 10 Tbsp in evening meal= 20 Tbsp total for the week)

This is the good fat!!!! Remember your brain is made up of mostly fat. Start with the lesser amount and increase to avoid gastric upset. +

Evening: Take two hours after dinner or at bedtime.

Alpha-Lipoic acid: 600 mg/day. Take 1 capsule per day. (Genestra Super Lipoic Acid 600mg, 10 pills pp)

Magnesium Citrate: 300-500mg/day. Take 2-3 capsules per day. (Pure Encapsulations (150mg), 30 pills pp) If you tend to be constipated you will need to take toward the higher end. The magnesium citrate assists the toxins in exiting your body through your bowel movements. **It is an important part of the program.** Remember you are releasing toxins from your body, but they must exit the body to not be re-absorbed. It is also great for relaxing muscles and aiding in good sleep.

Coconut and MCT Oil: Take ½-1 tbsp. of each with food in the PM. Work up to 1 tbsp. of each by day 3 or so. I usually incorporate this into my cooking in the evening.

Notes:

- Do **NOT** take your normal daily supplements while doing the Grow A New Body Program
- If following the 10 day detox, take above supplements for 10 days.
- If following a 30 day detox, take supplements for 1 week on, 1 week off, 1 week on, 1 week off. Follow the eating program on the 'on' weeks and as much as possible generally.

Adapted from *Grow A New Body: How Spirit and Power Plant Nutrients Can Transform Your Health*, by Alberto Villoldo.

Supplements can have interactions with other medication as can detoxing. This is in no way intended as medical advice nor does Angela Burge Medicine Woman make any claims to provide medical care. Always consult with your health care provider before starting any type of cleanse, detox, exercise, or other health improvement plan. Do not take if nursing, pregnant, have cancer, or other serious disease for which you are undergoing medical care.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit **Additional Healing Practices on the Road to Optimal Health**

Use a steam room if you have access!!! Sweat it out!!! At least 3 days per week whenever possible. Or better yet, do some kind of hot exercise on a regular basis.

My favorite is **Hot Yoga**.

Seriously, I cannot stress enough how mind, body, soul and spiritual exercise helps me stay focused on what's important: NOT the ego mind of looking good, but rather the intent to stay healthy for myself and my family for a very longgggggggggg time. In addition, I knock out physical health and exercise, meditation/prayer time, and a healthy sweaty detox all in one class!

I cannot say enough good about it. Happy to share more if you interested, please ask. It is a lifechanging practice. Come as my guest anytime.

Regular Monthly Energy Treatments: As your physical body come back into health, keep your energetic body on track to continue the healing process at all levels. Energy healing will clear the energy field of any affinities that make you susceptible to dis-ease **preventing recurrence and provide lasting change.**

Ginger Poultice: Boil fresh ginger in a pot of filtered water. Soak strips of relatively thin cloth like and old sheet or lightweight towel in the ginger water. Wring out and layover abdomen on liver area. Lay towel over the top to hold the heat in. Re-dip the cloth every several minutes to help keep warm. Repeat as long as water stays hot but at least 10-15 minutes. Can reheat as needed.

Detox Bath: Coconut milk, mineral sea salt, baking soda, cilantro oil, geranium oil, rosemary oil, tangerine oil. See notes on recipe for number of drops to use. Always, start with less. Add all ingredients to bath water and soak for about 20 minutes until you are sweating to release toxins.

Dandelion Infusion Tea: Make tea by simmering 2 handfuls of dandelion roots and leaves for 40 minutes. Turn off and allow to sit overnight. Strain tea and drink hot with lemon and honey or as iced tea. If flavor it too strong, dilute with more water to tastes. Drink 2-3 cups per day for 2-3 weeks. Dandelion is very detoxifying and good for your liver!!!

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