



PATH TO HEALTH

FEED YOUR BODY SO IT CAN HEAL ITSELF!
AJ PATTERSON

OUR FOCUS:

- LIVER/STOMACH SUPPORT
- ADRENAL SUPPORT
- FILL DEFICIENCIES/REDUCE TOXIC LOAD

TO SUPPORT:

- ENERGY/MOOD
- BLOATING/GAS/CONSTIPATION
- HEALTHY HORMONES

TO BUY:

- RAW APPLE CIDER VINEGAR
- CINNAMON AND CAYENNE POWDER
- RAW HONEY
- HEMP HEARTS/SEEDS (ANY BRAND)
- 2 BRAZIL NUTS – RAW – SPROUTS
- PASTURED EGGS- TRADER JOE'S
- ORGANIC BEETS, FRESH IS BEST
- ORGANIC YOGURT, PLAIN
- ANTHONY'S **NON-FORTIFIED** NUTRITIONAL YEAST - AMAZON

MORNING

- 1 CAPFUL GALL BLADDER PG LIQUID W/LEMON + PINK SALT
- DIGESTIVE TEA – DON'T DROWN YOURSELF IN LIQUIDS-TAKE YOUR TIME AS NEEDED TO DRINK ALL OF THE ABOVE
- SMOOTHIE (SEE RECIPE ON PAGE 3) – TAKE YOUR TIME DRINKING IT
- OR SCRAMBLED EGGS W/VEGGIES + NUTRITIONAL YEAST + HEMP SEEDS + PINK SALT

LUNCH

- ORGANIC YOGURT W/NUTS + HEMP SEEDS
- OR SMOOTHIE (SEE RECIPE ON PAGE 3)

SNACKS

- ALOHA BAR – CHOCOLATE ALMOND COCONUT
- MANGO, ORGANIC GRAPES, ORGANIC APPLES, WATERMELON
- DIGESTIVE TEA

NIGHT

- PROTEIN W/ VEGGIES – SLICE THIN AND STEAM BEETS FOR 10-12 MINUTES – ADD BUTTER/OIL + SALT
- OR SMOOTHIE
- DIGESTIVE TEA

BEDTIME:

- 4 OZ. WATER W/1 CAPFUL GALL BLADDER PG + FRESH LEMON + PINK SALT



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What to Avoid

Where's It's Found:

What It Causes:

Soy, Soybean Oil

Soy sauce, Mayo, Salad Dressings

Inflammation, Gut Issues, Hormone Imbalance, Weight Gain, Excessive Hunger

High Fructose Corn Syrup

Soda, Processed Foods,

Constant Hunger, Sugar Cravings, Liver, Kidney and Pancreas Dysfunction, Metabolic Syndrome (Visceral Fat and Weight gain)

Acesulfame Potassium

Soda, Flavored Waters, Flavored Powders

Nerve damage, Inflammation

Aspartame

Soda, flavored waters, protein powders

Inflammation, Blood Sugar Imbalance, Lung Inflammation

Fructose

Glucose Syrup

Corn Syrup

Carrageenan

In Milk, Almond Milk, Coconut Milk, Sour Cream, etc.

Inflammation of Digestive Tract

Propylene Glycol

It's a petroleum derivative

Gunks up the liver

BHT

Gum, frozen foods

Lung Issues

BPA

Can linings

Hormone imbalance

PGPR

Chocolate

Fatty liver

Polysorbate 80

Processed foods

Sodium Benzoate

Sauces, Salad Dressings, Hummus, etc.

Lung Issues



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RECIPES

Digestive Tea- 24 oz./day with food and in between meals

Supports digestion, improves blood sugar, reduces inflammation, reduces cortisol levels, deeper sleep, better energy levels, liver detoxing, and kidney support.

You can make a big batch, put it in a thermos and drink throughout the day.

This recipe makes 8 oz. triple it to make 24 oz.

- 8 ounces warm or lukewarm water
- ½-1 tsp. Bragg's RAW apple cider vinegar
- 1-3 teaspoons RAW honey (to taste- any flavor is fine- Costco has a great price on it)
- ¼- ½ lemon squeezed- to taste
- 1 dash cinnamon powder – to taste
- 1 dash cayenne powder – to taste- don't do too much! (OPTIONAL)
- A pinch of Pink Himalayan Salt – to taste

Smoothie:

- 1 c. organic plain yogurt
- ½ - 1 scoop Mikuna Protein powder – Vanilla (if you want more protein)
- 1 c. organic strawberries
- ½ - 1 tablespoon raw honey
- 1-3 tbsp. hemp hearts/seeds
- 1-4 teaspoons Nutritional yeast – see email link
- 1-3 tsp. chia seeds
- 1-3 tsp flax seeds
- ½ avocado (optional- for thickness)

Blend. You can do ½ for breakfast and ½ for lunch if you don't feel super hungry.



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Why am I doing these things?

Raw honey	Reduces cortisol, allows adrenals to rest, regulates mood, energy, balances blood sugar, supports healthy weight loss and supports immune health
Fresh lemon juice	Detoxes liver and kidneys- will help fat burning and blood cleansing
Nutritional yeast	High source of all B Vitamins- feeds adrenals, nerves, improves sleep and energy, supports fat burning, supports heart health
Hemp hearts/seeds	Balances body's pH levels, supports mood, fights sugar/carb cravings
Raw apple cider vinegar	Balances body's pH levels, supports healthy weight loss
Cayenne powder	Reduces inflammation
Cinnamon powder	Blood sugar support- rebalances pancreas
Pink Himalayan salt	84 trace minerals- feeds kidneys, adrenals, nervous system – will reduce inflammation, supports healthy weight loss
Brazil nuts	Good for thyroid/metabolism

OTHER NOTES/TO DO LIST:

- 64-80oz. water per day –the digestive tea counts towards that number- water flushes the liver of toxins, and removes excess hormones from body
- No agave- has more fructose than high fructose corn syrup- hard on liver
- Fruit- 1-2 servings MAX per day- none is ok too
- Fill out food diaries in detail: BM's, burping, focus, motivation, energy, sleep, digestion (stomach and intestines)
- Spring water is ideal- proper pH for your stomach and intestines
- Pink Himalayan Salt- 84 minerals - good for adrenals, weight loss, sleep, kidneys
- Analyze food labels – NO HFCS, or other artificial sweeteners, soybean oil
- Alternate between grapeseed, Olive and avocado oils – to get both Omega-3's and 6's- helps inflammation and hormone balance
- No raw spinach- contains oxalic acid- binds to calcium and can cause kidney stones and arthritis



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