

JJ's Fast Action Guide

Congratulations on making the commitment to better health! What we strongly encourage you to *immediately* incorporate are the following lifestyle strategies that will support your body's ability to naturally detoxify and jumpstart you to better health!

Clean Out and Restock

Eliminate the following chemical cuisine as soon as possible!

- Beverages: Caffeinated beverages, alcohol, sodas (diet and regular)
- Refined and processed food items
- Products containing damaged fats (i.e., partially hydrogenated oils, trans fats)
- Sweets: Products containing sugar or sweeteners of any kind, including high fructose corn syrup, and artificial sweeteners
- Products containing artificial colorings and flavorings

Restock and Replace with:

- **Clean lean protein** sources including free range chicken and turkey, wild cold water fish, grass feed beef and organic eggs (if you aren't sensitive to them).
- **Fresh organic fruits and vegetables**, especially dark leafy greens and sulfur-rich veggies like cabbage, broccoli, Brussels sprouts, garlic and onions.
- **Make an oil change** and get some organic olive oil, avocados, raw nuts and seeds, and light coconut milk.
- **Spice it up** with fresh herbs or dried non-irradiated herbs including curcumin, rosemary, oregano, and cilantro.
- **Fill up with fiber!** The goal is 50 or more grams per day – great sources include legumes, raw nuts and seeds, berries, brown & wild rice, sweet potatoes and flaxseed meal.

See the recommended meal plans for ideas for breakfasts, lunches and dinners

And while you are tossing out the chemically-laden food items, take some time to inspect your cleaning supplies, too. Look for the all natural, non toxic selections in your store and switch over to them. Get rid of toxic exposure everywhere you can!

Sweat and Circulate

- **Exercise**-we *especially* like full body burst training using the X-iser!
- **Dry Brushing** – prior to taking a hot shower, use a dry brush to exfoliate your body and get your blood flowing.
- **Move more!** Toss on a pedometer and record your steps daily with the goal of increasing your overall mileage by 10% a week until you hit 10,000 steps per day consistently.

Good Elimination

It is important to have 1-2 bowel movements each and every day. If you aren't and/or you are suffering from nagging gas and bloating you will need to work on your digestion. Visit the store (link is on the resources tab of your forum) for my GI Support Program. Meanwhile, focus on gradually increasing fiber intake, drinking 8 or more glasses of water per day (but limit intake during meals to 1 glass *max*) and getting in daily exercise to help with good elimination.

Drink Up!

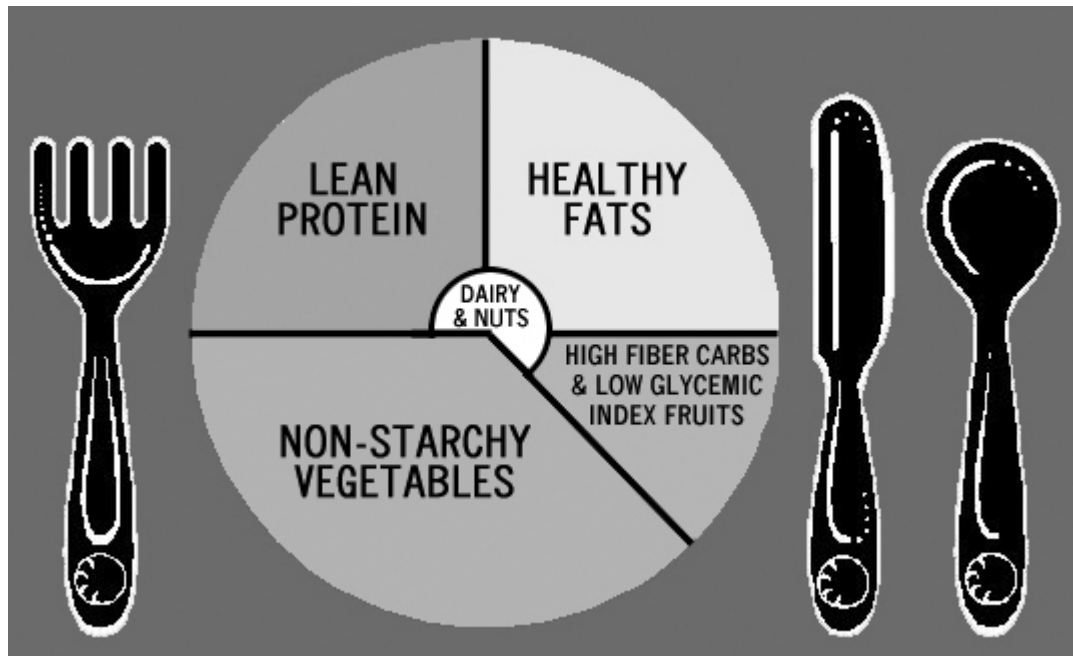
You should be drinking 8 or more glasses of pure spring water daily. This doesn't mean coffee, tea, or soda – not only do they *not* count, they work against your water intake as they have a mild diuretic effect and are acidic to the kidneys which can result in the loss of minerals. Be sure you are drinking water throughout the day, but *limit intake during meals* to a glass or less to avoid diluting stomach acid. Be sure to stop drinking several hours before bedtime to avoid the need to get up in the middle of the night to urinate.

Beware! Double-check the container from which you are drinking your water. Plastic bottles contain **phthalates** which can leach into the water you drink and create an added toxic burden, turning your otherwise positive behavior into a negative. Our newest favorite is the stainless steel water bottle, which offers a toxic-free, environmentally friendly alternative to the ubiquitous plastic container.

Take a Hot Bath!

De-stress and detox at the same time! Combine 1 cup of Epsom's Salts and ½ cup of baking soda into your bath, stir, and marinate your body for 15 minutes or more. Ideally, take a detox bath 3 times a week.

Meal Planning



To get into Immediate Action I recommend replacing 1-2 meals a day with a healthy shake. Your other 1-2 meals will consist of clean lean protein, non-starchy vegetables and healthy fats. The clean lean protein choices are limited to free range chicken or turkey breast, grass-fed beef, organic eggs, and wild fish.

Breakfast should include the following:

- 4-6 ounces of protein
- 1 serving of healthy fat
- 1-2 servings of high fiber starchy carbs

Lunch and Dinner should include the following:

- 4-6 oz. of clean lean protein (fish, chicken, turkey, beef {grass fed only}, eggs)
- 2 cups or more of non-starchy vegetables (more is better; emphasize different colors)
- 1-2 servings of healthy fats (1 serving = approximately 1/2 small avocado, 1 tbsp olive oil, 4 ounces cold water fish, 10 nuts, 1 tbsp nut butter, 5 olives)
- 1 serving of high fiber starchy carbs

Examples:

- Wild Salmon with Roasted broccoli, cauliflower, red peppers and zucchini, ½ cup cannellini beans
- Grilled Chicken Breast topped with Salsa and Avocado Slices, served with mixed greens, 1/3 cup black beans and julienned vegetable salad with olive oil vinaigrette
- Grass fed beef filet topped with mushrooms sautéed in olive oil, served on a bed of sautéed spinach and garlic and a side of ½ cup brown and wild rice

OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible.
Avoid farm raised fish.

- Lean chicken and turkey
- Eggs
- Lean red meats - 2-3 times per week (sat fat)
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Lamb (sat fat)
- Game
- Whey, pea, hemp or rice protein

OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Freshly ground flaxseed meal
- Avocado (sat fat)
- Whipped butter (sat fat)
- Macadamia nuts (sat fat)
- Olive oil, olives
- Coconut milk or oil (sat fat)
- Cod liver oil
- Flaxseed oil

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Garlic
- Jicama (raw)
- Lettuce
- Parsley
- Snow peas
- Summer squash
- Watercress
- Asparagus
- Broadbeans
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Ginger root
- Jalapeno peppers
- Mushrooms
- Radishes
- Shallots
- Swiss chard
- Bamboo shoots
- Bell peppers (red, yellow, green)
- Cabbage
- Chayote fruit
- Coriander
- Endive
- Green beans
- Kale
- Mustard greens
- Radicchio
- Spinach
- Tomatoes
- Bean sprouts
- Cassava
- Chicory
- Cucumber
- Fennel
- Hearts of palm
- Kohlrabi
- Onions
- Snap beans
- Spaghetti squash
- Turnip greens

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Navy beans
- Yellow beans
- Bulgur (tabouli)
- Steel cut oats
- Whole grain cooked cereals
- Wasa crackers
- Okra
- Legumes
- Chick peas (garbanzo)
- Kidney beans
- Pinto beans
- Barley
- Millet
- Whole grain tortillas
- Artichokes
- Pumpkin
- Black beans
- Cowpeas
- Lentils
- Split peas
- Brown rice
- Rye
- Whole grain breads
- AkMak crackers
- Leeks
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- White beans
- Buckwheat groats(kasha)
- Semolina (whole grain-dry)
- Whole grains
- Ezekiel bread

LOW GLYCEMIC INDEX FRUIT CHOICES

Low GI

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

- Cherries
- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pear
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Fresh apricots
- Peaches
- Apples
- Limes
- Persimmons
- Pomegranates
- Plum
- Avocados
- Nectarines
- Plums

High GI - eat sparingly, or after a workout

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

Staying and Getting Accountable

One way to help monitor your progress is through weekly monitoring of weight, measurements and body fat. I will caution you that if you are weight loss resistant it will be difficult to get these numbers to budge initially, but that is valuable information as well and will help us figure out what is holding you back from reaching your body composition goals. A healthy body should be able to burn off 1-3 pounds of fat each week while holding onto or building lean tissue. If you are following the program and this is not happening we may have to dig deeper into your toxicity issue and/or check to see if you have other issues that could be making it difficult for you to lose weight, if this is your goal.

Each week record your weight, waist and hip measurements and body fat percentage. If you need a body fat scale I use the Tanita scale. The model I recommend is the Ironman model #BC558 detailed on http://www.thecompetitiveedge.com/shop/123-catId.176160808_123-productId.0.html. Be sure to use my code at checkout for the best deal: jjvirgin

Measure your waist by placing a tape measure around your body at the level of the uppermost part of your hipbone; this is usually at the level of your bellybutton. Measure your hips by placing your feet together and then measuring the widest part of your hips/buttocks.

Ideally you should weigh, measure and test body fat once a week in the morning before you eat and drink. Bioimpedance body fat readings are based on total body water so if you are dehydrated you will look lighter but higher in body fat and if you are well hydrated you will look heavier but lower in body fat. Your total body water should slowly rise over time as you are improving your health and habits. If you see a big jump one day, toss that number and retest the next day as it is most likely due to a shift in body fluids.

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