



# RESTART<sup>®</sup>

REAL FOOD, REAL LEARNING, REAL SUPPORT  
*= real results!*



## Week Five



### CELEBRATION and MOVING FORWARD

YOU DID IT! You can move forward with your success and keep feeling great! Learn how to integrate the tools and skills you've acquired through The RESTART<sup>®</sup> Program.



### YOU'LL LEARN:

Week 1: How to prepare for your REAL FOOD sugar detox

Week 2: Your digestive check-in

Week 3: What sugar really does in your body

Week 4: The truth about FATS

**Week 5: How to move forward and celebrate your success!**

# FEEDBACK FORM

How did you learn about RESTART®?

What habit(s) do you think you will continue after RESTART®?

What did you like most about RESTART®? What did you like the least?

What value did you receive from the class topics; Digestion, Blood Sugar Regulation, and Fats?

What suggestions/advice would you give to someone just starting RESTART®?

What can you suggest to make this program even better?

What was the hardest thing for you? What was easier than you thought it would be?

Would you share a success story about your experience that may be used for future promotional materials (with permission only)?

Anything else you would like to add?

## Reintroducing Foods after RESTART®

Do you want to know a secret? For the past 3 weeks, you've been on an elimination diet! That's another way to look at what you've done—eliminating common irritants to see how your body responds.

*(Be honest, if we called it that from the start, would you still have done it?)*

You now have a unique opportunity to find out which foods, if any, you may have an unknown sensitivity to. By taking the time now to very slowly reintroduce one food at a time, you will have a much better idea which foods support your body and which foods do not.

### Re-Introduction of Foods:

1. For each food you reintroduce, try to have a generous portion of that specific food at each meal **FOR THAT DAY ONLY**. Then wait 72 hours before moving on to the next food. Choose a single food, rather than a combination of foods. For example, corn as the single food to try versus corn chips which have multiple ingredients.
2. **Keep a food journal** to help you know for sure - no guessing - if you are OK with a food or not. Note any negative response over the course of the 72 hours. If you feel none, you can add that food back in permanently. If you do feel a negative response, keep that food out of your diet for the time being (a minimum of 2 months, possibly longer).

**Possible symptoms to look for:** rapid heartbeat, aches and pains, swelling of hands/feet, bloating, gas, change in bowel movements, increased indigestion, nasal stuffiness, runny nose, headaches, “foggy” head, irritability, mood swings, fatigue, sleep disruptions.

TIP: Use your Food Journal to track responses and take note of the possible responses on the Dietary Fine tuning Check-in handout from Week 2 for additional clues.

### \*\* IMPORTANT \*\*

**If a food really sets you off and you are not feeling better after 72 hours, wait until you are back to “baseline” before moving to the next food.**

3. You can also do the Pulse Test on any of these foods. (See next handout).

*“Take care of your body.  
It’s the only place you have to live in.”*

## **\*\* IMPORTANT \*\***

**Do not do this test with a food if you have a known allergy to that food**

**NOTE:** This test may not be valid if you are taking a drug that controls your heart rate such as a calcium-channel blocker or a beta-blocker.

**PROCEDURE:** Read all instructions and notes before beginning.

**PURPOSE:** A simple 2 ½ minute self-test to determine if a particular food or supplement causes a stressful reaction.

**Test only one food at a time.**

**Testing individual ingredients will yield specific information, compared with testing foods containing multiple ingredients.**

**Testing a banana, for example, yields more specific, and therefore more valuable, information than testing banana bread.**

1. Sit down, take a few slow, deep breaths, and relax.
2. Establish your baseline pulse by counting your heart beat for one full minute and record your pulse in the “Before” space in the Pulse Test Record.
3. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but refrain from swallowing. You do need to taste it for approximately 30 seconds.
4. After 30 seconds, with the food or supplement still in your mouth, retake your pulse for another full minute. The food will be in your mouth for a total of 90 seconds. Write down your “After” pulse on the Pulse Test Record.
5. Discard the tested ingredient (do not swallow). Rinse your mouth out with some purified water and spit the water out. If you want to test another food, wait at least two minutes, and then retest your pulse to see if it has returned to its baseline. If it hasn't, wait a few more minutes and retest. Continue to retest your pulse until you have returned to your normal pulse. Once your pulse has returned to its normal rate, you can test the next food or supplement. Repeat the procedure as frequently as you like, just make sure you always return to your baseline pulse before testing the next food.

An increase of 6 or more in your pulse rate is considered a stressful reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be.

### **How does this work?**

The sensory information from the taste of the food informs the central nervous system in your brain as to the nature of the test substance. If the test substance (food or supplement) is stressful to your body, you will have a brief reaction that causes your heart to beat faster.

For a full and extensive description of this test, see:

[www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf](http://www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf)



## You've Learned A Lot!

Over the course of the past five weeks you have learned A LOT! You are empowered with the knowledge and information about the What's, Why's, and How-to's for eating and feeling great! Since there was so much to (ahem!) *digest*, it is a good idea to have this simple list to remind you of the tools that helped your body heal.

<b>From Week 1</b>	
Food Journal	This is the single most powerful tool in your possession!
Relaxation techniques	Anytime, anywhere, calm your body and mind.
Intention exercise	Direct your energy to where you want it to go.
<b>From Week 2</b>	
Transit Time Test	You know what to do now!
Dietary Fine Tuning Check-in	Used together with your Food Journal, you will always know why you feel how you feel after eating.
<b>From Week 3</b>	
Info about Cravings	When you know WHY, you can make better choices.
The Many Names of Sugar	Be a "Label Detective!"
<b>From Week 4</b>	
The Skinny on Fats	You know the truth now, not just intellectually, but in your body.
<b>From Week 5</b>	
How to re-introduce foods	When done this way, you will know without "guessing" if a food is healing or hurtful to YOU! (TIP: Use your Food Journal here!)
The Pulse Test	This is a simple test that you can do anytime.
<b>In General</b>	
The Toxicity Questionnaires from Week 1 and Week 5	How awesome is it to see these changes?
The Words of the Week	Motivation, inspiration & support to remind you: YOU'VE GOT THIS!
<b>The RESTART® Rule</b>	Do you know this by heart yet?

***Now that you've been through it, you know you can do it!***

*Call it a sugar detox, an elimination diet, a dietary restart, or whatever you'd like.  
You can just keep going or come back to this at any time!*

*Your instructor is here for you. You can RESTART® anytime. Congratulations! YOU DID IT!!!*

week five

~ Word of the Week ~

# NAVIGATE

**Nav•i•gate** - /'navi,gát/ verb  
sail or travel over, especially carefully or with difficulty.



**In many ways, you have been navigating your way through RESTART® the entire time.**

Remember where you were when you first started RESTART® and how far you have come?

You have been navigating your way through the program for the past five weeks!

Think of what you know now that you didn't just a few short weeks ago!

As we finish our brief time together in this program, you will be navigating how to re-introduce foods that you've consciously kept out of your diet for the past few weeks. This is a unique opportunity to discover how your body truly responds to the food you eat.

***You've got the tools, you've got the knowledge, you've got support...  
You've got this!***



## REMEMBER:

*"We navigate our whole lives using words and actions. Change and improve our words and actions and I believe we can change and improve our lives."*

~ Martin Firrell



the RESTART® rule:

*"Whatever I eat, I **choose** it consciously, I **enjoy** it thoroughly and then I **let it go.**"*