

THREE STEP PROTOCOL FOR NUTRITIONAL SUPPORT (Practitioners Guide)

The three step protocol is scientifically designed to nutritionally support individuals with metabolic syndrome. This program specifically addresses the gastrointestinal-neuroendocrine-immune system imbalances commonly found in individuals with metabolic syndrome. When followed correctly, this program can be very effective in nutritionally supporting the many systems negatively impacted by metabolic syndrome.

STEP 1 – MODIFIED FAST

The first step of this program is to conduct a modified fast for three to five days. A minimum of three days is required for best results, but patients can stay on the fast for longer than five days if desired. Hypoglycemic patients should skip the fast. The length of the fast is up to the practitioner's clinical judgment.

During the fast, patients will be instructed to sip a lemon-lime drink every 10-15 minutes throughout the day for the duration of the fast. Sipping the drink in this manner is critical for the success of the program.

The drink consumed during this modified fast consists of the following: juice and pulp of lemons and/or limes and maple syrup (optional - add green tea mixed with water). Exact proportions are not important and will likely be dictated by individual taste. A general starting point that works for many people is a combination of approximately 10 lemons and limes (i.e. 5 lemons, 5 limes), 2-4 tablespoons of grade B maple syrup, and 5-6 green tea bags (brewed separately) per gallon of water.

The rationale of this program and the ingredients are as follows:

1. **Lemon/lime juice** – Individuals with metabolic syndrome may have a slight pH imbalance leaning towards a more acidic nature. Lemons and limes may have an alkalizing effect on the body. The quantity of lemon/lime juice is not important, nor is the ratio of lemons to limes.

Fresh squeezed produce is recommended during this program. Pre-squeezed store bought lemon juice may not produce the desired results. Organic produce is recommended, but not necessary.

2. **Maple syrup** – Individuals that have blood sugar issues need to maintain consistent and steady glucose levels to help maintain normal physiology and help unwind the abnormal physiology commonly seen with metabolic syndrome. The addition of maple syrup, when sipped every 10-15 minutes, provides the body with a steady supply of simple sugar that may help stabilize blood sugar levels. If a patient were to deviate from taking sips every 10-15 minutes, there is a strong likelihood that glucose levels may become erratic and thereby negate the benefits of this program. Therefore, it is critical to have people start this program during a time when they will not have interruptions in their ability to sip the drink in the manner prescribed.

Additionally, organic Grade B maple syrup is the preferred grade, as it can have a slightly more robust flavor than other grades making less necessary to mask the tartness of the lemon/lime.

3. **Green tea** – Compounds in green tea have been shown to improve serum triglyceride levels as well as liver lipids, both of which are typically elevated in metabolic syndrome. Proposed mechanisms for these benefits include increasing hormone-sensitive lipase and adipose triglyceride lipase, while also decreasing lipoprotein lipase and fatty acid synthase. Organic green tea is recommended, but is not necessary for success with this program.

(Please note: Hot green tea can be consumed at any point during the 3-5 day modified fast.)

GOALS FOR THE FAST

The primary goal of the program is to sip the lemon/lime drink every 10-15 minutes to maintain a steady flow of glucose into the system. If patients get hungry, they can take multiple sips at a time, but the goal is to not let 15 minutes go between sips.

The secondary goal of the program is to decrease the overall antigenic load to the patient. Many times patients with metabolic syndrome are overly sensitive to many foods due to an overactivation of the Th2 aspect of their immune system. Completely eliminating food antigens may help calm down their overzealousness of the neuroendocrine immune system.

If patients get hungry to the point of breaking the fast prematurely, they are permitted to eat one vegetable that they rarely eat (i.e. Brussels sprouts, kale), raw or steamed without any seasonings. This is to keep to the antigenic load for these patients to a minimum during the modified fast and maximize the benefits of this program.

While the modified fast is recommended for 3-5 days, patients can maintain this phase of the program for a longer period if desired.

STEP 2 – THE CLEARVITE® PROGRAM

After successful completion of the modified fast, patients can now begin the ClearVite® program as outlined in the ClearVite® brochure. Instructions can also be found at www.clearvite.info.

The purpose of Step 2 is to maintain the benefits attained during the modified fast, while providing important nutritional support for further unwinding the neuroendocrine immune system. This is accomplished through a strict, three week elimination diet, and is supported nutritionally with ClearVite®.

The three week elimination diet is designed to help patients with metabolic syndrome in a number of ways. Firstly, it can help patients avoid commonly antigenic foods that might otherwise cause inflammation and further imbalance in their ability to manage blood sugar, including adrenal gland physiology. Secondly, by eating a whole-food diet, patients will likely have an easier time consuming glycemically balanced meals, which can have a positive impact on blood sugar management. Lastly, after the three week elimination diet, many patients report having an

improved relationship with food and find it easier to comply with a health diet following this phase of the program.

ClearVite® is used during this phase of the program to nutritionally support certain metabolic processes while patients are eliminating certain foods. ClearVite® contains compounds and nutrients that have been shown to improve the following systems:

1. **Hepatic-Biliary:** ClearVite® contains a number of nutrients that have been shown to support phase I and phase II liver detoxification. Optimal liver function is important in metabolizing hormones, antibodies, inflammatory cytokines, chemicals, and other compounds that may be increased in individuals with metabolic syndrome.

2. **Gastrointestinal:** ClearVite® contains a number of nutrients, as well as beneficial bacteria, which can help nutritionally support healthy gastrointestinal function. Patients with metabolic syndrome often have gastrointestinal dysfunction including dysbiosis, leaky gut, food sensitivities, low SIgA or generalized GI inflammation.

3. **Immune:** ClearVite® also contains a number of compounds known to impact the immune system. In patients with metabolic syndrome often there is a windup of the immune system due to interactions between the neuroendocrine system.

ELIMINATION DIET DURING CLEARVITE® CLEANSE

In addition to the elimination diet and ClearVite® drink, it will be important for patients to have support from friends and family during this program. This can many times be the factor that creates success or failure with patients.

Advanced food preparation is another success factor reported by patients who have been through this program. Knowing what foods can be eaten and having options available to them at all times greatly increases the likelihood of success during this phase.

This phase of the program may cause some patients to experience uncomfortable reactions, such as skin outbreaks, anxiety, GI irritation, or nausea, to name a few. While these are rare, it is possible that these symptoms arise from too much nutritional support and therefore require a lower dose of ClearVite® until the negative symptoms resolve. However, the vast majority of patients will likely not have any negative reactions.

If a patient experiences any negative reactions to a supplement, it is best to stop taking all of them and re-introduce them one at a time at ½ the original serving. Most times, people do not have sensitivities to a given supplement, but rather are having their metabolism impacted too aggressively.

Note: Many patients with gastrointestinal symptoms prior to starting this phase of the program report a marked improvement in those symptoms once this phase is completed. However, for patients who do not have an improvement in GI symptoms, it is strongly recommended that further investigation takes place by the practitioner (may need additional testing for a possible G.I. infection).

STEP 3 – REINTRODUCTION

The final phase of this program is to reintroduce foods one-by-one. This will determine the foods to which a patient may be sensitive. This is most easily accomplished by having the patient choose one food from the “Foods to Avoid” list, eat it for one day, and then monitor symptoms for the next two days while maintaining the same diet they have been following for the last three weeks.

It is important to restate that, during the reintroduction phase of this program, patients will remain on the elimination diet they have been following for the past three weeks and will only reintroduce one new food every three days.

If the patient has an immediate reaction to the food, or food group (i.e. dairy), it is recommended that they eliminate that food from their diet entirely for a minimum of 3-6 months. Once the reaction of a given food has subsided, they may reintroduce another food while monitoring symptoms. A food diary or symptom journal can be helpful during this phase of the program, as the range of symptoms can be great. Negative reactions to food can include anything from headaches, fatigue, joint pain, swelling, sleep disturbances, skin reactions, “brain fog”, sinus issues, balance issues, etc. Therefore it is important for patients to closely monitor how they are reacting and for practitioners to educate them on possible reactions.

If after three days a person has not experienced any negative reactions to the new food, they may try reintroducing another food to their diet for one day, and monitoring symptoms for the next two days. This process can be repeated as many times as is necessary until all suspected foods have been reintroduced.

Once this phase is completed, it is recommended that patients follow a comprehensive diet, lifestyle, exercise, and supplement program designed to manage their condition. Additional nutritional support options are included at the end of this document.

Patients that benefited from this program, but need additional support may repeat the Three Step Protocol every 2-3 months as needed.

ADDITIONAL NUTRITIONAL SUPPORT

While ClearVite® is very basic in nature, it is possible to add more nutritional support to the program for an even better therapeutic response. Below are some options for the practitioner to consider and can be incorporated during Step 2 and 3 of this program:

Strategic Nutritional Support for Blood Sugar Balance

One of the hallmarks of metabolic syndrome is elevated blood sugar and lipids (triglycerides, cholesterol). Therefore in addition to the Three Step Protocol, nutritionally supporting healthy blood sugar levels is critical for these patients.

GLYSEN® (K01): two capsules, three times a day with meals.

PROTOGLYSEN™ (K28): two capsules, three times a day with meals.

OMEGACO-3™ (K07): two tablespoons, two times a day, with or without meals.

FIBROMIN™ (K25): two capsules, three times a day with or without meals.

OXICELL® (K22): ¼ – ½ teaspoon applied three times a day as directed.

Strategic Nutritional Support for Detoxification

Many patients have greater needs for detoxification support due to burdens placed on us from our external environment and from our own internal environment. Therefore, supporting specific pathways of detoxification and clearance may improve clinical outcomes during **Step 2** of this program:

METACRIN-DX™ (K10): two capsules, three times a day with meals.

BILEMIN™ (K11): two capsules, three times a day with meals.

METHYL-SP™ (K14): two capsules, three times a day with meals.

Strategic Nutritional Support for Fatty Liver

Patients with advanced metabolic syndrome may have a condition known as “fatty liver”, or an increase in adipose tissue in hepatocytes. This can decrease liver function for these patients. The following supplements may help nutritionally support patients with fatty liver:

METACRIN-DX™ (K10): two capsules, three times a day with meals.

BILEMIN™ (K11): two capsules, three times a day with meals.

METHYL-SP™ (K14): two capsules, three times a day with meals

LYPOMIN-LV™ (K33): two capsules, three times a day with meals.

Strategic Nutritional Support for Adrenal Health

Many patients with metabolic syndrome may also have an overzealous stress response, which may contribute to their condition. Therefore it is recommended to more closely evaluate adrenal gland function using appropriate laboratory testing and nutritionally support patients accordingly.

ADRENACALM™ (K16): ¼ – ½ teaspoon applied three times a day as directed.

ADAPTOCRINE® (K02): two capsules, three times a day with meals.

ADRENASTIM™ (K15): ¼ – ½ teaspoon applied three times a day as directed.

Strategic Nutritional Support for Brain Health

While brain health is not typically considered with metabolic syndrome patients, a closer look at the pathophysiology, mechanisms and research of this condition make it clear that brain health must be considered in these patients if a holistic approach is desired. The following supplements may help nutritionally support brain health in these patients:

BRAIN-E DHA™ (K53): two to five teaspoons daily with or without meals.

NEURO2™ (K45): one to three capsules, three times a day with meals.

NEUROFLAM™ (K46): one to three capsules, three times a day with meals.

NEURO-PTX™ (K47): one to three capsules, three times a day with meals.

HELPFUL FORMS:

Metabolic Assessment Form

Neurotransmitter Assessment Form

SUGGESTED BLOOD WORK:

CBC with differential, Chem24, Thyroid and Lipid panels.

Do before and after cleanse to see changes and to share with your patients.

FREQUENTLY ASKED QUESTIONS

1. If I am drinking that much liquid, will I urinate a lot?

Yes. During the 3-5 day fast, you will be drinking and urinating much of the day. Therefore, it is important to start this program when you will be able to follow the protocol completely. Many people find that starting the program during a weekend makes it much easier to comply with the recommendations.

2. Why must I avoid all food?

Many people can become sensitive to a number of the foods they eat on a regular basis. Therefore, strict avoidance of food can be an important therapeutic strategy to help unwind an overly activated physiological system. Only by avoiding certain foods can you accurately identify which foods may be causing you symptoms.

3. Will I experience any negative reactions while on the ClearVite® program?

Some people may experience minor discomfort or reactions during the program such as nausea, gastrointestinal issues, skin issues, etc. If this occurs, it is recommended to contact your healthcare practitioner, who then may reduce or adjust the program to suit your specific needs.

4. What if I do not feel any improvement after finishing the ClearVite® program?

While it is unusual when someone does not feel noticeably better after following the ClearVite® program, it is possible that you have physical issues that were not resolved with the program. Typically there is a deeper underlying problem that will need to be discussed with your healthcare practitioner.

5. I felt absolutely fantastic after the program! Can I do it again?

Though you will want to discuss this with your healthcare practitioner, you can repeat the lemon-lime fast for 3-5 days, followed by the two-week ClearVite® program every 2-3 months.

6. I love the taste of ClearVite®. Is it something I can keep taking after the program is over?

Again, you will want to discuss the specifics of this with your healthcare practitioner, but one ClearVite® drink daily can be safely used by most people.