

Pre-Detox Steps

Prepare for a “healthy green” kitchen and food pantry

1. Use only natural cookware: stainless steel, cast iron, copper. Get rid of ALL Teflon, etc.
2. Use only whole, natural, organic, and locally grown fruits and vegetables. Reduce use of ALL pre-prepared or preserved foods.
3. Try to use all eco-friendly products in your kitchen.

Preparation for one-two weeks prior

Please begin to eliminate from your diet:

- Caffeine
- Meat
- Alcohol
- Recreational drugs
- Any foods with preservatives or additives

Please limit your consumption:

- Dairy
- Garlic
- Pepper/chile type spices

Please begin/restart/continue a daily yoga practice:

30 minutes minimum each morning:

- 1 minute kapilabhati pranayama (breath of fire) comfortable crossed-legged. Rest one minute in forward fold, switch crossed legs and repeat again
- 10 minute sun salutations (any)
- 5 minute forward bends standing or seated. Eagle pose- 6 breath each .
- 5 minute savasana
- 5 minute nadi sodhana pranayama (alternate nostril breathing) comfortable crossed legged position

(If any of these things are foreign to you, please do not do them, we will go over them in class)

- Walk in nature each day

Please drink daily, one cup in the am and one cup in the pm:

Detoxification tea- Detox Tea for instance or any other brand is fine. Alternate with plenty of water and apples, etc

The Detox Diet

Special guidelines for the Detox Diet:

1. Chew your food very well and take enough time when you eat
2. Relax a few minutes before and after your meal. Sip some tea before your meal
3. Eat in a comfortable sitting position
4. Eat primarily steamed fresh vegetables and some fresh greens
5. Take herbal teas after dinner

The Detox Diet menu plan

Morning (upon rising): Two glasses of pure water, one glass with half a lemon squeezed into it.

Breakfast: One piece of fresh fruit (at room temperature) such as apple, pear, banana, grapes, or citrus. Chew well, mixing each bite with saliva

15-30 min. later: One bowl of cooked whole grains specifically millet, brown rice, amaranth, quinoa, raw buckwheat or buckwheat. Flavoring can be two tablespoons of fruit juice for sweetener or use the “better butter” mixture mentioned below with a little salt or tamari for a deeper flavor.

10 am: Healthy snack such as an apple

Lunch (noon-1 pm): One-two medium bowls of steamed vegetables. Use a stems and greens (e.g. potatoes and yams, green beans, broccoli, cauliflower, carrots, beets, asparagus, kale, chard, cabbage.) Chew well!

2 pm: Small snack

Dinner (5-6 pm): Same as lunch

Seasoning: Butter/Canola oil mixture-make this “better butter” by missing a half-cup of cold pressed canola oil (or olive or flaxseed oil) into a soft (room temperature) half-pound of butter, then place in a dish and refrigerate. Use about one teaspoon per meal or a maximum of 3 teaspoons daily.

11 am and 3 pm: One-two cups vegetable water, saved from steamed vegetables. Add a little sea salt or kelp and drink slowly, mixing each mouthful with saliva.

Evening: Herbal teas only, such as peppermint, chamomile, pau d’ arco or blends

Note: You may feel a little weak or have a few symptoms the first couple of days; this will pass. Clarity and feeling good should appear by day 3 or 4. If during this diet you start to feel weak or hungry, assess your water intake and elimination. If needed, you can eat a small portion of protein food (3-4 ounces) in the mid-afternoon. This could be fish, free-range, organic chicken, or some beans.

What is Detoxification?

Detoxification is a natural process that our bodies do every single day. It is the removal of chemicals, hormones, metabolic waste products, and indigestible food products from the body.

The liver is our primary organ of detoxification. It processes all the foods, chemicals, and drugs that enter our bodies. Other organs involved in detoxification are the kidneys, colon, skin, and lungs. Our urine, stool, sweat, and breath are all ways the body releases substances that it no longer needs.

In our modern world the burden of toxic pollution, drugs, pesticides, heavy metals, smoke, hormones, and food preservatives threaten to overwhelm our body's natural detoxification mechanisms. There is also auto-toxicity from our own body's wastes such as uric acid, ammonia, and hormone metabolites. This auto-toxicity may come from sluggish liver or gall bladder function or constipation.

Think of your body as a bucket that slowly fills with increasing exposure to these toxins. The liver, kidneys, and other organs of detoxification are constantly trying to drain the bucket and reduce your overall toxic burden. But sometimes it is hard to keep up, and the level rises. If the bucket starts to overflow, it may manifest as health conditions such as heart disease, cancer, autoimmune diseases, allergies, digestive problems, muscle and joint pain, or mental/emotional issues.

The solution is to first reduce the amount of substances being put into your bucket and second, to assist the drain at the bottom to lower the level. Otherwise, waste products start to accumulate in the body faster than the organs of elimination can remove them.

This is why we have designed this Naturopathic Cleansing Program- to help lower the levels in your bucket, your total body burden of environmental toxins.

We invite you to take this journey through a dietary, lifestyle, and detoxification program that will encourage the release of stored toxins in your body resulting in increased energy, better sleep, reduced pain, mental clarity, and weight loss.

The Question is not “Are we toxic?” it but “How toxic are we and how is it impacting our health?”

Naturopathic Cleansing Program

Introduction and General Instructions

This 10- day program has been designed to help you improve your health and aid your body in its detoxification and elimination functions. In formulating this program, we have also attempted to make it as easy to follow and enjoyable as possible.

Changes you may experience during the next 10 days include improved energy levels, enhanced mental clarity and mood, improved digestion and elimination, weight loss, and a sense that you are in control of your diet and habits instead of food and substances controlling you.

The following are some general rules to follow when on the program:

1. Chew your food slowly and thoroughly, and relax and enjoy your meals.
2. Drink at least 2 quarts (8 full glasses) of pure water every day. This is very important!!! Filtered or spring water is best; tap water is the least preferable water source. Herb teas and other beverages you drink do not count as substitution for water. Water consumption should be spread out over the course of the day, not all at one time.
3. It is not unusual to experience temporary periods of fatigue while on a Detox program. These usually occur when changes are first made. For that reason, you may wish to begin this program on a Friday, though this is only a suggestion.
4. People who are detoxing also sometimes experience cleansing reactions such as headaches, nausea, or mild exacerbations of chronic symptoms. If these occur, they usually pass quickly. **If at anytime you experience extreme weakness of any particularly uncomfortable reactions, please call Blissful Heights Integrative Medicine at 205.967.8582**
5. It is VERY important to maintain at least one bowel movement per day.
6. The following dietary guidelines are NOT appropriate for long-term use as they do not provide a balanced diet for most people.

Foods to Avoid

- All concentrated sweeteners, including white and brown sugars, maple/rice syrup, barley malt
- Avoid artificial sweeteners like Nutrasweet, Sweet N Low, Splenda, Aspartame, or Sucralose
- Food additives, chemical colorings, flavorings, and preservatives
- Caffeine: coffee, black tea, colas
- Soft Drinks: this includes diet soft drinks as well
- Processed or white flour products like breads, pasta, and pastries
- Gluten containing grains: wheat, rye, barley, spelt, kamut, semolina, durum, and triticale
- Red meat and shellfish: beef, pork, lamb, cured meats, organ meats, clams, shrimp, etc.
- Dairy products: milk, cheese, cream, ice cream, eggs (ORGANIC YOGURT is okay)
- Soy products: tofu, tempeh, soy sauce, soy milk
- Saturated fats: butter, margarine, lard
- Seeds: nuts, and nut butters: almonds, walnuts, peanuts, peanut butter, tahini, etc.
- Drugs (unless prescription), Tobacco (if possible), and Alcohol

Foods to Include

- ❖ Vegetables: All veggies **except corn and tomatoes**
 - Arugula, asparagus, artichokes, beets, bean sprouts, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, greens and lettuce (beet, chard, collard, dandelion, kale, mustard, spinach, turnip), green beans, green peas, jicama, mushrooms, okra, onions, radishes, squash, turnips, zucchini
- ❖ Fruits: All fruits **except grapefruit**
 - Apples, apricot, avocado, banana, blackberries, blueberries, cranberries, cherries, citrus, dates, figs, grapes, kiwi, mango, melons (cantaloupe, honeydew, watermelon), nectarine, orange, papaya, peach, pear, pineapple, plums, pomegranate, prunes, raspberries, strawberries
- ❖ Whole grains (Non-gluten containing)
 - Rice (brown, wild, or white), millet, oats, buckwheat, quinoa, amaranth, teff
- ❖ Legumes: All beans **except soy**
 - Black, garbanzo/chickpeas, mung, navy, pinto, red, white
 - Also any lentils or peas (fresh, split, or snap)
 - Fresh hummus is allowed in small quantities
- ❖ Fish: May use 4 oz. serving for dinner on indicated days (1-3 and 9-10)
 - Wild Alaskan Salmon, herring, flounder, trout, whitefish, tilapia, mahi mahi, cod
 - Only to be used if needed to maintain caloric needs- **Try to avoid if possible**
- ❖ Protein: May use 4 oz. serving for dinner on indicated days (1-3 and 9-10)
 - Organically fed or free-range chicken or turkey without hormones and antibiotics
 - Only to be used if needed to maintain caloric needs- **Try to avoid if possible**
- ❖ Fats and Oils: Olive oil and Flax Oil
 - Also include apple cider vinegar and balsamic vinegar
- ❖ Dairy substitutes: Rice milk, almond milk, other nut milks (hazelnut, etc.)
- ❖ Soups:
 - See recipe section below
 - Black bean, lentil, split pea, vegetable
- ❖ Salads and salad dressings:

- Any dark green leafy salad lettuce: try red or green leaf lettuce, romaine, spinach, kale, collard greens, beet greens, mustard greens or even cabbage
 - Add veggies and/or sprouts to salads to make them more interesting
 - Olive oil and vinegar or lemon
 - See recipes section below
- ❖ Spices: All spices are allowed, and Tumeric (Curcumin) is encouraged
- ❖ Sweeteners: To be used sparingly
- Organic Honey
 - Stevia

Phase 1: Days 1-3, Beginning Detox

The purpose of this phase of the program is to eliminate poor food choices from your diet and add healthful foods that the body can digest and assimilate easily and which provide good basic nutrition.

1. Eliminate all foods and substances listed above
2. Begin taking supplements provided or recommended:
 - MediClear (protein powder and Detox support): Take 1 serving (2 scoops) with 8 oz. of water or almond/rice milk. Do this twice per day
 - Blue Heron (fiber support): Take 2 tablets 3 times a day with a full glass of water. It is preferable to take Blue Heron away from meals.
 - Lipotropic Complex (liver and gall bladder support): Take 2 tablets 3 times a day (30 minutes after each meal)
 - Vitamin C: 1000 mg three times a day

Daily Diet Recommendations:

Upon Awakening:

- 2 Tbs. lemon juice in 8 oz. of pure water. This is a good time to take Blue Heron

Breakfast:

- 2-3 servings of fresh, whole fruit. Eat a variety
- If hungry an hour or so later, you can eat another serving of fruit or a serving of cooked whole grains 1-2 cups (millet, oats, buckwheat, quinoa, amaranth, teff). Some honey or stevia and/or almond milk may be added for flavor

Lunch:

- Soup or salad, plus a slice of quinoa pilaf (see recipe section for ideas)
- OR 2-4 cups steamed vegetables, with olive oil or Better Butter (see recipe section). May add seasonings for flavor.

- NOTE: No cream soups

Snacks:

- All fruits, rice crackers or cakes, carrot sticks or celery sticks

Dinner:

- Same as lunch, but choose a variety of vegetables. Small serving of protein (around 4 oz. of fish or skinless lean chicken, organic if possible)
- OR one serving of brown rice or other whole grain

Desserts:

- Fresh fruit
- Herbal teas (chamomile, peppermint or other herbal teas but NO CAFFEINE).

****NOTE**** If you are not having a bowel movement at least once per day, do not progress to Phase 2. Increase intake of water and Blue Heron

Phase 2: Days 4-8, Juice fast

A short fast is the ideal way to allow the body to acquire optimal rest, both mentally and physically. It has been called the single greatest natural healing therapy. Fasting generates varying degrees of detoxification depending on the type of fast you choose. Common short-term fasts include water only, fruit and vegetable juices, and herbal teas.

You may follow this phase for 4 days as directed or you may choose to stay in phase 1 longer and just do phase 2 for 1-2 days total. Another option is to incorporate a combination of juice and steamed veggies if juice alone is too difficult.

Day 4: Preparation for fasting

1. Continue supplements as recommended. Make sure to continue 2 daily servings of MediClear.
2. Eat breakfast and lunch as recommended during days 1-3
3. Dinner should consist only of either fresh vegetables or fresh fruits. Herb teas may be drunk after dinner, but these should be unsweetened.

Days 5-7: Short fast

Water Fast Instructions:

Instructions for a water fast are the most simple: Only pure water should be consumed while fasting. *Be sure to drink plenty of water throughout the day* to avoid dehydration and to aid the body's eliminative processes. Herb teas may be utilized, but they should be unsweetened.