

The Restore Calm 14 Day Express Program

Many health problems may be associated with prolonged inflammation, which include allergies, arthritis, intestinal inflammation, fibromyalgia, bronchitis, asthma and even autoimmune disorders.

Restore Calm is specifically formulated to assist the body with important nutrients that will help reduce the inflammatory load so the body can begin to repair itself. (Think of repairing a house while it is still on fire...doesn't make sense does it?)

The first 5 days of the program require removal of specific groups of foods from the diet largely because they are known inflammation producers in many people. At the same time, you will be slowly introducing Restore Calm. As you begin to eliminate foods from you normal diet, detoxifying reactions may result such as disturbances in sleep patterns, changes in body temperature, light-headedness, mood swings, headaches, joint or muscle aches, changes in GI function and changes in body odor or breath. These responses are usually minor and generally lessen in intensity during the program. Make sure you drink adequate water – about 64 ounces of pure, filtered water.

You may have to curtail some of your more strenuous activities for the days you are on Restore Calm only. It is also recommended to consume a high quality fish oil – e.g. EPA-DHA 6:1 as well. Fish oils have been proven to effectively reduce inflammation.

This is not a calorie restricted program. Many people notice that they're initially hungry, but that tends to dissipate. Most people are able to carry on their normal daily activities while on this program. So relax and enjoy the process!

Day of Plan	Enjoy	Eliminate	Restore Calm
1 -2	<p>Fruits: Unsweetened fresh, frozen, waterpacked or canned; unsweetened fruit juices (organic)</p> <p>Veggies: All fresh, raw, steamed, sautéed, juiced or roasted veggies</p> <p>Starch/Non-Gluten Grains/Bread/Cereals: Brown rice, low GI white rice, oats, millet, tapioca, buckwheat and products made from these: rice, potato flour or arrowroot</p> <p>Dairy/Milk: Rice milk, almond milk, oat milk, coconut milk, other nut milks</p>	<ul style="list-style-type: none"> • Oranges • Corn, creamed vegetables • Gluten grains: wheat, barley, spelt, kamut, rye and corn • Cream, yogurt, ice cream, non-dairy creamers, margarine 	None

Day of Plan	Enjoy	Eliminate	Restore Calm
Day 1-2	<p>Legumes: All beans, peas, lentils (no soy)</p> <p>Nuts and Seeds: Almonds, cashews, walnuts, tahini, sunflower, pumpkin seeds and nut butters from these</p> <p>Meat, fish and Eggs: All canned or fresh fish, chicken, turkey, wild game, lamb</p> <p>Fats: Olive oil, flaxseed oil, sesame, walnut, pumpkin, coconut, macadamia nut, avocado oil</p> <p>Spices: All except as noted</p> <p>Beverages: Filtered or mineral water, herbal tea</p> <p>Sweeteners: Stevia, agave syrup</p>	<ul style="list-style-type: none"> • Soybeans, tofu, tempeh, soy milk, other soy foods • Peanuts, peanut butter • Beef, pork, eggs, shellfish, cold cuts, hot dogs, sausage, canned meats • Shortening, hydrogenated oils, mayonnaise, spreads • Chocolate, ketchup, mustard, pickle relish, chutney, soy sauce – read labels carefully! • Caffeine, soda, soft drinks, alcohol • White or brown sugar, raw sugar, honey, corn syrup, high fructose corn syrup, candy 	None
Days 3-4	Continue enjoying these foods	Continue Eliminating these foods	1 scoop RC in 4 – 6 oz. water or nut milk – 1x daily
Day 5	Eliminate ALL foods from the meat, fish and egg category	Continue Eliminating these foods	2 scoops RC in 8 oz. water or nut milk – 1x daily
Day 6	Eliminate ALL foods from the nuts and seeds category	Continue Eliminating these foods	2 scoops RC in 8 oz. water or nut milk – 2x daily
Day 7	Eliminate ALL foods from the Starch/Bread/Cereal and Legumes category	Continue Eliminating these foods	2 scoops RC in 8 oz. water or nut milk – 3x daily

Day of Plan			
Days 8-10	Eliminate ALL remaining categories – NOTE: You are now consuming UltraInflamX only. (If you must eat, reduce UIX to 2 scoops 3x daily and consume allowed vegetables and fruits only)	If you are unable to stick to allowed fruits and vegetable, you may add baked or broiled fish (salmon, sardines, tilapia, orange roughly)	2 scoops RC in 8 oz. water or diluted apple or pear juice – 5x daily
Day 11	Add back all foods from the Fruit and Vegetable category		2 scoops RC in 8 oz. water or nut milk – 3x daily
Day 12	Add back all foods from the Starch/Bread/Cereal category		2 scoops RC in 8 oz. water or nut milk – 2x daily
Day 13	Add back all foods from Nuts and Legumes categories		2 scoops RC in 8 oz. water or nut milk – 1x daily
Day 14 - Add back foods from the Meat, Fish and Eggs category			

Note: There continues to be foods that have not been added back to your diet. These foods include dairy, wheat, corn, sugar and soy. That is because these foods are known allergens. If your symptoms have been significantly reduced or eliminated, more than likely, allergies are to blame. If you suspect food allergies, try only one food at a time and wait 24 – 48 hours to see if you note a reaction. If so, permanently removing this food is a very good idea. If there is no reaction to these foods, it is still a good idea to rotate these foods – e.g. consume them in small quantities and not on the same day

Moving Forward: Restore Calm is a powerful healing tool that should become part of your everyday meal plan. Use it as a snack or meal replacement.