



Sutter Institute for  
Health & Healing

**Thursdays, 3:30 – 5:30  
p.m.**

2801 K street suit 502  
Sacramento, CA 95816

**Available Parking:**

- Fort Sutter building on K street between 28<sup>th</sup> and 29<sup>th</sup> street
- Lot B on 29th Street between L street and Capitol Avenue
- Lot C at the corner of 28<sup>th</sup> and N Streets

To register, call:  
**916-887-4660**

## **New Food, New You!**

### **5 week Detox Group Medical Appointment**

Led by Maxine Barish-Wreden, MD, ABIHM and  
Lydia Mendoza, LCSW

Are you dealing with a chronic disease like diabetes, high blood pressure, and heart disease? Do you have persistent stomach issues? Does fatigue and brain fog disrupt your life? If so, then cleaning out your pantry and cleaning up your diet will help you to kick-start your body's natural ability to heal.

Spend five weeks with us in a supportive, inspiring, group medical setting to help you eliminate harmful foods from your diet as you learn to incorporate healing, healthy foods, supplements and practices into your life.

Topics will include food elimination, achieving healthy weight, avoiding environmental toxins to help your body heal and tools to reduce stress.



### ***What is a Detox Program and why do it?***

- A detox program is meant to help you recharge and rejuvenate your body by removing harmful foods, toxins, and lifestyle patterns from your routine. It can last anywhere from a few days to a few weeks.

### ***What's involved with detox programs in general?***

- Some detox programs involve fasting; others simplify the diet and lifestyle so as to provide the body with a period of “rest” from things that tend to tax us and deplete our energy.
- Some detox programs involve taking supplements to help support the liver and the intestines, which are the main organs in the body that help to detoxify us from the things we are exposed to in our food and our environment; other programs rely on food to help detox the body.

### ***What are expected benefits?***

- Many people report more energy, less pain, and fewer gastro-intestinal symptoms when they do a detox.
- Many people also lose weight, and some are able to reduce their use of prescription and over-the-counter medication.

### ***What does the Sutter IHH Detox program involve?***

- In our detox group medical appointment, we will ask you to eliminate all grain foods, beans, legumes, dairy products, sugar, alcohol, and caffeine from your diet for at least 2 weeks.
- We will also encourage you to keep a regular sleep schedule so that you get to bed by 10 pm and get up at the same time every day, hopefully getting at least 8 hours of sleep per night. We will encourage you to limit your exposure to artificial light at night so that you can sleep better.
- We suggest getting 30 minutes of daily exercise during the detox; an excellent way to do this is to take a 30 minute walk every morning.
- We will also encourage you to engage in a daily mind-body practice such as deep breathing to help lower stress and to consider taking a “news fast” to help lower your stress as well.
- We will provide you with detailed information about how to do all of this, including simple recipes that are not only healthful, but easy to prepare.
- We will discuss supplements, which some people advocate in a detox to help cleanse the liver, but that will be up to you.
- You will be supported by a clinician as well as a behaviorist as you work to make healthy changes in your life.
- We will meet once a week for 4 weeks; follow up support sessions are available as well.
- Cost of this medical group appointment: your usual medical copay.

### ***Do you have more questions?***

- Please feel free to talk with any of us to help answer any questions you may still have.