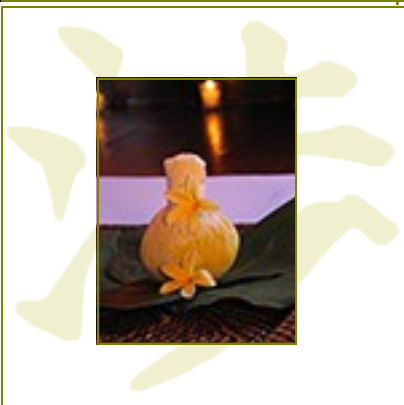
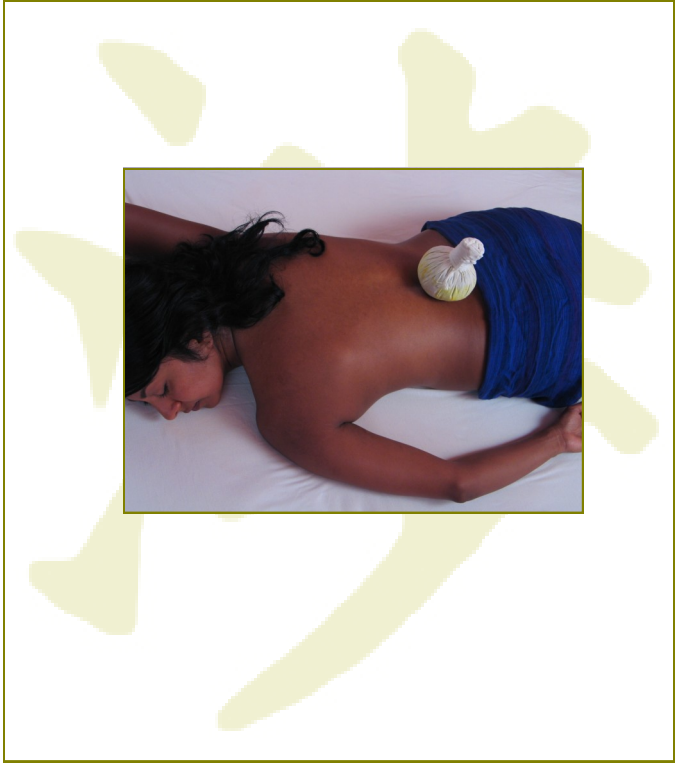
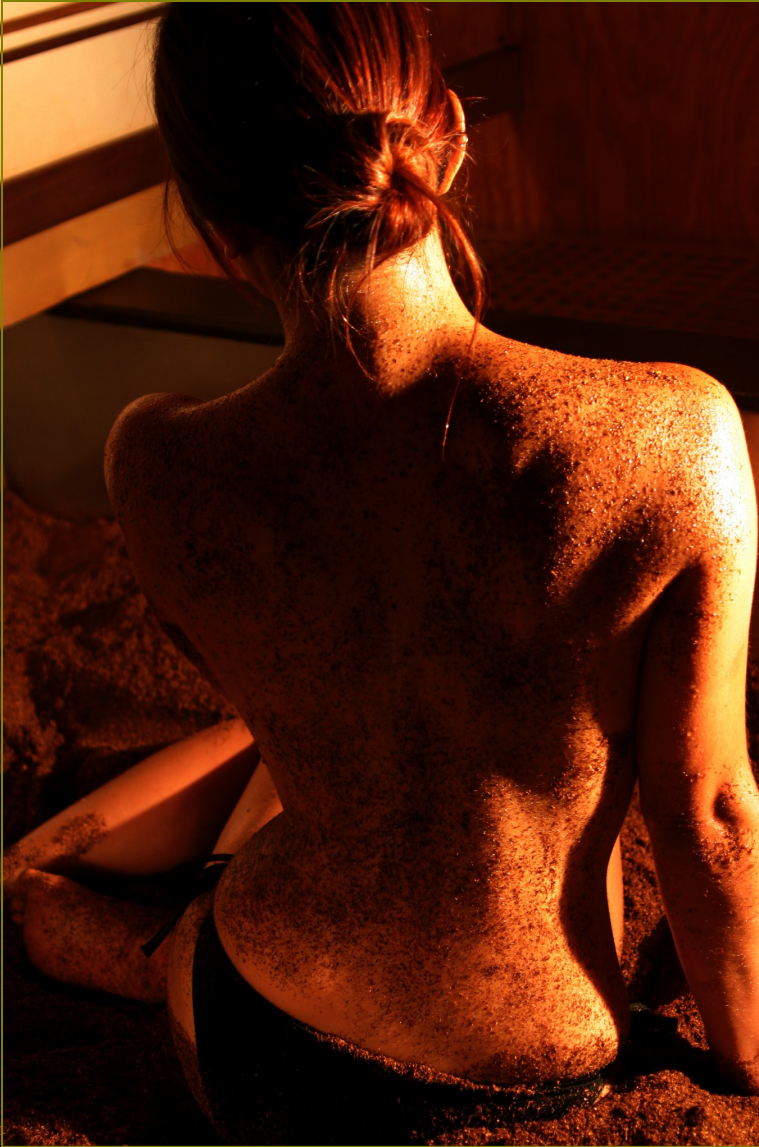


THE WILLOW SPA DETOX

www.willowspa.com/livingwell_detox.html



Willow Spa Detoxification

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The Willow Spa Detox Philosophy

The rising rates of autoimmune diseases, inflammatory diseases and neurological disorders, along with the high prevalence of obesity in America today is usually the result of "toxic overload" on the body. This toxic overload stresses bodily organs causing sluggish or absent optimum function.

Detoxification is essential for good health. Although we live in a toxic environment, we can often do so symptom free because our bodies are naturally able to eliminate most of these toxins on their own. Eating a diet rich in natural, unprocessed organic foods is ideal so that we don't overload our bodies with toxins. However, for those of us who don't always follow this ideal diet, our bodies natural detoxification may be compromised, which in turn compromises our health.

Embarking on a detoxification diet, for many, is making a lifestyle change. Willow Spa's detoxification program is a guideline to starting this change by cleansing our body and then following up with an ideal diet that is low in toxins. Our body should be primed and ready to eliminate toxins before they are released. We do this by getting the bowels working, keeping the skin clean and getting the kidneys and lungs operating. Only by having all organs of elimination in proper operating order can our body begin to dump toxins efficiently and maximally. As a result, good health can be restored.

We look to offer education about nutrition so that you can understand what your body really needs and teach you to how to recognize potential toxins so that you don't innocently overload your body and make yourself sick unintentionally.

Some detox programs you may have tried can put the body into starvation mode. When this occurs the body starts breaking down fat for energy. Any long term starvation method will lower the immune system and put you at risk for acquiring other illnesses. Although fasts can be a popular way of aiding the body's detoxification process, long term fasts can be unhealthy. The liver's job is to break-down toxins into compounds that can then be eliminated by the kidneys, skin, bowels, and lungs. Without the proper nutrition, these organs can have difficulty eliminating toxins and therefore, the body can't perform at its optimum level.

The Willow Spa Detox offers a balanced gentle approach that will yield the safest and most thorough detoxification for your body.

What is detoxification?

Simply put, it is a process of ridding the body of toxins. Where did we get these toxins from in the first place? Toxins are omnipresent, found in drugs, environmental exposures, and processed foods. As toxins build up in our natural body system, they bog down and overload vital organs causing them to function sluggishly or improperly. Continuous and prolonged exposure to toxins makes it difficult to get rid of them as they accumulate and re-circulate in the bloodstream and then are stored in vital organs. It is a vicious cycle that our bodies struggle to avoid accumulation of toxins, but the cycle continues until we are able to eliminate them through detoxification.

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Who can benefit from a detox or how do you know when you should detox?

- Fatigue or lack of energy
- Frequent allergies
- Inflammation (all conditions that end with "itis")
- Injuries (or any athlete who would like to improve performance)
- Joint pain (Arthritis)
- Vaccine effects
- Debilitating and/or Degenerative diseases
- Slow bowels, Gas and Bloating
- Mental dullness
- Abnormal body odor, bad breath, itchy skin or skin blemishes,
- Anyone interested in Optimum Health or Life Longevity

Vital organs of detoxification:

Colon (bowels), Kidneys, Liver, Lungs and Blood.

A good detox program involves cleansing, rebuilding and maintaining. Although certain signs and symptoms will point you to a specific organ that is congested and is in need of detoxifying, a general detox is highly recommended and will involve cleansing of all of the above vital organs.

The 21 Day Willow Spa Detox Summary

The Willow Spa Detox is a combination of reducing toxic exposure, eating a clean diet and nutritional supplements from Designs For Health (DFH).

Week 1: Detoxification begins by eating foods from the clean food list and taking Detox Support Packs to help clean toxins from the blood stream and support the organs. These Detox Support supplements will be taken throughout the detox.

Weeks 2-3: During the next two weeks, 2 meal replacement shakes are taken in addition to the Detox Support Supplements. The shakes include PaleoCleanse powder, PaleoMeal powder, PaleoGreens powder, and PaleoFiber powder to facilitate a stronger detoxification and nutritional support for the body. These shakes will replace 2 meals of your choice. In addition to the 2 shakes, 1 clean food meal and 2 clean food snacks are essential each day to keep the body balanced and supported.

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The Willow Spa Detox

Detoxifying your body takes a commitment to health. The initial detox should be for 3-4 weeks. Depending on how toxic your environment is, detoxifying will involve both a lifestyle and diet change. However, the benefit of being healthy will make it all worthwhile. (Caution: Detoxification is not recommended if you are pregnant or nursing.)

Lighten up your toxin load.

- **Minimize the use of chemical-based products.**
- **Decrease stress.** Stress triggers your body to release stress hormones which overworks your liver.
- **Eliminate alcohol, coffee, cigarettes, refined sugars and saturated fats.** All of these act as toxins in the body and are obstacles to your healing process.
- **Consult with your medical doctor,** before stopping any medically prescribed drugs.

Stay Hydrated: Drink one half oz per pound of body weight of purified water each day.

Eat non-toxic foods: Follow the **Optimal Food List**.

Foods to avoid:

- **Alcohol.**
- **Caffeine-containing beverages** (including coffee, tea and soda).
- **Refined sugars and artificial sweeteners.**
- **Dairy Products.** (such as milk, cheese, or ice cream).
- **Foods containing gluten.** Foods containing wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley should be avoided. (this includes pasta, bread, crackers and cereals).
- **Processed foods.**

Take enzymes with each meal: To breakdown rotting food in your digestive tract and to help digest new food. (Found in PaleoMeal and PaleoGreens powders).

Supplement with probiotics: Build up an environment of healthy bacteria and to normalize intestinal flora. (Found in PaleoFiber powder).

Supplement with antioxidants: To kill free radicals that are released into your blood as your body begins to detoxify. (Found in Detox Antiox)

Support your liver with Herbal support: Promote optimal liver function during the detoxification process. (Found in PaleoCleanse powder and LV-GB complex and Amino-D-Tox)

Enhance the Detox: Stimulate your immune system, lymphatic system and circulation system through exercise, **massage, body polish, Thai poultice, and the Willow Enzyme Bath.** Boosting the lymphatic system helps to rid the body of wastes and toxins as they are released from the cells.

Chiropractic: Chiropractic manual manipulation helps to restore the spine to normal function by reducing the negative neurological impact on the body, thereby returning the body to optimum efficiency.

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Optimal Food Choices

To be followed for the entire detoxification program.

OPTIMAL PROTEIN CHOICES:

- Organic/Hormone-Free Chicken and Poultry
- Lamb
- Cold Water Fish (salmon, halibut, cod, mackerel, tuna - choose wild ocean fish over farm raised fish)
- Organic Eggs
- Beans

OPTIMAL FAT CHOICES:

- Flaxseed and Walnut Oils
- Extra Virgin Olive Oil
- Organic Coconut Milk/Oil
- Avocado
- Raw Nuts and Seeds

GLUTEN FREE GRAINS:

- Quinoa Flakes or Pasta
- Millet
- Brown and/or Wild Rice
- Amaranth

BEVERAGES:

- Herbal Teas
- Spring Water
- Vegetable Juices
- Unsweetened Almond Milk or Rice Milk
- Chicken or Vegetable Broth

OPTIMAL NON-STARCHY VEGETABLE CHOICES:

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Bell peppers (red, yellow, green)
- Broadbeans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chayote fruit
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mustard greens
- Onions
- Parsley
- Radishes
- Radicchio
- Snap beans
- Snow peas
- Shallots
- Spinach
- Spaghetti squash
- Summer squash
- Swiss chard
- Tomatoes
- Turnip greens
- Watercress

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Optimal Food Choices

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HIGH FIBER STARCHY CARBOHYDRATE CHOICES:

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potatoes or yams
- Turnip
- Legumes
- Black beans
- Adzuki beans
- Buckwheat
- Chick peas (garbanzo)
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Yellow beans

FRUIT CHOICES:

Low Glycemic Index:

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate Glycemic Index:

- Cherries
- Pears
- Fresh apricots
- Melons
- Oranges
- Peaches
- Plums
- Grapefruit
- Pitted Prunes
- Apples
- Plums
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion Fruit
- Persimmons
- Pomegranates

High Glycemic Index
(eat sparingly,
or after a workout):

- Banana
- Pineapple
- Grapes
- Watermelon
- Mango
- Papaya

MISC. SNACK CHOICES:

- Bob's Red Mill Gluten Free Hot Cereal
- Organic Rice Cakes
- Rice or Gluten Free Crackers
- Hummus (Chick Pea Spread)
- Almond or Walnut Butter

CONDIMENTS:

- Lemon
- Lime
- Cayenne Pepper
- Sea Salt
- Garlic
- Fresh Herbs and Spices

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Guide to Organic Produce

Highest in Pesticides: These fruits and vegetables are consistently the most contaminated with pesticides and should be purchased organic.

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

Lowest in Pesticides: If organic varieties are not available, these fruits and vegetables consistently have the lowest levels of pesticides and are the safest to purchase conventionally grown.

- Asparagus
- Avocado
- Bananas
- Broccoli
- Cauliflower
- Corn
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapple
- Peas

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21 Day Meal Replacement Titration Schedule

- During the detox, the amounts of PaleoCleanse and PaleoMeal added to the daily shakes will change.
- We recommend the PaleoMeal Dairy Free for the Willow Spa Detox. However, PaleoMeal Whey based is also available for purchase. *Note: In the titration chart use either the Dairy Free or the Whey based PaleoMeal column according to your chosen product as the measurements differ.*
- A minimum of 1 Tbsp of PaleoFiber and PaleoGreens powder per day is advised. However, for enhanced digestive and nutritional support, 2 Tbsp per day is encouraged.

Day	Detox Support Packs	Paleo-Cleanse	PaleoMeal Dairy Free (recommended)	PaleoMeal Whey (2nd option)	PaleoFiber	Paleo-Greens	Number of Shakes/Day
1-7	1 AM pkt 1 PM pkt	N/A	N/A	N/A	N/A	N/A	N/A
8-9	1 AM pkt 1 PM pkt	1/2 scoop 2x/day	2 scoops 2x/day	1 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2
10-11	1 AM pkt 1 PM pkt	1 scoop 2x/day	1 scoop 2x/day	1/2 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2
12-13	1 AM pkt 1 PM pkt	1 1/2 scoops 2x/day	1 scoop 2x/day	1/2 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2
14-16	1 AM pkt 1 PM pkt	2 scoops 2x/day	N/A	N/A	1-2 Tbsp Per day	1-2 Tbsp Per day	2
17-18	1 AM pkt 1 PM pkt	1 1/2 scoops 2x/day	1 scoop 2x/day	1/2 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2
19-20	1 AM pkt 1 PM pkt	1 scoop 2x/day	1 scoop 2x/day	1/2 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2
21	1 AM pkt 1 PM pkt	1/2 scoop 2x/day	2 scoops 2x/day	1 scoop 2x/day	1-2 Tbsp Per day	1-2 Tbsp Per day	2

Go to www.willowspa.com for The Willow Spa Detox in full detail and recommendations on nutritional guidance after your detox is completed.

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21 Day Detox Supplements

Nutritional and Herbal Support work to aid the liver during detoxification.

The Liver and its role in detoxification

One of the most important roles of the liver is detoxification. Since toxins are often fat soluble, the liver must convert fat soluble toxins into a water soluble form so that the toxins may be excreted. Proper nutrition and a healthy liver are important for optimum and efficient detoxification to occur. If toxins are not excreted, other organs will suffer.

Detoxification occurs in 2 phases.

Phase I: The process by which the liver converts toxins into a less harmful form. During this process, free radicals are formed and if the liver is not functioning properly, these free radicals can cause excessive damage to the liver.

Phase II: The process where the liver renders toxins less harmful to the body and converts toxins from a fat soluble form to a water soluble form to be excreted by the body.

In addition to the clean food diet the following supplements from Designs for Health will be taken.

- Detox Support Packets
 - Amino D-tox
 - Detox Antiox
 - LV-GB complex
- PaleoCleanse powder
- PaleoMeal-DF powder
- PaleoGreens powder
- PaleoFiber powder

Why Designs for Health?

Designs for Health (DFH) has produced a scientifically researched and studied line of products that offers vegan and vegetarian options as well as being soy and gluten free for safe detoxification.

DFH developed the Paleo Nutrition products based upon the healthy principles of wholesome Paleolithic nutrition. Diets changed considerably after the dawn of agriculture introduced cereal grains. There has been little change in the human genome since Paleolithic times our nutritional requirements remain similar to those of the Stone Age hunter-gatherers. During the 2.6 million years that our Paleolithic ancestors inhabited the earth they depended upon nutrition from lean meats, fruits, vegetables, nuts and seeds and did not consume cereal grains. As a result, our ancestors were lean, fit, and free of the chronic diseases that plague our society in epidemic proportions today. Incorporating a diet that espouses Paleolithic principles may be more ideally suited for us if we want to experience robust health, energy and vitality.

Paleo Nutrition offers a balanced ratio of low net carbohydrates, high quality proteins and essential fats. They promote peak wellness with a whole foods approach that optimizes intake of macro and micronutrients, fiber, and phytochemicals. They are great tasting, convenient and ideal for support with weight control, detoxification, energy and vitality, immune function, and better nutrition intake.

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Detox Support Packets: These packets aid in phase II of the detoxification process. Before phase I is activated, the phase II pathways must be prepared to neutralize the toxins metabolized by phase I pathways. The **Amino D-tox** contains the amino acids that combine with and neutralize toxins. **Detox Antiox** contains ingredients that will help to raise glutathione levels and combat free radicals while boosting the immune system. **LV-GB Complex** aids in the elimination of fatty substances and helps to support the liver.

PaleoCleanse: Provides specific nutrition to support phase I and phase II metabolic pathways. Contains Molybdenum, 50 mcg to oxidize toxins. Provides a mixture of antioxidants to protect from free radical damage and a mixture of botanical substances to support hepatic function.

PaleoMeal: Optimum nutrition is necessary for the liver to operate efficiently and to provide the liver with everything it needs for the elimination of the extra toxins our bodies are exposed to daily. If nutrition is compromised through poor dietary and lifestyle habits, this will impede detoxification processes, and other organs will suffer as the body retains these toxins. PaleoMeal provides a full range of nutrients to support the body during a detox.

PaleoFiber: PaleoFiber is a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts with added friendly bacteria and prebiotics. This product was designed with the features of the Paleolithic diet in mind, to which human physiology is most adapted.

PaleoGreens: Provides densely packed nutrition of vegetables, fruit and berries that intensely nourishes and strengthens every system in your body, resulting in sustained energy, enhanced recovery, mental clarity and overall well-being.

Enhancing the Detox:

Stimulate your immune system, lymphatic system and circulatory system through recommended Willow Spa Therapies.

Detox Massage with Herbal Poultice:

This treatment will help to improve circulation, warm and relax the muscles and stimulate the lymph system and draw out toxins.

Detox Facial:

This stimulating facial will increase circulation and oxygenation of the skin and assist in bringing important nutrients and minerals to the epidermal layer.

Mango Body Polish:

This invigorating and relaxing treatment eliminates dead skin cells, helps new skin to regenerate, stimulates blood and lymph circulation and greatly enhances toxin elimination.

Willow Enzyme Bath:

This relaxing and intense deep heating treatment can help to draw out toxins, clean clogged pores, increase circulation and enhance the immune system.

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Detox Shake Recipes

- Follow titration guide for amount of PaleoCleanse, PaleoMeal, PaleoGreens, and PaleoFiber.

Basic Recipe

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal * vanilla
- 1/2 cup frozen organic berries
- 1/2 cup water or rice milk

Dark as Night Shake

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal * Strawberry or Berry
- PaleoGreens
- 1/2 cup frozen blackberries
- 1/2 cup frozen cherries
- 1/2 cup rice milk
- 2 tsp. freshly grated nutmeg

Strawberry Dream

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal * Strawberry
- PaleoFiber
- 1/2 cup frozen strawberries
- 1/2 cup rice milk

Coconut Smoothie

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal*
- PaleoFiber
- 1/2 frozen banana
- 1/2 cup coconut milk

Tropical Smoothie

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal * vanilla
- PaleoFiber*
- PaleoGreens*
- 1/2 cup frozen mango
- 1/2 cup coconut milk
- Pinch of ground ginger

Southern Style Smoothie

Blend the following ingredients with ice:

- PaleoCleanse*
- PaleoMeal * vanilla
- 1 Tbs. flaxseed meal
- 1/2 cup frozen peaches
- 1/2 cup almond milk
- 2 tsp. freshly grated nutmeg
- Pinch of cinnamon

Other variations to enhance flavor and nutritional value include adding any of the following:

- Nut butter
- Ground flaxseeds
- Cod liver oil
- Fish oil

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Sample Menu

Breakfast

- Detox Shake

Mid-Morning Snack

- Choose from snack list below

Lunch

- Detox Shake

Mid-Afternoon Snack

- Choose from snack list below

Dinner

(examples of dinner from clean food diet)

- 4-6 oz. protein such as chicken or salmon, salad with 1 tbsp olive oil vinaigrette, 1-2 cups of non-starchy vegetables such as cooked spinach or green beans.
- 4 oz broiled red snapper, 1 cup steamed broccoli, 1 baked yam.
- 4 oz stir fried white fish with 1 cup snow pea pods, onions, bean sprouts, red pepper all sautéed in 1 tsp olive oil, 1/2 cup brown rice.
- 3 oz chicken breast with rosemary, 1/2 cup black eyed peas, roasted onions or garlic, spinach salad, 1/2 cup quinoa or brown rice.

Snacks

- Rice cakes with almond nut butter.
- Handful of raw almonds, hazelnuts, walnuts, brazil nuts, or pumpkin seeds.
- Fresh green vegetable juice.
- Fresh organic fruit.
- PaleoBar.