

# Solutions 4 Health



## THRIVE Jumpstart



Detox Your Body...  
Transform Your Life!

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## About Solutions 4 Health

Solutions 4 Health (formerly Great Earth Vitamins) has been in business for more than 20 years, supplying the local community with high quality supplements, protein powders, sports nutrition and body care products. What makes Solutions 4 Health stand out from other stores is the level of knowledge and engagement with customers, helping people to find exactly what they need to support their health and wellness.

## Come visit us for all your health and wellness needs:

- High Quality Protein Powders
- Protein Bars
- Electrolytes
- Fruit and Veggie (Greens) Powders
- Weight Loss Support
- Multivitamins and Minerals
- Free Health Protocols
- And much more....



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## What's this all about?

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The goal of this program is to give you the tools you need to support your body transformation. By combining a healthy food program, including detoxifying protein shakes and supplements (if you choose), and supportive lifestyle adaptations, you'll be well on your way to a healthier, leaner you!



To maximize your workout efforts, in this THRIVE Jumpstart, you'll eat clean, whole foods, and eliminate toxins, such as sugar, trans fats, alcohol and caffeine. If you choose, you can add Everyday THRIVE Shake from [Solutions 4 Health](#) which will assist you even further in your goals. We'll also show you some easy daily detox practices, which will take you that extra step towards your success!

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## Why should I detox?

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We live in an ever-increasingly toxic environment. Many toxins are abundant in the environment today and did not exist 30 years ago. These new toxins include certain pesticides, herbicides, and industrial chemicals that can enter the body through food, water, and air supplies. These toxins can and often do become trapped in the body's organs and tissues, which over time can negatively impact health, vitality, and overall wellness, and may contribute to the development of chronic illness. A detoxification program should be simple, effective and safe. By supporting the body's natural process of detoxification, toxins can safely and effectively be cleansed from the body.

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# Frequently Asked Questions (FAQs)

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## Will I lose weight?

The THRIVE Jumpstart is not designed to be a weight loss program. However, many people do lose weight during the course of this detox program. Some reasons for weight loss include: lower than usual caloric intake due to replacing meals with shakes, removing sugar from the diet, releasing toxins from fat stores, and decreasing consumption of allergenic foods.

## Will this affect my exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching, yoga, etc. Listen to your body!

## Will it be uncomfortable?

There are bound to be differing opinions about the change in diet, but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, both of which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant-tasting. You may feel slight withdrawal symptoms in the first few days if you are giving up a lot of caffeine or sugar. Everyday THRIVE Shake is a comprehensive formula which is meant to assist you through the challenging days. Be patient, the symptoms will pass, and it will all be worth it!

## Will I get headaches?

Some people experience headaches during the first few days of their detox due to sugar and caffeine withdrawal. You may want to gradually decrease the intake of these substances one week prior to detoxification to minimize discomfort. Everyday THRIVE Shake is designed to assist your body in this process as quickly and efficiently as possible.

## Will I be in the bathroom all day?

It is very important to consume extra water while on this program to help flush out toxins. Therefore, most people urinate more often than usual on this program.

## Should I continue with my regular vitamins?

Everyday THRIVE Shake contains a variety of vitamins and other nutrients to help meet your daily requirements. You may suspend other natural supplements during the detox under the guidance of your health care practitioner, but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

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# THRIVE Jumpstart Guidelines

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Follow these guidelines to support your detoxification process:

- Focus on whole and seasonal foods. This usually means shopping the outer aisles of your grocery store or visiting your local farmers' market.
- Avoid processed and packaged foods whenever possible.
- Drink ½ oz. per pound of body weight of purified water every day.
- Avoid toxic foods like trans fats and high fructose corn syrup and toxic drugs like sugar, caffeine, alcohol and nicotine
- Choose organic produce if possible, especially when buying the following:

Celery	Strawberries	Cherries	Grapes
Apples	Nectarines	Kale	
Peaches	Bell Peppers	Collards	
Blueberries	Spinach	Potatoes	

- If organic varieties are not available, the following fresh fruits and vegetables consistently have the lowest levels of pesticides and are the safest choices for conventionally grown produce:

Onions	Pineapple	Asparagus	Eggplant
Avocado	Mangos	Kiwi	
Sweet Corn	Sweet Peas	Cabbage	

## INCLUDE

- Lean, clean quality protein, such as organic/grass-fed meat & poultry & cold-water fish (preferably wild caught over farm raised)
- Plenty of fresh vegetables, organic if possible
- Natural low-impact sweeteners such as stevia, xylitol & erythritol
- Gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable in moderation

## ELIMINATE

- Sugars, desserts and artificial sweeteners
- Dairy products such as milk, cheese, ice cream and yogurt
- Wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains
- Fish known to be high in mercury such as swordfish, shark, tuna steak, king mackerel, halibut, and tilefish

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# The THRIVE Jumpstart Difference

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## Everyday THRIVE Shake

Everyday THRIVE Shake™ is a daily detoxification supplement, which combines Thrive Whole Food Nutrients™ with superfood ingredients to promote a gentle total body detoxification and a healthy immune system. Everyday THRIVE Shake™ is an excellent source of plant-based protein, rich in fiber, calcium and vitamins and contains NO added sugars.

Thrive Whole Food Nutrients™ are created through proprietary processes designed to yield whole food incorporated nutrients, which have been metabolized by growing plant cells into their activated forms. These nutrients are immediately available to the body, as opposed to synthetic vitamins and minerals, which must be converted by the body into useable forms. Thrive Whole Food Nutrients™ are highly metabolically efficient and bioavailable.\*\*\*

- Mix 1-2 scoop in 8-12 ounces of water or any other beverage and drink as a meal replacement two times per day. Or you can customize your shake, as shown on the following page.



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# THRIVE Shake Recipes

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## Berry THRIVE

In a blender, combine the following ingredients:

- 8-12 oz. of unsweetened almond or coconut milk
- 1 scoop of Everyday THRIVE Shake
- 1/4 cup of frozen berries, preferably organic
- 1 tablespoon of ground flax or chia seeds
- 1 heaping teaspoon of natural almond butter (optional)
- Ice (optional)



## ChocoMaca THRIVE

In a blender, combine the following ingredients:

- 8-12 oz. of unsweetened almond or coconut milk
- 1 scoop of Everyday THRIVE Shake
- 1/2 to 1 tablespoon of maca powder
- 1 tablespoon of raw cacao powder or cocoa powder
- 1 tablespoon of ground flax or chia seeds
- Ice (optional)



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# THRIVE Jumpstart Meal Schedule

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## Breakfast:

Everyday THRIVE Shake (See recipes on previous page)

## Lunch:

Everyday THRIVE Shake (See recipes on previous page)

## Dinner:

Regular Meal: Choose healthy items suggested from the optimal food choices on page 9. Sample meal ideas on pages 10-12.

## Snacks:

This is not specifically a calorie restrictive program. If you feel hungry between meals, you can snack on healthy whole foods in moderation. However, tune in to your body and make sure that you are truly hungry and not just bored, tired, or stressed! Snack ideas on page 13.

Note: If desired, lunch and dinner can be switched in order to meet your schedule needs.





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# Healthy Food Options

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## OPTIMAL PROTEIN CHOICES:

Organic/hormone-free chicken  
Turkey  
Grass-fed beef  
Cold water fish (salmon, cod, sardines, pacific flounder/sole, butterfish, and trout. Choose wild ocean fish over farm raised fish)  
Organic eggs  
Organic legumes (acceptable as a vegetarian protein)

## OPTIMAL FAT CHOICES:

Flaxseed  
Walnut oil  
Extra virgin olive oil  
Hempseed oil  
Avocado  
Raw, sprouted, or dry roasted nuts and seeds  
Organic grass-fed butter  
Ghee  
Coconut oil for higher heat cooking  
MCT Oil

## LOW GLYCEMIC INDEX FRUIT CHOICES:

Berries (blueberries/raspberries/strawberries)

## MODERATE GLYCEMIC INDEX FRUIT CHOICES (FRESH OR FROZEN):

Cherries	Plums	Apples	Tangerine
Pears	Oranges	Prunes	
Apricots	Peaches	Kiwi	
Melons	Grapefruit	Nectarines	

## BEVERAGES:

Herbal teas	Vegetable juices
Naturally decaffeinated green tea	Coconut water
Spring water	

## VEGETABLE CHOICES:

You can eat an unlimited amount of vegetables from the list below:

Salad greens	Sweet peppers
Cruciferous veggies	Raw sauerkraut
Carrots	Limit starchy veggies such as potatoes
Cucumbers	

## CONDIMENTS:

Lemon	Garlic
Lime	Fresh herbs and spices
Cayenne pepper	Flax/olive oil & raw apple cider vinegar for dressings
Sea salt	

## MISC. SNACK CHOICES:

Nuts (raw are best)  
Hummus  
Raw or steamed vegetables  
Low glycemic fruit  
Almond butter with apple slices

## ALKALINE BROTH – A GREAT WAY TO ADD VEGETABLES TO YOUR PROGRAM

Choose a combination of the following vegetables equaling approximately 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want. This recipe will keep in the refrigerator for 3 days. Do not freeze and defrost. Make fresh as needed. If you do not have a sensitive GI system you may purée the vegetables and broth together in a blender and consume as a heartier soup.

## Sample Meal Ideas

### Breakfast Ideas

2 to 3 hard boiled eggs with 1/2 cup grapefruit

2/3 cup hot quinoa cereal or gluten free steel cut oats, 1 scoop protein powder, 1/2 cup berries and a small handful of walnuts or pecans

Detox Scramble: 2-3 eggs scrambled with onion, garlic and broccoli

Sauté veggies and add leftover salmon. Stir to heat up and add condiments/spices

2 to 3 poached eggs over a bed of fresh spinach and sliced tomato

2 to 3 slices turkey bacon with leftover veggies or sliced tomato and avocado

### Lunch and Dinner Ideas

#### Option one

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, 1/2 cup red onion, add 1/2 cup capers (drained), 1/4 cup fresh cilantro, 1/2 tsp. cumin, 1/2 tsp. cayenne and 2 tablespoons lime juice.

#### Option two

- 1 cup black bean soup
- Chopped cabbage with chicken and apple cider vinegar

#### Option three

- Organic vegetable broth
- Shrimp & vegetables: Sauté fresh shrimp and chopped garlic in a pan with coconut oil. Roughly chop 5-10 different vegetables and lightly stir-fry with freshly grated ginger & 1/2 cup cooked buckwheat noodles. Lightly drizzle with sesame oil.

#### Option four

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts

#### Option five

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)

#### Option six

- Mixed greens salad with extra virgin olive oil or lemon flavored flax seed oil
- Broiled chicken with peppers: Roughly chop green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic. Serve with 1/2 cup wild brown rice.

#### Option seven

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steamed.
- Baked halibut topped with tomato pesto

#### Option eight

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 baked sweet potato

#### Option nine

- Baked sole with lemon
- 1/2 cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil



### Option ten

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil. Add 1/8 cup finely chopped fresh basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

### Option eleven

- 1 cup hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon

### Option twelve

- 3 to 4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Add grated carrots, avocado, or other veggie of your choice.



## KID FRIENDLY MENU IDEAS

Brown ground turkey, sauté veggies, add tomato sauce and heat through, serve with spaghetti squash or quinoa spaghetti noodles

Mashed sweet potato or parsnips with or without olive oil and cut up chicken

Grilled chicken or fish and cut up mango in small corn tortillas. (May add chopped onion, tomato, and cilantro if tolerated.)

## HEALTHY SNACK OPTIONS

1 piece of fruit and 10 to 12 almonds, walnuts or pecans

Cut up carrots, bell pepper or cucumbers with 1 to 2 TB hummus or guacamole

Apple slices or celery sticks with 1 TB almond butter

Turkey Roll Up: Chop up tomato, cucumber, and 1/4 cup avocado, grate a carrot, and add to the middle of a slice of nitrate free turkey. Roll the turkey around the ingredients and you have a turkey roll up. Variation: add salsa or hummus



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# Living a Detox Lifestyle

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## Living a Detox Lifestyle

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. This program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.

### Notes on Plastic

Never heat food in plastic, as this process releases harmful chemicals that can seep into your food. Use glass or ceramic instead.

### Skin Brushing

To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub, using circular motions toward your heart.

### Clean Water

Public tap water is often contaminated. Drink and cook with only pure, filtered water and consider adding a filter to your shower.

### Microwave Ovens

Although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and can decrease their nutritional value. Heat on a stovetop or in an oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings.

### Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass, which helps you burn more calories at rest. Consider jumping on a mini trampoline for 3-5 minutes a day to boost your health and vitality. Sweating also releases toxins.

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## Tips for Enhancing Detoxification

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Drink 1 cup of hot water with  $\frac{1}{4}$  lemon and 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!



Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in bath or shower. Very invigorating!

Try your own 'hydrotherapy' in the shower by alternating hot/cold. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! You'll feel like a million bucks when you're done. Of course, just a sauna and a shower are beneficial as well.



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