

## DETOXIFICATION GUIDELINES

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### Detox Preparation

- One day prior to starting detox, eat light meals including only brown rice, steamed organic vegetables, fruits, nuts, seeds, and sprouted grains
- Prepare yourself mentally to be committed to the detox

### Cleanse Solution

- 2 Tbsp Organic lemon juice (about ½ lemon)
- 1-2 Tbsp Real maple syrup (without preservatives, additives, formaldehyde)\*
- 1/10 tsp Red cayenne pepper (or to taste)
- 10oz/300mL Warmed or room temperature water (filtered/spring)
- \* darker maple syrups have higher mineral content, but light is fine too*

### Day 1 and 2:

- 6 to 12 glasses of Cleanse Solution each day during first two days
- Have a glass of Cleanse Solution when hungry
- Hot organic peppermint tea works nicely to relax the digestive system
- During the Cleanse period, no other foods should be consumed
- Your cleanse period should last for 2 days only

### Day 3 to 7

- Drink plenty of non-caffeinated herbal teas, lemon water, diluted fruit juice, filtered/spring water
- Brown, basmati, or Thai rice with steamed organic vegetables
- Rice protein shakes
- Cooked quinoa, amaranth, millet, buckwheat with seasoning
- Vegetables (steamed or lightly sautéed retains the most nutrients): dark green lettuce, spinach, endive, kale, chard, bok choy, arugula, carrots, beets, parsnips, turnips, yams, sweet potatoes, cabbage, cauliflower, broccoli, brussel sprouts, mustard greens, cucumbers, zucchini, squash, shallots, garlic, onions, leeks, asparagus, celery, okra, artichoke, eggplant, string beans, seaweed, kelp, parsley
- Season food with condiments such as sea salt, vegetable salt, tamari, ginger root or powder, cardamom, cinnamon, fennel, chili powder, lemon juice
- Fresh, unprocessed fruit juices, vegetable broth, raw fruit, lightly cooked vegetable salad
- 2 Tbsp flaxseed oil, olive oil, or fish oil daily

### Vegetable Broth Soup

- Combination of legumes, potatoes, celery, carrots, kale, beet roots and greens, onions, broccoli, squash, zucchini almost covered in water or vegetable stock
- Brown rice may be added, as well as chili powder, curry, cayenne pepper
- Simmer until vegetables become soft and broth gains colour and flavour from vegetables

### Basic Meals and Snacks

- Organic almond or coconut milk with brown rice or cooked millet, sweetened with maple syrup, and topped with flaxseeds and cinnamon or cardamom
- Spread almond, sunflower, or pumpkin seed butter on rice cakes
- Rice protein shake mixed with juice, flaxseed oil, water, nut milk and fresh fruit
- Trail mix including sunflower seeds, raisins, dates, almonds, pumpkin seeds
- Organic vegetable or fruit salad topped with sesame or sunflower seeds
- Organic almond, rice or coconut milk
- Have raw vegetables (carrot or celery sticks) with nut butter for a quick snack
- Organic berry and fresh fruit shakes
- Miso soup with vegetables

### Supplementary Therapies

- *Exercise* to increase your heart rate for 20 minutes, 3 times per week: bicycle, jog, brisk walk, swim, jump rope and treadmill
- *Sauna* for 45 minutes, with cold showers at each 15-minute interval, ensuring adequate consumption of fluids during treatment
- *Contrast Showers* in morning: 3 minutes hot, 1 minute cold, end with cold
- *Dry Skin Brushing* every day: start with extremities and always brush toward the heart
- *Epsom Salt Baths*: Soak for 30 minutes in a warm bath in which you dissolve a small handful of Epsom Salts
- *Relaxation Techniques*: Yoga, tai-chi, falun gong, pilates, meditation, breathing exercises, and prayer are all beneficial to quietening the mind

### Important Notes

- Eat frequently in small portions; fruit should be eaten away from other foods
- If dizzy, increase consumption of rice and fluids
- If nauseous, drink Cleanse Solution upon waking
- If constipated, drink mild laxative tea before sleeping, increase fluid and oil intake
- If diarrhea present, it is usually temporary, but increasing rice intake can minimize this
- If headaches present, increase fluid intake and contrast showering on back of head
- If you feel weak, irritable, or fatigued, increase consumption of rice or root vegetables

### Special Instructions

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