

Ultra Wellness Program



CBD HOLISTICS
COMPANY

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What can you do if you become super-fit, super-smart, super-healthy, and super-youthful? What could you achieve this year or throughout the next 5, 10, or 15 years?

The Problem:

We are exposed to environmental toxins daily. These toxins come from the air we breathe, the water we drink, the food we eat and chemicals we are exposed to at home and at work every day. If we don't decrease the amount of toxins we take in, our bodies eventually become overwhelmed, we can't detoxify the toxins already built up in our system to maintain our basic health, much less achieve optimal wellness. Chronic inflammation (which is in our gut) will result along with leaky gut and "dis-ease" including everything from heart disease, neurological diseases, mental illness, auto-immune diseases and most other ailments. Inflammation will attack wherever our bodies are weakest. These weak spots include genetic weaknesses which cause predispositions to heart disease, cancer, diabetes, schizophrenia or Parkinson's disease, among other illnesses.

More on Pesticides

Chronic inflammation in the gut is caused by many toxins, including pesticides, which are some of the biggest toxins in our diet. Americans use 1.35 million metric tons of Roundup (containing Glyphosate) on their crops every year. Glyphosate, and the other chemicals in Roundup, kill the good "pests" in our gut. Glyphosate is known to cause cancer and birth defects, but that is just the beginning of the problems that it causes. The biggest problem is that it causes chronic inflammation and leaky gut, which leads to most disease and illness. But there is more; when glyphosate is mixed with many other chemicals, like in Roundup, scientists believe that the synergistic effect of these chemicals acting together can be up to 10,000 times more harmful than glyphosate alone. These toxins kill our healthy gut microbiome which leads to an overgrowth of unhealthy bacteria, yeast and other microbes and causes a very long list of illnesses and disease, including chronic inflammation.

More on Food Allergies and Toxins

Many, if not most, people have sensitivities to gluten and dairy (also soy and corn). This is regardless of whether you test negative for Celiac Disease. Interestingly enough, one study found that 87% of autistic children have antibodies to gluten, dairy and eggs vs. 1% of children without autism (antibodies indicate allergies to these foods). Also, both natural sugar and artificial sugars are very toxic to our microbial system.

Pregnant and breast-feeding mothers pass along toxins to their children in their womb and breast milk. So, reducing your toxic burden before pregnancy is highly recommended. See *Green Babies, Sage Moms* by Lynda Fassa.

Solution:

Thankfully there is a solution and it doesn't involve prescription drugs and traditional western medicine. We can reduce our toxic burden and help our bodies heal and rid itself of all of the old toxins that we've built up over many years. We can begin with a 30-day program to detoxify and heal our body.

If you'd like to have lab work performed before you begin to detoxify, it will set a good baseline for you to determine whether or not 30-days of this program have made a significant difference in your health and wellbeing. Functional medicine doctors can interpret your results and tell you, for instance, if you have, or will likely have, a high likelihood of cancer, heart disease, diabetes, auto-immune diseases, or other illnesses. They can also look at your labs after the first 30 days of this program to tell you if you've lowered your risk for present and future diseases and health problems. Even dementia and Parkinson's have predictive indicators that can be analyzed and steps can be taken to reduce those future risks. The founder of CBD Holistics Company, Lee Angers, had a very high risk of heart disease or stroke and she eliminated that risk by using this diet.

Who Can Benefit? Everyone can benefit from this program. This protocol is perfect for anyone who wants to feel better and/or perform better. It is also designed to help address all forms of disease.

The research behind our recommendations:

We have taken the best and most current advice from prominent, well-respected functional medicine scientists, doctors and nutritionists. These professionals back up their work with vast amounts of studies, research and cutting-edge science, which you can find in their publications. The primary books that I base my recommendations off of are: *A Mind of Your Own* by Dr. Kelly Brogan, *Lifespan* by Dr. David Sinclair; *You Can Fix Your Brain* by Dr. Tom O'Bryan, *The Rain Barrel Effect* by Stephen Cabral and *The Essential Thyroid Cookbook* by Lisa Markeley and Jill Grunewald.

If someone follows the entire protocol below, they can actually exceed many of their hopes and expectations for feeling good, looking good and performing better in their personal and professional lives. If they also follow the anti-aging protocol recommended by Dr. David Sinclair (who, by the way, also recommends most of the lifestyle tips on the list below) then they might also be able to live a **much longer and much healthier** life than they ever dreamed they could. (There is an amazing story about Dr. Sinclair's father in his book *Lifespan* and the way he turned his life around in his late 70's and early 80's.

Here is a link to some of Dr. Brogan's success stories, including women who have suffered with multiple health issues including fibromyalgia, chronic pain, migraines, depression, anxiety, bi-polar disorder, schizophrenia and much more: <https://kellybroganmd.com/video-testimonials>

The Ultra Wellness Plan:

1. Eat organic vegetables, organic (pasture raised/cage free/free range/grass fed) meat, poultry and eggs and wild caught fish. You can also eat organic nuts and seeds, organic rice and organic potatoes. Tip: Juicing organic vegetables or making organic protein and veggie smoothies for breakfast is a great way to start every day. In fact, we recommend you drink an organic protein and greens smoothie every day for breakfast, with organic unsweetened vanilla almond milk. Whether you decide to add fresh organic fruit and vegetables to your smoothie, or just use the powder, is up to you. We like organic kale, organic cucumber and organic apple added to our smoothies.

You can use www.seafoodwatch.org for a list of which wild caught fish to eat and which to avoid (due to high levels of toxins including plastics and mercury).

Remember: the very compelling reason to go organic, if you do nothing else, is to get the Roundup, or glyphosate and other chemicals, out of your body.

2. Filter your water – and drink primarily water for 30 days. Water w/ lemon is highly recommended as the first thing you drink in the morning, before your organic breakfast smoothie and before your organic coffee (w/ organic creamer).

3. Do not eat processed foods, gluten, dairy or sugar for at least 30 days. You should also eliminate soy and corn but it is not as critical as eliminating the first 4 items. (If you have one or more auto-immune disease also eliminate nightshade vegetables and fruits, including tomatoes, and eggs for 30 days.). When you re-introduce food groups back into your diet, add them one by one and see if they cause any bad symptoms. If so, continue to eliminate them.

4. Take CBD/Hemp for the wellness of your endo-cannabinoid system which helps regulate appetite, energy and balance, sleep, memory, metabolism, nervous system, stress response and immune function.

5. Exercise daily - any way that you can. And practice meditation daily. Even if you simply listen to meditation music on a daily basis, you will see almost immediate benefits.

6. Take a couple of supplements. Primarily Hyperbiotics probiotics and Liquid Health Complete Multiple. If you have AIP, you should consider taking collagen and glutamine. Ask about our 3 supplements for our Anti-Aging Program, if you're interested. Dr. Sinclair of the Sinclair Lab, Harvard Medical School's anti-aging lab, has considerable scientific evidence on the efficacy of this protocol. See 12. below for details. A high-quality probiotic supplement can help populate the beneficial bacteria that are naturally found in the gut, supporting digestive and immune health but also helping to ensure that your body is properly absorbing the nutrients from your food.

Ultra Wellness Plus Plan

If you choose to go a few steps further, you can:

7. Get tested for heavy metals, hormone levels, inflammation markers and more. Take hormones if you need them and chelate the blood or take other measures to get rid of heavy metals, if necessary.
8. Get your health DNA (from companies like 23 & Me) and take that raw data and run it through My Gene Food or Stratogene for genetic-based diet plans that will offer additional support or evidence regarding the need to stay away from dairy or gluten, for instance. For those needing to stay away from processed dairy, there are dairy alternatives, if you really want to continue to eat or drink dairy products - after the 30-day plan.
9. Read any or all of the books that I referenced for more info, including how to get rid of toxins in your home, from cookware to cleaning products, air filters and more. See more at 11.
10. Practice any form of fasting on a regular basis and eat less. It is proven that those who eat less live longer. For people with serious medical illnesses or diseases, a two-day fast, drinking water only, has been proven to activate the deepest form of cell cleaning and repair (chaperone mediated autophagy) in the human body.
11. Purchase USDA organic, phthalate-free cosmetics, deodorants, soaps, toiletries and general beauty products. (And please buy cruelty-free as well). Try to use stainless steel pots and pans for cooking, no non-stick cookware or aluminum pots and pans. Stop using plastic containers and water bottles and never microwave in them.
12. For living a much longer, healthier life, at any age (over 40) follow our anti-aging protocol: Metformin, resveratrol and NMN (We have the brands recommended by Dr. Sinclair and his team).
13. Work with your doctor/doctors to let them know what you are doing and to monitor your progress
14. Read *Green Babies, Sage Moms* if interested in having children or if you already have children.

I hope you'll consider taking the plunge and following this diet, it could change your life, for the better and bring a state of well-being, productivity and joy that you didn't think you could achieve.

The Compelling Reasons For the Ultra Wellness Protocol:

Why Organic?

Because U.S. farmers treat their crops with 1.53 million metric tons of Roundup (Glyphosate) each year. This pesticide/herbicide kills the good microbiome in your gut, which causes chronic inflammation and leaky gut. Chronic inflammation and leaky gut disrupt homeostasis leading to an autoimmune response, including excessive inflammation of the brain's memory center, the hippocampus. It is also linked with most illnesses and diseases including: gastrointestinal disorders, obesity, depression, autism, infertility, cancer and Alzheimer's disease. Dr. Tom O'Bryan, *You Can Fix Your Brain*.

Why Gluten, Dairy and Sugar Free?

Autoimmune disease is a disease in which the body's immune system attacks healthy cells. For most people, gluten, dairy and sugar create autoimmune responses in your body, where your body

begins to attack its own healthy cells and tissues. Wherever your body is the weakest is where these symptoms will first manifest. So, it may affect your eyesight, your brain, your heart or any other part of your body first. Eventually, if your body is overwhelmed, you will have a cascade of autoimmune responses and diseases. "When you remove the three most common inflammatory foods at once – gluten, dairy and sugar – both your digestive and immune systems have a chance to calm down, heal and reset." Dr. Tom O'Bryan, *You Can Fix Your Brain*. Dr. O'Bryan goes on to say, "I've found that by eliminating the three primary triggers – gluten, sugar, and dairy – more than 80 percent of my patients feel dramatically better and begin reversing the autoimmune cascade."

Why Filter your Drinking and Shower/Bath Water?

Because of chemicals found in the water including chlorine and fluoride, but also many others. "Chlorine is an endocrine hormone disruptor we are all exposed to because it is used to treat our

water supply. We get the most exposure to chlorine in the shower. You breathe the steam and the steam goes through the permeable membranes in the lungs, into the bloodstream, and right up to the brain. Chlorine filters remove the chlorine before it touches your body. " (Dr. Tom O'Bryan). More than 23 human studies and 100 animal studies link fluoride to brain damage. It also causes hypothyroidism and damages some of the largest neurons in the brain (Dr. Brogan).

Do Not Use Plastics for Food:

Don't get a plastic lid on your coffee cup, even if it's BPA free. The BPA substitute could be worse. Don't use plastic baby bottles, plastic wrap, plastic containers. They leach BPA's and other harmful chemicals even when in the refrigerator. Use glass containers and stainless-steel cups. (When a woman has measurable levels of BPA in her blood during pregnancy, the developing area of the baby's brain that controls hormones and the stress response throughout life does not mature properly. In 2015, researchers identified a deficiency of the myelin protective coating around the hypothalamus connected to BPA exposure: For the baby in utero, this means that a crucial area of the brain that controls hormones and emotions will not work as well as it's genetically designed to. This can manifest as anxiety, depression, hyperactivity, or Attention-Deficit/Hyperactivity Disorder (ADHD). And what happens to children and young adults diagnosed with anxiety, depression, hyperactivity, or ADHD? They're prescribed medications. While I am not suggesting that all children and teens who take ADHD medications will become violent adults, the fact is that these medications are the single largest common factor in all suicides and mass shootings in the United States in the last 25 years." Dr. Tom O'Bryan, *You Can Fix Your Brain*

Additional Information

Why Fast Intermittently?

While you are fasting, your body has the free time to clean up the toxins in your body. Since food-based toxins often make up the majority of all toxins in your body, this gives your body a tremendous boost in internal energy from not having to work on new incoming chemicals. The Nobel Prize in Medicine was given to Dr. Yoshinori Oshumi for his research into autophagy, a process of cellular restructuring that takes place in the body during a fasted state. Humans have known and practiced the benefits of fasting for over 6,000 years. The deepest form of cellular cleaning, chaperone-mediated autophagy occurs after two days of strict fasting and it has been shown to be effective in fighting cancer.

The Diet Breakdown for the best diet recommendations:

The majority of the best diets are 80% similar. They recommend that you eat primarily (60 – 70%) vegetables (organic, of course). Then fruits at about 2 – 4 servings per day. Certain people should cut out fruit for the first 1 to 3 weeks of an elimination diet. Check to see if you need to follow the elimination protocol, which is especially useful for autoimmune diseases. Next are fats at 10 to 20% of your daily food intake. Finally, protein (whether plant or animal based) should only be about 10 to 15% of your diet. Keep in mind that the 10-20% macronutrient ratio for protein in your diet is also in direct alignment with the best research on the longest-lived cultures all across the world, as revealed in the Blue Zones.

Food Allergies:

Most humans have one or more food allergies to either gluten, dairy or sugar. Many are also allergic to soy and/or corn. It's just part of the way humans have evolved, or not evolved, as the case may be, to eating these types of foods. For instance, we are not meant to have dairy products after we have been weaned off of our mother's milk. In addition, we have not evolved to be able to aptly process cow's milk. Soy and corn have been significantly modified over the decades and our bodies have not adapted well to these changes. Other food allergies, especially those you develop later in life, can be caused by a weakened or leaky gut. If you have leaky gut, particles of food that are too big to be properly processed into energy will enter the bloodstream. When this happens, the body is alerted to a foreign, toxic invader and sets out to destroy it. These particles of food that are too large to be turned into energy will form food allergies as your body reacts to destroy them.

The Inflammation-Depression/Inflammation-Disease Link:

Dr. Brogan mentions in her book, *A Mind of Your Own*, "A multitude of studies now show an undeniable link between gut dysfunction and the brain, chiefly by revealing the relationship b/w the volume of inflammatory markers in the blood (i.e., signs of inflammation) and risk for depression. Higher levels of inflammatory markers, which often indicate that the body's immune system is on high alert, significantly increase the risk of developing depression. And these levels parallel the depth of the depression: higher levels equate with more severe depression. Which ultimately means that depression should be categorized with other inflammatory disorders including heart disease, arthritis, multiple sclerosis, diabetes, cancer and dementia. And it's no surprise, at least to me, that depression is far more common in people with other inflammatory and autoimmune issues like irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, insulin resistance, and obesity. All of these conditions are characterized by higher levels of inflammation..." She later quotes a study that mentions inflammation as the root cause of additional diseases like Alzheimer's, Parkinson's, lupus and autism.

Anti-Depressants, Depression and Leaky Gut:

Anti-depressants are dangerous, harder to get off of than alcohol or opiates, and will never cure depression. In fact, if you take anti-depressants, you have a higher chance of re-lapsing than if you did not take anti-depressants. You also have a higher chance of having suicidal tendencies. It appears our brains have to work hard to overcome the effects of antidepressants, rather than being helped by them. Paul Andrews argues that the science behind antidepressant medications appears to be backward: serotonin is a downer, not an upper. In addition, Dr. Brogan helps us to understand that depression and mental illness are not caused by the brain, but by the gut. LPS antibodies in the bloodstream indicate inflammation and leaky gut. In 2008, a Belgian team of researchers documented significant increases in the level of antibodies in the blood against LPS (Lipopolysaccharide) in individuals with major depression. LPS is an endotoxin, when it travels outside of the gut, which creates a violent inflammatory response in humans. You can read more under Dr. Brogan's book, *A Mind of the Your Own*, under the chapter: Leaky gut fanning the flames of inflammation and depression.

Questionnaire:

1. Is there anything about your health (physical, mental or emotional) that you would like to work on through this wellness program?

2. Do you have any known food allergies? Are there any whole foods that you cannot eat or that make you feel bad? (ie. some types of tree nuts make me feel bad)

3. Can you tell us about what you're currently doing on a weekly basis in terms of exercising, meditation or other relaxation techniques?

4. Support and accountability is critical for each client's success in the program. Would you prefer:
 - a. To get your support from us through a private facebook page dedicated to all clients in our Ultra Wellness program. We aim to provide a supporting community with daily posts, support and feedback.
 - b. Would you prefer to text us privately, daily to report your successes in complying with the program?

5. Is there someone that you could spend significant amounts of time with who would be interested in following the diet along with you? Try to identify someone in your personal or professional life who will commit to supporting you and possibly following the diet regimen with you.

6. Would you prefer a 30-day program, or would you prefer to set it up more as a marathon than a sprint? For instance, instead of jumping into the program 100% with a fairly restrictive diet, would you prefer to ease into it in steps? If we take this approach, it will take more than 30 days to complete and we'd work with you at your own pace.

Recommendations
(based on your answers above):

Current Status (weight, lab results, current exercise and meditation routines, current diet, mental/physical health issues, prescriptions):

Post Program Status:

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If you need support or have any questions feel free to reach out any way you can!

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<https://cbdholisticsco.com>

We're here to help you with every step of your wellness journey.

**CHANGE YOUR DIET,
CHANGE YOUR LIFE!**

