

GOOD — TO — GLOW

NUTRITIONAL PROGRAM

A RADIANT ADVANTAGE TO
SURGICAL HEALING



ORGANIC FOOD & JUICE

About The GEM's Good to Glow Nutritional Program

Surgery puts your body under a significant amount of stress—mentally and physically. However, you can combat some of that stress with solid nutritional principles. **GOOD TO GLOW** is a six-day organic, protein-rich, plant-based pre- and post-surgical nutritional program designed to **decrease the likelihood of complications**, and help your body move to a **quick and glowing recovery**.

Working closely with your surgical team, we developed the following program to help you:

Decrease inflammation and stress

Promote collagen stores for scar and skin formation

Increase your body's immune activity

Boost metabolism and digestion

Promote optimal healing results

ORDER NOW email GTG@insidethegem.com.

AN IMPORTANT NOTE:

We grounded the **GOOD TO GLOW** Nutrition Program in strong, universal, plant-based concepts. If you need to make alterations due to allergies, we can accommodate that and tailor the program to your needs.

ALLERGEN AND VEGAN/VEGETARIAN ALERT:

This program contains nuts and small amounts of non-vegan collagen and protein for boosting connective tissue and healing.



Pre-Surgery NUTRITIONAL PROGRAM

PRE-SURGERY	Starting three days pre-surgery, follow this regimen. This plan provides for all your nutritional needs prior to surgery. You will feel energized and ready for your procedure.	
GOALS	<p>Increase hydration</p> <p>Boost antioxidant load to promote healing and immunity</p> <p>Promote detoxification</p> <p>Increase strength of connective tissues</p> <p>Combat surgical stress</p>	
DAILY REGIMEN	<p>Wake up: FILTERED WATER. Drink 32 oz in the morning.</p> <p>7:00 AM: VITAL PROTEINS COLLAGEN PACKET. Add this protein to your choice of morning drink (green tea, coffee, water or your Disco juice). This non-vegan collagen boosts immunity and connective tissue, and reduces inflammation. (Order our cold brew with cashew milk or green tea!)</p> <p>8:30 AM: DISCO JUICE. Combines antioxidant- and B12-rich veggies and anti-inflammatories to aid in healing, digestion and detoxification.</p> <p>10:00 AM: BERRY BRIGHT SMOOTHIE. This power-packed smoothie contains antioxidants, healing superfoods, and protein for stamina and recovery.</p> <p>12:00 PM: KALE/QUINOA SALAD. Combines nutrient-dense green veggies with nourishing protein, immune boosters, and anti-inflammatories.</p> <p>3:00 PM: BLUEBERRY CHIA PUDDING. Satisfying protein and fiber that boosts metabolism and immunity while attacking free radicals.</p> <p>5:00 PM: TIGER EYE CHOCOLATE SMOOTHIE. This power-packed smoothie contains antioxidants, healing superfoods, and protein for stamina and recovery.</p> <p>7:00 PM: MVP SOUP. Healthy puree packed full of nutrient-rich veggies to give your body the energy it needs to heal. + ARUGULA QUINOA SALAD. Detoxifying arugula salad mixed with protein packed quinoa, healing mushrooms and garlic.</p> <p>ANYTIME: ALLERGY SHOT. Aids in digestion while recovering and quells inflammation.</p> <p>ALL DAY: WATER. Drink at least 64 ounces of water daily.</p>	<p>9G PROTEIN</p> <p>8G PROTEIN</p> <p>22G PROTEIN</p> <p>8G PROTEIN</p> <p>7G PROTEIN</p> <p>26G PROTEIN</p> <p>12G PROTEIN</p> <p><1G PROTEIN</p>
	DAILY TOTAL:	92G PROTEIN

Allergen/vegan alert: Contains nuts and non-vegan collagen and protein.

Post-Surgery NUTRITIONAL PROGRAM

POST-SURGERY	<p>Follow this program hours after your surgery and for the following three days. This plan provides for all your nutritional needs post surgery and beyond with a focus on clean protein sources—the building blocks for tissue repair and growth. It is all you need!</p>	
GOALS	<p>Eliminate fluid accumulated during surgery Boost antioxidant load to promote healing and immunity Minimize and decrease bruising Promote faster tissue healing Boost metabolism and digestion</p>	
	<p>Operation Day Hours post-surgery: GOLDEN GLOW JUICE Take it with you! Turmeric and ginger to quell inflammation and nausea.</p>	0G PROTEIN
DAILY REGIMEN	<p>Wake up: FILTERED WATER. Drink 32 oz in the morning.</p> <p>7:00 AM: VITAL PROTEINS COLLAGEN PACKET. Add this protein to your choice of morning drink (green tea, coffee, water). This non-vegan collagen boosts immunity and connective tissue, and reduces inflammation.</p> <p>8:30 AM: BERRY BRIGHT SMOOTHIE. This power-packed smoothie contains antioxidants, healing superfoods, and protein for stamina and recovery.</p> <p>10:00 AM: DISCO JUICE. Combines antioxidant- and B12-rich veggies and anti-inflammatories to aid in healing, digestion and detoxification.</p> <p>12:00 PM: ARUGULA QUINOA SALAD. Detoxifying arugula salad mixed with protein packed quinoa, healing mushrooms and garlic.</p> <p>3:00 PM: TIGER EYE CHOCOLATE SMOOTHIE. This power-packed smoothie contains antioxidants, healing superfoods, and protein for stamina and recovery.</p> <p>5:00 PM: IMMUNITY BONE BROTH. Collagen to heal connective tissue and reduce scarring. Promotes anti-aging and PH balance with turmeric to quell inflammation, and ginger to fight nausea. Just heat and sip!</p> <p>7:00 PM: LENTIL SOUP + QUINOA. Packed full of nutrients and protein to give your body the energy it needs to heal.</p> <p>ANYTIME: IMMUNITY SHOT. Turmeric, ginger and lemon to increase immunity and decrease inflammation. Take as a shot, or add to a cup of hot water and raw honey for a healing tea.</p> <p>ALL DAY: WATER. Drink at least 64 ounces of water daily.</p>	<p>9G PROTEIN</p> <p>22G PROTEIN</p> <p>8G PROTEIN</p> <p>9G PROTEIN</p> <p>26G PROTEIN</p> <p>20G PROTEIN</p> <p>18G PROTEIN</p> <p>0G PROTEIN</p>
	DAILY TOTAL:	112G PROTEIN

Allergen/vegan alert: Contains nuts and non-vegan collagen and protein.

The GEM's Path to Shine Brighter

YOU'VE MADE A COMMITMENT TO A NEW YOU AND LIVING YOUR BEST LIFE.

Support that by turning the principles of this short-term program into a sustainable long-term lifestyle. We've got a few recommendations to get you started.

- 1. Focus on an ORGANIC, PLANT-BASED, whole foods diet.** Make plants, nuts and seeds at least 80 percent of your daily intake. Nutrient-rich foods such as cruciferous vegetables aid in detoxification, alkalinity and healing, while foods rich in sulfur—like onions and bitter greens—help the liver clear toxins. This promotes immunity, energy, metabolism, and anti-aging.
- 2. DRINK LOTS OF WATER.** Help your body get rid of toxins by starting each day with 32 ounces of filtered, fluoride-free water and follow it up with a total of 64 ounces daily at a minimum. Hydration boosts metabolism and energy, and keeps your body operating optimally.
- 3. AVOID SATURATED FATS, MEAT, DAIRY, REFINED SUGAR, and ALCOHOL.** These are energy zapping and make it harder to eliminate toxins, heal properly, and look your best.
- 4. Limit these TOXIC SUBSTANCES and BAD HABITS as well:**
 - Sugar. The ultimate health and beauty saboteur. Start with eliminating all processed sugars.
 - Smoking (or being around it).
 - High amounts of sun exposure.
 - Too little sleep — you need at least 7 hours.
 - Stress. It ages you and keeps you puffy and sick.
- 5. Consider a WEEKLY 1-DAY RESET** with a Juice Til Dinner or full juice GEM Cleanse program to keep your glow going. You can order your cleanse at either location of The Gem Organic Food & Juice, on our website, or on our app.

IT'S EASIER THAN YOU THINK—and the results speak for themselves!

Supplement Your Way to Shine

THE DECLINE OF THE MODERN NUTRIENT

Getting the right nutrients used to come easier. Today, soil depletion, industrial farming, pesticides, and the air itself puts a huge strain on our food supply (and our bodies)!

SUPPLEMENTS TO SAVE THE DAY

The right kind of supplements give your body the turbo boost it needs. But all supplements aren't created equal. Fortunately, we've got the good ones at The GEM and can coach you on what to look for.

THE GOOD TO GLOW STARTER KIT:

MULTIVITAMIN. We look for vitamins naturally derived from food, and preferably organic ingredients. We carry some awesome brands for men, women, pre- or post-menopausal, prenatal and more.

PROBIOTICS. Fact: 70 percent of our immune system is housed in our digestive tract — which can be compromised by stress, poor eating, and antibiotics. The right kind of probiotics replenish healthy bacteria, improving digestion and overall mental and physical health.

BONE STRENGTH. With Calcium, Vitamin K, and Vitamin D3, this multitasker supports immune function. Vitamin D aids calcium absorption and plays a central role in muscle function.

OMEGA 3 FISH OIL. Omega 3s greatly reduce inflammation in your body and support brain and heart function. It's our all-star anti-inflammation supplement.

TURMERIC BLEND. With a mix of potent detoxifiers, our blend amps up the body's natural ability to remove harmful compounds and decrease inflammation.

COLLAGEN. It gives our skin strength and elasticity, lines our digestive tract, and forms the building blocks of joints and tendons. However, collagen production slows as we age. Alleviate the sagging skin, digestive issues and joint pain with consistent supplementation!

ASK about our supplement starter kits!

THE GEM 5915 Forest Lane @ Preston, suite 360 Dallas, TX 75230 phone: 214.792.9928

THE GEM 6030 Luther Lane @ Preston Center, suite 160 Dallas, TX 75225 phone: 214.750.2929

www.INSIDETHEGEM.com

About The GEM

The GEM's authentic, nourishing and delicious organic food and juice helps everyone **SHINE BRIGHTER**.

MARY KATHRYN BASS and **LESLIE NEEDLEMAN** founded the GEM in 2012 as the first free-standing organic juice bar in Dallas. During a life-changing battle with cancer, Leslie discovered firsthand the power of organic juice, clean food, and a plant-based, anti-inflammatory diet.

Together, they found they could use food as medicine not only as a way to heal but also to stay healthy for a lifetime. The two channeled their creativity and passion and developed The GEM—a place for everyone to Shine Brighter. The goal inside the GEM is for everyone to find vibrant habits that bring immunity, energy, and optimal health into every day. Don't we all want to feel that way? Be a GEM.

