



HEALTHY
CONNECTIONS

The 30-Day Vitality Reset Nutrition Overview

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*Reset Guide inspired by the work of Chris Kresser/The Paleo Cure,
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At Healthy Connections, we look forward to supporting you through diet changes, mindset changes, and comprehensive lifestyle changes that will result in **improved energy, digestion, mood, blood sugar regulation and self awareness.**

Most of us are aware that our modern lifestyles have brought us tremendous convenience, efficiency, and ease. Along with this, they have also brought disease, addiction, toxicity, and chronic inflammation.

When we notice things start to go awry, the best thing to do is to get back to basics. To return to a 2.5 million year-old genetic template that humans are meant to follow - which does not include most of the foods we have been eating for the past 3 generations!

How does the 30-Day Dietary Reset work?

The Reset phase is designed to reduce inflammation, improve digestion, identify food sensitivities, reduce allergic reactions, boost energy, regulate blood sugar and stabilize mood.

It almost seems too good to be true, but it works. No other therapy — natural or otherwise — can come even remotely close to accomplishing all of these goals in such a short period of time.

How long does this phase last? There's no hard and fast answer to that question, but it's important that you commit to making these changes for at least 30 days — *without cheating*.

After completing the Reset you'll have a bit more leeway to go off the rails every now and then. (After all, there's more to life than food!) But the Reset phase is not one of those times. This is where you gather your strength and buckle down. You can do it.

By removing the foods that most commonly cause problems, you allow your body to rest and recover from whatever symptoms those foods have been provoking. Just one cheat could trigger a whole new cascade of reactions. Don't do it. It's not worth it.

** If you DO "cheat" - no worries - no self-recrimination - BEGIN AGAIN. Your body will thank you!

You may need more or different restrictions/allowances on this program. We will support you in the necessary modifications (such as vegetarians who need legumes and some grains; people with autoimmune disease who want to dive into the AIP - autoimmune paleo protocol; people with SIBO who need low FODMAP).

Remember, 30 days is just a minimum. Some people may need 45, 60 or even 90 days to get the full benefits of the Reset phase. Let's start with 30 days!!! :)

What foods can you eat?

There are three categories to make it as easy as possible.

■ **Eat liberally:** You can enjoy as much of these foods as you like. No counting calories or calculating ratios of protein, fat or carbohydrate. This isn't a "cleanse" or a fast or a weight-loss-diet. If a food is on this list, you're free to eat it. Remember to eat it mindfully :)

■ **Eat in moderation:** You can eat these foods, but don't go too crazy with them. We suggest how often or how much of them we think is safe, but in general you want to limit

consumption of these foods compared to those in the “eat liberally” category. Use your activity level, awareness of yourself, and your hunger/satiety as a guide.

■ **Avoid completely:** Yep, completely. This is where the rubber hits the road. Your success with this program hinges on your ability to steer clear of these foods during the 30-day Reset.

EAT LIBERALLY:

■ **Meat and poultry.** Emphasize beef, lamb, pork, chicken, turkey, duck and wild game like venison, ostrich, etc. ***Organic and free-range is always preferable, but is especially so during this program.*** There are many local sources of high-quality animal protein that are better for you, the animal, and our planet. Shop the local Farmer’s Markets, ask at your favorite grocery store for local, organic, free-range, or check out one of our favorites: [Treebird Market](#)

■ **Organ meats (especially liver).** Liver is the most nutrient-dense food on the planet. If you don’t like the taste of liver, one good trick is to put one chicken liver in each cube of an ice cube tray and freeze them. Then, when you’re making any meat dish, dice up one chicken liver and add it to the meat.

■ **Bone broth soups.** It’s essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths are rich in glycine, and amino acid found in collagen, which is a protein important in maintaining a healthy gut lining. We highly recommend [Beth’s Bountiful Bone Broth](#) found here at Farm Stand and Roseaurs/Huckleberry’s frozen section. You can also make your own which is a great re-connection to the way our ancestors used to eat. We can share recipes we’ve vetted.

■ **Fish.** Especially fatty fish like salmon, mackerel and herring. Wild is preferable. You need to eat three 6 oz. servings of fatty fish per week to balance your omega-6 to omega-3 ratio. Use the acronym SMASH to help guide your fish choices: Salmon, Mackerel, Anchovy, Sardines and Herring.

- Fish People in Hood River. Certified B Corp. Amazing quality. Great People. Check them out for fresh Oregon/Washington super-sourced seafood!
- We love the online source of [Vital Choice](#). They often have specials, and you can buy in bulk so it's convenient when you're in a pinch.
- I've recently heard about [Patagonia Provisions](#). People rave.

■ **Eggs.** Preferably free-range and organic. Available in most markets, or maybe even your neighborhood or back yard?!!! Eggs are an excellent source of choline (good for detoxing and for our BRAIN), and don't affect most people's cholesterol (that was such a bad rap).

■ **Starchy tubers.** Yams, sweet potatoes, yucca/manioc, taro, lotus root, etc. Sweet Potatoes will become a new staple for you!!! I highly recommend sweet potato fries made in an air fryer. Fast and tasty. OK to eat regular potatoes too but in moderation.

■ **Non-starchy vegetables.** Cooked and raw. Consult Clean 15/Dirty Dozen lists for recommendations on where to spend the money on organic.

■ **Fermented vegetables and fruits.** Sauerkraut, kim chi, coconut kefir, etc. These are excellent for gut health. Notice if these bother you: *****some folks have aggravation of bloating and gas with too much fermented food.*

■ **Traditional fats.** Coconut oil, palm oil, lard, duck fat, beef tallow and olive oil.

■ **Olives, avocados and coconuts (including coconut milk).** Ideally choose coconut milk that is full fat from the can. Full fat coconut milk can be a creamy alternative to Half and Half if this is generally your choice in your morning tea or coffee.

■ **Sea salt and spices.** Avoid sugar or artificial flavorings.

EAT IN MODERATION:

■ **Processed meat.** Sausage, bacon and jerky. Make sure they are gluten, sugar and soy free and organic/free-range meat is preferable. We love the CHOMPS brand.

■ **Whole fruit.** Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears. Frozen fruits are great and less expensive this time of year. Add them to a smoothie or top some nut-based granola.

■ **Nuts and seeds.** A maximum of a handful per day, preferably soaked overnight and dehydrated or roasted at low temperature (150 degrees) to improve digestibility. Favor nuts lower in omega-6, like hazelnuts and macadamias, and minimize nuts high in

omega-6, like brazil nuts and almonds. Trader Joes has great prices on nuts, as does [Thrive Market](#)

- **Green beans, sugar peas and snap peas.** Though technically legumes, they are usually well tolerated.
- **Coffee and black tea.** Black, or with coconut milk. Only if you don't suffer from fatigue, insomnia or hypoglycemia, and only before 12:00 PM. Limit to one cup if you can. Or two (says Heather, a coffee fiend). ORGANIC ONLY. Non-organic coffee has lots of pesticides, and may be more prone to mold. We love [Purity coffee](#) - super clean, guaranteed mold-free. .
- **Dark chocolate.** 70% or higher in small amounts (i.e. about the size of a silver dollar per serving) is permitted and recommended :)
- **Vinegar.** Apple cider vinegar is especially well tolerated. Aids in digestion.
- **Restaurant food.** The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible during this initial period and when you do, try to choose "safe spots" that consider the quality of the food over speed or convenience.

AVOID COMPLETELY:

- **Dairy.** Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.
- **Grains.** Including bread, rice, cereal, oats, or any gluten-free pseudo grains like sorghum, teff, quinoa, amaranth, buckwheat, etc. ***(Some people need exceptions to this). So - no gluten free breads either. They are high glycemic and processed.***
- **Legumes.** Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts. ***(Some people need exceptions to this if meat is not well tolerated or not ethically/personally acceptable.)***

■ **Concentrated sweeteners, real or artificial.** Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc. Please don't sweat it if there is a little bit in something you're eating.

■ **Processed or refined foods.** As a general rule, if it comes in a bag or a box, don't eat it. *We know you will need some exceptions to this. Please just try to make them exceptions, not dailies.*

■ **Industrial seed oils.** Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).

■ **Sodas and diet sodas.** All forms. OK to have the non-caloric bubbly waters that are truly just water and natural flavors, no calories, no sweeteners etc (like A-HA, LaCroix, etc) Avoid Coke, diet sprite, etc.

■ **Alcohol. In any form.** (Don't freak out. It's just 30 days.)

Caveats and tweaks

With certain health conditions the basic program above needs further modification:

■ ***Those with arthritis, joint pain, autoimmune disease and severe gut issues might also eliminate nightshades and eggs.*** Nightshades include potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, pepinos, pimentos, paprika and cayenne pepper. Nightshades have compounds called alkaloids that can cause inflammation and worsen joint pain in susceptible people. Eggs contain proteins that are common allergens, particularly in susceptible people.

■ ***Those with insulin resistance, hypoglycemia or reactive hypoglycemia, and those wishing to lose weight, might limit fruit and starchy vegetables unless you are very active.*** The total amount eaten each day should equal roughly 50 grams per day of carbohydrate, which is the amount contained in 2 servings of low-glycemic fruit (berries) and 1-2 servings of starch (i.e. sweet potato, red potato, rutabega, etc.). ***To keep from being too hungry, it's good to increase consumption of non-starchy vegetables (aim for 5-7 servings/day) and healthy proteins like nuts.***

■ ***Those with fatigue, insomnia, anxiety, mood swings or depression might eliminate coffee, tea and all caffeine entirely.*** Caffeine stimulates the adrenals and can worsen all of these conditions. Once your adrenal issues have been addressed, you may be able to add them back in moderation.

■ ***Those who are athletes or have high levels of physical activity may want to increase their carbohydrate intake, especially after training.*** As a general idea, a minimum of 600 calories (150g) per day of carbohydrate, and as much as 800 calories (200g) or more may be required to meet energy needs, depending on the intensity of training and individual tolerance. Athletes may want to include some GF grains or more fruit. Let your body be your guide!

Okay, there it is.

If you're completely new to this whole Paleo thing you might be feeling pretty overwhelmed right about now. "I thought saturated fats were bad", you say. "Aren't whole grains healthy?"

If you have questions about why the program includes some foods commonly thought to be dangerous and excludes other foods commonly thought to be healthy, you may want to read the book [The Paleo Cure](#) by Chris Kresser, LAc. In it, you'll learn the "what and why" in great detail, and all of your questions will be answered.

Frequently asked questions about the 30- Day Reset

HOW DO I DO IT?

This will be a dramatic change for many of you. The best way to do it is to just dive right in.

If this is not very dramatic for you - identify where you can still make some changes in your habits, or get curious about what might be "too much" or "not enough" in your current nutritional routine. Consult directly with Heather for tips on how to find the missing pieces in your lifestyle if you feel this is pretty much how you already eat, but you are still wanting to feel better.

WHEN WILL I GET RESULTS?

If this is a dramatic change for you, the first few days can be hard. Your body will be going through withdrawal. Sugar, dairy and wheat in particular are addictive and you may notice symptoms like mood swings, strong cravings, irritability and fatigue as your body adjusts to life without them.

But at some point you will recover and start feeling better than you did before you began the program. Your energy will improve, your skin will clear up, your digestion will smooth out, your sleep will get deeper, your moods will stabilize and you'll start shedding some pounds (only if you need to, usually). Aches, pains and mysterious symptoms you've had for ages will - seemingly miraculously - begin to improve.

This program has the potential to change your life. Though it may be difficult, the results are worth the effort.

I THOUGHT FAT WAS BAD FOR ME. SHOULDN'T I LIMIT IT?

The biggest mistake people make on this program is not eating enough fat. You're eliminating a lot of foods from your diet (bread, grains, beans, potato chips!, etc.), and you have to replace those calories with something. Healthy fat is that something.

Healthy fat doesn't make you fat. Food toxins like wheat, fructose and seed oils - along with other aspects of the modern lifestyle - make you fat.

A LITTLE CHEAT HERE AND THERE CAN'T HURT, RIGHT?

In general, once you've figured out your ideal diet, this is true. But this isn't the time to cheat. Don't do it. It's not worth it. One piece of bread or one glass of milk could re-start the inflammatory process and throw your body back into the chaos that led you to this in the first place. If you can stick this initial period out, it will get easier. At some point you won't even miss those foods you think you can't live without.

SHOULDN'T I BE COUNTING CALORIES AND CALCULATING MACRONUTRIENT RATIOS?

Try to relax into this as much as possible. Don't overanalyze what you're eating. Enjoy your food. Make cooking fun and leave time to savor your creations.

THIS IS TOO HARD. HOW CAN I MAKE IT EASIER?

No man (or woman) is an island. Making big changes is hard, and the more support you have in doing this, the easier it will go. Contact Heather for a coaching session. Create a routine for regular "body check ins" to see how you are feeling. See if you can enlist your spouse, significant other or a good friend to do this with you. (They may not be

eager to join, but they'll thank you later.) Have a "paleo potluck". Invite friends over to cook with you.

I'VE GOT A TRIP PLANNED OR I'M GOING OUT ON A DATE. WHAT DO I DO?

If you know you're going out to dinner with some friends this weekend, choose a place that can accommodate your needs. Call ahead and ask if they have gluten-free items on the menu. Pick a place that has meat and vegetable dishes, and order a salad on the side. Don't put yourself in a situation where you're starving because you haven't planned in advance, and then eat a bagel with cream cheese because that's all that's available. If you're going on a road trip, stock up on paleo-friendly snacks. This is all possible, but it does require some planning and foresight.

I'M TAKING A BOATLOAD OF SUPPLEMENTS. SHOULD I CONTINUE TAKING THEM DURING THE 30-DAY RESET?

This one's a little harder to answer. If you know the supplement helps you, or you're taking it for a specific goal or purpose (i.e. Iron or Vit D for measured deficiencies; magnesium for migraines), by all means continue. But if it's something you started taking a while ago and you can't even remember why, and it doesn't seem to be helping you, then go ahead and stop taking it. You can always start again later if you need to.