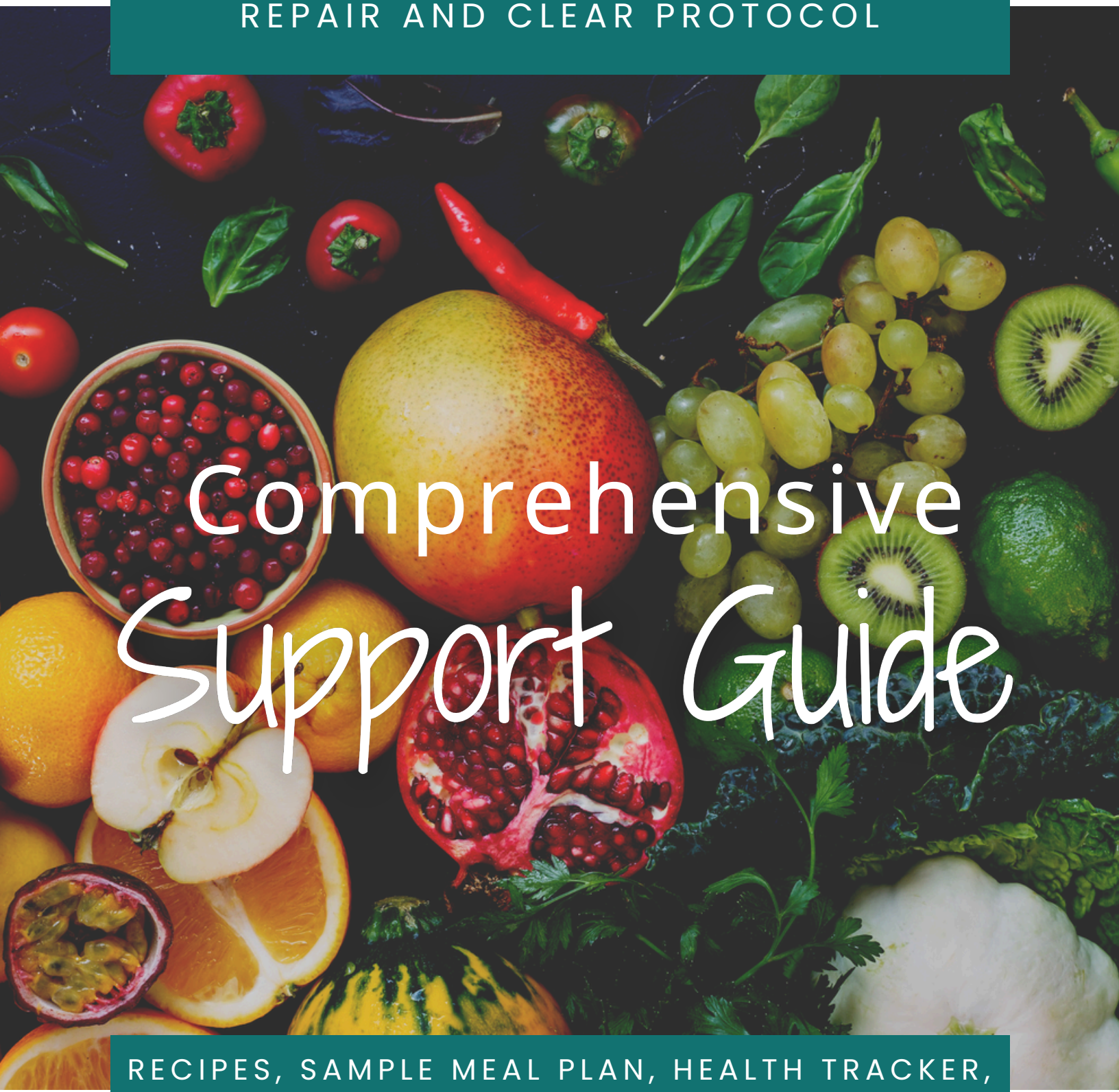
REPAIR AND CLEAR PROTOCOL



Comprehensive Support Guide

RECIPES, SAMPLE MEAL PLAN, HEALTH TRACKER, ENCOURAGEMENT AND MORE!

VALEO
HEALTH AND WELLNESS CENTER

WORDS OF ENCOURAGEMENT

It can be surprising to learn the power that food holds over us. This is your time to reclaim that power and regain your health.

The resources in this guide should help minimize frustration during this process, but there's a good chance you'll still find yourself wishing for a food that is on the "avoid" list, or rolling your eyes at having to make another meal, or even (briefly) experiencing an increase in symptoms as your body is detoxifying everything that has been accumulating over the past weeks, months, and years. At the end of the program, most people report more energy, fewer allergies, less irritability, weight loss, and better mental clarity.

We encourage you to view this time as a time to challenge yourself to learn and grow your cooking skills, build your willpower, and learn how foods make you feel, both physically and emotionally. As you gain this knowledge and determination, you'll find it is empowering you to make and stick with the best decisions for your health.

In this guide, we've provided what we feel you need to get the most out of this program: encouragement, health and food trackers, meal ideas, and an opportunity to reflect on the program. We encourage you to use as much of this guide as possible!

As a reminder: eat according to your appetite. Do not overeat, and choose the most nutritional food available to you.

1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

AN IMPORTANT NOTE

WHAT YOU'LL NEED & WHY

What you will need for the Repair & Clear Comprehensive:

- Tumero-XL Active (K109)
- Resvero-XL Active (K110)
- Ultra-D Complex (K35) ***x4 bottles***
- Nitric Balance-SM (K82)
- Glutathione Recycler-SM (K81)
- RepairVite (K60)
- Strengtia (K61)
- GI-Synergy-SM (K83)
- ClearVite CLA (K105) or GL (K118)
- Hepato-Synergy (K69)

If you're reading this, chances are you already know the benefits of a cleanse. It's why you're doing it! The Repair & Clear Program targets both digestion and detoxification through diet and supplementation. The supplements include nutritional compounds and botanical extracts that support detoxification, as well as flavanoids, antioxidants, plant sterols, and glycoproteins to support digestion.

In case you want resources to share with your friends or family to explain your choice to support your health through a cleanse, here are a few articles written by the team at Valeo:

You Don't Need to Change (Or Do You?)
Are Toxins Making Me Fat?
A ClearVite Victory (Patient Testimonial)
Dirty Baker's Dozen of Processed Food
The Important Movement We Need to Discuss

If you want to go even further in supporting your health and setting yourself up for success in the long run, learn about our comprehensive blood panel and what it can tell you.

THIS IS BIG...

YOUR WHY IS BIGGER

You've set out on an important journey toward good health. Like any journey, there are sure to be some obstacles along the way. But knowing what you're looking forward to at your destination makes it easy to navigate and overcome those obstacles.

Take a moment to reflect on WHY you are investing in yourself with this cleanse.

TIPS & TRICKS

A Note About Breakfast:

So often, we think of breakfast as a completely separate category of food from lunch and dinner. Pancakes, eggs, cereal... those are breakfast foods, right? But, yesterday's leftovers can be eaten for breakfast, too! So if you find a recipe that you enjoy from the lunch/dinner section, feel free to use that as a breakfast option, as well. However, if you think breakfast needs to stay in its own category, I've made sure to provide options just for you!

Meal Planning is Your Friend:

Waiting until the last minute to figure out what's to eat creates chaos that makes it hard to stick to a modified diet. When hunger calls, you're driven to answer in an old, familiar way. I recommend a) creating a menu for the week ahead on whatever day you are most free, and b) making big batches of food that you can freeze or refrigerate for quick access whenever you're hungry (or, at least, doing some of the chopping of ingredients for meals later in the week).

Emergency Snacks:

Just like meal planning, carrying an "emergency snack" can be a life saver! While you're adjusting your diet, you may find yourself getting hungry when you didn't before. Be prepared by keeping something on hand. Having a container of carrots, celery, kale chips, or sweet potato chips, or having an apple or avocado on hand can be helpful. You can also minimize in-between meal hunger by increasing the healthy fats (olive/coconut/avocado oil, avocados) and protein (meats in Weeks 2-4 and 6 or beans in Week 5) in your regular meals.

Buying Organic

More and more research shows the detriment of conventionally grown, pesticide-laden food. Eating organically grown produce can help minimize the amount of inflammation in your body, and is an important step in healing. If you'd like to financially prioritize which produce to choose organic, EWG's "Dirty Dozen" and "Clean Fifteen" lists are very helpful. There are a few foods on each list that are not compliant during the Repair and Clear Program. However, I find these lists beneficial always, not just during a program or detox.

Week One

HEALTH TRACKER
ENERGY, MOOD + MORE

Immune Support Phase - NO Dietary Guidelines

*Each supplement needs to be taken 2 times daily

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
1 tsp Nitric Balance-SM	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
2 caps Glutathione-Recycler-SM	AM							
	PM							

It's easy for us to lose track of our progress, especially when it's gradual. Take a moment each day to track how you're feeling to see your progress over the 42 day journey. We recommend rating your energy, mood, and sleep on a scale of 1 (poor) to 10 (great), and bowel movements according to the Bristol Scale.

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

zzZ 1 2 3 4 5 6 7 8 9 10

Additional Notes

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WEEK 2 & 3

DIETARY GUIDELINES

Foods to Eat:

Animal Protein
Chicken
Chicken Broth
Fish (low in mercury)
Lamb
Turkey
Beef

Coconut
Coconut Milk
Coconut Butter
Coconut Cream
Coconut Oil
Unsweetened-
Coconut
-Flakes
-Yogurt

Beverages
Water (64+ oz/day)
Green & Herbal
Teas
Kombucha

Organic Vegetables
Artichoke
Asparagus
Anise
Beets
Broccoli
Bok Choy
Cabbage
Carrot
Cauliflower
Celery
Chives
Cucumber
Garlic
Kale
Kohlrabi
Leeks
Lettuce
Mustard Greens
Onions
Parsley
Radishes

Organic Vegetables, *Continued*
Rhubarb
Shallot
Spinach
Squash
Sweet Potatoes
Water Chestnuts
Watercress
Yam
Zucchini

Low Glycemic Fruit
Apples
Apricots
Avocados
Berries
Cherries
Grapefruit
Grapes
Lemons
Oranges
Peaches
Pears
Plums

Fermented Food
Kimchi
Pickled Ginger
Sauerkraut
Apple Cider Vinegar
Olive Oil
Olives

Herbs & Spices
Basil
Black Pepper
Cilantro
Coriander
Cumin
Garlic
Ginger
Lemongrass
Mint
Oregano
Parsley
Rosemary
Sage
Sea Salt
Thyme

Foods to Avoid:

Any foods that you are allergic to
Dairy, eggs, margarine, shortening | Gluten & Grains | Corn | Alcohol
Nightshade Foods (tomatoes, eggplant, paprika, peppers, potatoes, hot sauce,)
Caffeine (coffee, black tea, soda) | Sugars (including Honey, Maple Syrup & Molasses)
Fungi & Mushrooms | Soy & Soy Products | Nuts & Seeds | Beans & Legumes
Pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish
High Glycemic Fruit (banana, canned fruit, dried fruit, mango, pineapple, raisin, watermelon) | Canned Foods | Processed Foods

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Week Two

HEALTH TRACKER

ENERGY, MOOD & MORE

Intestinal Support Phase / Week 2&3 Dietary Guidelines

*Each supplement needs to be taken 2 times daily

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
1 serving RepairVite	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
2 caps Strengtia	AM							
	PM							
Up to 1 pkt GI-Synergy	AM							
	PM							

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

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Week Three

HEALTH TRACKER
ENERGY, MOOD & MORE

Intestinal Support Phase / Week 2&3 Dietary Guidelines

*Each supplement needs to be taken 2 times daily

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
1 serving RepairVite	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
2 caps Strengtia	AM							
	PM							
Up to 1 pkt GI-Synergy	AM							
	PM							

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

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WEEK 4, 5 & 6

DIETARY GUIDLINES

Foods to Eat:

Animal Protein
Avoid Wk 5 Only
Chicken
Chicken Broth
Fish (not shellfish)
Lamb
Turkey

Nuts & Seeds
(Raw, Unsalted)
Almond
Brazil Nut
Macadamia
Hazelnut
Pecan
Pumpkin
Sunflower
Walnut

Beverages
Water (64+ oz/day)
Green & Herbal Teas

Fruits & Vegetables
ALL FRUIT
(minimize dried fruit)
Artichoke
Asparagus
Avocado
Beans
Beet
Broccoli
Bok Choy
Brussels Sprout
Cabbage
Carrot
Cauliflower
Celery
Chard
Cucumber
Dill
Endive
Fennel
Garlic
Green Beans

Vegetables, *Continued*
Kale
Leek
Lettuces
Mustard Green
Okra
Onion
Parsnip
Pea, Green
Pickles
Radicchio
Rutabaga
Shallot
Spinach
Squash
Sweet Potato
Swiss Chard
Turnip, Greens
Watercress
Yam
Zucchini

Grains
Buckwheat
Rice (Brown preferred)
Millet
Quinoa
Tapioca

Oils, Dressings, & Spices
Coconut
Olive
Sesame

Dressings made with the above oils and lemon juice or vinegar and spices.
All spices are allowed to flavor food, along with mustard (no additives/coloring)

Foods to Avoid:

Any foods that you are allergic to
Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening
Foods prepared with gluten-containing ingredients like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc.
Tomatoes & tomato sauces | Corn | Alcohol | Caffeine (coffee, black tea, soda)
Soy & Soy Products | Peanuts & Peanut Butter
Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish

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Week Four

HEALTH TRACKER
ENERGY, MOOD & MORE

Liver Support Phase / Week 4 5+6 Dietary Guidelines

*Each supplement needs to be taken 2 times daily

*Please see note below for ClearVite servings during weeks 4, 5+6

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
Up to 1 pkt Hepato-Synergy	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
ClearVite *See Note Below*	1							
	2							
	3							

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

*ClearVite Servings

Days 1-4 = 1 scoop ClearVite

Days 5-7 = 2 scoops ClearVite

Days 8-14 = 3 scoops ClearVite

Days 15-17 = 2 scoops ClearVite

Days 18-21 = 1 scoop ClearVite

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Week Five

+ NO Animal Protein

HEALTH TRACKER

ENERGY, MOOD & MORE

Liver Support Phase / Week 4 5+6 Dietary Guidelines

*Each supplement needs to be taken 2 times daily

*Please see note below for ClearVite servings during weeks 4, 5+6

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
Up to 1 pkt Hepato-Synergy	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
ClearVite *See Note Below*	1							
	2							
	3							

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

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Days 1-4 = 1 scoop ClearVite

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Days 8-14 = 3 scoops ClearVite

Days 15-17 = 2 scoops ClearVite

Days 18-21 = 1 scoop ClearVite

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Week Six

HEALTH TRACKER
ENERGY, MOOD & MORE

Liver Support Phase / Week 4 5+6 Dietary Guidelines

*Each supplement needs to be taken 2 times daily

*Please see note below for ClearVite servings during weeks 4, 5+6

		Mon	Tue	Wed	Thr	Fri	Sat	Sun
1 tsp Tumero-XL Active	AM							
	PM							
1 tsp Resvero-XL Active	AM							
	PM							
Up to 1 pkt Hepato-Synergy	AM							
	PM							
2 tsp Ultra-D Complex	AM							
	PM							
ClearVite *See Note Below*	1							
	2							
	3							

Scale

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

*ClearVite Servings

Days 1-4 = 1 scoop ClearVite

Days 5-7 = 2 scoops ClearVite

Days 8-14 = 3 scoops ClearVite

Days 15-17 = 2 scoops ClearVite

Days 18-21 = 1 scoop ClearVite

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RECIPES LIST

****Please read recipes closely, make sure to omit or substitute any ingredients based on the dietary guidelines for the week you are on.****

Underlined items are linked to their recipe. Non-underlined item recipes are included in the following pages.

Breakfast

AIP Granola (minimize or omit maple syrup)
Paleo Porridge
Rice Grits or Puffed Rice Cereal
Blueberry Mint Smoothie
Butternut Squash and Apple Hash with Sausage
Chia Seed Pudding
Cinnamon-Scented Breakfast Quinoa (omit non-compliant toppings)
Faux-tmeal (Paleo Oatmeal)
Moroccan Breakfast Skillet (use ground chicken or turkey)
Tiger Nut Energy Bites
Pumpkin Pie Millet Porridge
Sweet Potato Avocado Toast with Cilantro Mayo
Sweet Potato Breakfast Hash

Lunch + Dinner

Buttercup Squash Risotto (omit tamari)
Butternut Squash Tacos (use butter lettuce for wrap)
Cauliflower Pizza with Pesto
Shredded Chicken Salad
Chicken & Wild Rice Soup (see next page)
Chimichurri Rice Bowl
Mulligatawny
Roasted Squash Bowls with Arugula Apple Salad
Quinoa Salad with Avocado
Zoodles with Salmon, Blueberry, and Lemon Dressing (see next page)
Zucchini Boats

Snacks, Dressing/Marinades, and Dips

Crispy Kale Chips
Roasted Garlic Greek Dressing
Balsamic Vinaigrette
Creamy Avocado Cilantro Lime Dressing
Cauliflower Dip (Hummus Alternative)

NON-LINKED RECIPES

Chicken and Wild Rice Soup

- 1lb chicken breasts, cut in half if large
- 1/2 medium onion, minced
- 2 carrots, minced
- 2 celery stalks, minced
- 2 garlic cloves, minced
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried rosemary
- 1 large or 2 small bay leaves
- 1 can of canned coconut milk
- 4 cups gluten-free chicken broth
- 3/4 cup gluten-free wild rice-brown rice blend (I recommend Lundberg Farms)

Add all ingredients into a 6-quart crock pot then cook on low for 4-6 hours or until chicken breasts and rice are thoroughly cooked. Remove and shred chicken, then stir back into soup and serve (soup will thicken as it cools.)

Zoodles with Salmon, Blueberries, and Lemon Dressing

(Serves one. Adjust recipe according to servings desired.)

- 4 oz Salmon
- 1 small to medium zucchini, spiralized
- ¼ C fresh blueberries
- 1 C fresh basil
- ¼ C + 1 T olive oil, divided
- 2 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- Salt to taste

Prepare salmon with olive oil, minced garlic and rosemary. Grill or bake until salmon is flaky and reaches internal temperature of 145° F. Blend basil, olive oil, lemon juice, apple cider vinegar, and salt in a blender or food processor. Pour desired amount salad. Add fresh blueberries, or other favorite berry, to salad.

RECOMMENDED FOOD REINTRODUCTION

Systematically reintroduce foods from one food group (meats, nuts and seeds, veggies, fruits, grains) at a time. We recommend reintroducing foods one at a time and waiting 3-4 days between each, to see how your body responds to that food. This allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of these food groups for a few weeks, so you will want to introduce each food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel.

When choosing foods, choose as much organic foods as possible, whole grains, and free range beef, chicken and other meats. Eat fish that is wild caught and limit shellfish and pork intake as they tend to store toxins. Don't undo all your hard work by eating processed foods, sugars, and sodas!

If you continue to deal with digestive issues, low energy, allergies, chronic pain, or other related symptoms, you may have other health issues that need to be addressed. Schedule an appointment with Dr. Rob Lindsey to get to the bottom of your problem.

REPAIR + CLEAR

CALL FOR FEEDBACK

Congratulations!

You have put in hard work to improve your health.

We'd love to know what you thought of this cleanse.
Please take a moment to fill out the Q&A below and email it back to info@valeowc.com

1. Using a scale of 1-5 (1 being not at all satisfied and 5 being very satisfied) please rate the following:

____ a. Physical outcomes of participating in this cleanse (energy, weight, digestion, etc.)
____ b. Mental outcomes of participating in this cleanse (mood, mental clarify/focus, etc.)
____ c. Helpfulness of support guide
____ d. Diversity of recipe ideas
____ e. Taste of ClearVite product

2. Using a scale of 1-5 (1 being not at all beneficial and 5 being very beneficial), how beneficial do you feel this cleanse was for your overall health and wellbeing?

1 2 3 4 5

3. What physical, mental, emotional, or spiritual changes did you experience during this cleanse?

_____

_____

_____

4. Would you recommend this cleanse to a friend or family member who wishes to improve their health? (You may choose to leave a comment to expand on your answer, if you wish.) YES / NO

_____

5. What recommendations do you have for us to improve this cleanse?

_____

_____

_____

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FREQUENTLY ASKED QUESTIONS

Q Can I exercise throughout the program?
A Strenuous exercise should be put on hold during the 42 days but light to moderate exercise is encouraged for 30-45 minutes/day for 4-5 days/week.

Q Can I take my regular supplements/medication throughout the program?
A Continue to take any medication you are on throughout the program unless otherwise directed by your doctor. If your goal is to eliminate your medications, talk to your medical doctor about a plan to do so. Most supplements such as Omega 3 fatty acids, multivitamins, calcium etc. are fine to take throughout the program. Other supplementations that are being taken to support a specific condition may not. Talk to your Valeo practitioner if you are not sure if you should continue to take these supplements.

Q How do I stick to the program when eating out?
A Choose restaurants that have salad bars with a large variety of vegetables, gluten free menus, and good quality meats. Avoid sauces, dips, or dressings unless you know the source. You may have to bring your own dressing.

Q Will this program help me to lose weight?
A By following a purification program you will be working toward developing long term weight management. Many people do notice weight loss, especially in the beginning, due to water loss caused by decrease in carbohydrates from grains. The ideal weight loss is not a quick fix but a long term commitment. The goal of the program is not weight loss but purification. Judging our health by weight alone is a poor measurement of health. Body composition testing is a much better tool as it lets you know the fat, muscle and bone composition of your body.

Q What physical changes will I experience during the purification?
A Typically people notice an increase in urination and bowel movements. This is a normal change. In some case people may develop headaches, body aches, itchy skin, rashes or fatigue. These are typical occurrences and will usually subside within a day or two. If you have any questions about how you are feeling, please talk to one the practitioners here at Valeo Health and Wellness Center.

FREQUENTLY ASKED QUESTIONS

Q What can I do for temporary constipation?
A Remember to drink plenty of water- at least 64 ounces/day. Eat plenty of vegetables and fruits with a high fiber content. Eating beets can encourage bowel movement. If you continue to suffer from constipation, talk with you Valeo practitioner about solutions.

Q What if I am allergic to certain foods on the list of foods to eat?
A If you suspect you are having a reaction to a specific food, refrain from eating it and utilize other foods on the list of foods to eat.

Q Is the Clearvite program recommended for pregnant and lactating women?
A No, due to the special diet needs of the pregnant or lactating woman.

Q What if I am struggling with the program?
A Don't give up! Changing any habit can be difficult, especially food habits. Try not to be hard on yourself if you make a bad choice. One great way for success is to not do it alone. Find another person that also wants to make this change, maybe a spouse, a sibling, a co-worker, etc. Many people give up on things when they get hard but they never get to experience the rewards or benefits of finishing the program. Most people who get through the 42 day program, continue to make better health choices and maintain a healthy weight allowing them to enjoy a better life!