

Hi, guys. In this section, we are going to discuss quite a few important pieces of the EPIC Five plan that might kind of fall between the cracks. I want you guys to pay special attention to the sections on foods to avoid. They're pretty straight forward. I'll tell you what, if it's boxed, can wrapped, packaged, processed, or otherwise manipulated by man, it's probably not as good of a food choice as something that's just a whole, real food. There's that section summed up for you guys.

Then also, a little section on lectins. Gluten is the most famous lectin. There are thousands of lectins. All of them are destructive to health, some worse than others and some worse for some people than others. We'll cover that in a short section. And also talk about ways to prepare foods to minimize the lectin exposure for you, and then therefore minimize the chronic health symptoms associated with lectin exposure.

Then lastly, I also wanted to just chat about the importance of the green smoothie in general. In this section, we're going to talk about the different days of the program, days one through seven, days eight through 14, days 15 through 17, 18 through 21, and then days 22 and beyond. In each one of those sections, there is something called a green smoothie. It is basically green leafy vegetables, some cruciferous vegetables, berries, lemon juice, parsley and cilantro, at least parsley. Then watered down to consistency. The reason that those foods are thrown in there is that the green leafy vegetables, the cruciferous vegetables, and the berries are full of nutrients: vitamins, minerals, and antioxidants, as well as fiber. The water of course is hydrating. The parsley and cilantro, as you've learned, are very detoxifying to the body, help with heavy metal exposure. Then the lemon juice, apple cider vinegar is another option, helps with acidic stimulation to also help with digestion, stimulate the pancreas and the liver to do their job, releasing digestive enzymes and bile, and really just aiding in that digestive process.

I want you guys to get into the habit of having at least one daily green smoothie. That EPIC smoothie can certainly count as your multivitamin and mineral supplement for almost all of you guys. Certainly if you need some extra nutrients, if your doctor says that, by all means, please listen to your doctor. At any rate, have your smoothie every day. You're going to ramp up, you're going to ramp down. Then avoid those lectins. And guys, again, if it's boxed, canned, wrapped, packaged, or processed, just avoid that food. Eat whole, real foods. Enjoy this detoxification diet. Take care.