



# Central Valley Whole Body Cleanse

## Get on Track Booklet

*Please read this page carefully tonight! If you have any questions, ask one of us.*

Congratulation on stepping out to pursue your health. Thank you for letting us be a part.

During this time between the **Introductory Class** and the first **Program Class**:

**1. At least 1 Week before the next class, mail or drop by:**

*These documents do not need to be filled out. They were used in in-person, group presentation. These forms have been replaced online by other forms that you have already completed.*

~~Health History Enrollment Form (unless existing patient of Dr. Hobbs)~~

~~Detox Personalization Form (unless existing patient of Dr. Hobbs)~~

~~Medical Symptoms Questionnaire~~

~~Program Fee:~~

• ~~\$150 (this is for Program time and materials only)~~

• ~~OR \$210 + for Metabolic Track (this includes 2 canisters of Metabolic Clearing Formula)~~

**2. Shop for necessary FOODS (List provided after Registration payment):**

**Note:** The first **Program Class** (*Week 1 audio*) is designed to be on **Tuesday**.

The first official day of detoxifying begins on **Thursday**. (It is set this way so the bulk of food preparation is on the weekends, but you may begin any day that works for you.)

So that you don't have to rush,

**\*\*\*\*\*You must have Black Beans to soak beginning Tuesday night\*\*\*\*\***

**3. Shop for Necessary ITEMS:**

◆ **ITEMS** listed at end of the "Shopping List"

**4. Round Up "Very Useful Items"** (I will assume you have these or can make similar accommodations.)

Crock Pot (for low-maintenance cooking)

Vegetable chopping knife

Blender (to make smoothies)

Tupperware (to store extras)

Filtered Water (Brita devices work great)

1 or ½ gallon jug

Rice steamer / cooker (low-maintenance cooking)

Garlic Press

Potato Masher (or strong hand and fork)

Nut Chopper

**5. Choose your level of Detox Activity participation. (see attached "Activities Schedule"):**

A. Choose a level that you are very committed to.

B. Feel free to participate in higher level activities as you find it convenient.

**6. Prepare to Limit the BAD and Fill Up on the GOOD in your life:**

◆ **Plan** to take some extra time for yourself during the three weeks of the Cleanse

## There is another copy of this page with the Shopping List

**Prepare for the Shopping. I have listed examples of local (Visalia, CA) stores. Of course, other towns will be different, and stores come and go.**

1. Usually, you must go to at least 4 stores for the first week
  - A. health food (Watson's is the local store)
  - B. nut store (Naturally Nuts is my preference)
  - C. Harris Ranch beef supplier (Best Buy, Glick's) – Glick's is on Non-residue program
  - D. and produce store (Vons, Save Mart, Albertson's)
  - E. "good" fish supplier (Vons, Save Mart, Albertson's, Glick's)
    - You really need to go to the coast, but that's not practical.
- ⊙ Directions for local Visalia, CA stores:
  - A. Watson's: east of Redwood H.S. and east of One-Hour Martinizing® on the south side of Main Street
    - ◆ Watson's is **NOT** open on the weekends.
  - B. Naturally Nuts: on Caldwell at Ben Maddox
  - C. Best Buy: Walnut at Giddings
  - D. Glick's: Murray at Willis

### Changes I May Make

1. **Quantity:** - The program is designed for a healthy weight 180 lb. male
  - A. Increase or Decrease proportionately
    - i.e. 1 pear and 1 sandwich to ½ pear and ½ sandwich
    - i.e. If you double 1 item, you must double all the items for that meal or snack.
    - You may take extra Metabolic Clearing Food, but you may need to order an extra canister.
      - As prescribed there should be just enough to get you through the 3 weeks.
  - B. To AVOID losing weight, eat 1 or 2 or more handful of rice per day, on ANY day.
  - C. Add any of the vegetables on the "Food Choices List" to any dish before the 3 day modified fast.
  - D. You may add an extra **Ultra Clear** scoop for every 4lbs of healthy weight that you weigh over 150 lbs.
2. **Substitutions:**
  - 1 vegetable for another
  - 1 fruit for another
  - turkey for chicken
  - turkey or fish for chicken
  - chicken or turkey or fish for tofu – nuts for tofu in smoothie
    - preferable not unless you are allergic to soy products
  - rice milk for soy milk
  - You may occasionally have a serving of Metabolic Clearing Food instead of a meal or snack, but this should be an exception because whole foods are necessary.
3. **Additions:**
  - individual spices on the "Food Choices List" to improve the taste
  - NO packets unless the ingredients are obvious AND on the Food List

# Activities Schedule

The first "meeting"/audio day is planned for Tuesday, 2 days BEFORE the cleanse begins.

	WED	1-THUR	2-FRI	3-SAT	4-SUN	5-MON	6-TUE
M O R N G	<b>DBr</b> Journal	<b>DBr</b> Quiet Journal	<b>DBr</b> Quiet Journal	Sh. Th Quiet Journal	Quiet Journal	Quiet Journal	Sh. Th Quiet Journal
A N Y		Push-ups	Th Self -Mass	AEx RR – option (WANTS LIST)	AEx Crunches (WANTS LIST)	(WANTS LIST)	RR - option
E V E		<b>EOBath</b> RR - option		SSteam	<b>EOBath</b>	Th Self -Mass <b>DBr</b>	(Program 1) CV Cleanse
	7-WED	8-THUR	9-FRI	10-SAT	11-SUN	12-MON	13-TUE
M O R N G	RefStr Quiet Journal	<b>DBr</b> Quiet Journal	Quiet Journal	Sh. Th Quiet Journal	RefStr Quiet Journal	<b>DBr</b> Quiet Journal	RefStr Quiet Journal
A N Y	Media Fast AEx Push-ups	Media Fast Crunches RR – option	Media Fast RefStr	RR – option	AEx Push-ups	AEx Crunches RR – option	Media Fast
E V E	Th Self -Mass <b>DBr</b>	<b>EO+Salt</b> Quiet	SSteam	Th Self -Mass	<b>EO+Salt</b> <b>DBr</b>	Th Self -Mass	(Program 2) CV Cleanse
	14-WED	15-THUR	16-FRI	17-SAT	18-SUN	19-MON	20-TUE
M O R N G	<b>DBr</b> Quiet Journal	<b>DBr</b> Quiet Journal	RefStr Quiet Journal	<b>DBr</b> Quiet Journal	RefStr Quiet Journal	<b>DBr</b> Quiet Journal	RefStr Quiet Journal
A N Y	AEx Push-ups Encouraging Note	AEx Crunches RR – option	Love	AEx Push-ups RR – option	Media Fast AEx Crunches Love	RR – option	AEx Encouraging Note
E V E	SSteam		Th Self -Mass	<b>EOBath</b>	Th Self -Mass	<b>DBr</b>	(Program 3) CV Cleanse

ThS-Mass	Therapeutic Self-Massage	I
EOBath	Essential Oil Bath	I
EO+Salt	Essential Oil Bath w/ Epsom Salts	I
AEx	Aerobic Exercise	I(10min), II(20), III(30)
RefStr.	Reformatting Stretchercises	II
DBr	Diaphragm Breathing	II
SSteam	Sinus Steam	II
Quiet	Quiet Sitting / Meditation / Prayer	II
ShTh	Shower Therapy	III
Jour	Journaling	III
	On-Purpose Prioritizing	III
	Allergy Discovery	*R
	Flora Restoration	*R
RR	Raustral Rinse	*R

### I. Level I:

- ◆ Basic Physical Cleanse
- ◆ Serious Food Choice Cleanse

### Level II:

- ◆ all **Level I** +
- ◆ Serious Physical Cleanse
- ◆ Basic Mental Cleanse

### LEVEL III:

- ◆ all **Level II** +
- ◆ Serious Mental/Emotional Cleanse

## Food Choices List

### Proteins

Chicken  
Turkey  
Lamb  
Fish:  
Cod  
Halibut  
Mackerel  
Salmon  
Tuna  
Trout  
Wild game  
Dried beans  
Dried peas  
Lentils

### Grains

Rice  
Rice bread  
Rice pancakes  
Rice cakes  
Rice pasta  
Rice milk  
Cream of rice  
Puffed rice  
Tapioca  
Amaranth  
Millet  
Teff  
Quinoa

### Vegetables

➤ Alfalfa sprouts  
➤ Artichoke  
➤ Avocado  
➤ Asparagus  
➤ Beets  
➤ Bok choy  
➤ Broccoli  
➤ Brussels sprouts  
➤ Cabbage  
Carrots  
➤ Cauliflower  
➤ Celery  
➤ Cucumber  
➤ Daikon radish  
➤ Endive

➤ Escarole  
➤ Green or yellow beans  
➤ Greens -- mustard,  
turnip, chard  
➤ Jicama  
➤ Kale  
➤ Kohlrabi  
➤ Leeks  
➤ Lettuce  
➤ Mung beans  
➤ Okra  
➤ Onions  
➤ Parsnips  
➤ Radishes  
➤ Rutabaga  
➤ Sea vegetables  
(seaweed, kelp)  
➤ Snow peas  
➤ Spinach  
➤ Squash - summer and winter

### ...Vegetables

➤ Taro  
➤ Turnips  
➤ Water chestnuts  
➤ Zucchini squash  
Yams  
Sweet potatoes

### Sweeteners

Brown rice syrup  
Fruit sweetener  
Molasses

### Fruits

Apple  
Applesauce  
Apricot  
Avocado  
Banana  
Blueberries  
Cherries  
Kiwi  
Mango  
Melon  
Nectarine  
Papaya

Pear  
Peach  
Pineapple  
Plum  
Prune  
Raspberries  
Strawberries (only "organic")

### Nuts, Seeds, and Oils

➤ Olive oil (low-med heat cooking)  
➤ Flax oil (NO heat cooking)  
➤ Almonds, Almond Oil  
➤ Cashews  
➤ Hazelnuts  
➤ Pecans  
➤ Pumpkin seeds  
➤ Sesame seed oil  
➤ Sunflower seeds, Sunflower  
oil  
➤ Walnuts, Walnut oil  
➤ Nut butters as allowed  
on list

### Spices

Anise  
Bay leaf  
Basil  
Cardamon  
Celery seed  
Cinnamon  
Cumin  
Dill  
Dry mustard  
Fennel  
Garlic  
Ginger  
Marjoram  
Oregano  
Parsley  
Rosemary  
Saffron  
Savory  
Tarragon  
Thyme  
Turmeric

**Central Valley Environmental Detox**  
— **Anti-Allergy Metabolic** Shopping List (Days 1-9) —

**The Shopping list for**

- Days 1-9 and
- Days 10-20

**are included with the Recipes**



## DETOXIFICATION

### \*\*\*Elimination / Reintroduction Logic\*\*\*

1. ↓Load
2. **Greatest Variety and Concentration of nutrients**
3. **Little interruption of schedule**
4. **Allows for awareness of allergy foods**
5. ↓ **Insulin surges**

### Foods Excluded

- XⓈ **High Pesticide Residue Fruit & Vegetables** – esp. Strawberries and Grapes
- XⓈ **Citrus** -- many people are sensitive
- XⓈ **Nightshade vegetables** – (potatoes, tomatoes, eggplant, tobacco, green peppers, and chili peppers)  
10-15 percent of people with joint pain become pain-free when they exclude
- XⓈ **Canned Vegetables** -- processed (cooked) many nutrients out, added salt and preservatives
- XⓈ **other foods** -- known intolerance
- XⓈ **Beef, farmed fish, etc.** -- high concentration of the arachidonic acids – promote inflammation and pain
- XⓈ **Gluten-containing products** (Wheat, Rye, Oats, Barley, Spelt, Triticale, Kamut) -- commonly irritating to intestines
- XⓈ **Milk products**
  1. commonly reacted on by immune system
  2. commonly have undesirable levels toxins
  3. type of fat that promotes inflammation (arachidonic)
  4. People frequently don't have enzyme to digest
- XⓈ **Fats** – hydrogenated (hydrogenated vegetable oil, vegetable shortening, or partially hydrogenated vegetable oils) transformed into a form that may be harmful – make cell membranes less flexible & more easily damaged
  - Hydrogenated oils are used in the foods because they are cheap, have a long shelf life, and give a buttery texture to foods.
  - Hydrogenation converts the naturally occurring "CIS" form of fat molecule into a "Trans" form.
  - Trans fats are like using the wrong key to open and locked and then having the key break in the lock. The Trans fats jam positions of this is the past don't fit up
  - Trans fatty acids are not suitable for normal body processes, which results in poor structure and poor function.
  - This may interfere with the heart, muscle, coordination, energy levels, and inflammatory conditions.
  - Each cell in our bodies has a fatty membrane around it. Cell membranes that incorporate hydrogenated fats lose their flexibility and become more rigid, because Trans facts are fairly solid at body temperature.
- XⓈ **Spices** – cayenne pepper & paprika – anti-inflammatory {OK if no gastritis}
- XⓈ **Sweeteners** -- nutrient-deficient, chromium depleting; aspartame may excite, irritating neurons
- XⓈ **Nuts and seeds (pistachios** – heavily processed to open shells)
- XⓈ **Beverages** – Diuretics (caffeine-containing teas, colas, cocoa, coffees)
  - Incidentally, the caffeine-extracting process is relatively toxic
  - Stimulants that lead to fatigued adrenal gland

### How to Alter the Detox Daily Plans

## I. Perfectly Acceptable

- A. Add to quantity of vegetables or fruit
- B. Change quantity of everything, proportionately – if you have a less/more muscle mass than avg. or your activity level is much different than average.
- C. Special need approved by Detox director.
- D. Do the “Food Track” instead of using the UltraClear metabolic/medical food. You might not get all the quantity and spectrum of nutrients that are ideal for supporting Phase I and Phase II detoxification, and it will be a bit more work. Otherwise, this is perfectly acceptable since the extra foods on the Food Track will supply some of the missed nutrients.

## II. Small Benefit Loss

- A. Add to quantity of Beans, Nuts, or Meat(beef, chicken, fish), or Tofu disproportionately.
  - ◆ You can only absorb up to ~30 grams of protein per meal
  - ◆ Your kidney’s and liver don’t need the extra work.
- B. Subtract quantity of Tofu, Beans, Nuts, or Meat(beef, chicken, fish) disproportionately
  - ◆ You need enough protein to function well.
  - ◆ There are essential lipids(OILS/FATS) in these.

## III. Large Benefit Loss

- A. Subtract quantity of Fruits, Vegetables, or Nuts *disproportionately*

## Protective Foods...Prevent Free Radical Damage

### by Increasing the Ability to Process the Load

1. Include the foods from the charts below in higher quantities in your diet.
  - from the Farmer's Market or Organically grown
2. If you are very toxic, juice/blend the fruit, vegetables, nuts from most or all categories.
3. If your toxicity does not decrease (**Oxidata**® score of 1), ask about 3-week 'Cleanse'.
4. Supplementation may be necessary. 0 1 2 3 4 5

This table shows the major foods that supply the nutrients that... "Increase ability to process the load."

#### Phase I – Label; Moderate Transformation

<b>Nutrients</b>	<b>Vit B<sub>2</sub></b>	<b>Vit B<sub>6</sub></b>	<b>Vit B<sub>12</sub></b>	<b>Folic Acid</b>	<b>Mg<sup>++</sup></b>
<b>Foods</b>	Almonds[9], <del>Wheat germ</del> [7], Mushrooms, Egg yolks, <b>Soy Flour</b> [.35], Eggs, Split peas	(common in detox) Sunflower seeds[1.25], <del>Wheat germ</del> , Tuna, Soy beans, Walnuts, Salmon, <b>Trout</b> [.6]	Sardines[17], <b>Egg yolks</b> [6], Trout, Salmon, <b>Tuna</b> [3], Lamb	Black-eyed peas[440], Soy flour, <del>Wheat germ</del> <b>Soy beans</b> [225], Kidney beans, Garbanzo beans	Kelp[760], <b>Almonds</b> [270], Cashews, Brazil Nuts, <b>Tofu</b> [111], Spinach, Soybean
<b>Nutrients</b>	<b>Selenium</b>	<b>Mn<sup>++</sup></b>	<b>Zinc</b>	<b>Copper</b>	
<b>Foods</b>	Brazil Nuts(103), <b>Cod</b> [43], Brown Rice, Lamb, Turnip, Molasses, Garlic	Pecans[3.5], Brazil Nuts, Almonds, <b>Split Peas</b> [1.3]	Lamb chops[5.3], Pecans, Split peas, Brazil nuts, Egg yolk	Brazil nuts[2.3], Almonds, Walnuts, Pecans, <b>Split peas</b> [1.2]	

\*\* 'Strike-through' foods (like **Wheat germ**) are good, but not on the cleanse/detox.

#### Defense against Reactive Intermediates

<b>Nutrients</b>	<b>Co Q<sub>10</sub></b>	<b>Vit C</b>	<b>Vit E</b>	<b>Carotenoids</b>
<b>Foods</b>	Oily fish e <sup>-</sup> transporter Antioxidant	Red chili peppers[369], Guavas, <b>Kale</b> [186] or <b>Collard greens</b> , Broccoli, Brussel sprouts, <b>Mustard Greens</b> [97]	<del>Wheat germ oil</del> [216], <b>Sunflower seeds</b> [90], Safflower oil, <b>Almonds</b> [48], <b>Olive Oil</b> [18], Soy bean oil, <b>Spinach</b> [3.2]	dark <b>orange, red, yellow</b> & <b>green</b> vegetables & fruits such as broccoli, kale, spinach, sweet potatoes, carrots [11000], red & yellow bell peppers, Red chili peppers[21600], Apricots, cantaloupe & Mangos, <del>egg yolks</del> , Collard greens, Kale
<b>Nutrients</b>	<b>Selenium</b>	<b>Thiols</b>	<b>Flavonoids</b>	
<b>Foods</b>	(see above)	Onion, Garlic, Cruciferous vegetables(Cabbage, Bok Choy, Broccoli, Br. Sprouts)	<b>Colorful part of</b> apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tomatoes, & orange <b>pulp</b>	

#### Phase II – Transform for Removal

<b>Nutrients</b>	<b>Glutathione(NAC)</b>	<b>Glucuronic Acid</b>	<b>Methionine</b>	<b>Taurine</b>
<b>Foods</b>	1. Detox via conjugation 2. Antioxidant 3. as Cysteine: Meat, Yogurt, Wht Germ, Eggs	(Phase II glucuronidation)	(Phase II conjugation(-S))	(Phase II conjugation(-S))
<b>Nutrients</b>	<b>Glycine</b>	<b>Glutamine</b>	<b>Orthinine</b>	<b>Arginine</b>
<b>Foods</b>	made from non-e aa For forming Glutathione	made from non-e aa For healing intestinal wall Phase II conjugation	(made from non-e aa)	meats & nuts Phase II conjugation

Phase II nutrients are predominantly proteins and the nutrients that help them attach to harmful chemicals. Americans are not deficient in protein, but we are often lacking the ability to convert one form into another more useful form adequately enough to detoxify.

*The problem is that the standard American diet does not support the supply of these key nutrients. In fact, it is usually very antagonistic to this supply.*

\*\* Bold food indicates 50% decrease from prev. food. Amounts listed mg or mcg per 100 grams(3 ½ oz).

**Central Valley *Whole Body* Cleanse**

# **DETOXIFICATION ACTIVITIES**

## Detoxifying Activities

### Diaphragm Breathing Therapy<sup>1</sup>:

**Purpose:** Relax Sympathetic nervous system. Speed removal of toxins from blood. Assist the function of all oxygen-dependant processes within the body.

**Mechanism of healing:**

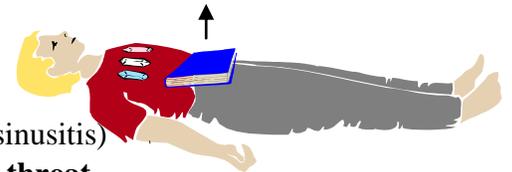
Two of the most powerful forces in your body are your breathing and your heart rate. Breath training has permanently alleviated asthma in some patients and has significantly helped almost every asthma sufferer who has regularly applied the technique.

Most of us have an unused reserve of about 20 percent in our lungs. These exercises work like at-home endurance training that enable your muscles to expel the stagnant air and draw in that extra 20%.

- Proper breathing signals the nervous system to relax.
- (Shallow rapid breathing triggers “Fight or Flight” sympathetic N.S. reactions. It also is a form of hyperventilation that leads to hypoxia, low oxygen in the blood and cells.)

**Method:**

- Lie on your back so that you are relaxed.
- Place hardcover book (or hand) just below ribs.
- Breathe in through your nose (unless difficult due to cold or sinusitis)
  - Imagine that you are drawing in air **from the back of your throat**.
  - As you breathe in, try lifting book as high as you can with your stomach muscles
  - Keep chest muscles relaxed and motionless. (Your chest will expand somewhat at end.)
- As you exhale, use the same belly muscles to **squeeze every bit** of air from your lungs.
  - **Exhalation** should be **longer** than inhalation.
  - When nearing end, begin to “hum.” You can push out more air than you think.
- Do this exercise slowly so that you take about **4 breaths** per minute.



### Progressive Relaxation --great to do with Diaphragm Breathing

1. **Starting at your toes, Contract each muscle with each breath in and Relax with each breath out.**
  - Contract each set of muscles (so that you are aware of the tension of the muscle).
  - Relax each muscle more with each breath, until your body is completely relaxed.
  - Release the breath, and Feel your body getting heavier and sinking deeper with each breath released.
2. **Include Every segment of the body**
  - First the toes and feet...
  - Then the legs and thighs...
  - Then the gluteal muscles and hips – first tightening with the breath in, then totally relaxing as you slowly breathe out...
  - Then the abdominal muscles...
  - Then the chest and shoulders – breathe in, tighten, breathe out, totally relax...
  - Then contract and relax your finger – tighten...relax...
  - Then the neck and shoulders again – tighten...relax...
  - Then the head and face – tighten...relax...
  - Then even the muscles around your eyeballs, inside the eye sockets...
3. **Gradually progress back through each segment of the body, starting back at the toes.**
  - make sure that they are all still **fully** relaxed
  - first – tighten...then relax...

<sup>1</sup> Adapted from: *Reversing Asthma*, Richard N. Firshein, D.O. 1996.

## Essential Oil Sinus Steam:

**Purpose:** Open, Nourish, and Moisturize Sinuses and Face. Relax mind and body.

### Procedure:

- Heat pot (or large dish if using microwave) of **purified** water over stove.
  - Not boiling, but bubbles should be forming on bottom and steam rising
- Add **3 drops** of **Respiratory essential oils**
- Place pot on surface that you can comfortably lean over
- Place large **towel** over you **head**, and drape it over the **pot** as you lean over it.
  - Let some air in or take a break if it is too hot.
- When comfortable with temperature, inhale deeply and slowly
  - Breathe toward back of throat
- continue for **5-10 minutes**



## Essential oil [and Epsom Salt] bath.

- (Use **2 pounds of Epsom salts** per tub of hot water.)
- Add **10 drops Relaxing (Bath) essential oil** mixture.
- Emerge as much of your body as you can and make the water very hot. Relax for 20 minutes.
- When you get out, wrap yourself in a nice big, warm towel and lay down for at least 5 minutes.

## Raustral / Nose Rinse:

Note: It's messy, so doing it in the shower is best.

**Purpose:** Rinse Allergens(**mold** spores, **pollen**, etc.) from mucus membranes of nose. If the allergens aren't in contact with your membranes, they won't cause the **itching, sneezing, drainage**, etc.

### Procedure:

- Dissolve approx. ½-1 teaspoon salt in 1 cup warm **purified** water; this amount varies between individuals – find the amount that works best.
- Water should be body temperature
- warm over stove or microwave
- If water is not purified, it may burn.
- The less you notice it the better
- Tilt head to far left
- Place cup rim to upper lip and right nostril
- Gently breathe in through nostril
- Water will run down into mouth somewhat when doing rinse correctly.



### Products:

- [www.Neilmed.com](http://www.Neilmed.com) or your local pharmacy for a sinus rinse kit to do this more cleanly.
- Use a saline spray for the frequent uses and the 'rinse' or Neti pot for the necessary cleaning to really get the allergens out of your nose.

## Shower Therapy<sup>2</sup>:

**Purpose:** Speed removal of toxins from blood, lymph, and fatty tissue. Stimulate immune system.

**Mechanism of healing:**

The body stores many toxins in fatty tissue. Sweating therapy activates fat stores (by increasing temperature and metabolic rate). Fluids in the blood and lymph are used to “manufacture” sweat. When we sweat, some of these poisons contained in these fluids are excreted through the skin.

Increasing your body temperature (not above 104, which could be dangerous) creates a more favorable environment for immune system activity. It also allows white blood cells to move more easily into the skin.

Increase flow of blood through abdominal and chest organs by alternating stimulation and relaxation of sympathetic nerve chains running alongside the spine.

**Cautions:** Always stay warm after the treatment, and make sure that you are thoroughly covered and dry.

**Method:**

- Take a hot(to tolerance) shower for 5 minutes, allowing the water to run on your back.
- Switch to only cold and leave running while you count 30 breaths(fast ones).
- Repeat with hot water for another 5 minutes – being careful not to burn yourself.
- Switch back to only cold while you count 30 breaths
- Repeat hot-cold cycle one more time.
- After you’ve finished 3 rounds, get out of the shower and dry off quickly.
- Get into bed and lie under the covers for 30 minutes,
- Make sure you stay **VERY warm & DRY** even if you can’t take time to lie there!

## Therapeutic Self-Massage Therapy:

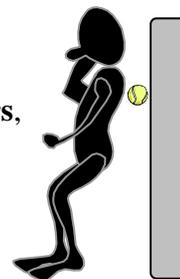
**Purpose:** Speed removal of toxins from muscles and promote relaxation.

**Mechanism of healing:**

Tight muscles(especially those that held your head up all day) have decreased blood flow. This results in increased buildup of toxins and decreased oxygen to the tissues. Soreness (and occasional headaches, etc.) results from irritation of the nerves within the muscle.

**Method:**

- Place a tennis ball between the wall and the muscles beside your spine.
- Move your body up and down with the ball next to your spine.
  - Lean against the wall.
    - The further your feet from the wall, the deeper the massage
- Experiment with leaning different parts of your back against the ball.
- Try lying on the floor or bed with the tennis ball under your **Shoulders, Hips**, etc. – rolling your body around on the ball.



## Crunches:

<sup>2</sup> Adapted from: *7-Day Detox Miracle*, Peter Bennet, ND; Stephen Barrie, ND; and Sara Faye. 1999.

- Lie flat on you back
- Bend knees or place them on a chair.
- Interlace fingers behind base of skull
- **Keep elbows straight out** – horizontal to floor
- Lift head and shoulders – **lifting nose toward ceiling**

## Push-ups:

- (not the little orange sherbet ones)

### Basic Level

- Kneel down and lower body to floor with hands below shoulders.
- Keep knee on floor
- If wrists hurt, roll up a towel and place them under palms to keep wrist straighter.

### All Levels

- Keep stomach muscles contracted
- Do not let back sway(droop toward the floor)

## Quiet Sitting / Journal Writing:

(Ideally, this time period will be interrupted only by a few moments of writing important ideas.)

### 1. First consider what to be **Thankful** for.

- Use the “Space for Gratitude” Or your personal journal.
- Consider those things that you had or have – things that were given to you, things that bring or have brought you **Joy, Opportunity, or even Awareness...**
- Consider each of these categories:
  - Socially & Religiously
  - Physically
  - Relationships
  - Employment
  - Environment, Activities
  - Books / Information
  - Opportunities / Trials

### 2. Then consider how to be **Loving** and/or **Forgiving** to **others**.

- in the relevant categories mentioned
- Recognize where you are not loving/forgiving; your health will improve when you are able to.
- jot these positive or negative things down

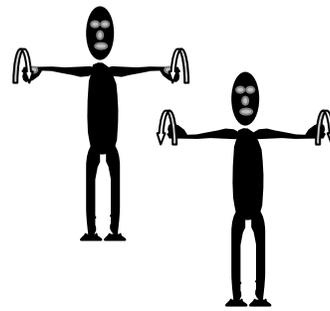
### 3. Briefly **Consider** your day, week, or month, etc. with respect to **things** that **you CAN influence**.

- **Release** those **things** over which you have **no influence**.
- Jot down your decisions or ideas.

# Reformatting Exercises<sup>3</sup>:

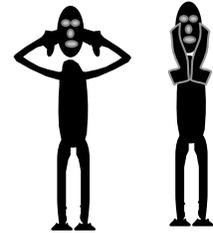
## 1. ARM CIRCLES

- Elbows straight, Palms down, Thumbs forward
- Squeeze shoulder blades together slightly.
- Rotate arms up and forward in 6 in. circles; 20 times.
- Then point thumbs backward, and do 20x, in rev.



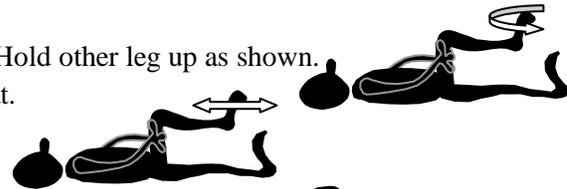
## 2. ELBOW CURLS

- Both hands in golfer's grip (finger's curled, thumb out).
- Raise hands, palms forward, so that flat area between 1st & 2nd knuckle joints of index and middle fingers rests on temples in front of ears. Thumbs down, parallel to cheeks
- Draw elbows back evenly, until in line w/ each other
- Slowly draw elbows forward until touching. Keep thumbs down.
- Again, draw elbows back evenly



## 3. FOOT CIRCLES / POINT FLEXES

- One foot stays on floor with toes pointed toward ceiling. Hold other leg up as shown.
- Circle foot clockwise. Reverse direction(CCW) and repeat.
- Bring the toes back toward shin to FLEX.
- Reverse the direction to POINT.



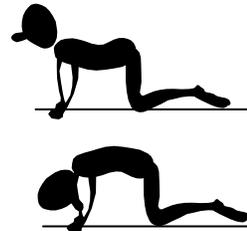
## 4. SITTING FLOOR TWIST

- Crossed foot flat and parallel to other leg
- Place elbow outside opposite knee
- Tighten muscles of straight leg, & flex ankle back toward knee.



## 5. CATS & DOGS

- Knees aligned w/ hips & wrists w/ shoulders
- Legs parallel with one another
- Distribute weight evenly.
- Smoothly round back up as head curls under.
- Smoothly drop back while bringing head up.
- Make two moves flow continuously.



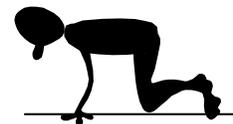
## 6. KNEELING GROIN STRETCH

- Head up. Back straight.
- Interlaced hands, palm-down on front knee.
- Keep hips square and avoid twisting trunk.
- Front knee equal to or behind ankle.



## 7. DOWNWARD DOG

- From "All-fours" position, curl toes under & push w/ legs to raise torso until off knees & weight is being supported by hands & feet.
- Keep pushing up until body forms a triangle.
- Knees straight; calves & thighs tight.
- Feet straight forward, in line with hands
- Back flat, not bowed. BREATHE.
- Heels as flat as you can, without forcing.



<sup>3</sup> Adapted from: *Pain Free*, Pete Egoscue. 1998

# ***SPECIAL Week 1 Activity***

## ***--- Wants Lists Directions ---***

***An On-Purpose person has all kinds of wants, needs, and desires, like everyone else. We also have problems, pains, and failures. The difference is how on-purpose persons meet these needs and our response to situations. We're intentional; we have a purpose. We will begin by writing down what we want out of our life. We will group these into lists, our Wants Lists.***

I. Turn to the WANTS LIST in your booklet. At the top of this page, write the first category. Fill in each of the rest at the top of the next seven pages.

☞ **Physical / Health / Recreational**

☞ **Financial / Material**

☞ **Family**

☞ **Vocational / Career**

☞ **Social / Community**

☞ **Spiritual**

☞ **Mental / Intellectual**

☞ **Other**

Your **Wants List** is a comprehensive inventory of what you want. Headings are simply reminders.

I want you to take your time completing this. You can have a lot of fun with this one. Just relax and write what comes to mind.

### **Directions:**

1. Go to a quiet place without interruptions
2. Quiet your thoughts and focus on your wants.
3. Write down every imaginable want -- all of them, regardless of how outrageous.
  - lose 15 pounds; finish school; earn \$75,000 next year; eliminate headaches; etc.
  - in no particular order
4. Write for as long as you can, then put the list down for awhile.
5. Add more things as they come to you over the next several days.
6. Alternate writing your wants from the top to the bottom of the page.
  - follow the letters. Ignore the small boxes for now.

**We'll come back to this next week.**

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
- K. \_\_\_\_\_
- M. \_\_\_\_\_
- O. \_\_\_\_\_
- Q. \_\_\_\_\_
- P. \_\_\_\_\_
- N. \_\_\_\_\_
- L. \_\_\_\_\_
- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
- K. \_\_\_\_\_
- M. \_\_\_\_\_
- O. \_\_\_\_\_
- Q. \_\_\_\_\_
- P. \_\_\_\_\_
- N. \_\_\_\_\_
- L. \_\_\_\_\_
- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
- K. \_\_\_\_\_
- M. \_\_\_\_\_
- O. \_\_\_\_\_
- Q. \_\_\_\_\_
- P. \_\_\_\_\_
- N. \_\_\_\_\_
- L. \_\_\_\_\_
- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
- K. \_\_\_\_\_
- M. \_\_\_\_\_
- O. \_\_\_\_\_
- Q. \_\_\_\_\_
- P. \_\_\_\_\_
- N. \_\_\_\_\_
- L. \_\_\_\_\_
- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
- K. \_\_\_\_\_
- M. \_\_\_\_\_
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- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
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- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Wants List

Title: \_\_\_\_\_

- A. \_\_\_\_\_
- C. \_\_\_\_\_
- E. \_\_\_\_\_
- G. \_\_\_\_\_
- I. \_\_\_\_\_
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- D. \_\_\_\_\_
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## Wants List

Title: \_\_\_\_\_

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- L. \_\_\_\_\_
- J. \_\_\_\_\_
- H. \_\_\_\_\_
- F. \_\_\_\_\_
- D. \_\_\_\_\_
- B. \_\_\_\_\_

## Research Citations

There are many bold statements made throughout this program. Sometimes I understate the case, but I try not to overstate the case. Please look through a sampling of some of the hundreds of references we used to develop and refine this program.

Follow this link: <http://wp.me/P6zoxI-vF>

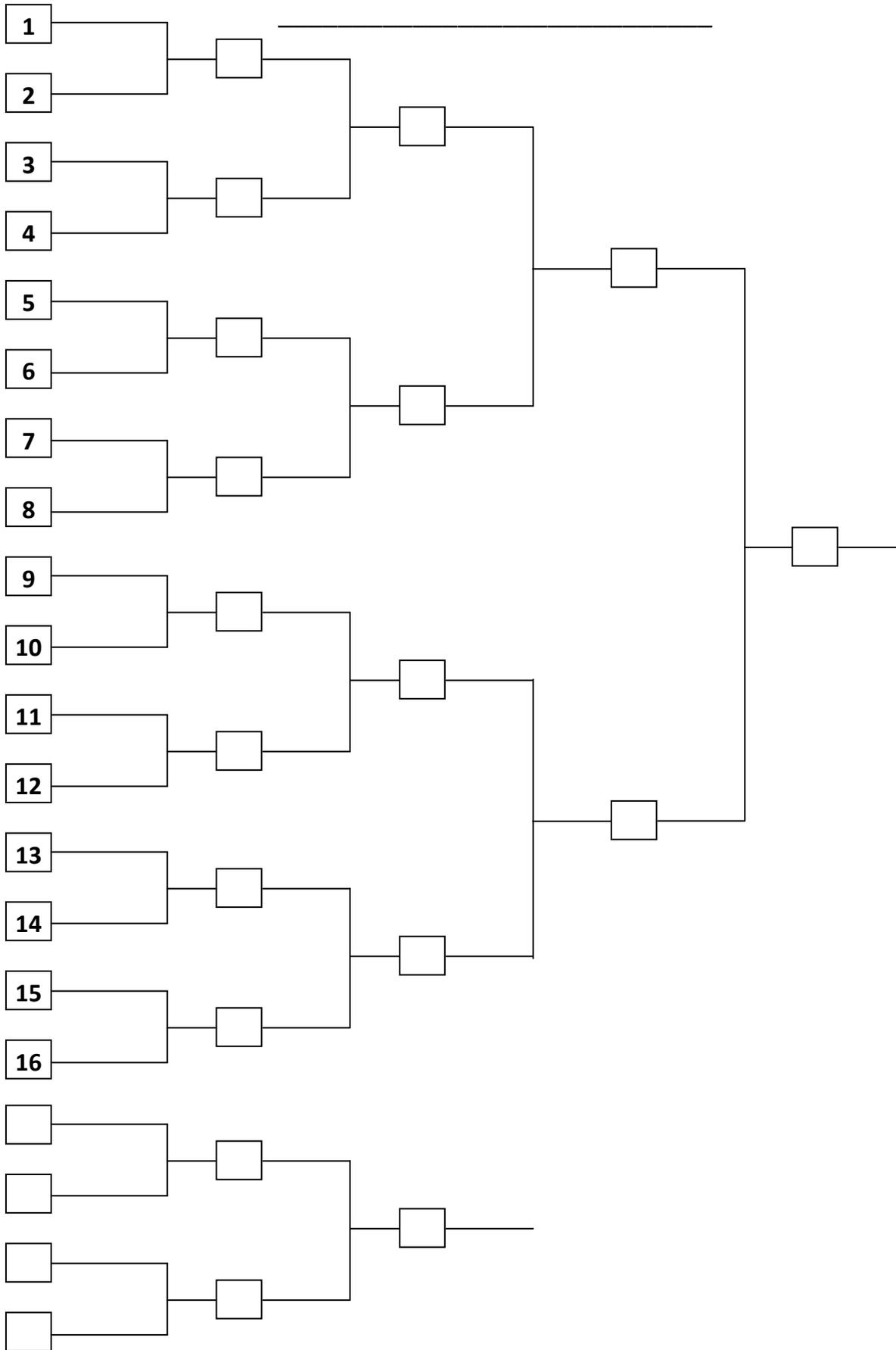


## **SPECIAL Week 2 Activity**

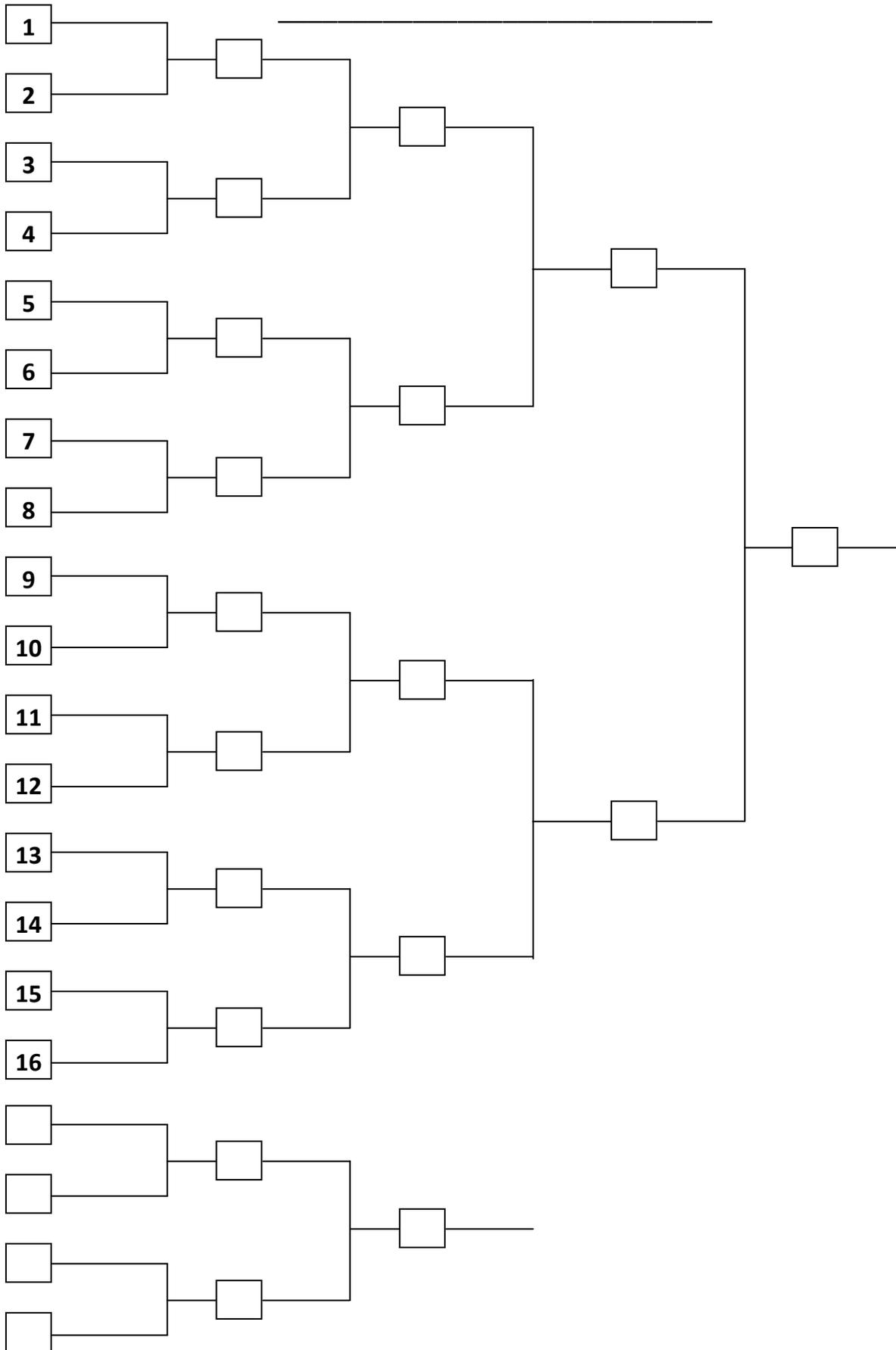
### **TOURNAMENTS & MAIN DRAW**

- A. Sequentially number each want all the way down the list. The little boxes are for this. In other words, “1” in the top box, “2” next one down, then “3”...
- B. If you had to choose between #1 & #2, which would it be? Now chose between #3 & #4. As you continue, write in the winners in the corresponding box extending out from #1 & #2, #3 & #4, etc. on the tournament chart.
- As you progress through this, you’ll need to make some difficult choices. Guess what, you do that every day. Very few moments (much less, days, weeks, or months) pass that you don’t have to make difficult choices. You can make the decision here in the absence of peer pressures, emotions, and confusion. I understand that many choices depend upon circumstances. But make the choice what is generally or most often true.
  - It may have hurt to make some of those choices. But you’ll notice that **they aren’t gone**; they’re just not the **priority** in a given circumstance.
- C. Hold the tournaments for each **category**.
- D. If you have an uneven number, at one step, the extra “want” automatically “wins” and moves on to the next level of the tournament.
- E. Then run the **Main Draw**.
1. List the **Core Wants**, the tournament winner(or top 2 in a category, if you must) from each category on the **Main Draw** chart.
  2. Run the **Main Draw** tournament the same way you did with the Tournaments.

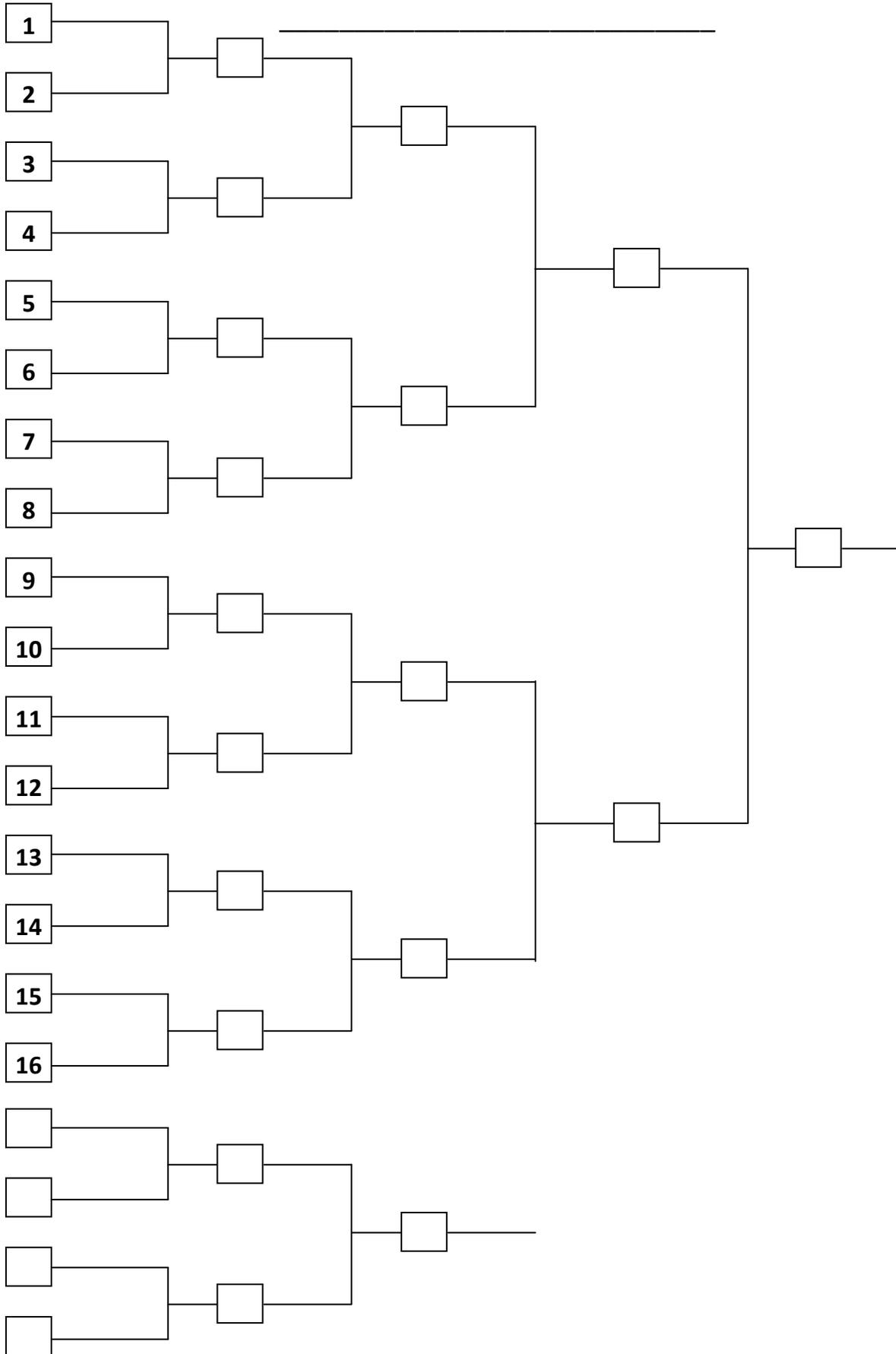
Tournament Chart



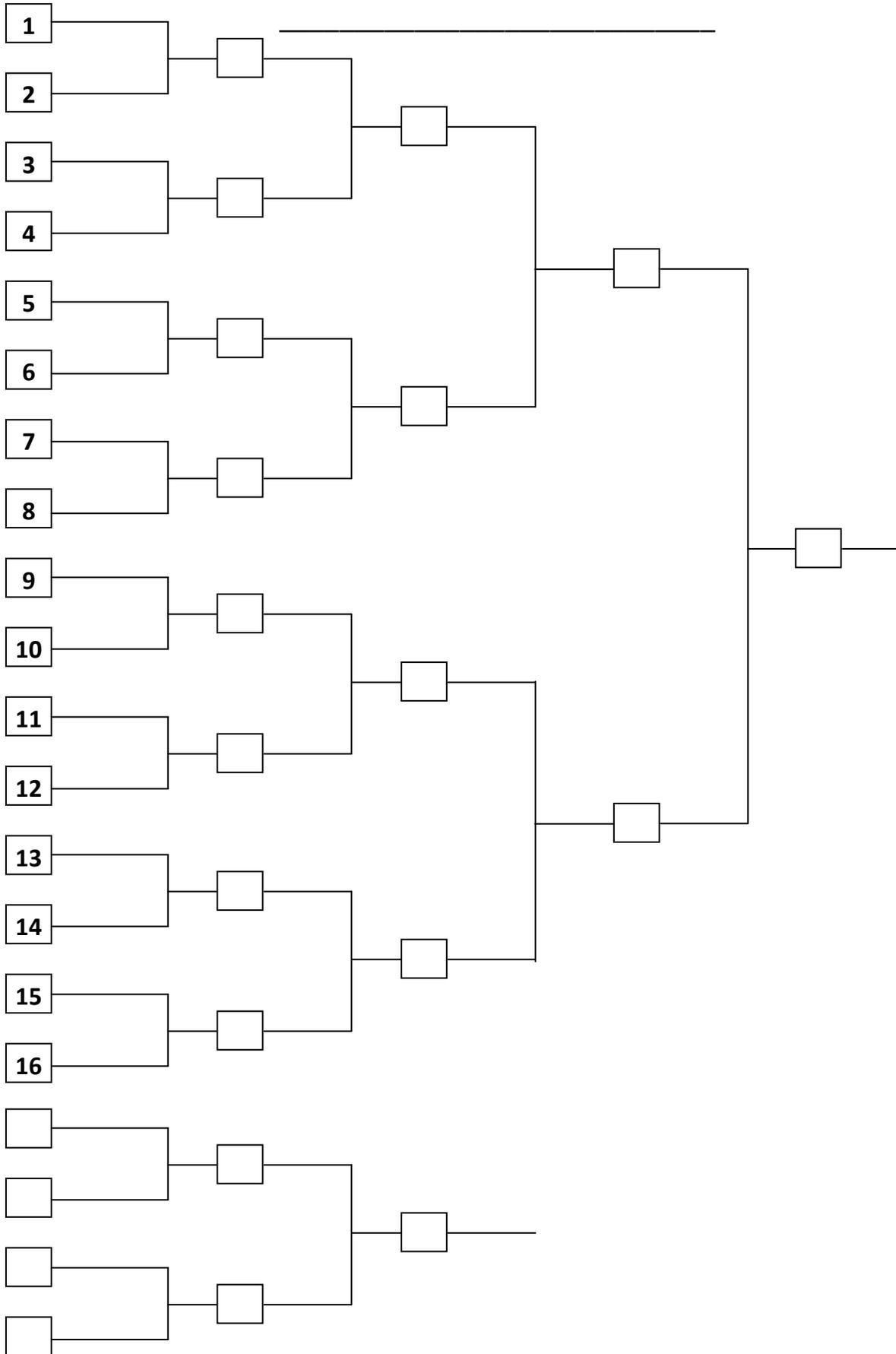
Tournament Chart



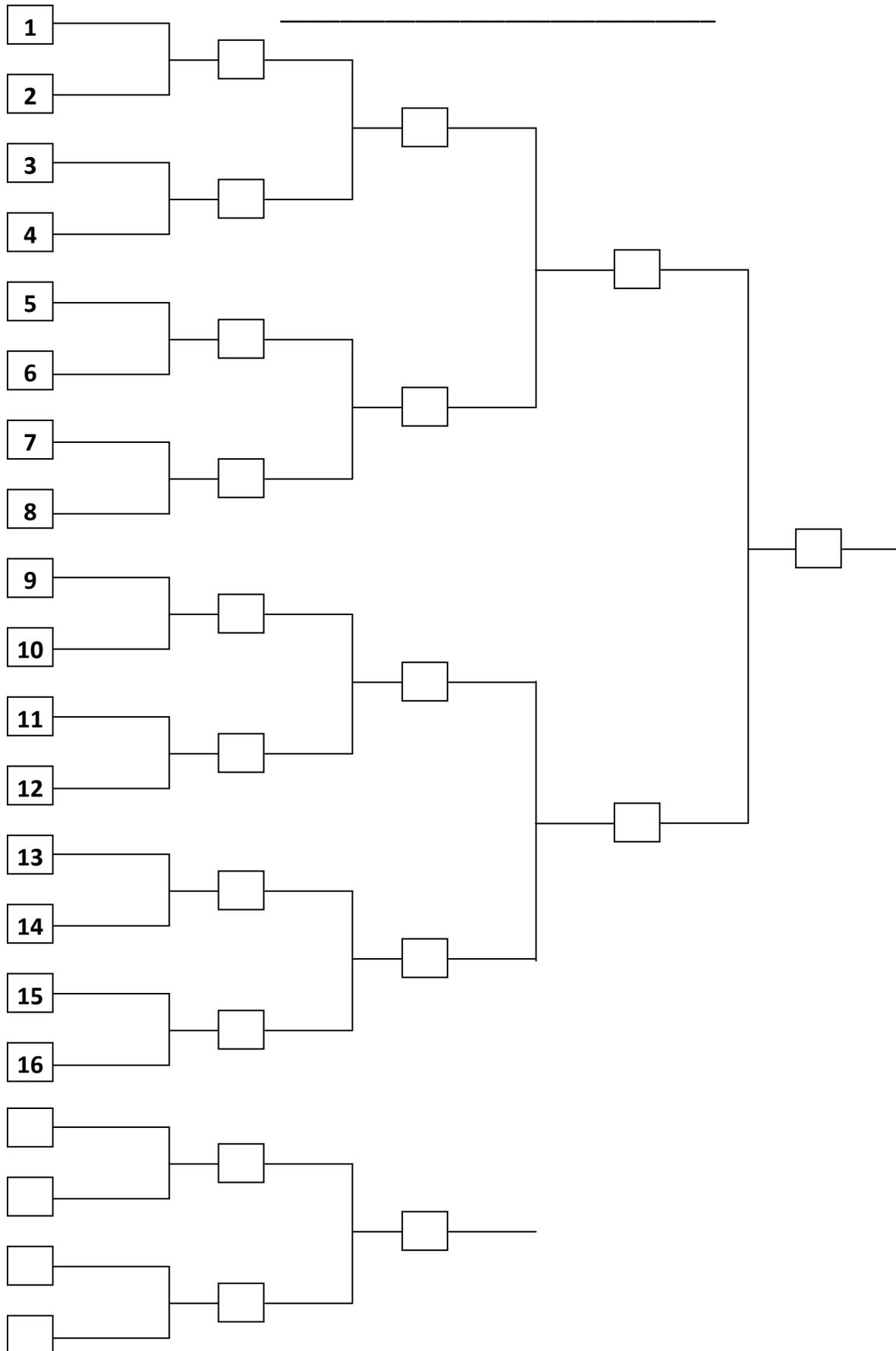
Tournament Chart



Tournament Chart



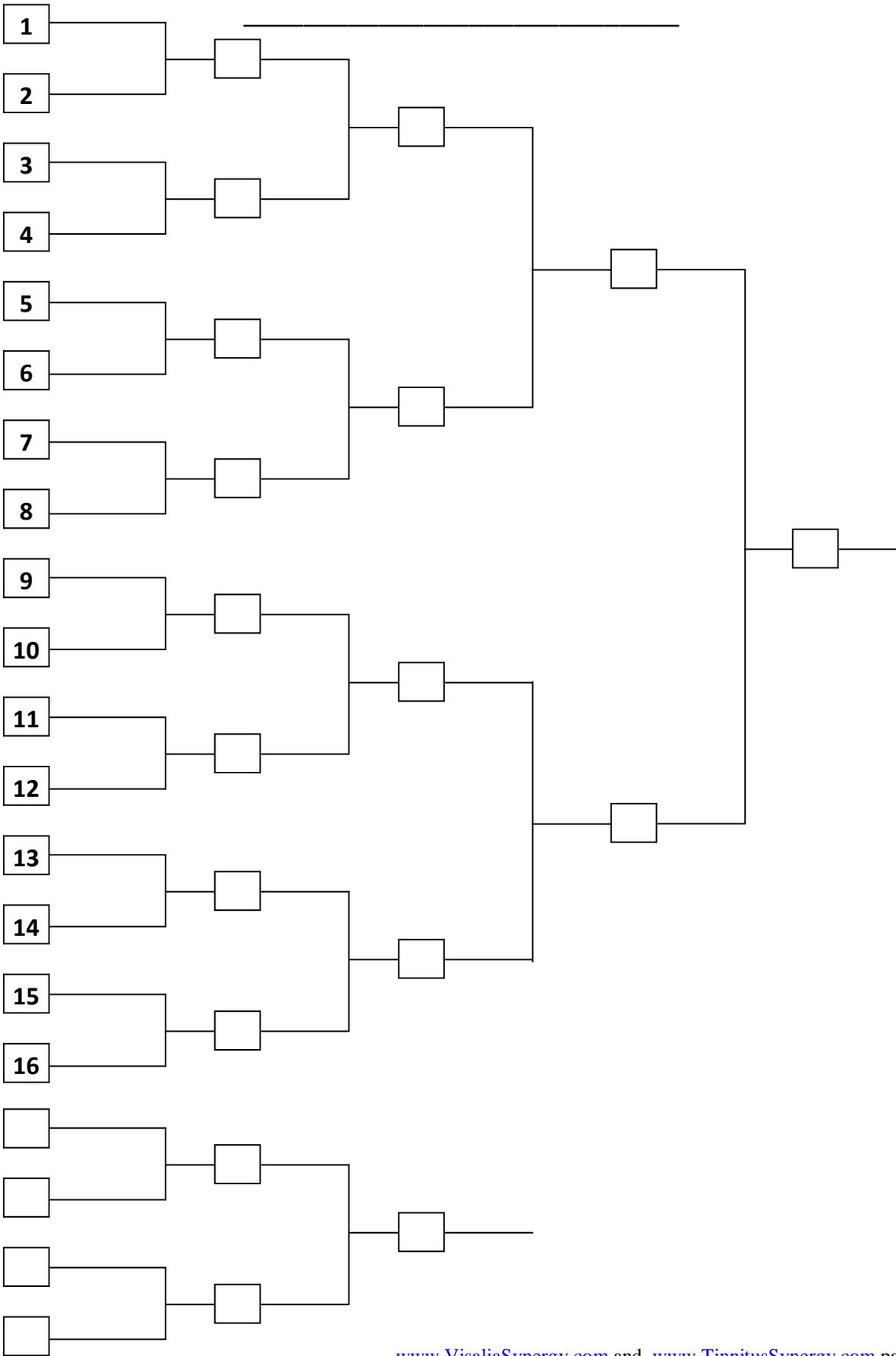
# Tournament Chart



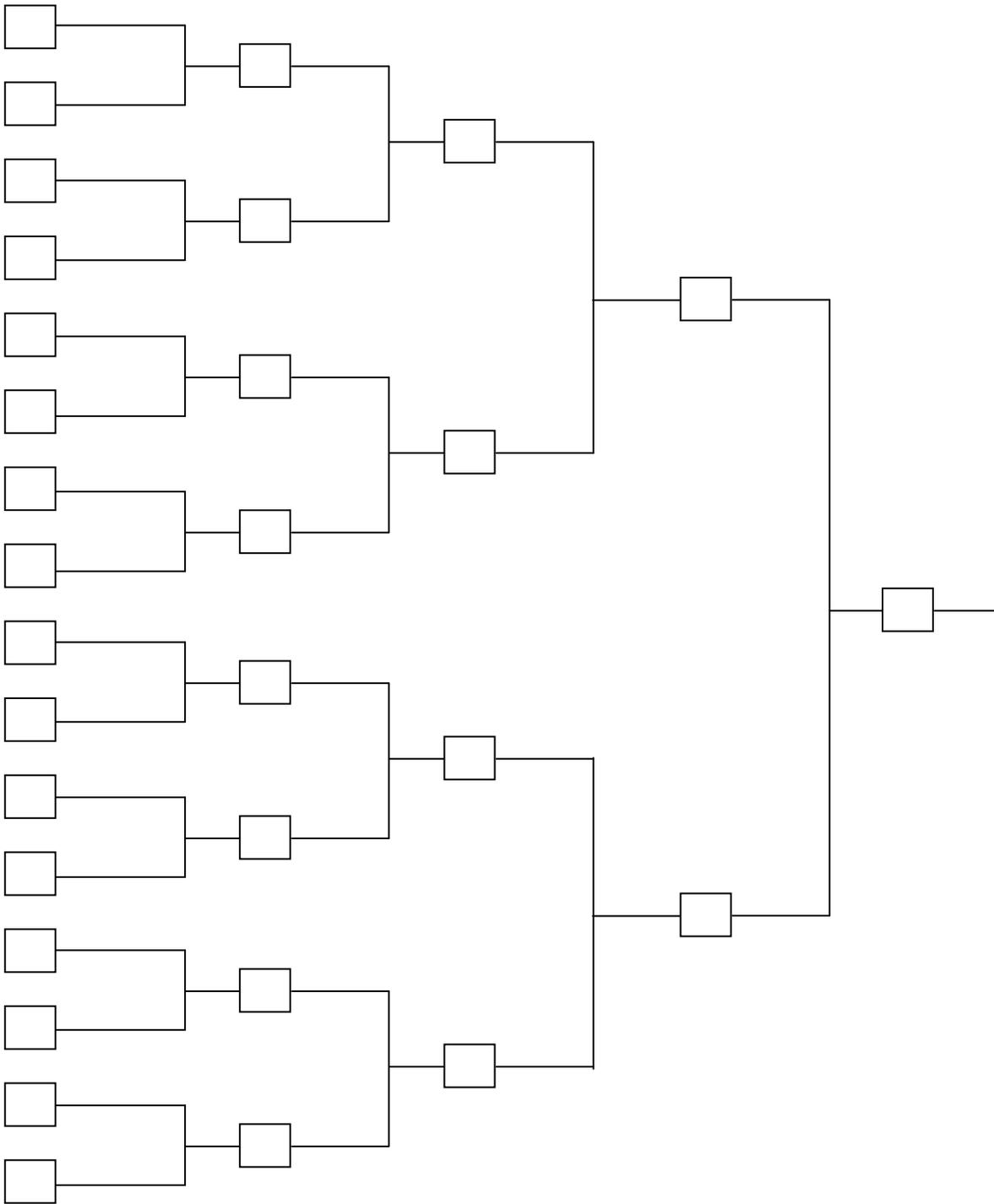
Tournament Chart



Tournament Chart



# MAIN DRAW



# Conquering Worry<sup>4</sup>: For ALL Worries, & Lack of Harmony between People

## Face the Worry Head-on:

- A. Get all the FACTS
  1. WRITE out the problem.
  2. What is the CAUSE?
  3. What are all the possible SOLUTIONS?
- B. After carefully considering the facts, MAKE a DECISION.  
(If others must agree(like at work), what solution do YOU suggest?)
- C. ACT and dismiss anxiety about the outcome.  
**...because you know you have made the best decision you are capable of making**

## Get Perspective:

- A. **People Forget**
  - ◆ Everyone will have forgotten in a year, and most will have forgotten in a day.
  - ◆ People are too concerned with their own problems to bother remembering yours.
  - ◆ “A man is not hurt so much by what happens as by his opinion of what happens, and our opinion of what happens is entirely up to us.” – French philosopher, Montaigne
- B. **People Often Motivated by Insecurity**
  1. Seek to **Love** and to **Care**, not to **Defend**.
    - They are **being controlled** by their **environment/circumstances**.
  2. Don't allow yourself to be controlled by their actions
    - **Act** don't **React**
    - **"I have no time to quarrel, no time for regrets, and no man can force me to stoop low enough to hate him."** -- Lawrence Jones  
- founder of Piney Woods School near Jackson Miss.
- C. **People have Different Perspectives**
  - ◆ Seek to **Understand**, **THEN** to be **Understood**
  - ◆ Sometimes **BOTH** are **correct**
- D. **Look for the Positive**
- E. **Don't Exaggerate the Importance**
  - ◆ Toothpaste or toilet lid
  - ◆ Being cut off on freeway
  - ◆ Lack of recognition
  - ◆ Embarrassed yourself by action or word
  - ◆ “Trivialities are at the bottom of most marital unhappiness.” – Judge Joseph Sabbath  
(Chicago arbiter in >40,000 unhappy marriages)
  - ◆ “Life is too short to be little.” – Benjamin Disraeli
  - ◆ “I had the blues because I had no shoes until upon the street I met a man who had no feet.” --Harold Abbot
- F. **Most things we worry about don't happen.**

---

<sup>4</sup> Adapted from: *How to Stop Worrying & Start Living*, Dale Carnegie. 1948 (edited in 1984 by Dorothy Carnegie).  
[www.VisaliaSynergy.com](http://www.VisaliaSynergy.com) and [www.TinnitusSynergy.com](http://www.TinnitusSynergy.com) page 37 of 42

## Cooperate with the Inevitable

--from Willis H. Carrier, originator of air conditioner co. by same name

- A. **Analyze** the situation Fearlessly and honestly.
  - ◆ What is the worst that can happen?
- B. Reconcile yourself to **accepting** it, if necessary.
  - ◆ This will free you to concentrate.
- C. Devote your time and energy to **improving** upon the worst.

## Place a STOP-LOSS order

...when tempted to throw good effort after something...

1. How much does this thing I am worrying about really matter to me?
2. At what point will I put a stop loss on this?
  - ◆ **Mental effort**
  - ◆ **Physical Effort**

### PAST

“When you start worrying about things that are over and done with, it’s like trying to saw sawdust.”

--Fred Fuller Shedd (former editor of *Philadelphia Bulletin*)

### FUTURE

**Matt. 6:34** – “Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” – Jesus Christ

## Get Rid of the Dark with Light

- ◆ Like the **untended garden** becomes overgrown with weeds, the **idle mind** is fertile for negative and destructive thoughts.
  - ◆ You can’t think of 2 things at once.
- A. **Keep Busy** – with both Body and Mind
- ◆ Mindless activity is not effective.
  - ◆ Activity must be challenging and activating for the mind.

## *Implementing Healthy Changes*

Congratulations. You have made it through a powerful cleansing education and experience.

Have you learned something?

Have you eaten more healthy than you were eating?

Have you invested in your long-term health?

If you have done all, or any of these, this was a healthy, productive experience.  
Congratulations.

But it isn't over. The goal is to cleanse and to continue cleaning lifestyle – not always at this intensity.

The weakness of many cleanses is that you do fancy concoctions, fasting, and slurries only to end the cleanse not knowing how to or being able to implement anything you did. We have a solution for that: [\*\*Return to Quality Food.\*\*](#)

**COMPARISONS**  
➤ **Sugar Quantity**



**Serving Size:** 56 grams  
**Total Carbs:** 36 grams  
**Fiber** 2 grams  
**Sugar** 21 grams  
**Oil added:**  
 Partially hydrogenated soybean oil  
**Total Fat:** 5 grams



**Serving Size:** 36 grams  
**Total Carbs:** 15 grams  
**Fiber** 2 grams  
**Sugar** 5 grams  
**Oil added:**  
 Partially hydrogenated vegetable oil  
**Total Fat:** 12 grams



**Serving Size:** 32 grams  
**Total Carbs:** 6 grams  
**Fiber** 2 grams  
**Sugar** 1 grams  
**Oil added:**  
 None  
**Total Fat:** 16 grams

**Conclusion:** It's important to recognize the Serving Size, and the breakdown or Total Carbs. In comparing these peanut butters, recognize that the Vons® has more fat but none added and the Skippy® has remanufactured ("hydrogenated") added but ends up with less total. There is something fishy here. Don't fear fat; fear artificial! Your body thrives (survives) most healthfully on **FOOD**, not remanufactured concoctions!

**PLAIN YOGURT**

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 0</b>
	<b>% Daily Value*</b>
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol Less than 5mg</b>	<b>1%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 10g	
<b>Protein 13g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

**FRUIT YOGURT**

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 25</b>
	<b>% Daily Value*</b>
<b>Total Fat 3g</b>	<b>4%</b>
Saturated Fat 1.5g	9%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber Less than 1g	3%
Sugars 44g	
<b>Protein 9g</b>	
Vitamin A 2%	Vitamin C 4%
Calcium 35%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

- COMPARISONS**
- **Additives**
    - **Carbohydrate**
    - **Sugars**

Serving size \_\_\_\_\_ grams  
 Total Carbohydrates: \_\_\_\_\_ grams  
 Sugars: \_\_\_\_\_ grams

Serving size \_\_\_\_\_ grams  
 Total Carbohydrates: \_\_\_\_\_ grams  
 Sugars: \_\_\_\_\_ grams



**Stonyfield**  
 ORGANIC  
**GREEK**

**Organic nonfat Greek yogurt**

**Our Family Recipe**  
 CULTURED PASTEURIZED ORGANIC NONFAT MILK.

**Live Active Cultures**  
 CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, AND L. CASEI.

USDA Organic U GF ARTIFICIAL

Vitamin A 0% • Vitamin C 0% • Calcium 20%  
 Iron 0% • Thiamin 6% • Riboflavin 20%  
 Vitamin B6 2% • Vitamin B12 15%  
 Pantothenic Acid 8% • Phosphorous 20%  
 Magnesium 4%



**Serving Size 1 container (150g)**  
 Servings per Container 1

**Amount Per Serving**  
 Calories 80  
 Calories from Fat 0

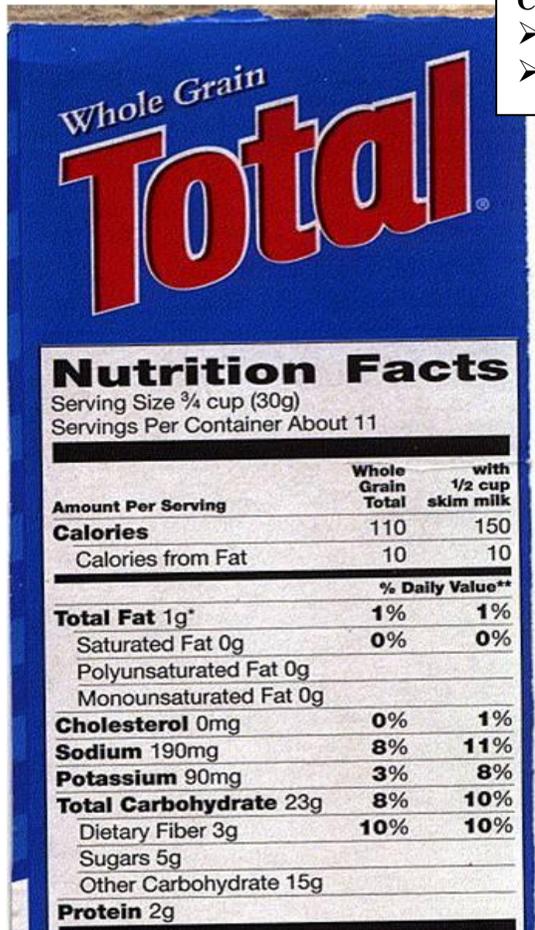
<b>Total Fat 0g</b>	0%
<b>Saturated Fat 0g</b>	0%
<b>Trans Fat 0g</b>	0%
<b>Cholesterol &lt;5mg</b>	1%
<b>Sodium 60mg</b>	3%
<b>Potassium 230mg</b>	7%
<b>Total Carbohydrate 6g</b>	2%
<b>Dietary Fiber 0g</b>	0%
<b>Sugars 6g</b>	
<b>Protein 15g</b>	30%

This information is intended as a general guide to consumers. While we try to ensure the most-up-to-date ingredients and nutritional values are on our website, they may not match exactly with what is purchased in-store. The most accurate information is always on the product packaging itself.

Serving size \_\_\_\_\_ grams  
 Total Carbs: \_\_\_\_\_ grams  
 Sugars: \_\_\_\_\_ grams

The above label comparison was taken from [http://www.morethanameal.info/manual/chapter4/chap4\\_sec2.html](http://www.morethanameal.info/manual/chapter4/chap4_sec2.html) . This is a very good website for basic nutritional education for the beginner, provided by University of Massachusetts.

What does it mean: You see that the serving sizes are about the same. *Good so far*. But you see that Total Carbs are QUITE different. The, you see that those extra carbs are Sugars. *...not good*. You got all your sugars from one serving of yogurt. Fruit yogurt usually have lots of added sugar. The 3<sup>rd</sup> one has a smaller serving size, it is clearly proud of the NATURAL way they raise/feed their cows, and the fact that it has live beneficial bacteria/cultures. The 3<sup>rd</sup> one has about the same amount of sugar as the non-fruit one above. 6 grams is an amount you can have for a meal, even if you have diabetes.



**COMPARISONS**  
 ➤ Sugar Quantity  
 ➤ Hydrogenation

**Shredded Wheat®**



**INGREDIENTS:** WHOLE GRAIN WHEAT, SUGAR, CALCIUM CARBONATE, WHOLE GRAIN BROWN RICE, CORN SYRUP, SALT, LACTOSE, PARTIALLY HYDROGENATED SOYBEAN OIL, DISTILLED MONOGLYCERIDES, VITAMIN C (SODIUM ASCORBATE), BEET JUICE CONCENTRATE AND ANNATTO EXTRACT COLOR, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B<sub>12</sub>, VITAMIN D. FRESHNESS PRESERVED BY BHT. CONTAINS WHEAT INGREDIENTS.

**INGREDIENTS:** WHOLE GRAIN WHEAT. TO PRESERVE THE NATURAL WHEAT FLAVOR, BHT IS ADDED TO THE PACKAGING MATERIAL.

Serving Size: \_\_\_\_\_ grams  
 Total Carbs \_\_\_\_\_ grams  
 Fiber \_\_\_\_\_ grams  
 Sugar \_\_\_\_\_ grams  
 Oil added: \_\_\_\_\_ soy bean oil

Serving Size: \_\_\_\_\_ grams  
 Total Carbs \_\_\_\_\_ grams  
 Fiber \_\_\_\_\_ grams  
 Sugar \_\_\_\_\_ grams  
 Oil added: \_\_\_\_\_

**Conclusion:** Although Total® has all the added vitamins, Shredded Wheat® is a much more natural product and ultimately more healthy as part of a balanced and supplemented diet. Sh. Wheat® has no *hydrogenated oils*, and all the carbohydrates are either FIBER or COMPLEX--making them less destructive to the blood sugar balance. In the end, both may be harmful to your health if you consume them often. The Shredded Wheat cereal is definitely the best choice though.