

## PURIFY CONTROL CHECKLIST

<p style="text-align: center;"><b><u>Wednesday</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Study Orientation</li> <li><input type="checkbox"/> 24 Hour Food Log</li> <li><input type="checkbox"/> Stool Collection</li> <li><input type="checkbox"/> Fasting after 10 pm</li> <li><input type="checkbox"/> Complete Online Questionnaires</li> </ul>	<p style="text-align: center;"><b><u>Thursday</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bring stool collection and 24 Hour Food Log to Assessment</li> <li><input type="checkbox"/> Assessment</li> <li><input type="checkbox"/> Drink 8oz of water</li> <li><input type="checkbox"/> *Sensible breakfast meal</li> <li><input type="checkbox"/> *Sensible lunch meal</li> <li><input type="checkbox"/> *Sensible dinner meal w/ 8oz of water</li> <li><input type="checkbox"/> Drink 8oz of water at bedtime</li> </ul>
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\*Sensible Meal is defined as: consisting of 50% green vegetables, 25% lean protein, and 25% whole grains. See additional eating guidelines below.

# PURIFY CONTROL CHECKLIST

- **EATING GUIDELINES**

- DO:**

- 1) Eat mostly plant-based diet
- 2) Fresh fruits and vegetables (organic is best)
- 3) Lots of green vegetables
- 4) Fresh fruit and vegetable juice
- 5) Whole grains like quinoa and brown rice (avoid bread if possible)
- 6) Raw nuts, beans and lentils
- 7) Lean proteins- Fish, white meat, legumes and soybeans
- 8) All food should be freshly prepared, nutritious, and appetizing
- 9) Eat light foods that are easy to digest, such as rice, soups, and lentils.
- 10) Favor freshly steamed or very lightly sauteed vegetables.
- 11) If you cannot entirely eliminate animal products, favor the white meat of turkey or chicken. Avoid red meats, particularly pork and beef.
- 12) Drink plenty of water of every day- about six 8-oz glasses.
- 13) Drink hot water with sliced fresh ginger frequently throughout the day.
- 14) You may also drink herbal, non-caffeinated teas.

- DO NOT:**

- 1) Eat processed foods (chips, cookies, crackers, candies, and frozen meals)
- 2) Fast food
- 3) Heavy fats including butter and cheese
- 4) Fatty meats and deep fried foods.
- 5) "White Foods"- sugar, flour, white rice, bread products, shortening
- 6) Canned foods and leftovers should be minimized.
- 7) Avoid ice-cold foods and drinks.
- 8) Reduce or eliminate dairy products.
- 9) Avoid fermented foods and drinks. (vinegar, pickled condiments, and cheese)
- 10) Avoid alcohol, marijuana, and other recreational chemicals.
- 11) Keep oils to a minimum.
- 12) Minimize refined sugars; small amounts of honey may be used, but do not cook with it.
- 13) Most nuts which are oily, heavy, and salted, should be avoided.
  - a. Unsalted sunflower, pumpkin, flax or sesame seeds are OK.
- 14) Avoid red meats, particularly pork and beef.
- 15) Do not eat until you are definitely hungry and do not overeat.
- 16) Do not eat until the prior meal has been fully digested (three to six hours).
- 17) Avoid alcohol, soda and caffeine.

- **EXERCISING GUIDELINES:**

- 1) Do 20-30 minutes of light to moderate exercise each day. It is important to move around every day to facilitate lymphatic drainage.
- 2) Do some gentle stretching or yoga.

- **SLEEPING GUIDELINES**

- 1) Go to bed early
- 2) Get 7-8 hours of sleep per night.