

Cleansing Nutrition Guides

Disclaimer

The following 7 guides are for educational purposes only. These programs are not intended to diagnose or treat disease and are not intended to replace medical treatment.

4-Week Colon Cleanse

This chart is a guide to help make proper food choices for your colon cleanse. Please note that a colon cleanse is what is truly a general or total body cleanse as the body works as one unit. “Colon cleanse” happens to be the most popular term for this cleanse.

When choosing fruits and vegetables, try to find organic if possible. (If you can't, don't sweat it.) If you choose veggie or fruit juice, try to make it yourself or get it fresh made. When choosing meats, please use skinless and lean portions. Try to use meat with no hormones as this is a substance you are trying to clear out. Again, if you can't find it, don't sweat it. If cost is an issue, try to keep in mind you only need about 4 ounces per meal.

SPECIAL NOTES:

- No tomato juice for now
- For dressings, keep it easy like Italian, Balsamic Vinegrette, lemon, red wine vinegrette and olive oil or find a dressing from the recipes page.
- No dairy (other than a small serving of yogurt the first couple weeks)

WEEKS 1 AND 2

- 6 am (or first thing in the morning), drink 1 glass of warm lemon water
- 6:30 Fiber drink made with psyllium (herbal mixture if your favorite brand has them) and 2 ounces fruit juice and 2-4 ounces water
- 7 am 2 pieces of fruit of your choice, one piece of whole grain toast (a little butter is okay)
- 10 am cranberry juice or a cup of yogurt, depending how hungry you are
- 12 pm (or your lunch time) 4 ounces of protein (Choose 1: turkey, chicken, lean beef, 2 high omega eggs, beans, or sprouts) with vegetable-only salad. If this is your first cleanse, you should have 1 piece of whole grain bread or a small serving of brown basmati rice.
- 2 pm Cup of yogurt or carrot juice and a piece of fruit, have some raw organic almonds if you're very hungry
- 6 pm (or your dinner time) Protein from above list, and steamed vegetables with a small salad. (This is easier for your digestion.)
- 8 pm Another fiber drink, same as above

4-Week Colon Cleanse (Page 2)

WEEK 3

- 6 am (or first thing in the morning), drink 1 glass of warm lemon water
- 6:30 Fiber drink made with psyllium (herbal mixture if your favorite brand has them) and 2 ounces fruit juice and 2-4 ounces water
- 7 am 2 pieces of fruit of your choice
- 10 am Green drink made with a superfood powder (such as barley grass, kelp or wheat grass) in water or diluted fruit juice
- 12 pm (or your lunch time) 4 ounces of vegetarian protein (Choose 1: 2 eggs, beans or sprouts but no tofu) with vegetable-only salad.
- 2 pm Green drink made with a superfood powder (such as barley grass, kelp or wheat grass) in water or diluted fruit juice
- 6 pm (or your dinner time) Protein from above list, and steamed vegetables with a small salad. (This is easier for your digestion.)
- 8 pm Another fiber drink, same as above

WEEK 4

- 6 am (or first thing in the morning), drink 1 glass of warm lemon water
- 6:30 Fiber drink made with psyllium (herbal mixture if your favorite brand has them) and 2 ounces fruit juice and 2-4 ounces water
- 7 am 2 pieces of fruit of your choice
- 10 am Green drink made with a superfood powder (such as barley grass, kelp or wheat grass) in water or diluted fruit juice
- 12 pm (or your lunch time) 4 ounces of Sprouts with vegetable-only salad.
- 2 pm Green drink made with a superfood powder (such as barley grass, kelp or wheat grass) in water or diluted fruit juice
- 6 pm (or your dinner time) Vegetable-only salad.
- 8 pm Another fiber drink, same as above

If you prefer to fast your last week, then only do: WEEKS 1 & 2 for 1 week only, week 2, week 3 and the 7 day cleanse recipe for week 4.

7 Day Colon Cleanse Recipe

The 7 Day Colon Cleanse Recipe is a 7 Day intensive cleanse. Many people will prefer to do this as a fast. If this is your first time, do not be intimidated by not eating for 7 days. You can always eat a piece of fruit or a piece of whole grain bread to end your fast.

Monitor yourself carefully while doing this, or any other cleanse. See the “Troubleshooting” guide at the bottom if you need help.

The supplements used are psyllium, aloe vera juice, liquid bentonite clay, triphala and a green superfood. All of these can be found in your local health food store or if you have one near, a Whole Foods Market.

The Superfood can be of any combination. It usually has ingredients such as barley grass, wheat grass, kelp, spirulina and chlorella. They are very high in protein and absorb toxins in your body. This can aid in lessening a “healing crisis.”

7 Day Colon Cleanse Recipe

Drink:

4 oz Apple Juice (Unfiltered, organic) or Peach Juice

4 oz Water

1-3 Tbsp. Bentonite Clay

1/2 C Aloe Vera Juice

1-3 Tbsp. Psyllium

Mix all ingredients except psyllium in cup with lid & shake well. Add psyllium & shake well again. Drink immediately and follow with a glass of water.

Supplements:

Superfood mixed with water or diluted fruit juice

1 capsule of Triphala (This herb is for those who feel they need help eliminating.)

To Use the 7 Day Colon Cleanse Recipe:

Start early in the morning with the drink followed by 8 oz of water.

1 1/2 hours later take the supplements.

1 1/2 hours later have the 7 day colon cleanse recipe drink.

1 1/2 hours later, take more supplements.

- Continue this pattern, alternating the drink and supplements for the rest of the day until you have taken 4 to 5 of each.
- If you are very uncomfortable in the bowel area, try 2 capsules of senna at the end of the day. Please note, however, this may cause cramping as the plaque is moving out.
- If you would prefer to use the 7 day colon cleanse recipe and not fast, you may eat small meals of fruits and veggies. Go easy on grains, especially breads as they can make you feel very bloated during this time.
- The bentonite is very heavy yet gentle. It adheres to the plaque in the tubes and helps to remove it, so you will feel more full when you use this product.

7 Day Fast (Page 2)

Troubleshooting a fast:

- Do not fast if you are prone to fainting
- If you feel nauseous sip some beef broth
- If you feel heartburn or overly depleted, drink carrot juice
- Some people find colonics very useful to help move out the old plaque
- If you feel afraid, that the fast is too intensive, eat.
- Magnetic bracelets seem to work well for nausea.

Post Cleanse

- After your 7 days, do not take the 7 day colon cleanse recipe drink any longer.
- In the morning after your fast, eat an apple. Later on have another piece of fruit. Your digestion hasn't worked for some time so this will gently start it again.
- Have a small vegetable salad for lunch with a small amount of dressing, preferably non-dairy or have steamed veggies and a small serving of protein. Do the same for dinner.
- Easy on the snacking
- It would be detrimental, even dangerous to eat junk food or highly processed food right away after a fast.

MODIFIED DIET To Aid Digestion

This dietary approach has been most helpful in clients who complain of recurrent gastrointestinal problems, especially diarrhea and constipation, food intolerance or sensitivity (allergies); chemical or environmental sensitivities; and chronic headache of unknown etiology.

The diet is low lactose, low fat, gluten free and usually well tolerated. A summary of the dietary guidelines is outlined below.

- Eliminate dairy products such as milk, cheese and ice cream. Varying amounts of natural, unsweetened, live-culture yogurt may be tolerated by some individual
- Avoid meats such as beef, pork or veal. Chicken, turkey and cold-water fish such as salmon, mackerel and halibut are acceptable if you are not allergic or intolerant of these foods. Select from free range whenever possible.
- Eliminate gluten. Avoid any food that contains wheat, spelt, kamut, oats, rye, barley, amaranth, quinoa or malts. This is the most difficult part of the diet but also the most important. Unfortunately, gluten is contained in many common foods such as bread, crackers, pasta, cereals, and products containing flour made from these grains. Products made from rice, corn, buckwheat and gluten free flour, potato, tapioca and arrowroot may be used as desired by most individuals. A trip to your local whole foods store will help you find the appropriate foods
- Drink at least two quarts of water, preferably filtered, daily
- Avoid all alcohol and caffeine
- Avoid all fried foods
- Avoid all sugar
- Avoid raw meats such as sushi and raw beef as an appetizer
- If you are prone to hard stools or constipation, use more fruits. Try fruit as a whole meal once a day. Eat fruits alone.
- When detoxing (otherwise known as cleansing), most of the diet should be raw or steamed vegetables, fruits, seeds and nuts. The more you include these foods and less of the meats and grains, the faster your body will cleanse. Eliminating other foods on the chart will help you cleanse then re-introduce the foods later. In this way you may see if you have any food intolerance or allergies.

DIET SUMMARY (Modified Diet Page 2)

FOOD GROUP	ALLOWED	AVOID
Meat, Fish, Poultry	Chicken, turkey, all legumes, dried peas and lentils, cold-water fish, such as salmon, halibut and mackerel.	Red meats, cold cuts, frankfurter, sausage, canned meats, eggs.
Dairy Products	Unsweetened, live-culture yogurt, Milk substitutes such as rice milk, nut milks and soy beverages	Milk, cheese, ice-cream, cream, non-dairy creamers
Starch	White or sweet potato, rice, tapioca, buckwheat and gluten-free products	All gluten containing products, including gluten containing pasta
Soups	Clear, vegetable-based broth, homemade vegetarian soups	Canned and cream soups
Vegetables	All vegetables, preferably fresh, frozen or freshly juiced	Creamed or in casseroles Canned vegetables
Beverages	Unsweetened fruit or vegetable juices, water, non-citrus herbal tea	Milk coffee, tea, cocoa, Alcoholic beverages, soda pop, sweetened beverages, citrus
Bread/Cereals	Any made from rice, corn, buckwheat, millet, soy, potato flour, tapioca, arrowroot or gluten free flour based products	All made from wheat, oat, spelt, kamut, rye barley, amaranth, quinoa, or gluten containing products
Fruits	Unsweetened fresh, frozen, or water-packed, canned fruits excluding citrus and strawberries	Fruit drinks, ades, citrus, strawberries, dried fruit
Fats/Nuts/Oils	Cold/expeller pressed, unrefined, canola, flax, olive or sunflower oils, ghee, sunflower, sesame, flax, pumpkin, squash seeds/butters, salad dressings made from allowed ingredients, almonds, cashews, pecans, walnuts	Margarine, shortening, unclarified butter, refined oils, peanuts, salad dressings and spreads

THE PARASITE CLEANSING PROGRAM

The following is a special 4 week program to aid the body's elimination of intestinal worms. Keep in mind that the person infected does not normally see parasites. Once the infection is over 30 days old, they are imbedded deep in the intestine, which is approximately 20 feet long.

You should normally not start an intestinal worms cleanse unless you eliminate on a regular basis. As the parasites are killed off, their dead bodies will create toxic by-products that can make you feel sick if your body cannot remove this efficiently. For the reason, I would make sure clients have done a full 4 week cleanse before we embark on the more intensive intestinal worms cleanse.

Diet:

- **Meat** - It is better to not eat red meat, poultry, fish or pasta. If this makes you feel too weak right now, only eat the size of your palm, no more than 2 times per day.
- **No** junk food, no fried foods
- **No** sugar or sugar products including fruit juice.
- **Yes** to all vegetables, raw during the day and steamed at night. Some fruit is okay, but limited.
- **Vegetarian proteins include:** chlorella, spirulina, bee pollen, soy protein, brewers yeast, all sprouts, raw nuts & seeds, raw nut & seed butters, nut and seed milks, tofu, avocado, beans
- **Non-vegetarian proteins include:** fresh fish (no scavengers), free range turkey & chicken, organic eggs, raw goat products, lean red meat if tolerated
- **Starch/Complex Carbohydrates**
- **Grains include:** millet, quinoa, amaranth, basmati rice, oatmeal or wild rice
- **Others include:** yams, potatoes, squash, all root vegetables
- No white flour or white flour products
- **Liquids to drink**
- Herbal teas, fresh vegetable or fruit juice, 8-10 glasses of water a day
- Limit milk products
- Take Fiber in the morning, about 1/2 before you eat
- Take all herbal parasite supplements 15 minutes before you eat. This will cut down on any nausea you may experience

The Parasite Cleansing Program (Page 2)

WEEK 1: INITIATE AND PREPARE THE BODY BY CLEANSING

Fiber supplements 2 times per day, morning and night

Cloves 1 capsule, 2 times per day 30 minutes before meals.

WEEK 2 & 3: THE PARASITE KILL

Fiber Supplement:

Continue 2 times per day

Wormwood Combination:

Days 1-4 1 before lunch, 2 before dinner

Day 5-7 2 before lunch, 3 before dinner

Days 7-14 2 before lunch, 4 before dinner

Black Walnut Hull Tincture

Days 1-4 4 drops, 3 x/day

Day 5-7 10 drops, 3 x/day

Days 8-14 15-20 drops, 3 x/day

Continue at 15 drops a day after this for 3 months

Cloves:

Continue 1 capsule, 2 times per day

WEEK 4: RID THE BODY OF DEAD PARASITES

Fiber Supplements 2 times per day

Cloves 1 cap, 2 x/day

Wormwood Combo 1 or 2 caps at dinner

Black Walnut Hull 10-15 drops per day (as stated above)

You may also include psyllium husks, flax seeds or pumpkin seeds. I recommend psyllium or some type of fiber.

If you prefer to add or use different herbs, use the Herbal Guide to help you choose.

Healthy Weight Loss Cleanse

A cleansing program can help you to look and feel better. Food or diet plays an important role in cleansing. Just like any healthy eating program, you can lose weight if that's what your body needs. The following are some pointers to enhance your program.

- Don't be in a hurry to lose weight. You should lose between one half and two pounds a week if you want to keep it off. Even a good cleansing program with colonics will only allow you to lose at this pace in the overall picture.
- Eat a good nutritious breakfast and lunch. Dinner will also be nutritious, but lighter so it is easier to digest.
- Don't miss meals. This will work against any weight loss goals.
- No bread, pasta or rice with meat
- Try not to drink with meals, drink 15 minutes before or 1 hour after. If you feel you need to, drink no more than 8 ounces with meal.
- If this is a big change of eating habits for you, use butter, dressing or sauces when desired; just no chemicals or preservatives. These are found in abundance at Whole Foods Market
- No white sugar or flour
- No fried foods
- Limit milk products
- Stay away from canned, frozen and processed foods
- No fast food or junk food for now
- Do not overeat, this taxes the digestion
- Do not eat after 9 pm
- Always masticate your food well – this is the first stage of digestion. If food isn't digested properly from the start, you won't be able to assimilate the nutrients.
- Add a cup of broth throughout the day if you feel depleted or in place of vegetable juice.

List of Foods

Starch/Complex Carbohydrates:

Grains include: millet, quinoa, amaranth, basmati rice, oatmeal or wild rice

Others include: yams, potatoes, squash, all root vegetables

Proteins:

Vegetarian proteins: chlorella, spirulina, bee pollen, soy protein, brewers yeast, all sprouts, raw nuts & seeds, raw nut & seed butters, nut and seed milks, tofu, avocado, beans

Non-vegetarian proteins: fresh fish (no scavengers) steamed or baked, free range turkey & chicken, organic eggs, raw goat products, lean red meat if tolerated

Liquids to drink:

Herbal teas, fresh vegetable or fresh, diluted fruit juice, 8-10 glasses of water a day

BROTH RECIPE

Make a vegetable broth using cauliflower, cabbage, onion, lentils, peas, green pepper, parsley, carrots, beets with tops, garlic, potatoes, broccoli and/or brussel sprouts. Try 2 large potatoes and 1 cup of everything else

Put all your veggies in a large pot with 1/2 gallon of spring water. Let simmer for two hours, drain (keep this broth). Mash the vegetables and put back in pot. Add 1/2 gallon spring water and simmer for another 2 hours. Drain this broth into the 1st broth. Throw away the vegetable mash or mix it in with your soil. For seasoning try Bragg's "Liquid Amino's" or Dr. Bronner's "Mineral Bouillon".

Daily Cleanse Guide (Healthy Weight Loss Page 2)

Upon Rising:

- Glass of warm water with fresh lemon squeezed into it
- 10 minutes later 4 oz juice with herbal and fiber supplement followed by
- 6 oz water

Breakfast:

- 4 ounces of grapefruit juice with 1-3 Tablespoons of an Essential Fatty Acid
- 2 pieces of fruit **or**
- 1-2 slices of whole grain organic toast **or**
- 1 bowl whole grain organic cereal with rice milk

Mid morning:

Green antioxidant tea and piece of fruit

Lunch:

- Green salad with protein (see below)
- For your drink you may have a glass of carrot & apple juice

Mid-afternoon:

- Snack on raw vegetables or nuts if desired and herbal tea (detox tea or green tea is good)
- 1 cup of organic yogurt (no sugar if possible)
- Fresh vegetable juice with 2-3 carrots, spinach, parsley and celery (If you do not have a juicer or cannot get it fresh made to drink within 30 minutes of being made, skip this.)

Dinner:

- 1 high-quality protein with steamed or cooked vegetables **or**

Evening about 1 hour after dinner:

- 4 oz fiber and herbal supplement followed by glass of water

Artery Cleanse

Using any type of artery cleanse will be more beneficial if a colon cleanse is first done. A colon cleanse will open up the colon and small intestine. This will allow the liver and kidneys to dump more of their toxins allowing your system to become more efficient. In addition, the psyllium used during a colon cleanse will maintain healthy cholesterol levels to start you on your way to a healthy circulatory system.

This is important for your artery cleanse as the liver and kidney are the main filters for your blood. If these organs carry debris from heavy metals or toxins that add to arterial plaque, the plaque buildup could cause a heart attack, stroke or even stones in the kidneys and liver.

Once your colon cleanse is complete, there are many supplements to choose from to do your artery cleanse, from herbal formulas, nutritional supplements or even synthetic amino acids known to remove metals from the body.

- EDTA (Ethylene Diamine Tetra-acetic Acid) is used by some medical doctors to remove plaque buildup in the arteries. The EDTA is used intra-venously or orally as it binds with harmful metal buildup and calcium, which promote plaque formation, in order to remove them.
- L-Arginine is an amino acid that works as an antioxidant to improve immune functions. It also helps to reduce the risk of heart disease, high blood pressure and strokes.
- N-Acetyl-Cysteine is also an amino acid that works as an antioxidant. It helps to remove heavy metals from the blood stream, and aids in lung function.
- Lysine, Proline and Vitamin C – Lysine and proline are amino acids that when used with vitamin C will restore flexibility to hardened arterial walls.
- Hawthorne Berry is an herb that has been traditionally used to strengthen and nourish the heart.
- Ginger Root is a circulatory stimulant.
- Ginko Biloba is one of the most popular herbs used to promote healthy blood circulation.
- Cherry Juice and Pomegranate Juice have both been shown through research to clear plaque from the arteries.
- Citrus breaks up congestion in many organs of the system. It can be applied as an essential oil or drunk with water throughout the day by squeezing lemon or lime into your water. Citrus water is believed by some to even help clear plaque from the brain, which is a factor of alzheimers.