



## PARTICIPANT FAQs

*This information is not intended to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding treatment of their medical problems.*

**PARTICIPANT QUESTION:** I hardly ever had headaches before, so I assume it is my system detoxing? Is it common to get headaches while on the 14-day program?

**JORDAN RUBIN:** Yes, you can get headaches when detoxing. Typically they will last 1-2 days then go away.

**PARTICIPANT QUESTION:** Can I take my normal routine of supplements?

**JORDAN RUBIN:** You may continue to take supplements if you choose, but many choose to only consume the recommended Beyond Organic Terrain supplement during the program.

**PARTICIPANT QUESTION:** If we are unable to find organic or pastured eggs, is it better to leave them out? If so, what can they be replaced with?

**JORDAN RUBIN:** If you can't find local pastured eggs or store bought pastured, organic eggs, the next best choice is organic eggs.

**PARTICIPANT QUESTION:** Is it okay to freeze Amasai?

**JORDAN RUBIN:** Yes. Just place it in the refrigerator to defrost as needed.

**PARTICIPANT QUESTION:** Is it normal to have very loose stools on day 3 of the Suero Cleanse?

**JORDAN RUBIN:** Changes in elimination and bowel function are to be expected during the 3-Day Suero Cleanse. If you experience negative symptoms or concerns, it is advisable to add additional healthy foods to your diet which can slow detox or discontinue the cleanse. Taking Beyond Organic's Terra Firma before, during and after the Suero Cleanse can be very helpful as well.

**PARTICIPANT QUESTION:** Do our salads need to contain leafy greens, or can we do other types of raw salads?

**JORDAN RUBIN:** Leafy greens are an important part of a healthful salad. You can have a salad that doesn't include green leafy veggies as long as you combine colorful veggies such as cabbage, tomato, celery, carrot and juicy veggies/fruits such as cucumber.

**PARTICIPANT QUESTION:** How does one manage making the smoothie when you are out for hours and not around an appliance to make it?

**JORDAN RUBIN:** The smoothie can be made ahead of time and stored in a cooler type bag for several hours. Keep in mind that smoothies made with chia thicken and will be similar to pudding when stored. Bring your spoon and enjoy!

**PARTICIPANT QUESTION:** Can I use my organic apples anywhere? I love organic apples and have a few here.

**JORDAN RUBIN:** Organic apples may be consumed during the eating window.

**PARTICIPANT QUESTION:** Can I use my pecans, walnuts, or almonds on salads, or in smoothies? They are organic walnuts and raw almonds.

**JORDAN RUBIN:** Yes, as long as you consume them during the JumpStart Your Health Program eating window.

**PARTICIPANT QUESTION:** I had some participants that experienced intense "cleaning" during 3-Day Suero Cleanse and some who didn't experience much but water weight loss and then quickly gained it back. Any suggestions or recommendations to help guide them with their next experience? Like what to do if someone has intense bowel movements?

**JORDAN RUBIN:** SueroViv contains an ideal balance of Sodium to Potassium. The flushing out of fluids is an excellent effect of the Suero Cleanse. The best way to continue the positive results i.e. weight loss you've experienced from the 3-Day Cleanse is to continue consuming SueroViv (1-2 bottles per day) every day and go on a one day Suero Cleanse each week. Changes in elimination and bowel function are to be expected during the 3-Day Suero Cleanse. If you experience negative symptoms or concerns, it is advisable to add additional healthy foods to your diet or discontinue the cleanse.

**PARTICIPANT QUESTION:** I'm not much of a cook, what's the best way to prepare the JumpStart grains?

**JORDAN RUBIN:** My favorite way to prepare JumpStart Grains is to cook them in organic beef, chicken or veggie stock in a pot on the stove. Follow the standard directions for cooking the grain and simply substitute stock for water. Delicious and nutritious!

**PARTICIPANT QUESTION:** Why do we need to eat the grains last?

**JORDAN RUBIN:** Great question. The order by which you eat foods during a meal can make a big difference in your health. I always recommend starting with protein and fat containing foods and following with high fiber foods such as raw or cooked veggies. After that, foods higher in carbohydrate and sugars such as grains, potatoes, fruit, dessert. If you start your meal with a high carb food, you are much more likely to crave sweets at the end of the meal i.e. dessert and will have fluctuations in blood sugar and be on an insulin roller coaster the rest of the day. You can eat the same exact meal and have different results based on the order by which you eat the foods. Remember, hunger signals come from the brain, not the stomach. Taking Beyond Organic's AdaptGen 20 minutes before meals can help support health blood sugar levels and keep your insulin under control.

**PARTICIPANT QUESTION:** When culturing veggies with Terrain, do you cover them with a cheesecloth to let gasses escape, or put a cap on the jar? What about using the pickle-it jars?

**JORDAN RUBIN:** I have done this several different ways. I have used a tightly closed lid, a loosely closed lid and a special fermentation crock. The easiest way is to cover the jar. I believe all three methods you've mentioned will work.

**PARTICIPANT QUESTION:** Are there any substitutes for the cultured veggies?

**JORDAN RUBIN:** Cultured veggies are an amazing source of probiotics, enzymes, vitamins and organic acids. If you simply don't have time to make your own, you can achieve similar benefits by consuming raw salad or veggies topped with the Terrain Living Herbal of your choice. Terrain Ginger and Oregano each make a great base for salad dressings when combined with sea salt or unpasteurized soy sauce or coconut aminos. Terrain Living Herbals contain concentrated forms of the beneficial compounds found in cultured veggies such as probiotics, enzymes and organic acids.

**PARTICIPANT QUESTION:** Do the cultured veggies have to sit 48 hours before you can eat them?

**JORDAN RUBIN:** When I make cultured veggies using Terrain Living Herbals, I often leave them at room temperature for several months. I consumed sauerkraut yesterday that had been made in October and was stored at room temperature since then. My recommended recipe is 14oz shredded veggies topped with the Terrain Living Herbal of your choice (2-8 oz per jar). You may also combine a Terrain Living Herbal and additional water to fully cover the veggies although you don't want too much liquid in the jar. Once I combine shredded veggies and Terrain, I store in a 16oz jar at room temperature for a minimum of seven days and at that time I can either leave the veggies at room temperature or refrigerate. After cultured veggies ferment for a minimum of 2-3 days, they are ready to eat. Cultured veggies improve with age. My favorite recipes as created by my friends Kelcie Yeo, Deb Williams and Amanda Morton are cabbage, tomato, onion and jalapeno peppers with Terrain Garlic. Cabbage and onions with Terrain Garlic and Cabbage, onions and peppers with Terrain Oregano. Red cabbage and Terrain Turmeric is hard to beat as well.

**PARTICIPANT QUESTION:** Can I drink decaf or herbal teas?

**JORDAN RUBIN:** You may consume unsweetened herbal teas or herbal infusions (an herbal infusion is an herbal beverage that does not contain tea leaves i.e. chamomile or peppermint) any time during the day. If you want to add a sweetener such as honey, I recommend you keep the amount to a bare minimum or consume the tea in the recommended eating window of 8 hours.

**PARTICIPANT QUESTION:** Would it be OK to reduce the smoothie portion? The smoothie was very good but the huge amount is very unappealing.

**JORDAN RUBIN:** You may split the smoothie up into two servings, but don't consume it in the morning, but rather during the recommended eating window. If the smoothie is too large, you may consume a half serving per day.

**PARTICIPANT QUESTION:** The eBook says that we are supposed to avoid processed foods conventional produce, conventional beef and dairy, gluten and soy. Do you mean all dairy or just conventional dairy?

**JORDAN RUBIN:** We encourage you to avoid conventional beef and dairy and minimize or avoid ALL gluten and non-fermented soy.

**PARTICIPANT QUESTION:** Can I add my organic spices (basil, thyme, lemongrass) to the food?

**JORDAN RUBIN:** Absolutely.

**PARTICIPANT QUESTION:** Is apple cider vinegar in the Terrain Sacred Herbs? If so, how much?

**JORDAN RUBIN:** Terrain does not contain apple cider vinegar, but the two share one component (acetic acid) in common. Terrain in our opinion provides the benefits of apple cider vinegar and beyond.

**PARTICIPANT QUESTION:** I am not crazy about my cultured veggies that I made...cabbage, carrots and onion. I like the veggies just not the taste of it. To be honest it is the flavor I do not like. Any suggestions or substitutions?

**JORDAN RUBIN:** If you really can't stomach the taste of cultured veggies, you can consume very small amounts like it is a supplement or increase your usage of Terrain Living Herbals.

**PARTICIPANT QUESTION:** Can I use frozen organic veggies for the fermented veggies and do they need to be shredded or can they be in bigger chunks?

**JORDAN RUBIN:** Defrosted frozen veggies and veggie chunks may not work as well. Shredding fresh veggies exposes more surface area and allows for greater release of juices.

**PARTICIPANT QUESTION:** What is best to get rid of inflammation?

**JORDAN RUBIN:** The best way to use Terrain to support healthy inflammation response is by consuming 30ML (1 ounce) of each of the three Terrain formulas once/day on an empty stomach. This process may not happen overnight, but over time. The 14-Day Program should jumpstart your efforts.

**PARTICIPANT QUESTION:** What is high mineral salt? I have pink Himalayan salt crystals.

**JORDAN RUBIN:** Pink Himalayan salt is a high mineral salt as is Real Salt and Celtic Sea Salt.

**PARTICIPANT QUESTION:** When Can we ferment the veggies beyond the 48 hours?

**JORDAN RUBIN:** I typically leave my cultured veggies out indefinitely especially during the winter. If you like a less sour taste, refrigerate after 48 hours and the fermentation will slow.

**PARTICIPANT QUESTION:** Is coconut water okay?

**JORDAN RUBIN:** Coconut water is good IF it's raw from a fresh coconut not from a high temperature process i.e. tetra pack. SueroViv in my opinion has all the benefits of coconut water and more.

**PARTICIPANT QUESTION:** Can we switch up the recipes for lunch and dinner or are we trying to keep it simple? Just curious if we can maybe add cooked veggies to the last meal of the day and take out the grains? Also, how important are the eggs in the smoothie? I'm really full after eating it.

**JORDAN RUBIN:** Yes you may switch up recipes. Grains are not essential and cooked veggies are a great substitute. Pastured eggs are great in smoothies, but not necessary.

**PARTICIPANT QUESTION:** When it comes to constipation, are drinks like kombucha and water kefir beneficial?

**JORDAN RUBIN:** Kombucha and water kefir are beneficial, however both contain sugar. Terrain is the best of both kombucha and water kefir with virtually zero sugar and a concentrated source of probiotics, enzymes and organic acids.

**PARTICIPANT QUESTION:** Is naturally smoked wild-caught salmon ok?

**JORDAN RUBIN:** Naturally smoked wild-caught salmon is excellent in my opinion.

**PARTICIPANT QUESTION:** Can I continue taking Primal Defense and Enzyme caps while on the plan?

**JORDAN RUBIN:** Yes, you may continue taking your supplements while on the Jump Start Plan. Primal Defense and Terra Firma are both great products. They can certainly be used together.

**PARTICIPANT QUESTION:** My husband has a brand new grill. We used to use Pam (spray) but we know not to do that now. What do YOU use?

**JORDAN RUBIN:** I recommend cooking with coconut oil or if you desire non-stick, an organic coconut oil spray.

**PARTICIPANT QUESTION:** When I drink water in the afternoon after lunch I feel just like I did when I would eat a large meal with lots of sodium and drink water to quench the thirst, I would just feel like I was becoming water logged and too full. Water wasn't very enticing or satisfying. I can't drink as much as I need to. I'm stuffing myself. Is this normal, or is it a digestive issue? Noticed it since doing the 3-Day Suero Cleanse.

**JORDAN RUBIN:** I recommend drinking cleansing fluids in between meals on an empty stomach as opposed to drinking with meals. This can help you avoid the full or bloated feeling.

**PARTICIPANT QUESTION:** I have had a problem with coconut oil causing my intestines to hurt, is it okay to remove it from the recipes?

**JORDAN RUBIN:** *You can remove coconut oil from the recipes if you'd like to. I believe coconut oil is important to keep energy levels up and hunger at bay. If you can tolerate coconut oil I recommend keeping it in the recipes. During the program, you may fluctuate in how you feel due to the consumption of cleansing and highly nutritious foods and the elimination of toxic foods.*

**PARTICIPANT QUESTION:** I'm still amazed at how easy the liquid portion of this program is, but I can't figure out how the 120-calorie SueroViv beverages (600 calories a day for 5 bottles) can take the edge off the hunger and nourish me, but it does. Can you help explain?

**JORDAN RUBIN:** *SueroViv contains powerful nutrients, probiotics and compounds such as organic acids. SueroViv is very nourishing as well as cleansing and the sour taste that comes as a result of probiotic fermentation seems to take the edge off of hunger and cravings.*

**PARTICIPANT QUESTION:** Will it ruin the Amasai if I freeze it?

**JORDAN RUBIN:** *You can freeze the Amasai and it does not damage it at all. Many people stock up so that we don't run out or to get in on a sale when it is offered.*

**PARTICIPANT QUESTION:** It seems to me that using the coconut oil in recipes is kind of fattening? Is this a concern?

**JORDAN RUBIN:** *Coconut oil is easily digested and supports a healthy metabolism. Healthy fats can make you thin as long as your overall diet is right.*

**PARTICIPANT QUESTION:** I drink lots of water but find that I just have to go to the bathroom so much that I am just eliminating it. Yet I still feel thirsty. Could it be electrolytes?

**JORDAN RUBIN:** *That is a possibility. I recommend trying 1-2 bottles of SueroViv per day replacing some water. Another consideration is that you are deficient in healthy fats, which can also cause a feeling of thirst.*

**PARTICIPANT QUESTION:** What is the benefit of dairy? I know cultured dairy has probiotics, but what about plain dairy like cheese, butter, etc.

**JORDAN RUBIN:** *I only recommend organic, grassfed dairy from milk free of A1 beta-casein. Dairy free of A1 beta-casein including cheese contains, high quality protein, calcium, omega-3 fats and CLA. Butter contains short chain fatty acids, which help balance the gut.*

**PARTICIPANT QUESTION:** Do your dairy products cause calcium to be leached from bones like other dairy does?

**JORDAN RUBIN:** *Cultured dairy products (Amasai, Suero and Cheese) contain acidified calcium and co-factors such as vitamin D and K, which aid calcium absorption. These products aid in calcium homeostasis with bone building nutrients not bone leeching which is a result of calcium imbalance.*

**PARTICIPANT QUESTION:** I am experiencing mucus after using Amasai, does that mean I have an allergy?

**JORDAN RUBIN:** *While I can't be sure if someone is allergic or sensitive to a food for certain, mucus in the throat after consuming dairy (especially when using the product in the early going) does not necessarily indicate allergy sensitivity. The body produces mucus in response to many things and that is often a normal process.*

**PARTICIPANT QUESTION:** Does milk sugar in Amasai and honey in SueroViv feed Candida?

**JORDAN RUBIN:** *Candida grows when the gut is imbalanced. Providing the digestive tract with probiotics, organic acids and enzymes such as those found in Amasai and Suero is great for the gut. For those concerned about Candida overgrowth, I recommend Amasai plain and Suero Gold.*

**PARTICIPANT QUESTION:** Can the Suero cleanses help Lymphedema?

**JORDAN RUBIN:** *We can't recommend any products for a specific condition, but we do believe cleansing can help the body help itself in many ways.*

**PARTICIPANT QUESTION:** How frequently should I do a 3-day cleanse and how else can I use the SueroViv?

**JORDAN RUBIN:** *We recommend a 3-Day Suero Cleanse monthly and consuming 1-2 bottles per day as a tonic beverage.*

**PARTICIPANT QUESTION:** Is the Suero something we can drink every day? Or should we save it for a liquid only day?

**JORDAN RUBIN:** *You can also consume 1-2 bottles per day as a tonic beverage.*

**PARTICIPANT QUESTION:** Is butter from our grocery store ok?

**JORDAN RUBIN:** *Look for organic unsalted, or Ghee if they have it. If someone is not familiar with ghee, it is a clarified butter and found on the grocery store shelf vs. the refrigerated section. The casein has been removed.*

**PARTICIPANT QUESTION:** What probiotics do you recommend for kids and adults and do you recommend them daily?

**JORDAN RUBIN:** *I recommend probiotics from foods and supplements. Beyond Organic has foods and beverages loaded with probiotics. Amasai, SueroViv, Cheese, Terrain, Terra Firma and AdaptGen all contain probiotics. Children can consume Amasai and SueroViv (infants under one year of age should avoid Amasai Milk & Honey and SueroViv Citrus and Orange Cinnamon due to the honey.)*

*I recommend consuming probiotic rich foods and beverages daily for children and adults. The JumpStart Your Health program provides an abundance of probiotics.*

**PARTICIPANT QUESTION:** What would be your best recommendations for a vegan to get all the nutrients they need?

**JORDAN RUBIN:** *If someone chooses to eat a vegan diet, I recommend the following foods as a focus: Avocado, Coconut, Chia and Flaxseed.*

*Supplement wise, vegans need to receive enough Vitamin D, K2 and B12 as a vegan diet typically doesn't provide. Healthy vitamin D levels can be achieved by getting sufficient sunlight.*

**PARTICIPANT QUESTION:** Wondering specifically about the 3 day Suero Cleanse - how does it actually remove toxins - is it due to increased circulation in the blood?

**JORDAN RUBIN:** *SueroViv cleanses the lymphatic system by providing organically bound NA and K as well as citrus essential oils. The kidneys are cleansed due to K. The colon is cleansed with NA, K, Probiotics and organic acids and the liver is supported by key amino acids found in the lactalbumin portion of the cultured whey.*

**PARTICIPANT QUESTION:** I cut my chia seeds amount in half and within two hours I was hungry even with drinking water. I didn't have the bloated over full feeling. Sorta feel in a catch 22 here. Any suggestions?

**JORDAN RUBIN:** *Chia seed is great to provide satiety and stave off hunger.*

**PARTICIPANT QUESTION:** I am wondering how to use the Terrain products. Which ones and how often do they need to be taken on an empty stomach?

**JORDAN RUBIN:** *Terrain can be taken daily 15-30ML (1/2-1 ounce) 2-3x/day. Best taken on an empty stomach or just before meals. You can consume Terrain straight or mixed in water, SueroViv or juice.*

*Each Terrain Living Herbal has benefits associated with the herb or combination i.e. Echinacea for seasonal immune support, Holy Basil for mood, Turmeric to support healthy inflammation response.*

**PARTICIPANT QUESTION:** I'm taking AdaptGen, is it okay to continue taking this while on the plan?

**JORDAN RUBIN:** Yes, you may take AdaptGen during the *JumpStart Program* and it will benefit you greatly.

**PARTICIPANT QUESTION:** Is there a protocol or recommendation which program to suggest to others when first introducing Beyond Organic?

**JORDAN RUBIN:** I think the *JumpStart Your Health Program* is the most user friendly for one who is newly exposed to the Beyond Organic message.

**PARTICIPANT QUESTION:** Can we put Terrain in our SueroViv on days 2-5?

**JORDAN RUBIN:** You don't have to, but it is entirely up to you if you'd like to.

**PARTICIPANT QUESTION:** Is organic kombucha allowed as a beverage?

**JORDAN RUBIN:** Yes, but I do not recommend consuming store bought Kombucha while on the JumpStart program, though it is okay after the program.

**PARTICIPANT QUESTION:** I follow Dr. Wallach's protocol and do not eat anything with oils. There are so many recipes with olive oil and coconut oil. I haven't tried many yet by substituting something. What do others do?

**JORDAN RUBIN:** I recommend substituting the oils with butter or ghee instead, and like Dr. Wallach, suggest not over heating it. You may remove the oils from the smoothies as there are plenty of other nutrients packed within.

## **Important Notice**

This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professionals regarding treatment of their medical problems. Neither the publisher nor the author takes any responsibility for any possible consequences from any treatment, action, or application of medicine, supplement, herb, or preparation to any person reading or following the information in this book. If readers are taking prescription medications, they should consult with their physicians before beginning any nutrition or supplementation program.

## **Disclaimers Regarding Raw Dairy, Raw Eggs, Raw Fish, and Raw Juice**

The following are government-issued warnings for the consumption of raw or undercooked foods and beverages:

- Raw milk products may contain disease-causing microorganisms. Persons at highest risk for of disease from these organisms include newborns and infants, the elderly, pregnant women, those taking corticosteroids, antibiotics and antacids, and those having chronic illnesses and other conditions that weaken their immunity.
- Consuming raw or undercooked eggs may increase your risk of food-borne illness.
- Consuming raw or undercooked seafood may increase your risk of food-borne illness.
- Juice that has not been pasteurized may contain bacteria that can increase the risk of food-borne illness. People most at risk are children, the elderly and persons with a weakened immune system.

**JumpStart Program & Product Information available here.**

<http://www.transformyourhealth.com/beyondorganic/jumpstart.htm>