

# ADRENAL FATIGUE DETOX ~ TWELVE WEEKS

- Fill out [Five E's Worksheet](#) Daily
- Begin Diet with Plan A, B, C
  - **Plan A** ~ Usana™ Reset®, order [www.usana.com](http://www.usana.com) → Products → Diet and Energy → Reset ~ follow plan on DVD
  - **Plan B** ~ Usana Chocolate, Strawberry or Vanilla Nutrimeal® (mixed soy and whey protein) or Chocolate Whey Nutrimeal, order [www.usana.com](http://www.usana.com) Products → Diet and Energy → Nutrimeal + one box of nutrition bars. Drink one Nutrimeal meal replacement shake three meals per day for five days, a nutrition bar mid-morning and mid-afternoon, one serving of vegetable and one serving of fruit per day (no peas, corn, potatoes or bananas). Begin Pro Bono™ Multi Vitamin, Bone Health Supplement® from [www.balancedhealthnow.com](http://www.balancedhealthnow.com).
  - **Plan C** ~ Complementary Prescriptions Smart Protein™ Chocolate or Vanilla (Whey Protein), order [www.balancedhealthnow.com](http://www.balancedhealthnow.com). May use Pure Protein®, Atkins®, or Usana® Nutrition bars. Drink one meal replacement shake three meals per day for five days, a nutrition bar mid-morning and mid-afternoon, one serving of vegetable and one serving of fruit per day (no peas, corn, potatoes or bananas). Begin Pro Bono™ Multi Vitamin, Bone Health Supplement® and Fiber Plus® Capsules (one per day) from [www.balancedhealthnow.com](http://www.balancedhealthnow.com).
- You may use protein bars – Pure Protein or Atkins containing 15 gm of protein per serving.
- If you are interested in becoming a preferred customer with Usana and receiving a 10 percent discount with **auto ship**, email me at [mary@maryseger.com](mailto:mary@maryseger.com).
- **Drink eight 8-ounce glasses of water per day. This is non-negotiable!**

## Day 6

- **Weight loss** ~ begin Usana Nutrimeal (soy and whey) meal replacement or Complementary Prescriptions Smart Protein™ (whey), two meals each day; nutrition bar for mid-morning snack; mid afternoon snack – cheese stick, 1-2 ounces of nuts or peanuts, or nutrition bar.
- Dinner for one week includes protein and vegetable – no peas, corn or potatoes; prefer broccoli, cauliflower, Brussels sprouts, green leafy salad, cabbage. May use butter or regular fat salad dressing in moderation.
- Pro Bono Multi Vitamin Bone Health; Fiber Plus Capsules ~ one per day for one week, may increase to two per day if needed; Deeper Greens 3 capsules per day; all from [www.balancedhealthnow.com](http://www.balancedhealthnow.com).
- **No weight loss** ~ add a carbohydrate serving to each meal excluding gluten foods (wheat, rye, barley, oatmeal). At least one of your carbohydrate servings should be a fruit – no bananas. Measure your serving.

**Continue this plan for twelve weeks.** Each week, pick a different meal to eat food. Food intake should consist of protein and vegetables. Find new recipes. See my recipes for egg frittata and chicken salad.

- Fill out the [Five E's Worksheet](#) every day.
- Drink eight 8-ounce glasses of water every day.

**Begin Reading** ~ *Invite Joy Into Your Life* by Mary B. Seger NP PhD. Answer the questions at the end of each chapter; *Healthy for Life* by Ray Strand MD ([See Joy! Shop to order](#))

*Selfish is really Self Preservation ~ Do unto yourself as you have always done unto another!*