

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Nutra-Klens **A New Beginning**

Pushing Your Buttons

Have you ever wished that your body had a “reset” button like the one on your computer? With a push of a button, you would get a fresh start, a “re-boot” that would allow you to clear out your system and get back to feeling better.

Unfortunately, there is no “reset” button hidden on the human body. Our forefathers recognized the value of “fresh starts” and made regular spiritual and physical cleansing part of every major religion.

When you are feeling unwell, it is hard to assess what is making you feel poorly when there are so many possibilities. However, there are strategies you can use to clear your mind and your body of the stress and “toxins” that are making you sick. With the Nutra-Klens program, you get a fresh start, and from this new beginning, you will be able to better sense which parts of your life and diet are affecting you both positively and negatively.

Inner Passage

As a Clinical Nutrition Specialist, I can definitively tell you that what you eat has a significant impact on how you feel. There are as many nerve cells attached to and monitoring your gut as there are in your brain. Just as your brain responds negatively to verbal insults, so does your gut respond negatively to dietary insults. Fatigue, restlessness, mood swings, bloating, gassy, belching, burning, churning, gurgling, twisting, cramping, and “toxic” are just some of the common symptoms people feel when their gut is out of balance.

Detox involves following a program that limits the toxic burden going into the body and helps the body get rid of the current toxin load. The Nutra-Klens protocol presented here will help you achieve this balance and cleansing.

Nutra-Klens is important, supportive care for patients experiencing migraine headaches, muscle and joint pains, fibromyalgia, chronic fatigue, food allergies and intolerances, chemical and environmental sensitivities, skin problems, and alcohol and chemical dependency.

Unlike many other detox programs, the benefits of the Nutra-Klens ingredients have withstood the rigors of scientific inquiry and reports.

Doing The Two Step

The liver is the primary organ responsible for neutralizing toxins in the blood. Liver detoxification

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involves two main steps: Phase I and Phase II. Both of these phases are important for complete and reliable detoxification.

When your body has been exposed to months and years of air pollution, food pollution, water pollution and mood pollution (i.e....stress), the liver's ability to filter and detoxify becomes overwhelmed by the muck and mire of modern daily life. Much like an air or water filter that becomes blackened with filtered pollutants, your liver's detoxifying abilities can be overrun which allows untreated toxins to spill into your body.

Hence, you feel "toxic."

Nutra-Klens fully supports the Phase I and II liver detoxification systems and refreshes these important systems so they can work at 100% of their capacity. Using Nutra-Klens is like replacing the dirty air and water filters in your home and car.

A Four Stage Cleaning Process

The Nutra-Klens program involves four stages to maximize the detoxification process: (1) Washout (2) Secondary Clearing (3) Physiological Re-adjustment (4) Stabilization.

To get the maximal benefit of this detoxification program, it is necessary to follow the program as closely as possible. If you have any questions, problems, or symptoms that concern you, please contact our office so we can help you stay the course. If some of the recommended foods are those which you are allergic or have not tolerated in the past, do not eat them even if they are on this program. Ask one of our medical or nutrition staff members to assist you in selecting different food options.

Detoxification is not always an easy process to undergo. As toxins are pulled from your body and excreted through your stool and urine, you may initially experience a worsening of your symptoms such as fatigue, headache, and body aches. This usually will last only one or two days and occurs only in a minority of patients. Please contact our office if you have any questions or experience symptoms that concern you.

Because urine and stool are the primary carriers of toxins from the body, it is very important that you drink plenty of water to stimulate urine flow and take measures to keep your bowels regular as well.

You should not start the Nutra-Klens program until both your kidneys and intestines are working reliably. If you consistently have problems in these areas, let us know and we can help get you going...literally.

Adva-Klens is an important companion supplement for the Nutra-Klens program and will help clear toxins from the body and rejuvenate the liver's detoxification functions. Take one capsule of Adva-Klens twice daily with the Nutra-Klens shake. If you are feeling very toxic, increase this dose to two capsules twice daily until you are feeling better.

Washout Phase: Days 1-3 Detoxification Phase

The first goal of detoxification is to "wash out" toxic substances that may contribute to your sensitivity and the overburdening of the detoxification pathways. Most patients need to eliminate all foods except

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Nutra-Klens during the first three days. Some people may need to extend this phase for as long as seven days depending on their toxic burden. I will determine if extending your Washout Phase is necessary. You should plan on a three-day Washout Phase unless specifically told otherwise.

It is important that you follow the washout program very closely. Even small amounts of the wrong substances or foods can prevent effective toxic clearing.

Instructions for Washout Phase:

- **Drink 5-6 Nutra-Klens beverages per day (2 scoops Nutra-Klens + 8 oz. water), take 1 Adva Klens capsule twice daily and drink at least five additional 8 oz. glasses of water each day.**
- **Space your Nutra-Klens drinks three hours apart (for example, at 7am, 10am, 1pm, 4pm, and 7pm)**
- **No other food is recommended except water.**

What to expect in the first three days:

Depending upon the degree of toxic load your body is carrying, you can expect some symptoms of those elements working their way out of your system. During this initial phase some people report mild to strong headaches, an increase in muscular aches and pains, weakness, dizziness or a feeling that everything is happening in slow motion. You may also experience intestinal symptoms including loose bowels or constipation. These symptoms usually occur on day two or three, but keep in mind that this is a good sign, and the next day you should be much better.

Once you are through the Washout Phase, you should feel better than you have in some time.

Secondary Clearing: Days 4-7

You should now consume Nutra-Klens three times daily + 1 Adva-Klens twice daily, and add to your diet foods selected from the Basic Food List. You may want to carry a copy of the Basic Food List in your pocket or purse so you can refer to it when eating in restaurants or events.

There is no limit on portion sizes, but you should go increase your food intake carefully. If you have known or suspected food allergies or intolerance, keep a food diary such as the one located at the back of this program. A food diary will allow you to identify the foods that may be contributing to your symptoms and health problems.

If you are ever in doubt as to what to eat or if you are at an event or restaurant with no good food options, it is better to consume an extra Nutra-Klens shake rather than eat toxic food during this detoxification process. Put a Ziploc baggie filled with one serving of Nutra-Klens in your purse, car, suitcase, briefcase, or office drawer so you can always make the best choice.

Continue to drink five 8oz glasses of pure water each day.

Physiological Readjustment: Days 8 - 14

At this point in the Nutra-Klens program, most people can really feel the beneficial effects of clearing out their toxins.

You should now consume Nutra-Klens two times daily + 1 Adva-Klens twice daily.

Continue following the basic menu plan detailed in the Nutra-Klens program. Feel free to make substitutions to create a more personalized diet using the foods from the Basic Food List.

Stabilization: Days 15 – 21

For this phase, you can test additional foods for your “clean” diet. Make a list of the top 10 foods you like to eat and start testing these foods one at a time. Do not test more than one food from this list in any one day. This will allow you to track the foods which were making you sick and toxic...even if you liked to eat them in the past.

You should continue having one to two Nutra-Klens shakes a day several days per week (have one to two days without any shakes).

Remember to keep a Ziploc baggie filled with one serving of Nutra-Klens handy so you can always make the best choice while you are detoxing.

Beginning Anew

Congratulations on taking this important step in revitalizing and re-invigorating your health.

The personal health choices we make in our hectic, go-go lives often turn our bodies into the human equivalent of a toxic waste Superfund site. It is no surprise that so many of us walk around feeling poorly and with nagging health problems.

The Nutra-Klens program has consistently made a substantial difference in my patients' lives...and I hope to count you as another success story.

Be Well,

Michael Hirt, M.D.

Sample Menus

Day 4

Breakfast 8 am Nutra-Klens

Snack 10 am Pear with 12 almonds

Lunch 12noon Nutra-Klens

Snack 3pm Nutra-Klens

Dinner 6pm Chicken
White rice (1/2 c cooked)
Green beans
1/2c broccoli

Snack 8pm 1/2c of Berries + 4 walnut halves

Day 5

Breakfast 8am Nutra-Klens

Snack 10am 1/2 c of melon

Lunch 12noon Nutra-Klens
1/2 c Brown rice (1/4 c raw)

Snack 3pm Nutra-Klens

Dinner 6pm Lean ground turkey
1/2 c Millet
Zucchini
Mushrooms

Snack 8pm 1-Kiwi + 4 Brazil nuts

Remember: You can always incorporate other vegetables from the Basic Food List into your program. This sample diet should give you some ideas of how to follow the program.

Day 6

Breakfast 8am Nutra-Klens

Snack 10am small apple + 1 tbsp. raw almond butter

Lunch 12noon Grilled salmon and asparagus with 1/2 cup brown rice (1/4 cup raw)

Snack 3pm Nutra-Klens

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Dinner 6pm Chicken
Stir fry vegetables (broccoli, mushrooms, carrots)
Quinoa (1/2 c cooked)

Snack 8pm Nutra-Klens

Day 7

Breakfast 8 am Nutra-Klens
1 cup of cream of rice cereal prepared with water

Snack 10 am ½ cup berries mixed w/ 3 tbsp raw pumpkin seeds

Lunch 12 noon Nutra-Klens
Mushrooms, baby bok choy and spinach sautéed in 1/2 tbsp olive oil

Snack 3 pm Nutra-Klens
1/4 cup of strawberries

Dinner 6 pm 3 oz baked lamb with fresh mint
1/2 cup baked acorn squash sprinkled with cinnamon
or nutmeg.
Steamed Brussels sprouts and asparagus spears

Snack 8 pm ½ cup organic unsweetened apple sauce with 2 tbsp chopped almonds and
cinnamon to taste

Day 8

Breakfast 8am Nutra-Klens

Snack 10am 1 small banana + 8 walnut halves

Lunch 12noon Nutra-Klens
2 cups of fresh spinach leaf
Sliced cucumber, radish and celery
If desired - lemon + ½ tbsp. olive oil

Snack 3pm 1 rice cake with 1 tbsp. almond butter and ¼ c unsweetened organic
unsweetened applesauce

Dinner 6pm Grilled Halibut or cod seasoned with lemon & dill
½ c brown rice
1 cup of steamed zucchini, and carrots

Snack 8pm 1 medium apple
Herb tea

Day 9

Breakfast	8am	Nutra-Klens
Snack	10 am	1 rice cake served with ¼ c warmed apple sauce, 1 tbsp. ground flax meal and cinnamon to taste
Lunch	12 noon	Grilled rainbow trout (wild caught) 2 cups mixed organic lettuce, radish and cucumber salad w/ apple cider vinegar 1 small steamed sweet potato
Snack	3 pm	Nutra-Klens
Dinner	6 pm	Chicken Stir Fry (boneless, skinless breasts cut into strips) 2 cups broccoli, water chestnuts, bell pepper (Cook in 2 tsp canola oil) Serve with ½ cup white rice Herb tea
Snack	8 pm	1 small pear + 1 tbsp raw cashew butter

Day 10-14 (rotate through menus as shown on days 8-10, having a total of 2 Nutra-Klens shakes/ day)

Breakfast	8 am	Nutra-Klens
Snack	10 am	1 slice toasted rice bread + 1 tbsp. raw walnut butter
Lunch	12 noon	Mixed green salad with mushrooms, carrots & tomato drizzled with 1 tbsp. olive Oil and fresh lemon juice. Top with 1 tbsp. raw pumpkin seeds Turkey cutlet (3 oz.) – lightly broiled
Snack	3 pm	Nutra-Klens
Dinner	6 pm	Baked salmon 1 small sweet potato Steamed green beans Herb tea
Snack	8 pm	2 small plums

During days 15-21 rotate the diet without NutraKlens. Choose from your list of the top 10 foods you like to eat and slowly re-introduce them in 24 hour periods. Do not add more than 1 food from your list in any 1 day. It is best to keep a food journal during this time to help identify any foods that may cause you to feel un-well in any way.

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Nutra-Klens Shake Recipes (can use starting on day 4)

(Note: Recipes which include milk substitutes are only allowed after Day 4. Adjust the amount of powdered product you use based on the daily recommendation. You may also need to adjust the amount of added liquid according to your personal preferences.)

2 scoops Nutra-Klens
6-8oz water
1/4 slices of pineapple, 1/2 peach, 1/4 cup berries, or 1/4 banana
2-3 ice cubes

2 scoops Nutra-Klens
3oz. water, apple, berry, or pineapple juice (100% juice)
3oz. unsweetened almond milk, rice milk or lite organic coconut milk
2-3 ice cubes

2 scoops Nutra-Klens
4 oz. water
4 oz. unsweetened fruit, or almond milk/ rice/coconut milk

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Basic Food List

Food Group	Allowed	Avoid
Fruits	Unsweetened fresh, frozen, freshly juiced, or water-packed canned fruits, fruit juices except orange	Oranges
Vegetables	All fresh raw, steamed, sautéed, juiced	Corn, creamed vegetables
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	All made from wheat, spelt, kamut, rye, barley, or gluten-containing grains
Starch	Brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten containing products
Meat, Fish, Poultry, Eggs	All canned or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs shellfish
Legumes	All beans, peas, and lentils	Soybeans, tofu, tempeh, miso, natto, soy milk, other soy products
Dairy Products	Rice milk, almond milk, oat milk, coconut milk (unsweetened versions)	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Fats/Oils	Cold-expeller pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed (hydrogenated) oils, mayonnaise, Vegemaise, spreads
Nuts/Seeds (raw, unsalted)	Almonds, cashews, walnuts, sesame, sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanut, peanut butter
Beverages	Filtered water, herbal tea, seltzer or mineral water	Soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown sugar, honey, agave, maple syrup, corn syrup, high fructose corn syrup, candy; desserts made with these sweeteners
Condiments	All spices unless otherwise indicated. For example, use: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, white vinegar	Chocolate, ketchup, mustard, soy sauce, barbeque sauce, other condiments