



## **Clean Eating Protocol**

By  
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**The goal of Clean Eating is to correct the problems that polluted foods are causing and to prevent problems in the following areas:**

- **Hormones**
- **Neurotransmitters**
- **Gut Health**
- **Organs and Systems**
- **Weight Management**

### **Detox**

To clear the damage of polluted foods, we often have to detox. The safest and gentlest detox I know of is food grade diatomaceous earth. Follow the directions and use 3 weeks on and 1 week off until bloating subsides.

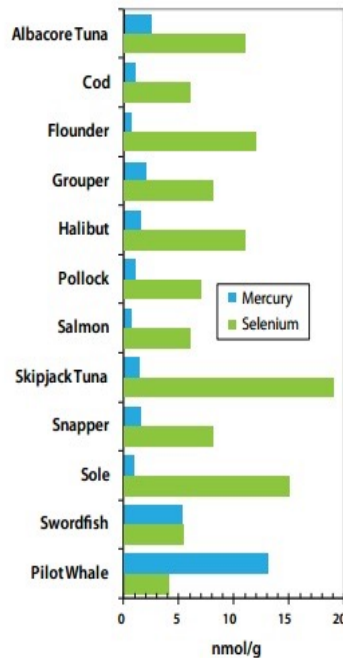
To heal the lining of the gut, drink a cup of bone broth daily. See recipe below.

**The first step is to follow these lifestyle guidelines:**

**Eat Clean** -Learning to eat clean is the most important thing that you can do to heal your gut and recover from most of the things that ail you. This is what I mean by eating clean:

1. **Eat 100% organic, Non-GMO, sustainably grown fruits and vegetables** whenever possible, preferably 7-9 servings a day

2. **Eat wild-caught, low mercury, high selenium, non-endangered fish such as Coho, Salmon or Slipjack (avoid whale, shark, swordfish) at least 3 times a week to increase Omega 3 fat (see chart below)**



3. **Eat 100% grass-fed, Non-GMO unprocessed beef, pork, bison and game in order to increase conjugated linoleic acids (CLA) which help build muscle and reduces fat. Avoid processed meats.**
4. **When eating red meat, have a green vegetable with it to mitigate the potentially toxic effects of heme (part of the extra iron in meat that is mostly good but can predispose us to cancer depending upon how it is metabolized in the gut\*)**
5. **Eat pastured poultry no more than 2 times a week (in order to cut down on Omega 6 fat).**
6. **Cook with organic, cold-pressed extra virgin coconut oil, ghee, duck fat, lard from grass-fed beef and grass-fed butter (preferably raw) as much as possible. Raw grass-fed butter has the perfect 1:1 ration of omega 6 to omega 3 fatty acids. Use organic olive oil on a limited basis (to cut down on Omega 6 fat)**
7. **Drink or use in a recipe at least a cup of bone broth daily. (See recipe below)**
8. **Drink 3 liters of spring water per day**
9. **Avoid grains and pseudo-grains. Grains contain toxic lectins that are associated with many diseases, not just autoimmune diseases, because they**

cause leaky gut. When it comes to healing a leaky gut, avoiding gluten is key.

- a. **Grains to Avoid:** Barley, corn, fonio, job, joborn, kamut, millet oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties including einkorn, durum, and semolina) and wild rice
  - b. **Pseudo-grains to Avoid:** Amaranth, buckwheat, chia, quinoa
10. In addition to avoiding these grains and pseudo-grains, there are a number of other foods to avoid:
- a. Processed foods that have a high glycemic (blood sugar) load, contain added sugars, especially High Fructose Corn Syrup, hydrogenated oils, addictants such as MSG, and toxins in the form of obesogens (cause fat storage), carcinogens (cause cancer), and autogens (cause autoimmune disease.)
  - b. Sugar and artificial sweeteners (except Xylitol in limited amounts - but keep away from your dog, coconut crystals/sugar, Green Leaf Stevia, or honey, especially Manuka Honey)
  - c. Mass-produced hydrogenated vegetable oils especially Canola Oil.
  - d. Denatured proteins including deli meats and overheated products such as pasteurized dairy
  - e. Alcohol
  - f. Foods for which you have developed sensitivity or an allergy
  - g. Soy based products (unless they are fermented)

11. **Get regular exercise** that combines

- a. Weight-bearing activities for muscle development, bone health and raising metabolic rate, 3 to 4 times/week
- b. Low Intensity Sustained Training (LIST) if you want to improve cognitive functioning (no more than 30 minutes) 1 to 2 times/week
- c. High Intensity Interval Training (HIIT) to lose or maintain ideal weight. No more than 20 minutes, 3 to 4 times/week.

12. **Get plenty of rest. *Do not use electronics in bed.*** Charge your phone in another room. Do not work in your bed. The bed should be for resting and sleeping. Sleep in a dark room. Cover any LED lights or get them out of your bedroom. Try to go to bed as much before midnight as possible (8 or 9 p.m.) and rise with the sun (5 or 6 a.m.) As soon as you get up, expose yourself to bright light. It will help you fall asleep that night.

13. **Relax**

- a. Practice some form of meditation or attend a religious service regularly
- b. Take yoga classes or long leisurely walks
- c. Laugh, a lot. If you need help, watch funny movies, go see a comedian or hang out with a little kid and do the things that *they* like to do.

14. **Avoid Heavy metals:**

- a) **Mercury** - Amalgams used by dentists and vaccinations are the most common sources. Check with your dentist about safely removing them.
  - b) **Aluminum** has been shown to be a neurotoxin leading to Parkinson's and Alzheimer's—sources include aluminum cookware, deodorants, antacids, and baking powder.
  - c) **Cadmium** can cause kidney damage. The main source is Teflon, some seafood, and cigarette smoke.
15. **Keep your teeth clean** - It is amazing how important clean teeth are to our overall health. Poor dental hygiene has been associated with heart attack, meningitis and many other seemingly unrelated conditions. I recommend flossing with a water pik and adding hydrogen peroxide to the water (do not use mouth wash, most of them have junk in them), using an electric toothbrush twice a day and swishing with coconut oil at least once a week.

### Bone Broth Recipe

4 to 5 100% grass-fed beef marrow bones, poultry bones or wild caught fish bones (plus old bones from last batch)

¼ cup apple cider vinegar

6 carrots cut in half

6 stalks of celery cut in half

6 to 10 garlic cloves

1 onion quartered

Your favorite spices - I use Adobo or Italian seasoning

Enough distilled water to fill your crock pot and refill it for 3 to 4 days while your bone broth brews

1. Fill up your crockpot with the above ingredients. Rinse bones before using, save by freezing after using and re-use them until they completely disintegrate. Always have some new ones with marrow in each batch.
2. Place all ingredients in crockpot and turn on high until it just begins to boil. Turn down and simmer it for 3 to 4 days. Keep adding water. You may have to tilt the lid to keep it from boiling.
3. To deconstruct, use a large sieve. Remove all bones first and freeze for next time. Take out the vegetables and eat them or leave them in with the other gunk and give them to your dog.
4. Pour remaining broth through a mesh strainer and put in jars. Leave it in the refrigerator until it is cold and then freeze it. The broth will be very

rich at this point. You can freeze it in ice cube trays or glass jars to save freezer space with the idea of adding water when you are ready to use it. If you do the ice cube trays, 1 cube will make 1 to 2 cups of broth.