

Hey guys. In this section we are going to just dive right in and talk about the EPIC Five Metabolic Detoxification Plan Diet. It is very simple. Again, we developed this diet, this eating strategy is maybe a better way to say it. Over two decades of a little bit of trial and error and feedback. Both from our clients and also from other food scientists and nutritionists and doctors from all around the country.

What I love about the EPIC Five Plan, is that it's not product-based at all. It's its real food, whole food oriented, with a food as medicine approach. The five components of the diet are very straightforward. First of all, it has a base of vegetables. In those vegetables you're going to want to get some greens, some cruciferous vegetables and some non nightshade colored vegetables. There's more details down below, of course.

We're going to want some healthy fats ranging from things like avocados to healthy cooking oils. Certainly there's some room to talk about omega-3 and omega-6s in there and we'll certainly dive into that. We're also going to want some healthy proteins. We talk about healthy protein choices and even come up with some good vegan choices. Which is fantastic and fun.

We also have, certainly everybody has a sweet tooth and I know that I do. So in this plan we have found that berries actually act as a very good go-to sweet. Whether it be raspberries, strawberries, blackberries, et cetera. Berries will be your go to sweet and we'll talk about that.

Then last but not least, I'm getting some acid into the diets. Some apple cider vinegar, some lemon juice, lime juice for the acidic acid and the citric acid to help with digestion. We're going to dive into each one of those pieces expand a little bit more. Talk about shopping lists, and even reference some recipes that are at the end of this curriculum, just for reference.

But again, with your meals, you're going to want to just make sure that you have vegetables, fats, proteins, berries, if you want a sweet and then an acid to help with digestion. Hope you guys enjoy this and I can't wait to hear your feedback. Take care.