



CLEAN UP YOUR TABLE CLEAN UP YOUR LIFE

14-Day Detoxification Guide

1STWTE
Health & Wellness
Integrative Health Center



Melissa Crispell of the First State Health & Wellness Integrative Health Center, is a Certified Nutrition Specialist, Certified Natural Health Provider, Certified Lifestyle Educator, Certified Wellness Coach, Acupuncture Detoxification Specialist, and a Naturopathic candidate. That's just during the work day! The rest of the day is spent as mom, Abuela (Abbie for short), coach, wife, cook, chauffeur, cheerleader, marathoner and triathlete. Melissa has been published in Living Well (local health magazine), DC Practice Insights (a national magazine to help Chiropractors grow their businesses) and Acupuncture Today. In addition, she has spoken at the Integrative Health Symposium, Functional Medicine Success Summit, and the American Association of Naturopathic Physicians. She is a Member of Health Studies Collegium speaker's bureau, has given classes for both Naturopathic Physicians and Chiropractors at the National University of Health Sciences and Texas Chiropractic. Melissa served 7 years as a Clinical Training Specialist for PERQUE Integrative Health, teaching physicians and providers all over the world how to grow their functional medicine practice using medical grade supplements and functional immunology. Melissa's mission is to empower people of all health statuses to take control of their wellness journey. Melissa believes that when we have better information we make better choices. This includes debunking myths and sharing basic health concepts that are frequently over looked. The future of healthcare is definitely self care and we must take responsibility for our choices. If you're not where you want to be, consider making a change. ***If you're ready for your healthcare to exceed the standard norms, consider a comprehensive functional nutrition consultation today!***

Detoxification

Detoxification. What does that even mean? According to Oxford Dictionaries, it means “**the process of removing toxic substances or qualities**”. I love this definition. Not only removing substances in our system but also toxic thoughts and behaviors. After all, our health status has more to do with our personal choices and less to do with our DNA.

Detoxification is a natural process for our bodies. We were created with the ability to remove toxins through our lungs, skin, and other bodily functions. The problem is we weren't designed to carry the heavy burden that living in today's world presents. More than 100k chemicals have been introduced to our world in the last 50 years. That's a lot of chemicals! We breathe them, we eat them, and we put them on our skin. The toxic load is just too much to handle alone. It's recommended that we use a supplemental system at least once a year but if you can do it twice a year (every 6 months) you're on your way to warrior status!

It's important to understand that detoxifying your body is different than cleansing it. Cleanses work to restore gut function by eliminating bad bacteria (digestive material that hasn't made its way out completely) and helps to reset what's happening in the gut. Detoxification is a metabolic process that supports the body's natural processes of converting fat-soluble toxins into something more water-soluble so that our bodies can get rid of them. Metabolic detoxification helps to remove toxic burdens and can even eliminate heavy metals. Our bodies cannot just dump fat toxins and move on. That's why this conversion process is so important.

Reset your body's ability to eliminate toxins by adopting eating habits that: eliminate potential allergens; calms the intestinal lining and intestinal immune system; supports elimination of toxins.

Self Care

By following this 14-day detox program you're supporting your body and promoting self-healing. In any healing phase, whether a broken leg or a broken heart, you have to put yourself first. In the first few days it is not unheard of to have a headache or feel tired. Your body is working hard to eliminate a backlog of junk. **Honor your body** - *give yourself permission to rest and nourish your system with nutrient dense, enzyme rich, whole, organic foods.*

FOOD: The first step in adopting healthy eating habits is to recognize and acknowledge the unhealthy habits. Start reading labels! "Real food doesn't have an ingredient list - it is the ingredient", I think Chef Jamie Oliver can be credited for this brilliant gem. If you can't pronounce the ingredients you probably don't want to eat them. Things like maltodextrin, titanium dioxide, propylene glycol, magnesium stearate, and many more are in your food (and supplements) and causing damage. Challenge yourself to only shop the perimeter of the store when you first start out. See what's in your basket and what's still left on your shopping list. You may be surprised! Look for foods that are non-GMO, organic, grass fed, antibiotic free. Go easy on yourself in the meal prep arena too. Not every meal has to be a 4-course masterpiece. Some of my best meals are really simple and taste fantastic! (You'll see in the recipe section) Remember the goal is to reduce the toxic load and nourish your body, not to win culinary awards every night at dinnertime.

HYDRATION: Begin your new healthy lifestyle with additions as well as subtractions. The more you focus on the positive additions the less the negative subtractions will impact you. Does that make sense? Try this: if you drink soda daily the end goal is to eliminate soda from your world, unless it has rum in it. KIDDING! Relax, I could remind you about the chemicals, sugar content and sugar affect but I'll spare you (this time). Focus on water. We want more water each day not only to hydrate but also to help flush toxins. The gold standard amount of water is half your body weight in ounces daily. (150 lbs. = 75 oz.) Since we're talking about water, avoid those plastic bottles while you're at it. Plastic can have all kinds of hormone disrupting chemicals and that's no good either. Your body requires water for hydration. Juice is not water, tea is not water, and coffee is not water. While all of those beverages have water in them only water is water. My personal choice is Pellegrino, sometimes with a drop or two of an essential oil for flavor. Of course if a plastic water bottle is your only option at the moment for clean (chemical free) water take the good, better, best approach and do your best.

SLEEP: Sleep is one of the most overlooked healing solutions. How many people either go to bed at a decent hour and still wake up exhausted or think that they run just fine on a few hours of sleep? I've been both of those people. Neither is good for our long-term wellness. Our bodies repair while we're sleeping so why would you want to short change the repair process? Set up your sleeping environment properly and set yourself up for success. I do not have a TV or electronic alarm clock in my room. The only light is the low, ambient light of a salt lamp. I keep my room slightly cooler and always have an essential oil diffusing when I sleep. I learned from a very good friend and feng shui instructor that the placement of my bed, the colors of my room and linens, and crowding of space under my bed was impairing my flow of energy. With a few modifications my bedroom was transformed into a field of dreams and rejuvenating healing space.

SWEAT: I know, this is a dirty-smelly word to a lot of people. Try to reframe your ideas of sweat as being something necessary for healing. Sweat is important in the detoxification process. Remember the skin is part of our natural detox system. Try not to load up on the commercial/chemical antiperspirants. There are many natural solutions to odor without impairing your body's ability to sweat. When you exercise, you sweat. When you sweat you detox. You can also look into infrared sauna or a biomat as options.

RELAXATION: Relaxation comes in many forms. Sit back and enjoy a good book, go for a walk in the park, play with your kids, go out with friends. Whatever relaxes you - do it. For a great relaxing bath try 1/2 C. Epsom salt, 1/2 C. baking soda, and 15-20 drops of your favorite essential oil.

This guide is designed to use with a specific 14-day detox supplement program. While you are certainly welcome to use the recipes to establish your new healthy eating habits actual detoxification will only happen with supplementation.

LAST TIP: Don't try to change everything all at once. Remember that little changes every day have a huge impact by the end of the week! The goal is to make your life healthier but also happier.

Enjoy!

COCONUT MILK YOGURT

2 cans (13 ½ ounce) **full-fat coconut milk**

2 tsp grass-fed unflavored gelatin

1 Tbsp maple syrup (optional)

Probiotic pills (enough to equal 75 billion CFU, my brand uses 15 pills)

or **¼ cup from previous batch.**

1. In a 1-quart pot, heat the milk until it reaches 180°F. Turn off the heat and allow the milk to cool to 105°F.
2. Scoop ¼ cup of the heated milk into the measuring cup and whisk in the gelatin. Return the gelatin mixture to the rest of the milk.
3. Open the probiotic pills and whisk in to milk mixture or whisk in the yogurt starter. Also whisk in the maple syrup (if you choose to add sweetener).
4. Pour the mixture into the yogurt maker jars. Turn the yogurt maker on and ferment for 8-24 hours. The longer you ferment, the more sour it will taste. I usually set mine for 10 hours.
5. You'll notice that the finished yogurt is separated into a liquid and a solid – this is totally normal. Stir to recombine and refrigerate for at least 8 hours. I usually store mine in large mason jars.
6. Serve with raw honey, fruit, cinnamon, or nuts – or any combination.
7. Store the yogurt in the fridge for up to 2 weeks.

Note: I have used cow and goat milk for this recipe but have not tried with almond or cashew milk.

Breakfast Options

BANANA MUFFINS *Makes 12 muffins*

4 large eggs, separated

¼ cup maple syrup

1 tsp cream of tartar

1 cup mashed ripe banana

½ cup coconut oil

½ cup plus 2 tbsp sifted coconut flour

¼ cup arrowroot starch

1 ½ tsp ground cinnamon

1 tsp ginger powder

½ tsp ground nutmeg

¾ tsp baking soda

½ tsp sea salt

1 tsp fresh lemon juice

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1. Preheat oven to 350°F. Line muffin tin with paper liners.
 2. Whip the egg whites, maple syrup, and cream of tartar until stiff peaks form.
 3. Separately, beat egg yolks, banana, and coconut oil until evenly combined.
 4. Mix coconut flour, arrowroot starch, spices, baking soda and salt in a bowl. Add the dry ingredients to the wet ingredients and mix until smooth.
 5. With the mixer on low, slowly add the mixture to the whipped egg whites until all is well combined.
 6. Pour the batter into the muffin cups. Bake for 30 minutes or until the tops are firm to the touch. Cool for 5 minutes and then move to a rack to completely cool. Store at room temperature for 2 days or in the freezer for 3 months.

TRAIL MUFFINS Makes 12 muffins

Breakfast Options

6 large eggs, separated

1 tsp cream of tartar

¼ cup coconut oil

¼ cup maple syrup (honey or agave works too)

½ cup arrowroot starch

¼ cup plus 1 tbsp sifted coconut flour

1 ½ tsp cinnamon

1 tsp ginger

¼ tsp nutmeg

¾ tsp baking soda

½ tsp salt

1 tsp fresh lemon juice

(or 4 drops essential oil)

1 cup grated carrots

½ cup peeled and grated apple

(I prefer granny smith but use what you have)

½ cup unsweetened shredded coconut

½ cup golden raisins

½ cup unsweetened dried cranberries

½ cup sunflower seeds

(I've also used chopped pecans and walnuts)

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1. Preheat oven to 350°F. Line muffin tin with paper liners.
 2. Whip egg whites and cream of tartar until stiff peaks form.
 3. Separately beat egg yolks, coconut oil, and maple syrup.
 4. Mix arrowroot starch, coconut flour (1 Tbsp. reserved), spices, baking soda, and salt. Add the flour mixture and lemon juice to the egg yolk mixture and mix well.
 5. With the mixer on low, slowly add the egg yolk mixture to the whipped egg white and combine well.
 6. Blot the carrots and apples with paper towel until most of the moisture is gone. Stir all the fruit and seeds together with the reserved Tbsp. of coconut flour then add to the mixture.
 7. Pour the batter into the muffin cups. Bake for 30 minutes or until the tops are firm. Let cool for 5 minutes and then move to a rack to completely cool.
 8. Muffins can be stored at room temperature for 2 days or in the freezer for 3 months.

Breakfast Options

EGGS, BACON, OH MY! Serves 2

4 hard-boiled eggs

4 strips of bacon (1 use naturally cured)

1 cup red (and/or yellow) **grape tomatoes**

6 mushrooms

4 asparagus spears (can use a handful of spinach as well)

2 green onions

2 cloves garlic

½ tsp avocado oil

salt and pepper to taste

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1. Cut up all veggies (discard ends of asparagus and onion).
 2. Cut bacon in bite sized pieces.
 3. Peel and chop eggs.
 4. Heat the oil to medium-high heat. Add bacon, mushrooms, garlic, and asparagus. Sauté for 2-4 minutes. Add eggs. Sauté until veggies are tender and eggs are warmed through.
 5. Toss the tomatoes and onions with the mixture.
 6. Season with salt and pepper.

Breakfast Options

MEATY SCRAMBLED EGGS Serves 2

4 eggs (beaten)

½ cup sliced Italian sausage or Kielbasa (previously cooked)

½ cup crabmeat

4 strips of bacon (cut in bite sized pieces)

2 cups spinach

½ yellow onion chopped

1 tbsp. avocado oil

salt and pepper to taste

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1. Heat the avocado oil over medium-high heat.
 2. Cook bacon for 2 minutes. Add the sausage, crabmeat, and onion. Cook for 2 more minutes.
 3. Wilt the spinach.
 4. Add the beaten eggs. Cook until the eggs are not runny. Season with salt and pepper.

Smoothies

To boost your energy and weight loss use any of these smoothies as a meal replacement.

OPTION #1

- 1 tbsp. vanilla extract
- 4 tbsp. almond butter
- 1 cup unsweetened coconut milk
- 1 scoop plant-based protein powder

Directions: Blend all ingredients until smooth.

OPTION #2

- ½ cup mango
- 1 cup blueberries
- 1 ½ cup coconut water
- 1 cup kale
- 1 tbsp. a juice
- ½ avocado
- ¼ tsp. cayenne pepper
- 1 tbsp. flax seeds

Directions: Combine a ingredients in a blender. Mix until smooth and enjoy.

OPTION #3

- ½ cup frozen wild blueberries
- ½ cup frozen cranberries
- ½ lemon (juiced)
- 1 tbsp. almond butter
- 1 tbsp. pumpkin, flax, or chia seeds
- ¼ cup walnuts
- 1¼ avocado
- ½ tbsp. coconut butter
- ½ cup unsweetened almond milk
- ½ cup water

Directions: Combine all of the ingredients in a blender. Frozen fruit is used instead of ice. If shake is too thick, add water until desired consistency is achieved.

Smoothies

OPTION #4

1 cup blueberries

1 cup frozen mixed berries

½ cup mangos

1 medium banana

1 large beet

1 large apple

1 cup spinach

1 cup Swiss chard

1 cup arugula

½ cup sliced cucumber

½ avocado

1 tbsp. almond butter

1 tbsp. coconut oil

½ cup Greek yogurt + 1 cup water **½ cup kefir + ½ cup water**

1 cup kombucha + 1 cup water

Directions – *Read Carefully!*

1. Choose one fruit and two vegetables and place into a juicer.
You don't have to juice, you can blend, but it can be too "pulpy" for some people.
2. Choose one fat booster (avocado, almond butter, or coconut oil) and one probiotic base (yogurt, kefir, or kombucha).
Blend all of the ingredients and enjoy!

BRUSSELS • APPLE SALAD Serves 2

4 cup shredded Brussels spouts (Yes, shredded. I put the sprouts in my ninja processor and pulse)

¼ cup shaved parmesan (manchego works well)

½ Braeburn apple sliced thinly (choose any apple you prefer)

½ cup roughly chopped pecans

½ medium red onion sliced thinly

Toss all ingredients in a large bowl and top with vinaigrette

TOMATO BASIL Serves 2

4 cup yellow and red grape tomatoes, halved

1 cup cubed mozzarella

5-6 basil leaves, sliced in ribbons

coarse ground sea salt and pepper

Toss tomatoes and mozzarella in vinaigrette.

Season with salt and pepper – top with basil ribbons.

VINAIGRETTE (Can be used for just about any salad!)

4 tbsp. avocado (or olive) **oil**

3 tbsp. white balsamic (or your favorite vinegar)

1 tbsp. water

Whisk together and pour over salad and mix.

THAI VEGGIE SALAD Serves 2

½ red bell pepper sliced thinly, lengthwise

½ green bell pepper sliced thinly, lengthwise

½ medium cucumber, shredded

2 cloves garlic, minced

½ medium red onion, sliced thinly

2 medium zucchini, spiraled (I have a “vegetti”)

1 carrot, shredded

small bundle cilantro chopped (optional)

After prepping, put all veggies in a large bowl.

DRESSING

2 tbsp. peanut butter

2 pinches dried red pepper flakes

2-4 tbsp. avocado (or olive oil)

Briskly stir oil and peanut butter until smooth. Sprinkle in pepper flakes. Toss veggies with dressing and top with cilantro.

NOTE: ANY PROTEIN CAN BE ADDED TO THE SALADS TO MAKE LUNCH OR DINNER.

Main Dish

COCONUT-CURRY CHICKEN Serves 4

**1 lb. boneless skinless chicken breasts,
cut into bite sized pieces**

2 tbsp. avocado oil (or olive)

1 15 oz. can unsweetened coconut milk

2 tbsp. red curry paste

1 Tbsp. peanut butter

2 cups green beans, halved lengthwise

2 medium carrots, cut into thin bite sized strips

1 Medium red bell pepper, cut into thin strips

½ cup chopped cilantro (optional)

¼ cup sliced green onions

2 cups cooked brown rice

Lime wedges

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1. Heat oil over medium-high heat; add chicken, stir frequently, and cook until no longer pink.
 2. Mix in coconut milk, red curry paste and peanut butter.
 3. Add beans, carrots, pepper; simmer for 10-15 minutes until veggies are tender.
 4. Top with cilantro and green onions – serve over rice with lime wedges.

Main Dish

SIMPLY SALMON *Serves 4*

salmon fillet with skin on

1 lemon, sliced

1 medium yellow onion, sliced

1 bunch dill, chopped

avocado oil (or olive)

salt and pepper

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1. Place Salmon on parchment paper lined baking sheet with skin side down.
 2. Arrange onion rings (end to end) on top of salmon.
 3. Cover onion rings with lemon slices.
 4. Drizzle oil over entire fish fillet and sprinkle with dill. Season with salt and pepper to taste.
 5. Bake at 350* for 20 minutes or until firm to the touch.

Main Dish

BEEF STIR FRY Serves 4

**12 oz. boneless beef top steak,
trimmed and thinly sliced into bite-sized strips**
2 carrots, thinly sliced
½ medium red onion, thinly sliced wedges
2 cups small broccoli florets
1 cup sliced mushrooms

2 garlic cloves, minced
2 Tbsp. avocado oil (or olive)
3 cups shredded cabbage
1 cup beef broth
2 tbsp. sesame seeds
salt and pepper

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1. Heat oil over medium-high heat. Add garlic and onion, sauté for 2 min.
Add beef, sauté for 4-6 minutes stirring frequently.
 2. Add broccoli, mushrooms, carrots, and cabbage. Sauté for 3 minutes.
 3. Add beef broth, cover and simmer for 3-5 min.
 4. Serve in a bowl sprinkle with sesame seeds and season with salt and pepper.

Disclaimer: I am not a trained chef. I am a real food advocate. I hope that you'll try these recipes and make some adjustments of your own. In our house all fruits and veggies are organic (purchased locally as much as we can); meats are grass fed, antibiotic free, free range, humanely raised and slaughtered. All fish is wild caught – never farmed.

If you enjoyed these recipes you'll love the full cookbook!

Our Commitment to You

*To educate, inspire and facilitate
health and healing through detoxification,
nourishment, mindfulness and movement.*



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