**Functional Nutrition Metabolic Detox Q&A**

**1. What is detoxification?**

Detoxification is the elimination of toxins from the body that we are exposed to externally from environmental sources, and internally from products generated by ongoing, normal daily cellular processes. Your liver is the principal player in detoxification, and the products are designed to give this organ, as well as other tissues, nutritional support for optimal detoxification process.

**2. Why do I need a detoxification program?**

Today, we are all exposed to toxins in the foods we eat, the air we breathe, and the water we drink. In addition, we produce toxins within our bodies in the processes of digestion and elimination, combating disease and infection, and dealing with stress. Some people produce additional toxins as the result of food allergy or “sensitivity” reactions. These various internal and external exposures can overburden our detoxification systems. The nutrient composition of the powdered beverage, the encapsulated supplement, and the complementary diet are designed to give your body nutritional support for the detoxification processes. It is important not only to improve your body’s ability to detoxify, but also to take a load off of the detoxification system. The diet can be a critical component in this regard. The goal is a cleansing, regenerating process that nutritionally supports your body’s overburdened or compromised detoxification systems, allowing them to begin functioning more efficiently.

**3. What is the nutritional supplement?**

Targeted nutritional supplements support healthy detoxification. It allows more flexibility in adding some specific nutrients and phytonutrients to your program. Your healthcare practitioner may suggest you use it in conjunction with one of the powdered beverages or alone following the program.

**4. What are the powdered beverage products?**

***The functional medicine detox*** is specifically formulated to supply the carbohydrates, fats, and amino acids from protein needed to support metabolic detoxification. It also supplies the proper amount of protein needed to ensure your body will not break down its own muscle which can happen using juice cleanses and during fasting. It is important to use the full servings as indicated every day, especially those days when food is severely limited.

**5. Is this an appropriate program for children?**

No. This program should not be used for infants or children under the age of 12. The product’s nutritional content is based on adult RDIs, and no testing in children has been performed. However, under the supervision of a healthcare practitioner, the some of the beverages may be appropriate as a meal supplement for children over 12.

**6. Can I follow this diet if I am diabetic or hypoglycemic?**

Probably, but you should make this decision with the guidance of your healthcare practitioner. Discussing integration of the detoxification program into your prescribed dietary program is necessary to avoid upsetting your glucose/insulin balance.

**7. Can I go on this program if I am pregnant or nursing?**

No. None of the products have been tested in these conditions; therefore, this program is not recommended for use at these times.

**8. These products seem expensive. Why is this?**

These products are made from the highest quality ingredients and manufactured with exacting standards. They are also guaranteed for freshness and potency.

**9. How long do I need to remain on this program?**

That really depends on your health goals. Clinical experience suggests that patients usually experience benefit within10 days to 4 weeks of following the program. Together, you and your healthcare practitioner can decide to continue the program as is, or to implement a modified version of the program for a longer period of time.

**10. Should I discontinue prescription medications while on this program?**

No. Your healthcare practitioner should carefully monitor your medications. The decision to change a prescription medication in any way can only be made in conjunction with your healthcare practitioner.

**11. Can I take supplements while on this program?**

These products contain therapeutic levels of carefully selected nutrients. Since some other supplements may contain ingredients that could interfere with the program, we suggest following the recommendations of your healthcare practitioner.

**12. Can I exercise while I'm on this program?**

Yes. However, strenuous or prolonged exercise may be reduced during this program. You can gain benefit from an exercise program as simple as 30 minutes of walking 3-5 times a week. You should follow the advice of your healthcare practitioner. Adequate rest and stress reduction are also important to the success of this program.

**13. Can I substitute other products on this program?**

No. While other “copycat” formulations exist, the formulas are made from an exclusive, patented rice protein concentrate. The ingredients are carefully selected and the formulas scientifically designed to ensure the highest quality products possible. Because the products are unique and supported by years of clinical and research experience, recommendations in this guide apply only to these products.

**14. Do I have to mix the powder with water?**

The powders are designed to be mixed with water. However, your healthcare practitioner may suggest other mixing instructions such as the recipes we have provided.

**15. What is the “grit” in the bottom of the glass of mixed product?**

These products are well blended during manufacturing, but a small amount of mineral remains insoluble in the final powder. It is harmless and well absorbed by the body. As you finish drinking it, stir your beverage briskly to get the insoluble minerals into suspension.

**16. What can I use as a sweetener?**

Stevia is often used as a natural, herbal sweetener that appears to have no negative effects on detoxification. It is many times sweeter than table sugar. Stevia is found in most health food stores and may be used for cooking or added directly to foods. However, if you normally crave sweet foods, you should avoid all sweeteners including Stevia in order to give your taste buds a chance to appreciate naturally sweet foods such as fruits, carrots, tomatoes, etc.

**17. Is it possible to lose weight on this program?**

Yes, especially if you mix your powdered beverage in water and eat the minimum amounts of the other listed foods, while making sure to drink lots of water. Incidentally, edema (water retention) can be a sign that the body needs detoxification. Some individuals may lose 2 to 5 pounds of fluid weight during their first few days on the program. Since these products are not intended to be used as part of a weight loss or weight management program, you should discuss your calorie needs and weight goals with your healthcare practitioner.

**18. Will I be hungry on this program?**

Depending on what weight goals you and your healthcare practitioner decide upon, some caloric restriction may be part of your program. Your healthcare practitioner may also decide to place you on the program without any calorie restrictions. Even on the lower calorie program, many people experience no increase in hunger. If you experience extreme hunger, discuss possible adjustments in your program with your practitioner.

**19. Can I use canned vegetables instead of fresh vegetables with this diet?**

Fresh and frozen vegetables retain more of their vitamins and generally have less added salt. If they are unavailable, purchase canned vegetables without added salt or fat. Canned beans and legumes are generally acceptable.

**20. What is the best way to wash fruits and vegetables to eliminate toxins?**

Washing produce in a dilute solution of dish soap, and rinsing thoroughly, works well for some fruits and vegetables.

**21. I notice there are legumes in this dietary program. My digestive system doesn’t handle legumes very well. What can I do?**

Legumes are desirable because they are high in protein and fiber but low in fat. Here are a few suggestions that may increase your tolerance:

• Increase your intake slowly over the course of 2-3 weeks.

• Try soaking the beans for half an hour before cooking them and discard the water.

• Experiment—you may find that certain legumes work better for you than others (lentils, for example, are often easy for many people to tolerate).

• Try an enzymatic aid that’s taken with the meal. Your healthcare practitioner can recommend an appropriate formula. These aids can be quite helpful; however, some people have found that a larger dose than the one suggested on the package is required. DIGESTIVE ENZYMES is a comprehensive formula available.

**22. Can I use salt while I am on this diet?**

Generally we over-salt our food. We suggest that you use salt sparingly, or not at all. If you have been advised to restrict your salt intake, look for salt-free products whenever you use canned or processed foods in the diet. There are many good salt-free seasonings on the market. Your local health food store offers a variety of these products. Sea salt is generally a healthier option than table salt, but note it does not contain Iodine, a mineral essential for proper thyroid function.

**23. What additional spices or flavorings can I use?**

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of herbs and spices that can add flavor and variety to foods. They have practically no calories can be used in endless combinations. Ask your healthcare practitioner for suggestions or experiment yourself with dry herbs and spices.

**24. What if I need additional fiber?**

On a nutritional program that involves liquid supplementation, some patients may experience a change in bowel habits. Clinical experience has shown that for some people, an additional fiber supplement may reduce symptoms of occasional loose stools or constipation. An oligoantigenic (low-allergy-potential) fiber supplement may be useful in these situations. The National Cancer Institute recommends 20-35 grams of fiber per day.

**25. Can I drink coffee and tea?**

Caffeine has been eliminated from the dietary program as it can have a significant negative effect on detoxification. Decaffeinated coffee still has a small amount of caffeine, so consuming this is a decision best left up to you and your healthcare practitioner. Many herbal teas are naturally decaffeinated and can add variety and flavor to your program.

**26. Could I be allergic or intolerant to this powder product?**

Any nutritional supplement, additive, or food product has the potential to cause an allergic reaction. If you know you are allergic to any of the ingredients contained in any of these products, you should not consume that product.

**27. Can I take these products if I have sensitivity to rice?**

Possibly. The rice protein concentrate in the products has undergone a process to enhance its nutritional properties and remove the most common allergy causing components. The result is a highly nutritious rice protein that many rice-sensitive individuals can tolerate. However, everyone’s level of sensitivity is different. Discuss possible rice sensitivity with your healthcare practitioner before use, and be alert to any symptoms that may arise from this sensitivity.

**28. Can I use this program if I am gluten and dairy sensitive?**

Yes. All the products in the program are designed to be gluten- and dairy-free.

**29. If these beverage powders are my primary source of protein, could I become sensitized to it?**

These products should not result in food intolerance. Due to the very low allergy potential of rice protein concentrate relative to other grain proteins, these products have been well tolerated by individuals who have previously had sensitivity to grain-based proteins.

**30. What should I eat when I've completed the program?**

Once you have reached your health goals, you and your healthcare practitioner should reassess your program and progress. Together you should determine the next step, whether that be taking other supplements, making other dietary changes, or continuing to use these products. A long-term maintenance plan that may include the dietary program recommended in this booklet can help you maintain the health improvements that you’ve made. Carly Sage is available to design a maintenance program based on your metabolic needs and taste preferences.

**31. How often may I use the products and programs?**

You may go on the 7, 14, or 21 day program as often as every few months (7 day) or as needed, if recommended by your health care practitioner.