

**function well.**

 **athletic zone**



**7 DAY  
DETOX  
PLAN**

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# WELCOME TO FUNCTION WELL'S 7 DAY DETOX

## WHY DETOX?

The average person is exposed to over 2 million toxins each and every day. These can be found in things such as beauty products, plastics and of course agricultural pesticides, but also in the water we drink, the food we eat and the air we breathe. Toxins are a part of everyday life and can even result from bi-products of normal metabolic processes, exposure to electromagnetic radiation found in mobile phones, and stress.

When chemical exposure is high, the liver and kidneys struggle to maintain efficient detoxification processes, which creates a toxic environment within our bodies. When this is not corrected, chronic illnesses is likely to become present.

Although it is impossible to completely remove toxins from our lives, there are ways we can decrease our exposure and improve the way our bodies handle these hidden stressors.

Before beginning this detox, we want you to understand from the outset that this is not a fad diet or something that can be maintained for a long period of time. The program is designed to improve your health, overall wellness and quality of life, but the results you achieve over the next 7 days will be dependent on your level of compliance.

This program is specifically designed to give you the opportunity to consciously focus on creating habits that will become part of your daily life, resulting in a lifetime of improved health.



Your liver cleanses your blood

**24 HOURS**  
a day

**7 DAYS**  
a week

**365 DAYS**  
a year NONSTOP.

**40-60%**

of our bodies are made up  
of water

## TOXINS AND YOU.

Did you know that most of the common illnesses we all experience are often caused by toxicity? Symptoms can include fatigue, headaches, insomnia, bad breath, muscle stiffness, depression, allergies, hypoglycaemia, yeast infections, food allergies, stress, migraines, arthritis, psoriasis, influenza, sinusitis, immune deficiencies, and tumours. (*Shauss. M, 2009*)

Have you ever stopped and wondered why that might be? Over the last several decades, our food supply, drinking water, air, and soil have become increasingly contaminated with toxic chemicals. Never before has the human body been presented with such a heavy burden of foreign substances to metabolize and eliminate. Add a poor diet & lifestyle consisting of fast food, caffeine, alcohol, recreational drugs, certain over-the-counter prescriptions and we now have a recipe of toxic burden on our bodies. All of these factors are far beyond the natural capabilities of the body to detoxify, and when this is exceeded a wide variety of health problems can become present.

Low-level toxicity from many sources can be very difficult if not impossible to detect. Mark Shauss author of 'How to Achieve Victory over a Toxic World' refers to it as the "Loaded Revolver" - which means the combination of different toxins over a period of time is like waiting for a gun to go off. Each time you 'load the revolver' with a toxin, you're adding another bullet in the chamber. Eventually the gun is going to go off, causing a weakened immune system, making yourself susceptible to ailments and stress. The most difficult part about this is that the warning signs of toxicity may take years to manifest after initial exposure, making it extremely difficult to correlate the toxins with the symptoms.

**BUT DON'T WORRY, THE SKY ISN'T FALLING.** Many of the health problems we face today can be explained by understanding that the toxic load on our bodies is higher than what it can process with the resources it has. It's been shown now that a newborn baby has over 250 toxins in his or her body on the time of birth. Can you imagine how many we, as adults, have?

Before you lose all hope and condemn humanity you can assist your body's natural abilities to detoxify by engaging in regular exercise, following a clean, healthy diet and lifestyle, and completing a cleanse once to twice a year.

A newborn baby has over

# 250

toxins in his or her body at  
time of birth

## NOT ALL DETOXES ARE CREATED EQUAL

There is a lot of misunderstanding regarding the subject of detox. The truth is, we don't know everything. We are living in an unprecedented time on the planet in terms of toxins. Our bodies are designed to deal with toxins on a regular basis. In theory, we shouldn't need to do anything special. Our body has the wisdom to filter out toxins effectively. However, there has been no period like this before in history with such an extreme amount of toxic influences. (Source: Dr. Patricia Fitzgerald Detox Demystified: Fad, Fact, Or Fiction?)

The liver is one of the most important organs in the body when it comes to detoxifying or getting rid of foreign substances or toxins, especially from the gut. The liver plays a key role in most metabolic processes, especially detoxification.

The liver detoxifies harmful substances by a complex series of chemical reactions. The role of these various enzyme activities in the liver is to convert fat-soluble toxins into water-soluble substances that can be excreted in the urine or the bile depending on the particular characteristics of the end product.

Many of the toxic chemicals that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Fat-soluble chemicals have a high affinity for fat tissues and cell membranes, which are composed of fatty acids and proteins. In these fatty tissues of the body, toxins may be stored for years, being released during times of exercise, stress or fasting. During the release of these toxins, several symptoms such as

headaches, poor memory, stomach pain, nausea, fatigue, and dizziness may become present.

### LIVER FUNCTION: THE THREE STEP PROGRAM BY CHARLES POLIQUIN

Simply speaking, have you ever taken the garbage out of your house? The process of complete detoxification can be likened to this in a very simple three-step program. We've learnt that detoxification takes place primarily in the liver in Phase I and Phase II, and then through the kidneys at Phase III. Phase I is like taking your garbage out from under your kitchen sink and then moving it to a big garbage can in the garage, and Phase II is like taking the big garbage can out to the curb. Phase III occurs when the garbage truck arrives to remove the contents of the garbage can.

Phase I, dealing with the garbage right in front of us, is the easiest to keep up with. We remove this garbage (toxins) to the garage (liver) constantly. A Phase I liver function can be done rather easily with fasting and trendy juice "cleanses," but the problem is these methods don't support Phase II.

To use another analogy, if you have a bunch of friends over for a party, what happens? You produce all kinds of garbage in a short amount of time, and then your big can in the garage is overflowing.

Phase II is tricky, because it is extremely nutrient dependent, and especially amino acid dependent. If the big can in your garage isn't big enough (poor liver function) or if you're making more garbage than usual (excess toxin exposure) or you forget to

## YOUR LIVER

is situated on the upper right side of the abdomen, just below the diaphragm. It is the largest internal organ of the human body and weighs around 1.5kg in the average adult. Blood from the digestive system must first filter through the liver before it travels anywhere else in the body.

SOURCE: BETTER HEALTH CHANNEL

### LIVER FUNCTION

When optimum nutrition is provided, the liver operates efficiently. Many (and perhaps most) people do not eat the right kinds of foods to provide the liver with everything it needs for the elimination of the extra toxins that the body is exposed to daily. If nutrition is compromised through poor dietary and lifestyle habits, this will impede detoxification processes, and other organs will suffer as the body retains these toxins. When working properly, the liver clears most of the bacteria and other toxins during the first pass. However, when the liver is damaged, such as in alcoholics, the passage of toxins increases by over a factor of 10.

Reference: Charles Poliquin

take the can down to the curb on garbage day (not properly supporting Phase II nutritionally – the biggest culprit), you’re going to have problems. All that rotting garbage is going to stink up your whole house. If you miss garbage day, you know you’re going to regret it.

The same problem happens if you detox without supporting Phase II – you end up with all kinds of side effects or what some like to call a “healing crisis.” Trying to put a positive spin on the symptoms doesn’t change the fact that you’re suffering from imbalanced detoxification. But how does the body try to handle a slow Phase II? Because the body is so amino acid dependent, it will try to find amino acids where it can, and a great place for it to start is your muscle tissue. I’ve seen clients try their own detox programs and become discouraged because it destroyed a lot of their hard-earned muscle mass. This also explains why toxin-laden clients have a harder time building muscle – they’re telling their body to build muscle with training, and the liver is telling it to tear down the muscle tissue for detoxification. The message is clear: Reduce your toxin exposure where you can and don’t follow trendy, poorly researched detox programs.

Phase III is not as difficult as Phase II. Just as with the garbage company, if you keep paying them, they’ll keep coming to your house. With the kidneys, if you keep your urine more alkaline than acidic, Phase III transport ions will keep functioning.

But if your urine is acidic, this means the metabolized toxins will not be adequately excreted and will be returned to the body instead. How do you “pay” the kidneys to keep them functioning? With lots of greens and veggies, to start. As for detox formulas, the addition of potassium citrate is perfect for keeping the urine alkaline. Follow those two pieces of advice and it’s like having the trash company on automatic bill-paying so they’ll keep coming by your house to pick up whatever you’ve put out there.

The idea is to keep everything balanced. If we want to improve detoxification, the entire process must be supported with adequate nutrient intake. Just as we don’t want the garbage cans overflowing, we also want to be sure all the toxins we’re trying to get rid of are fully removed from our bodies.

We’re constantly in a state of getting rid of toxins from our body, but sometimes the system becomes overwhelmed or isn’t functioning properly. A few simple steps are all it takes to keep your house in order.

You can link to the article here: [http://www.poliqingroup.com/ArticlesMultimedia/Articles/Article/660/The\\_Three-Step\\_Approach\\_to\\_Complete\\_Detoxification.aspx](http://www.poliqingroup.com/ArticlesMultimedia/Articles/Article/660/The_Three-Step_Approach_to_Complete_Detoxification.aspx)



## ESTROGENS: THE GOOD, THE BAD AND THE UGLY

Estrogen is a hormone that is produced primarily in the ovaries in women and in the testes in men. For men, it plays an important role in sperm production and bone maintenance. Estrogen is also produced by other tissues in both men and women, including fat and the brain.

The amount of estrogen needed by men to support these functions is very small, and men tend to have excess estrogen in their systems for two reasons. First, an enzyme called aromatase that is found in tissues throughout the body will turn testosterone into estrogen.

Secondly, men and women have excess estrogen because of the chemical estrogens in the environment, such as BPA and phthalates. BPA is a petroleum based chemical that mimics estrogen in the body and studies have shown that it affects endocrine response in the body in humans and animals. For example, one study in the journal *Toxicology Letters* found that BPA exposure led to lower testosterone and poor sexual function in both men and rats because it inhibited the production of androstenedione—the hormone from which testosterone is produced.

Phthalates are another chemical estrogen that are used in plastics and many personal care products such as shampoo and lotion. They contribute to excess estrogen levels and need to be detoxified as safely and quickly as possible in order to minimize the damage they have on tissues in the body. Just as you can inhibit aromatase

with proper nutrition, you can also give the body the nutrients it needs to detoxify excess estrogen safely from the body.

Limiting your chemical estrogen exposure by avoiding chemical estrogens is one of the most important strategies for preventing cancer and protecting yourself. If you were able to have no contact with chemical estrogens, and you had good nutrition, a lean body composition, and a large proportion of muscle mass, it is very unlikely you'd have excess estrogen or be at risk of cancer. But, chemical estrogens are everywhere. It is only recently that the mainstream medical community has started to seriously consider the connection between cancer and the toxic environment the industry has created with the lax regulation of toxic estrogenic chemicals.

There is even a movement in public health advocacy that government regulatory bodies and chemical companies need to take action to reduce environmental toxins. Although there is an awareness that the responsibility of reducing cancer risk shouldn't be on the individual because we cannot completely avoid contact with chemical estrogens, the reality is that you have to take responsibility for eliminating estrogen from your body and the bodies of your loved ones.

To learn more about the Estrogens in chemicals visit The Environmental Working Group: <http://www.ewg.org/>

Reference: [http://www.poliqingroup.com/ArticlesMultimedia/Articles/Article/801/10\\_Ways\\_To\\_Lower\\_Estrogen\\_Toxic\\_Load.aspx](http://www.poliqingroup.com/ArticlesMultimedia/Articles/Article/801/10_Ways_To_Lower_Estrogen_Toxic_Load.aspx)



## WHAT IS MEANT BY CLEANSE?

A cleanse/detox is designed to improve your body's ability to remove toxins from your internal environment and reduce the amount of toxins entering into the body. This is easily achieved by following our 7 day cleanse step by step guide.

The basics of this cleanse are quite simple. For seven days you will have unlimited amounts of most vegetables, excluding root vegetables (Potato, Corn and Sweet potato) and Mushrooms (Due to yeast content). Most fresh fruits are allowed but no more than 2 pieces per day. No red meats - only Chicken, Fish and Seafood allowed (no tinned fish) —all other food sources are eliminated for seven days. What you remove from your intake is just as important as what you are eating. By that we mean that you won't be exposed to additional toxins and triggers. You need to eliminate your intake of wheat, soy, dairy, caffeine, alcohol, red meat etc. This gives the G.I. a chance to rest and repair and it lessens the toxin load on the liver and kidneys.

By participating in the 7-day Cleanse you may see improvements in pain levels, stiffness, mental clarity, gastrointestinal function and energy levels.

Because the program is based on unlimited consumption, you should not go hungry. Remember, this is not a fast. Extended fasts just eat up muscle tissue and liver glycogen in an attempt to fuel the body. During an effective cleanse, we're upregulating both phase I and phase II liver function. Remember, phase II is especially dependent upon amino acid availability. If phase II is not adequately supported, your body will destroy

hard-earned muscle mass in an effort to supply amino acids.

The recommended supplement protocol is designed to alkalize the urine which improves the kidneys' ability to excrete toxins. You can expect to have improved energy and drop body fat post cleanse.

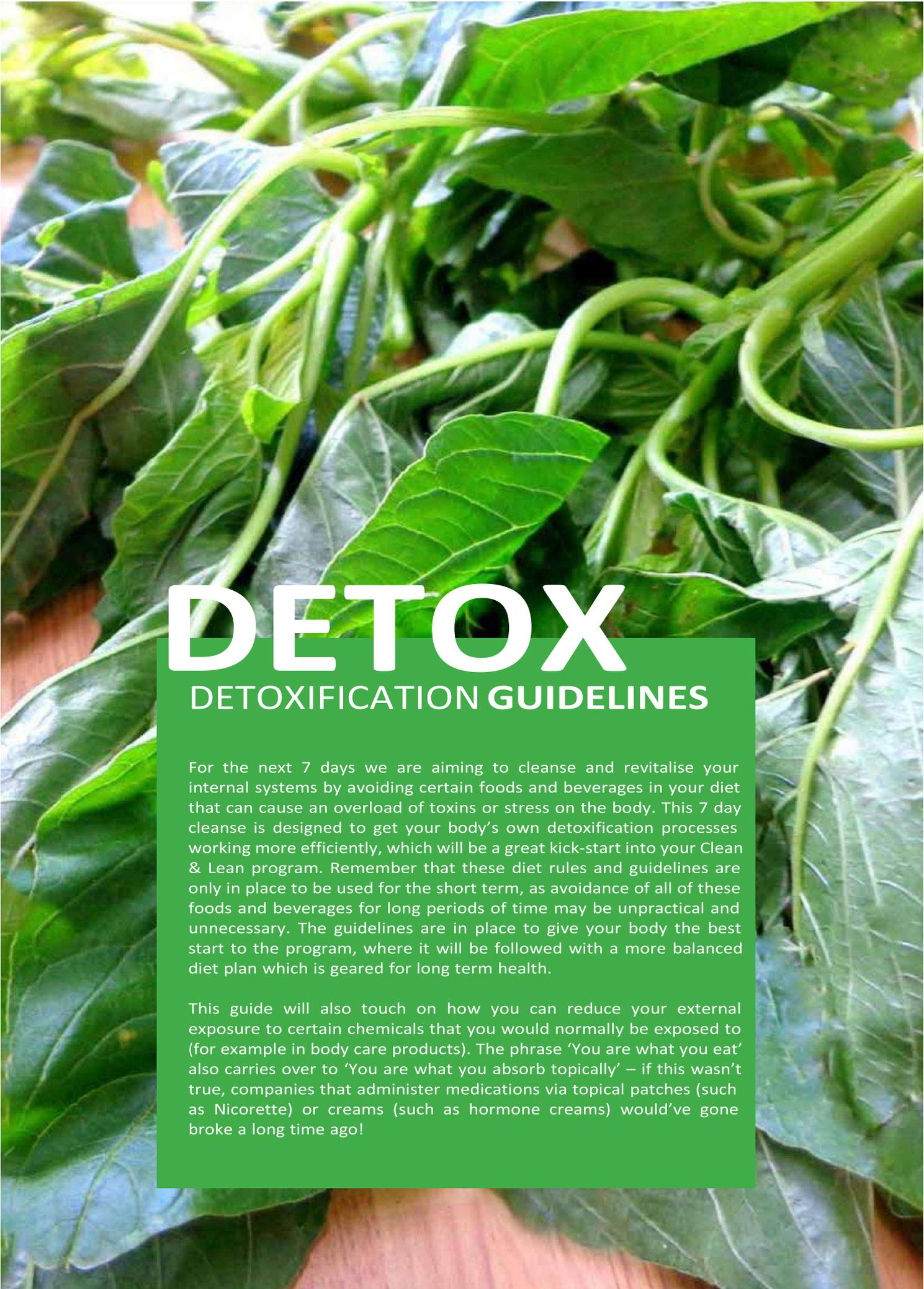
**Why Do a Cleanse?** The 3 main causes of fat gain and consequently poor health are stress, toxins and malnutrition, all these factors are inversely related. Completing a cleanse is step 1 to restoring optimal health.

**Gut Healing.** Everything starts with your gut health, if you have GI distress and your gut health is compromised you will more than likely be suffering from poor health consequences.

A cleanse will rest your gastrointestinal tract, rebuild the GI tract and expel toxins and improve long term health

A cleanse/detox will also:

- Rest the pancreas
- Rest the adrenals
- Increase sex drive
- Increase mental clarity



# DETOX

## DETOXIFICATION GUIDELINES

For the next 7 days we are aiming to cleanse and revitalise your internal systems by avoiding certain foods and beverages in your diet that can cause an overload of toxins or stress on the body. This 7 day cleanse is designed to get your body's own detoxification processes working more efficiently, which will be a great kick-start into your Clean & Lean program. Remember that these diet rules and guidelines are only in place to be used for the short term, as avoidance of all of these foods and beverages for long periods of time may be unpractical and unnecessary. The guidelines are in place to give your body the best start to the program, where it will be followed with a more balanced diet plan which is geared for long term health.

This guide will also touch on how you can reduce your external exposure to certain chemicals that you would normally be exposed to (for example in body care products). The phrase 'You are what you eat' also carries over to 'You are what you absorb topically' – if this wasn't true, companies that administer medications via topical patches (such as Nicorette) or creams (such as hormone creams) would've gone broke a long time ago!

## 7 DAY CLEANSE/ DETOX STEPS

You are going to follow an eating and drinking structure like this:



### STEP 1: EAT CLEAN

For 7 days, consume unlimited amounts of most vegetables, excluding root vegetables (Potato, Corn and Sweet potato - small amounts are allowed to support energy/training levels) and Mushrooms (Due to yeast content)

- Most fresh fruits are allowed but no more than 2 pieces per day
- No red meats - only Chicken, Fish, and Seafood allowed.
- No Cows Dairy - Using alternatives or avoid
- No coffee or soft drinks etc. - Herbal Teas and water are all fine in unlimited amounts
- No Grains, dietary Yeast or Sugars

### STEP 2: MEDICAL FOODS

The following supplement protocols are important components of the detox process including phase II liver detoxification.

#### AMINOPLEX CLEANSE

PRESCRIPTION: TAKE 2 SCOOPS IN WATER 2X DAY MID-MORNING AND AFTERNOON

#### FEATURES:

- 20g of protein per serve from wholegrain brown rice.
- Flavoured with natural watermelon powder for a refreshing fruity taste.
- Suitable for vegetarians and vegans.

#### RICE PROTEIN:

Rice protein contains a full spectrum of amino acids that the body uses for normal detoxification, muscle growth, hormone production and cellular repair. Additional cysteine, glutamine, glycine, methionine and taurine have been added for further nutritional support. Rice protein is also suitable for those individuals intolerant or allergic to dairy and so, and is ideal for

vegetarians and vegans.

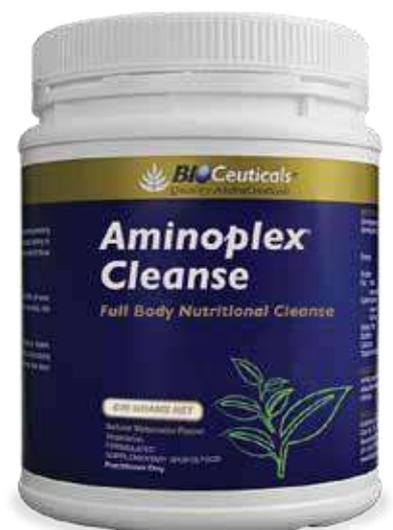
**SPIRULINA:** Naturally high in protein, spirulina is an excellent source of energy-producing B vitamins and iron, and provides the nutritional support the body needs while cleansing.

**BROCCOLI SPROUTS:** Broccoli sprouts are rich in cell-protecting antioxidants. They also contain glucosinolates; sulfur-containing compounds that are metabolised in the body into biologically active isothiocyanates, such as sulforaphane, which the body uses for normal detoxification.

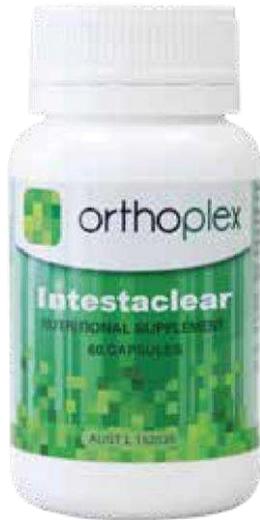
**CRACKED CHLORELLA:** Chlorella is a nutrient-dense microalgae that is a particularly rich source of chlorophyll. The indigestible cell wall of the chlorella has been cracked open allowing the body access to the full range of nutrients contained within the chlorella cell.

**DANDELION ROOT:** Dandelion provides potassium to the body for use in different systems and processes.

**GLOBE ARTICHOKE:** Globe artichoke is naturally high in antioxidants and provides support to normal body functioning



## STEP 2: MEDICAL FOODS (CONTINUED)



### INTESTACLEAR BY ORTHOPLEX: PRESCRIPTION – 1 TAB 30MIN BEFORE MAIN MEALS

Intestinal detoxification is an integral part of the first stage of the Detoxification Program. Antiparasitic, antimicrobial and antifungal activity: Intestaclear contains herbs that exert potent activity against intestinal worms and parasites, aiding their elimination. Intestaclear also contains herbs and essential oils that have demonstrated powerful antimicrobial and antifungal activity.<sup>5</sup> Barberry contains constituents that have been shown to interfere with the ability

of microbes to attach to mucosal and epithelial surfaces.<sup>6</sup> Thyme and oregano oil have shown antimicrobial activity via reducing ATP synthesis and increasing ATP hydrolysis, rapidly depleting the intracellular ATP pool. Helps maintain healthy digestive system function: Intestaclear contains bitter herb that stimulates gastric secretions and the release of bile from the gallbladder, supporting natural eliminative processes, in Western herbal medicine.<sup>9</sup> The combination of these herbs provide carminative actions to assist in the relief of flatulence.

### ENTEROCARE BY BIOMEDICA

PRESCRIPTION – 1 TSP MORNING AND NIGHT

EnteroCare is a unique formula with a combination of prebiotics, probiotics, glutamine and slippery elm.

**PROBIOTIC** Everyone should take a probiotic at the end of meals to increase the rate of survival of microbiota in the GI tract. A big reason that the detoxification process is halted is inflammation in the gut, which can be caused by unhealthy bacteria. A probiotic will help fight pathogenic bacteria and aid elimination of toxins, while minimizing inflammation.

**GLUTAMINE** has two nitrogen atoms in the form of an alpha-amino group and an amide group. Because of these two nitrogen groups, glutamine is able to shuttle nitrogen back and forth throughout the body. It is estimated that one third of all amino-acid nitrogen is transported by the blood in the form of glutamine.

The liver and kidneys play key roles in managing this nitrogen containing compound. The liver is able to detoxify the blood by removing excess ammonia from venous blood and converting it to glutamine to keep the blood from becoming toxic. On the other hand, the kidneys are able to make ammonia from glutamine and excrete it as necessary. These functions show the importance of glutamine in the body, and that it helps

regulate the acid/base balance and helps keep blood healthy.

**SLIPPERY ELM** bark contains sticky, smooth, mucilage that is used medicinally to soothe irritated and inflamed surfaces, such as mucous membranes. Slippery Elm is used for many diseases including ulcers, gastritis, colitis, inflammatory bowel problems, gastrointestinal disorders, skin ulcers, cough, fevers, and inflammation. The high fiber mucilage helps normalize intestinal action, decrease gas, absorb

toxins and lower the stomachs acidity, it can be used to relieve both diarrhoea and constipation. Slippery Elm is great when used to soothe a sore throat. The primary constituent is mucilage, which accounts for the demulcent effects.



## STEP 3: PSYLLIUM HUSK

Psyllium husk is a type of soluble, dietary fibre which cannot be absorbed by the small intestine. Several studies suggest psyllium can help reduce cholesterol, relieve both constipation and diarrhea, and treat irritable bowel syndrome, hemorrhoids, and other intestinal problems. Psyllium has also been used to help regulate blood sugar levels in people with diabetes.



## STEP 5: DRY BRUSHING

You can enhance the detoxification process by performing Dry Brushing daily or every 2nd day. Dry Brushing really helps stimulate your lymphatic system and stimulates your immune system – not to mention it is great for increasing circulation to your skin! So how do you do it? Easy.

1. Using a natural bristle brush or loofah (buy from the supermarket or health shop) – do not use Nylon or Synthetic bristles – they will hurt! Best to do this before you shower.

2. Start with light pressure until you're used to the sensation, then move on to firmer strokes. Start at your feet or hands and move toward the centre of your body, your heart to help with the natural flow of your body. Swiftly brush from your feet, up your legs working towards your heart. Do both legs then move to your arms the same

way. When you get to your abdomen, move in a clockwise direction to follow the movement of the colon), then do your chest and neck carefully in circular motions. It's best to avoid your face as most people's facial skin is too sensitive. Brush for about three-to-five minutes until your skin is rosy and slightly tingly. Always shower after you dry brush to wash off the dead skin. NOTE: Avoid on broken or sensitive skin and take care to brush lightly over cellulite areas.

## STEP 4: CLEANSING DRINK

When you wake each morning, have a big glass of pure filtered water with one of the following boosters to help your body's "janitor" finish up the night's detox work.

Wait at least fifteen minutes before having breakfast.

Boosters Include:

- 1 tablespoon raw apple cider vinegar
- Juice from half a lemon
- 1-3 teaspoons vital greens



*To individualise your cleanse and maximise your results over the next 7 days we strongly recommend seeing our Naturopath for a live blood analysis.*

## WELLNESS TIPS

### *“Healthy is a matter of choice, not a mystery of chance.” -Aristotle*

Herein lies the challenge – most of us aren’t always making the greatest choices when it comes to the amount we sleep, the food that we eat and the amount that we move. We all live busy lives so the prospect of making a change can seem a little daunting. The good news is that detoxifying your body needn’t be a complex process. In fact, it’s quite simple when you think about it. Here are the basics:

#### #1: SLEEP

When people embark on a quest to improve their health the first two components addressed are nutrition and exercise, which of course are obvious areas. However one crucial process often ignored is our sleep quality and quantity, improving sleep is without doubt the most underutilised protocol to improve body composition and health. If you are sleep deprived you are going to struggle for motivation to exercise and eat well, your brain function will be compromised due to the offset of your neurotransmitters. When we talk about improving sleep quality and quantity we’re referring to 8-9 hours of uninterrupted deep sleep, having the slightest interruption can impact production of hormones like serotonin, dopamine (your happy hormones) and melatonin (hormone which helps you sleep and relax)

#### Top 4 tips To Improve Sleep:

1. **Reduce High G.I Carbs Before Bed:** If you find you are waking between 10pm – 1am and struggling to fall back to sleep this could be due to the rapid raise in blood sugar, then the rapid drop in blood sugar causing you to wake up and possibly then crave a midnight snack. If you consume grains you may have an allergen to them (gluten) that you are not aware of, this produces cortisol which could wake you.
2. **Set Up The Cave:** Make your room as dark as possible, in particular make sure there is no electrical light including the tiny stand by light on your T.V and especially the alarm clock light right beside your head. Minimize Exposure to Electromagnetic

fields i.e. mobile phones, Ipad’s and even Wi-Fi. EMF have been shown to mess with your sleep, and decrease brain function. A recent study performed on rats found that exposure to a mobile phone decreased melatonin.

3. **Take Uber mag before bed:** Uber Mag is a ‘Yin’ supplement meaning it should be taken in the evening to help wind down, Magnesium and sufficient sleep are vital for brain function. Magnesium is great for brain function and sleep as it regulates serotonin release (helps you sleep) and produces enzymes within brain cells that control cellular and memory functions. Magnesium also calms the sympathetic nervous system and is particularly good for treating insomnia.
4. **If you find you have to hit the snooze button 2 or 3 times in the morning and suffer poor energy speak to our naturopath about your pituitary glands.** When you regenerate your pituitary gland, you improve the body’s ability to make more growth hormone. GH is a fat blasting, lean muscle gaining hormone. It is unlikely you’ll get lean if you are not producing enough GH.



#### #2: EAT ORGANIC, CLEAN FOODS

We recommend eating organic as much as possible, the Northey St Organic Markets are a great place to get your organic produce. Australian produce contains the highest amount of pesticides in the world. Here is a great guide from EWG called the ‘Dirty Dozen’ these are the produce items that contain the highest amount of pesticides and should be organic. It also has a guide called ‘the clean 15’ - if budget is an issue these are the produce items that can be non-organic <http://www.ewg.org/foodnews/summary.php>

It’s important the protein is from quality animal sources...Meaning the animal has had a diet that is natural to them i.e. grass fed cows rather than grain fed. Complete protein is only available from animal sources because they have an amino acid pattern similar to that needed by the body. Plant based proteins are deficient in one or more of the essential amino acids, making them low-quality, incomplete proteins.

Animal protein is needed to maintain and grow muscles and to supply enough amino acids for the liver to do its detoxification process. Without enough protein there’s no complete detox. According to Charles Poliquin, the first 30 grams of protein you eat will be used by the liver. Therefore, if your protein supply is inadequate, your liver may be creating even more toxic components.

We firmly believe that an orange flying from the other side of the world (even if it’s organic) will have minimal amount of nutrients left by the time you buy it in

the store. You'd be better off choosing berries that were picked close and frozen right after picking. This is why we suggest local farmers markets.

### #3: DRINK WATER

Bob Rakowski (one of the world's leading functional medicine doctors) believes the first step to enhancing fat loss is proper hydration. 37ml/kg bodyweight/day is optimal, this will increase when undertaking exercise, as fluid is lost through perspiration

PH pure Hydration Water from Bodyscience is an alkaline water that has a PH of 7.9 and is high in minerals; Magnesium, calcium, sodium, chloride. Alkaline water is one of the effective steps to neutralise acids and remove many of the modern day toxins from the body. We also strongly recommend investing in a good quality filtered water system for your home.

The best fluids to be consumed are filtered water, coconut water, mineral water, green tea and black coffee (if you tolerate coffee morning and pre-workouts are best). Green tea is high in antioxidants and supports detoxification. Stay away from fruit juices! They supply the body with far too much energy at once and have a high glycaemic Index.

Soft drinks are filled with chemicals, high fructose corn syrup and toxic artificial sweeteners. Sports drinks are formulated for elite athletes and should be completely avoided when trying to lose fat, coconut water is a more suitable option, full of natural electrolytes.

### #4: POO

We need to take care of our gut health to eliminate toxin components of the body. Using enzymes, probiotics and fiber helps in this process. If you are only going to the bathroom a few times a week, imagine how many toxins your body reabsorbs from the large intestine during that time?!

### #5: MOVE

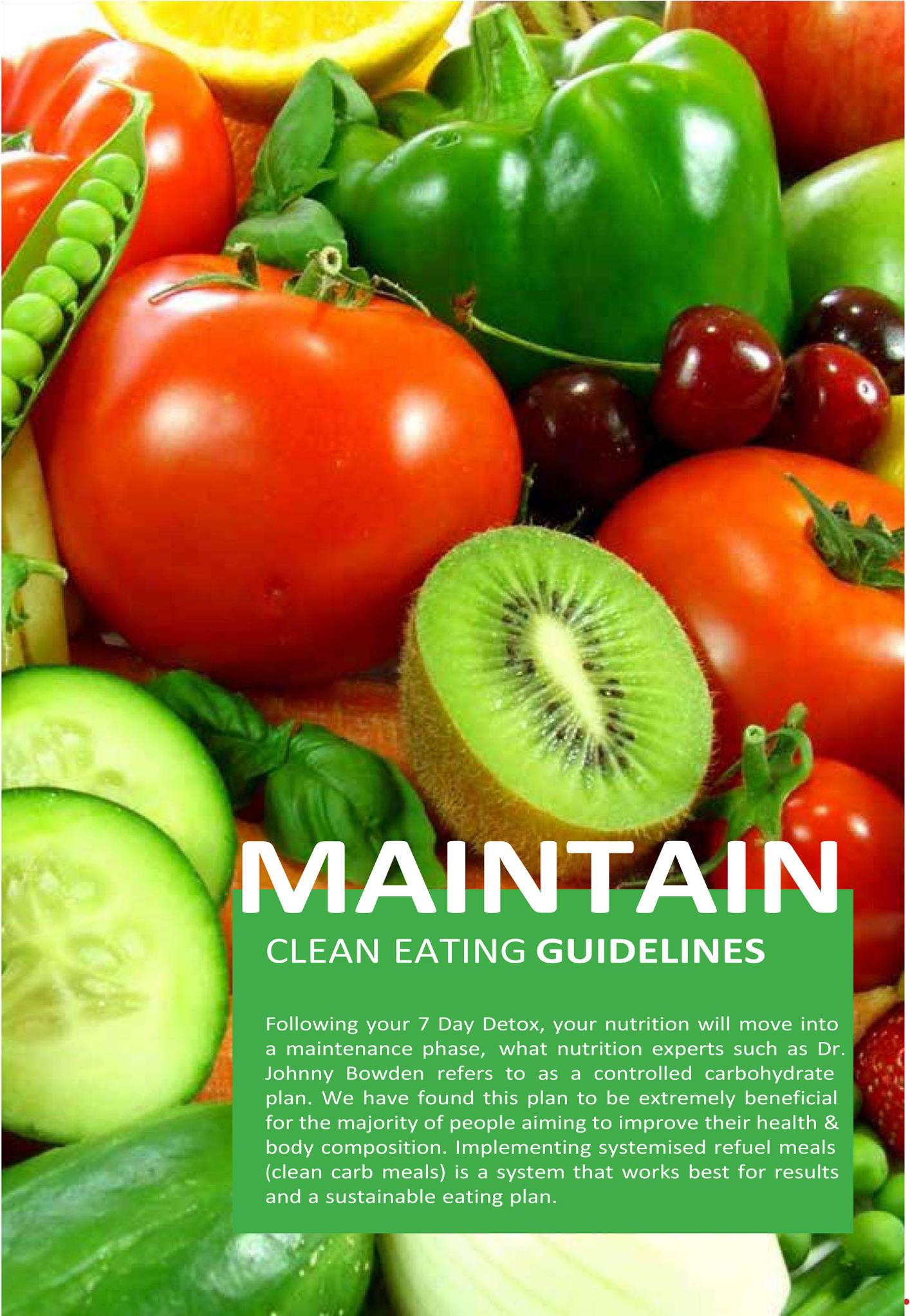
The human body is made to move. We need to strive for a body that's flexible, strong and well-conditioned. To quote Greg Glassman: "Done right fitness provides a great margin of protection against the ravages of time and disease. Fitness is and should be "super-wellness".

What he's saying is sickness, wellness and fitness are measures of the same entity. This means your fitness regime should support health and regulate health markers such as:

- High Blood pressure
- High Body fat
- Poor Bone density
- Triglycerides
- Poor Flexibility
- Poor Muscle Mass

### #6: MINDSET

There is immense power in self-belief - commit to the next 7 days with all that you've got. You do or you don't there's no in-between. No negativity, and certainly no excuses. Jim Britt uses an analogy which is "feed the positive dog, not the negative dog". His point is there is two dogs that live inside of us, if you always feed the negative dog it's going to get big and beat the crap out of the positive dog. What you focus on is what you'll experience, you should put all your mental energy into feeding the positive dog.



# MAINTAIN

## CLEAN EATING GUIDELINES

Following your 7 Day Detox, your nutrition will move into a maintenance phase, what nutrition experts such as Dr. Johnny Bowden refers to as a controlled carbohydrate plan. We have found this plan to be extremely beneficial for the majority of people aiming to improve their health & body composition. Implementing systemised refuel meals (clean carb meals) is a system that works best for results and a sustainable eating plan.

## BEYOND THE DETOX

*Our philosophy here at function well is “you can’t out train a bad diet” and we strongly believe by following a clean diet you will improve every aspect of your life.*

The following pages are designed to give you an overview of a maintenance nutrition plan and why eating this way is beneficial not only to look better but for your overall health.

### MYZONE FOR ACCOUNTABILITY

The key to achieving results is accountability, making fitness a game and rewarding with regular progress feedback and improvement. This is where motivation comes from, when you are motivated you achieve results.

Completing a program like this with friends and fellow members creates an environment that can’t be achieved when completing a fitness endeavour on your own.

### HOW DO WE DO THIS?

To keep a record and track your sessions download the MYZONE Lite App. The app also has a nutrition diary feature. Recording your nutrition intake has never been easier, all you have to do is take a photo of your meal through the app and it gets uploaded straight to your account.



# MAINTENANCE NUTRITION

*Remember: This is an eating plan “for life”*



**CLEAN, PRESERVATIVE FREE AND HEALTHY PRODUCE IS  
THE AIM HERE.**

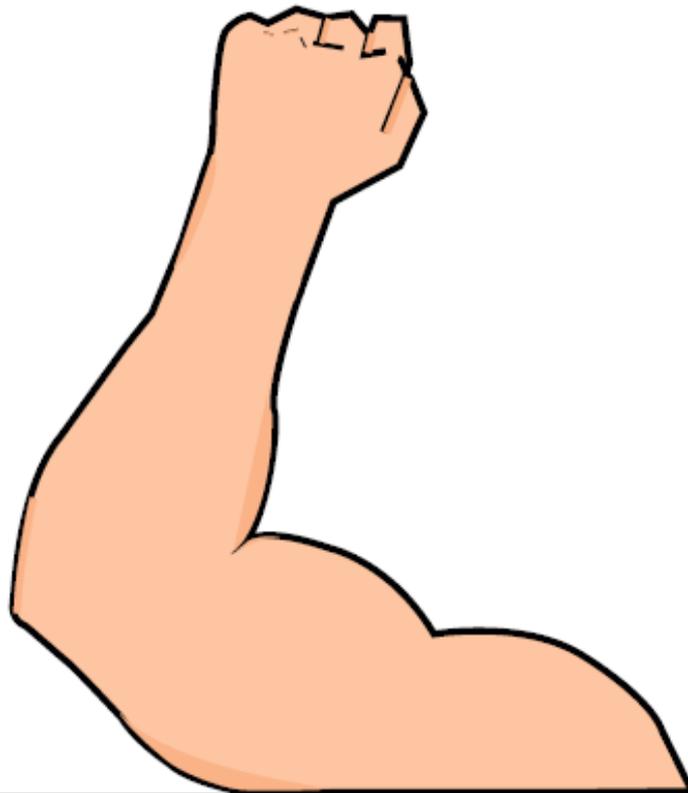
We also want to limit most grains, legumes, and starchy veggies like potatoes. Milk and dairy products should only be consumed ‘sometimes’ and refined sugar other than occasional honey, or any processed foods, are totally out. You want your diet to consist primarily of meat, nuts, vegetables (especially green) & fruit.



## WHATS NEXT?

Below is a guide to eating after the detox, which is based on the three body types and various hormone profiles. If you have a specific health concern or would like to take the guess work out of it, we recommend speaking to our naturopath or one of the coaches who specialise in nutrition.

# INDIVIDUALISING YOUR NUTRITION

**1**

## ESTABLISH ROOT CAUSE

Functional Diagnostic Testing is the best way to establish deficiencies and underlying issues preventing you from being at your best.

## 2

## ADDRESS COMMON DEFICIENCIES

Usually we look at what to take out of our diet, the first place to start is what needs to be put back in?

Address the Most Common First:  
Protein, Omega 3's, H<sub>2</sub>O, Vitamins and Minerals.

PROTEIN



H<sub>2</sub>O



VITAL GREENS



FISH OIL



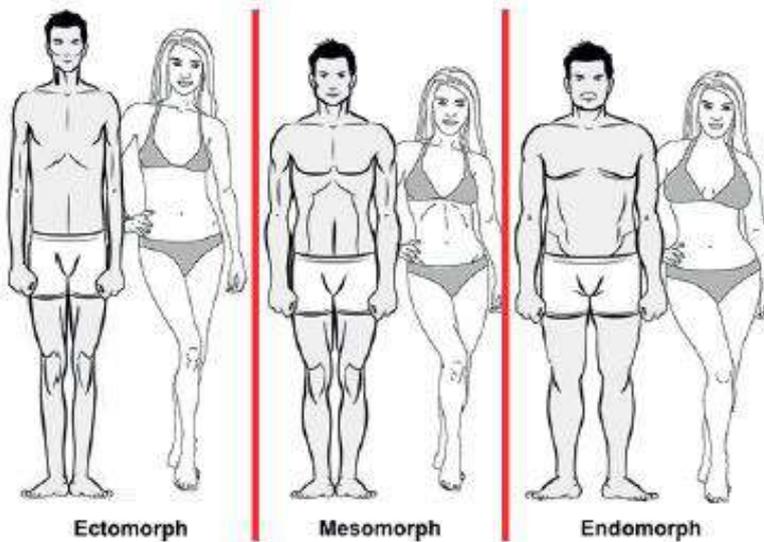
FRUIT  
& VEG



## 3

# EATING FOR YOUR BODY TYPE AND HORMONE PROFILE

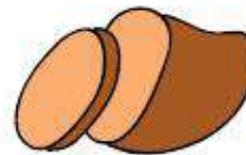
The following guide is based on 3-4 meals a day.



## ECTOMORPH

Have a "fast metabolism" and tolerate carbs well.

**Macro Breakdown: Fat 20%, Protein 25%, Carbs 55%.**



1 palm of protein dense foods

1 fist of vegetables

2 cupped handfuls of carb dense foods

0.5 thumb of fat dense foods



2 palm of protein dense foods

2 fists of vegetables

3 cupped handfuls of carb dense foods

1 thumb of fat dense foods

## MESOMORPH

Athletic frame, higher levels of testosterone and growth hormone making it easier for them to put on muscle and keep body fat down.

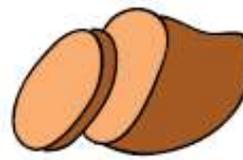
**Macro Breakdown: Fat 30%, Protein 30%, Carbs 40%.**



1 palm of protein dense foods



1 fist of vegetables



1 cupped handfuls of carb dense foods



1 thumb of fat dense foods



2 palms of protein dense foods

2 fists of vegetables

2 cupped handfuls of carb dense foods

2 thumbs of fat dense foods

## ENDOMORPH

Have a "slow metabolism", less athletic frame and struggle to metabolise carbohydrates well.

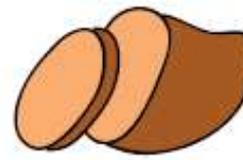
**Macro Breakdown: Fat 40%, Protein 35%, Carbs 25%.**



1 palm of protein dense foods



1 fist of vegetables



0.5 cupped handfuls of carb dense foods



2 thumbs of fat dense foods



2 palms of protein dense foods

2 fists of vegetables

1 cupped handfuls of carb dense foods

3 thumbs of fat dense foods

# 4

## NUTRITION TIMING

Everything should fall into place following the steps above, from here you can fine tune things with strategic nutrient timing.

## 5

## WHAT TO EAT AROUND TRAINING

Pre workout nutrition, is dependent on the time of day you train.



Immediately (within 30mins) post workout consume your post workout shake containing 30-40g of carbs and 1-2 hours later have a meal as outlined above with starchy carbs.



If it is a higher volume/intensity session consume more starchy carbs to your normal baseline meals. Suggest to also take 15 Poliquin BCAA's over the course of your strength sessions.

### How Many Meals?

You are now eating the right foods specific to you in the right quantities. You can spread the meals out over 6 meals or 3, it's a personal preference. Most important thing is to not go hungry.

Visit [www.functionwell.com.au](http://www.functionwell.com.au) for more information.

**function well.**

# SUPPLEMENTS

## SUPPLEMENTATION GUIDELINES

Supplements simply fill in the voids from our busy lives and the way most of our food is processed these days makes supplementation crucial. Unfortunately, modern farming, packaging, processing, toxins, additives, chemicals and transportation depletes and damages our food's nutritional value. This process leads to many issues and, in particular, digestion issues.

When our digestion system is not working optimally the vitamins and minerals from our foods do not get absorbed as effectively. This can lead to your immune system being run down, bad digestion, heartburn, gas, bloating, constipation, fatigue, skin irritations and poor liver function, just to name a few. More specifically, fat loss and muscle development are seriously compromised.

I don't know about you but stress is something I experience often and is an epidemic in our society today. Extreme stress uses up vital nutrients, stresses organs, fattens us, eats away at muscle, ages us and ultimately leads to illness and fatigue. There are many supplements on the market claiming to be the next 'miracle' pill; here at function well we only sell quality supplements that work. Remember supplements are exactly that, they 'supplement' a good diet.

If I was on a deserted island and could only take 2 supplements they would be: Vital greens And Omega – 3 fats.

## IMPORTANT HEALTH SUPPLEMENTS

These supplements should form part of your daily routine, just like brushing your teeth!

### VITAL GREENS

On top of getting lots of green veggies in your diet to maintain a healthy alkaline acidic balance, we can't recommend highly enough supplementing with Vital Greens every day. It is without doubt our most popular supplement because people actually notice a difference when they take it consistently. There are so many reasons to take Vital Greens; it's hard to know where to start. For us this is the biggest bang for your buck supplement and is what we will generally recommend for ALL clients to take before anything else.

Vital greens assists in getting the body alkaline, it is filled with antioxidants to combat oxidative stress, which helps to protect the liver and improves liver function.

Vital Greens is jam packed with:

- Phytonutrients (Are plant based compounds which offer many health benefits through their antioxidant, anti-inflammatory and/or other properties)
- Antioxidants
- Vitamins
- Minerals
- Super foods

Keeping a correct ratio between acid and alkaline foods in your diet is critical to your health and fat loss – if your body is acidic you will struggle to drop body fat. Too much acid in the body is the cause of many types of health problems including fatigue, obesity and then onto much bigger health challenges & disease. The more green foods you have in your diet the more fat you will drop due to the thermogenic effect of these foods.

Vital greens is a detoxifier/cleanser - detoxifying and gently cleansing your colon, liver and working on every single cell in the body. The unique combination of nutrients will help your body progressively eliminate waste which builds up in the bowel and cleanse the liver which is the body's main filter organ.

Recommended Dosage: 2 x Teaspoons Daily, with water.

### OMEGA 3 FISH OIL

Good quality fish oils have benefits to just about every disease known to man. Fish oils are a supplement you can't skimp on. Studies have proven that high concentrations of fish oil can be used to dramatically reduce inflammation, resulting in weight loss, improved blood chemistry and improved overall health. They help to mitigate the insulin response to food. Controlling insulin is very important for fat loss as it is the main fat storage hormone. The more insulin you produce over your life the faster you will age. They promote serotonin production (your feel good neurotransmitter). Taking fish oils will keep your serotonin levels topped up to assist in making better nutrition decisions.

- They turn on the lipolytic genes – which are responsible for burning fat as a fuel. Keep these genes fired up and you'll be burning more fat 24/7
- They reduce arterial stiffness. The more flexible your arteries are, the healthier your heart and circulatory system will be.
- They have been shown to have positive effects on a wide range of diseases and disorders including: heart disease, bipolar disorder, cystic fibrosis, depression, lung diseases, hay fever, stroke, hypertension and rheumatoid arthritis to name but a few.

Recommended Dosage: Capsules 2 x Am, 2 x Pm  
Or 1-2 teaspoons  
per day of fish oil  
liquid

