

# HERBATHON

## 2022

### Why HERBATHON 2022?

Our health is a marathon, not a sprint.

Just as a marathon runner prepares for the big day diligently and then paces themselves during the race, we want to do the same when it comes to our health goals.

Plan, prepare, and then not worry so much about perfection, but rather, setting a steady pace and pushing ourselves to do our best on race day.

We see this detox as a way to hit the reset button and clean up some not-so-intentional habits that might have snuck in to our day-to-day lives, especially over the holidays.

## THE PLAN

### Eat real food.

- ✓ Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; herbs, spices, seasonings, olive oil & balsamic. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're whole, unprocessed, and cooked from scratch!
- ✓ **Buy Organic / Grass-fed / Pasture-raised:** this is about the quality nutrients you're *adding*, but also the toxins (glyphosate, hormones, etc.) you're *avoiding*.
- ✓ **Hydrate. Hydrate. Hydrate.** Ideally between meals, as consuming too much liquid *with* meals can dilute digestive enzymes and make digestion more difficult. Feel free to "activate" your water with a spritz of fresh lemon juice, cucumber slices, sea salt added to warm water, or LMNT packets.
- ✓ **Coffee or tea are okay**, just without cream/milk. You could do a "bullet" coffee with clarified butter or ghee, collagen powder. Use date syrup (sold at Herban) or honey instead of other sweeteners.

### The No-No List:

- ✗ **No added sugar - real or artificial. However, limited amounts of natural sugars are okay in moderation:** maple syrup, honey, agave nectar, coconut sugar, date syrup, stevia, monk fruit. DO NOT consume lab-made sweeteners like Splenda, Equal, Nutrasweet, xylitol, etc.
- ✗ **No alcohol, in any form, not even for cooking.** (And ideally, no tobacco products of any sort, either.)
- ✗ **No grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat. This also includes all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on. Again, read your labels.
- ✗ **No legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).
- ✗ **No dairy.** This includes cow, goat, or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, or frozen yogurt.
- ✗ **No carrageenan, MSG, or sulfites.**

# THE FINE PRINT

## A moderate amount of the following foods are okay.

- ✓ **Ghee or clarified butter.** These are the only source of dairy allowed. Plain old butter is NOT allowed, as the milk proteins found in non-clarified butter could impact the results of your program.
- ✓ **Fruit juice.** Some products or recipes will include fruit juice as a stand-alone ingredient or natural sweetener. If consuming as a beverage, look for organic juices that are primarily vegetable based. Such as the organic, veggie-heavy juices found at Herban Market.
- ✓ **Certain legumes.** Green beans, sugar snap peas, and snow peas are allowed. While they're technically a legume, these are far more "pod" than "bean," and green plant matter is generally good for you.
- ✓ **Vinegar.** Nearly all forms of vinegar, including white, red wine, balsamic, apple cider, and rice, are allowed. Quality is important. Herban Market has a wide array of high-quality vinegars to choose from! (The only exception is malt vinegar, which generally contains gluten.)
- ✓ **Coconut aminos.** All brands of coconut aminos (a brewed and naturally fermented soy sauce substitute) are acceptable, even if you see the word "coconut nectar" in the ingredient list.
- ✓ **Salt.** When using salt, look for sea salt or Himalayan salt. Sea salt will contain the most minerals and is a similar composition to the minerals needed in our bodies.

## Reduce / Remove Environmental Toxins + Improve Detoxification Pathways.

- ✗ **Remove harmful toxins around the home.** Most candles and plug-ins are loaded with VOCs (volatile organic compounds) and toxins that you are absorbing through your skin, eyes, and as your breath. These endocrine-disrupting components put a burden on the body, increasing the total toxic load. Switch to natural candles and diffusers that use essential oils. Switch from laundry detergent with dyes and synthetic fragrance to natural options. Wool dryer balls can be dabbed with a few drops of essential oil and used instead of dryer sheets. Same goes for harsh cleaners.
- ✗ **Eliminate** commercial toothpastes with artificial sweeteners, dyes, and fluorides.
- ✗ **Eliminate** deodorants with Aluminum.
- ✓ **Baths.** Take a hot bath with 1 cup Epsom Salt + ½ cup Bentonite Clay + ¼ cup Baking Soda. (Add lavender flowers and lemon peel for extra skin refining and aromas!)
- ✓ **Lymphatic massage:** before bath or shower, dry brush your skin (a dry washcloth will do). Massage in strokes toward your heart. For example, start at your feet and work up your legs. And then start at your hands and brush all the way in, towards your heart. Use medium pressure. Make sure to hit your lymph nodes (armpits, across your chest, in the crook of your neck, etc.). Optional: follow-up with oil. Try applying oil before shower for silky smooth post-shower skin (be careful not to put on bottom of feet so you don't slip in the shower!).
- ✓ **Optional Body Cleanse Boosters:** like Enzymedica's 10-day detox kit, Vital Detox's 14-day SIBO System detox, or a zeolite can excel the body's natural detox process.
- ✓ **Salt Cave, Saunas & Steam for Detoxification.** Salt Caves are great for exposure to Himalayan salts which through breathing, contain minerals in the purest version which are absorbed by both skin and respiratory and can help clear pollens, viruses, toxins, and other pollutants from the body.

Saunas are a great way to encourage the detoxification process through sweating, improve the healthy functions of the body and immune responses.

# GROCERY CHECKLIST

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## 2022

\* Choose what's best for you based on your allergies, dietary restrictions, and preference \*

## Vegetables

Load up on these! Choose seasonal and organic whenever possible. Aim for all the colors of the rainbow.

- |   |  |
|---|--|
| <input type="checkbox"/> Artichoke        | <b>STARCHY VEGGIES</b>   |
| <input type="checkbox"/> Bell peppers     | <input type="checkbox"/> Beets   |
| <input type="checkbox"/> Bok choy         | <input type="checkbox"/> Potatoes                                      |
| <input type="checkbox"/> Broccoli         | <input type="checkbox"/> Squash: acorn, butternut, delicata, spaghetti |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Sweet Potato/yams                             |
| <input type="checkbox"/> Cabbage          | <input type="checkbox"/> Turnip  |
| <input type="checkbox"/> Carrots          | <input type="checkbox"/> Zucchini                                      |
| <input type="checkbox"/> Endive           |  |
| <input type="checkbox"/> Kale             | <b>OTHER</b>   |
| <input type="checkbox"/> Leafy greens     | <input type="checkbox"/> Mushrooms                                     |
| <input type="checkbox"/> Okra             |  |
| <input type="checkbox"/> Sprouts          |  |

## Fruits & Berries

Full of antioxidants and fiber. Utilize the freezer isle (perfect for smoothie ingredients like berries)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples       | <b>BERRIES</b>                        |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Blackberries |
| <input type="checkbox"/> Dates        | <input type="checkbox"/> Blueberries  |
| <input type="checkbox"/> Figs         | <input type="checkbox"/> Cherries     |
| <input type="checkbox"/> Grapes       | <input type="checkbox"/> Cranberries  |
| <input type="checkbox"/> Kiwi         | <input type="checkbox"/> Elderberries |
| <input type="checkbox"/> Mango        | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Pears        |                                       |
| <input type="checkbox"/> Pineapple    | <b>CITRUS</b>                         |
| <input type="checkbox"/> Plums        | <input type="checkbox"/> Grapefruit   |
| <input type="checkbox"/> Pomegranates | <input type="checkbox"/> Lemon        |
|                                       | <input type="checkbox"/> Orange       |

## Proteins

Look for grass-fed beef, free-range chickens and eggs, wild-caught fish. Avoid processed deli meats and bottom feeders like shrimp and crab. Avoid added sugar, MSG, and sulfites.

- |                                    |  |                                  |   |
|------------------------------------|--|----------------------------------|---|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Eggs                          | <input type="checkbox"/> Salmon  | <input type="checkbox"/> Bones for making bone broth – beef, chicken, turkey, or fish |
| <input type="checkbox"/> Beef      | <input type="checkbox"/> Lamb                          | <input type="checkbox"/> Squid   |   |
| <input type="checkbox"/> Bison     | <input type="checkbox"/> Liver (and other organ meats) | <input type="checkbox"/> Trout   |   |
| <input type="checkbox"/> Chicken   | <input type="checkbox"/> Roe                           | <input type="checkbox"/> Turkey  |   |
| <input type="checkbox"/> Duck      |  | <input type="checkbox"/> Venison |   |

## Fats

- |  |   |   |  |
|--|---|---|--|
| <b>COOKING FAT</b>                         | <b>EATING/DRESSING</b>                          | <b>NUTS &amp; SEEDS</b>                 |  |
| <input type="checkbox"/> Avocado oil       | <input type="checkbox"/> Avocados               | <input type="checkbox"/> Almond butter  | <input type="checkbox"/> Pumpkin seeds (pepitas)     |
| <input type="checkbox"/> Clarified butter  | <input type="checkbox"/> Coconut flakes         | <input type="checkbox"/> Almonds        | <input type="checkbox"/> Sesame seeds                |
| <input type="checkbox"/> Coconut cream     | <input type="checkbox"/> Coconut butter         | <input type="checkbox"/> Brazil nuts    | <input type="checkbox"/> Sesame seed butter (tahini) |
| <input type="checkbox"/> Coconut milk      | <input type="checkbox"/> Coconut milk           | <input type="checkbox"/> Flaxseeds      | <input type="checkbox"/> Sunflower seed butter       |
| <input type="checkbox"/> Coconut oil       | <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> Hazelnuts      | <input type="checkbox"/> Walnuts                     |
| <input type="checkbox"/> Duck fat          | <input type="checkbox"/> Olives                 | <input type="checkbox"/> Macadamia nuts |  |
| <input type="checkbox"/> Ghee              | <input type="checkbox"/> Sesame oil             | <input type="checkbox"/> Pistachios     |  |
| <input type="checkbox"/> Tallow (beef fat) |   |   |  |

## Herbs & Spices

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Allium family: chives, garlic, onions, scallions | <input type="checkbox"/> Cinnamon     |
| <input type="checkbox"/> Black pepper                                     | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Cayenne  | <input type="checkbox"/> Ginger       |
| <input type="checkbox"/> Chili powder                                     | <input type="checkbox"/> Oregano      |
| <input type="checkbox"/> Cilantro   | <input type="checkbox"/> Sea salt     |
|   | <input type="checkbox"/> Thyme        |
|   | <input type="checkbox"/> Turmeric     |

## Fermented Foods + Super Foods

- |  |  |
|--|--|
| <input type="checkbox"/> Apple cider vinegar | <input type="checkbox"/> Bee pollen                  |
| <input type="checkbox"/> Black garlic        | <input type="checkbox"/> Cacao powder/nibs           |
| <input type="checkbox"/> Coconut yogurt      | <input type="checkbox"/> Matcha (powdered green tea) |
| <input type="checkbox"/> Kimchi              | <input type="checkbox"/> Mushroom powder             |
| <input type="checkbox"/> Kombucha            | <input type="checkbox"/> Seaweed                     |
| <input type="checkbox"/> Sauerkraut          | <input type="checkbox"/> Spirulina + Chlorella       |

