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MIND SCIENCE OF WORKPLACE WELLNESS

# Nourish

7-Day Cleanse To Restore Gut-Health

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# Jumpstart Your Cleanse

**The old definition of cleansing may conjure up memories of drinking only juices and herbal teas. A juice cleanse traditionally involved starvation, robbing most nutrients and fiber from the diet while feeding sugars from fruits and vegetables to your body. There is no scientific proof that juice cleanses reduce inflammation, but rather for most they can cause more harm.**

Our goal with the cleanse is to help your body rapidly reduce inflammation, consume foods low in sugars and carbohydrates. Within 24 to 72 hours, your body shifts into fat-burning mode; and by fat-burning mode, I mean ketosis. It is critical you stay hydrated. So what will cause your metabolism to shift from fat burning back into sugar burning?

The process is different for every person. The higher the carbohydrate and sugar intake, and calories you consume, the more likely you, or anyone, is to shift back into burning glucose for energy. Now, some people can consume a decent amount of healthy fat, and still stay in fat-burning mode, while others just can't.

Knowing when you're in fat-burning mode is a process and skill that you are going to learn. I provided additional resources to help you identify, without expensive testing, how to know if your body has shifted into ketosis. But as you progress through this program, you're going to know, pretty accurately, if and when you're in fat-burning mode.

## START WITH A 7 DAY GUT CLEANSE

This type of cleansing will be less likely to cause symptoms of fatigue, irritability or hunger if you have "primed" your gut. By removing foods and beverages that cause inflammation, you are going to allow a leaky gut and restore the healthy lining of your intestines. A gut cleanse is a process in which we change the foods we are consuming to restore the normal balance of healthy bacteria in our guts. It is certainly beneficial to add a multi-strain probiotic to your gut cleanse.



# Anti-Inflammatory Foods

## EXAMPLES OF FOODS THAT COMBAT INFLAMMATION IN YOUR GUT

- Non-starchy vegetables
- High fiber fruits (apples, pears)
- Berries
- Lemons and limes
- Raw nuts and seeds
- Poultry (free range, antibiotic free, hormone free)
- Grass-fed, hormone free beef
- Wild caught salmon
- Extra-virgin olive oil
- MCT oil
- Avocados
- Bone broth
- Ghee
- Unrefined coconut oil
- Herbs and spices Whole eggs

## INFLAMMATORY "MAYBE" FOODS EXPERIMENT ON YOURSELF, AS THESE FOODS MAY BE INFLAMMATORY FOR SOME PEOPLE, WHILE TOLERATED BY OTHERS:

- Carbonated beverages
- Guar or xanthan gums
- Organic fermented soy
- Nightshade vegetables
- Beans
- Vinegar
- Caffeine
- Dairy
- Chocolate
- Grains







# Maintaining Your Gut Cleanse

## SHOULD YOU EXTEND THE GUT CLEANSE?

If your baseline diet was filled with heavily processed foods and other foods that promote inflammation, chances are you may experience a significant big drop in weight and your belly bloating.

Are you still experiencing any of the following symptoms?

1. feeling hungry when you wake up in the morning
  2. gas, bloating, or discomfort in your belly after eating
  3. feeling low energy, irritable or “hangry” between meals
- If you are experiencing any of the above symptoms it would be wise to extend the cleanse for an additional one to two weeks.

**TIP:** If you find yourself hungry between meals, make sure to increase the amount of healthy fats you are consuming at meal time.

## SUPPLEMENTS TO HELP YOUR GUT CLEANSE

- Multi-strain probiotic take every morning with one full glass of water.
- Bone broth or collagen powder daily
- Digestive enzymes take 1-2 capsules with each meal
- Non-dairy protein powder for supplemental protein shakes or meal replacement
- MCT oil. Add to dressings, coffee, or protein shakes
- Herbal teas
- Coffee or other caffeine (avoid dairy creamers)

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## The Two Types of Inflammation

### 1. Acute Inflammation

The first type of inflammation is called acute inflammation. It starts rapidly and typically lasts hours to a few days. The previous example of stubbing your toe or spraining your ankle is acute inflammation. In acute inflammation, the immune system attempts to insulate, protect, remove or repair a part of the body that has been identified as either a foreign object or harmful to our body.

### 2. Chronic Inflammation

The second type of inflammation is called chronic inflammation. Chronic inflammation builds slowly over time. Sometimes it lessens or subsides, but it can also persist for days, weeks, months, and for many of us, years, which means it's less obvious. We learn how to live with it. Chronic inflammation is the enemy. It can cause slow and steady weight gain even if you haven't changed your diet in years. So many of us are walking around with chronic inflammation, or issues that we've had for so long, we don't even remember what it feels like to feel good. You've accepted that it is just normal or routine to feel lousy. I find that people who suffer from chronic inflammation just think to themselves, "Well, I guess I'm getting older," or, "I guess this is just what my body was meant to feel like." Maybe they think, "Well, I exercise all the time," or, "I stand on my feet," or, "I sit in this chair, and that's why my body hurts all the time." But chronic inflammation is also very dangerous because it's at the root of almost every debilitating, deadly disease you can think of, including some cancers, rheumatoid arthritis, Alzheimer's, PCOS, periodontal disease, depression, migraine headaches, irritable bowel disease and countless others.

## Your Weight and Inflammation

Regarding our weight, inflammation causes water retention, which makes us heavier. Have you ever had one of those days where you get on the scale and it seems like you've suddenly gained five or ten pounds? Maybe you wake up, look in the mirror and you're really puffy. Your face looks swollen. Maybe you've looked down at your knees, ankles, and feet, and you don't even recognize them as your own.

All of these situations are examples of chronic inflammation in your body.

A key healing principle in integrative or functional medicine is to reduce and eliminate inflammation in the digestive tract.

Inflammation in our guts is not only found to be responsible for weight gain and obesity, but also Type II diabetes, hormonal imbalances, certain types of cancer, migraine headaches, depression, ADHD, arthritis, Alzheimer's disease, and numerous other conditions.



## INFLAMMATION & YOUR FOOD

Now that you understand inflammation and its role in the body let's talk about how it specifically relates to food. There are several reasons why food may cause inflammation in some people and not in others. The first, and probably most obvious is you maybe have an allergic reaction to it, or maybe just a general intolerance to that particular type of food. It could be that your gut lining, from being inflamed for so many years, is now hypersensitive to even certain types of healthy foods. Current medical studies estimate that approximately 40% of Americans are sensitive to gluten.

The type of inflammation we experience when eating something we are intolerant to, like something we have an allergy to or just an intolerance to like gluten or dairy, that type of inflammation is considered acute.

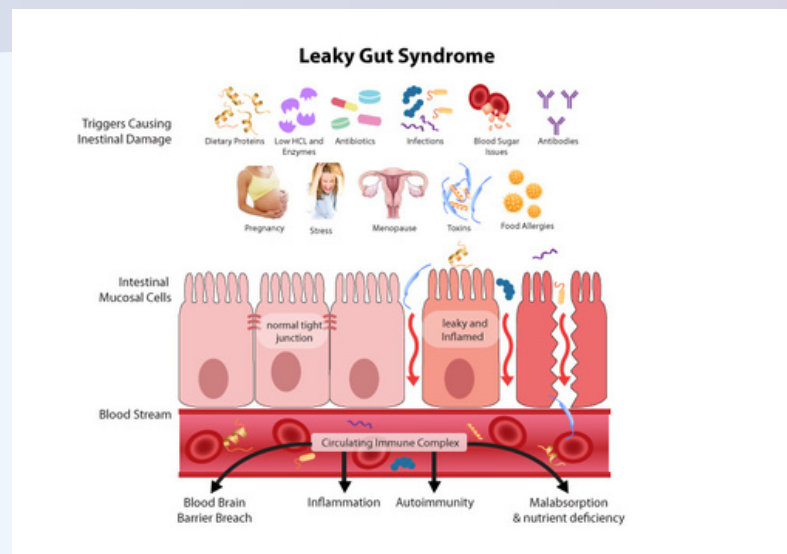
Remember, acute inflammation, and its side effects, come on fast. An immediate or acute inflammatory signal can vary but includes symptoms like suddenly sore joints, a throbbing headache, skin outbreaks, rashes, migraines, unexplained and rapid weight gain, bloat, stomach discomfort, gas, a runny nose, itchy eyes, and allergies. Maybe you feel tired or low on energy right after eating a particular food. Those symptoms may all be signs of acute inflammation.

Perhaps more common and less understood are the foods that cause chronic inflammation—foods we genetically modified and should be healthy. But we don't realize our body doesn't see them as natural foods because they contain unnatural additives and processing that is foreign even though our minds, eyes, and hands recognize them.

Even the most problematic food, the one that has been vilified by everyone, might not be a problem for you. Keep in mind there are foods not mentioned on any inflammatory list that are in fact very inflammatory and could be very problematic for you. That's why it's so important to not just blindly follow a list that other people have created for you. You must always factor in your unique response to food.

Food sensitivities can be tested by advanced blood tests that are now commonly offered by medical practitioners trained in integrative and functional medicine. How do you know which foods you need to remove from your diet?

In the subsequent section discussing a 5-day gut cleanse, you will be provided with a list to experiment with. Lastly, remember, anything you need to remove from your diet that you've discovered is causing inflammation doesn't mean it has to stay out of your diet for eternity. Often, as we repair the gut lining, you're able to tolerate a wider variety of food. What you will understand over the course of the next week is what a dramatic effect inflammation has on your weight and the way you feel.





## LEAKY GUT SYNDROME:

Inflammation is also one of the key contributors to leaky gut. When we have inflammation in our digestive tract, the nutrients we need, even if we're consuming them, don't get used properly. This causes hormone disruption, and balanced hormones are what we need to keep our weight in check.

Your intestinal wall, or gut lining, is incredibly thin and delicate, and chronic irritation leads to inflammation in our gut lining. Eventually, chronic inflammation leads to the thinning of the gut lining, and in many cases, permeability, or pinprick-style holes, in our intestinal wall. These tiny little holes cause big problems.

Things like undigested food particles, foods that the body identifies as toxins or irritants, foods that are rough or have course edges, and those foods we have a personal sensitivity to all can cause far more severe inflammation.

Imagine that happening on a much grander scale, in a much more sensitive and critical area of our immune system—the digestive tract.

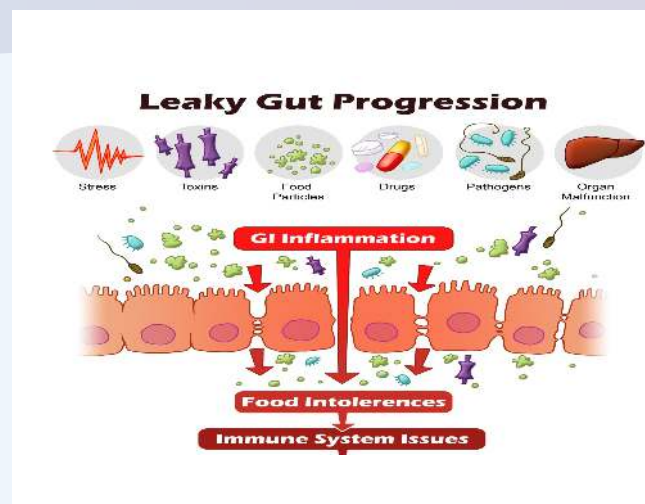
Let's talk about how inflammation in the gut affects your weight.

Inflammation is your body's very natural response to things it doesn't recognize. Our digestive system, or gut, simply doesn't recognize some of the processed foods we eat, even if we've been eating them most of our lives. That is because, from an evolutionary standpoint, things like fried potato chips or fat-free cookies are still new to the body.

The digestive tract, for some of us, will identify these foods as irritants, even though we find them delicious. Our digestive system hasn't evolved in the same way the food industry has so to the gut or gut lining; these foods present themselves as toxins.

The gut, or body, responds by creating inflammation. You might not even notice it, but over time, that tiny little bit of inflammation continues to get worse, and as it worsens, it begins to break down or thin the gut lining.

This causes chronic bloating, fatigue, and leaky gut. It disrupts hormones and you begin to pack on the pounds, even if you're exercising like crazy, cutting calories, and yes, even for those eating a whole, unprocessed, natural food diet. .





## The Benefits of Anti-Inflammatory Foods For Weight loss and Metabolism.

So why am I discussing the role of inflammation and foods? A proper cleanse from inflammatory foods plays a powerful role in reducing inflammation in the gut and the rest of the body. The result is that there is a measured decrease in triglycerides, reduced blood pressure and reduction in several markers of inflammation.

When we reduce inflammation, what happens naturally? Yep, you know. We tend to lose water because of the inflamed tissues ... remember what they do? Inflamed tissues not only hold onto water, but they also disrupt hormones. So it's a great way to balance hormone levels.

If you want to start a Nutrition plan to lose weight and improve your health, progress can be stalled by consuming foods that create inflammation in your body. You may decide to use cleansing as a way to lose extra body fat. But I'm hoping you'll consider it to reap rewards that go far deeper than just body fat, like increased cellular turnover, which is the rate your body begins to repair cells—meaning you heal faster and look younger. Who doesn't want faster cellular turnover? It means better hair, nails, and skin, as well as vitality. A reduction in overall body fat is a bonus.

### The additional benefits of eating anti-inflammatory foods are as follows:

- To shift your body and metabolism from sugar burner to fat burner.
- To help you easily transition into ketosis, which means to teach your body how to use stored body fat as energy.
- To help you improve metabolic flexibility.







# 7-Day Gut Cleanse

## QUICK FACTS

ROMIE MUSHTAQ, MD

### 1. Does skipping a meal slow down your metabolism?

Skipping a meal without proper nutrition planning can temporarily slow down metabolism if you become dehydrated or have a low blood sugar. When you are practicing this gut cleanse, you are strategically lowering your intake of carbohydrates, but consuming whole and nutritious foods during meal time. Scientific studies show that once your body adapts to a low glycemic index diet your metabolic rate increases on average of 10 to 15%. This means you are increasing the rate at which your body is not only burning calories but burning fat.

### 2. Will you feel hungry or deprived during cleanse

When properly planned, this gut cleanse will leave you feeling satiated and energized. Reducing inflammation actually helps with appetite control. Research suggests that while lowering your carbohydrate and sugar intake, ghrelin and leptin, which are hunger hormones, are regulated. So is insulin. Here's the real deal: eating anti-inflammatory foods helps you control hunger if you do it right. And doing it right means you don't feel like snacking often.

### 3. Do I need to warn people I will get hangry (angry & hungry)?

One reason this gut cleanse is recommended is to start regulating your blood insulin and glucose levels. When blood insulin and glucose levels are stabilized, so is our mood. Can you imagine how great you will feel when you gain control over your hunger? This gut cleanse is also going to help you lower your blood glucose levels. New research also indicates that anti-inflammatory diets boost neurogenesis and neuronal plasticity, by offering protection against neurotoxins. This is why people who practice this nutrition plan report a higher level of well-being, positive mood, and improved memory.

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# 7-Day Gut Cleanse

## QUICK FACTS

ROMIE MUSHTAQ, MD

### 4. What can I drink during my 7-DAY GUT CLEANSE?

It is highly encouraged to drink fluids throughout your day especially when you are practicing intermittent fasting. On average adults need to consume 65-80 ounces of water daily.

Additional accepted beverages are non-caloric beverages, hot tea, and coffee. It is okay to drink coffee during your cleanse with a minimal amount of creamer. Do not add sugar, but natural sweeteners such as stevia extract are allowed.

It is generally recommended that you avoid all alcohol because alcohol promotes inflammation in your gut and liver.

Juicing is not recommended because key nutrients from fruits and vegetables including fiber are missed. Instead, make a smoothie mixing fruits & veggies with coconut water.

### 5. What supplements can help me during my cleanse?

- Bone broth (either homemade or pre-prepared from your grocery store)
- Collagen powder
- Probiotics during the gut cleanse
- Vitamin B complex for an energy boost

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# Nourish Grocery List

## VEGETABLES/PRODUCE

- o Asparagus
- o Beets
- o Broccoli
- o Cabbage - Green
- o Carrots
- o Cauliflower
- o Celery
- o Cucumbers
- o Garlic - Bulbs or Jar Minced
- o Herbs:
  - Basil, Cilantro, Dill,
  - Mint, Parsley, Rosemary,
  - Sage, Thyme
- o Lettuce - Spring mix
- o Lettuce - Romaine
- o Kale - Dinosaur
- o Mushrooms
- o Onions - Green
- o Onions - Red
- o Onions - Yellow
- o Peas - Sugar Snap
- o Peppers - Red
- o Peppers - Jalapeno
- o Sweet Potatoes
- o Salsa - Fresh
- o Spinach - Baby
- o Squash - Butternut
- o Squash - Yellow
- o Tomatoes

## MEAT/SEAFOOD

- o Chicken Breast
- o Flounder Fillets
- o Lamb Chops, Lean
- o Salmon Fillets - Wild Caught
- o Tuna - Wild Caught
- o Turkey Breast - Ground

## NON-DAIRY ALTERNATIVES

- o Almond Milk, Unsweetened
- o Coconut Milk, Unsweetened

## FRUIT

- o Apples
- o Avocados
- o Bananas
- o Blueberries
- o Grapes
- o Lemons
- o Limes
- o Pears
- o Pineapples
- o Strawberries

## GRAINS/ LEGUMES

- o Crackers - Plain
  - Rice or Sesame
- o Flour - Rice
- o Lentils - Dry
- o Oats - Steel Cut (Gluten Free)
- o Oats - Rolled (Gluten Free)
- o Peas - Split Yellow - Dry
- o Rice - Brown, Organic
- o Quinoa

## MISCELLANEOUS

- o Apple Butter
- o Brown Rice Syrup
- o Cocoa Powder
- o Honey - Local Raw
- o Maple Syrup - 100%
- o Protein Powder - Vanilla
  - Vegan - Soy-Free
- o Stevia
- o Tea - Green Tea and Peppermint

## CANNED GOODS

- o Beans - Black
- o Beans - Chickpeas
- o Beans - Dark Kidney
- o Broth - Chicken, Organic
- o Broth - Vegetable, Organic
- o Tomatoes - Petite Diced

## NUTS/SEEDS

- o Almond Butter
- o Almonds - Raw
- o Chia Seeds
- o Flax Seed - Ground
- o Pecans - Raw
- o Sunflower Seeds
- o Sunflower Seed Butter
- o Walnuts - Raw

## CONDIMENTS

- o Coconut oil
- o Dijon mustard
- o Flax oil
- o Olive oil
- o Vinegar - Balsamic
- o Vinegar - Red Wine
- o Vinegar - Rice

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