

# Wellness Boost Guidebook

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# Welcome to your Wellness Boost!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve greater energy, improved digestion, and reduce brain fog. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for greater wellness

We are all so busy and typically do not take the time to be intentional about the foods we eat and practices we do that move the needle for our health. We get into a rut with our weekly meals and our schedules and that often results in symptoms that we chalk up to being normal as we age.

However, when you take time to be intentional by removing certain inflammatory foods while also including certain foods that reduce inflammation and doing daily practices that influence health, you experience improved symptoms and feel better in your body. Every time I feel like I need a boost to revitalize myself, this is the program I follow and it works.

Even those who have a super clean diet and lifestyle benefit greatly from a seasonal “tune-up” because of modern day stressors and toxins we cannot always control. So no matter what your current lifestyle, health level, diet, or energy level, taking time to focus on anti-inflammatory foods and daily health promoting practices can be a great way to nurture your own health.

Many of us set aside time to seasonally clean our homes, our yards, and our automobiles, yet the body is often forgotten. This is a wonderful opportunity to support your body so it may function at its full potential.

I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues and weak immune systems. These are your body's cries for help! It is asking for a time to rest, rejuvenate, and be intentionally nurtured.

Taking time out to focus on your food and daily lifestyle practices can result in you feeling much better in your body and showing up as your best self.

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Disclaimer: The contents of this booklet are based on the knowledge, opinions, and experience of Kim Blair, unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Kim Blair encourages you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.



# Why Should You Give Your Body a Boost?

People are typically very busy and get into a rut with habits and food and don't take time to evaluate how those foods and habits are affecting their health. Taking a specific amount of time to be intentional with the food you consume and the daily practices you incorporate can be just the thing you need to feel better.

The foods in this program will nourish your cells and will improve your ability to absorb nutrients and eliminate waste. This will also stabilize and improve your energy. During this program you will remove inflammatory foods and enjoy foods that improve the body's response to inflammation, boost immunity, clear brain fog and belly bloat.

Three reasons your body can get overwhelmed and start to decline:

1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
2. Toxins in our food, our environment, and our thoughts create waste our body cannot use.
3. An overly acidic diet allows microorganisms (yeasts, molds, fungi, etc.), to flourish and produce Mycotoxins in the body which make more toxins.

The quality of your life comes down to the quality of your cells. Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

1. Oxygen.
2. Water – the most abundant substance in the body.
3. Nutrition.
4. The ability to eliminate waste.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.



# Inflammation

To achieve your health goals, it is helpful to understand that inflammation is at the root of most diseases. The good news is that we can actively reduce inflammation by choosing to be intentional about what we allow into our bodies through our environment, foods and practices we do daily.

## **Environment affects inflammation**

The simple truth is we are surrounded by toxins. We are exposed to thousands of chemicals each day. Environmental chemicals are found in solvents, plastics, adhesives, pesticides and herbicides. Chemicals are abundant in skincare products and makeup, moisturizers, nail polish, hair dyes, and shampoos. Food can contain contaminants like parasites, binders, genetically modified organisms, chemicals and preservatives. Cellular waste is released by our bodies and even the toxic thoughts and words we may subject ourselves to on a daily basis all contribute to an ever-increasing attack on our health.

## **Foods and daily practices affect inflammation**

Sugar, smoking, toxic load, lack of exercise, leaky gut, food sensitivities and certain foods all cause inflammation. Inflammation causes a host of disease and often prevents weight loss.

## **Problems that can result from toxin overload and inflammation:**

Bad breath	Bloating, gas, constipation & diarrhea
Canker sores	Difficulty concentrating
Fatigue	Fluid retention
Food cravings	Headaches
Heartburn	Joint pain
Muscle aches	Puffy eyes and dark circles
Postnasal drip	Sinus congestion
Skin rashes and acne	Sleep problems
Excess weight or difficulty losing weight	

Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

## **The results you may experience in this program:**

- Possible weight loss
- More energy
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related systems
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes

Please know that every person is different in how they respond to this program. Some people may see a variety of changes, while others will just notice small improvements. We are all on our own journey and have reached the health status we have now by different paths. Feeding your body nutrient dense food, removing known offending foods and taking steps to implement certain health practices are all especially important for gaining health and will result in changes if done for a long enough time for your body to respond.

# Let's Get Prepared

## Preparation

1. Complete the “Begin Here” section BEFORE the start of the program. It is always good to start something new by evaluating where you are starting from and then evaluating again when you have finished. There is a starting evaluation questionnaire found in the 'Begin Here' section.
2. Get organized – read the program materials provided, set the date to get started – try to automate everything as much as possible. Take a little time to read through this guide and organize your thoughts around this group program. Think of how you can automate reminders for the health practices, daily habits, self-care, and daily routine you may forget. Put reminders in your calendar, on your phone or place the daily routine chart on your refrigerator.
3. Go shopping for the food supplies described in the program.
4. Create a system to make things easy. Set up stations in your kitchen for your needed utensils, props, etc. For example, a tea or water station with teas and honey or a water pitcher with added cucumber and mint to infuse. When we put the making of good habits in plain sight, we are more likely to follow through. Put away all items you will not need to create a health-friendly environment. This could mean putting any chips, crackers and candy into a bin and out into the garage, so you don't see them and create a desire.

This program is not a fast, so you should not go hungry. It will limit the consumption of processed foods that do not serve your health goals. It will be easier if you follow the recipes and take time to prep beforehand, than trying to wing it. If you only eat abundantly from the foods that are listed in the program you will see results, but I recommend using the recipes to make the most of your experience.



This program is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine.

One incredible benefit about being intentional during this time will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. This will give you more control of reactions caused by foods you were not aware of.

### **This Program and Your Body**

Every food, drink, product or chemical you eat, smell, drink or put on your skin must be filtered through the liver. The liver is the second largest organ in our body, and it is also the most overworked. It is easy to see how our livers are in overdrive. When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

When the liver is not functioning properly, toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel symptoms and the manifestation of some of the common ailments described above.

This basic program is focused on supporting the liver and improving digestion. However, it will also provide support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process of releasing toxins, these other organ systems will also provide pathways to efficient elimination.

I recommend doing a Wellness Boost once every season.

# The Boost Program

I have outlined the basic program below. If you have any specific issues, please let me know and we can schedule a one-on-one session to discuss.

## **How to optimize your program**

- From the Recipe Pack, decide what you will have for each meal for two days at a time and take time to prepare a few things ahead of time. The video will help with this.
- Decide what wellness practices you will do each day and schedule them in your calendar.
- Drink apple cider vinegar or lemon water before each meal to stimulate digestion.
- Take a few minutes for a couple deep breaths and gratitude before your meals. This practice relaxes the digestive system for better function.
- It is ideal to space meals 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins. If you feel hungry between meals, first have a drink of water or herbal tea. If you still need a snack have some berries, crispy veggies, a smoothie or a snack in the recipe pack.
- Eat your evening meal at least 2-3 hours before going to bed, to ensure that you are not still digesting when your body needs its rest and renewal. The body, particularly the liver, does some serious work at night.
- Take time to relax and reflect at the end of the day while using your journal to track your progress, gratitude and changes you feel.

## **Foods you will enjoy during the program:**

- Fresh or frozen fruit, ideally berries (only organic)
- Fresh vegetables – no limit, try to eat more than four cups per day.
- Legumes -- lentils, navy beans, adzuki beans, mung beans, and others
- Quinoa or brown rice
- Unsalted raw nuts and seeds (no peanuts)
- Flaxseeds and chia (ground)
- Lemons -- organic, do not purchase pre-squeezed lemon juice, use zest
- Vegetable broth, homemade or organic and sugar-free
- Good Fats: Avocados, Olive oil, Coconut oil
- Herbal teas, choose from Tulsi, chamomile, ginger, cinnamon, dandelion tea

## **Foods and substances not included during the week:**

- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Sugar alcohols such as sorbitol, mannitol, xylitol
- Artificial sweeteners like aspartame
- Natural sweeteners, coconut sugar, honey, maple syrup (whole leaf stevia is ok to include)
- Alcohol
- Caffeine (except green tea is ok)
- Yeast (baker's and brewer's), fermented foods (except raw apple cider vinegar is ok)
- Dairy products
- Soy products (fermented soy such as miso, tempeh, and Gluten-free tamari are ok)
- Gluten (anything made with wheat, rye, barley) and all flour products
- Corn
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Processed foods or food additives
- Fast food, Junk food



### **A note about probiotics:**

Probiotics are included on your daily protocol because they are so supportive for optimal digestion of food and absorption of nutrients. They help your body heal gut lining, produce vitamins, absorb minerals and aid in the elimination of toxins. Find a good multi blend with at least 8 different strains of probiotics. If you would like to visit my supplement store visit <https://us.fullscript.com/welcome/blair-wellness-supplements>

### **Leading into the Program**

Before you begin the program, start reducing the amount of caffeine you drink so you don't get headaches from withdrawal when you start. You can do this by cutting your coffee with decaf or start drinking tea which has lower caffeine. Green tea has some caffeine and abundant antioxidants, so this is a good substitute during the program. Try replacing your morning coffee with green tea, hot golden milk or herbal tea.

You will also want to prepare your environment and collect the foods, tools, supplies, and supplements you will need.

### **Withdrawal can and most likely will happen.**

When you start to eliminate substances that your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. You may experience headaches, cramping, cravings and tiredness.

It is important for you to realize that only unhealthy substances are addictive. If you experience uncomfortable sensations, these are signs that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing process.

To lessen any withdrawal symptoms, drink more water adding in lemon and eat more fresh fruit.

Don't give up!

## **During the Program**

In this program, you will remove animal protein, restrict oil intake to no more than 2 tablespoons per day of coconut oil, flax oil, or olive oil. I suggest you eat squash, yams, carrots, beets, or other root vegetables as your main starches whenever possible. If you feel hungry between meals, drink water and wait fifteen minutes. If you're still hungry, eat a piece of fruit, berries or crunchy vegetables, or a snack found in the recipe packet. You will be enjoying an abundance of alkalizing fresh (organic) plant foods, including high quality plant-based protein.

This is a great time to juice vegetables, make green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while helping inflammation.

## **Easing out of the program**

At the end of the program timeframe, don't go celebrate with a big meal full of the things you missed during the program. At this point you want to slowly add back the foods you eliminated during the program (if you choose to). As you do, you may see some negative results, so take it slow. Try one food at a time and evaluate for three days how you feel before adding another food type. Keep track in your journal of any reactions to food you experience. This how you can determine food sensitivities or your body's reaction to certain foods.

Journal about any symptoms you notice, such as:

- Headaches or morning aches and pains
- Sore throat or Sinus pressure or changes with your sinuses
- Dry skin
- Moodiness
- Stomach issues, Bloating or Irregular Bowel Movements
- Gas
- Dry eyes
- Disrupted sleep
- Weight gain

**Keeping track of symptoms will help identify food sensitivities and will show you how certain foods affect you.**

# Daily Health Practices

These should be incorporated throughout each day.

## **Chewing Well**

As you enjoy a meal, take the time to chew each bite fully, 20ish chews per bite. The objective is to liquefy your food. Enzymes in saliva start to break down carbohydrates in the mouth and initiate digestive juices in the stomach. Go slowly and really savor the flavor of your food. The added benefit of this practice is improved digestion. Don't forget to chew your soups and smoothies!

## **Savoring Simplicity**

This is a bit more general but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Be mindful of the complexity of these seemingly simple foods.

## **Deep Box Breathing**

This is a wonderful way to calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10 rounds of box breaths.

To practice: Breathe in deeply through your nose for a count of 4, hold your breath for a count of 4 and then breathe out through your mouth to a count of 4, exhaling completely. This way of breathing engages the diaphragm and should feel like you're filling your belly.

## **Gratitude**

So simple yet immensely powerful, taking time to acknowledge gratitude is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking. Gratitude releases chemicals in the brain that decreases depression, stress and anxiety. It has also been studied and shown to improve sleep and immunity

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items or just say them out loud. Space in your journal is provided for tracking gratitude.



## **Mindful Walking**

When walking, be mindful of the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. This is a great activity to get outside in nature.

## **Vagus Nerve Activation**

The Vagus nerve runs between the brain and gut and influences heart rate, speech, mood, and helps the body switch between the fight-or-flight response and your parasympathetic or relax mode. It's important to keep it engaged. A few easy actions can activate it: gargling, singing, cold shower rinse, body twisting and bending, and neck rolling and massage.

## **Rebounding**

Rebounding is the up and down motion achieved on a mini trampoline. Rebounding stimulates the free-flowing lymphatic system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria viruses, and other waste the cells cast off.

When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen and have it stored for when you need it for a sudden burst of energy.

Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.

Rebounding leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.

By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.

# Stress Relief Practices

This is one of the most important parts of your program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success.

**Try the Elimination Bath.** Place 2 cups of Epsom salts and one cup of baking soda into a tub and run the hottest water you can stand, add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.

**Movement.** I highly recommend you get up and move at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). This will reboot your system. Try meditation, yoga, dance, or taking a walk or jump on a mini tramp.

**Sweat.** Take alternating hot and cold shower or go for a sauna and sweat.

**Massage or Rebound.** Massage is highly recommended during your program. It helps to loosen and move toxins through the lymph. Rebounding or jumping on a minitrampoline actively moves lymph.

**Find Calm.** Practice activities that bring calm to your life, especially before bed. Listen to music that calms you, drink herbal tea, read, stretch, diffuse some lavender or ylang-ylang essential oil

**Laugh-** watch comedy, tell jokes, fake laughing produces the same stress relieving chemicals as when you truly laugh.

**Do a castor oil pack at least once during the program.**

# Inflammation reducing tips and daily practices

**Choose several of these to incorporate each day.**

**Water** – Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the autumn and winter, it can be especially helpful to drink warm water.

**Lemon Water** – This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and help alkalize the body. It assists in breaking up mucus and provides energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice. Make lemon water simply by squeezing the juice of ½ a lemon into a glass of water. Grating in some of the zest provides even extra benefit from the limonene which supports liver detoxification.

**Body Brushing** – This is one of the best ways to stimulate the lymphatic system. This is beneficial because it stimulates the lymph system in moving waste through and out of the body. It energizes, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in short circular strokes moving up towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower is fine.

**Elimination Bath** – In the evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.



**Movement**– Moving is a key component to this program. Getting at least 30 minutes of movement each day is the goal. Gentle movement is effective, so there is no need to overdo it. Walking, yoga, swimming, tai chi, hiking, biking, and dancing are all great ways to get moving. A powerful exercise for cellular health is using a mini-trampoline or rebounder to help enhance your lymphatic system. See the end of this document for more details.

**Fiber** – Getting additional fiber is vital to supporting the colon in its role of elimination. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. Adding them to your smoothie or water is one way to get it in. You should be eliminating at least 2 times per day.

**Castor oil packs\*** – This can be self-administered and an inexpensive way to nurture and support the liver. It is incredibly healing and relaxing. Castor oil is said to be able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and help detox the liver and gallbladder.

\*Note: castor oil packs aren't recommended if you are pregnant, or trying to conceive

## **Directions for Castor Oil Pack**

If this is your first time using a castor oil pack, I suggest doing it for 15-30 minutes to see how your body responds. You can then gradually increase it over a period of time if you'd like.

You will need 100% pure, cold-pressed castor oil, an old T-shirt or wash cloth, and a hot water bottle (or heating pad).

1. Put on an old T-shirt, so you don't get the oil on nice clothing. Castor oil is very sticky.
2. Rub castor oil over the area where your liver is. If you put your right hand on your hip, fingers toward your navel and move your hand up over the lower edge of your rib cage, this is where your liver is across your abdomen to the navel.
3. Lie down on your back, and place the hot water bottle or heating pad over the area, on top of your shirt or wash cloth, for 15 minutes up to one hour.

Alternatively, you can rub the castor oil on your back, being sure to cover the area where your liver is. Then with your T-shirt on, lay on top of the heating pad or hot water bottle.

This is a safe regimen to continue, especially if you suffer from liver-based symptoms like eye problems, PMS, pre-menopausal symptoms and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts, or tension between the shoulders.

Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try journaling them. You may try to transform this anger into forgiveness - first for yourself and then for others.

# Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, what's the big deal," then you should know it can be only ONE food to put a strain on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food that we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. This happens when our immune system doesn't recognize the food or molecule and attacks it much like it would attack a germ. This is often the result of having leaky gut. The gut lining is compromised. Food that has not been fully broken down gets through the gaps in our gut lining and causes an immune reaction. Eliminating certain foods helps, as well as supporting the gut with specific nutrients. There are some specific nutrients that can help rebuild the lining.

Millions of adults and children suffer from food intolerances and sensitivities and do not know it because the symptoms can be hard to diagnose. The reason these are so difficult to identify is that there are so many different symptoms, and the symptoms can be different for everyone. Some of the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain.

Most people don't think they're caused by the food they've been eating their entire lives. They just think, "There must be something wrong with me." There is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the next day you feel bloated and tired. Because of the delayed reaction, most sensitivities are missed or passed off at something else.

**The most common foods people have a sensitivity or intolerance to are, dairy, wheat/gluten, soy, eggs, peanuts, shellfish and corn. These are the foods that often end up being trigger foods for people.**

When people don't know that a food sensitivity may be influencing their health issue, they usually blame it on their slow metabolism, or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will improve. Your body will thank you for returning it to its natural state of radiant health.

## In Closing

Remember, the first 1-2 days are usually the most challenging. It actually gets easier the longer you are on the program. Once you overcome any food withdrawal, you will feel like a new person.

As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived.

Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable

I wish you great success with this program and suggest you come back to it a few times a year.

*Kim*