



BE WELL

by DR. FRANK LIPMAN

REVIVE

A four-week kit designed to boost mental and physical energy and increase resilience to stress*

The Revive Program

Revive is a four-week program of careful, but less restrictive eating than the two-week detox phase, *Cleanse*. You'll take your shake and pills as dietary supplements in the morning. To prompt and promote your body's natural healing abilities you will eat certain foods and beverages and avoid others.

Revive provides the nutrients needed to boost mental and physical energy, charge your immune system and enhance your resilience to stress so you feel truly rejuvenated in every sense of the word.*

Program Goals

- *To enhance energy, strengthen resistance to stress and boost immunity**
- *To rejuvenate yourself with nutrients often lacking in our diets**
- *To avoid irritants and harmful foods that drain the body of energy**
- *To feel revitalized and less stressed**

Getting Started

Revive is about abundance, enjoying delicious, fresh, wholesome foods and replenishing your system. The goal is not to stick to a strict diet, but to enjoy a wide variety of good-quality (unprocessed) foods, and to give yourself the full nutritional support you need to feel better than ever.

If you have not done the CLEANSE program and are starting with the REVIVE program, we suggest taking the following steps one week before:

- Reduce caffeine and alcohol. *Halve your fix on the first day and then gradually cut down more every day so that by the end of the week you've stopped altogether. Have two or three cups of tea (preferably green) if the caffeine withdrawal is getting you down. Drink plenty of water to flush your system.*
- Reduce sugar and processed foods.

Clean out and restock your kitchen. Your philosophy should be to toss food items if: the list of ingredients is too long; the print is too small; you don't recognize more than two or three names or you can't pronounce them; and there are too many "food-like" substances that your grandmother wouldn't recognize as food.

Enjoy your food. Set a place for yourself at a table. Sit down. Take small bites. Chew your food slowly. Savor the taste. Appreciate the fact that you are refueling your body and mind. Try to stop eating when you feel eighty percent full. Eat lunch regularly and eat dinner early. Share your meal with loved ones or friends.

The Plan

Enjoy a full meal for lunch and dinner by following our dietary dos and don'ts (see the *Revive Diet* to follow). Remember, there are tons of quick and easy recipes on our website to choose from.

- *Make a shake in the morning and take it with your pills.*

Shakes: Mix one packet with 8-12 oz. of water. You can use more than 12 oz of water; simply adjust to your taste. Try mixing the powder with coconut water, almond, rice or hemp milk or blend it into your favorite *smoothie*.

Pills: Take the packet of supplements with your morning shake.

The Revive Shake Supplement Contains:

- Phytonutrients from organic fruits and vegetables, *which pack an antioxidant punch that intensely nourishes and strengthens every cell in your body.* Each serving has the equivalent anti-oxidant capacity to four full servings of vegetables and a full serving of fruit. These organic phytonutrients are not found in most traditional vitamin supplements.
- Whey protein from cows that graze on pesticide-free and chemical-free natural grass pastures. *Whey protein helps boost mental and physical energy and promotes a healthy immune system by increasing the level of glutathione in the body.* This easy-to-digest non-denatured protein is carefully processed without heat to preserve its nutritional integrity and bioavailability. It contains all the essential Amino Acids required in our daily diet.*

The Revive Pill Supplements Contain:

- Adaptogenic herbs *to support adrenal function: this helps increase the body's resistance to stress, promoting a general feeling of wellbeing.*
- Vitamin D3 – *a key nutrient which most people lack in sufficient amounts for optimal health, packaged with Vitamin K to enhance absorption.*
- Probiotics *to promote healthy intestinal flora and balance the gut.*
- A basic daily multivitamin-multimineral *to support healthy cellular function.*

What To Expect

Expect to feel rejuvenated, revitalized and less stressed. Revive floods your being with vital nutrients providing a solid dietary start to your day. It's a daily wake up call for your body and mind. It makes a great way to get up and get going in the morning and many people use it on an ongoing daily basis.

Message From Dr. Frank Lipman

Soon after I qualified as a physician 30 years ago I was confronted by the limitations of my medical training: I was taught to focus more on the disease than the patient and I often found myself treating symptoms rather than the root causes of illness. Frustrated that I was not helping my patients enough and determined to find answers to their problems, I began a 25-year-long journey of discovery, searching for different ways to put them on the path to wellness.

After becoming a Board Certified Internist I studied nutrition, Chinese medicine, yoga, meditation and other ancient practices. Finally I found that by blending cutting-edge modern medicine with age-old healing techniques from the East into an appropriate mix, I was really able to help a lot of people — effectively, safely and without side effects.

In some ways our bodies are like cars: we can try to repair them if they break down, but if we maintain them well they can run smoothly for a long time. Unfortunately we tend to look after our cars better than we do ourselves. With our fast-paced lifestyles and the glut of chemicals in our food and environment, we overload our engines. And we don't give our bodies and minds the fine-tuning and the regular servicing they need.

The various problems many of us face don't come out of nowhere. Most low-grade chronic conditions are the result of the slow eroding of our bodily functions. So I have developed an integrative approach to help my patients overcome the unhealthy habits that creep in over time and replace them with new, life-affirming practices that promote vitality in their lives. My method is simple: it's about removing what is harmful and adding what is beneficial to support and actively promote the health of the body-mind.

It's about understanding that beneficial foods send the right messages to your genes. It's about making intelligent choices, strengthening yourself on a cellular level, adopting a practical plan to maintain your newfound wellness and turning this into a lifestyle.

I've treated thousands of patients over the years and the results speak for themselves. Those who've been through my practice and followed my methods feel healthier, look great and have more energy and resilience to deal with life's stresses.

I have designed these products to bring this same approach to you in a way that is convenient and easy to use, no matter how busy your life. I encourage you to become proactive about your health, there is no greater reward. I'm excited that you have chosen to take this journey towards better health and I look forward to hearing about your success.

Take care and be well.

A handwritten signature in black ink, appearing to read 'Frank Lipman', with a large, stylized initial 'F' and a period above the name.

Frank Lipman, M.D.

The Revive Diet

Food Groups	Allowed	Not Allowed
Fruits	All fresh fruits, freshly squeezed juices, small amounts of unsulfured dried fruit in trail mix as a snack	Commercial fruit juices, dried fruit
Vegetables	All fresh vegetables except corn, frozen vegetables	Corn, canned vegetables
Nuts & Seeds	All nuts except peanuts. Must be fresh, unroasted and unsalted	Peanuts and peanut products
Vegetable Protein	All beans and legumes, fermented soy (natto, tempeh, miso)	Unfermented soybean products
Animal Protein	Organic or free range eggs, chicken, duck and turkey, grass fed beef, lamb, wild game	Factory farmed chicken, turkey, pork, beef, veal and sausage, cold cuts, canned meats, hot dogs
Fish	Anchovies, black cod, wild salmon (fresh and canned), herring, canned sardines & trout. Wild fish from low down on the food chain.	Other fish, including factory farmed fish
Dairy and Dairy Substitutes	Almond milk, rice milk, hemp milk, brazil nut milk. Sheep and goat's milk products, cheese from raw milk, small amounts of unsweetened plain yoghurt	Regular cow's milk, cheese, cottage cheese, non-dairy creamers, soy milk
Grains	Amaranth, brown rice, wild rice, brown rice pasta, pure buckwheat noodles, millet, quinoa, teff, pure oats	Gluten grains (wheat, corn, barley, rye, spelt, bran, farina, kamut, couscous, oats)
Herbs, Spices & Condiments	All herbs and spices, mirin, mustard, wheat-free soy sauce	Ketchup, relish, chutney, soy sauce, mayonnaise
Sweetners	Stevia, xylitol or small amounts of raw honey (unfiltered, unheated) black strap molasses, real maple syrup, brown rice syrup	Refined sugar, white and brown sugars, high fructose corn syrup, beet sugar, cane sugar, fruit juice concentrate, artificial sweeteners
Vinegars	Apple cider, balsamic, red wine, rice, tarragon, umeboshi plum	Commercial salad dressings
Oils	Extra virgin olive oil, walnut, coconut, sesame, flaxseed	Margarine, shortening, canola, sunflower oils
Beverages	Herbal tea (non-caffeinated), fresh vegetable juices, freshly squeezed fruit juice, mineral water, spring water, small amounts of tea	Alcohol, coffee, soda, soft drinks, commercial fruit juices, caffeinated energy drinks,
Other	Cocoa nibs, small amounts of dark chocolate	Candy, chocolate, energy bars, protein bars

Helpful Information Available Online

We know that changing habits can be challenging so we've tried to simplify the process with recipes, exercise suggestions and other resources to help you along the way. Please join our online community and visit our website for:

Shopping Guides: An in-depth shopping guide on what — and what not — to buy at the market.

Recipes: A vast list of delicious and easy-to-prepare recipes.

Exercises: Yoga twists, simple self-massages and other exercise ideas to help you detox and harness your newfound energy.

FAQs: Answers to questions you may have while on the program.

www.bewellbydrfranklipman.com

About

Be Well by Dr. Frank Lipman is a New York-based proprietary brand of Health and Wellness products pioneered by leading integrative physician and expert in the field of functional medicine, Dr. Frank Lipman. Offering comprehensive health solutions that synthesize ancient medical wisdom with modern nutritional science these doctor-designed programs are safe, effective, practical and convenient.

Mission

To bring professional-grade supplements and healthy lifestyle tips together in easy-to-use kits to bring balance, vitality and zest back into your life.

Quality

These are the same high quality supplements used by Dr. Lipman every day in his practice. *Be Well by Dr. Frank Lipman* uses highly bioactive and bio-available ingredients — because good quality is the most important factor in determining efficacy. These supplements and formulas are strictly monitored for purity, quality and nutritional integrity. Freshness and potency are maintained through careful harvesting, processing and packaging. The products are manufactured in an NSF GMP registered facility. GMP refers to the Good Manufacturing Practice regulations as put forth by the US Food and Drug Administration. For more information on NSF certification see www.nsf.org

Health Disclaimer

Do not use this product if pregnant or nursing. Consult your physician before using this product if you have a medical condition or are taking medications. Store in a cool dry place. Keep out of the reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Support

For support, customer service or product information please contact us.

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Please visit our website for a downloadable copy of this manual.

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