

## STEP 1: CLEANSE YOUR MICROBIOME



The goal of healthy cleansing is to reduce the number of “obese” bacteria in your gut by eliminating from your diet the foods they thrive upon, along with allergens and other toxins.

The composition of microbes in your digestive tract is directly linked to your weight. There are two key reasons:

1. Certain types of “obese” bacteria called *Firmicutes* both **extract more calories** from food, which is then stored as fat, and trigger your cravings for high-fat and sugary foods.
2. An overpopulation of *Firmicutes* crowds out your microbiome like weeds in a garden so that health-promoting “lean” bacteria called *Bacteroidetes* have less opportunity to flourish.

The cleanse portion of the [LeanBiotics® Healthy Weight Loss Plan](#) is all about removing the unhealthful foods from your diet that **feed obese bacteria** and negatively impact your microbiome.

Your body’s natural method of cleansing is to “move things along” via the major route of elimination through the colon. Taking [LeanBiotics® Cleanse](#) during the first two weeks of the plan will gently facilitate cleansing and support healthy digestive function.

**“When it comes to the best bacteria for weight loss, think B for beneficial and F for fat.”**

## Trash the Trash

Steer clear as much as possible from junk foods and obvious dietary toxins like sodium, sugar and alcohol, and avoid foods that are highly processed. Added sugars, refined carbs and saturated fats are hidden in most packaged foods. But even the less obvious suspects like condiments, sauces, canned foods and salad dressings can be shockingly high in sugar, fat and sodium.

Unfortunately, many of our favorite foods – sweetened beverages, snacks and desserts – are the very foods bad bacteria thrive upon. But once you've rebalanced your gut microbiome, you can treat yourself occasionally, as long as you do so in moderation.

Here are some examples of common problematic foods to limit or cut out altogether:

### Processed & Packaged Foods

Prepared/frozen meals  
White rice & pasta  
Crackers & chips  
Canned soups  
Breakfast cereal

### Added Sugars & Refined Carbs

Sweetened drinks  
White bread & bagels  
Cookies & baked goods  
Candy & chocolate bars  
Condiments

### Saturated Fats & Processed Meats

Full-fat milk & dairy  
Bacon, salami, bologna  
Fast foods  
Red meat  
Fried foods

## Think of Water as a Food Group

Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated – which explains the epidemic of chronic constipation, headaches, tiredness and low-energy levels. It's common to mistake thirst for hunger, so staying well-hydrated will also help you make healthier food choices. [Studies](#) have also shown that drinking a glass of water prior to a meal is an effective appetite control method.

## Benefits of Cleansing

After doing a cleanse, you'll likely have more energy, clearer skin, bowel regularity and improved digestion. Many people often remark that they feel more focused and better able to concentrate after a cleanse. Here are some other health benefits you may experience from cleansing:

- By giving your body a break from unhealthy foods and chemicals, you reduce your reliance upon highly addictive foods. This will allow you to more easily achieve and maintain a healthier weight.
- By modifying your diet, the microbiota in your digestive tract will favor a more "lean" versus "obese" type of bacteria.
- By removing chemicals such as artificial sweeteners, your body will be better able to manage blood sugar levels.
- By eliminating foods that are not health-promoting, you will become more aware of your eating.

**Cleansing is ideal after a period of not so clean eating such as after the holidays. A good rule of thumb is to cleanse once or twice a year, ideally in the spring and fall.**