

5 DAY JUMP START CARB CLEANSE GUIDEBOOK

Dr Deborah Kern and Dr Karen Wolfe



carb = any processed, refined or simple carbohydrate that creates inflammation, spikes your blood sugar, and increases cravings

cleanse = removal of toxic substances which include but are not limited to foods, drinks, thoughts, emotions, people, etc.

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NOTE

The information is not intended to replace or conflict with advice given to you by your physician or other health professional, and we recommend that you consult with your physician.

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AT A GLANCE 5 DAY PROTOCOL

BREAKFAST

Low-glycemic meal replacement shake (chocolate, vanilla or strawberry) and morning supplements

MORNING SNACK

nutrition bar

LUNCH

Salad with oil-based dressing or plate of roasted/steamed/sautéed vegetables and a low-glycemic meal replacement shake

AFTERNOON SNACK

nutrition bar

DINNER

More veggies and/or salad and a low-glycemic meal replacement shake and evening supplements

EVENING

Fruit

Most people don't feel hungry (although some experience tolerable hunger) or crave carbs. They are often surprised at how satisfying the foods are. This is because blood sugar levels remain stable. And many people we know who have done the CARB CLEANSE find they have more energy than usual. This is very encouraging, because often people feel fatigued when they are on the sugar rollercoaster. Equally heartening is that many people lose weight even in the first 5 days. But please remember: this is not a diet! This is a program designed to reset your body's response to carbs so that you will be able to easily follow a healthy eating plan and lose weight in a healthy way over time.

Once you have completed the first five days, you assess whether you'd like to continue to lose weight or simply maintain where you are. If you want to continue to lose weight, you will use the low-glycemic meal replacement shakes and bars for 2 meals and 2 snacks a day, adding a low-glycemic meal and snack. Once you reach your desired weight, you will only use one low-glycemic meal replacement shake and bar each day to maintain your stable blood sugar.

BEFORE YOU BEGIN

Before You Begin - Preparation

- Choose a 5-day time period when you will not be going to dinner parties or dinner meetings.
- Consider inviting a buddy to do the 5 DAY CARB CLEANSE with you.
- ***WATCH THE DVD that comes inside your 5 DAY CARB CLEANSE Kit.
It will improve your success!
- Purchase a PROBIOTIC and/or REPUBLIC OF TEA “GET RELIEF” or BEANO—in case you need it for gas.
- Tell friends and family you are doing this carb cleanse and ask for their support.
- Get spiritual/inspirational literature to read and uplift you.
- Book a massage (We booked ours for our “trigger” time of the afternoon).
- Arrange to have lots of non-food, healthy pleasures available – bubble bath, herbal tea, massage or hair appointment, luscious body cream....be creative!
- Reduce as many stressors as possible that week.
- Reduce vigorous exercise. Choose exercise that is gentle and enjoyable like walking, yoga, tai chi, swimming.
- Write a journal of your experience.
- Clean out your refrigerator and pantry – getting rid of all ‘trigger’ foods.
If you have roommates or family members that refuse to get rid of ‘trigger’ foods, put all of your foods in a separate location.
- Buy lots of fresh vegetables if you are a cruncher. BE PREPARED.
- Plan out your whole week. Have a “future thinking” approach and avoid getting bogged down on needing food NOW...

HOW TO DO THE 5 DAYS

Make sure you drink AT LEAST 64 ounces of water in addition to the low-glycemic meal replacement shakes. Drinking water, taking hot baths with Epsom Salts and sitting in steam saunas will help speed up the detoxifying process.

Be aware that if you have been consuming sugars, preservatives, caffeine, and/or highly processed foods that your body will go through a detoxification while on this program. As your body rids itself of toxins you may feel nauseated, achy or get a headache. This is normal. It is just part of the detoxification process. The good news is that once those toxins are gone, you will feel fabulous.

Most people have the hardest time on Day 3, so we recommend that you plan a special treat — like a massage.

If you have been eating a high carbohydrate diet you may go through a period of feeling depressed because you have been using carbohydrates as a way to get serotonin and beta-endorphin boosts. In order to counteract this, flood yourself with serotonin and beta-endorphin by boosting healthy pleasures such as

sunshine

dancing

walks in nature

playing with children and pets

getting a massage

listening to great music

using aromatherapy

sitting in a Jacuzzi or steam room

watching a good movie

having a romantic evening

Remember to add in vegetables. Even though the instructions in your kit say to wait until after day 2 ~ don't be shy about adding steamed vegetables or a colorful salad from Day 1. Asparagus and green beans are great for detoxifying. Non-starchy vegetables are best.

WHAT DO YOU DO AFTER THE 5 DAYS?

There are 2 choices for how to continue after the 5 Day Carb Cleanse:

Phase I - Continuing to Transform

This phase is for people who wish to continue to release weight.

Reintroduce foods with organic fruits and vegetables, and high quality protein sources. Be aware of fluctuations of your blood sugar. Watch the DVD again!

GUIDELINES FOR CONTINUING TO TRANSFORM:

- Replace two meals with low-glycemic meal replacement shakes.
- Eat one low-glycemic nutrition bar for a snack.
- Eat one low-glycemic meal and one low-glycemic snack using whole foods.
- Begin following a moderate exercise program. Start by working up to 10,000 steps/day.
- Continue taking your pharmaceutical grade multi-vitamins and minerals.
- We encourage you to eliminate all breads, grains, cereals, rice, pasta, potatoes, sugar, candy, soda pops and juices during this phase of the program.

Phase 2 - Maintain

The Maintain phase is for people who are free of cravings, are at their healthy weight and wish to maintain it.

During the Maintain Phase, you may begin to reintroduce low- to moderately low-glycemic carbohydrates, such as sweet potatoes and whole grains.

GUIDELINES FOR THE MAINTAIN PHASE

- Replace one meal with a low-glycemic meal replacement shake
- Eat one low-glycemic nutrition bar for a snack
- Eat two healthy, low-glycemic meals and one snack using whole foods.
- Continue to develop your fitness level with a consistent exercise program
- Continue taking your pharmaceutical grade multi-vitamins and minerals

FREQUENTLY ASKED QUESTIONS

Can I drink diet soda (or other non-caloric beverages) while doing the 5 Day Carb Cleanse ?

We discourage the use of artificial sweeteners like aspartame and sucralose, so we don't advocate diet drinks. However, you can make a healthy version of a diet soda by using flavored sparkling water and stevia. Our favorite is lime-flavored sparkling water with the juice of ½ a lemon and a dropper-full of stevia. Yum!

Can I drink coffee or tea?

Ultimately it is in your best interest to be caffeine-free. However, if you already drink coffee or tea we would recommend cutting back to no more than one cup a day while on the carb cleanse. During maintenance you may choose to stop drinking caffeinated beverages altogether.

Can I mix the low-glycemic meal replacement shakes with skim milk or soymilk instead of water?

During the 5 days, it is recommended that you mix the low-glycemic meal replacement shakes with water. Milk or soymilk will increase the caloric level by 250-300 calories per day.

I usually work out for longer periods of time than you recommend.

Can I continue with my current exercise routine?

Most people continue following their normal exercise regime. It is not advisable to begin a vigorous exercise program during the 5-day carb cleanse, however. Listen to your body and follow its guidance.

What if I mess up, what should I do?

If you can't resist the cravings and end up eating or drinking something that is not on the program, there's no need to give up or start over. Just start where you left off and move forward.

RECIPES for Low-glycemic meal replacement shakes

(For Phase I and II)

Chocolate Banana Blast

- 3 scoops (or one packet) Dutch Chocolate Meal Replacement Powder
- 1 banana
- 1 C water (or soy milk)
- 1 C ice

Place all ingredients in a blender and mix until the mixture is smooth.
Pour the smoothie into a glass and enjoy!

Vanilla Berry-licious

- 3 scoops (or one packet) French Vanilla Meal Replacement Powder
- 1 C frozen mixed berries
- 1 C water or soy milk
- 1 C ice

(blend as above)

Razzamatazz

- 3 scoops (or one packet) Wild Strawberry Meal Replacement Powder
- 1 C frozen raspberries
- 1 C water or soy milk
- 1 C ice

Orange Chocolate Low-glycemic meal replacement shake

- 3 scoops (or one packet) Dutch Chocolate Meal Replacement Powder
- 12 oz. orange juice
- 1 med. banana (optional, if you like a thick low-glycemic meal replacement shake)
(Add a little grated orange peel, if you like)
- Ice

Strawberry Low-glycemic meal replacement shake

- 3 scoops (or one packet) Wild Strawberry Meal Replacement Powder
- 8 oz. milk/water/soy milk
- 1/2 c. frozen strawberries
- 1 tsp. vanilla extract (optional)

RESOURCES

Create the Body Your Soul Desires by Dr. Karen Wolfe, M.B.B.S. and Dr. Deborah Kern, PhD

Wellness Wisdom: 31 Ways to Nourish Your Mind, Body & Spirit by Susan Tate

Be Healthy: Recipes for a Low-Glycemic Lifestyle <http://www.we-be-healthy.com/recipes/>

Dr. Christiane Northrup www.DrNorthrup.com - helpful information on women's health

Dr. Christine Wood www.kidseatgreat.com - helpful information about nutrition for kids

Dr. Kathleen DesMaison's website: www.RadiantRecovery.com - tools for overcoming sugar dependency, self-tests to determine sugar sensitivity

Also by the authors

Dr. Karen Wolfe and Dr. Deborah Kern

Create the Body Your Soul Desires: The Friendship Solution to Weight, Energy and Sexuality

Dr. Deborah Kern

Everyday Wellness for Women

Dr. Karen Wolfe

A Wise Woman's Approach to Healing and Cancer (Audio Book)

Medicine From the Inside Out (Book on tape)

From Stress to Strength (Audio Book)

Visualizations for Healing (CD)