

PATIENT GUIDE



XYMOGEN®
EXCLUSIVE PROFESSIONAL FORMULAS

PERSONAL PROGRAM NOTES

Patient Name _____ Date _____
 Healthcare Practitioner _____ Phone _____

Instructions

(To be completed by your healthcare practitioner)

Mixing Instructions

- Mix into water only
- Mix into diluted fruit or vegetable juice
- Mix into diluted vegetable juice only
- Mix into full-strength juice
- Mix into diluted rice or soy milk

RECOMMENDED STEP APPROACH

	AMOUNT	FREQUENCY	DURATION
Step 1			
Step 2			
Step 3			
Step 4			

Maintenance _____

Additional Dietary Recommendations _____

Restricted Foods _____

Organic Only Vegetarian

Additional Lifestyle Recommendations _____

Exercise _____

Rest/Relaxation _____

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What is a Functional Food?

There is not a "legal" definition of a functional food. However, the term basically refers to any food or food ingredient that may provide some identified health value to the person using it. The functional food might be a whole food that is fortified, enhanced, or enriched to give it potentially greater health benefit than the nutrients it originally contains.

What is OptiCleanse GHI™?

OptiCleanse GHI™ is a functional food in the form of a powdered drink mix. It is vegetarian, pleasant-tasting, easily digested, and simple to use. OptiCleanse GHI™'s patented formula is based upon rice protein that is fortified with the amino acids threonine and lysine to boost the protein quality. The nutritional value is further enhanced by the addition of other amino acids, vitamins, minerals, bioflavonoids, phytonutrients and antioxidants.

How can drinking OptiCleanse GHI™ benefit me?

Your practitioner has determined that your health issues may be caused by one or more of the following conditions: inflammation, poor gastrointestinal health, poor detoxification or hormonal imbalances. He or she has recommended OptiCleanse GHI™ in conjunction with dietary modifications because its special combination of selected nutrients can improve these conditions by supporting your body's metabolic functions.

Should I expect any adverse side effects while on this program?

Your program should be personally tailored to your individual and unique needs to the extent possible. However, because people are each so unique; they respond differently. It may take a couple of weeks before some people feel better; others may notice immediate lessening of symptoms.

Some individuals may initially experience mild flu-like symptoms such as joint aches, headaches or slight changes in bowel habits. Usually these symptoms are minor and temporary. Symptoms may be a sign that your program needs some adjustment. Therefore, be sure to contact your healthcare practitioner if you experience any unusual or unpleasant side effects.

Who should use OptiCleanse GHI™?

OptiCleanse GHI™ should only be used under the supervision of a licensed healthcare practitioner. Among individuals who may either not be candidates for its use or may need special instructions are those who are on medications, pregnant, breastfeeding, individuals with kidney disease, or not yet an adult.

What if I have more questions?

Refer to the Q & A section in the back of this booklet. If you still have questions ask your healthcare practitioner. Xymogen offers ongoing technical support and education to your practitioner.

LET'S GET STARTED!

This program recommended by your practitioner includes the consumption of OptiCleanse GHI™ along with a modified dietary plan and possibly additional supplementation and lifestyle changes.

In the pages that follow you will find the product label's Nutrition Facts, product mixing suggestions, instructions for each of the three levels of the program, a Modified Elimination Diet, menus, recipes, and a shopping list. We have also included highlights of research findings on many ingredients to give you insight into the comprehensive formulation. As mentioned earlier, there is also a Q & A section.

How to use OptiCleanse GHI™

OptiCleanse GHI™ may be used as part of a meal or as a snack. It may be ample for breakfast for some individuals especially because it contains the equivalent of nearly 4 ounces of protein and 3 grams of fiber. These nutrients will help to keep you from feeling hungry; however you would need to eat extra portions of foods during the day to compensate for the low caloric value of a serving of OptiCleanse GHI™. In fact the calories per serving comprise less than 10% of the average daily calorie requirements for most individuals.

It is recommended that you add unsweetened ingredients to prepare OptiCleanse GHI™. Fruit drinks or fruit cocktail drinks contain added sugar. However, consult your practitioner for specific advice about your carbohydrate requirements and sweeteners. It is preferable to drink OptiCleanse

GHI™ slowly! DO NOT pre-mix OptiCleanse GHI™. Once it is mixed with liquid drink it within 30 minutes for maximum benefit. Discard any unused prepared mixture.

Basic Mixing Instructions, Recipes and Serving Tips

Basic drink: Pour 8-10 ounces of desired or recommended liquid into a glass, shaker bottle or blender jar. If you use water to mix the beverage, use only plain, filtered or distilled. Measure out prescribed portions of the 52-gram scoop provided with the powder. Add powder to liquid and stir briskly, shake or blend until well mixed. Remember to drink the beverage slowly.

Peach Melba GHI™

4-6 oz pure water
 1/4 - 1/2 cup frozen sliced or chunked peaches
 1/4 - 1/2 cup frozen raspberries
 2 scoops OptiCleanse GHI™

Place frozen fruit and water in blender. Add powdered mix. Cover and blend at low and then high speed until smooth.

Pina Colada GHI™

2 ice cubes
 1/3 - 1/2 cup pure cold water
 1/3 cup unsweetened chilled pineapple juice
 1/2 - 1 capful coconut extract
 2 scoops OptiCleanse GHI™

Place ice cubes in blender jar followed by liquids. Add powdered mix. Cover and blend at low and then high speed until smooth.

Orange Cremesicle GHI™

2 ice cubes
1/3 cup unsweetened chilled orange juice
1/3 cup unsweetened chilled rice or soy milk
2 scoops OptiCleanse GHI™

Place ice cubes in blender jar. Add liquids. Add powdered mix. Cover and blend on low and then high speed until smooth.

GHI™ Cocktail

2 ice cubes or 2 oz pure cold water
6 oz of your favorite unsweetened juice (i.e. pineapple, apple)
2 scoops OptiCleanse GHI™

Place ice cubes and juice in blender jar. Add powdered mix. Cover and blend on low and then high until smooth. If using water instead of ice cubes: Place liquids in a shaker cup or tall glass. Add powdered mix. Cover and shake vigorously or stir well with a whisk or spoon.

Yogurt Delite GHI™

1/2 cup or more cut up fresh fruit
1 cup plain soy yogurt
2 Tablespoons pure water or more if needed
2 scoops OptiCleanse GHI™

Place fresh fruit, yogurt and water in blender jar. Add powdered mix. Cover and blend on low and then high until smooth.

Coco-Carob Shake GHI™

2 ice cubes
4-6 oz pure cold water or 3 oz water plus 2-3 oz unsweetened coconut milk (omit extract or reduce amount)
1/2 - 1 capful coconut extract
1 - 2 teaspoons unsweetened carob powder
2 scoops OptiCleanse GHI™
1/2 small banana (not too ripe) or Fructose, Stevia or Splenda™ or other sweetener as per your practitioner's guidelines

Place ice cubes, water or water and coconut milk and or extract in blender jar. If using banana add to jar. Add powdered mix and sweetener if using. Add additional pure cold water if mixture is too thick.

Raspberry Lemonade GHI™

1/3 cup frozen raspberries
1/3 cup frozen or fresh pineapple
2 Tablespoon fresh lemon juice
12 ounces pure water
2 scoops OptiCleanse GHI™

Place fruit and lemon juice in blender jar. Add powdered mix. Cover and blend on low and then high until smooth.

Other Tips:

The taste of OptiCleanse GHI™ was taste-tested by a panel of experts. Nevertheless, individuals preferences vary. Here are some tips to help you adjust the taste to your liking if necessary:

If you find the drink too sweet: add fresh squeezed lemon juice to taste.

If you find the drink too plain: add orange or pineapple juice.

If you find the drink too thin: mix with rice milk and/or half of a small, frozen banana.

If you require more calories or fats: mix with nut milk (almonds, hazelnut, coconut) or add flaxseed, olive, grape seed, or other choice oil in desired amount.

One other tip: If your practitioner has recommended that you use IgG 2000 DF and/or fish oils consider adding them to your drink instead of taking them separately.



LEVEL 1

Modified Elimination Diet (Days 1-7)

A Transitional Modified Elimination Diet (see figure I) is recommended for the first week of the OptiCleanse GHI™ program. The purpose of this diet plan is to minimize withdrawal symptoms sometimes associated with the initial steps of detoxification. General guidelines are given to help you ease into a more stringent Modified Elimination Plan that you will use on Level 2.

A "Step" approach is a good way to introduce OptiCleanse GHI™ to your system and to give your body time to adjust to dietary changes without another variable. The recommended "steps" are below. However, follow the procedure that your practitioner recommends for your particular situation.

On each day use the recommended amounts 1-3 times as directed by your practitioner: Use the 52 gram scoop that accompanies each canister of product.

Day 1	- 1/2 scoop OptiCleanse GHI™ + 2 oz water
Day 2	- 1 scoop OptiCleanse GHI™ + 4 oz water
Day 3-4	- 1 1/2 scoops OptiCleanse GHI™ + 6 oz water or approved juice
Day 5-7	- 2 scoops OptiCleanse GHI™ + 8 oz water or approved juice

Considerations:

- Those consuming significant amounts of simple sugars or caffeinated beverages may experience withdrawal

headaches or discomfort by discontinuing all at once. Gradually decrease these substances during Level 1 so that you can avoid them throughout the program.

- Drink at least 64 ounces of filtered water daily (Eight 8 oz. cups) and get plenty of sleep.

General Guidelines for the Modified Elimination Diet:

1. Try to reduce/eliminate foods containing additives, preservatives, artificial colorings, artificial flavorings and artificial sweeteners.
2. Whenever available, use organic fruits and vegetables in place of commercially grown ones to further reduce toxic load.
3. Whenever available use poultry free of antibiotics/hormones.
4. To minimize inflammation that may result from food allergy/sensitivity and to avoid immune system stimulation, this plan eliminates potentially allergenic substances. These include but may not be limited to: dairy products (except live culture plain, unsweetened yogurt as tolerated) and gluten-containing foods. These are wheat, rye, spelt, kamut, and barley. Oats are permitted as tolerated.
 - If you have already had food allergy testing, use the results to fine-tune your plan.
 - Many individuals are also sensitive to eggs, soy, corn and/or Baker's and/or Brewer's yeast.
 - If you have not had food testing done, work with your practitioner to determine whether and how much of these foods to include.
5. All caffeine-containing beverages and chocolate should be omitted during the Detoxification Program.

6. Red meats (except lamb and buffalo), citrus and the Nightshade family of food that includes white potato, tomato, peppers (excluding black or white pepper), eggplant, chili pepper, and paprika are believed to cause inflammation and have also been excluded.
7. For the most part, try to avoid any sugars except those from natural fruit.
8. Consult the Glycemic Index chart in the Appendix for a list of natural foods that have the least impact upon your blood sugar and insulin levels. (A diet selected from low glycemic index carbohydrates balanced with lean proteins and healthy fats is believed to reduce inflammation.)

Day Rotation Plan in the Appendix.

Considerations:

- As a result of biochemical individuality, some patients may begin to feel better very soon; some others may take a couple weeks. Some patients may initially experience mild flu-like symptoms such as joint aches, headaches or slight changes in bowel habits. These are usually temporary and minor.
- During this level occasionally individuals may experience a downswing in energy. If you notice this you may wish to reduce strenuous physical activity during this time to reduce any stress or added burden that may add to healing time.

LEVEL 2

Detoxification / Biotransformation (Days 8-28)

During Level 2 of Xymogen's OptiCleanse Program, consume one to three servings of OptiCleanse GHI™ and follow the Modified Elimination Diet carefully for optimal results. (See Table 2) Do not eat any of the "Avoid" foods unless specified by your practitioner. Avoiding these potentially allergenic/inflammatory foods during this time is critically important to the success of your individual program. If you have had food allergy/sensitivity testing done it will be necessary to eliminate test-positive foods or follow a Rotation Diet plan if your practitioner suggests. There is a sample Four



MODIFIED ELIMINATION DIET

Food Group	Allowed (*These foods may not be tolerated by some individuals)	Avoid
Meat, Poultry, Fish, Legumes	Poultry, lamb, bison or buffalo, venison, eggs*, all legumes, dried peas and lentils, cold water fish such as salmon, halibut and sardines	Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish
Dairy Products	Unsweetened live-cultured, plain yogurt* or kefir, milk substitutes such as rice milk and unsweetened soy beverages	Milk, buttermilk, cheese, ice cream, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables
Starch	Sweet potato, rice, tapioca, buckwheat, quinoa and gluten free products	All gluten-containing products (e.g. Gluten containing pasta), corn *
Soups	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially-prepared soups or cream soups
Vegetables	All vegetables, preferably organic, fresh, frozen or freshly juiced, esp. cruciferous such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, radishes and watercress	Creamed vegetables, with cheese or butter sauce or in casseroles, nightshades including: tomatoes, potatoes, eggplant, peppers
Beverages	Unsweetened fruit or vegetable juices, (preferably organic), filtered water, caffeine-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, caffeinated herbal teas
Breads, Cereals	Any 100% whole grain made from rice, corn*, oat*, buckwheat, millet, soy*, tapioca, quinoa, arrowroot or gluten-free flour based products	All made from wheat, spelt, kamut, rye, barley, potato, amaranth, gluten containing foods; avoid yeast if sensitive
Fruits	Preferably organic, fresh, unsweetened frozen and/or canned fruits, preferably low glycemic and low mold (see shopping list)	Citrus, strawberries, or sulfite-containing dried fruit, sweetened fruit drinks, or fruitades, jams, jellies, syrups
Fats, Oils, Nuts	<ul style="list-style-type: none"> • Oils: Cold-pressed, unrefined, canola, flax, olive or sunflower • Butters: Ghee, sunflower, flax, pumpkin, squash seed • Salad Dressings: Made from allowed ingredients, preservative/additive free • Nuts: Almonds, pecans, walnuts, macadamias, Brazil, filberts (raw or dry roasted) 	Margarine, shortening, unclarified butter, refined oils, peanuts, salad dressings and spreads, nuts/nut butters prepared with extra fat and/or sugar

Table 2

* Many individuals requiring a gluten free diet may tolerate oats and oat products. Corn has a relatively high glycemic index and is not tolerated by everyone. Use only in small amounts and as tolerated.

SHOPPING LIST

Proteins	Starches	Vegetables	Fruits	Herbs & Spices
Poultry, free range Chicken breast Turkey breast Cornish hen Eggs, organic, if allowed Lamb, loin, round bone <i>Legumes, all varieties, dry or If canned, preferably organic</i> <i>Fat free Refried beans</i> <i>Prepared bean soups</i> <i>From health food store</i> <i>(check for wheat, corn)</i> <i>Fish, mostly rich in</i> <i>Omega 3s</i> <i>Cod</i> <i>Halibut</i> <i>Salmon</i> <i>Sardines</i> <i>Trout</i> Buffalo, Venison, Emu Soy products Tofu Tempeh Soy milk Soy yogurt Soy cheese Rice cheese	Amaranth Arrowroot Brown Rice Rice milk Rice bread Rice pasta Cream of Brown Rice Rice cheese Corn, as allowed Cornmeal Corn pasta Corn tortilla Millet Millet grain Millet flour Puffed millet Oats, as allowed Oat bran Oatmeal Oat flour Oat milk Quinoa Quinoa grain Quinoa flour Quinoa flakes Quinoa/corn pasta, as allowed Rice Basmati Wild rice Tapioca Teff Teff grain Teff flour	All, preferably organic, fresh or frozen Arthichoke Asparagus <i>Broccoli</i> <i>Broccoflower</i> <i>Brussels Sprouts</i> <i>Cabbage, all varieties</i> <i>Cauliflower</i> Celery Cucumber Daikon Endive Escarole Green beans <i>Greens - collards, dandelion, kale, mustard, turnip greens, watercress</i> Jicama <i>Kohlrabi</i> Leeks Lettuce, salad greens: Arugula Chard Chicory Escarole Frizee Leaf Mizuna Radicchio Romaine Okra Onion Parsley Peas, garden Pumpkin <i>Radish</i> Sea vegetables Snow peas Spinach Squash, zucchini, yellow /winter Sugar snap peas Sweet potato Tampala Taro Water chestnuts Wax beans Yams	<i>All, preferably organic, fresh, frozen</i> <i>or canned in own juice, not too ripe</i> Apple Applesauce, natural Apricots Avocado Banana, small Blueberries Cherries <i>Grapes, red</i> <i>Lemon, as allowed</i> <i>Lime, as allowed</i> Mango, small Nectarine <i>Orange, as allowed</i> <i>Orange juice, as allowed</i> Papaya Pear Peach Pineapple juice, not fruit Plums Raspberries <i>Strawberries (organic only)</i> <i>Tangerine, as allowed</i>	<i>Look for fresh or non-irradiated dry</i> Anise Basil Bay leaves Caraway seed Cardamom Celery seed Chives Cinnamon Cloves Cumin Dill Dry mustard <i>Fennel</i> Garlic Ginger Marjoram Nutmeg Onion Parsley <i>Rosemary</i> Sage Saffron Savory Thyme Turmeric
Dairy, if allowed			Oils, Nuts & Seeds	
Organic low fat milk Live culture, organic yogurt Kefir Mozzarella, low fat Ricotta, part skim			<i>Look for cold-pressed, fresh oils;</i> <i>Preferably organic, raw nuts</i> Almonds Almond butter Almond meal Almond milk Almond oil Brazil nuts Coconut, fresh, unsweetened Coconut milk Flax seeds Flax seed meal Flax seed oil Hazelnuts Hazelnut butter Hazelnut milk Hazelnut oil Olives, preferably green Olive oil, extra virgin	Pecans Pine nuts <i>Pumpkin seeds</i> <i>Pumpkin seed oil</i> Macadamia nuts Macadamia nut butter Macadamia nut oil Safflower oil Sesame seeds Sesame seed oil Tahini Sunflower seeds Sunflower seed oil Sunflower seed butter Walnuts Walnut oil
Miscellaneous, if allowed				
Stevia Organic chicken or vegetable broth Soy sauce- wheat-free, non-fermented Vinegar: apple cider, brown rice, wine Spring water Seltzer or unsweetened, flavored water If made with pure water: Pure, freshly squeezed vegetable juice, made from allowed vegetables				

Italicized items may be especially helpful for hormonal issues

SAMPLE MENUS

Following are sample daily menus that exemplify food choices. Neither portions nor number of servings have been specified. The Appendix contains meal plans for various caloric levels if desirable. It is recommended that you work with a Registered Dietitian or healthcare practitioner to individualize your program.

The menus below do not include the OptiCleanse GHI™. **BE SURE TO INCLUDE THE DAILY NUMBER OF SERVINGS RECOMMENDED BY YOUR HEALTHCARE PRACTITIONER.**

Many people choose to make a breakfast shake with the OptiCleanse GHI™. The breakfast menus below may be used as an alternative or in addition to the shake. In most cases, it is not necessary to add more protein to the breakfast meal if the OptiCleanse GHI™ is consumed. Therefore, if included in the menu, you may wish to omit the eggs, tofu, etc. Also, you may wish to incorporate the soy, rice or other milk in the menus into your shake(s). Beverages have not always been specified. Be sure to drink plenty of pure, filtered or distilled water as per your practitioner's advice. Do not get discouraged by the limitations of the Elimination Diet. Remember that for the most part they will be temporary. Most people will find the modifications well worth the "sacrifice"!

DAY 1

Breakfast

Whole Rolled Oats*
Apple
Chopped walnuts
Soy milk

*Tip: Prepare Oats according to package directions. Add chopped apple, walnuts and cinnamon when almost cooked or use as a topping if preferred.

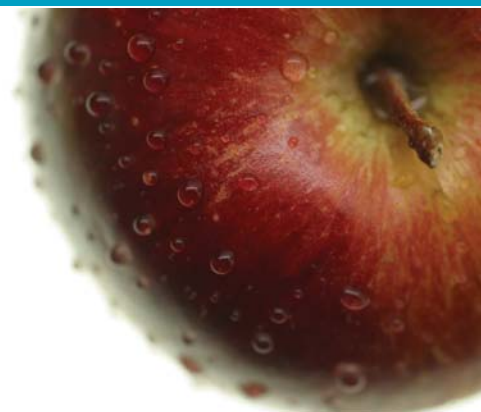
Lunch

Lentil Soup*
Spring Mix with Olive Oil and Vinegar
Fresh Peach Slices, Raspberries, Slivered Almonds

*Tip: Purchase ready-made Lentil Soup in a Health Food store or Health Food section of the supermarkets. These tend to have less sodium than national brands or see recipe below.

Lentil Soup:
1 cup dried lentils, rinsed and sorted
5 cups filtered water
Sea salt
1 tablespoon (or 1 1/2 tablespoons, if desired) olive oil
1 yellow onion, chopped
1 medium carrot, chopped
1-2 celery stalks, chopped
8 oz package of mushrooms, cleaned and sliced
1-2 cloves crushed garlic
1 cup chopped spinach or collard leaves
1 bay leaf
1/2-1 teaspoon dried rosemary

(Continued on the next page)



Wash and drain the lentils. Set aside. Sauté onion, carrots, celery, until onions are translucent. Set aside. Put lentils, water and salt in a pot and bring to a boil. Add vegetable mixture to lentils. Add mushrooms and chopped spinach (or collards) and seasonings. Cover and reduce heat. Simmer 45 - an hour or until lentils and vegetables are tender. Add water if soup looks too thick.

Dinner

Baked Cod with Lemon and Pepper
Steamed Broccoli
Mashed Butternut Squash
Fresh Spinach Salad with Oil and Brown Rice
Vinegar
Kiwi

DAY 2

Breakfast

Toasted Brown Rice Bread*
Almond Butter
Soy Milk
Fresh Apricots**

*Tip: Available in the freezer or on the shelf of a Health Food store or in the Health Food section of the supermarket. A yeast-free version is also on the market.

**Dried, sulfite-free apricots may be substituted

Lunch

Pinto Beans with Brown Rice and Onion*
Celery, Cucumber, Carrot Sticks, Radishes
Yogurt Dip
Grapes

*Tip: For quick preparation use canned, (preferably organic) pinto beans. Drain, reserving the liquid. Rinse beans. Prepare Instant brown rice. Cook frozen, chopped onion or quickly sauté raw, sliced or chopped onion. Combine ingredients. Add small amount of reserved bean liquid or water. Season with cumin or garlic if desired. Heat in covered saucepan or eat cold.

Dinner

Grilled Chicken Breast
Oven Roasted Asparagus*
Baked Sweet Potato
Baby Romaine with Flaxseed Oil/Brown Rice Vinegar
Organic Strawberries, Blueberries, and Banana Slices

*Tip: Preheat oven to 350 degrees. Wash fresh asparagus and break off bottom, woody portion of spears. Pour small amount of olive or sesame oil in roasting (lasagna) pan. Place asparagus in the pan and toss around to coat. Sprinkle with sea salt and/or your favorite seasoning. Roast until desired tenderness (about 10 -15 minutes). Toss asparagus once or twice more during cooking. Do not overcook.

DAY 3

Breakfast

Pecan-Topped Kasha (Buckwheat)*
Fresh Orange or Orange Juice
Soy Milk

Tip: Purchase Cream of Buckwheat Cereal and follow preparation instructions or add 3 tablespoons kasha to 1 1/2 cups of boiling water (add 1/8 teaspoon salt if needed). Simmer for 10 minutes. Top with chopped roasted or raw pecans. Add cinnamon and small amt of soy milk if desired. Makes 1 cup.

Lunch

Navy Bean Soup*
 Spring Mix with Lemon/Oil Salad dressing
 Brown Rice Nut Crackers
 Baked Apple**

*Tip: Purchase canned Navy Bean Soup in the Health Food Store or in the Health Food section of the supermarket or use the following recipe:

1 cup cooked navy beans with liquid or canned, with liquid
 1/2 cup chopped celery
 1/2 cup chopped carrot
 1/2 cup chopped leeks or onion (yellow or green)
 1 teaspoon or more crushed garlic
 2 teaspoons olive oil
 Seasonings according to preference such as:
 oregano, basil, parsley, thyme, bay leaf
 Salt to taste if needed
 1/2 cup cooked brown rice pasta

Sauté vegetables and garlic in olive oil until softened. Add desired dried spices. Stir in beans and liquid. Add pasta. Gently stir and heat through. Makes 1-2 servings.

**Baked Apple: Core a fairly large, cooking apple such as a Rome or Stayman. Cut off a thin slice at the top.

Fill hollow with a mixture of chopped nuts, sulfite-free raisins and cinnamon or ginger. Sprinkle additional spice over top. Place in shallow pan containing small amount of water or pour about 1 or 2 tablespoons of orange juice over apple. Cover and bake in 350 degree oven until apple is soft beneath the skin (time will vary according to number of apples and hardness) baste a couple of times during baking.

Dinner

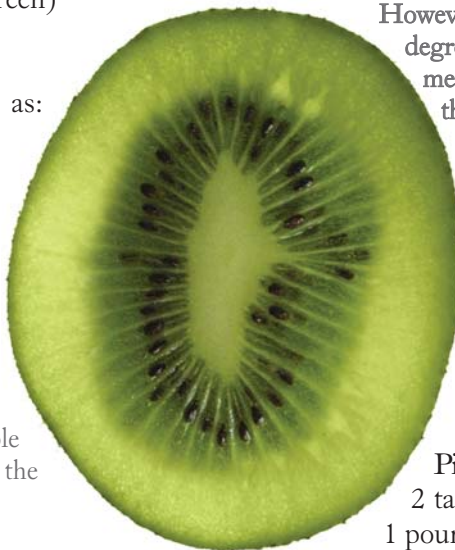
Buffalo Burger with Rice or Soy Cheese*
 Kale, Onions, Carrots and Ginger**
 Oven Roasted Red Potatoes
 Kiwi

*Tip: Both Rice Cheese and Soy Cheese slices (American, Mozzarella, Cheddar) are found in the Health Food stores. If they are not in the supermarket health food section refrigerator, look in the Produce Dept. of the supermarket. Ground Buffalo is sometimes sold fresh in the Meat Dept. or frozen in the Specialty Frozen Food Section of the supermarket. Use it to make a burger the same way that you would use ground beef. It is very lean and will therefore need less cooking than regular beef.

However, like beef be sure to cook it to 160 degrees (not red). The specialty cheese slices melt fairly quickly so don't add them until the burger is just about cooked.

** Kale, Onions, Carrots and Ginger - This recipe used with permission from [Cooking to Your Health](#), by Janie Jacobson. Contact: sweetbabyjamie@yahoo.com

1 tablespoon sesame oil
 2 medium onions, peeled and sliced
 2 medium carrots, peeled or unpeeled as desired, cut into diagonal slices
 Pinch of sea salt
 2 tablespoons grated peeled ginger root
 1 pound kale, thoroughly rinsed and drained



In a large heavy saucepan, heat oil over moderate heat; add onions and sauté for 1 minute. Reduce heat to low, add carrots and salt, and cook covered for 20 minutes. Add ginger root and continue cooking, covered for 5 minutes. Add kale, cover and steam over low heat until kale turns a bright green color, about 7 minutes. Makes 6 servings.

DAY 4

Breakfast

Cream of Brown Rice* with Cinnamon
Sliced Strawberries
Hazelnut Milk*

*Tip: Cream of Brown Rice (a hot cereal) and Hazelnut milk are sold in Health Food stores or in the Health Food section of the supermarket. Prepare the cereal according to directions and add cinnamon if desired. It's good with a small amount of the hazelnut milk (right from the carton) in it too!

Lunch

Skinless Sardines in Olive Oil
Tossed Baby Greens & Artichoke
Hearts with Lemon Juice
Oat Biscuit*
Fresh Pear

*Tip: Oat Biscuits are not available ready-made at this time. However, they are quick to prepare. This recipe used with permission from Higher Choices, Life Enhancing Recipes by Janet Lasky.

2 cups oat flour
1/2 teaspoon sea salt
4 teaspoons baking powder
4 tablespoons unsweetened organic applesauce
2 eggs, preferably organic
1 cup plain rice or soy milk

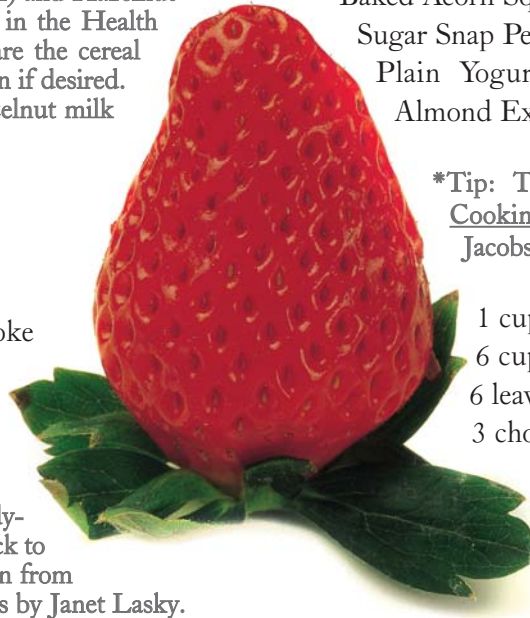
Preheat oven to 425 degrees. Mix dry ingredients. Mix wet ingredients and stir into dry mixture. Spoon batter onto

lightly greased pan either in twelve mounds or bake as a whole piece and cut into serving pieces after baking. Bake 12 minutes or until are lightly browned. Let cool on rack or plate.

Dinner

White Beans & Greens*
Corn/Quinoa Pasta
Baked Acorn Squash with Nutmeg
Sugar Snap Peas
Plain Yogurt with Cherries and (alcohol-free)
Almond Extract

*Tip: This recipe used with permission from Cooking for a Leaner Generation by Janie Jacobson, e mail: sweetbabyjamie@yahoo.com



1 cup dried Great Northern Beans
6 cups water
6 leaves Romaine lettuce or broccoli rabe
3 chopped garlic cloves
2 tablespoons olive oil
Crushed red pepper, to taste
Kosher (or sea) salt, to taste
Freshly ground pepper, to taste

Soak beans overnight. Wash the beans well, removing stones. Cook in a large stock pot with six cups of water. Cook approximately 30 minutes or until the beans are soft. Drain and reserve two cups of bean water.

Blanch the leaves in boiling water for one minute. Drain and chop. In a large saucepan, sauté garlic in olive oil until golden and add crushed pepper. Take off stove. Add chopped lettuce and garlic and season with salt and pepper. Ladle in beans with two cups of bean liquid and cook 10-15 minutes. Serve with cooked Corn/Quinoa or Rice Pasta or Soba noodles. Makes 4 servings.

DAY 5

Breakfast

Blueberry Oat Pancakes*
Flaxseed Oil

*Tip: Oat Flour Pancakes used with permission from the cookbook, Higher Choices, by Janet Lasky.

1 cup oat flour
2 1/2 teaspoons baking powder
1/2 teaspoon sea salt
1 egg
1/2 cup plain soy or rice milk
1/2 cup water
1 tablespoon unsweetened, organic applesauce
1/4 bag frozen organic blueberries

Stir dry ingredients in a large bowl, pressing out lumps. Blend egg, water, soy or rice milk and applesauce and beat well. Add wet ingredients to the dry ingredients and mix well. Drop by tablespoons onto hot, lightly greased pan. Flip when halfway cooked. Spread with teaspoon of flaxseed oil.

Lunch

Tossed Salad with Grilled Chicken Breast
Walnut Oil & Brown Rice Vinegar Dressing
Nectarine

Dinner

Salmon Steak with Rosemary*
Panned Red Cabbage**
Lemon Risotto***
Fresh Grapes

*Tip: To prepare Salmon: Purchase a steak cut about 1" thick. Simply brush steak with 1/2-1 teaspoon of olive oil, sprinkle with a small amount of lemon juice (if tolerated) and place fresh rosemary or sprinkle some dried over top. Either bake in an oiled pan at 375 degrees for about 20-24 minutes or broil (do not turn over) about 10 minutes or until flesh has lightened in color and is cooked through but still very juicy. (Around 145 degrees)

** Shred cabbage into 1/8-1/4 " thick slices. Place small amount of grape seed, sesame or olive oil in skillet. Add cabbage and heat on medium-high, tossing to very lightly coat most of the cabbage. Add enough water or apple juice to prevent burning. Cover, lower heat and let steam until desired tenderness. Season with sea salt and freshly grated black pepper.

*** To make 2 servings of rice: In a 1 quart non-stick saucepan heat onion over medium heat a minute or two until it is tender (stir to prevent it from burning). Stir in 1/2 cup uncooked long grain brown rice, 1-2 tablespoons of fresh lemon juice and salt if desired. Add 1 cup of pure water and bring to a boil. Cover and simmer about 40-50 minutes or until the rice is tender and water is absorbed. Stir in about a teaspoon of dried parsley to enhance appearance.



DAY 6

Breakfast

Rice or Soy "Cheese" Omelet
Toasted Brown Rice Bread
Fresh Blueberries

Lunch

Split Pea Soup
Steamed
Zucchini and
Yellow Squash
Cold Sliced Beets
with Flaxseed Oil
Mango (small)



Dinner

Lamb Chops with Fresh Mint Leaves
Spaghetti Squash topped with Rice Parmesan Cheese*
Steamed Asparagus Spears**
Millet with Mushrooms and Caraway***
Applesauce

*Tip: Look for Rice Parmesan in the refrigerator section in a Health Food store or the Health Food section in a supermarket.

** Try seasoning steamed spears with walnut oil and fresh squeeze of orange or lemon

***For two servings: Before preparing, always rinse grains and remove dirt and hulls. Place 1/4 cup dry millet in a saucepan or skillet over medium heat until it is aromatic and slightly browned. In another saucepan bring 1/2 cup water and pinch of salt to a boil. Carefully add toasted millet, 1/2 cup sliced cooked (or canned, drained and rinsed) mushrooms and small amount of caraway seeds to preference. Cook over medium heat until liquid is absorbed, about 10 minutes.

DAY 7

Breakfast

Quinoa Flakes with Cinnamon, Apple & Walnuts*
Vanilla Rice or Vanilla Soy Milk

*Tip: Quinoa Flakes are for hot cereal. They are usually in Health Food stores or in the Health Food section of supermarkets. Prepare according to box directions. Add cinnamon, fresh, chopped apple and chopped walnuts. Moisten with a small amount of vanilla or soy milk. Add a little stevia if not sweet enough.

Lunch

Stir-fried Vegetables with Tofu*
Brown Rice
Kiwi & Orange Slices (orange as tolerated)

*Tip: Use firm tofu. Wrap in paper towel and place beneath a cutting board or other heavy object to remove some of the moisture. Cut into cubes and use it plain or marinate it in a bowl for at least 15 minutes-1 hour in a mixture of wheat-free, low sodium soy sauce, garlic and ginger. Choose a selection of your favorite vegetables to stir-fry in sesame oil. Toss the tofu into the wok or skillet when most the vegetables are the consistency you prefer (do not overcook them!) Season vegetables with additional spices and soy sauce if desired.

Dinner

Turkey Tenderloins with Parley, Sage, Rosemary & Thyme*
Mashed Sweet Potato**
Garden Peas
Baby Romaine with Grape Seed Oil and Lime Juice
Blueberries Tossed with Vanilla Rice Milk and Unsweetened Shredded Coconut***

*Tip: Place turkey tenderloins or cutlets on a lightly oil cookie sheet or jelly roll pan. Brush top of turkey with oil of choice and sprinkle lightly with a mixture of the spices. In a preheated 350 degree oven bake about 10 minutes or until a meat thermometer inserted in center reads at least 170 degrees and juices are clear.

**Use a leftover or freshly baked sweet potato. Remove skin and mash. Add small amount of orange juice (if tolerated) or vanilla rice milk, or coconut milk if too dry. Season with pumpkin pie spices or just use cinnamon and nutmeg. A teaspoon of flaxseed oil also adds to the flavor.

***Use frozen organic blueberries or berries of choice. Place in small container with lid. Pour cold vanilla rice milk to almost cover berries. Top with a tablespoon of unsweetened shredded coconut. Replace lid, shake and let sit a couple of minutes so that the rice milk slightly freezes around the berries. Put into serving dish and enjoy!

LEVEL 3

Reintroducing Foods after the Modified Elimination Diet & Maintenance

When you have completed the OptiCleanse GHI™ protocol it is important for you to discuss a Maintenance plan with your practitioner. Be sure to discuss any remaining symptoms. Re-evaluate the diet/supplement program that you followed prior to the GHI Program to decide where modification may be needed. Your practitioner may suggest that you continue using a Functional Food called InsuLean™ in order to provide high quality protein and an array of nutrients vital to maintaining healthy blood sugar levels, a healthy gut mucosa, effective liver detoxification function and hormone balance.

You and your practitioner may either decide that you should continue on the Modified Elimination dietary plan or you may both decide to begin to slowly reintroduce foods previously eliminated. If you have multiple food sensitivities, you may need to wait at least three months before reintroducing foods and you may benefit by staying on a Rotation plan.

As your symptoms diminish you will likely begin looking forward to reintroducing many of the foods that you have eliminated. The goal at this level is to eat the healthiest diet possible. The greater the variety of foods consumed, generally the better the diet. However, DO NOT begin to add foods back on your own and DO NOT plan to add them all back at once. Your healthcare practitioner will know when

this is appropriate. Here are the basic guidelines for reintroducing foods:

1. Only return one food to your diet at a time and wait at least two days (or until all symptoms are gone if you react to the food that you add) before trying anything else new. If you do react, or you are not sure whether you reacted, try the same food again.

2. Use an organic source of the food that you are trying to return. In this way a reaction to pesticides or other contaminants will not interfere with your interpretation of whether or not you react.

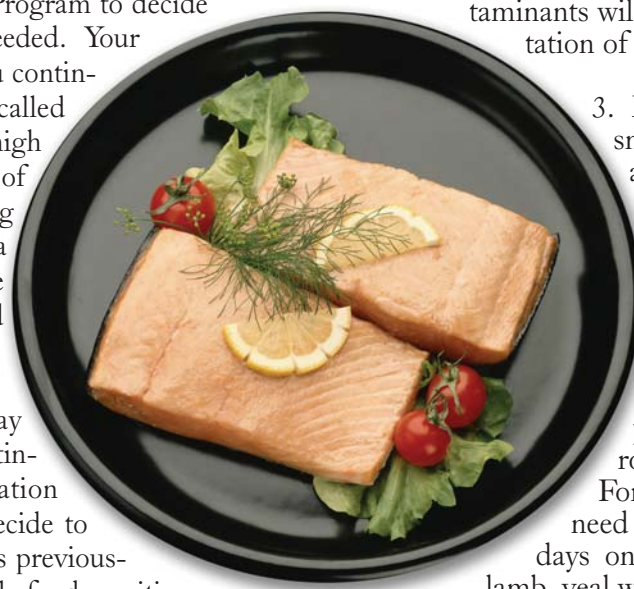
3. In the morning, start with a very small amount of the food that you are adding (e.g. 1/4 cup milk). If you do not notice any symptoms, at lunch increase the portion (e.g. 1/2 cup milk). If you still do not notice any symptoms, consume yet a larger portion at dinner (e.g. 1 cup milk). Even if you do not have symptoms, your practitioner may suggest that you rotate the foods that you add back.

For example, perhaps you would need to consume dairy only every four days on the same day as beef, buffalo, lamb, veal which belong to the same family as

dairy.

4. Keep a Food/Symptom Diary to track your responses. Sometimes food reactions are delayed up to 72 hours from the time the food is consumed and it is easy to forget what you have eaten unless it is written down. Be sure to record everything that you eat and drink for meals and snacks. Include all ingredients in mixed dishes such as casseroles, sandwiches, etc.

5. The symptoms to look for literally range from "head to toe". It is not likely that you will experience classic food



allergy-type reactions such as hives, respiratory distress, or severe diarrhea. When these kinds of skin, respiratory or GI reactions occur within minutes up to about two hours after contact even with a small amount of food the individual has a true "food allergy" rather than "food sensitivity". Examples of sensitivity symptoms are: headache, joint pain, muscle weakness, nasal congestion, fatigue, mood changes, drowsiness, bloat, gas, rash, weight gain.

6. If you react to a food you are trying to re-introduce, your practitioner may want you to wait at least three weeks to possibly three months before adding the food back.

7. If you have EVER experienced an anaphylactic reaction (including throat swelling) to any particular food(s) in your lifetime. DO NOT attempt to re-introduce that food without medical supervision. This type of food allergy is likely to be "fixed". This means that even though you feel that your health is improved as a

result of the OptiCleanse GHI™ program, your immune system may continue to identify this food as antigen (allergen).

Supplement Protocols

In addition to your dietary consumption, depending upon your condition, other high quality Xymogen® supplements may be recommended. For example:

If your major concern was Gastrointestinal your practitioner may recommend you to use MedCaps GI™, to support the integrity and optimal functioning of the lining of your GI tract and to provide nourishment for the healthy flora that reside there. Lacidofil DF™ or Lacidofil Defense DF™, are dairy-free products containing clinically studied, powerful patented probiotics (healthy bacteria).



APPENDIX

Eating Away From Home

If you are packing your suitcase, don't forget to put in a shaker cup with a lid or a battery operated hand mixer for your OptiCleanse GHI™. If you use a shaker cup make sure that it's big enough to hold 2 cups of liquid so you will have room to shake the mix. Remember that the product should not stand for more than 30 minutes once it is mixed so don't make it up ahead of time to take with you if you will be away any longer.

Small zipper lock bags are great for packing two-scoop individual serving-sized amounts of the product. Take as many bagfuls as you will need until you return home. Buy bottled water to mix it with.

OptiCleanse GHI™ is great for breakfast in your hotel room. If you enjoy going out for lunch and dinner meals while away be sure to use OptiCleanse GHI™ as a between-meal or bedtime snack. It is probably best to drink it before a trip to the restaurant than to risk returning too full for any more food.

If your major concern was Hepatic your practitioner may recommend MedCaps DPO™ to provide continued optimization of Phases I and II hepatic function. Xymogen's Liver Protect™ also supports liver function, contains a liver protectant and has antioxidant attributes. Your practitioner may suggest LipotropiX to support bile flow and liver function.

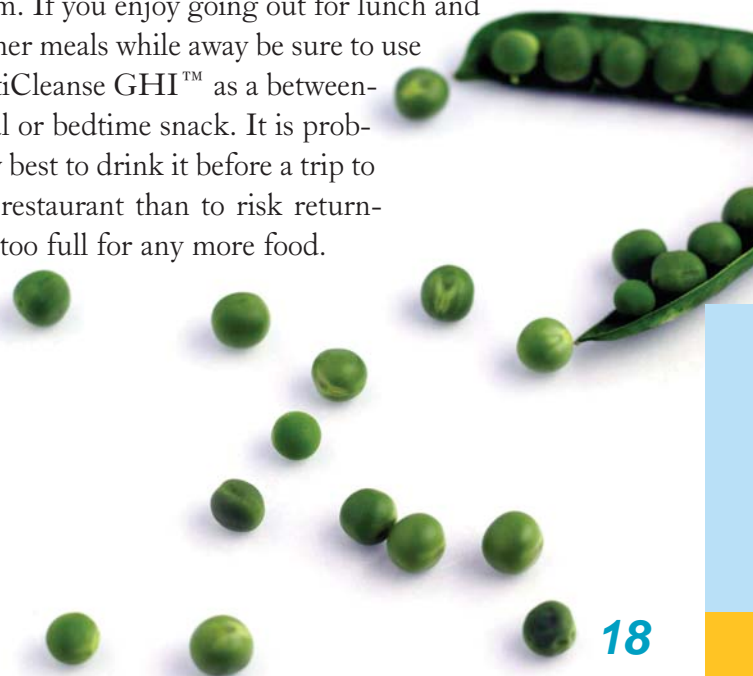
If your major concern was chronic inflammation, your practitioner may recommend Xymogen®'s Saloxicin™, a combination of white willow and boswellia, along with an antioxidant blend that supports your body's own anti-inflammatory mechanism. For a condition such as arthritis the recommendation may include Xymogen®'s Joint RX™ or DJD Factors™.

If your major concern was hormone balance, your practitioner may recommend one or more Xymogen® products that contain unique blends of vitamins, minerals and herbs that support hormone metabolism in the liver and the adrenal glands.

If your major concern was cognitive/neurological, your practitioner may recommend Xymogen®'s Qec 100™, a superior oil based CoQ 10 with Vitamin E; Mood Food™, a combination of nutrients that function as neurotransmitters and support the overall nervous system and a healthy mood; MemorAll™, a unique combination of nutrients and botanicals that provides optimum cognitive function and memory enhancement; or PhosphaLine™, a 100% pure Phosphatidylcholine.

Xymogen®'s selection of Third Party assayed, OmegaPure™ fish oils may be an appropriate addition to any of these maintenance protocols.

Be sure to discuss with your practitioner any symptoms that might remain after the OptiCleanse GHI protocol so that together you can find the most suitable product(s) for your longer-term needs.



Q&A

1 How will following the diet plan in this guide help me?

Your healthcare practitioner believes that some of your health conditions are associated with inflammation (sometimes allergy-related) and/or poor gastrointestinal health and/or the need for detoxification support. The Modified Elimination Diet presented in this guide combined with OptiCleanse GHI™ provides nutritional support for patients with these needs.

2 What if I am already following a diet for my diabetes?

Be sure to discuss this with your healthcare practitioner, especially if you are on insulin. The plan encourages foods with a Low Glycemic Index. Therefore, it should be easy to fit them into your current plan.

The ratio per serving of Protein (26 grams) to the Carbohydrate (10 grams), in addition to the Fat (3 grams) and Fiber (3 grams) contents make the OptiCleanse GHI™ a suitable addition to most diabetic plans. The product may be substituted for 3 Very Lean Meat Exchanges and 1 Non-Fat Milk Exchange or approximately 3.5 Very Lean Meat Exchanges and 2/3 Fruit Exchange. If you are Carbohydrate Counting you will need to just count it as 10 grams.

3 Is this diet ok to use if I am pregnant or nursing?

No, OptiCleanse GHI™ has not been clinically tested under these conditions.

The restrictions of the dietary plan may not be suitable for these conditions either.

4 May I use this product and dietary plan for my child?

No. The contents of this product have been based upon adult guidelines and it has not been clinically tested in children. Under proper medical supervision with a modification of the amount of product used and special attention to food selection, it may be suitable for a child. However, **do not** attempt to use this product for your child on your own.

5 Should I continue to take all of my supplements while I follow this program?

Follow your healthcare practitioner's recommendations. OptiCleanse GHI™ has been carefully formulated with specific levels of selected nutrients to support its intended use. Furthermore, you may be sensitive or allergic to ingredients contained in your current supplements.

6 Should I continue to take my prescription medications while I follow this program?

Do Not Discontinue your prescribed medications without discussing this with your healthcare practitioner. OptiCleanse GHI™ supports detoxification and is therefore likely to have an effect upon blood levels of your medications.

7 Can I use OptiCleanse GHI™ as my sole source of food?

OptiCleanse GHI™ was not intended to be used in this way. However, under close medical supervision for a short period of time your practitioner may choose to have you use just the beverage. It contains very high quality protein and a wide array of vitamins, minerals and other ingredients despite a low caloric content. Do not try this on your own.

8 Is it possible to become sensitive to OptiCleanse GHI™?

OptiCleanse GHI™ is free of major potential allergens. The rice protein is tolerated by most individuals. Although sensitivity is unlikely, because of each person's uniqueness, as with any food, it is possible for sensitization to occur.

9 Can I add IgG 2000 DF™ powder or Omega Pure EC™ fish oils to my OptiCleanse GHI™ beverage?

Yes, if your practitioner has recommended either or both of these products they may be added directly into the shake as you mix it. Squeeze the fish oil out of the soft gels.

10 Does OptiCleanse GHI™ contain any stimulants or caffeine?

No, it does not contain either.

11 Can I use the dietary guidelines with a different Functional Food?

The Modified Elimination Diet is also appropriate for use with OptiCleanse Plus™. For certain conditions, your practitioner may recommend using a Modified Elimination Diet with InsuLean™. If your practitioner assesses the need for GI support, Detoxification Support or support to decrease inflammation, then OptiCleanse GHI™ is the product of choice.



ROTATION DIET PLAN

A rotation diet is a plan in which foods in the same botanical family are consumed on a given day and then not repeated for a minimum of three consecutive days. Most rotation plans are four-day cycles although some extend to seven days. Below is a sample Rotation Diet. Most of the grains belong to the Grass Family. However, to increase the variety of foods available to choose from each day, the members of this family have been separated. If an individual is highly sensitive to the Grass Family, it may be best to group them together on the same day again. Neither quinoa nor buckwheat belong to the Grass family.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
PROTEINS	Chicken Eggs Sardines Herring Tuna	Buffalo Lamb Cod Haddock Pollack	Turkey Flounder Halibut Sole	Salmon Legumes: all e.g. soybeans kidney, pinto, Great Northern, black-eyed peas Trout
VEGETABLES	Squash - all summer and winter Okra	Broccoli, cauliflower, kale, collards, mus- tard greens, turnips, turnip greens, radish- es, Brussels sprouts, watercress Onion, Leeks, scal- lions, asparagus	Lettuce - all kinds Carrots, celery, pars- ley, parsnip Spinach	Peas-all kinds, green beans, wax beans, sugar snap, snow, etc Sweet potato
FRUITS	Apricot, peach, cher- ries, plum, nectarine Strawberries, rasp- berries, blackberries	Apple, pear Pineapple juice Avocado	Mango Blueberries, cranber- ries Papaya	Lemon, lime, orange, tangerine Grapes
STARCHES* (gluten omitted)	Rice	Oats Millet	Corn Quinoa	Buckwheat Teff
FAT ANDS MISC.	Almonds Pumpkin seeds, Pine nuts	Basil, marjoram, oregano, rosemary, sage, thyme, savory, peppermint Bay leaf, cinnamon Macadamia nuts	Dill, caraway, fennel, cumin, anise Walnuts, pecans Flaxseed	Peanuts, peanut but- ter Hazelnuts Olives, Olive oil

LOW GLYCEMIC DIETARY GUIDELINES

Protein (unprocessed)	Svg Size
Eggs - Whole	2
Eggs - White plus one whole	3
Egg substitute	2/3 cup
Fish - Fresh	3 oz.
Fish - Canned in water	2/3 cup
Chicken - Breast Only, skinless	3 oz.
Turkey, breast only, skinless	3 oz.
Lamb - leg or lean roast	3 oz.
Venison	3 oz.
Elk	3 oz.
Buffalo	4 oz.
Tofu - Fresh	1 cup
Tofu - Baked	3.5 oz.
Tempeh	3 oz.
Soy Burger	3 oz.
Cottage Cheese - Nonfat or lowfat	3/4 cup
Ricotta - Part skim or nonfat	1/2 cup
Mozzarella - part skim or nonfat	2 oz
Parmesan cheese - grated 1/2 svg	2 tblsp
Oils/Fats (pref. cold-pressed, fresh)	Svg Size
Flaxseed, walnut, grapeseed oil	1 tsp
Olive Oil - Extra Virgin, cold pressed	1 tsp
Mayonnaise w/ canola oil	1 tsp
Tofu Mayonnaise	1 Tbsp
Olives - Black or green	8-10 med.
Avocado	1/8
Legumes,(pref.-dried, cooked)	Svg Size
Peas	1/2 cup
Lentils	1/2 cup
Beans - most varieties, cooked	1/2 cup
Hummus	1/4 cup
Bean soups	3/4 cup
Nuts/Seeds (pref. raw or dry roasted)	Svg Size
Almonds, hazelnuts or macadamias	10 to 12
Walnuts or Pecans	7 to 8

Peanuts	18 or 2 T
Pistachios	2 tblsp
Sunflower, Pumpkin or sesame seeds	2 tblsp
Nut Butter (made from above nuts)	1 Tblsp
Dairy (pref. organic)	Svg Size
Yogurt - Lowfat plain	4 oz
Yogurt - Fat-free or nonfat plain	6 oz.
Milk - 1 or 2 percent	6 oz.
Soy milk, unsweetened	6 oz.
Buttermilk	6 oz.
Beverages	Svg Size
Tea - Herbal, decaf or green	Unlimited
Coffee - Decaf	Unlimited
Water - plain, flavored or sparkling	Unlimited
Condiments (plain)	Svg Size
Spices	Unlimited
Herbs	Unlimited
Veggies (pref. organic, fresh, frozen)	Svg Size
Asparagus	Unlimited
Artichokes	Unlimited
Bamboo shoots	Unlimited
Bean sprouts	Unlimited
Peppers - Bell or others	Unlimited
Broccoli, Broccoflower	Unlimited
Brussels sprouts	Unlimited
Cauliflower	Unlimited
Celery	Unlimited
Chives, Onions, Leeks, Garlic	Unlimited
Cucumber or dill pickles (high sodium)	Unlimited
Cabbage (all varieties, unsweetened)	Unlimited
Eggplant	Unlimited
Green Beans	Unlimited
Greens (all varieties)	Unlimited
Lettuce (all varieties; limit iceberg)	Unlimited
Mushrooms	Unlimited
Okra	Unlimited

LOW GLYCEMIC DIETARY GUIDELINES

Veggies (continued)	Svg Size
Radishes	Unlimited
Snow Peas	Unlimited
Sprouts	Unlimited
Tomatoes	Unlimited
Water Chestnuts	Unlimited
Zucchini (yellow, summer, spaghetti)	Unlimited
Salsa (sugar free)	Unlimited
Sea Vegetables (kelp)	Unlimited
Beets	1/2 cup
Winter Squash	1/2 cup
Sweet Potatoes baked or steamed	1/2 med.
Yams baked or steamed	1/2 med.
Carrots cooked	1/2 cup
Carrots raw	2 med
Carrots - baby	12
Fruits (pref. Organic, fresh)	Svg Size
Apple	1 med.
Apricot, fresh or dried	3 med
Blackberries and Blueberries	1 cup
Raspberries and Strawberries	1-1/2 cups
Cherries	15
Figs - Fresh only	2
Grapes	15
Grapefruit, whole	1
Melon - honeydew	1/4 small
Nectarine	2 small
Orange	1 large
Peach	2 small
Pear	1 med.
Plum or tangerine	2 small
Whole Grains (pref. organic)	Svg Size
Amaranth, Teff, quinoa	1/2 cup
Basmati or other brown rice, wild rice	1/2 cup
Barley, buckwheat groats or millet	1/2 cup
Bulgur (cracked wheat)	1/2 cup
Grape Nuts Cereal	1/4 cup
Whole oats - raw	1/3 cup

Oatmeal, cooked (not instant)	3/4 cup
Pasta - Whole wheat, spelt, kamut	1/2 cup
Crackers - Whole grain rye(i.e. WASA)	3
Bread - Whole-grains or 100% rye	1 slice
Tortilla or Pita - Whole-wheat	1/2 piece
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CALORIE CHART

Sample plans below favor a relatively higher protein and lower carbohydrate intake. To increase carbohydrates for each ounce of protein consider substituting 1 serving grain or 1 serving legumes and removing 1 fat to balance calories.

CALORIES	1400	1600	1800	2000	2200	2400
PROTEIN*	10 oz	11 oz	13 oz	14 oz	14 oz	15 oz
FATS/OILS	4	4	6	6	7	7
LEGUMES	1	2	2	2	2	2
NUTS/SEEDS	1	1	1	1.5	2	2
DAIRY	1	1	1	1	1.5	2
VEGGIES 1	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED
VEGGIES 2	1	1	1	2	2	2
FRUITS	2	2	2	2	3	3
GRAINS	1	1	1	2	2	3

* Calculated based upon figures for lean protein (Per oz: 0 carbs, 7 gm protein, 3 gm fat, 55 cal)

InsuLean™: Substitute 2 scoops for 3 oz. protein + 1 serving grain

OptiCleanse Plus™: Substitute 2 scoops for 3 oz. protein + 0.5 legumes + 1 fruit

OptiCleanse GHI™: Substitute 2 scoops for 3.5 oz. protein



FOOD/SYMPTOM DIARY

DATE	FOOD	SYMPTOMS

FOOD/SYMPTOM DIARY

<p>DATE</p>	<p>FOOD</p>	<p>SYMPTOMS</p>
<p>DATE</p>	<p>FOOD</p>	<p>SYMPTOMS</p>
<p>DATE</p>	<p>FOOD</p>	<p>SYMPTOMS</p>
<p>DATE</p>	<p>FOOD</p>	<p>SYMPTOMS</p>
<p>DATE</p>	<p>FOOD</p>	<p>SYMPTOMS</p>

Research Findings

Inhibitors of Phase I Metabolic Pathways of the Liver

Ellagic Acid	<p>"...ellagic acid inhibits the cytochrome P4501A1-dependent activation of polycyclic aromatic hydrocarbon carcinogens, binds to and detoxifies... benzo(a)pyrene... and binds to DNA preventing the formation of O6-methylguanine adducts by methylating carcinogens." "...total P450 content decreased by up to 25%..."</p> <p style="text-align: right;"><i>Carcinogenesis; 1994, Vol 15</i></p>
Watercress	<p>"Watercress may have exceptionally good anticarcinogenic potential, as it combines a potent inhibitor of phase I enzymes (PEITC) with at least three inducers of phase II enzymes (PEITC, 7-methylsulfinylheptyl ITC and 8-methylsulfinyloctyl ITC.)"</p> <p style="text-align: right;"><i>Carcinogenesis; 2000, Vol.21</i></p>
Green Tea Catechins (EGCG)	<p>"Green tea exhibits...reduced carcinogen activation and formation as well as increased carcinogen detoxification and DNA binding..."</p> <p style="text-align: right;"><i>Nutrition; 2000 Jul-Aug;16</i></p>
Silymarin	<p>"Studies in patients with liver disease have shown that silymarin increases superoxide dismutase (SOD) activity of lymphocytes and erythrocytes, as well as the expression of SOD in lymphocytes. Silymarin has also been shown to increase patient serum levels of glutathione and glutathione peroxidase."</p> <p style="text-align: right;"><i>Biodrugs; 2001</i></p>

Upregulation of Phase II Metabolic Pathways of the Liver

Glutathione Conjugation

NAC Glutathione Ellagic Acid Watercress Silymarin	<p>"As a source of SH groups, NAC can stimulate GSH synthesis, enhance glutathione-S-transferase activity, promote detoxification, and act directly on reactive oxidant radicals."</p> <p style="text-align: right;"><i>Altern Med Rev. 1998 Apr;3(2)</i></p>
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Sulfation

Sodium Sulfate MSM Cysteine Alpha Lipoic Acid	<p>"...the extent of sulfate conjugate formation and the metabolic clearance of drugs subject to conjugation with sulfate depend therefore on the dose, the dosage form, the route of administration, and the rate and duration of administration as well as on the pharmacokinetic parameters of competing processes."</p> <p style="text-align: right;"><i>Fed Proc. 1986 Jul;45(8)</i></p>
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Amino Acid Conjugation

Glycine	<p>"Low dietary intake of lipotropes, choline, methionine, glycine, folate, vitamin B12, B6, polyunsaturated fatty acids and phosphates, which are essential for microsomal metabolism detoxication of xenobiotic chemicals, is associated with carcinogenesis."</p> <p style="text-align: right;"><i>Indian J Exp Biol. 1999 Feb;37(2)</i></p>
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Glucuronidation

Preventium Artichoke Leaf	<p>"the potent beta-glucuronidase inhibitor D-glucaro-1,4-lactone (1,4-GL)... increases detoxification of carcinogens and tumor promoters/progressors by inhibiting beta-glucuronidase and preventing hydrolysis of their glucuronides. ... its precursors, such as potassium hydrogen D-glucarate and calcium D-glucarate, may exert their anticancer action, in part, through alterations in steroidogenesis..."</p> <p style="text-align: right;"><i>Cancer Detect Prev. 1997;21(2)</i></p>
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Acetylation

Pantothenic Acid Magnesium Vitamin B6	<p>"Acetylation requires pantothenic acid to function. It is the chief degradation pathway for compounds containing aromatic amines such as histamine, serotonin, PABA, P-amino salicylic acid, aniline and procaine amide. It is also a pathway for sulphur amides, aliphatic amines and complex hydrazines."</p> <p style="text-align: right;"><i>Modern Nutrition in Health and Disease; 1999, 9th Ed.</i></p>
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Methylation

Folate Vitamin B12	<p>"Folate deficiency also is associated with increased carcinogenesis, an effect that may be mediated through participation in methylation..."</p> <p style="text-align: right;"><i>Am J Clin Nutr. 1995 Mar;61</i></p>
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Nutrition Facts

Nutrition Facts

Serving Size: 2 Scoops (52 g)
 Servings Per Container: 14

Amount Per Serving

Calories 171 **Calories from Fat 27**

	Amount		%Daily Value*		
Total Fat	3 g		5%		
Saturated Fat	1 g		5%		
Cholesterol	0 mg		0%		
Sodium	56 mg		2%		
Potassium	425 mg		12%		
Total Carbohydrates	10 g		3%		
Dietary Fiber	3 g		12%		
Sugars	5 g				
Protein	26 g		52%		
Vitamin A (as Mixed Carotenoids)	2500 IU	50%	Pantothenic Acid (as D-Calcium Pantothenate)	35 mg	350%
Vitamin C (as sodium ascorbate)	250 mg	417%	Phosphorus (as dipotassium phosphate, monopotassium phosphate)	200 mg	20%
Calcium (as calcium citrate)	300 mg	30%	Iodine (as potassium iodide)	60 mcg	40%
Vitamin D (as cholecalciferol)	100 IU	25%	Magnesium (as magnesium citrate and magnesium malate)	250 mg	63%
Vitamin E (as d-alpha tocopherol acetate)	125 IU	417%	Zinc (as zinc aspartate)	10 mg	67%
Thiamin (as thiamin HCl)	15 mg	1000%	Selenium (as selenomethionine)	100 mcg	143%
Riboflavin (as riboflavin 5' phosphate)	5 mg	294%	Manganese (as manganese gluconate)	2 mg	100%
Niacin (as niacinamide)	200 mg	1000%	Chromium (as chromium aspartate)	60 mcg	50%
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%	Molybdenum (as molybdenum amino acid chelate)	30 mcg	40%
Folic Acid (as folic acid and calcium folinate)	400 mcg	100%			
Vitamin B12 (as methylcobalamin)	50 mcg	833%			
Biotin	150 mcg	50%			
L-Glycine	1500 mg	**	Methylsulfonylmethane	120 mg	**
Lysine	500 mg	**	Alpha Lipoic Acid	100 mg	**
Betaine (as Trimethylglycine)	250 mg	**	Sodium Sulfate	100 mg	**
L-Glutamine	1200 mg	**	Watercress herb powder	100 mg	**
Hesperidin	250 mg	**	Ellagic acid (as pomegranate extract)	100 mg	**
Quercetin	250 mg	**	Choline (as choline bitartrate)	100 mg	**
Rutin	200 mg	**	Green tea extract (60% catechins)	55 mg	**
Curcumin	200 mg	**	Preventium® (as potassium d-glucarate)	250 mg	**
Taurine	175 mg	**	Aminogen®	300 mg	**
N-acetyl-cysteine	150 mg	**	L-threonine	35 mg	**
Ginger root powder	150 mg	**			

* Percent Daily Values are based on a 2,000 calorie diet.
 ** Daily value not established.

Other Ingredients: Rice protein concentrate, rice syrup solids, flax seed powder (Lignamax®), kiwi extract, natural flavors, olive oil, xanthan gum, stevia leaf extract.



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