



## **Fresh Start Cleansing Program™**

*Our health is largely determined by  
the choices we make.*

***"If it is to be, it's up to me!"***

Created by Nedra Sahr, M.S., C.N.S.



## Fresh Start™

### Cleansing Protocol

Our bodies are exposed to a large number of foreign chemicals every-day. The majority are manmade chemicals that wind up in our food, air, and water, or are taken in the form of drugs. Whether it's pesticides and insecticides lingering on our produce, preservatives in our meats and deli products, anti-biotics and estrogens given to our cows and chickens to promote more rapid weight gain; each brings a level of chemical load on our liver, kidneys, skin and colon that is becoming increasingly difficult to process. Our body's ability to rid itself of toxic substances is largely dependent upon the liver. Think of your liver as your body's sewage waste treatment system. The liver filters and neutralizes every substance that passes through it. When the liver becomes overburdened, the liver enzymes fail to break down the toxins, they then become stored in the liver and fatty tissues throughout the body. The more fat on the body, the greater the toxic load. Overexposure to environmental toxins in the air, cleaning products used in our homes, work places or schools, along with chemical additives in our foods can put great strain on the liver's detoxification systems and rob us of our health. This toxic build up can produce a wide variety of symptoms such as allergies, acne, arthritis, constipation, bloating and gas, depression, low energy, outright fatigue, brain fog or mental confusion, eczema, headaches, sleeplessness, inflammation, muscle aches, joint pain, or cravings for sugar, alcohol and tobacco. The more toxic our bodies become, the more difficulty we will have losing weight.

Although cleansing is important for healthy people it is *essential* for those who are overweight or who do not feel as healthy as they'd like. People have always been exposed to toxins but today's exposure to contaminants is not only greater than ever before but the risk is increasing. There are over 7 million recognized chemicals; of that number over 80,000 tests are commonly used with 1000-2000 new chemicals being produced each year. Safety tests are minimal to non-existent. There is a clear link between rising levels of obesity and chemical exposure.

a dash of hot sauce

Juice of 1/2 lime

Put all in a cuisinart and pulse to consistency you like (I like mine chunky)

Serve cold or gently warmed- do not boil.

Thanks to Bill McBurney, Ottawa, Canada for sharing this recipe!

The Fresh Start(TM) Cleansing Program was developed by Nedra Sahr.

It is an excellent first step in your weight loss program. We encourage you to consider Shaklee 180 Turnaround program to continue your health journey.

Nedra Sahr, M.S., C.N.S.  
Licensed clinical nutritionist

A few people experience fatigue, irritability, headaches, weakness, bad breath, or flu-like symptoms for the first few days. Usually it's because they are not eating frequently enough, not drinking enough water or are in withdrawal from caffeine, sugar and alcohol. By the third day you should experience more energy, a feeling of being internally clean, and most likely you'll find that you are thinking more clearly. If you experience growling stomach hunger, eat more food and eat more often.

By the third day, you will be amazed at how much better you are feeling. You'll be delighted to realize that you are not craving sweets, breads, or fried foods. Our participants find that their skin is clearer, digestion is improved, and they regain their mental focus. In addition, most women report that they drop 2-5 pounds in 7 days. Men drop 5-11 pounds in that time period. Best of all, it's a great start for a new you!

While a periodic cleanse is one of the easiest ways to see a dramatic improvement in how you feel, consider following the cleanse with the Shaklee 180 program. That's when you will bring permanent health benefits to your life!

#### Bill's Gazpacho

About twelve egg sized tomatoes- plum work well

1 red pepper

1 English cucumber partially peeled

1 apple

1 tablespoon of crushed organic garlic

salt and pepper

2 teaspoons olive oil

#### *What can you expect from the cleansing program?*

- It jump starts a sensible weight loss plan by cleansing the liver
- Helps to overcome cravings and addictions to sugar, caffeine, fats, etc.
- Heightens sense of smell, sight, touch, sound, taste
- Balances and regulates hormones
- Re-aligns true appetite and satiety levels
- Boosts metabolism and enhances digestion
- Brings radiance to the eyes and skin
- Increases focus, clarity, and energy

A good cleansing program must meet specific criteria: It needs to work with your life and your values, it must be effective and it must act as the foundation for better health. Fresh Start™ is structured yet simple, it can be followed anywhere, and it begins to produce observable benefits within three days. Seven days is the recommended length of the program but if that is too challenging, do it for as long as possible.

Your program will consist of eating fresh raw fruits and fresh raw vegetables in unlimited quantities. By eating fresh raw fruits and vegetables and drinking pure fresh water and herb teas, you'll find that you will break the cycle of over eating. **You'll smash addictions to fatty foods, refined carbohydrates, (sugary treats, and white bread products) caffeinated and carbonated drinks.** Science shows that when a person eats more than 52% of raw foods in his/her diet, cravings drop for sugar, tobacco and alcohol. The toxic load on your liver and kidneys will be substantially reduced giving them time to repair and rejuvenate. Your colon will be cleansed and repopulated with beneficial microflora.

Those with Diabetes or Hypoglycemia, (low blood sugar) will need to have a protein source at each meal 180 Shakes or Protein shakes are excellent. Breakfast: Add 2 poached or boiled eggs to the fruit servings. No additional fruit during the day.

Snack on unlimited amounts of fresh raw vegetables throughout the day. This is important.

Lunch: 4 ounces of grilled, roasted or boiled chicken without coating, added to a large green salad. Choose a low-fat salad dressing

Snack on fresh raw vegetables. Choose a minimum of 2 cups between lunch and dinner.

Dinner: Have a generous serving of grilled, baked or poached fish or shellfish without coatings. Add a green salad, and a bowl of gazpacho.

Absolutely Nothing made with flour or sugar. NO fried food. Follow suggestions for vegetables and the two fruit servings as outlined below.

**\*Men often need to follow this program to keep up their energy.**

**Organic Raw Fruit as often as possible. The starred fruits are the ones that are the most important to buy organic:**

*apples	*pears	*strawberries
oranges	mango	*peaches
grapefruit	pineapple	*grapes
lemons	star fruit	*nectarines
watermelon	ugli fruit	papaya
cantaloupe	*blueberries	avocado- limit 1/day
honeydew melon	raspberries	banana – limit 1/day
*cherries	kiwi	

You may choose any fruit– even those not listed.

Choose Organic Raw Vegetables as often as possible, however the starred vegetables are the most important to buy organic.

Broccoli	broccoflower	red or green cabbage
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of different fresh fruit. Or just ask for a bowl of cut up fruit, a half grapefruit, or sliced banana. Tell the wait staff to leave the yogurt and granola in the kitchen. Lunch can be a bowl of gazpacho if it's on the menu or a huge salad, dressing on the side. Repeat for dinner. Name the raw vegetables you'd like to eat. Volunteer to pay extra if it's an inconvenience to the staff. For a day trip or two, pack several refrigerated lunch bags with cut up fruit and cut up vegetables. Many program participants have taken a small cooler of fruit and vegetables on the airplane when they were traveling to areas they thought would be difficult to find good produce. Over-the-road truck drivers have successfully followed the program through the truck stops of America by adopting the above practices.

### Shaklee Supplements:

- 5 Alfalfa tabs in the morning and five at night
- 2 Herb Lax at night with dinner or before bed
- 1 Liver DTX Complex in the morning and 2 at night
- 1 Optiflora ProBiotic pearl at breakfast

The raw foods, clean pure water, and supplements all work together to help the body release toxins from the fat cells so the liver can process them for removal from the body. The supplements recommended all contribute to the detoxification/cleansing process.

**What can you expect during the first week?** Each person's experience will be unique to them. The more environmental toxins you have built up in your body, the greater the cleansing process.. **Consider getting eight hours of sleep each night during the week to help the cleansing process be more efficient. Be very intentional about getting the full 3 quarts of water each day.** After all, you wouldn't send the RotoRooter man to the basement with a damp sponge to clean out clogged pipes!

like a dessert.. Just make certain there are no black teas or green teas in your mixture.

If you have gastrointestinal difficulties, you may need to lightly steam your vegetables. BUT do try eating raw first.

## The No's:

Following these suggestions of No's will have you saying YES! in seven days.

No cooked food	No artificial sweeteners
No juices	No coffee
No protein shakes	No nuts
No Sushi	No meats, fish or poultry
No Alcohol	No soft Drinks

By avoiding these acidic foods, the liver, kidneys and colon are given a rest.

**The caffeine Coffee or Soda issue:** If you are drinking more than one cup of caffeine coffee or two cans of diet soda daily, you may wish to reduce your intake gradually so you do not experience withdrawal symptoms. Reduce your consumption by one every other day until you are drinking plain water and herb teas. Why? Caffeine is a dehydrating agent and increases the body's need for water.

**Artificial sweeteners: None recommended. Ever.** If you need to sweeten your tea, choose Stevia, powdered or liquid. It's available in the natural foods section of your supermarket.

**Eating Out:** This is a very simple program to follow when eating out. For breakfast ask if the chef would prepare a fruit smoothie of lots

Brussel sprouts	cauliflower	watercress
Onions	*celery	*carrots
Asparagus	cucumber	*all colors bell peppers
Tomatoes	sweet potato	jicama
Turnip	pea pods	green beans
*sprouts	radishes	zucchini
summer squash	*spinach	*all varieties of lettuce
radicchio	scallions	mushrooms
*kale	young beets	Avoid white potatoes

Vegetables may be **lightly** steamed if you choose

Fruit and vegetables with thick inedible skins protect the produce against pesticides. Some fruits and vegetables simply do not require pesticides as pests are not a problem.

Most people enjoy eating raw fruit but few have tasted raw asparagus, sweet potato, (delicious) or my favorite, jicama. Jicama looks like a white potato but is sweet, crisp and contains lots of liquid. Go outside your normal eating and buying patterns to try eating raw those vegetables you would normally cook. Cut them into sticks or rounds & dip them in salsa or mustard, if desired.

## **AVOID ALL COOKED FOOD.**

## **Eat huge quantities of fruit and vegetables and eat often.**

**Getting Ready:** Ask your family to support you by not bringing

junk foods or ‘trigger foods’ into the home. Encourage them to have their indulgences when you are not with them. Before beginning your Fresh Start program, prepare and freeze meals for the family that they can fix themselves. You’ll want to avoid the kitchen as much as possible.

Shop ahead for 3-4 days of fruit and vegetables and clean them as follows:

Wash all produce in a pan or sink of water to which you add a squeeze of a liquid organic super cleaning concentrate.. Let the produce soak for 6-8 minutes. Many preservatives and insecticides need some soaking time to help remove them. Soaking longer than ten minutes can cause vitamin and mineral loss. **Rinse and dry.** Store each variety in its own glass container or Evert Fresh bag/ Debbie’s bags that you purchase from a supermarket, health food store or from Evertfresh.com. The bags keep produce fresher longer and have no out-gassing effects. I have found them to be safe and effective.

When you leave the house, take a huge amount of cut up fruit or vegetables with you so that you can continue to graze all day long. The refrigerated lunch bags work well for this purpose.

**Morning suggestion:** Make a LARGE fruit smoothie by blending various fruits in the blender, keeping the pulp. We like to start with fresh or frozen organic berries, watermelon, apple or peach, pear and any fruits you can find- orange is a good addition. Pulse until you have a drink that has some chunks of fruit- half chewing & half swallowing is a satisfying way to curb the appetite. If you are still hungry after your smoothie and your cup of tea or water, have a piece of fruit or some cut up vegetables. You do not need to be hungry on this program. You will be substituting volume for calories. No need to count calories.

**Grazing all day** is essential to the success of this program. Keep a bowl or bag of fruit or vegetables within reach, at all times. Graze all day long. If that’s not possible, try eating a large amount of fruit and vegetables every two hours. AND drink 3 quarts of pure filtered water each day. Choose still water not sparkling water. Sparkling water acidi-

fies the body, whereas, it is the intention of the program to create a more alkaline system. Much of your water intake can come from herb teas, non-caffeinated.

***Lunch or dinner:*** We recommend making gazpacho (recipe included) or any raw soup, and having that for lunch or dinner, along with lots of cut vegetables and cut up fruit. Hollow out half a cucumber and fill it with chopped tomato, a bit of chopped avocado, onion & some salsa. Put two together for a sandwich!

You can make an excellent salad for your evening meal of 3-4 types of lettuce and 5-7 assorted vegetables. Consider adding raw corn cut from the cob, raw peas shucked from the pods for additional variety. Raw asparagus is delicious in this salad and we find that adding an avocado is very satisfying- for most people a half an avocado is sufficient but you may have a whole avocado if you so desire.

Have the largest bowl of salad that you can eat. The idea is to eat a lot of volume to replace the foods you are not eating this week. Choose ANY olive oil/ vinegar based dressing to add to your salad but dress it lightly- not more than 1 ½ Tbsp dressing. Squeezing a lemon or lime over your salad greens first gives a fresh taste to your salad. Make a vinaigrette type dressing of lemon juice and any type of vinegar, added to extra virgin olive oil. . Blend a tomato and add spices for a tasty dressing. Choose, garlic, basil, chervil, coriander, dill, fennel, marjoram, sage, oregano, parsley, thyme or rosemary. Avoid Ranch dressing if possible- loaded with chemical preservatives. If you love Bleu Cheese dressing go ahead, but cut it with a bit of vinaigrette.

You may dip your raw vegetables in yellow mustard, fresh Salsa , or a fat-free dressing if that makes them more palatable to you.

For a treat after dinner, have a cup of herb tea, hot or iced. The Wild Berry Zingers, Blueberry, Raspberry, Peach with added ginger or cinnamon spice teas all have a sweet taste that satisfies