

# 21 Day Detox

"The Simple Cleanse"

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September  
2000

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## INTRODUCTION

### ➤ What is a detox?

A detox is a cleansing technique that is designed to encourage the body to remove toxins. Toxins are natural and/or synthetic substances that accumulate in tissues and organ systems of the body. Eating a diet high in cholesterol will lead to blockages in the arteries of the heart. Similarly, mucus, other organic materials and inorganic chemicals accumulate in various organs and tissues of the body, causing waste removal systems to malfunction leading to serious illness.

### ➤ Why detox?

The exposure to toxic chemicals interrupts normal bodily function. Pharmaceuticals, herbicides, pesticides, hormones, antibiotics, heavy metals, pollution, preservatives, dyes, fillers, cleaners, disinfectants and processed foods represent only a small percentage of the substances that we are exposed to on an hourly basis. After years of exposure to these agents the body can no longer keep up with their elimination, so they get re-circulated back into the bloodstream, damage the liver, and are stored in fats and many other parts of the body.

As toxins build up throughout the body, disease silently develops. The intestines acquire micro-ulcerations, acid imbalances, bacteria and fungal overgrowth, lesions, hyper-secretion of mucus, and many other problems. The liver becomes saturated with fatty acids and as cells die, bile flow becomes inhibited making the digestion of fats more difficult (so, no matter what you eat you gain weight!). The kidneys develop sluggish filtration causing the blood stream to stay acidic effecting overall body chemistry, immunity and mood. As toxins accumulate at the cellular level the skin becomes pale, wrinkled, and gray and loses its overall glow. Eventually, disease advances damaging all organ systems of the body.

### ➤ When to detox?

In a toxic environment, detoxification is a matter of survival. In order to reverse serious illness, toxic accumulations must be removed to encourage healing. A healing plan that disregards the use of a serious cleansing technique may result in the gradual removal of some toxins, but in most cases detoxification is extremely slow or non-existent. The use of a detox technique can make the difference between a progressive healing plan and endless frustration. Detox catalyzes healing where medications, diet, yoga, exercise and meditation often fall short.

A good detox routine should occur 2 to 4 times a year. As the external world changes, so does the internal environment. As the planet moves toward an environmental crisis it will become more obvious that we are integrally connected to our surroundings. It is self-evident that the world around us is in need of nurturing. The greatest gift we can give each other is to heal ourselves. Now is the time to detox. **RIGHT NOW!**

➤ Where to detox?

Detoxification is a challenging endeavor. Often, people leave a detox with the feeling that something has changed within, that life has shifted. It is important to find a nurturing environment that is supportive of your challenges. If you can perform your cleanse during a vacation or on weekends take the opportunity. If this is not possible, it is best to pace yourself and clear space at home. Turn off the TV, unplug the phone, light candles, burn incense and spend some quiet time alone.

Do not involve individuals in your detox that are not supportive or understanding of your need to change. A detoxification is a quest or journey deep into the forgotten places within. In reality, only you can fully identify with your healing process. A community or group setting that is performing the same detox is most encouraging. It's nice to know you're not the only one with the need to cleanse. Stay close to home, rest and try to observe rather than interact. Detoxification is a process of regeneration.

➤ Who should detox?

In spite of common thought, not just anyone should jump into a detox. All things that are challenging and life altering are preceded by a calling or desire to rediscover the self. While cleanses can be extremely healing, it is important to balance a detox with periods of rebuilding and strengthening using other techniques (i.e. yoga, meditation, supplements, etc.). Detox without a period of recovery will eventually weaken your immune system and your integrity.

The "detoxer" must be prepared to accept that there will be a "healing crisis." My grandmother always said, " things usually get worse before they get better." While on a cleanse, the body will purge. The release of toxins will bring up physical and emotional trauma that will be reflected in certain symptoms. A healing crisis can last as long as an hour or a few days and often produces these symptoms:

1. Fever-chills
2. Headaches and other aches
3. Fatigue-weakness
4. Skin eruptions
5. Emotional irritability
6. Gas-bloating
7. Temporary constipation or diarrhea
8. Temporary loss of menstruation
9. Yawning-dizziness
10. Muscular tension

In most cases, it is important not to use drugs to suppress these symptoms, but instead, to encourage the release of toxins from the body. These symptoms are an expression of release and must come out. After all, whether emotional or physical, a release may not always be pleasurable, but it does lead to a change for the best.

If you are terminally ill, in the last trimester of pregnancy or emotionally unstable it is best to do a cleanse under close supervision of a holistic physician. Detoxification is as much a personal as a planetary journey. We all must eventually find our way back to health, if we wish to be happy. Healing is just a matter of time.

➤ How to detox?

It is important to choose a cleanse that has incorporated some element of balance and flexibility. Select a cleansing technique that is not too extreme, but is also challenging. There must be some degree of challenge built into the technique if it is going to be worth your time. The most powerful life experiences involve a little struggle.

Work closely with a qualified holistic health practitioner that is familiar with the particular detoxification technique. The practitioner may be helpful in choosing the most effective method. They can advise you on some contraindications that may be important to your particular condition. If there are any problems, the practitioner should be able to make adjustments that may make your detox experience more powerful. It is always nice to have a guide on the healing path, especially since you are doing all the work.

There are many areas of the body that one can detox. The GI tract, liver, gallbladder, skin, lymphatic system, lungs, and kidneys are usually the organ systems in most need of a cleanse. The 21 Day Detox is a general cleanse that will catalyze regeneration in all of these systems. It is a technique that does not require expensive supplements, drastic diet changes or unusual machines. This cleanse gets progressively more challenging and is designed to work for any body.

You may or may not notice immediate improvements. In some cases, there have been total elimination of symptoms with just one cleanse. Just keep in mind that internal healing may be taking place even though there is no apparent external change. If you make the effort to detox it will have an effect on your life. Change is very often subtle, but profound.

## DETOX PRECEPTS

Following a detox takes resolution. We encourage you to put forth your best effort and suggest these basic precepts to maximize your results:

1. I will refrain from all intoxicants for the full 21 days.

Intoxicants include over the counter medications, cigarettes, caffeinated beverages, marijuana, alcohol or any other recreational drug. These substances cause hormonal and metabolic imbalances that interfere with the body's ability to regenerate.

2. I will refrain from all animal products for the full 21 days.

It is a fact that animal derived nutrition is a common source of toxic exposure. Livestock are raised on the same polluted air, food and water that we ingest. Eating animal products exposes the body to a concentrated toxic load.

3. I will refrain from the use of harsh chemical agents for 21 days.

The area under the kitchen sink, the tool shed, the garage and the bathroom medicine chest are commonly overlooked household poison zones. During a cleanse it not wise to use chemical agents that are often found in these areas.

4. I will refrain from dramatic interactions for 21 days.

A detoxification is a physical, mental and emotional experience. In an effort to conserve energy it is wise to avoid stressful situations. This is a good time to become more aware of our toxic relationships and how we deal with challenging situations.

5. I will reserve being judgmental for 21 days.

It does not serve the detox experience to judge our self and others critically. Anxiety is created when we are constantly critiquing our own performance. Vital healing energy is always expended when we assume that we know best for another person. It is challenging enough to provide for oneself.

6. I will listen to my intuition and rest as needed for 21 days.

This is the most important healing tool during a detoxification. Regeneration can only take place in a body that is not overworked. In the next 21 days, it is important to rest even when it seems inappropriate.

7. I will, to the best of my ability, give the 21-day detox a fair trial.

It is not possible to fully determine the effectiveness of any experience unless we see it through to completion. Every person derives value differently. It may take a couple of days, a week or even another detox session to address your unique condition. Give it your best effort; after all it's only 21 days!

## The 21 Day Detox- Modifications

It is possible for anybody to attain greater health through regular cleansing and detoxification. It is not possible, however, for every person to expect the same results. Each of us has a set of unique life circumstances that have a profound effect on the way we heal. It would make common sense then to customize any health regimen to suit ones individual situation.

Sometimes, an advanced program can hinder healing as much as it may seem that it could help. Here are a few suggestions for modifying the basic 21 day program in order to maximize the your detoxification experience. Honoring ones ability is strong medicine, be honest and choose the level that appeals to your instincts. There are no trophies for detoxification!

### Level A

This is a mild version of the cleanse. Level A is for those that have a chronic wasting condition, are working with a health practitioner on adjusting medications or are dealing with an addiction syndrome. We have found that making the following adjustments have proven beneficial. There are no calorie restrictions at this level.

1<sup>st</sup> week- Smoothie and 2 cooked meals a day

Have the menu that is recommended for days 1 through 7 of the book. Breakfast will be a smoothie followed by two cooked plant based meals. Snacks can either be uncooked or cooked plant based foods.

2<sup>nd</sup> week - Week Two Smoothie and 2 cooked meals a day

Breakfast will be a smoothie from days 8-14 followed by two cooked plant based meals. Snacks can either be uncooked or cooked plant based foods.

3<sup>rd</sup> week - 1 cooked, 1 uncooked, 1 blended uncooked meal a day.

Have a smoothie from the days 8-14 of the program. Lunch and dinner can be one plant based cooked meal and one uncooked plant based meal. Snacks can either be uncooked or cooked plant based foods.

## **Level B**

This is a moderate version of the cleanse. Level B is for those that have a busy schedule or feel the need to do a gentle, but effective regimen. There are no calorie restrictions at this level.

1<sup>st</sup> week- Smoothie and 2 cooked meals a day

Have the menu recommended for days 1 through 7 of the book. Breakfast will be a smoothie followed by two cooked plant based meals. Snacks can either be uncooked or cooked plant based foods.

2<sup>nd</sup> week - 1 cooked, 1 uncooked, 1 blended uncooked meal a day

Have smoothie from the second week of the program. Lunch and dinner will be one plant based cooked meal and one uncooked plant based meal. Snacks can either be uncooked or cooked plant based foods.

3<sup>rd</sup> week - 1 uncooked, 2 blended uncooked meals a day

Follow days 8 -14 of the program. Have a smoothie for breakfast and energy soup for one of the other meals. The third meal will be an uncooked plant based option from the second week. Snacks are uncooked plant based foods.

## **Level C**

This is the standard version of the 21-day detox program. Follow the weeks as outlined in the book.

1<sup>st</sup> week - Smoothie and 2 cooked meals a day

2<sup>nd</sup> week - 1 uncooked, 2 blended uncooked meals a day

3<sup>rd</sup> week - 3 blended uncooked meals a day

## Level D

This is an advanced version of the cleanse. This regimen is not for everyone; you will need to consult with either Dr. DeAndrea or Dr. Wood to do this version of the program. It is recommended to do the basic program prior to attempting this version. This is not recommended for those with a busy schedule or weak health. Those not attending the workshop in person and who wish to do a more advanced cleanse should do weeks two and three but without the liver cleanse. The liver cleanse will only be done with supervision.

1<sup>st</sup> week- 1 uncooked, 2 blended uncooked meals a day

Follow days 8 -14 of the program. Have a smoothie for breakfast and energy soup for one of the other meals. The third meal will be an uncooked plant based meal from the second week. Snacks will be uncooked plant based foods.

2<sup>nd</sup> week - 3 blended uncooked meals a day and liver supplementation.

This week will have all liquid meals. Have a smoothie for breakfast and energy soup for the other meals. You will be provided with the information for the liver cleanse protocol. Additional supplements will be taken and there will be a liver flush this week.

3<sup>rd</sup> week - 3 blended uncooked meals a day and liver supplementation

This week will be all liquid meals. Have a smoothie for breakfast and energy soup for the other meals. You will be provided with information for a liver cleanse. Additional supplements are taken and a second liver flush is done this week.

## WEEK ONE

### The Plant Based Diet

"The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

-Thomas Edison

This program uses a gradual transition that is intended to ease one deeply into the detox. Any worthwhile detoxification should aim to reduce your exposure to the cause of the problem. For this week, it will be necessary to follow a 100% plant based diet. A move toward organic plant based nutrients will naturally reduce your exposure to toxins. A plant-based diet would include all vegetables, fruits, nuts, seeds, grains and sea vegetables. Try your best to purchase organic (non-commercially produced) fruits, vegetables and other packaged goods. **Organically grown foods contain 80-280% more vitamins, minerals and nutrients than conventionally grown foods.**

Conventionally grown foods are subjected to herbicides, pesticides and other deadly chemicals. These chemicals are classified as carcinogens. They are, to a large degree, the reason cancer is a household word. A change in eating habits is the most powerful step that anyone can take in the struggle to survive. The week one plant-based diet will accelerate your body's ability to remove toxins.

There is a seven-day menu, recipes and a shopping list provided to help simplify each week of the detox. It is not necessary to follow the menu as gospel. It is meant as a guideline. There is **no calorie counting** on this program. You can eat all you need to eat. You can have snacks between meals as long as they follow the guidelines for the week. You can create your own menu, but you must make 3 basic commitments:

1. Avoid all animal products (i.e. dairy, eggs, chicken, meat and fish). Non-animal based alternatives or vegan items may be substituted. One blended meal daily.
2. Read ingredients carefully (avoid all chemicals, fillers and additives).
3. Keep an open mind.

In addition, to the "plant-based diet," during week one you will be asked to take *Dr. Greens* on a daily basis. *Dr. Greens* is a green super food that comes in powdered form and is added to the morning smoothie or mixed with four ounces of juice or water. "*Dr. Greens*" is 100% live, organic and derived from plant-based sources. It will provide you with added vitamins, minerals and phytonutrients. The *Dr. Greens Superfood* has all the building blocks that a regenerating body needs.

You will be taking a minimum of one tablespoon of *Dr. Greens* daily.

Dr. Greens has a variety of probiotic organisms. Probiotics are the friendly bacteria that live in the digestive tract and promote health. The positive health effects contributed by these organisms are:

- a. They manufacture b vitamins, niacin and folic acid.
- b. They fight cancer and reduce tumor growth.
- c. They act as watchdogs controlling the growth of undesirable bacteria, funguses, and viruses.
- d. They control high cholesterol levels.
- e. They protect us against the negative effects of radiation.
- f. They help us digest food and enhance normal bowel flow.

Most of us have been exposed to an unhealthy food, poor elimination, antibiotics, chlorinated water, stress, and other pharmaceuticals (i.e. steroids, aspirin, Motrin, chemotherapy, etc.), which negatively effect pro-biotic organisms. In a couple of days, you may notice some gas, bloating and/or diarrhea this is a sign that unfriendly bacteria, yeast and viruses are being evicted.

Milk thistle is included in Dr. Greens. This herb will support the liver with essential phytonutrients. Your body will be releasing toxins into the blood stream in an attempt to purge these harmful substances. The liver is the treatment plant for the body. Among other functions it produces hormones, builds proteins, metabolizes sugar and converts toxins into a manageable metabolic waste. The liver has been working over time in an attempt to keep up with our toxic lifestyles. It can certainly use a little support.

In addition, the immune system will be working overtime. Parasites, bacteria and viruses normally present in the tissues may find a way to flourish during this vulnerable period. Enzymes are included in Dr. Greens. This formula will assist the immune system to decrease the risk of infection.

It's only 21 days!

## Meal Plan Day 1

### Breakfast

#### Cinnamon Apple Shake

Banana	1
Apple	1
Almonds	$\frac{1}{4}$ cup
Rice milk	$1 \frac{1}{2}$ cup
Dr. Greens	1T

Blend with cinnamon until smooth **or** get a non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Hummus wrap

Garbanzos, cooked	6oz.
Olive oil	1 tablespoon
Sesame Tahini	2 tablespoons
Lemon juice	4 tablespoons
Garlic	1 tablespoon
Cumin	$\frac{1}{2}$ teaspoons
Sea salt to taste	

Purchase pre-made hummus or blend ingredients until smooth. In a pita, add hummus with shredded greens, black olives, tomato & diced avocado. Or go and get a falafel sandwich and a salad.

### Dinner

#### Veggie chili

Vegetarian chili	2 servings maximum
Green salad	
Salad dressing (there are salad dressing recipes in week 2)	

Make chili recipe **or** get a can a veggie chili and a salad at the health food store.

Sauté 1 1/2 cups of diced Seitan with 1 T of safflower oil

Add

1/2 cup chopped celery	1 cup diced red onion
1/2 cup chopped parsley	1 package of chili seasoning
2 cloves of garlic	1 can of organic tomato sauce
1 cup diced red pepper	1 can of organic black beans

Stir and let simmer for 1/2 hour. Add hot pepper to taste.

### Daily health habits:

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

30 minutes quiet time.

## Meal Plan Day 2

### Breakfast

#### Raspberry shake

Raspberries	4 ounces fresh or frozen
Almonds	$\frac{1}{4}$ cup
Banana, fresh or frozen	1
Rice milk	$1 \frac{1}{2}$ cup
Dr. Greens	1T

Blend until smooth **or** get a non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Chili Tofu dog

Tofu dogs	2	
Onions, chopped		2 T
Veggie chili, can		1 cup
Whole wheat buns	2	

Split tofu dogs, broil, and serve on whole-wheat buns with chili and onions.

Make your own tofu dog **or** go out and have a veggie pizza and a salad - hold the cheese.

### Dinner

#### Vegetable Stew

Onion	1
Broccoli	1 cup
Cabbage	1 cup
Celery stalks, chopped	2
Yams	1 cup
Parsley	$\frac{1}{4}$ cup
Kale	1 cup
Garlic cloves	2
Fennel seed	1 tablespoon
Bay leaves	1 tablespoon

Add ingredients to 4 cups of water. Cook until vegetables are soft. Remove from heat.

Add sea salt to taste. **Or** go out to a restaurant and have soup and salad.

#### Daily health habits:

Drink 2 quarts of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

## Meal Plan Day 3

### Breakfast

#### Blue Shake

Blueberries	1/3 cup fresh or frozen
Banana, fresh or frozen	1
Soy or rice yogurt	1/2 cup
Rice milk	1 cup
Dr. Greens	1T

Blend until smooth **or** get a non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Tofu egg salad sandwich

Tofu	1 cup
Tomato slice	1
Onion slice	1
Egg less Mayonnaise	1 T
Bagel, sprouted	1

Mix Tofu, egg less mayo, 1/4 t garlic, 1/4 t turmeric powder with a dash of salt to a creamy consistency. Make your own tofu egg salad **or** get a tofu veggie sandwich at the health food store.

### Dinner

#### Eggplant Marinara

Eggplant, thinly sliced	1
Marinara sauce	1 cup
Non-dairy mozzarella	1 or 2 slices
Garlic cloves- minced	2
Red onion, sliced	2 ounces
Red pepper, sliced	1
Olive oil	3 tablespoons
Salt to taste	

Sauté eggplant in olive oil with garlic and onions. Place in a flat baking dish. Cover with marinara sauce and vegan mozzarella and bake until cheese melts. Serve with salad **or** go to an Italian restaurant and have Eggplant Parmesan without the cheese and a salad.

### Daily health habits

Drink 2 quarts of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

## Meal Plan Day 4

### Breakfast

#### Banini Shake

Apple	1
Banana, fresh or frozen	1
Raw Tahini	1 T
Rice milk	1 $\frac{1}{2}$ cup
Dr. Greens	1T

Blend until smooth or get your favorite non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Black bean and rice burrito

Black beans	1 cup
Red onions	$\frac{1}{2}$ cup
Brown rice	1 cup
Whole wheat tortilla	1
Cumin powder	1 teaspoon
Olive oil	2 tablespoons
Garlic	1 teaspoon

Cook rice according to instructions on package. Soak black beans at least 4 hours. Rinse thoroughly. Cook beans in water until soft or open a can of black beans. Reduce heat, stir in cumin, onion and garlic. Layer beans and rice on a tortilla with shredded romaine lettuce, tomatoes and salsa. Add sea salt to taste. Or go out and have a rice and bean burrito with a salad.

### Dinner

#### Sun-Dried Tomato Pesto Pasta

Sun-dried tomatoes	1 cup
Basil	2 cups
Olive oil	1 cup
Garlic cloves	3
Sea salt to taste	

Blend everything in the blender until smooth. Serve pesto over a plate of whole-wheat pasta with fresh tomato, black olives and shredded spinach or go to an Italian restaurant and have Pasta Aglio e Olio (olive oil and garlic) and a salad.

### Daily health habits

Drink 2 quarts of water throughout the day.  
Get 1/2 hour of exercise.  
Spend 30 minutes quiet time.

## Meal Plan Day 5

### Breakfast

#### Carob Shake

Raw Tahini	1T
Banana	1
Apple	1
Rice milk	1 ½ cup
Dr. Greens	1T
Carob powder	1T

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Tempeh Ruben

Tempeh strips	6 oz.
Tomato slices	2
Sauerkraut	1/4 cup
Mustard & eggless mayo	

Sauté Tempeh strips in 1 T soy sauce, chopped garlic and 1 T olive oil

Toast Rye bread and make sandwich

Make your own tempeh Ruben sandwich **or** get one at the local health food store.

### Dinner

#### Cashew Stir Fry

Brown rice	1 cup	Garlic cloves minced	1 teaspoon
Cashews	4 ounces	Sesame oil	2T
Red pepper	½ cup	Scallions	1
Cauliflower, chopped	1 cup	Fresh ginger	1T
Celery stalk	½ cup	Cilantro	2T
Snow peas, chopped	½ cup	Sea salt to taste	

Cook rice according to package instructions. In a large skillet, add 2 tablespoons sesame oil & sauté minced garlic & ginger. Stir in cashews, cauliflower, red pepper, celery & snow peas cook until soft. Remove from heat stir in scallions & cilantro. Or go to a Chinese restaurant and have a tofu stir fry and a salad- hold the MSG.

### Daily health habits

Drink 2 quarts of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

## Meal Plan Day 6

### Breakfast

#### Cherry Apple Shake

Cherries	4 ounces fresh or frozen
Almonds	$\frac{1}{4}$ cup
Apple	1
Rice milk	$1 \frac{1}{2}$ cup
Dr. Greens	1T

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Pepper Steak Sandwich

Seitan cut in strips	$\frac{3}{4}$ cup
Red peppers chopped	$\frac{3}{4}$ cup
Onions, diced	$\frac{1}{4}$ cup
Tomato, slice	3
Rye or whole wheat bread	2
Egg less mayo	1 T

Sauté Seitan (wheat gluten) strips in 1 T olive Oil, 1 T soy sauce, with peppers, onion and garlic

Serve Toasted rye with eggless mayo and tomato

Make your own pepper steak sandwich **or** go out for some Thai food.

### Dinner

#### Pasta Marinara

Pasta noodles	$\frac{3}{4}$ cup
Pasta sauce	$\frac{1}{2}$ cup
Eggplant- cubed	4 ounces
Zucchini- slices	1
Onions-slices	2 ounces

Sauté eggplant in 1 T of olive oil with garlic, zucchini and onions until brown.

Stir in appropriate amount of pasta sauce. Serve over a plate of whole-wheat pasta **or** go to your favorite Italian restaurant and have pasta marinara and a salad.

### Daily health habits

Drink 2 quarts of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

## Meal Plan Day 7

### Breakfast

#### Strawberry Shake

Tahini	1T
Banana, fresh or frozen	1
Strawberries	4 oz. fresh or frozen
Rice milk	1 ½ cup
Dr. Greens	1T

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. Sweeten with stevia or dates. You can take your Dr. Greens separately in four ounces of water.

### Lunch

#### Tofu dog, beans and greens

Tofu dogs	2
Onions, chopped	2 T
Baked Beans, can	1 cup
Green salad	2 cup
Salad dressing	1 T
Rye bread	2

Split tofu dogs, broil, and serve on rye bread with mustard and ketchup  
Make your own tofu dog **or** go out and explore Ethiopian food.

### Dinner

#### Vegetable Fried Rice

Mixed Vegetables	1 1/2 cups
Safflower Oil	1 T
Brown Rice	1 cup

Try a mix of - sliced carrots, onions, red pepper, broccoli and mushrooms

Sauté Vegetables until brown with safflower oil

Mix Vegetables and rice with soy sauce, garlic, ginger and pepper

Have a green salad with non-dairy dressing.

Make your own vegetable fried rice **or** get some at a Chinese restaurant, but hold the MSG.

### Daily health habits

Drink 2 quarts of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

These meals were balanced to meet all recommended daily requirements, but the portions do not fill the standard American plate. In general, a good cleanse will require progressively less food volume in order to give the already over taxed organs a much needed rest. However, it is still possible to accommodate a busy work schedule and enjoy week one of the cleanse. You are encouraged to experiment with ethnic cuisine, because their menus usually have a variety of plant based options. You do not need to buy everything on this list. All these items are included for completeness.

Here is the shopping list for week one:

### Vegetables

- 3 romaine lettuce
- 5 medium tomato
- 3 red bell pepper
- 1 carrots bunch
- 2 red onions
- 1 zucchini
- 1 head cauliflower
- 1 celery bunch
- 1 parsley bunch
- 2 cucumber
- 1/2 pound spinach
- 1 head of broccoli
- 1 head of cabbage
- 1 potato
- 1 eggplant
- 1/2 cup snow peas
- 1 scallion
- 1 cup kale

### Fruit

- 4 ounces cherries
- 2 lemons
- 8 bananas
- 1 box raspberries
- 1 box strawberries
- 4 apples
- 2 dates
- 1 avocado
- 1 box blueberries

### Breads

- 1 bag hot dog buns
- 1 bag whole wheat pita
- 1 bag wheat tortillas
- 1 loaf sprouted rye
- 1 bagel

### Meat substitutes

- 1 pounds of tofu
- 1 pound of tempeh
- 2 pound seitan
- 1 pkg. of tofu dogs

### Jarred goods

- 1 cans of baked beans
- 2 can of black beans
- 2 cans of veggie chili or 2 packages of chili seasoning
- 1 jar of mustard
- 1 jar of black olives
- 1 jar raw sesame tahini
- 1 can of tomato sauce
- 1 bottle of soy sauce
- 1 bottle of vinaigrette
- 1 jar of sauerkraut
- 1 bottle of organic ketchup
- 1 can of tomato soup
- 2 bottles of pasta sauce

### Dry goods

- 1 cup garbanzos
- 1/2 cup cashews
- 1 cup almonds
- 4 cups brown rice
- 1 box whole grain pasta
- 1 cup sun dried tomatoes

### Spices and oils

- 1 small bottle sesame oil
- 1 bottle olive oil
- 1 T carob powder
- 2 ounces ginger
- 2 tablespoons cilantro
- 3 garlic bulbs
- 1t turmeric powder
- 2T hot pepper
- 1 T cumin
- 1 T fennel
- 1 T bay leaves
- 1 jar chili powder

### Dairy substitutes

- 1 jar vegan mayonnaise
- 2 quarts of rice or soy milk
- 1 cup soy yogurt
- 1 pkg. vegan mozzarella cheese

## Frequently Asked Questions:

Will I get enough protein?

The American Dietetic association agrees that you can get enough protein by eating a variety of fruits and vegetables over a 24-48 hour period. The World Health Organization suggests that 30-50 grams of protein daily is sufficient (this is about one heaping tablespoon of protein powder). Each daily meal plan provides at least 50 grams of protein.

What if I can't get organic food?

Try your best. Visit some local health food stores and stock up at the farmers markets. There are even home organic delivery services. If it is still too difficult, rest assured that the cleanse will be as profound with commercially grown foods. Scrub your commercially grown produce in a full sink of water with the juice of one lemon and 1tablespoon salt.

Can I have a little milk?

Milk is an extremely inflammatory substance. It has proteins and sugars that are foreign to the human body. Milk aggravates the immune system and forces the liver to work harder. It is best to avoid milk during a detox. Rice or soy milk is a better option.

Can I still work?

It's all right to work, but take it slow and pace yourself. A long day of work will probably be more challenging during week three. Remember that a balanced life will be healthier long term as well.

Can children detox?

We suggest that a child who is capable of preparing their own food can do a detox. It is difficult to attend to a detox schedule if you cannot provide for yourself. If a child is fully motivated and is willing take responsibility have them follow the detox to the best of their ability.

What if I'm pregnant?

If you are **not** in your last trimester of pregnancy it is fine to detox. A detox is a process of elimination. Most of the toxins are spilled into the blood stream and can affect the child or cause premature labor. Before or during the initial phases of the pregnancy a detox can relieve morning sickness and other complaints.

Enjoy week one. Keep in mind, that a plant based diet does not have to become your new life's purpose. Just try to remain open to the detox experience and remember that there is a plan. Week two will be a little more challenging!

## Journaling

Journaling may help improve your emotional health, but studies completed by scientists at Southern Methodist University and Ohio State University College of Medicine have proven that writing contributes directly to your physical health too. Some of the benefits of journaling are:

- increased T-cell production;
- a drop in physician visits;
- fewer absentee days;
- generally improved physical health.

Its' easy to get started- just begin writing- be open and honest - don't worry about being judged - it is for you and no one else.

What did you experience this week?

What is changing for you right now?

How did you feel about what happened to you today?

## WEEK TWO

### The Live Food Diet

"Let food be thy medicine, and medicine be thy food"  
-Hippocrates

Most cooked food is difficult to digest. The live food diet is composed of uncooked nutrients. All common fruits, vegetables, nuts, beans and grains can be eaten raw with the proper preparation. The grains and beans often require some soaking, but everything else is best eaten raw to receive the maximum nutrient value from the food.

Live whole foods are abundant in the life giving enzymes, vitamins and minerals necessary to optimize healing. Every single reaction that occurs in the body requires the presence of an enzyme. These complex proteins build the stage where every bodily function is performed. Without them, the show won't go on! Research has proven that enzyme deficiencies are the most common factor that contributes to accelerated aging and disease.

When food is cooked to a temperature of 118 degrees or greater 50% of the proteins, 80% of the vitamins and 90% of the enzymes are destroyed. Food that is denatured to this degree will make digestion a chore. In fact, the body must use up its emergency store of enzymes for digestion. Live food will restore your enzyme banks and allow the intestines, liver and pancreas to get a long overdue rest.

Eating live food may seem a little foreign, but as the days pass your body will welcome the experience. Sprouts, nuts, seeds, fruits and vegetables are naturally very high in fiber and water. Fiber and water will lubricate and sweep the intestines clearing the way for better assimilation.

You can follow the "Live Food" meal plan to the letter or get creative; it's your choice. There are only three commitments necessary for week two:

1. Avoid all animal products.
2. Eat uncooked food all day - two blended meals a day.
3. Keep an open mind.

Week two will be much more challenging, but not impossible. The detox will seem to pass quickly if you focus on just the daily regimen. Adjust the menu to suit your needs. Again, there are no calorie restrictions and you are allowed to have uncooked snacks as well. Seven days of the detox are now over. Enjoy the process and realize your body is tuning itself. Sometimes, it takes time to hit the right notes.

## Meal Plan Day 8

### Breakfast

#### Vanilla Smoothie

Banana or apple	1 or 2
Soaked almonds*	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Vanilla flavoring	$\frac{1}{2}$ teaspoon
Dates	2 or stevia to taste (stevia is a herbal sweetener)

Blend until smooth or get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water. \*Cover whole raw almonds in purified water for 8 hours. Rinse thoroughly. Store unused portion in refrigerator.

### Lunch

#### Date Mustard Spinach Salad

Date Mustard Dressing-enough for more than one salad

Olive Oil	$\frac{1}{2}$ cup	Dates	3
Mustard	1 T	Raw apple cider vinegar	4T
Garlic clove	1		

Place all ingredients in the blender and liquefy.

#### Salad:

Spinach	1 bunch	Red onions, sliced	1
Apple, diced	1	Red bell pepper, chopped	$\frac{1}{4}$ cup
Walnuts	$\frac{1}{4}$ cup		

Place salad in bowl and add dressing or get a salad at the local health food store.

### Dinner

Energy Soup-this soup is a complete meal! Blend!

Apple, cucumber or papaya	1 cup
Avocado	$\frac{1}{2}$
Spinach or sunflower greens	1 cup
Carrot or root vegetable	1
Dulse seaweed or spirulina	1 teaspoon
Purified water	1-2 cups depends on the consistency you prefer.

Place everything in the blender and liquefy. To add flavor experiment with lemon or lime, garlic, fresh herbs (oregano, basil and cilantro are great), hot peppers, sea salt, miso paste or Bragg's Amino Acids.

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 9

### Breakfast

#### Carob Smoothie

Banana or apple	1 or 2
Soaked almonds	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Dates	2 or stevia
Dried figs	1
Carob powder	1T

Blend until smooth or get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Beet Salad

Beet Dressing: enough for more than one salad

Olive oil	$\frac{1}{2}$ cup
Small beet	$\frac{1}{2}$
Raw apple cider vinegar	$\frac{1}{4}$ cup
Date	1
Ginger	1T
Garlic	3 cloves
Salt	$\frac{1}{2}$ t

Dash of cayenne

Blend everything until liquefied. Toss mixed salad greens, shredded beet, cherry tomatoes, diced avocado and chopped pecans in a bowl and add dressing or visit your favorite salad bar.

### Dinner

#### Matt's Green Soup

1 peeled cucumber	$\frac{1}{2}$ cup herbs (basil, cilantro, mint, dill)
1 $\frac{1}{2}$ stalks celery	1/4 cup whole leaf dulse
$\frac{1}{2}$ green apple (peeled & cored)	1/4 cup fresh lemon juice
$\frac{1}{2}$ peeled carrot	2 T olive oil
1/2 avocado	1-2 cloves peeled garlic
1 cup greens (spinach, kale, Swiss chard)	$\frac{1}{2}$ tsp. cumin

In a blender, combine all ingredients and thoroughly blend. Sea salt to taste.

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 10

### Breakfast

#### Strawberry smoothie

Strawberries	4 ounces
Banana or apple	1
Soaked almonds	4 ounces
Purified Water	1 ½ cups
Dates	2 or stevia
Vanilla	½ t

Blend until smooth or get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Chef Salad

##### Avocado garlic dressing:

Avocado	1/2
Dulse seaweed	1 t
Garlic cloves	2
Olive oil	1 T
Bragg's or shoyu sauce	1 T

Blend until liquefied. Toss Romaine lettuce, diced tomato, shredded carrot, sliced cucumber, sprouts and chopped nuts in a bowl and add dressing or visit the local salad bar.

### Dinner

#### Tomato Gazpacho soup

		1	carrot
3	medium ripe tomatoes	1	diced avocado
½	chopped cucumbers	2	teaspoons miso paste
1	garlic clove		
1/4	cup chopped cilantro		

Place three ripe sweet tomatoes in blender with cucumber, garlic, carrot, cilantro and miso paste. Pour soup in bowl and add diced avocado. Sea salt and hot pepper to taste

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 11

### Breakfast

#### Raspberry Smoothie

Raspberry	4 ounces
Banana or apple	1 or 2
Soaked almonds	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Dates	2 or stevia
Vanilla	$\frac{1}{2}$ t

Blend until smooth or get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Caesar Salad

Caesar Dressing: enough for more than one salad

Olive oil	$\frac{1}{2}$ cup
Garlic, cloves	3
Shallots	1 T
Lemon juice	$\frac{1}{4}$ cup
Nutritional yeast	$\frac{1}{4}$ cup
Dulse	$\frac{1}{4}$ cup
Capers	1 T
Oregano	1 t
Bragg's Liquid Aminos	1 T

Place everything in a blender and liquefy. Serve over of romaine, spinach, cherry tomatoes, sunflower sprouts and halved walnuts or visit the local salad bar. Dash of sea salt.

### Dinner

#### Sweet Borscht

Carrot juice	1 $\frac{1}{2}$ cups
Avocado	1
Beet, medium	1
Garlic clove	1
Dill	1 T

Blend everything and top with chopped dill. Sea-salt to taste.

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 12

### Breakfast

#### Mango Smoothie

Mango	1
Banana or apple	1 or 2
Soaked almonds	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Dates	2 or stevia

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Broccoli Salad

Broccoli, chopped, with stem	1 bunch
Carrot, grated	1
Walnuts, chopped	$\frac{1}{2}$
Beet, grated	1
Dulse	1 T
Red onion, medium	1
Red pepper, sliced	1
Raw tahini	3 T
Garlic, minced	2
juice of half a lemon	
Sea salt to taste	

Thoroughly mix everything in a bowl and serve or visit the local salad bar.

### Dinner

#### Cucumber Dill Soup

Cucumbers, medium	2
Water	2 cups
Garlic cloves	2
Juice of lemon	1
Fresh dill	1 tablespoon
Fresh oregano	1 tablespoon
Avocado	1

Blend everything and top with chopped oregano and dill. Salt to taste

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 13

### Breakfast

#### Purple Power Smoothie

Blueberries	4 ounces
Banana or apple	1 or 2
Soaked almonds	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Cinnamon	$\frac{1}{2}$ teaspoon
Dates	2 or stevia
Nutmeg	dash

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Jerk Plantains

Plantain, sliced	1
Red pepper, diced	1
Mint leaves, chopped	1 T
Red onion, small	1
Lime, juiced	1
Bragg's to taste	

Combine ingredients in a bowl.

### Dinner

#### Carrot Curry Soup

Carrots, chopped	1 $\frac{1}{2}$ cup
Avocado	1
Garlic	1 clove
Lemon juice	1 tablespoon
Miso Paste	1 tablespoon
Tomato	$\frac{1}{2}$ cup
Curry powder	$\frac{1}{2}$ teaspoon
Water	1 $\frac{1}{2}$ cups

Blend everything and top with chopped cilantro. Add sea salt and hot pepper to taste

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

## Meal Plan Day 14

### Breakfast

#### Cherry Vanilla Smoothie

Cherries	4 ounces
Banana or apple	1 or 2
Soaked almonds	4 ounces
Purified Water	1 $\frac{1}{2}$ cups
Vanilla flavoring	$\frac{1}{2}$ teaspoon
Dates	2 or stevia

Blend until smooth **or** get your favorite non-dairy smoothie at the local juice bar. You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water.

### Lunch

#### Miso Apple Spinach Salad

##### Miso Dressing

1	teaspoon of miso
3	tablespoons of olive oil
1	diced apple
	Sea salt to taste
	Dash of cayenne pepper

Place everything in a blender and liquefy. Serve over spinach, diced apple, diced pear, shredded carrots, finely cut broccoli and radish.

### Dinner

#### Red Pepper Soup

Red pepper -remove seeds and stem	2
Tomato	1
Avocado	1
Raw apple cider vinegar	1 T
Garlic cloves	1
Cilantro	1 T
Water	2

Blend everything and top with chopped cilantro. Add sea salt and hot pepper to taste

### Daily Health Habits

Drink 2 liters of water throughout the day.

Get 1/2 hour of exercise.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

Here is the shopping list for week two; you may have many of these items left over from week one.

### **Vegetables**

- 1 broccoli bunch
- 1 plantain banana
- 3 cucumber
- 1 red onions
- 2 red pepper
- 1 shallot
- 1 clove of garlic
- 1 lbs. of carrots
- 2 beets
- 1/2 lbs. mixed greens
- 2 lbs. tomatoes
- 1 romaine lettuce
- 1 ounce of fresh ginger
- 1 bunch of spinach
- 1 bag sunflower sprouts

### **Fruits**

- 8 bananas
- 5 apples
- 1 green apple
- 6 avocados
- 1 orange
- 2 lemons
- 3 limes
- 1 papaya

### **Frozen Fruits**

- 1 bag of blueberries
- 1 bag of strawberries
- 1 bag of cherries
- 1 bag of raspberries

### **Dry goods**

- 2 lbs. of almonds
- 1/2 lb. of walnuts
- 1/4 lb. pecans
- 7 oz. of dulse
- 1 bottle vanilla extract
- 1 lb. dates
- 1 ounce of raw carob
- 1/4 lb. of figs
- cold pressed olive oil
- mustard
- raw apple cider vinegar
- raw tahini
- capers
- detox tea
- miso paste

### **Spices & herbs**

- Fresh basil, dill, cilantro
- oregano
- cinnamon
- nutmeg
- cayenne pepper
- sea salt
- curry powder

### **Other**

- 16 oz. fresh carrot juice

## Frequently Asked Questions:

Why do I have to soak nuts, beans and grains?

Soaking nuts, beans and grains provides the water needed to activate the sprouting process and remove the seed inhibitor. As these foods sprout they get softer and increase their enzyme activity level. They become more digestible. Cover the whole raw nuts, beans or grains with purified water for 8 hours. Rinse thoroughly. Refrigerate.

Are sprouts good for you?

Sprouting is a stage in the growth process of every plant. It is a time when the plant is highest in vitamins, minerals and other nutrients. Sprouts are very easy to digest. They are ideal for people with weak digestion.

When do I take the optional wheat grass?

It is always best to have wheatgrass on an empty stomach. One ounce of wheat grass has the nutrient equivalent of 2-3 pounds of freshly cut vegetables. The body needs time to get the most out of this potent supplement. After the swallowing the wheatgrass, wait a half of an hour before you eat.

Will I be able to digest raw food?

Raw food is full of many digestive enzymes that aid in digestion. Hard vegetables can be difficult to digest. Blending the food increases the digestibility of vegetables, fruits, nuts and seeds that is why we recommend the blended soups and the smoothies.

Will I get enough protein?

There is enough protein in grass to grow a 3,000-pound cow. Vegetables and beans are rich protein sources and can supply us with enough protein for a healthy life. In any case, one week of raw food will not cause a protein deficiency.

What if I am traveling?

Bring your blender and do the best you can do. Green juices (cucumber, zucchini, celery, spinach, parsley are good substitutes for the energy soup. They do not have fiber, so it is important to keep having as much blended foods as possible. Any uncooked plant based food can be your snack. Carrot sticks, celery, fruit and nuts are the easiest to find.

## Week Two Journal

What did you experience in week two?

What is changing for you right now?

How did you feel about what happened to you in week two?

## WEEK THREE

### The Liquid Diet

"What the eyes are for in the outer world, fasts are for in the inner."  
-Gandhi

Congratulations, you have completed 14 days of the detox program. Now it's time for some determination. Week three is a 100% liquid diet. Blended fruits and vegetables are the cornerstone of the final phase of the detox. When we consume a liquid diet the body responds with full healing potential.

Hippocrates, the father of modern medicine said, "let food be thy medicine and let medicine be thy food." A liquid diet is proof of the powerful medicinal value in food. Blended foods are concentrated with vital nutrients that will support the body's ongoing functions while simultaneously allowing eliminatory organs to rest.

Week three is a seven-day liquid diet, a fast. Fasting is a universal remedy for many common illnesses. All animals instinctively abstain from eating when they are sick. Our bodies intrinsically accept fasting as a healing tool. Our metabolism switches gears when we alter our intake of food. The body will move into a catabolic (dismantling state) cycle to make room for new growth.

In the strictest sense, fasting may range from no food (dry fast) to a plant-based diet depending upon individual strengths. The main purpose of the fast is to accelerate detoxification and promote healing. Fasting is essential during a detox, because it accelerates the healing process by giving the body and the digestion a rest. The top ten diseases in the industrial world are conditions of over-indulgence. A fast will positively effect heart disease, cancer, diabetes, arthritis, stroke, osteoporosis, hypertension, asthma, ulcers, bronchitis, colitis and obesity.

Fasting is not a new healing technique. In the past, people fasted for reasons that brought them closer to their divine nature. Moses, Jesus, Mohammed and Buddha all fasted for spiritual and health concerns. Socrates, Plato and Hippocrates account the benefits of fasting to promote mental clarity. Deepak Chopra, MD, Albert Schweitzer, MD and Benjamin Spock, MD all agree that fasting is one of the most under utilized healing techniques available. It is not uncommon for even the most conservative physician to instruct their patients to abstain from eating during an acute condition (i.e. the flu).

Fasting is a multifaceted experience. It affects us emotionally, creating an internal environment for the release of traumatic issues. With each fast, personal values can change. Stressful life events, addictions and obsessions can be alleviated by a fast. During a fast it is not uncommon to release anger, fear, sorrow or even experience intense euphoria. And many people have had realizations that change their lives.

Physiologically, fasting gives the liver and digestive system a break. It allows the lymph system to flush and gives our cells a chance to purge. Over all, it is an opportunity to clean house. Mucus and toxic build-up is released during a fast to clear the way for a more favorable healing environment. These are some benefits of fasting:

More energy	Enhanced immunity
Weight loss	Deeper sleep
Clearer complexion	Inspiration
Longevity	Relaxation

A rest from regular eating patterns enhances our appreciation of food. The taste buds will become more sensitive and eating will become more sacred. Most importantly, fasting can be undertaken by anybody at any time. There is no need for fancy machines or expensive medications to complete a fast.

A healing crisis can arise during a fast. Dramatic emotions may accompany the aforementioned detox symptoms. These emotions may come in waves as toxins are released into the blood stream. Realizations are made during a fast that usually are not appreciated under normal circumstances. Jobs, relationships, and belief systems are often challenged.

Again, it is not wise to attempt a fast during the third trimester of pregnancy. A host of toxins are being released from tissues that can endanger the child. Here are some conditions that require extra attention from your physician before fasting:

Severe Cancer	Pre and post surgery
Malnutrition	Cardiac Arrhythmia's
Congestive heart failure	Coumadin therapy

Even a great healing tool can be harmful if not used judiciously. These conditions can be exacerbated during a water fast, but are usually not an issue during a blended diet. If you have any of these conditions **do not** participate in the 24-hour water fast on day 19.

For our purposes, this fast will move from a morning smoothie, to veggie soups and then to an optional water fast for one full day. Then, we will work our way back to veggie soups, a smoothie and a salad on the final evening. This gradual schedule will allow us to deeply explore the detoxification process with minimal stress.

To insure a potent experience and further reduce the symptoms of detoxification, you are given the **option** to perform an enema on the morning of days 17, 18, and 19 of the cleanse. It is time to realize that healing happens from the inside out. Our health is as much a function of elimination as it is ingestion. The colon or lower digestive tract is a major organ of elimination. The average colon is about five to six feet long and about 2 ½ inches wide, yet the total surface area can cover a tennis court. The colon receives waste products from the liver, throat, sinuses, lungs, blood, and lymph system and must cope with any undigested fecal matter.

A poorly functioning colon arises from a diet of cooked over processed food, a stressful lifestyle and a lack of exercise. These factors can cause symptoms of constipation, gas, hemorrhoids, nausea, bloating, headaches and fatigue. During a cleanse, the colon must work overtime to deal with the additional burden of eliminating toxic waste from the tissues. Enemas are an effective way to alleviate many of the detox symptoms that are relative to the digestive tract.

A colon that is clogged with undigested food, hardened stools and toxins must be cleaned in order to rejuvenate the body. Enemas are an **optional** part of this program, but may speed up the healing process. An enema will clean the colon while exercising and toning it. Enemas are an effective way to deal with the toxic waste that has built up in the digestive tract through the course of a lifetime.

Don't expect others to be knowledgeable or accepting of enemas. Our culture does not concern itself with things it can avoid "Out of sight, out of mind." This area of the body carries significant cultural taboos, especially for men. If you are criticized for taking care of yourself, realize that it comes from a place of fear and ignorance. Enemas are used regularly as a healing tool in European hospitals and have a history that dates back to Ancient Egypt.

### Optional Enema Instructions

An enema can be done in the privacy of your own bathroom. To begin, you will need to get an enema bag and hose. The hose usually comes with the bucket or bag and should be 3-4 feet long. There are fittings for the end of the hose, generally white and 2-3 inches long. This is the part that enters your rectum. You will need some lubricant for the tube to allow it to slide in easily. Any lubricating oil that is edible, like olive oil or flax oil is recommended. Do not use petroleum jellies they are caustic and can burn the rectal tissue.

To further aid the detoxification process you may want to place a heating pad or a hot water bottle over the liver area. You can do this for 15 minutes before your enema. Just lay on your back, relax and breathe.

You will be using distilled or filtered water for your enemas as the water in your tap contains harmful chemicals such as chlorine, fluoride and heavy metals. Distilled water is preferred, because it draws out the toxins. You want the temperature of the water to be about the same temperature as your body (98.6F degrees). Warm the water up on the stove in a stainless steel pot, checking the temperature of the water with your finger. When it is too hot for your finger you know it is too hot for your colon.

Fill the bag or bucket with the warm water. Position the bag or bucket about 3-4 feet high. On the hose coming out of the bucket you will find a clip to help you stop the flow of water. Spread a towel on the floor to lie on. If you are worried about making a mess (and it happens to the best of us) you can put some plastic over the towel. Make the experience as pleasant as possible. Turn off the phone, put a do not disturb sign on the bathroom door, light some candles, burn some incense, play some soft music and relax. This is your time.

To make the enemas easier each step of the process is numbered:

- 1) Position yourself, lying on your left side.
- 2) Open the clip on the catheter to release air. Lubricate the catheter tip.
- 3) Lubricate your anus.
- 4) Slowly, insert the lubricated catheter tip up to 3 inches.
- 5) Take a breath.
- 6) Open the clip and allow the water to flow (count 1-2-3). \*Sometimes, it is necessary to adjust the catheter to assure flow. Then close the clip.
- 7) Gently massage the left side of your abdomen.
- 8) Insert the catheter a little deeper and open the clip (count 1-10). Then close the clip.
- 9) Again, gently massage the left side of the abdomen, breath and relax.
- 10) Open the clip until the bag has emptied or until the feeling of fullness.
- 11) Close the clip and continue to breathe and massage your abdomen.
- 12) While lying hold for 5 minutes. If it becomes uncomfortable move to the toilet and release.
- 13) Stay on the toilet until the fluid is released (be patient with yourself, it may come in waves).

This procedure must be repeated while lying flat on your back and then on your right side. Please do not exceed three enemas daily. Choose a time in the morning or evening that you find most relaxing. Some people prefer to take an enema in the morning to avoid having sleep interrupted by bowel movements.

All of this may seem unusual, but washing the inside of the body is just as important as taking a shower. Think of the enema as salon treatment for the inside of your body, without the free coffee and gossip. Remember healing happens from the inside out! Good luck with week three...

## Meal Plan Day 15

### Breakfast

Make a smoothie from week 2 or visit your local juice bar - You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as needed and have a spot of "DETOX TEA" in the evening.

### Daily Health Habits:

Drink 2 liters of water throughout the day.

Get 30 minutes of exercise or light stretches.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 16

### Breakfast

Make a smoothie from week 2 or visit your local juice bar - You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as needed and have a spot of "DETOX TEA" in the evening.

### Daily Health Habits:

Drink 2 liters of water throughout the day.  
Get 30 minutes of exercise or light stretches.  
Spend 30 minutes quiet time.  
Optional: Take 1-4 ounces of wheatgrass.  
Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 17

Do the optional enema. You won't regret it!

### Breakfast

Energy Soup - You can add one tablespoon of Dr. Greens into your soup or take separately in four ounces of water. You can have as much soup as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as needed and have a spot of "DETOX TEA" in the evening.

### Daily Health Habits:

Drink 2 liters of water throughout the day.

Get 30 minutes of exercise or light stretches.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 18

Do the optional enema. You won't regret it!

### Breakfast

Energy Soup - You can add one tablespoon of Dr. Greens into your soup or take separately in four ounces of water. You can have as much soup as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as needed and have a spot of "DETOX TEA" in the evening.

### Daily Health Habits:

Drink 2 liters of water throughout the day.

Get 30 minutes of exercise or light stretches.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 19

Do the optional enema. You won't regret it!

You may repeat the meal plan for day 18 or go to the 24-hour water fast. The **water fast** is a worthwhile challenge. Make sure you use distilled or purified water. Continue to add 1 tablespoon of Dr. Greens to your daily regimen. The table water used in restaurants would not be appropriate for the fast. If you need to go back to the vegetable juices at any time feel free to make the adjustment. Don't push yourself beyond common sense. There is **no** trophy for fasting.

### Breakfast

Energy Soup - You can add one tablespoon of Dr. Greens into your soup or take separately in four ounces of water. You can have as much soup as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need and have a spot of "DETOX TEA" in the evening. \*Those on the water fast may still drink the tea

### Daily Health Habits:

Drink 2 liters of water throughout the day.  
Get 30 minutes of exercise or light stretches.  
Spend 30 minutes quiet time.  
Optional: Take 1-4 ounces of wheatgrass.  
Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 20

There is no need to perform an enema today unless you feel it will enhance your experience. Take it slow and be patient the cleanse is not over until **tomorrow**.

### Breakfast

Make a smoothie from week 2 or visit your local juice bar - You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water. Drink as much water as you need.

### Lunch

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as you need.

### Dinner

Energy Soup - you can have as much as you need. If you are unable to have energy soup, have a 16-ounce combination vegetable juice. Carrots, celery, cucumber, parsley and ginger work well or get a similar combination at the local juice bar. Drink as much water as needed and have a spot of "DETOX TEA" in the evening.

### Daily Health Habits:

Drink 2 liters of water throughout the day.

Get 30 minutes of exercise or light stretches.

Spend 30 minutes quiet time.

Optional: Take 1-4 ounces of wheatgrass.

Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Meal Plan Day 21

There is no need to perform an enema today unless you feel it will enhance your experience. You will officially break the fast tonight, be patient. There is often a tendency to over eat on the morning after a fast. We suggest you stay light and have a morning smoothie and stay raw for lunch.

### Breakfast

Make a smoothie from week 2 or visit your local juice bar - You can add one tablespoon of Dr. Greens into your smoothie or take separately in four ounces of water. Drink as much water as you need.

### Lunch

Have your favorite salad or some fruit.  
Drink as much water as you need.

### Dinner

Potluck Feast! Make your favorite raw food dish and enjoy.

### Daily Health Habits:

Drink 2 liters of water throughout the day.  
Get 30 minutes of exercise or light stretches.  
Spend 30 minutes quiet time.  
Optional: Take 1-4 ounces of wheatgrass.  
Take a "hot" Epsom salt bath. Use 1-cup Epsom salt.

## Day 22 What next?

The week after the detox you should treat your digestion very delicately. We recommend staying on a plant-based diet for at least four days. Stay with the smoothies for breakfast this week. Mix up the rest of the meals. Have one cooked plant based meal and one uncooked plant based meal each day. It is important to not to binge. Try and incorporate moderation into your new eating habits. If you are going to have animal products this week, we recommend no more than four ounces a day. If you are planning on staying on this program longer, find a comfortable mix of week one and two.

Here is the shopping list for week three. You may have many of these items left from week one and two. You will need to make four breakfast smoothies and have at least fifteen 16-ounce vegetable juices or energy soup combinations during the week.

### **Smoothie shopping list:**

- 1 bunch bananas or other fruit
- 1/2 lb. of dates or stevia
- 1 lb. of almonds
- 1 lb. of your favorite fruits

### **Energy soup shopping list:**

For the energy soup make sure you have enough ingredients for 15 meals, please make sure you have plenty of greens, apples, avocados and dulse. Stock up on lemons, limes, fresh herb, garlic, ginger or any other healthy ingredient to make your energy soup delicious.

- 15 apples or cucumbers or servings of papaya
- 15 carrots
- 15 servings of greens- spinach, kale, sunflower sprouts, clover sprouts, etc...
- 7-8 avocados
- 4 oz. dulse

### **Optional Vegetable juice shopping list:**

- 15 16-ounce vegetable juices

If you are going to have a busy week and feel that it will be difficult to make energy soup stock up on organic vegetable juice during the week.

Additional items:

- 1 Box "Detox Tea"- any brand of packaged detox tea from the health food store.

## Frequently Asked Questions:

How do I break the fast?

It is always best to break a fast gradually. Moving from water, to a smoothie or vegetable juice, to a salad is a good pace. We urge a gradual progression to break a fast. Try to work your way back into your regular eating habits gradually. You may work your way back by doing Week Two again and then followed by week a week of plant-based food as in Week One. Be gentle in your transition back to the diet you wish to follow. Binging may reverse some of the work you have accomplished on this program.

Do I have to do the water fast?

The water fast is optional, but encouraged. If you do not have any underlying medical conditions and feel ready to do the water fast give it a try. A day without food will offer a new perspective on your eating habits. As always, this challenge is a matter of choice.

What if I get hungry?

It is common to get hungry during the third week. The first three days of the liquid diet will bring up hunger issues, but try to resist. By day three your body will adjust and become satisfied with the process. Drink water to fight your hunger, it really works!

Should I continue the supplements?

We suggest you continue Dr. Green and a daily wheatgrass shot. These supplements will support healing during a busy lifestyle.

What stretches do you suggest?

The book has some suggested simple yoga stretches. Use the poses that suit your needs.

What should I bring to the potluck feast?

You can bring any raw dish to the feast that does not contain animal products. We suggest you bring enough to serve 4-6 people. If you cannot make your own dish, the local health food store is the ticket.

## Week Three Journal

What did you experience in week three?

What is changing for you right now?

How did you feel about what happened to you in week three?

## CONCLUSION

According to the National Institute of Health, one in four children is destined for obesity, 70% of adult females and 50% of adult males are overweight.

Presently, 100 million Americans complain of symptoms related to a chronic illness and 80% of the industrialized world is taking a prescription medication.

The connection between food and chronic disease is no mystery. Even the Surgeon General openly admitted, "Most illnesses suffered in the U.S. are preventable or reversible when nutrition and lifestyle are the focus of treatment."

Obviously, we have a problem, and pills, are not the solution! Food provides the nutrients and energy needed to run and repair the body daily. When we are deprived of life giving nutrients, the metabolic gears switch into survival mode, and the body breaks down.

At the turn of the century, we strayed from Mother Nature and fell into the arms of technology. Today, as in the past, we long to live the promise of a leisurely lifestyle. We would sell our souls to make our lives more convenient. For every modern convenience there is a price, in trade we forfeit our well-being.

Most of the food sold in corporate supermarket chains is devoid of nutrient value and genetically modified. When fruits, vegetables, cereals and grains are processed and packaged they are leached of vitamins and minerals. These nutrients are essential to metabolic function. If we do not get them we gradually suffer. For example, chromium picolinate, the popular fat burning mineral, is derived from whole grains. When grains are processed 70% of this mineral is lost. We pay 10 times more for a cleverly marketed supplement.

It is very common for companies to stretch foods out with synthetic or animal derived fillers. This is great for the manufacturer, because it increases profits. But the consumer is often left unaware that these substances interfere with their ability to process essential vitamins and minerals. Chemical fillers alter the hormonal cycles crippling our ability to rebuild viable organ tissue.

Oddly enough, some of the foods we eat are injected with synthetic hormones or steroids. Ninety five percent of animal products sold in the United States contain the residue of potent hormones that are very similar to the steroids used by body builders.

Cows, chickens, pigs, turkeys, and sheep are injected with these hormones to increase tissue growth and pump up profits. These hormones have been found in all meat, poultry, pork, egg, and milk and cheese products. Fearing the side effects produced by these hormones the European government has outlawed them from use in livestock since 1988. The FDA approved a double dose in 1991!

Those of us consuming animal products get a regular dose of steroids without the long hours of weight training. These hormones cause us to produce fat cells. In fact, the amount of steroid needed to alter our hormonal balance is equivalent to the concentration made by placing an eyedropper's contents into an Olympic sized swimming pool! This is about the same amount that is found in a single cheeseburger or a glass of milk.

The pace has picked up since the Model T Ford. The dream of industrialization has brought many conveniences, but we still can't seem to get a good meal. In the 1900's our ancestors picked whole foods at the height of vitality. The food was abundant in vitamins, minerals and other nutrients. Fruits, vegetables, nuts, beans and grains were daily whole food staples.

Today, we settle for fast, processed, poorly combined foods that have been cooked beyond the point of nutrition. Since 1930, the consumption of fruits and vegetables has dropped by 40%; meanwhile animal food consumption has increased 40%. This is the result of expensive advertising by corporate fast food outlets and supermarkets. Including more plant-based foods in your daily diet is a matter of survival. It will encourage better digestion and assimilation of nutrients.

The part of the body most responsible for assimilating nutrients is the digestive tract. The most intimate act we can perform with our surroundings is assimilation. If the digestive system malfunctions food is not absorbed and the things get backed up. The digestive tract is the body's sewage system. If our pipes are not regularly cleaned, they back up and things get messy.

When the intestines get backed up assimilation decreases and we don't get vital nutrients. One major reason the intestines get clogged is poor eating habits. Food is fuel for the body and some grades are better than others. You wouldn't expect a racecar to run on diesel. As a mistreated engine given the wrong fuel, sometimes the intestines back fire.

When the intestines are cleared the ability to absorb nutrients increases and the desire to overeat decreases. In abstaining from food that clogs the intestines, we are less likely to gain weight, develop digestive diseases and age prematurely.

Processed, chemically filled foods gum up the works. Grain that is processed into white flour turns into glue in the intestines. Try a simple test at home. Mix some processed baking flour with tap water in a bowl and let it stand. Eventually, it transforms from flour, to glue, into a brick. This experiment occurs in our intestine everyday. Over the years, much of the indigestible food we eat adheres to the walls of the intestines. On average, we each have as much as 10 pounds of undigested food in the colon.

A thorough detox performed at least three times a year is essential in obtaining optimum health. This detox was designed to catalyze a new outlook on health. Inner well-being is not insured by a handsome physique.

The foundation for maintaining good health is dependent upon a well balanced diet, exercise and rest.

During the first week of the detox program you were encouraged to eat a 100% plant based diet. According to the American Dietetic Association, the Physicians Committee for Responsible Medicine and the American Medical Association a plant-based diet is sufficient to satisfy all the body's daily needs. However, given the damage caused to our food sources by the profit motivated commercial food industry daily supplementation is needed to achieve optimum health.

We suggest that you continue the Dr. Green and get a shot of wheatgrass on occasion. This will insure that you get enough protein, vitamins and minerals to give your body the building blocks needed for it to regenerate.

Exercise is essential. Today we are confined to cubicles with fluorescent lighting and get little time for exercise. Before the industrial age, people lived on small farms or homesteads outside of the city. They worked the land, grew their own food and tended to daily chores. Today, we work in settings that limit aerobic activity. Aerobic exercise is essential to manage your weight and health.

Any activity that promotes regular deep breathing for at least 30 minutes a day will increase stamina, reduce stress and increase longevity. Running, yoga, hiking and swimming are good exercises to insure vitality.

It is unfortunate that our competitive nature leads us to believe that we should rest when we are dead. Rest is essential for cell regeneration and for recovery from daily activities. The most seasoned tri-athletes rest for weeks after an event. In addition to resting the body, it is important to rest the mind. Stress is the number contributor to all chronic diseases in America. The mind extends beyond our physical boundaries. It keeps working even when the body gets exhausted. Rest should be mentally and physically relaxing. Meditation, gardening and sleep will relax the body and the mind.

We are born with many gifts. Our senses are gifts that allow us to fully enjoy our stay on earth. The senses help us adapt to any environment. Most animals use their senses to strike a balance with their surroundings. When the senses are abused it is easy to develop long-term health concerns. Detoxing is a way to recalibrate the senses and gain a new perspective on health.

We hope that you enjoyed the 21-day detox and look forward to working with you in the future. May you be always healthy and happy!

## Appendix

Here are some helpful healing tools:

**Yoga**

## Yoga Chart

## Reflexology

## Food combining

## **13 Steps to Optimum Wealth**

Most of us work hard to accumulate wealth in our youth only to spend it in an attempt to regain health in our golden years.

In a sense, health is wealth. Money cannot cure dis-ease.

In fact, the term "cure" is little more than a marketing tool to keep us chasing a dangling carrot. There is no magic bullet for health. Curing is for pickles, but healing is for people, but healing is for people.

Healing requires nothing more than a commitment.

Here are the 13 steps to optimum wealth:

1. Detox with the change of seasons
2. Gradually reduce your consumption of animal products
3. Drink only purified water
4. Have a green food supplement daily
5. Sweat for 30 minutes every day
6. Reduce the amount of TV you watch
7. Wear clothing with more natural fiber
8. Walk barefoot and breath deeply
9. Dare to give away 1/3 of your possessions
10. Help someone everyday
11. Meditate everyday
12. Play with children
13. Start each day naked in front of the mirror and say I love you

**Live, Love, and Laugh Out Loud!**

**May you always be healthy and happy**