

The PEERtrainer Toughest 10 Mini Cleanse

Welcome to the **PEERtrainer Toughest 10 Mini Cleanse**! The PEERtrainer Toughest 10 Mini Cleanse is based on our wildly popular PEERtrainer Fresh Start Cleanse—we've gone through and found the parts that *really work* for the people who participate in the Fresh Start Cleanse—the diet, the detoxing, and the reduction in inflammation—and have integrated them into this mini cleanse to help you lose those toughest, most stubborn ten pounds!

The Toughest 10 Mini Cleanse is divided into three phases:

Phase I: Increase Nutrient Density and Protein, Decrease Cell Damage

Phase II: Decrease Cortisol, Increase Metabolism

Phase III: Increase Detoxification, Decrease Inflammation

Each phase lasts for one week. Together, these three phases are designed to repair your body, increase your detoxifying potential, and increase your metabolism.

Phase I of the Toughest 10 Mini Cleanse is designed foremost to help your body engage in repairing cellular damage, including detoxification. This is accomplished by increased nutrient density to improve antioxidant levels and increase protein intake to support detoxification.

There are two stages of detoxification which are necessary in order to process and remove nearly every toxin from our body, and when they are not working correctly our levels of toxic substances can build. These include the toxins you might not even think about (like ibuprofen) and also the ones at the top of everyone's list (mercury, for example). When toxins build up, our body can develop higher levels of inflammation, which predisposes us to many chronic diseases and also weight gain!

Unfortunately, many people's bodies have been worn out from constant exposure and they simply don't produce enough of the necessary compounds (like the amazing substance 'glutathione') to detoxify anymore. In a similar problem, many people simply don't eat the diet to support maximum cellular repair. By increasing antioxidant intake, cellular damage can be reversed so the body can feel full of vigor once more.

With the Toughest 10 Mini Cleanse, we help your body reduce toxicity, inflammation, and cellular damage to unlock those stubborn pounds!

Remove Problem Foods

The first thing to do on the Toughest 10 Mini Cleanse is to remove the following six foods:

- Gluten (found in wheat, barley, rye, and many other cereal grain)
- Soy (including fermented soy products like tempeh)
- Dairy
- Eggs
- Corn
- Peanuts

Benign as they may seem, these foods are actually common causes of sensitivities which ultimately result in increased inflammation, not to mention other numerous other common symptoms like skin breakouts, fatigue, and runny noses! These foods will be removed for the total of the three phases of the Toughest Ten mini cleanse.

In addition to toxicity creating inflammation, inflammation itself can decrease our ability to detoxify by mucking up the systems and increasing cellular damage which must be repaired by using our stores of antioxidants. When damage keeps on occurring, eventually our antioxidant stores simply give out, leading to further inflammation. When a problem food is removed, inflammation decreases, detoxification increases, antioxidants are less strained, and weight is lost!

What to Eat to Increase Antioxidant Levels and Detoxification

In the Toughest 10 Mini Cleanse, protein is increased by replacing one or two meals a day with vegan protein shakes (made with **Vegalite**, a high-quality pea/rice protein). For the third meal, eat 4 – 6 oz. of lean protein (such as the recommended grass-fed beef or turkey). Don't eat meat? Not a problem! You can substitute legumes like black beans or utilize high-protein veggies such as steamed spinach and mushrooms (by the cup-load!).

Protein is extremely important to detoxifying the body as it forms nearly every detoxifying substance in our body. These include glutathione (also an antioxidant!) and taurine, as well as many more. By increasing protein, our body is capable of creating more detoxifying substances and we are more capable of reducing the toxicity within us.

While reducing toxicity is the one step towards reducing cell damage, a second important goal in phase I is to increase antioxidant intake. This is accomplished by dramatically increasing non-starchy vegetable intake, like broccoli and greens. Certain fruits, like blueberries, are also antioxidant powerhouses and we highly suggest you include them in your daily shake!

To make the daily protein shake, simply follow this recipe:

- 1 Scoop Vegalite
- 1 Scoop Medibulk
- 1 Cup Unsweetened Coconut Milk (from a CARTON, not a can!)
- ½ – 1 cup Frozen Fruit (Berries are the best!)
- Optional: 2 cups spinach (or other greens), 2 TBS ground flax seed or 1 TBS chia seed.

Add all the ingredients EXCEPT the Medibulk to the blender and begin blending. Add ice to desired consistency. As a final step, add the Medibulk—do not add too soon or the shake will be too thick!

You can find the Vegalite and the Medibulk in the Toughest 10 Mini Cleanse kit, designed to help you amplify your Toughest 10 results!

For the third meal, you will eat:

1 serving of lean, clean meat: This could be grass-fed beef, fish, organic poultry, or another meat source. 4 – 6 oz. for women, 6 – 8 oz. for athletic women, 8 – 10 oz. for men, 10 – 12 oz. for athletic men.

1 – 2 servings of healthy fat: If you eat meat, one of the servings of fat will be taken up by the meat. If you do not have meat, then have two servings of healthy fats. Examples are 1 TBS olive oil, ½ an avocado, 10 nuts, 1 TBS nut butter, or five olives.

2+ servings of non-starchy vegetables: A serving is a ½ cup cooked or 1 cup raw. These are vegetables such as broccoli, cauliflower, salad greens, kale, and spinach. To really tackle the Toughest 10, we highly recommend you to eat as many non-starchy vegetables as possible!

1 serving of high-fiber starchy carbs: This could be a ½ cup of beans, a small sweet potato, or a piece of fruit.

You are also allowed one small snack each day, preferably an item which is high in protein and fiber!

Continue this eating plan for two weeks. During the third week, the protocol gets a little more challenging--you eliminate *all* high-fiber starchy carbohydrate sources (except the berries in the shakes)—to fill in the gap, eat even more non-starchy vegetables!

Reintroducing Foods

After three weeks, the toughest part of the Toughest Ten mini cleanse is complete. However, it does continue on for a few more weeks in order to determine if you have any food sensitivities. To do this, we need to reintroduce the foods (ONE at a time) you eliminated at the beginning of the cleanse. We do this in order to determine which of the foods is actually causing *you* a problem, and the procedure to find out is as follows:

Introduce ONE food per week!

Days 1 – 4: Reintroduce one food item (like gluten). Record how you feel before and after you add it so you can track the differences

Days 5 – 7: Eliminate the food again to see if any symptoms you developed persist and to clear the way for the next food. If you display no symptoms, chances are you are not sensitive to it!

Each week you can re-introduce one new food!

While the Toughest 10 Mini Cleanse is designed to be done over 21 days, the protocol can be followed as many weeks as you desire—it is nutritionally complete and will also help you regain energy and feel great!

For Part II of the Toughest Ten mini cleanse, please open up and listen to the Cortisol Reset program. Cortisol is a huge problem for so many trying to lose weight and actually increases our body's desire to hold onto the weight! To lose those toughest pounds, reducing cortisol is key, and Phase II is designed to help you tackle this troublesome hormone.