



# Studio Detox

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Transform Your Life Through  
Detoxification, Metabolism Repair,  
Hormone and GI Balance

By Dr. Lisbeth Roy

A MEDICALLY DESIGNED WELLNESS FOR LIFE PROGRAM



Most of my patients struggle with weight, energy, sluggish thinking, aches and pains, sleep disturbances, bloating and/or bowel issues. I designed Studio Detox to help address the common cause of these issues. The program is focused on overcoming the physiologic obstacles that are in the way of optimal health, optimal function, optimal weight and a sense of inner and outer beauty.

There are many obstacles to optimal weight and wellness. Everyday toxins (ubiquitous in air, water, food, environment, medications), systemic inflammation, food sensitivities, digestive challenges and hormone imbalances are among the top reasons why otherwise healthy people don't feel their best and find it difficult to lose weight, to maintain an ideal weight and to perform optimally.

Studio Detox is a combination of detoxification, elimination of irritating foods/allergens and flooding the body with ultra-nutrition; achieved by feeding the body what it needs to repair imbalances and optimize the body's functions.

Food is a very powerful medicine. Following the Studio Detox program will help to restore cellular balance, thus alleviating your symptoms. This program uses food and exercise as a prescription to influence your metabolism, to restore balance of all physiologic systems and to reduce the risk of developing cancer, diabetes and cardiovascular disease.

*Studio Detox will lead you through a process to find foods that help you feel great about your body. You may also discover other benefits, like improved digestive health, reduced cholesterol, increased energy or lower blood pressure.*

***This program is for you if:***

- ◆ You exercise and diet for a while and then go back to “normal” eating only to gain weight again.
- ◆ You can't seem to reach your weight goal regardless of what you do.
- ◆ You are not feeling well.
- ◆ You have been diagnosed with high blood pressure, high cholesterol or high blood sugar.
- ◆ You have been diagnosed with irritable bowel syndrome.
- ◆ Your doctor has told you that you have pre-diabetes.
- ◆ Maybe you are at your ideal weight but you just don't have the energy you would like or you don't feel you are operating to your full potential.

*You will feel much better in a very short period of time while on this program. Your health will dramatically improve when the principles of the program are applied.*



# Studio Detox Fundamentals

## Clean It Up

- ◆ Remove foods from your diet that are most likely to cause problems
- ◆ Detoxify and flood the body with ultra-nutrients
- ◆ Incorporate functional foods and nutritional supplements to support optimal detoxification and metabolic repair
- ◆ Naturally repair metabolism, balance hormones and restore GI health

## Targeted Nutrition

- ◆ Shop with the Grocery Shopping Guide
- ◆ Combine superfoods at each meal (*see sample menu*)
- ◆ Heal with anti-aging herbs & spices
- ◆ Learn tips and tricks for looking and feeling great

## Exercise & High Intensity Interval Training

- ◆ Get started with a strategic fat burning cardio workout
- ◆ Learn muscle building and strength training
- ◆ Incorporate relaxation techniques easily

## Achieve Wellness for Life

- ◆ Reintroduce foods, identify those that cause problems
- ◆ Lifetime maintenance
- ◆ Get a customized prescription for vitamins and minerals that your body needs
- ◆ Use the knowledge you gained to improve your health

***This Medically Designed Program focuses on these fundamentals.***

**Foods** – What and when to eat for maximum fat burning and muscle building.

- ◆ Superfoods
- ◆ Tricks and tips
- ◆ Foods to avoid
- ◆ Free eating window – *OH YEA!*
- ◆ Timing of certain foods

**Body Composition** – Learn how to measure your body composition and why body composition is so different from scale weight. For optimal fat burning we need to focus on feeding the lean muscle what it needs and utilizing the right fuel for exercise to teach the body to burn fat all day and not just when you are in the gym. We must exercise and eat smarter not harder to optimize health and metabolism.

**Caloric Requirements** (*based on your lean muscle mass*) – Learn how to calculate the calories you need to maintain or grow muscle while efficiently burning fat. The use of a reduced calorie diet alone is not the way to healthy weight loss because depriving the body does nothing to repair damage or to remove the obstacles to optimal function.

**Hydration** – Calculate how much water is needed for optimal health and metabolism. All biochemical reactions require water, therefore, to increase metabolism and to aid in the elimination of toxins and metabolic waste, you must add water! I will share a formula that can be used as a guideline to determine your individual need for hydration.

**Exercise** – How to exercise to stimulate and repair your metabolism, while increasing lung and heart capacity for improved wellness and longevity. More exercise is not better. You may be training your body to store fat for your workouts! This program will likely save you time and money.

**Post Workout Meal** – The most important meal of the day to support lean muscle mass, all day fat burning and overall metabolism.

## Components of the Program

**Elimination:** Most people experience some degree of food sensitivity and they don't even know it. These sensitivities cause irritation to the gastrointestinal tract, which causes an interference of nutrient absorption, toxin excretion, immune function, neurotransmitter production, hormone balance and other disturbances. Symptoms you may experience from GI irritation are weight gain, bloating, gas, diarrhea, constipation, fatigue, foggy thinking, attention difficulty, slow reaction time, hot flashes, night sweats, acne, autoimmune disorders and many others.

**Detoxification:** We are exposed to a multitude of different toxins everyday. These toxins are in the air we breathe, water we drink, food we eat, clothes we wear, medications we take and homes we live in. Toxins interfere with our optimal function in many ways. The body has a natural detoxification system that works 24/7 but it is often overwhelmed due to accumulation of toxins.

**Ultra-nutrition:** Studio Detox is not a program of deprivation. Eating more of what the body needs is even more important than eliminating what it does not. The body is very resilient and can overcome many of the obstacles we put in front of it, but it must be provided the tools or nutrients needed to do that job.

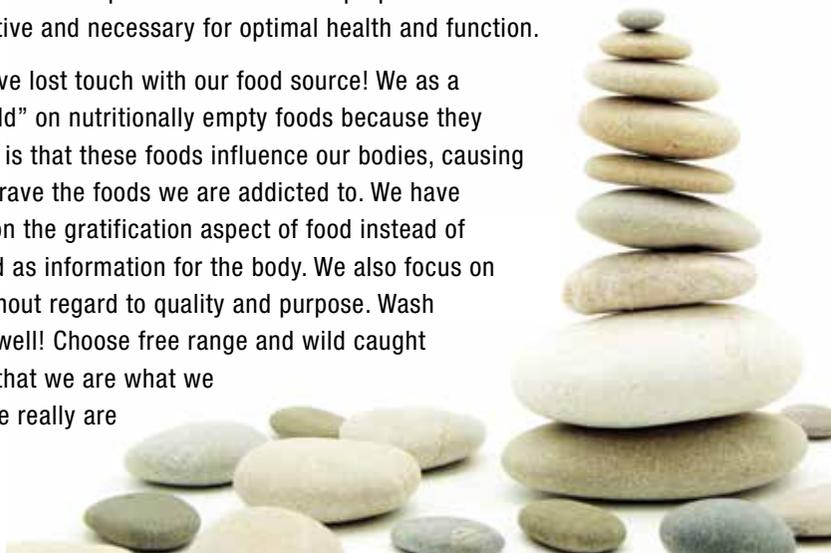
**Anti-inflammation:** Whole body systemic inflammation is a chronic problem for many Americans. Chronic high levels of inflammation are responsible for all diseases (heart disease, diabetes, Alzheimers, hypertension, high cholesterol, MS, cancer, autoimmune diseases, etc) and obesity. There are superfoods that can be eaten to help reverse devastating these diseases.

**Gastrointestinal Health:** The GI tract is extremely important. The GI tract is responsible for absorbing nutrients, eliminating toxins, immune function, regulating mood and

harboring healthy strains of bacterial colonies. It not only needs to get a rest from irritating foods, but there is also a need to re-establish balance. There are good bacteria that are necessary to keep the GI system healthy. Stress and hormone fluctuations also affect GI balance. Restoring GI health is the best thing you can do for your body, even if you don't have symptoms of imbalance.

**Hormone Balance:** Most of us experience hormone imbalance at some point. Hormone imbalances are now more common due to our lifestyles. Common foods are laden with hormones and pesticides that act as strong estrogens. These chemicals disrupt hormone balance and cellular function. Skin cleansers, lotions and cosmetics are often endocrine disruptors and therefore cause hormone imbalance. Often the body is able to self-correct when we provide ourselves with the right foods, rest, stress relief and appropriate exercise. Sometimes we need hormone replacement to achieve proper balance. It is balance that is protective and necessary for optimal health and function.

**Reconnecting:** We have lost touch with our food source! We as a society have been “sold” on nutritionally empty foods because they “taste good.” The fact is that these foods influence our bodies, causing imbalance. We often crave the foods we are addicted to. We have been taught to focus on the gratification aspect of food instead of the importance of food as information for the body. We also focus on quantity and taste without regard to quality and purpose. Wash fruits and vegetables well! Choose free range and wild caught animals. We all know that we are what we eat... which means we really are what we eat EATS!



Clean It Up!



# Eliminate what harms.

There is a powerful connection between what you eat and how you feel. Just as no two bodies are the same, no two diet programs work for everyone. The only way to discover what works for your body is to follow an elimination plan that will help you link foods to symptoms.

## AVOID THESE FOODS LISTED BELOW FOR 28 DAYS

<b>Beverages</b>	Milk, coffee, tea, cocoa, alcohol, soda, fruit drinks and juices, artificial sweetener, energy drinks, smoothies, etc.
<b>Fruits</b>	Bananas, dried fruit, citrus, jams, jellies
<b>Vegetables</b>	Nightshade family, including tomatoes, potatoes, eggplant and peppers Also avoid corn and soy
<b>Meat, Shellfish</b>	Avoid Eggs (whites and yolks), beef, pork, veal, cold cuts, frankfurters, sausage, canned meats, mackerel, shellfish
<b>All Starches Legumes</b>	Potato (other than sweet potato), white rice, all gluten containing cereals, flours, baked goods ( <i>anything with wheat, rye, barley and oats</i> )
<b>Dairy</b>	Cows milk, goats milk, soy milk, buttermilk, cheese, ice cream, non-dairy creamers, puddings, yogurt, cream soups, creamed vegetables, soy cheese, rice cheese, dips and sauces
<b>Fats, Oils, Nuts</b>	Margarine, shortening, unclarified butter, refined oils, spreads, peanuts, cashews, pistachios, bottled salad dressings
<b>Other</b>	ANYTHING in a box, bag or can. As a general rule, packaged foods are processed foods

# Replenish what heals.

**Whole, fresh foods ONLY** No boxed, canned or packaged/processed foods allowed.

*If nature didn't make it, don't eat it! You are not limited to these superfoods, be creative with a variety of whole, fresh foods from the Phase 1 grocery shopping guide!*

## CHOOSE FROM THESE SUPERFOODS FOR 28 DAYS

<b>Shake</b>	OptiCleanse Plus – chai/choc/vanilla, order at <a href="http://store.xymogen.com">store.xymogen.com</a> *
<b>Beverages</b>	Green tea, 100% pomegranate juice, vegetable juice ( <i>fresh</i> ), water and “Detox Drink” ( <i>recipe in later section</i> )
<b>Fruits</b>	Apples, blueberries, cherries, pomegranates, strawberries ( <i>2-3 servings a day</i> )
<b>Vegetables</b>	Arugula, asparagus, brussel sprouts, broccoli, cabbage, carrots, leeks, onions, romaine lettuce, scallions, shiitake mushrooms, spinach, sea vegetables (kelp, wakame, dulse), kale, collard greens, dandelion greens, turnips, beets
<b>Protein</b>	Chicken and turkey (organic/free range, no hormones or antibiotics) wild game: bison, elk, venison, lamb, rabbit - 100% GRASS FED ONLY
<b>Nuts/Seeds</b>	Almonds, walnuts, flax and sesame seeds ( <i>raw, fresh, unsalted, not roasted</i> )
<b>Fish</b>	All cold-water deep-sea fish including flounder, salmon, sole, tuna, tilapia, etc. Choose wild caught <i>and NO farm-raised fish!</i>
<b>Herbs &amp; Spices</b>	Basil, cardamom, chives, cilantro, cinnamon, cloves, garlic, ginger, parsley, turmeric, apple cider vinegar, mint, mustard, etc.
<b>Good Fats</b>	Extra virgin olive oil, coconut oil, hemp oil, cold press nut oils and avocado.

\*To order shake, set up a new account with Code#: **drroy** & Practitioner's Last Name: **roy**

# Detox Targeted Supplements\*

The targeted supplements are hand picked by me with great care. The regimen is designed to fuel your bodies natural process of detoxification, elimination and energy production for improved overall health and vitality. These products contain phase I and II liver detox nutrients to ensure that toxins are completely cleared from your body. Soluble and insoluble fibers not only help with elimination but they are also food for the bacteria that live in your gut and work on your behalf. The high quality probiotic contains well researched strains of healthy bacteria in a form which provides maximum effectiveness. Bioidentical Vitamin D influences over 3000 genetic functions to support healthy immune, neurological, musculoskeletal, cellular and cardiovascular systems. Melatonin is added to improve quality of sleep as well as immune system and antioxidant support.

## BREAKFAST

OptiCleanse Plus – 2 scoops

OptiFiber Lean – 1 scoops

ProbioMax Daily DF – 1 cap

ActivEssentials with OncoPLEX & D3 – 1 packet per day

MedCaps DPO – 2 caps

## DINNER

ColonX – 2 caps

MedCaps DPO – 2 caps

## BEDTIME

Melatonin CR – 1 cap

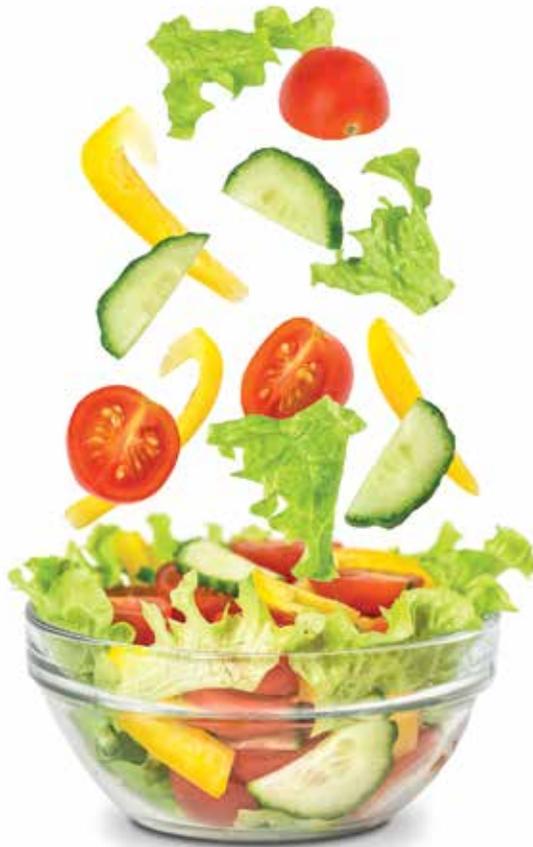
## **WHY XYMOGEN:**

Xymogen professional supplements and medical foods are the highest quality found in the marketplace today. Highest quality refers to the fact that Xymogen supplements have far exceeded the necessary FDA quality requirements and testing. I have used many professional brands in my practice over the years and the “performance” of the Xymogen products I have chosen for this program far exceeds any others that I have prescribed.

## **ORDER SUPPLEMENTS:**

1. Go to [xymogen.com/new-customer](http://xymogen.com/new-customer)
2. Click “I am a Patient”
3. Referral Code: drroy
4. Practitioner’s Name: Roy
5. Your email address





Targeted Nutrition

## Breakfast

Green tea

OptiCleanse Plus Shake *(optional breakfast)*

*Add cold water and ice. You may add fresh or frozen fruit, veggies, and spices to desired taste (see recipe options for ideas).*

AM Supplements

## AM & PM Power Snack

Almonds or walnuts *(must be raw and not flavored or salted)*

Detox drink, 2-3x a day for improved digestion and added energy

*(8 oz. of ice water, 1-2 tlbs. apple cider vinegar, 1-2 tsp. lemon juice and 1 tsp. of cinnamon)*

## Lunch

Free-range chicken, grilled

Fresh salad

*(combine any variety of “superfoods” vegetables)*

Small sweet potato

Fresh pear slices

## Dinner

Fresh fish *(cold-water deep-sea fish)*

Fresh broccoli & cauliflower

Green Apple, walnuts & blueberries

Fresh spinach salad

Home-made vinaigrette

*(basil, parsley, garlic, chives, apple cider vinegar & extra virgin olive oil)*

PM Supplements

# Sample Menu



*Be creative with  
your own menu!*

Combine a variety of  
**SUPERFOODS**  
at each meal.

# 28-DAY DETOX GROCERY SHOPPING *guide*

## Protein

### Lean Poultry

*Use organic/free range,  
no hormones or antibiotics*

Chicken breast  
Turkey breast  
Game hen

### Wild Game

*100% grass fed only*

Rabbit  
Lamb  
Wild game (*venison, bison, elk*)

### Fish

*All cold-water deep-sea fish  
(no farm-raised fish!)*

Flounder, salmon, sole,  
tilapia, tuna, etc.

## Vegetables

Artichoke	Celery	Mushrooms	Seaweeds
Asparagus	Collards	Mustard greens	Spinach
Beet greens	Cucumbers	Onions	Squash
Beets	Dandelion	Parsley	Sweet Potato
Broccoli	Endive	Parsnips	Swiss chard
Brussel sprouts	Green onions	Pumpkin	Turnips
Cabbage	Kale	Purslane	Watercress
Carrots	Kohlrabi	Root	
Cauliflower	Lettuce	Rutabaga	



## Fruits

Apples	Kiwi	Papaya
Apricots	Mango	Peaches
Avocado	Papaya	Plums
Berries	Pears	Pomegranate
Cantaloupe	Lemons	Raspberries
Melons	Limes	Blueberries
Cherries	Nectarines	Rhubarb
Citrus	Oranges	Watermelon



## Nuts & Seeds

*Only if you are at your ideal weight  
due to high fat/calorie content*

Almonds	Hazelnuts	Pumpkin seeds
Brazil nuts	Macadamia	Sesame seeds
Chestnuts	Pecans	Sunflower seeds
Coconut	Pine nuts	
Flax	Walnuts	



## Grains

Quinoa

## Vinegar & Oils

Apple cider vinegar	Extra virgin olive oil
White vinegar	Cold press / nut oils <i>(coconut, hemp, avocado, almond, walnut and olive)</i>
Balsamic vinegar	
Red wine vinegar	



## Spice it up!

The easiest way to make sure you are getting the most nutrients is by choosing meals that are loaded with herbs and spices. Every time you flavor your meals with herbs and spices you are literally “upgrading” your food without adding a single calorie. Herbs and spices contain antioxidants, minerals and multivitamins. Because spices are nutrient dense, they are thermogenic, which means they naturally increase your metabolism. Some spices and herbs increase your overall feeling of fullness, so you’ll eat less. Also, by flavoring your foods with spices instead of salt, you will eliminate excessive bloating and water retention.

Think of spices as your natural medicine cabinet. Add flavor and a health boost when you add healing spices to your diet.

## Healing Anti-Aging Herbs & Spices

Rosemary & basil.....	Dementia fighting power
Cumin & sage .....	Obesity fighting power
Cayenne & cinnamon .....	Sugar regulating power
Lemon grass, nutmeg, bay leaves & saffron .....	Calming effects on your mood
Turmeric .....	Cancer fighting power
Oregano.....	Fungus beating power
Garlic, mustard seed & chicory .....	Heart pumping power
Basil & thyme .....	Skin saving power
Turmeric, basil, cinnamon, thyme, saffron & ginger .....	Immune boosting power, natural anti-inflammatory
Coriander, rosemary, cayenne, allspice & black pepper ...	Depression busting power

# Tricks & Tips

- 1. Make three days of meals that meet the requirements.** Let's be honest, most of us eat the same thing over and over again. You can make a three-day plan and mix and match to cover the week. Expand your horizons as you move forward with the lifestyle changes necessary for long-term benefit and enjoyment. You will be surprised at just how easy this is and how great you will look and feel.
- 2. Don't focus on calories.** Eating enough and at the right time is the most important aspect. Yes, I said eating enough is often a challenge. I find people skip meals and then they eat at the wrong time and choose the wrong thing. Going long periods of time without appropriate foods lowers your metabolism and sets you up for fat storage and NOT fat burning.
- 3. A small amount of preparation is all that this program requires.**
  - ◆ *Example:* Divide chicken into meal size portions. Place them in freezer bags, add homemade marinade and freeze. Take bags out of freezer in the morning so they are ready to cook for dinner. Remember to make extra so that you can have left over chicken to put in your salad the next day.
  - ◆ Spend a few minutes washing and cutting veggies ahead of time so that you have a ready snack or a quick salad.
  - ◆ Blend raw almonds and flax seed together to put on salad or in plain yogurt. This adds fiber, flavor, texture and lots of good fats necessary for burning the fat stored in your body.
  - ◆ Be non-traditional in your meal choices. You can have chicken, broccoli and a sweet potato for breakfast if you like. Have healthy and convenient foods available to grab on the go. Who says convenience foods have to be bad for you. I can't think of anything more convenient than raw nuts, hummus, fruits and veggies. It only takes a second to whip up a salad if the veggies are washed, cut up and in the fridge. Make homemade dressings and marinades ahead of time.
  - ◆ Use the healing anti-aging herbs and spices on everything. Put raw ginger, cinnamon, cloves and cardamom in boiling hot water for a healthy and tasty ginger tea. You can add a green tea bag to the concoction for added health benefits. These spices often work to lower inflammation and can be very powerful to lower blood sugar. Put the tea in the refrigerator for all day refreshment.

## Exercise & Strength Training



# Cardio HIIT

## HIIT – High Intensity Interval Training

*(short duration ONLY)*

- ◆ The goal of HIIT is to stimulate your metabolism as well as increase lung and heart reserve for optimal wellness and longevity. No more marathon treadmill or elliptical sessions. Long cardio sessions are not muscle building and fat burning. If you enjoy long duration cardio and it is benefiting your state of mind then simply combine it with HIIT.
- ◆ Increased heart rate is important to stimulate your metabolism. Your heart rate increases when the demand for oxygen by your muscles increases (panting is an indication of oxygen demand and deficit). Too high a heart rate is counterproductive to fat burning and muscle building. Keep your heart rate between 60 and 80% of the calculation below.
- ◆ Your maximum heart rate (pulse) is 220 minus your age. The target or sweet spot for muscle building and fat burning is a pulse rate *(during or immediately following exercise)* of 60 to 80 percent of this number. *Calculate range by using the following formula:*
  - ◆  $220 - \text{age} = \text{max rate}$  (ex:  $220 - 50 = 170$ )
  - ◆  $\text{Max rate} \times 0.6 = 60\%$  (low end of range) (ex:  $170 \times 0.6 = 102$ )
  - ◆  $\text{Max rate} \times 0.8 = 80\%$  (high end of range) (ex:  $170 \times 0.8 = 136$ )

Long duration cardio exercise is not muscle building and may lower metabolism and encourage fat storage.

Cardio HIIT & Strength Training are done first thing in the AM if possible for maximum fat burning.



## Which Exercise to do?

You may choose any type of cardiovascular exercise you would like: Jump rope, running sprints, elliptical machine, swimming, etc. I prefer the jump rope because you can do it at any time and place regardless of the weather.

- ◆ Work out for at least 12 minutes but **NEVER more than 20 minutes**. This includes both cardio and strength training.
- ◆ As you get more conditioned you will need to increase the intensity of your workout and NOT the duration. A common mistake is to workout more. I want you to workout **HARDER** as you progress.
- ◆ Increasing intensity will often mean increasing resistance depending upon which machine you are using. If jumping rope you might have to get a weighted jump rope.

*Get started with the cardio workout below.  
Increase intensity/resistance as you get into shape.*

WARM-UP	EXERTION	REST										
1 MIN	45 SEC	1 MIN	60 SEC	1 MIN	45 SEC	1 MIN	30 SEC	1 MIN	30 SEC	1 MIN	20 SEC	1 MIN

- ◆ Jumping rope as a HIIT workout is a great way to stimulate your metabolism. Skipping rope for just 10 minutes can burn between 100 and 150 calories (depending on the speed you skip and your body weight).
- ◆ Once you learn how to jump rope with good coordination, you'll be able to skip for the full 1 minute interval with high intensity. This will tone your hamstrings, quads, gluteals and calves. With weighted jump rope handles, you can tone your upper body as well.
- ◆ Using a weighted jump rope is definitely more challenging. If you use even a 2 pound rope, your exertion periods will likely be counted in seconds. There are always ways to increase the intensity of training while keeping the total workout less than 20 minutes.
- ◆ Exertion periods for jumping rope will be shorter than most. (Once you start, you'll see why.) If you find yourself getting tired too quickly, slow the speed of the rope. For example, instead of swinging the rope once for every jump, skip your feet 2 or 3 times – like jumping in place – for every swing of the rope. This will make it much easier to keep up. To increase the challenge, make short, fast jumps with a single swing of the rope for each jump during the later intervals.
- ◆ You don't have to be precise about any of these routines. Instead of timing your sets, you can simply jump until you get tired, rest until you have recovered and repeat. Jumping rope is one activity that you may want to completely stop instead of just slowing down during your recovery periods.
- ◆ Never increase the exertion time! Increasing exertion time is old thinking. Only increase the intensity. You may have to reduce the exertion time in order to increase intensity! Create an oxygen deficit. You know you are doing it if you are panting at the end of your exertion period. It may take longer than the allotted time to recover. This is OK but do not exercise beyond 20 minutes.
- ◆ Start wherever you are and progress from there. It won't take long before you see changes in your body and your ability. Stay focused on the goal of fat burning and muscle building. Don't be distracted while working out. Concentrate and enjoy what you are doing for yourself.

# Strength Training

Weight “strength” training 1-2x week ONLY

Work the big muscles in your body twice per week. It is OK to do upper body one workout and lower body the next, both being in the same week. You must not work the same muscles more than twice per week. The key is to bring your muscle to total failure vs. fatigue! Remember, 12-20 minutes is your workout duration; never more than 20 minutes in total. If you can't get a full body workout in under 20 minutes, then stop and finish another day. This is crucial to your success and the most difficult concept to grasp.

There must be proper rest and recovery time between workouts since all muscle growth is done at rest. You have to drain your muscles by taking them to failure, then feed them within an hour after exercising and then rest them for 3-5 days. With this strategy, your body will burn your fat to fuel your muscle growth.

**KEY CONCEPT:** Maximum exertion for 1-1 ½ minutes followed by rest for 1-3 minutes for a total of 12-20 minutes. Eat a proper post-workout meal to deliver the raw material your body needs for muscle building, then rest your muscles to allow the fat burning and muscle building to take place.

**“All muscle growth is done at rest”**

*Dr. Roy*

**REMEMBER...**

We are working smarter, not harder. Having great health and a great body is much easier and less time consuming than you have been brain washed to believe.



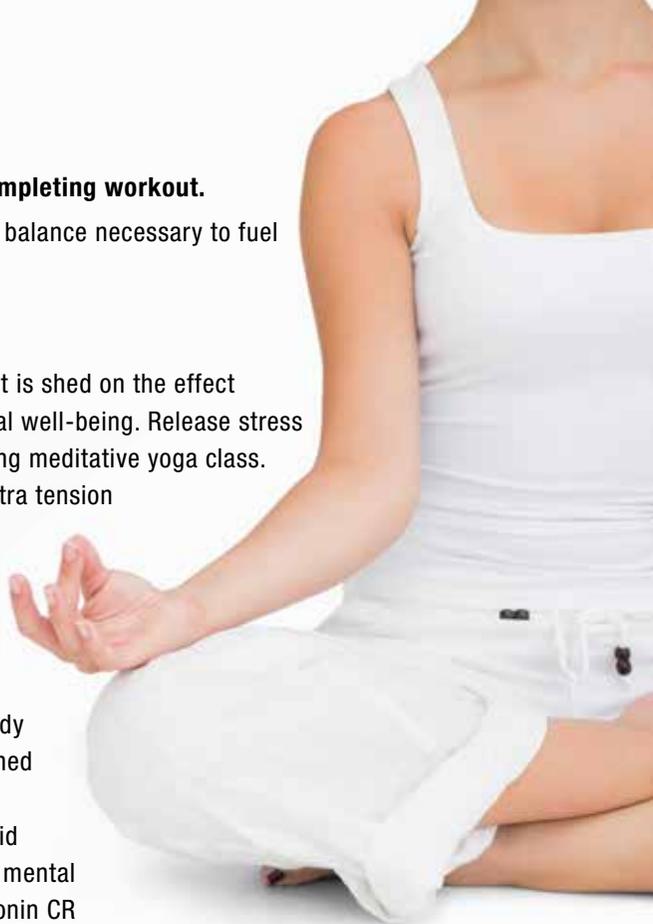
## Post Workout Meal

**Drink shake within 60 minutes of completing workout.**

- ◆ OptiCleanse Plus has all the nutrient balance necessary to fuel muscle building and fat burning.

## Additional Considerations

- ◆ Relaxation/Yoga – Everyday new light is shed on the effect stress has on our physical and mental well-being. Release stress with a vigorous work-out, or a calming meditative yoga class. Find a way to rid your body of the extra tension 10 minutes twice daily (upon rising and at bedtime). Brief meditation before bedtime facilitates improved quality of sleep.
- ◆ Sleep – This is necessary for repair, restoration and regulation. If your body goes without sleep, there is a sustained increase in cortisol (stress hormone) leading to hormone imbalance, thyroid dysfunction, decreased physical and mental performance and weight gain. Melatonin CR 5mg capsules 1-2 at bedtime can be very helpful to combat the elevated cortisol effects on sleep quality and facilitate a deeper sleep. Remember, this program is designed so that sleep is when you are most actively burning fat and building muscle.



**Achieve Wellness for Life!**



## Reintroduction

After the 28 day elimination period, you will add back healthy foods in a specific way. One food from the avoid list every 3 days. You must pay attention to how you feel during these 3 days because this is the only effective way of determining actual food sensitivity.

If a particular food is a problem for you, you will see either a return of symptoms such as low energy, achy joints, irritability or foggy thinking. You may have undeniable stomach and intestinal problems such as bloating, gas, constipation or diarrhea. If these symptoms occur it makes it easy, but sometimes they can be subtle changes in the way you feel. Slowly introducing potentially irritating foods back into your diet is key to effortless weight management and achieving wellness for life!

## Lifetime Maintenance

Some people do the 28 days every quarter, or once or twice a year, to keep their metabolism trained. Once you've achieved your wellness goals, *follow these rules*:

- ◆ Carry on avoiding fake foods. In particular, watch out for fake sugars and fake fats – they are huge metabolism killers and not real food. Also avoid “enriched” breads and pastas
- ◆ Keep avoiding caffeine, gluten, corn, soy, sugar, alcohol, and processed foods most of the time – only have an occasional splurge on special occasions
- ◆ Stay organic, especially with dairy, chicken, eggs, and beef
- ◆ Always eat within 30 minutes of waking
- ◆ Always eat at least 30 minutes before exercising
- ◆ Continue to eat 3 meals, 2 snacks a day
- ◆ Eat seasonally
- ◆ Make holidays special

## Free Eating Window

**This window is ONLY after you have completed the 28 day detox program.**

One three hour block (2x/month) to eat anything you want. This free window must be followed by a very intense strength training workout the morning after.

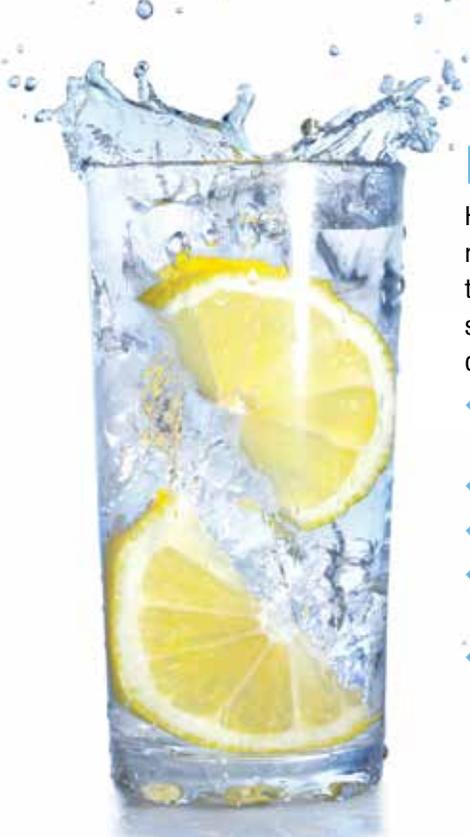
- ◆ When you splurge, just follow a few simple rules. Start with fibrous carbohydrates (*salad: low glycemic index*), then protein, fats and active carbohydrates (*high glycemic veggies, fruits, starch and desserts*) – ENJOY!
- ◆ Do not skip these free windows. You need to be able to enjoy some excess on occasion in order to truly succeed. This is actually muscle boosting if done infrequently and followed by an intense workout the day after. You will be surprised how strong you are the day after a free eating window.
- ◆ Have fun with this window. Life is about fun. What is better than feeling and looking good with a doctor's order to splurge 2x a month? Although it seems like cheating, this habitual pattern promotes long term success and is purely beneficial.

## Lean body mass is the key to health and long-term weight management!

Scale weight does not represent success! How many times have you tried it and it is short-term bliss. The goal is to maintain or increase lean muscle mass while losing stored fat and increasing your overall state of health.

- ◆ Protect your lean muscle. You need to know your lean muscle mass in order to make calorie adjustments. For example; if the scale weight goes down and your lean muscle mass does too, you will have to increase your caloric (healthy fat and protein) intake in order to spare muscle and burn fat.
- ◆ Keeping track of lean muscle and fat loss is critical for metabolic repair and long-term success.

- ◆ You must measure body composition 1x/week at a minimum using a scale or other reliable means (calipers) and record progress. Be sure to weigh yourself at the same time each day. Make sure you are well hydrated. Empty your bladder and weigh without clothes for best accuracy.
- ◆ Calipers are great for determining body composition, but they are hard to use at home by yourself. I recommend that you purchase a scale that calculates body fat.



## Hydration

Hydration is extremely important for fat loss, muscle recovery and proper energy production. Calculate the amount of water you need to drink by taking your scale weight x 0.75 = ounces of fluid REQUIRED per day. Drink only filtered tap water or bottled water.

- ◆ Drink 20 oz of water before your feet hit the floor in the AM.
- ◆ Drink 10 oz every 15 minutes while working out.
- ◆ Drink when thirsty.
- ◆ Drink when hungry. The body often confuses hunger with thirst.
- ◆ Detox Drink and Ginger Tea (*recipes provided*) count as daily water.

# AFTER DETOX GROCERY LIST *guide*

## Meat

*The key word is lean;  
use grass-fed or even organic meat*

### Lean Beef

Tenderloin  
Top sirloin  
Lean hamburger  
London broil  
Chuck steak

Lean veal

### Lean Pork

Pork loin  
Pork chops, trimmed  
Other lean cuts

### Lean Poultry

Chicken breast  
Turkey breast  
Game hen

### Other Meats

Rabbit  
Goat  
Wild game (*venison,  
buffalo, elk*)

### Eggs (*organic*)

Omega-3 enriched  
Duck  
Goose  
Chicken

### Fish & Shellfish

All cold-water deep-sea fish  
(*no farm-raised fish!*)

Flounder  
Salmon  
Sole  
Tilapia  
Tuna  
Clams  
Crab  
Mussels  
Shrimp

## Vegetables

Artichoke	Mushrooms
Asparagus	Mustard greens
Beet greens	Onions
Beets	Parsley
Bell peppers	Parsnip
Broccoli	Peppers
Brussel sprouts	Pumpkin
Cabbage	Purslane
Carrots	Root
Cauliflower	Rutabaga
Celery	Seaweeds
Collards	Spinach
Cucumber	Squash
Dandelion	Sweet Potato
Eggplant	Swiss chard
Endive	Tomatillos
Green onions	Tomato
Kale	Turnip greens
Kohlrabi	Turnips
Lettuce	Watercress

*Tip: shop the outer perimeter of the grocery store*

## Fruits

Apples	Lemons
Apricots	Limes
Avocado	Nectarines
Berries	Oranges
Cantaloupe	Papaya
Melons	Peaches
Cherries	Pineapple
Figs	Plums
Citrus	Pomegranate
Grapes	Raspberries
Kiwi	Blueberries
Mango	Rhubarb
Papaya	Watermelon
Pears	

## Grain & Legumes

Beans  
Lentils  
Long grain brown rice  
Quinoa

## Nuts & Seeds

*(Only if you are at your ideal weight due to high fat/calorie content)*

Almonds	Hazelnuts	Coconut
Brazil nuts	Macadamia	Pumpkin seeds
Chestnuts	Pecans	Sesame seeds
Flax	Pine nuts	Sunflower seeds

## Vinegar & Oils

Apple cider vinegar	Extra virgin olive oil
White vinegar	Cold press / nut oils <i>(coconut, hemp, avocado, almond, walnut and olive)</i>
Balsamic vinegar	
Red wine vinegar	

*Make your own dressing with extra virgin olive oil, vinegar, mustard and/or fresh spices.*

**Avoid boxed, canned,  
packaged or processed foods.**

While a healthy, balanced diet is the best way to get the vitamins and minerals that your body needs, simply “eating right” may not be enough to reverse the deficiencies you have developed. The fact is this: the majority of Americans simply do not get enough essential nutrients through diet alone. Without nutritional supplementation, you may be deficient in some of the important vitamins and nutrients you need for optimal detox and metabolism repair. Even if you are not deficient, you almost certainly aren’t at optimal nutrient levels to run all your biochemical processes efficiently.



Good nutrition includes healthy food choices and often targeted dietary supplements. Optimal nutrient levels are the basis for a strong immune system and overall wellness. Supplements can restore what we may be missing, but most people don’t know what they should take. As you go through the phases of the Studio Detox program, targeted supplementation is suggested.

Once you have finished the Studio Detox program, you are ready for a customized daily functional food and supplement program. PersonaLogiX is the vehicle to determining your personal needs.

PersonaLogiX is a convenient, dose-timed physician preferred supplement program tailored to your specific needs and health goals.

# Getting started is easy as 1-2-3

## Step 1 *Visit PersonaLogix.com*

Click on “new user” on menu bar. **Fill out assessment form and use the Health Support Code: drroy**

## Step 2 *Take a simple, online health assessment.*

PersonaLogiX assessment gathers information critical to determining which nutrients, what doses, and the best times for intake will optimize your chances of achieving the health goals you have set. Beginning with a thorough evaluation of your medical history, Personalogix’s proprietary system develops a detailed, individualized report from which your formula recommendations are derived.

## Step 3 *Finalize your personal nutritional supplement kit order.*

With PersonaLogiX, the professional formulas are precisely calculated to restore nutritional depletions based on your unique lifestyle, diet or drug therapies, and timed to support their optimum effectiveness. With this three-step approach - exact formula, exact dosing, and exact timing - it takes the guesswork out of choosing and using dietary supplements to support your goal of optimal health.



## DOCTORS STUDIO

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561.444.7751 • [doctorsstudio.com](http://doctorsstudio.com) • [info@doctorsstudio.com](mailto:info@doctorsstudio.com)  
2300 Glades Road • Suite 260W • Boca Raton, FL 33431