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Carly Sage, MS, IHP, INHC, FDN-P, AADP  
Clinical Integrative Functional Nutritionist

## TRANSITIONING FROM THE DETOX

### THE 3 PHASES OF A FUNCTIONAL MEDICINE DETOX PROGRAM:

1. **Pre-tox:** preparation phase
2. **De-tox:** reset phase
3. **Post-tox:** transition phase

### CHECK IN WITH YOURSELF POST-DETOX:

- Retake the quiz
- Retake any measurements and photos
- What have I given up that you didn't think you'd be able to?
- Did I cut back or eliminate caffeine?
- Can I keep the daily caffeine out or lowered?
- Am I able to continue with vegetarian based lunches?
- If I could add berries, some almond milk and other healthy additions to shake could I keep it going every morning?
- What else has changed?
- How can I keep this momentum going?
- What have I learned about my body over the past ten days?
- What did I notice or discover about my relationship to food?
- What did I notice about my energy levels?  
What did I notice about how my sleep (amount and quality)?
- How did I effectively handle difficult or challenging moments?
- Which practices did I enjoy the most, and why?
- Which practices do I want to continue, and how will I implement that?
- What do I want for myself going forward?

### HOW TO NOT RE-TOX AFTER THE DE-TOX

- create a daily routine starting with breakfast – eating the same things daily reduces decision fatigue and gets you in a rhythm with healthy eating that can actually to stick to
- Continue to drink shakes for breakfast – liquid before lunch helps digestion and nutrient absorption. A medicinal food powder, such as the DNS, has nutrients and compounds necessary for ongoing liver detox support and daily RDA requirements, no added fillers, nothing artificial, and is non-GMO, allergen free, and organic.
  - Add berries, seeds, flax, other fruit, unsweetened nut milk, and/or frozen spinach for additional fiber, nutrients, anti-oxidants and detox supporting compounds



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- allow yourself one flex meal weekly if you feel it necessary
- mindset – focusing on health and nourishing your body, not deprivation

#### Continue To Avoid:

- Liquid sugar calories such as soda or fruit juice
- All artificial sweeteners.
- All fast food, junk food, artificial, and refined foods.
- Refined grains, flours, and sugar.
- Fried food.
- High toxic load food: not organic – clean 15/dirty dozen, high mercury fish

#### Limit:

- All forms of sugar, foods with added sugars.

***\*Including Sweets Again:** Enjoying an occasional sweet treat can be part of a healthy balanced diet, but we all react different to them. Stick to options like maple syrup, honey, dates, monk fruit extract, yacon syrup, or coconut nectar when sweetening things at home but watch to see if any sweetener triggers an addictive pattern of eating. If so, like some alcoholics or addicts, you may have zero tolerance, in which case I'd encourage you to stay away from any type of sugar or sweetener and get your "sugar" exclusively from whole fresh fruit.*

- Inflammatory beverages: coffee and alcohol. One cup of coffee and one glass of wine or alcohol 3-4 times a week is ok for many but pay attention to how it makes you feel.

#### Enjoy:

- As many non-starchy vegetables as you can, in each meal. Look to fill 75 percent of your plate with non-starchy veggies in multiple colors. Eat the rainbow!
- High-quality protein from grass-fed beef, wild-caught salmon, pasture-raised poultry and eggs, etc.
- Beans and legumes (except peanuts); shoot for lower glycemic options like lentils and black beans.
- Have 1 serving of a healthy fat with each meal, like olive, avocado, or coconut oil.
- *\*After transitioning off of the low-carb way of eating (see below), include*
  - Gluten-free grains (such as quinoa, black rice, and buckwheat) in their whole-kernel form.
  - Nutrient-dense starchy vegetables such as sweet potatoes and winter squash, in moderation.



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- Low-glycemic fruit such as apples, pears, berries, kiwi, or pomegranate, in moderation.

#### **Add in other detox-supporting practices**

- Infrared sauna
- Exercise
- Removing toxic things from personal care routine
- Removing toxic things from home
- Water filters
- Air filters
- Self massage
- Epsom salts baths
- Regular bowel movements
- Regulated and adequate sleep cycle
- mindset

Diet is key ... food first! However, it is essential to include daily movement, reflection/down time, breathing, and meditation exercises to further balance your mind and body.

#### **TRANSITIONING FROM A LOW CARB EATING REGIMEN TO A MODERATE CARB REGIMEN**

The Functional Medicine Detox Protocol is a low carb eating plan. Therapeutic low carb eating programs are good for temporary purposes to boost metabolism, regulate blood sugar and improve mitochondrial function. In general, 4-12 weeks is a good amount of time to be on a low-carb eating plan. This allows enough time to change over red blood cells in body, cells become more insulin sensitive, and mitochondria can work better to fuel our bodies.

#### **Does Low Carb Mean Keto? About Ketogenic Diets:**

Low carb does not automatically mean keto. True Ketogenic diets are research-based, scientifically designed therapeutic interventions for certain medical conditions (neurological conditions, cognitive issues such as with Alzheimer's, insulin resistance, mitochondrial dysfunction, and type 2 diabetes). Carefully formulated ketogenic diets are typically in the range of 70% fat, 20% protein, and 10% carbohydrates and are best administered under the guidance of a nutrition or medical professional. While versions of "keto" are a major trend in the diet world, many are a modified low carbohydrate diet that provide benefits in terms of weight loss. However, they are not best suited for everyone, especially not long term, as they are difficult to adhere to and can have detrimental effects on hormonal balances and



metabolism for some. It is better recommended to transition off of a short term ketogenic diet to a modified **Mito-Keto Eating Plan\***, as outlined by the Institute for Functional Medicine, which can be adhered to as a foundational and sustainable eating lifestyle.

#### **Why Short Term Low Carb Can Be Helpful:**

- The body won't have to metabolize carbohydrates that turn into glucose, which spikes insulin and causes fat storage and inflammation – Cannot burn body fat with high blood sugar/insulin
- Lower carbs = lowered blood sugar to healthy levels = lower insulin levels = able to burn body fat
- Allows the body to access stored body fat and eliminate the toxins being held in fat cells for overall detoxification processes and reducing toxic load in the body

#### **Why Long Term Low Carb Diets May Not Be Suitable For Everyone:**

- The body may begin to lose ability to metabolize carbohydrates
- TSH may rise, lowering thyroid capacity, further hindering metabolism and much more
- Adrenals may produce more cortisol – the body will be in state of fight or flight stress – leading to fat storage over time
- Brain fog- no glucose for brain function (ketones not preferred fuel source)
- Staying in balance, avoiding extremes is best for longevity and a lifelong sustainable way of eating

It is difficult to transition back into lots of carbs all at once – it is better to make it a slower process that is monitored for best results.

#### **How To Transition From Low To Moderate Carbs In 3 Phases:**

1. Add fruit (wild, fresh or frozen organic berries) back in first –phytonutrients, antioxidants, fiber
  - Post workout or in smoothie ½-1 cup
2. Next, add in a root vegetable for lunch: purple or regular sweet potatoes
  - ½ cup at first
  - Transition to 1 cup if weight remains stable
3. If maintaining weight and other symptoms don't return, add GF oats, quinoa, rice, and other gluten free whole (not processed or refined) grains
  - ½ - 1 cup per day

*Option: 1 "flex" meal per week;*



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*Note: gluten free eating is recommended until health is FULLY restored and no sensitivities are detected (in which case an occasional flex meal w/gluten can be ok based on reactions monitored and advice of nutritionist based on health history and other presenting symptoms).*

### **OTHER CONSIDERATIONS:**

Work with a trained functional nutritionist or other functional medicine health professional to address potential reasons that your innate detoxification capacity may be compromised (nutritional factors, other toxic load inputs like mold or heavy metals, genetic variances impacting liver function, poor gut health, microbiome balance, and/or leaky gut, hidden gut infections, food sensitivities or intolerances).

Additional lab testing and nutritional support using food and supplementation, along with health restoration protocols may be helpful to support liver detoxification function and overall health and longevity.

### **ABOUT COMMON FOOD SENSITIVITIES LIKE GLUTEN AND DAIRY:**

Gluten and dairy are by nature inflammatory (dairy may raise your insulin level even if you are not sensitive or allergic), so it is only recommended to have them occasionally, and quality is key (organic). Goat and sheep's milk are often better tolerated and contain different proteins that aren't inflammatory. You can test for food sensitivities or eliminate them and reintroduce one at a time and watch for physical, mental or emotional changes when you eat them.

Food sensitivities are delayed (they appear 2-3 days later), unlike allergies which are immediate. Common food-sensitivity reactions and things to look for as you pay attention to your body are:

- Weight gain
- Resurgence of cravings
- Fluid retention, puffiness
- Nasal congestion
- Headaches
- Brain fog, poor concentration
- Mood problems (depression, anxiety, anger, irritability, etc.)
- Sleep problems
- Joint or muscle aches
- Fatigue

### **DINING OUT FOR SUCCESS**



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Most of us enjoy dining out but get thrown off of our eating routines when we do. It is absolutely possible to eat at restaurants and immerse yourself in enjoyment without being deprived while honoring your way of eating and what keeps your body feeling its best. It is important to establish and maintain your eating lifestyle, be proactive and prioritize your health goals.

There are often ways to navigate a menu without being “a pain”, but don’t feel like you need to be polite if you don’t see options that work for you. Ask for what you need – most restaurants are prepared to accommodate special requests and work with you.

### **Some Tips Include:**

- Be selective. Look at the menu ahead of time and choose establishments that make food to order.
- Be clear about your needs to your server and send back food if it does not meet your request
- Decline bread on the table
- Drink one or two glasses before your meal to reduce your appetite.
- Ask for simple food preparation: grilled protein with steamed or sautéed vegetables drizzled with olive oil and lemon. Use extra virgin olive oil and lemon instead of dressing.
- Skip the starches and ask for double veggies or a salad instead.
- Avoid sauces, dressings, and dips. They are usually laden with hidden sugars, unhealthy oils, gluten, and dairy.
- Combine carbohydrates (except non-starchy veggies) with some fiber, protein, or anti-inflammatory fats (such as extra virgin olive oil, avocado, coconut butter, or nuts) to prevent blood sugar spikes.
- Get fruit for dessert.

### **CONSIDER ADDING OTHER FOUNDATIONAL NUTRITIONAL SUPPLEMENTS**

Nutritional supplements fill the needs gap with deficiencies in our diets in essential nutrients for optimal physical, mental, and emotional function. Many symptoms and conditions can be addressed at the root cause using targeted nutritional therapy.

**Quality is key!** You absolutely get what you pay for with supplements. It is essential to stay away from drugstore brands and opt for pharmaceutical grade, highly tested, third party verified nutraceuticals tested for potency and purity. A basic foundational regimen includes:



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4. **A high-quality multivitamin/mineral.** With active forms of B vitamins (methylfolate, methylcobalamin)
5. **Magnesium glycinate – 100 to 150 mg daily.** Magnesium is needed for more than 300 enzymatic reactions throughout the body and it's especially helpful for the nervous system.
6. **Vitamin D3 – 35 Ius/lb of body weight, daily.** Vitamin D is essential for optimal immune function, hormone function, metabolism. mood, and much more.
7. **Fish oil – EPA/DHA, 2,000 mg daily.** Look for one that is third-party tested for toxins, sustainably sourced, and made from smaller less-toxic fish like sardines and anchovies for brain health, mood disorders, and inflammation.
8. **Digestive Enzymes:**
9. **Probiotics:** that survive the GI tract such as spore-based (ex:MegaSpore Biotic)