

## Dr. Danenberg's 30-DAY RESET

**The 30-Day Reset** is designed to reduce inflammation, improve digestion, burn fat, identify food sensitivities, reduce allergic reactions, boost energy, regulate blood sugar and stabilize mood. It almost seems too good to be true, but I've done this myself. Science shows that no other therapy – natural or otherwise – can come close to accomplishing all of these goals in such a short period of time.

How long does it take to see results? There's no hard and fast answer to that question, but it's absolutely essential that you commit to making these changes for at least 30 days – without cheating. Some people may need 45, 60 or even 90 days to get the full benefits of **The 30-Day Reset**.

After completing **The 30-Day Reset**, you'll be able to reintroduce other foods. But, during **The 30-Day Reset**, you should not add other foods to your diet.

By removing the foods that most commonly cause problems, you allow your body to rest and recover from whatever symptoms those foods have been provoking. Just one cheat could trigger a new cascade of reactions. Don't do it. It's not worth it.

There are three categories to make it as easy as possible:

- **Eat liberally:** You can enjoy as much of these foods as you like. No counting calories or calculating ratios of protein, fat or carbohydrate. This isn't a "cleanse" or a fast. If a food is on this list, you're free to eat it.
- **Eat in moderation:** You can eat these foods, but don't go hog wild with them. I've indicated how often or how much of them I think are safe, but in general you want to limit consumption of these foods compared to those in the "eat liberally" category.
- **Avoid completely:** Yes, completely. This is where the rubber hits the road. The success (or failure) of the program hinges on your ability to steer clear of these foods during the 30-day Reset.

### Here is the 30-Day Reset program

#### Eat liberally:

- **Meat and poultry.** Emphasize beef and lamb, but also pork, chicken, turkey, duck and wild game like venison, ostrich, etc. Organic and free-range is always preferable, but is especially so during this program.
- **Organ meats (especially liver).** Liver is the most nutrient-dense food on the planet. If you don't like the taste of liver, one good trick is to put one chicken liver in each cube of an ice cube tray and freeze them. Then, when you're making any meat dish, dice up one chicken liver and add it to the meat.

- **Bone broth soups.** It's essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths are rich in glycine, an amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.
- **Fish.** Especially fatty fish like salmon, mackerel, herring, and sardines. Wild is preferable. You need to eat three 6 oz. servings of fatty fish per week to balance your omega-6 to omega-3 ratio.
- **Eggs.** Preferably free-range and organic.
- **Starchy tubers.** Yams, sweet potatoes, yuca (cassava), taro, lotus root, etc.
- **Non-starchy vegetables.** Cooked and raw.
- **Fermented vegetables and fruits.** Sauerkraut, kimchi, beet kvass, coconut kefir, kombucha, etc. These are excellent for gut health.
- **Traditional fats.** Coconut oil, palm oil, lard, duck fat, beef tallow and olive oil.
- **Olives, avocados and coconuts (including coconut milk).**
- **Sea salt and spices.** Avoid sugar or artificial flavorings.

## **Eat in moderation:**

- **Processed meat.** Sausage, bacon and jerky. Make sure they are gluten, sugar and soy free and organic/free-range meat is preferable.
- **Whole fruit.** Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears.
- **Nuts and seeds.** A maximum of a handful per day, preferably soaked overnight and dehydrated or roasted at low temperature (150 degrees) to improve digestibility. Favor nuts lower in omega-6, like hazelnuts and macadamias, and minimize nuts high in omega-6, like Brazil nuts and almonds.
- **Green beans, sugar peas and snap peas.** Though technically legumes, they are usually well tolerated.
- **Coffee and black tea.** Black, or with coconut milk. Only if you don't suffer from fatigue, insomnia or hypoglycemia, and only before 12:00 PM. Limit to one 8-oz cup.
- **Dark chocolate.** 70% or higher in small amounts (i.e. about the size of a silver dollar per serving) is permitted.
- **Vinegar.** Apple cider vinegar is especially well tolerated.
- **Restaurant food.** The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause serious inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible during this initial period.

## **Avoid completely:**

- **Dairy.** Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.
- **Grains.** Including bread, rice, cereal, oats, or any gluten-free pseudo grains like sorghum, teff, quinoa, amaranth, buckwheat, etc.

- **Legumes.** Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts.
- **Concentrated sweeteners, real or artificial.** Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.
- **Processed or refined foods.** As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy-free creamers, etc.
- **Industrial seed oils.** Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).
- **Sodas and diet sodas.** All forms.
- **Alcohol.** In any form. (Don't freak out. It's just 30 days.)
- **Processed sauces and seasonings.** Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, or all of the above).

## Caveats and tweaks

With certain health conditions, the basic program above needs further modification:

- Those with arthritis, joint pain, autoimmune disease and severe gut issues should also eliminate **nightshades** and **eggs**.
  - Nightshades include potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, pepinos, pimentos, paprika and cayenne pepper. Nightshades have compounds called *alkaloids* that can cause inflammation and worsen joint pain in susceptible people.
  - Eggs contain proteins that are common allergens, particularly in susceptible people. Usually the egg white is to blame, but not always.
- Those with insulin resistance, hypoglycemia or reactive hypoglycemia, and those wishing to lose weight, should limit fruit and starchy vegetables. The total amount eaten each day should equal roughly 50 grams per day of carbohydrate, which is the amount contained in 2 servings of low-glycemic fruit (berries) and 1-2 servings of starch (i.e. sweet potato, taro, yuca, etc.).
- Those with fatigue, insomnia, anxiety, mood swings or depression should eliminate coffee, tea and all caffeine entirely. Caffeine stimulates the adrenals and can worsen all of these conditions. Once your adrenal issues have been addressed, you may be able to add them back in moderation.
- Those who are athletes or have high levels of physical activity may want to increase their carbohydrate intake, especially after training. As a general idea, a minimum of 600 calories (150g) per day of carbohydrate, and as much as 800 calories (200g) or more may be required to meet energy needs, depending on the intensity of training and individual tolerance.