





PATIENT HANDBOOK Revitalizing Healthy Liver Function

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We're Glad You're Here!

You're now in the driver's seat on the road to better health. Achieving your health goals is as easy as turning the page. Keep these three statements in mind as you take your health journey to the next level:

- You have chosen to take an active role in your health by making better lifestyle choices
- You realize the importance of detoxification
- You have chosen to improve your daily diet

No two readers of this guide will start the Core Restore[®] program for the same reason. Think about the reason you chose this program and what you hope to accomplish. It can be helpful to set a goal for yourself and reflect on it throughout the program.

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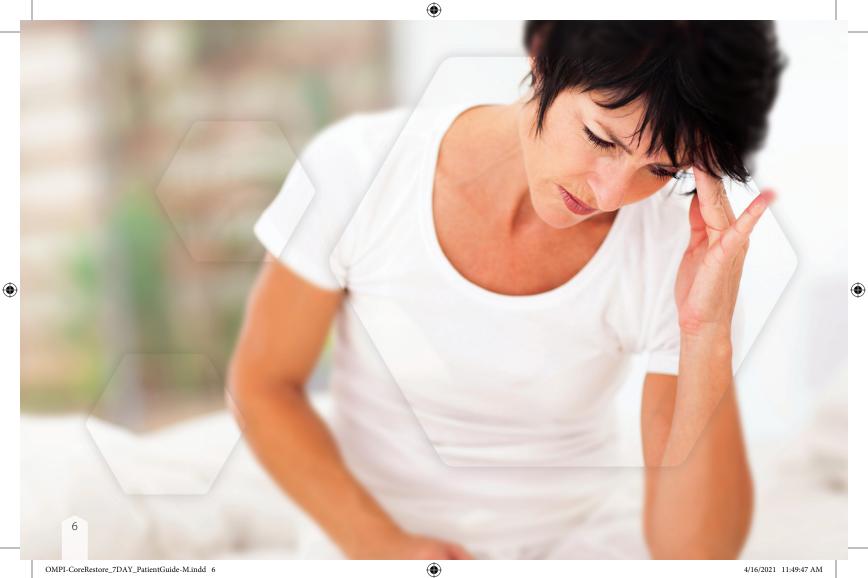
What do you expect to achieve from the Core Restore® program?

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Toxins and Your Health

Toxins, by the most basic definition, are any substances that have harmful effects on your body. Toxins are unavoidable in our world of processed foods, high stress and pollution. Toxins invade the body from three main sources: the environment, personal lifestyle choices and the body's own metabolic processes. With the Core Restore[®] program, you will give your body the tools it needs to rid itself of harmful toxins, leaving you feeling rejuvenated and healthy.

The Path to Detoxification

You often don't pay attention to your health until it begins to fail, and while the body can withstand stressors, it needs support to recover and function at an optimal level. In your lifetime, you will consume between 30 and 50 tons of food. The gastrointestinal (GI) tract is responsible for breaking down food, absorbing useful compounds and eliminating toxins.

The liver, in close association with the GI tract, works to remove toxins that we encounter from the food we eat as well as those produced by metabolic processes. When the GI tract is not functioning optimally, additional burden is placed upon the liver. When incoming toxins exceed the liver's ability to remove them, it is termed **toxic burden**. It is important to periodically restore the body's ability to eliminate toxins and maintain optimal liver function.

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Types of Toxins

Environmental Toxins

- Pollution
- Auto exhaust
- · Solvents (paint, cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalants

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Lifestyle Toxins

• Dietary choices (fast foods, fried foods)

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- Cosmetics
- Nicotine
- Alcohol
- Caffeine
- Prescription drugs
- Over-the-counter drugs
- Artificial food additives, colorings and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars

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Internal Toxins

- Bacterial, yeast, fungal overgrowth
- By-products of metabolic reactions (such as carbon dioxide and ammonia)
- Undigested food
- Stress
- Unresolved trauma or abuse
- Unhappy relationships

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The Liver: Open 24 Hours a Day

The liver is the main organ used to clear out toxins, assimilating and packaging nutrients for use while detoxifying hundreds of chemicals in two distinct phases. This process is called biotransformation. Optimal biotransformation depends on the capability of the liver. If the liver is not functioning properly, every other system in the body, including the heart, brain, kidneys and skin, is compromised.

Most of the toxic compounds the body is exposed to are fat-soluble. These substances are attracted to the body's fat cells, which serve as a type of insulation and protect the rest of the body from toxic effects. The Core Restore[®] program assists the liver in changing these harmful fat-soluble toxins into water-soluble forms, which can then be easily eliminated by the kidneys and colon.

PHASE I

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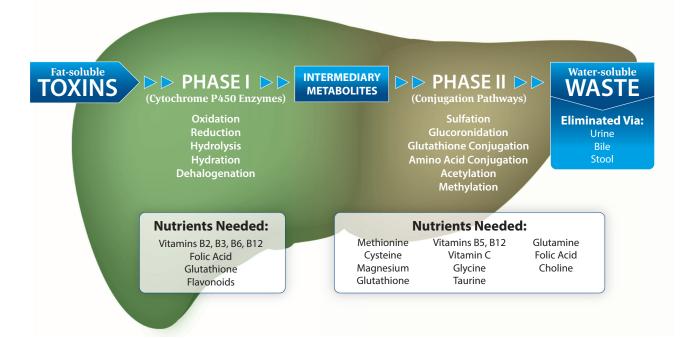
A series of enzymes chemically change harmful fat-soluble toxins into substances called intermediary metabolites. Since the intermediary metabolites are usually more toxic than the original fat-soluble toxins, they must go through Phase II quickly to become less toxic.

PHASE II

Specific molecules are then attached to the intermediary metabolites. This process makes the intermediary metabolites non-toxic and water soluble so they can be eliminated through the urine and stool.

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The Core Restore® Program

The Core Restore[®] program is designed to help you restore the body's innate detoxification and elimination functions. The modern diet lacks the nutrients necessary for true detoxification. The body often does not get enough vitamins, minerals and antioxidants to facilitate the level of detoxification necessary to stay healthy and feel well.

The Core Restore[®] program provides the body with the essentials to support detoxification: macronutrients, vitamins, minerals, phytonutrients and clean protein. This program can be used as a precursor to further GI tract support, or to unmask other health issues that you may be experiencing due to toxin accumulation. Core Restore[®] also serves as a proactive approach to maintaining your health.

This guide will help you understand how you can reduce the toxic burden in your body as well as outline a step-by-step program to promote healthy detoxification. Upon completion of this program, you will have a restored pathway to your best health.

The Proven Efficacy of the Core Restore® Program

The purpose of the Core Restore[®] program is to support efficient detoxification. The program promotes proper digestion of food, absorption of nutrients and elimination of toxins to ultimately renew wellness. The Core Restore[®] program incorporates dietary recommendations and nutritional supplementation to help you achieve optimal health.

After you complete the 7-day detoxification program, your health care provider will assess your progress. If the program goals are not met, he or she may recommend that you continue the detoxification for an additional period of time. Your health care provider may utilize additional nutritional supplementation based on their assessment, and may recommend further testing to uncover any hidden GI conditions.

The Restore Goals



REMOVE Eliminate the incoming burden of toxins.

ACCOMPLISHED BY

Eliminating all additional toxin burden from diet and lifestyle.



RESTORE Support the processing and elimination of toxins.

ACCOMPLISHED BY

Drinking purified water, eating detox-friendly foods and drinking Core Support nutritional shakes.



REVITALIZE Enhance liver detoxification

pathways and support GI function.

ACCOMPLISHED BY

Drinking purified water, eating detox-friendly foods, drinking Core Support nutritional shakes and taking PhytoCore capsules.

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Program Guidelines

While on the Core Restore[®] program, it is highly recommended that you follow the dietary guidelines listed on page 16 and 17. This table suggests foods to avoid, as well as recommended foods to help enhance detoxification. The diet plan is important to follow as it reduces the load of incoming toxins and improves your body's ability to eliminate stored toxins. It allows your GI tract to rest and recuperate. Following the diet plan will also support the body's reaction to inflammatory stress on the GI tract, thereby improving GI function and providing these benefits:

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- Decreased influx of toxins, which can cause food allergies and sensitivities
- Improved absorption of nutrients
- · Reduced stress hormone response
- · Enhanced immune system function

The foods in this diet plan have been carefully chosen to help decrease your risk of exposure to pesticides, herbicides, artificial colors and flavors, antibiotics, hormones, preservatives and other chemicals, which can bring additional burden to your body's detoxification system. Certain foods in this diet, including cruciferous vegetables such as broccoli and cabbage, have been shown to promote Phase I and II detoxification.

The Core Restore[®] program also includes an elimination diet, to help you identify food allergies and sensitivities and eliminate offending foods. This, in turn, will help to restore normal GI function by balancing inflammation in the body.

You may have experienced sluggish digestion on your normal diet. Stress, antibiotic use and an unhealthy diet can negatively impact your GI tract. As you eliminate problematic foods, it is important to modulate your digestive system with good bacteria from probiotics. Specific strains of microorganisms have been scientifically shown to support optimal digestion by balancing your gut's microflora.

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Before You Start, Make Sure:

- ✓ You are 18 years of age or older
- ✓ You are not pregnant or nursing
- You inform your health care provider if you are experiencing any of the following conditions:

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- Eating disorder (anorexia, bulimia)
- Type 1 or type 2 diabetes
- Kidney disease
- Pain in the left upper or left lower abdominal area
- Active gallbladder and/or liver disease
- ✓ You take the Before Detox Questionnaire, provided by your health care provider. After you have completed the Core Restore[®] program, be sure to take the After Detox Questionnaire for an informative "before-and-after" snapshot of your health.

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Detox Prep Checklist

- ✓ Incorporate fresh, organic foods as much as possible.
- ✓ Use fresh herbs and spices for seasoning.
- ✓ Avoid packaged and processed foods.
- ✓ Drink only filtered water.
- ✓ Purchase free range (hormone-free) chicken and grass-fed beef as much as possible.
- ✓ Fruits and vegetables can be washed with an apple cider vinegar wash to remove any dirt or residues (See Special Ingredients List on page 35).

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During Detox

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You may experience some uncomfortable symptoms for the first few days of the Core Restore[®] program as your body clears stored toxins. Starting the program at the end of your work week allows you to stay home as these symptoms pass.

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Foods to Include that Increase Detoxification

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Fruits	Vegetables	Grains	Nuts and Seeds	Milk Products	Proteir
Raspberries	Broccoli	Wild rice	Almonds	Non-dairy milks	Wild-caugh
Strawberries	Cabbage	Brown rice	Cashews	such as unsweetened	Organic or pa
Blueberries	Cauliflower	Quinoa	Walnuts	coconut, almond or hemp milk	raised chicke
Bananas	Brussels sprouts	Gluten-free oats	Sunflower seeds	петтр тшк	turkey
Apples	Watercress	Millet	Sesame seeds		Grass-fed b
Any other fresh or	Arugula	Amaranth			
frozen fruit	Kale	Buckwheat			
	Bok choy	Tapioca			
	Radish				
	Turnip				
	Beans and lentils				
	Garlic				
	Onion				
Fats and Oils	Beverages	Spices and	Sweeteners	Plant Proteins	
Extra virgin olive oil	Purified water	Condiments	Stevia	and Legumes	
Flaxseed oil	Sparkling water	Turmeric	Xylotol	All except soy.	
Coconut oil	Organic herbal or	Garlic	Erythritol	Canned Beans are	
Sunflower oil	green tea	Ginger		acceptable as long as the can states	
Sesame oil		Rosemary		"BPA-free"	
Nut oils (other than		Сосоа		5	
peanut oil)		Pink Himalayan salt			

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Foods to Avoid that **Decrease** Detoxification

Fruits	Vegetables	Grains	Nuts and Seeds	Milk Products	Proteins
Canned fruit packed in syrup High-sugar or artificial berry juices Oranges	Corn Canned vegetables in sauces Soybean and soy-based foods	Refined flours Gluten-containing: -Wheat -Spelt -Kamut -Rye -Oats* -Barley	Peanuts Peanut butter	Cow dairy: -Milk -Cheese -Ice cream -Yogurt -Frozen yogurt	Conventional beef Pork Luncheon meats Hot dogs Sausage Bacon Eggs Shellfish
Fats and Oils Margarine	Beverages	Spices and Condiments	Sweeteners White or brown sugar	Plant Proteins and Legumes	
Butter	Black tea	Ketchup	Honey	Soybeans	
Hydrogenated oils	Soda	Mustard	Agave nectar	Tofu	
Cooking sprays	Alcohol	Relish	Maple syrup	Miso	
Mayonnaise	Energy drinks	Soy sauce	Corn syrup	Edamame	
Shortening	Sweetened beverages	Barbeque sauce	Sucralose		
Corn oil		Chocolate	Aspartame		
Canola oil		lodized salt	Saccharin		
Vegetable oil			Artificial colors, flavors and preservatives		

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Getting Started on the Core Restore® Program

You have been introduced to the importance of detoxification and the benefits it can provide your body. Now, put that knowledge into action! The Core Restore[®] program is a jump-start to making healthy lifestyle choices and helping your body function at an optimal level. Your body will thank you!

Day 1

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Core Support nutritional shakes will serve as foundational nutrition support.

Welcome to the first day of your commitment to better health. Your physician will recommend the best approach to eliminate the problematic foods in your diet and decrease toxic burden. It is recommended that you increase your water intake on day one. Imagine the toxins in your body flushed out with each sip of water. The Core Support nutritional shake includes satiating protein and fiber to help you feel full throughout the day. Try mixing almond milk for a satisfying flavor.

Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules

Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules

Most Americans consume less than half of the daily recommended amount of high-quality fiber. Fiber is an essential macronutrient that helps increase regularity. Try adding a scoop of fiber to your Core Support shakes every day.



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Core Support nutritional shakes will serve as foundational nutrition support.

Core Restore[®] is providing the nutrients integral to Phase II. In ensuring Phase II is in balance with Phase I, the Core Restore[®] program avoids an unpleasant detoxification reaction: feeling worse while detoxifying instead of better due to the buildup of intermediary metabolites.

Day 2

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Morning

 Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)

• Two Alpha Base[®] capsules



Evening

 Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)

• Two Alpha Base[®] capsules

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Journal

How am I feeling physically? What thoughts and emotions are present in me today? Am I in control of my cravings? How can I create new, healthy habits?

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See dietary guidelines listed on page 16.

Day 3

Did you ever think you'd see the day when you craved rice cakes smeared with almond butter? Today is that day! You've successfully made it to the third day of the program. Today is the day you begin taking PhytoCore capsules, which support Phase I and II detoxification and help release toxins.

Pick the recipes that appeal to your taste buds, or use the pre-planned sample meal plan to map your healthy eating plan for the remainder of the program (See pages 30–31). Not only will you find yourself feeling full on less food, but you will also be more mindful of the food you consume. Try adding fresh fruit and a little ice to your Core Support drink for a perfect nutritionally complete smoothie.

• Two scoops of Core Support

- powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules
- Two PhytoCore capsules

Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules
- Two PhytoCore capsules

Consider taking a probiotic formula as part of your supplement regimen today. Look for a product with at least 20 billion units of healthy strains of bacteria. *Saccharomyces boulardii*, a healthy form of yeast, is also beneficial to the GI tract. These combinations of microorganisms have been shown to support healthy digestion, promote healthy gut flora, protect intestinal integrity and boost immune function.







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Day 4

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On this fourth day of detoxification, you will find yourself seeing and tasting food differently. In just a few days of detoxification, you have reprogrammed your taste buds to savor food as it was meant to be savored, without extra salt and sugar.

Creating healthy meal plans for your week ahead of time and writing in a daily food journal will help you become mindful of the food you are consuming. These small steps will help make your healthy eating goal even more attainable.

See dietary guidelines listed on page 16.



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- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base® capsules
- Two PhytoCore capsules

Evening

- Two scoops of Core Support
 powder mixed with 8 oz. of water,
 rice milk, almond milk or coconut
 milk (organic, unsweetened)
- Two Alpha Base® capsules
- Two PhytoCore capsules

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See dietary guidelines listed on page 16.

Day 5

Focus on your energy level today. Do you feel an increase in energy since starting the Core Restore[®] program? Think of the food you are preparing and consuming as fuel your body needs to function at an optimal level.

Each of the meals in the recipe guide has been chosen based on nutritional profile, digestibility and flavor. Try an unfamiliar dish today. You might be surprised at the levels of flavor you notice. No matter your meal choices for today, keep eating well.

Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base® capsules
- Two PhytoCore capsules

Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules
- Two PhytoCore capsules

Did you know that the skin is body's largest organ of detoxification? Blemishes reflect the toxic burden your body is trying to eliminate. Keep your skin glowing throughout the detoxification process with high-quality skin care products. Look for organic ingredients and avoid added chemicals or known skin irritants. 



Day 6

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Think about the tasty recipes you have enjoyed on the Core Restore[®] program. Which are your favorites? What nutrition are they providing to your body? Will you prepare any of these recipes after you complete the Core Restore[®] program? Consider these food preparation tips as you approach the final day of detoxification:

- A rice cooker is an inexpensive tool that provides a simple way to prepare large quantities of rice and quinoa. Once prepared, these grains can be stored in the freezer for later use, such as in a vegetable stir-fry or cooked with herbs and spices.
- A slow cooker is another reasonably priced cooking device that can speed up meal preparation. Food can be set to cook in the morning before work and will be ready to eat when you return home. Slow cookers are especially useful for cooking vegetables, stews, soups and meats, while providing a quick clean-up and leftovers for later meals.

See dietary guidelines listed on page 16.

powder mixed with 8 oz. of water.



rice milk, almond milk or coconut milk (organic, unsweetened)

Morning

• Two Alpha Base[®] capsules

Two scoops of Core Support

Two PhytoCore capsules

Evening



- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base® capsules
- Two PhytoCore capsules

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Day 7

from this program:

• You can take an active role in your health.

Congratulations!

• Making a commitment to eating right and choosing to live healthy is easy if you have a plan.

You made it! You're steps away from completing the Core

Restore® program. Focus today on what you have learned

- Healthy lifestyle choices can give you more energy.
- The benefits of detoxification include, but are not limited to, weight loss, hormone balance and a healthy connection to food.
- Enhanced biotransformation is a great way to keep your system running smoothly and to maintain optimal health. Consider doing a routine detox once or twice a year to keep up healthy habits. This maintenance will ensure your body is performing well.



Morning

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules
- Two PhytoCore capsules

Evening

- Two scoops of Core Support powder mixed with 8 oz. of water, rice milk, almond milk or coconut milk (organic, unsweetened)
- Two Alpha Base[®] capsules
- Two PhytoCore capsules

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Journal

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How am I feeling physically? Emotionally? What changes do I notice in my body? How do I feel as a result of eliminating regularly?

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Detoxification is recommended periodically throughout the year.

My next scheduled detox will be ____/___/____.

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Food Sensitivities

The most common food sensitivities are gluten and dairy, which is why the Core Restore[®] program eliminates them from your diet. Most people do not realize they have food sensitivities. Dramatic effects, like a swollen tongue, hives or anaphylaxis may not present, but the body reacts in more subtle ways. These reactions occur when small changes in the intestinal tract allow food particles to enter our bloodstream and be exposed to the immune system. The body then creates inflammation, which can cause the symptoms you may have experienced before starting the program.

Reintroduction to Food

With the help of your health care provider, you will gradually reintroduce food groups back into your diet after completing the program. Usually, only one food is introduced at a time, allowing at least three days before adding a new food. Along with your health care provider, you will note reactions to identify the foods that may be aggravating your health conditions, such as bloating, constipation, sinus congestion, fatigue, skin conditions or joint pain, and develop an individualized, long-term dietary plan.



The Future of Your Health

Seven days from your first steps on this detoxification journey, what do you see when you look in the mirror? You see energy and focus, not fatigue or gastrointestinal discomfort. Most importantly, you see a person in control of cravings and lifestyle choices. Think about the day you started the Core Restore[®] program and the goal you set for yourself. How do you feel today, emotionally and physically? Did you accomplish your goal?

Just like your car needs periodic oil and filter changes, your body needs periodic detoxification to clean out accumulated toxins. Even if you are not experiencing negative symptoms, consider the Core Restore[®] program every six to twelve months for continued health, or to address health concerns, such as fatigue, sinus congestion, brain fog, indigestion, bloating, and muscle aches and pains. Your health care provider will then help you design a long-term dietary plan to maximize your health.

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Sample Meal Plan

	Day 3	Day 4
Breakfast	Mixed Berry Smoothie*	Fruit and Quinoa Breakfast Mélange
Lunch	Grilled Chicken Breast with Sweet Peaches	Quinoa Stuffed Peppers
Dinner	Strawberry Avocado Spinach Salad with Savory Dal (Indian Lentil Stew)	Lemon Chicken Kabobs with Tomato-Parsley Salad
Core Support	P.M. Only	A.M. and P.M.
Snack (optional)	Rice Cakes with Almond Butter	Cinnamon Raisin Delight

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* Includes 2 scoops of Core Support in recipe + Please note, it is optional, but recommended, that you fast the first two days of the Core Restore® program.

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Sample Meal Plan

Day 5	Day 6	Day 7	
Chocolate Banana Smoothie*	Tropical Mango Chia Pudding	Cinnamon Raisin Delight	
Spaghetti Squash with Marinara Sauce	Sweet Potato Shepherd's Pie with Strawberry Avocado Spinach Salad	Lemon Chicken Kabobs with Tomato-Parsley Salad	
Spicy Black Bean Soup with Guacamole	Quick and Easy Vegetable Quinoa with Savory Dal (Indian Lentil Stew)	Spicy Black Bean Soup	
P.M. Only	A.M. and P.M.	A.M. and P.M.	
Creamy Chocolate Pudding	Tropical Mango Chia Pudding	Quick and Easy Hummus	

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* Includes 2 scoops of Core Support in recipe

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Recipe List

Breakfast	Entrées	Side Dishes	Snacks
Fruit and Quinoa Breakfast Mélange _(page 36)	Grilled Chicken Breast with Sweet Peaches (page 41)	Quick and Easy Vegetable Quinoa _(page 49)	Creamy Chocolate Pudding (page 55)
Tropical Mango Chia Pudding (page 37)	Spaghetti Squash with Marinara Sauce _(pages 42–43)	Strawberry Avocado Spinach Salad _(page 50)	Rice Cakes with Almond Butter (page 56)
Cinnamon Raisin Delight (page 38) Chocolate Banana Smoothie (page 39)	Quinoa Stuffed Peppers (pages 44–45) Sweet Potato Shepherd's Pie (pages 46–47)	Savory Dal (Indian Lentil Stew) _(page 51) Garlic Cauliflower Mash _(page 52)	Quick and Easy Hummus (page 57)
Mixed Berry Smoothie (page 40)	Lemon Chicken Kabobs with Tomato-Parsley Salad _(page 48)	Spicy Black Bean Soup (page 53) Guacamole (page 54)	

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Grocery List

Vegetables

- 6 avocados
- 5 bell peppers
- 2 heads cauliflower
- 16 oz. carrots, plus 1 bag frozen
- 1 bunch celery
- 2 bags green peas, frozen
- 2 bunches spinach
- 2 red onions
- 7 yellow onions
- 5 cups organic vegetable broth or stock
- 1 spaghetti squash
- 2 jalapeños

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- 2 cucumbers
- 2 Roma tomatoes
- 1 ¹/₂ cup cherry tomatoes
- 2 jicama
- 2 lbs. sweet potatoes
- Three 15 oz. cans diced tomatoes
- 1 can tomato paste

- One 4 oz. can diced mild green chilies
- 1 package white mushrooms

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- 1 zucchini
- Black olives
- 1 parsnip

Herbs and Spices

- Cinnamon
- Nutmeg
- Pure vanilla extract
- Unsweetened cocoa powder
- Fresh thyme
- Fresh rosemary
- Fresh ginger
- Fresh garlic
- Fresh parsley
- Fresh basil
- Fresh oregano
- Fresh cilantro
- Dried bay leaf

- Paprika
- Black pepper
- Pink Himalayan salt
- Crushed red pepper
- Cayenne pepper
- Cumin
- Peppercorns
- Cardamom powder
- Worcestershire sauce
- Mint
- Chives

It is strongly recommended to use organic foods when available.

Grocery List

Nuts and Seeds

1 pkg. sliced almonds (raw)6 Tbsp. chia seeds

Grains

Quinoa

Rice cakes

Fruits

- 4 bananas
- 8 oz. of fresh berries (any)
- 2 lemons
- 2 limes
- 1 mango
- 2 peaches
- 1 box raisins
- 1 pint strawberries (fresh)
- 1 pkg. strawberries (frozen)
- 1 pkg. blueberries (frozen)
- One 15 oz. pkg. peaches (frozen)

Oils and Dressings

- 1 bottle apple cider vinegar, balsamic vinegar (each)
- Olive oil

Beans

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- 2 cans black beans, garbanzo beans (each)
- 1 pkg. red lentils

Meats

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- 1 lb. beef (grass-fed only)
- 8 chicken breast halves (cage-free only)
- 1 lb. ground turkey (organic only)

Miscellaneous

- Almond or hazelnut butter
- 1 gallon almond milk or coconut milk
- Organic chicken broth
- 1 box stevia packets (optional)

It is strongly recommended to use organic foods when available.

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Special Ingredients List

Coconut Milk Beverage: This drink boasts less saturated fat and calories than traditional canned coconut milk and has a rich, creamy texture similar to cow's milk.

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Pink Himalayan Salt: Sourced from caves in the Himalayan Mountains, this unique salt contains 84 trace minerals and a lower sodium content than traditional table salt.

Quinoa: This naturally gluten-free grain is high in protein and cooks as quickly as rice, making it a great alternative.

Chia Seeds: High in fiber and protein, these seeds are satiating and have a delicious smooth flavor when added to liquid.

Stevia: This natural plant extract has been used for over 2,000 years in South America. It contains zero calories, is 200 times sweeter than sugar, and will not raise blood glucose (sugar) levels.

Apple Cider Vinegar Wash: While it is recommended to eat organic fruits and vegetables during the Core Restore[®] program, when unavailable, use this healthy apple cider vinegar wash to remove dirt and neutralize toxins. This unique solution is safe and effective for washing any produce or to use as an all-purpose cleaner.

- 1 cup water
- 1 cup apple cider vinegar
- 1 tbsp. baking soda
- 1/2 lemon

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Pour solution into a spray bottle and spray produce. Let sit on produce for 5 minutes and then wash off.

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Breakfast Recipes

Fruit and Quinoa Breakfast Mélange

(Cooking time: 20 min., Serves 2, Calories per serving: 340)

Ingredients

¹/₄ cup water

1 tsp. pure vanilla extract

1 banana

15 oz. frozen peaches

1/2 tsp. cinnamon

1/2 tsp. nutmeg

1½ cup cooked quinoa

1 cup milk (unsweetened coconut or almond)

Instructions

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- 1. Place water and vanilla in large saucepan over low heat.
- 2. Add bananas and peaches and stir.
- 3. Add in cinnamon and nutmeg and bring to a simmer. Reduce heat and cook until tender, about 7 minutes.
- 4. Stir in quinoa and milk. Cook on low for 5-10 minutes. Serve warm.

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Tropical Mango Chia Pudding

(Prep time: 10 min., Total time: 8 hrs., Serves 2, Calories per serving: 230)

Ingredients

Instructions

- 1. Add almond milk, chia seeds and vanilla to a covered container.
- 2. Mix ingredients together thoroughly and refrigerate overnight.
- 3. In the morning, garnish with diced mango and mint leaves.

3 Tbsp. chia seeds

1 tsp. pure vanilla extract

1 medium mango, peeled and diced

1 cup unsweetened almond milk

Optional:

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Fresh mint, for garnish

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Cinnamon Raisin Delight

(Prep time: 5 min., Total time: 8 hrs., Serves 2, Calories per serving: 230)

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Ingredients

1 cup milk (unsweetened coconut or almond)

3 Tbsp. chia seeds

1 tsp. ground cinnamon

1 tsp. pure vanilla extract

2 Tbsp. raisins

Instructions

- 1. Combine all ingredients, except raisins, into a bowl and stir well.
- 2. Cover and refrigerate overnight.
- 3. In the morning, top with raisins.

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Chocolate Banana Smoothie

(Prep time: 5 min., Serves 2, Calories per serving: 300)

Ingredients

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Instructions

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Add ingredients to blender and blend until smooth.

2 peeled and frozen bananas, sliced

2 cups milk (unsweetened coconut or almond)

4 Tbsp. unsweetened cocoa powder

4 scoops Core Support



Mixed Berry Smoothie

(Prep time: 5 min., Serves 2, Calories per serving: 300)

Ingredients

4 scoops Core Support

2 cups milk (unsweetened coconut or almond)

1 frozen banana, sliced

1 cup frozen strawberries

1 cup frozen blueberries

Instructions

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Add ingredients to blender and blend until smooth.

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Grilled Chicken Breast with Sweet Peaches

(Cooking time: 20 min., Serves 2, Calories per serving: 350)

Ingredients

- 1/2 Tbsp. apple cider vinegar
- ¹/₂ Tbsp. fresh ginger, finely chopped or grated
- ¹/₂ tsp. fresh thyme leaves
- 1 clove garlic, crushed
- 2 Tbsp. olive oil

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- Pink Himalayan salt and pepper to taste
- ¹/₂ Tbsp. pink Himalayan salt
- 1/4 tsp. black pepper
- 1 medium red onion, cut into wedges
- 2 peaches, cut into wedges
- 2 boneless chicken breast halves

Instructions (can use a tabletop grill or outdoor grill)

- 1. Combine vinegar, herbs, 1 ½ Tbsp. oil, and a dash of salt and pepper in a small bowl. Set aside.
- 2. Combine onions, peaches, remaining oil, ¹/₄ tsp. salt, and ¹/₈ tsp. of pepper.
- 3. Season the chicken with 1/4 tsp. salt and 1/8 tsp. pepper.
- 4. Grill chicken and onions until chicken is done throughout and onions are tender, 5–6 minutes per side if outdoor grill, 6 minutes total if on tabletop grill.
- Place peaches on grill and cook until tender, 3–4 minutes per side.
- 6. Drizzle vinaigrette onto chicken and serve with onions and peaches.

*May substitute turkey breast for chicken

Spaghetti Squash with Marinara Sauce

(Cooking time: 60 min., Serves 2, Calories per serving: 250)

Ingredients

large spaghetti squash
 Tbsp. olive oil
 cup yellow onion, chopped
 cup celery, chopped
 clove garlic, minced
 Tbsp. fresh parsley
 Tbsp. fresh basil
 Tbsp. fresh rosemary
 Tbsp. fresh oregano
 black olives, diced
 cup mushrooms, sliced

½ cup carrots, peeled and grated
¼ lb. ground grass-fed beef*
¼ tsp. black pepper
½ tsp. pink Himalayan salt
One 28 oz. can diced tomatoes
1 dried bay leaf

*May substitute pea protein crumbles, ground buffalo, or ground turkey for beef

Spaghetti Squash with Marinara Sauce

(Continued from page 42)

Instructions Spaghetti Squash

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- 1. Prick squash in multiple areas with fork.
- 2. Place squash in glass baking dish.
- 3. Bake for 40 minutes at 375° F.
- 4. Remove squash from oven and let cool. Cut lengthwise with a knife.
- 5. Scoop the seeds and strings from the center of the squash and discard.
- 6. Gently scrape the edges of the squash with a fork to shred pulp into strands.
- 7. Transfer shredded pulp into a separate bowl and add ¹/₂ Tbsp. olive oil and mix throughout.
- 8. Strands should resemble cooked spaghetti.

Instructions Marinara Sauce (Start while squash is baking)

- 1. Heat olive oil, onion, and celery over medium high heat.
- 2. Add herbs (except bay leaf) olives, mushrooms, and carrots and cook for about 15 minutes, until vegetables are tender.
- 3. Pour in a bowl and set aside.
- Brown meat over high heat for about 5–10 minutes, until cooked. Sprinkle with salt and pepper.
- 5. Add can of tomatoes, bay leaf, and bowl of vegetables to meat and bring to a boil.
- Add ½ tsp. salt to and ¼ tsp. pepper to sauce. Cover and simmer for 20 minutes, stirring often.
- 7. Serve sauce over squash in individual plates.





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rinsed and drained

¹/₂ cup quinoa

Entrée Recipes

Ingredients 1 Tbsp. olive oil

1 Tbsp. cumin

Quinoa Stuffed Peppers

¹/₂ medium onion, chopped

1 stalk celery, chopped

1 clove garlic, crushed

5 oz. spinach, fresh or frozen One 15 oz. can diced tomatoes, drained with liquid set aside One 15 oz. can black beans,

³/₄ cup carrots, peeled and grated

(Cooking time: 2 hours, Serves 2, Calories per serving: 250)

1 tsp. serrano or jalapeño peppers, seeded and chopped (optional) 1 cup water ½ tsp. pink Himalayan salt

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2 large bell peppers, cut in half with ribs and seeds removed

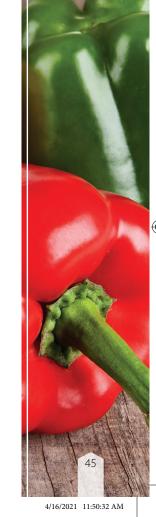
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Quinoa Stuffed Peppers

(Continued from page 44)

Instructions

- 1. Heat oil in saucepan over medium heat.
- 2. Add onion and celery and cook until onion is translucent, for about 5 minutes.
- 3. Add cumin and garlic and sauté for 1 minute.
- 4. Stir in spinach and tomatoes, saving the liquid from the tomatoes. Cook for 5 minutes until most liquid has evaporated.
- 5. Mix in black beans, quinoa, carrots, hot peppers, salt and water. Cover and bring to a boil.
- 6. Preheat oven to 375° F.
- 7. Reduce heat to low and simmer for 20 minutes, until quinoa is tender.
- 8. Pour in liquid from tomatoes into bottom of glass baking dish.
- 9. Fill in each bell pepper half with ³/₄ cup quinoa mix and place in baking dish, cover with foil and bake for 1 hour.
- 10. Uncover and bake for an additional 15 minutes, until tops of peppers are browned.
- 11. Let stand for 5 minutes and serve.



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Sweet Potato Shepherd's Pie

(Cooking time: 1 hour 20 minutes, Serves 2, Calories per serving: 630)

Ingredients

1¹/₂ lbs. sweet potatoes 1 parsnip, diced ³⁄₄ cup water 1 stalk celery, chopped ¹/₄ cup unsweetened coconut milk 4 oz. mushrooms, diced 2 cloves garlic, diced 5 oz. frozen peas and carrots mix ²/₃ cup chicken broth, divided 2 tsp. tomato paste ¹/₂ lb. organic, lean ground turkey 1 tsp. gluten-free Worcestershire sauce Pink Himalayan salt and pepper to taste 1 tsp. fresh rosemary, chopped ³/₄ tsp. pink Himalayan salt ¹/₄ tsp. paprika ¹/₂ tsp. black pepper

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- 1 Tbsp. olive oil
- $^{1\!\!/_{\!\!2}}$ medium yellow onion, diced

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Sweet Potato Shepherd's Pie

(Continued from page 46)

Instructions: Sweet Potatoes

- 1. Preheat oven to 425° F. Place sweet potatoes in glass dish. Add water. Water should appear in glass at a depth of approx. 1 inch.
- 2. Poke 3–4 holes in sweet potatoes with fork.
- 3. Bake potatoes until tender, about 45 minutes. Start preparing filling while waiting.
- 4. Remove peels and mash potatoes in bowl with milk, garlic, and 2 Tbsp. of chicken broth.
- 5. Add salt to taste and set aside.

Instructions: Filling

- 1. In a large sauté pan, brown ground turkey and season with 1/2 tsp. salt and 1/4 tsp. pepper.
- 2. Add olive oil and onions, and sauté for an additional minute, until onions are translucent.
- 3. Add parsnip, celery, remaining 1/4 tsp. salt

and ¼ tsp. pepper. Cook until celery is soft, about 10 minutes.

- 4. Add garlic and mushrooms, and sauté for an additional 3 minutes.
- 5. Add frozen vegetables, remaining chicken broth, tomato paste, and rosemary. Mix well.
- 6. Simmer on low heat for 10 minutes. Set aside.

Instructions: Casserole

- 1. Preheat oven to 400° F. In an 8" x 8" square glass baking dish, spread meat mixture evenly along bottom.
- 2. Top with layer of sweet potatoes. Sprinkle with paprika.
- 3. Bake for 20 minutes, until potatoes are golden brown.



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Lemon Chicken Kabobs with Tomato-Parsley Salad

(Prep time: 2 hours, Cooking time: 6 min., Serves 4, Calories per serving: 300)

Ingredients

3 Tbsp. fresh lemon juice, divided

- 1 ½ Tbsp. minced garlic, divided
- 1 ¹/₂ tsp. dried oregano, divided

³⁄₄ tsp. pink Himalayan salt, divided

³⁄₄ tsp. freshly ground black pepper, divided

3 Tbsp. extra virgin olive oil, divided Four 6 oz. skinless, boneless chicken breast halves, cut into 1½-inch cubes

2 cups fresh parsley leaves

- 1 ¹/₂ cups chopped cherry tomatoes
- 1 green pepper, cut into one-inch pieces
- 1 red pepper, cut into one-inch pieces
- 1 large onion, cut into one-inch pieces

Instructions

- Combine 2 Tbsp. lemon juice, 1 Tbsp. garlic, 1 tsp. oregano, ½ tsp. salt, and ½ tsp. pepper in a bowl. Add 1 Tbsp. oil, stirring with a whisk.
- 2. Add chicken, and stir; marinate in refrigerator 2 hours, covered.
- 3. Remove chicken from bowl; discard marinade. Thread chicken, tomatoes, peppers and onions onto skewers. Heat a grill pan over high heat.
- 4. Add skewers; cook 6 minutes or until done, turning often.
- 5. Combine remaining juice, garlic, oregano, salt, and pepper in a medium bowl. Gradually add remaining oil, stirring well with a whisk. Add parsley and tomatoes, toss to coat. Serve chicken on top of salad.

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Quick and Easy Vegetable Quinoa

(Cooking time: 25 min., Serves 2, Calories per serving: 300)

Ingredients

- 1 cup dry quinoa
- ¹/₂ Tbsp. olive oil

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- 1 clove garlic, crushed
- 1/8 cup yellow onion, diced
- 1/4 cup red or green bell pepper, diced
- 1/4 cup zucchini, chopped
- 2 cups vegetable or chicken broth
- ¹/₄ cup cilantro, chopped
- ¹/₂ tsp. pink Himalayan salt

Instructions

- 1. Rinse dried quinoa under running water in strainer. Set aside.
- 2. Heat sauté pan over medium heat and add olive oil. Sauté onions and garlic until translucent.
- 3. Add quinoa and continue to stir for 2 minutes.
- 4. Add remaining vegetables and stir until they begin to soften.
- 5. Add broth and bring mixture to a boil.
- 6. Lower heat to simmer and cover. Add cilantro and salt. Cook for 15–20 minutes until quinoa is tender.
- 7. Uncover and fluff with a fork.



Strawberry Avocado Spinach Salad

(Prep time: 10 min., Serves 2, Calories per serving: 230)

Ingredients

4 cups fresh baby spinach

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 1/2 tsp. fresh lemon juice
- $\frac{1}{2}$ avocado, pitted and diced
- 1/4 small red onion, thin-sliced

 $^{1\!\!/_2}$ pint fresh strawberries, hulled and sliced

1/8 cup sliced raw almonds

Instructions

- 1. Pour olive oil, balsamic vinegar and lemon juice together in small bowl. Whisk to mix thoroughly. Set aside.
- 2. Mix spinach, strawberries, avocados, onions and almonds together in salad bowl.
- 3. Top with desired amount of vinaigrette.

Savory Dal (Indian Lentil Stew)

(Cooking time: 20 min., Serves 2, Calories per serving: 310)

Ingredients

- 1 Tbsp. olive oil
- 1/2 yellow onion, chopped
- 1/4 tsp. cardamom powder
- ¹/₂ tsp. cumin

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- 2 cloves garlic, crushed
- 1 Tbsp. fresh ginger root, chopped
- 34 cup tomatoes, chopped
- 1/4 cup fresh cilantro
- 3 whole peppercorns
- 1 cup red lentils
- 1/4 tsp. pink Himalayan salt

2 cups vegetable broth

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1 jalapeño or serrano pepper, seeded and chopped (optional)

Instructions

- 1. Heat oil in a large pot over medium high heat. Sauté onions and cardamom until onions are translucent, for about 5 minutes.
- 2. Add cumin, garlic, ginger root and cook for 2 minutes while stirring frequently.
- 3. Add tomatoes, cilantro, peppercorns, lentils, salt, broth, and jalapeños and bring to a boil.
- 4. Reduce heat to medium-low, cover, and simmer until lentils soften, while stirring often for about 15 minutes.



Garlic Cauliflower Mash

(Cooking time: 20 min., Serves 2, Calories per serving: 30)

Ingredients

2 cups cauliflower florets

1 clove garlic, crushed and diced

1/4 cup of unsweetened coconut milk or almond milk

¹/₄ tsp. black pepper

1/2 Tbsp. fresh chives, chopped

1/2 tsp. pink Himalayan salt

Instructions

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- 1. Steam cauliflower in steam basket until tender.
- 2. In a medium bowl, combine all ingredients.
- 3. Mix in a blender or food processor to desired consistency.

Did you know that cruciferous vegetables like cauliflower and broccoli contain natural sulfur compounds that help in Phase II detoxification?

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Spicy Black Bean Soup

(Cooking Time: 20 min., Serves 4, Calories per serving: 250-300)

Ingredients

2 Tbsp. olive oil

2 medium yellow onions, chopped

2 cloves garlic, minced

1/4 cup green bell pepper, chopped

¹/₄ cup red bell pepper, chopped

1 jalapeño, seeded

1 tsp. chili powder

1 Tbsp. cumin

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1/4 tsp. thyme

Two 15 oz. cans black beans, rinsed and drained

One 4 oz. can diced mild green chilies

16 oz. organic vegetable or chicken broth

1 lime

1/4 cup fresh cilantro, chopped

Instructions

- 1. Heat oil in a pot over medium-high heat. Add onions, garlic, green chilies, bell peppers and jalapeños. Sauté until onions are translucent, about 5 minutes.
- 2. Add beans, broth, chili powder, cumin and thyme.
- 3. Reduce heat to medium low; cover and simmer until flavors blend, about 15 minutes.
- 4. Puree soup in batches in blender and return to pot.
- 5. Add lime and cilantro to garnish.



Guacamole

(Prep time: 10 min., Serves 6, Calories per serving: 260)

Ingredients

3 avocados, halved, seeded and peeled

- 1 lime, juiced
- ¹/₂ tsp. pink Himalayan salt
- 1/2 tsp. cayenne pepper
- 1/2 medium red onion, diced
- 1/2 jalapeño, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 Tbsp. cilantro, chopped
- 1 clove garlic, minced

Instructions

- 1. In a large bowl, place the scooped avocado pulp and lime juice, toss to coat.
- 2. Using a potato masher, add the salt and cayenne pepper, and mash.
- 3. Fold in the onions, jalapeño, tomatoes, cilantro, and garlic.
- 4. Serve with cherry tomatoes, jicama sticks or cucumbers.

Did you know one avocado has more potassium than a large banana? Potassium helps with muscle, nerve and heart health.

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Snack Recipes

Creamy Chocolate Pudding

(Prep time: 5 min., Total time: 3 hrs., Serves 4, Calories per serving: 130)

Ingredients

Instructions

- 2 medium avocados, peeled, pitted and diced
- ⅓ cup cocoa powder
- 1 cup almond or coconut milk beverage
- 1 tsp. cinnamon

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- 2 tsp. vanilla extract
- 1/4 cup frozen blueberry and strawberry mix
- 1/2 tsp. pink Himalayan salt

Optional:

- Stevia to taste
- 2 Tbsp. blueberries
- 1 Tbsp. slivered almonds

Did you know that cinnamon has over 16 different health benefits?

- 1. Place all ingredients into blender and purée until creamy.
- 2. Chill in refrigerator for 2–3 hours.

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Snack Recipes

Rice Cakes with Almond Butter

(Prep time: 5 min., Serves 2, Calories per serving: 320)

Ingredients

Instructions

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- 2 brown rice cakes
- 4 Tbsp. almond butter

Fresh raspberries, blueberries, or blackberries

- 1. Top rice cakes with 2 Tbsp. nut butter each.
- 2. Garnish with fruit.

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Snack Recipes

Quick and Easy Hummus

(Prep time: 5 min., Serves 2, Calories per serving: 255)

Ingredients

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One 15 oz. can garbanzo beans (chickpeas)
% cup of olive oil
½ Tbsp. lemon juice
½ tsp. ground cumin
1 clove of garlic, crushed
¼ tsp. pink Himalayan salt
Dipping veggies: carrots, celery, broccoli, cauliflower

Instructions

- 1. Combine all ingredients into a blender or food processor and blend until creamy.
- 2. Serve with your choice of dipping vegetables.



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28-Day Protocol Summary Calendar

Your health care provider may advise you to continue the detoxification protocol for up to 28 days. The following calendar breaks down the dietary supplement guidelines for each day.

1	2	3	4	5	6	7
Optional: FASTING DAYS		Morning:	Morning:	Morning:	Morning:	Morning:
Morning: 2 Scoops Powder	Morning: 2 Scoops Powder	2 Scoops Powder 2 AB Capsules				
2 AB Capsules	2 AB Capsules	2 PC Capsules	2 PC Capsules	2 PC Capsules	2 PC Capsules	2 PC Capsules
Evening:	Evening: 2 Scoops Powder	Evening: 2 Scoops Powder	Evening: 2 Scoops Powder	Evening: 2 Scoops Powder	Evening: 2 Scoops Powder	Evening:
2 Scoops Powder 2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 Scoops Powder 2 AB Capsules
	2 nd capsures	2 PC Capsules				
•				4.9	4.5	
8	9	10	11	12	13	14
Morning:	Morning:	Morning:	Morning:	Morning:	Morning:	Morning:
2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder
2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules
2 PC Capsules	2 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules
Evening:	Evening:	Evening:	Evening:	Evening:	Evening:	Evening:
2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder	2 Scoops Powder
2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules	2 AB Capsules
2 PC Capsules	2 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules	3 PC Capsules

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AB—Alpha Base® Capsules PC—PhytoCore Capsules

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15	16	17	18	19	20	21
Morning:						
2 Scoops Powder						
2 AB Capsules						
3 PC Capsules						
Evening:						
2 Scoops Powder						
2 AB Capsules						
3 PC Capsules						
22	23	24	25	26	27	28
Morning:						
2 Scoops Powder						
2 AB Capsules						
3 PC Capsules						
Evening	Evening	Evening	Evening	Evening		Evening
Evening: 2 Scoops Powder						
2 AB Capsules						
3 PC Capsules						

AB—Alpha Base[®] Capsules PC—PhytoCore Capsules



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Core Support

 Includes N-acetyl cysteine, an immediate precursor to glutathione, a potent antioxidant and among the most important detoxification nutrients for the liver

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- Includes 6 g of fiber per serving (fiber is essential to any cleansing protocol, as it binds toxins and eliminates them through the GI tract)
- · Includes nutrients that support Phase II liver detoxification
- Includes a high-ORAC vegetable extract blend and polyphenols
- Available in chocolate or vanilla flavors that easily mix with water or the beverage of your choice

Core Support French Vanilla Product #680001

Core Support Chocolate Product #681001

SUGGESTED USE: Mix 2 scoops (37-37.5 g) of Core Support with 8 oz. of water or the beverage of your choice 2 times daily or as recommended by your health care professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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PhytoCore

- Artichoke is a traditional choleretic agent and helps support the body's natural production of bile
- Silymarin is a bioflavonoid complex found in milk thistle seeds and is widely used to support and protect the liver for optimal health
- · Garlic and dandelion root work to cleanse the liver
- Inositol and methionine are lipotropic agents that work to transport fat out of the liver

Phytonutrients to Support Phase I and II Detoxification

PhytoCore Product #523020

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SUGGESTED USE: 2-3 capsules two times per day or as recommended by your health care professional.

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Alpha Base®

· Complete multivitamin and mineral for detoxification support

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- Includes high doses of B vitamins, necessary cofactors used in Phase I detoxification
- Includes high doses of antioxidants, including vitamins C and E and zinc to protect cells from toxins and free radical damage
- Includes fully reacted Albion[®] chelated minerals for enhanced bioavailability

Vitamin and Mineral Cofactors for Phase I and II Support

Alpha Base[®] Capsules Without Iron Product #152003

SUGGESTED USE: 2 capsules two times per day along with the Core Restore® Program, or as recommended by your health care professional.

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FAQs

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Can I start the Core Restore[®] program if I currently have a medical condition that is not listed in this Patient Guide?

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Your health care provider will determine if the Core Restore[®] program is right for you. He or she knows your medical history the best and has your medical records to make an informed decision on whether you should start this program.

Can I continue with my medications and/or supplement schedule while on the Core Restore® program?

Every patient has a different medical history and may have a different medication and/or supplement schedule. Your health care provider will decide if you should modify the detoxification protocol to fit your needs. He or she will also know of potential interactions that may occur between the products in this kit and other medications and/or supplements you currently take.

Am I allowed to chew gum while on the Core Restore® program?

It is highly recommended that you avoid chewing gum during the entire program, unless the gum is organic or natural. Most of the sugarless gums on the market have preservatives, additives, sugar substitutes and colorings contained in them, all of which are toxins. As always, it is suggested that you check labels on all foods.

Can I eat multi-grain breads?

No. All breads (even multi-grain breads) should be avoided as much as possible because they contain wheat flour (a source of gluten), which is one of the most common allergens in the general population. Gluten-free bread (made from tapioca flour and/or rice flour) can be substituted. It is found in the natural foods section at the grocery store. Be sure to look for "gluten-free" on the label.

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Yes, in addition to purified water, you can drink organic herbal or green tea. Organic herbal teas and green tea have considerably less caffeine than coffee and other highly caffeinated beverages. Teas that are consumed should be unsweetened and organic. Your health care provider may allow you to consume additional foods and drinks on the first two fasting days depending on your medical condition.

Is the Core Restore® program similar to a colon purge or heavy metal detoxification?

Since the liver is the most important organ for detoxification in your body, the Core Restore® program is designed to stimulate your liver to boost detoxification activity. It is not intended to be a heavy metal detoxification program, although a small amount of heavy metals may be released from your body. Heavy metals are more difficult to remove from the body, as they are stored in adipose tissue, muscle and bone marrow. If this type of detoxification is needed, it often requires a more invasive treatment protocol with oral and intravenous (IV) therapy. Core Restore® is not a colon purge—most purges can be dangerous without proper medical supervision and risk dehydration and loss of electrolytes.

What if I don't feel better after completing the Core Restore® program?

There are a small minority of people who, despite adhering to this program, may still not feel much better. This is an indication that there is a deeper issue to address, one that can be uncovered and addressed with the help of your health care provider.

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FAOs

FAQs

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Can I consume goat dairy products (such as goat yogurt, goat milk, goat cheese, etc.)?

Consume goat dairy products only if you have not had any prior allergic reaction to them. Goat dairy products are not considered major allergens in most people, and are often substituted in individuals who have allergies or intolerances to dairy products derived from cows.

Can I continue on my exercise program while on the Core Restore® program?

It is best not to overexert yourself on exercise during the detoxification program. Your body needs rest while your liver and the rest of your body work to eliminate toxins. Also, your caloric intake will be lower than usual, so you need to conserve as much energy as possible.

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Why can't I consume oranges during the Core Restore® program?

Oranges are a common food allergen in the general population. Citrus juice blends and punches found in most grocery stores are usually high in sugar and preservatives.

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