

ReNew YOU - Program Overview

The ReNew YOU Program is about nourishing your body, *not* depriving yourself. The program is not restrictive, in the sense that we will *not* be counting calories or limiting food intake. We will be eliminating inflammatory foods and reducing toxic exposures over the course of 4-weeks. During week three of the program we will incorporate metabolic detoxification using two Metagenics products, a shake mix and supplement in capsule form to complement the ReNew Food Plan you will already be familiar with.

As with most health behaviors, it is more important to be consistent than to be extreme. The more fully you are able to participate in the program, the more benefits you will likely realize. But that's not to say that you have to follow every recommendation, make every behavioral change, or become an elite athlete over the course of 4-weeks. Rather, it is about cultivating change towards leading a healthier lifestyle. It is a process that is forgiving and supportive. It will not be the end of the world if you happen to deviate from the Food Plan, aren't able to meditate every day or implement each piece of advice.

Consider the ReNew YOU Program as part of your journey, not a sprint, towards improving your health. Take advantage of the power of group intelligence! You will have the support of likeminded people to engage with and be encouraged to share your experiences, your questions and insights each week in the closed Facebook group. You will benefit from realizing both unique and shared experiences from each person's contributions large or small!

For those who want a head start or need ample time to stock up and plan for the week ahead, you'll be given the "ReNew Food Plan", the "Comprehensive Guide", as well as the "Weekly Planner" including shopping lists and recipes, *the Friday prior to our official launch date*.

The nitty gritty....

Over the course of the 4-weeks you'll be encouraged to eliminate inflammatory foods including sugar, caffeine, alcohol, dairy, grains* and gluten. The ReNew Food Plan includes more than 48 recipes, a sample week of meals and snacks, shopping lists, and a simplified "what's in/what's out" food list - all of which call out nightshades, fermented and high histamine foods, for those with known sensitivities.

Side note: Why are all grains avoided, you ask? One of the biggest problems people encounter when they try to go gluten free is that they do not break their habit of relying on packaged and processed foods. The bakery still beckons with gluten free options that continue to drive inflammation and result in health issues.

The program is flexible. You can elect to dive in from day one and eliminate the full list of what to avoid (sugar, caffeine, alcohol, dairy, grains and gluten) or, you can elect to make a more *gradual transition* and start by just tapering off caffeine, while eliminating sugar and alcohol during week one and then continue by removing dairy, grains, and gluten the following week. Using week one to taper off caffeine can be a very effective way to successfully move into week two.

For those who come into the program and have already eliminated some or all that we will be avoiding, this transition will likely be fairly straightforward. For those whose previous diets were high in refined sugar, alcohol, or caffeine may face the greatest challenge, on days 3 or 4 after removing especially these three trigger foods. After this initial phase, you can expect to see an improvement in brain fog, fatigue, sleep quality and favorable changes in body weight.

Week 1: During week one you'll fill out a short multiple-choice form to determine your starting "health score." We'll go over the plan for the month including the ReNew Food Plan and the 10-day Metagenics kit; how to modify it to fit your schedule if that's needed, as well as the hands-on tools to make each week's goals smooth easy to incorporate into your daily routine. You'll be given a few tasks and directed learning opportunities each week. And as always, you'll have the opportunity to submit questions for our 1-hour group coaching session.

Some of the topics we'll explore in week one include...

- Making the most of your immune system
- Reducing inflammation through diet and lifestyle
- "Poor performance issues" such as immune reactivity, histamine intolerance, gut-brain axis issues and why it is important to address inflammation prior to detoxing
- tips for more immediate resolution of poor sleep issues, fatigue and digestive issues
- the difference between healthy and inflammatory fats and oils; refined sugars, natural, and artificial sweeteners, as well as dairy alternatives and gluten free grains

Week 2: During week two we'll begin discussing tips and tricks to make detoxing safe and successful including ways to stimulate your liver and gut function as well as, how living in a chronically stressed state influences weight loss resistance, digestive issues and brain health. We'll also introduce innovative strategies to reduce inflammation, cortisol patterns, and improve sleep habits. You'll have the opportunity to submit and ask questions for our second (1) hour group coaching session.

Some of the topics we'll explore in week two include...

- Why detox?

- How do you know if you're toxic?
- How to reduce toxins in your home
- How detoxing can help weight loss
- What to expect on a focused detox program
- Antioxidants - why they are needed, how to find them, and ways to increase antioxidant production in the body

Week 3: While continuing on the ReNew Food Plan, we will add the Metagenics 10-day metabolic detoxification kit on Monday of this week. This will prompt you to include the Metagenics ReNew Shake and supplement to your everyday habits, gradually increasing and then tapering the dosing and servings over the course of the 10 days. Again, you'll have the opportunity to submit and ask questions for our (1) hour group coaching session.

**You can elect to do the 10-day Metagenics metabolic detoxification at a later time if that better suits your schedule. You'll have all the information, tips, and complete guidebook for when you choose to implement it. For those wishing to postpone use of the kit, they will simply continue by following the ReNew Food Plan.*

Some of the topics we'll explore in week three will include...

- Detox enhancers
- Alkalinity and how it impacts your body's ability to excrete toxins
- Phytonutrient diversity
- The benefits of flavonoids in supporting immune health, hormonal balance, antioxidant potential and ageing well

Week 4: Week four will bring us to the reintroduction phase of specific foods and food groups, maintaining an anti-inflammatory, phytonutrient dense diet. Using the same multiple-choice questionnaire, you'll be given the opportunity to reflect and re-evaluate your "health score." You'll have the opportunity to submit and ask questions for our final (1) hour group coaching session and completion celebration.

Some of the topics we'll explore in week four will include...

- Reintroducing foods and how to evaluate reactivity
- The importance of key nutrients such as fat and cholesterol, fiber, minerals, and biotics in your diet
- How to support a lifelong healthy immune system
- Everyday strategies for maintaining good digestive health and supporting your body's natural detoxification processes
- More tools and tips to support your continued success

The 4-weeks are sure to be transformative on many levels. For some it may be about realizing the effects certain foods have on your body. For others, it may be more about learning how to reinforce a tired, or overcompensating immune system. And yet for others, the biggest gain might be from reducing an overall toxic load, supporting detoxification pathways and learning about ways to lower toxin exposures. No matter what you hope to gain, I have no doubt your investment of time, energy and resources will be well spent and provide you with many take-aways for continued success!