

ReNew YOU – Program Overview

The ReNew YOU Program is about nourishing your body, not depriving yourself. Consider the ReNew YOU Program as part of your *journey*, not a sprint, towards improving your health!

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 strengthen a tired or overcompensating immune system. And yet others might realize the biggest gain is from supporting the body's detoxification pathways, and finally realizing lasting resolution to weight loss resistance, sleep issues, chronic inflammatory, or gut or brain issues.

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.

The nitty gritty....

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 the 4-weeks you'll be encouraged to reduce or avoid 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 highlight several food groups such as nightshades, fermented and high histamine foods, for those investigating or with known sensitivities.

Side note: Why not grains 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. Not to mention many grains, *including* gluten free grains, can be inflammatory and/or drive metabolic imbalances and weight loss resistance.

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 second 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 may 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: We'll introduce you to the client portal and go over the plan for the month including the ReNew Food Plan and ways in which you can tailor it to meet your specific health goals.

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

- Key components of an anti-inflammatory diet and lifestyle, what "metabolic flexibility" means and they "how" and "why" to achieve it
- Resolving food cravings and the undesirable effects of poor metabolism using food as medicine

Week 2: We'll dive into tips and tricks to enhance immune and gut health while gaining healthy food substitutions and dietary changes to improve sleep, mood, mental clarity and metabolism.

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

- "Poor performance issues" associated with gut and immune reactivity
- The role specific nutrients have in maintaining brain and body wellness

Week 3: While continuing on the ReNew Food Plan, we'll introduce everyday detox strategies that are crucial for maintaining a lifetime of good health. We'll discuss how living in a chronically stressed state influences weight loss resistance, digestive issues and brain health and what to do about it.

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

- Support your natural detoxification systems and maintain your ideal body weight
- Enhance your antioxidant potential to reduce accelerated ageing

Week 4: We'll revisit your health goals and discuss ways in which sustain your success in maintaining an anti-inflammatory, phytonutrient dense diet.

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

- Reintroducing foods and how to evaluate reactivity
- The role of intermittent fasting to support a lifelong health and vitality