



## In Health Naturopathic Medicine – Crystal Hannan, ND

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### Cleansing & Maintenance Diet

#### Preparation

Cleansing diets are designed to release toxins from storage in the body's cells and tissues. When toxins are released from cells they enter the bloodstream and can cause a variety of symptoms, such as fatigue, malaise, headache and sore muscles. You can minimize the chances of these unpleasant side effects if you plan appropriately for the cleansing diet. Initiate the program at a time when you have few obligations or responsibilities, when you will be able to minimize stress, and when you'll be able to rest and sleep as your body needs. It is important to be especially kind to your body when you're asking it to cleanse and heal itself.

Another important aspect of preparation is being clear about what you want to accomplish through the cleanse. If one of your goals is to initiate a more healthy diet or lifestyle, we advise that you spend some time before beginning the cleanse looking at the specific behavior you want to change. What are the feelings and beliefs that control your present eating patterns and lifestyle? Success in making major long-term changes in your diet depends upon addressing these basic issues.

#### The 7-Day Cleansing Diet

##### Days 1 and 2:

Breakfast: Have a fruit meal early in the day. The fruit should be fresh, such as grapefruit, oranges, apples, pears, grapes, papayas, melons, or any fruit in season. Eat fruits alone or combine similar fruits into fruit salads. For example, do not combine acid fruits with sweet fruits, and always eat melons alone. Be sure to rinse fruits (and vegetables) thoroughly and obtain organically grown food whenever possible. Do not add dressing or sweeteners.

Lunch & Dinner: Combine cooked or raw fresh vegetables and sprouts for these meals. One meal might be a salad with loose-leaf lettuce, sprouts, chopped spinach, green onions, grated carrots, and celery. Use homemade oil and lemon dressing with herbs if desired. Another meal might be steamed vegetables. Steam several vegetables together, adding the faster cooking vegetables last. Vegetable soups are also good. Be sure to include a variety of vegetables such as collards, mustard greens, kale, Swiss chard, beets, parsnips, Brussels sprouts, broccoli, asparagus, spinach, etc.

Herbal Teas: Drink as much tea as desired. Some suggested teas include peppermint leaf, fenugreek seed, dandelion leaf, ginger root, fennel seed and chamomile. Teas may be taken alone or in combinations. Do not sweeten the teas.

Water: It is advisable to drink half a gallon or more of pure spring or filtered water each day. If your water comes from a municipal water supply that contains chlorinated water, do not drink this during the cleansing phase.

Herbal Laxative: In the evening of day 2, take an herbal laxative.

Avoid: All meats and seafood, eggs, dairy (milk, cheese, yogurt), bread, flour, sugar, honey, other sweeteners, nuts and nut butters, cooked grains, and fried foods.

## Days 3,4, and 5:

*Breakfast:* Begin each of days with the following breakfast cocktail: (Do NOT use if you have or have had Gallstones)

3 tbs. Olive oil (extra-virgin, cold pressed)  
1-2 cloves fresh minced garlic  
Juice of one lemon  
Juice of one orange (optional)

Mix the above the ingredients in a blender and drink this for breakfast. If you don't have a blender, chop the garlic finely and stir the mixture, or shake the ingredients in a closed jar. In this case, it is best to chew the garlic bits before swallowing.

*After breakfast:* Half an hour to an hour after drinking the cocktail, drink 2 cups of warm herbal tea (as described for days 1 and 2).

*Remainder of the day:* Have up to 2 cups of prune, apple, or black cherry juice diluted 1:1 with purified water each day. You may drink an unlimited amount of fresh vegetable juice.\* If you are using store bought juices such as carrot, beet, or green drink, then dilute 2:3 with purified water. If making your own juice, use the following combinations and proportions. Combine 1 ingredient from each group:

### Vegetable Juice Recipes

#### *Group 1*

Apple (4 oz)  
Carrot (4 oz)

#### *Group 2*

Romaine (4-6 oz)  
Celery (4-6 oz)  
Cucumber (4-6 oz)

#### *Group 3*

Parsley (1 oz)  
Beet (1 oz)  
Red cabbage (3 oz)  
Spinach (2 oz)  
Beet tops (2 oz)

*Broths:* Include one or both of the following mineral rich broths:

Bieler Broth: Drink 2 bowls a day. Steam the following until very soft:

2 medium zucchini  
Handful of green beans  
2 stocks of celery  
3 cups of filtered water

Place vegetables, steamed water, and a handful of chopped parsley in a blender. Blend until smooth.  
Makes 2-3 bowls.

Alkaline Broth: Drink 4-8 cups a day. Fill a pot with 1 1/2 quarts of pure water. Add:

2 potatoes, unpeeled  
1cup chopped carrots  
1cup chopped celery  
1cup any other available vegetable

Add cayenne, basil, oregano, plus other desired seasonings, except salt. Cover and cook slowly for at least 1/2 hour. Let cool another 1/2 hour. Strain and drink only the broth.

*\*If you have not had a bowel movement by the end of day 3, take another dose of herbal laxative.*

### Day 5:

Consider an enema or scheduling a colonic irrigation for day 5 to aid in digestive elimination.

## Day 6:

Breakfast: Eat one type of raw fruit. This same fruit may be eaten throughout the day as desired.

Lunch: Eat a large green leafy salad and/or steamed vegetables. Salad dressings of olive oil, lemon juice, and herbs may be used.

Dinner: Same as lunch. Include 1-2 cups of brown rice, millet, or buckwheat with the vegetables.

## Day 7:

Eat as recommended for day 6. If desired, you may add one of the following proteins for one meal:

- Lamb, lightly cooked, 4-8 oz.
- Fish, 4-8 oz.
- 2 soft eggs (poached or boiled)
- Raw milk, 8 oz.
- Yogurt, low fat, 6 oz.

## The Maintenance Diet

On rising drink 8 oz. of purified warm water with a pinch of sea salt added. You may also have the juice of half a lemon if troubled with constipation. One half hour later eat one of the following breakfasts.

Breakfast 1: Only fruit is eaten with this breakfast. You can eat as much as you like without overeating. Recommended fruits include apples (raw juice, baked, or a sauce), apricots, bananas (very ripe), berries of all kinds (raw is best), cantaloupe, cherries, grapefruit, grapes, lemons\*, limes\*, oranges\*, papayas, peaches, pears, rhubarb, and melons of all kinds. Melons, however, should not be eaten with other fruits. Dates, prunes, figs, and raisins may be eaten if they cause no trouble, but they contain concentrated sugar more than other fruits and should be restricted during colds, flu, and with certain sugar disorders. If necessary, nuts, seeds, and lean fish may be added to the meal. These foods supply substance to the meal without disturbing the digestion.

*\*These foods should not be eaten if you have arthritis, bursitis, or related diseases.*

Breakfast 2: Although a fruit breakfast is recommended, you may find it unsatisfying, or you may want some diversity. The following foods may be eaten in this case:

Cereal: Any whole grain product may be eaten, such as steel-cut oats, millet, quinoa, 7-grain cereal, etc.

Dairy: Organic raw milk is preferred. If raw is not available, organic whole milk can be used on cereal. Also consider coconut, almond, or rice milk.

Bread: Whole grain toast, whole grain or cornmeal muffins, whole grain waffles, pancakes, or corn bread may be eaten.

Vegetables: Raw vegetables should be eaten with the above because these foods are all acid-forming and raw vegetables are needed to control this condition. Raw celery or carrots are sufficient.

Lunch, Dinner: Lunch and dinner have similar guidelines. One meal, either lunch or dinner, should be smaller than the other, but the type of foods eaten is the same.

Protein: Eat only one protein at a given meal. Small portions of two proteins from the same group may be used. Proper proteins may be chosen from the following groups:

Protein Group 1: Raw milk, buttermilk, cottage and natural cheese (no processed cheese), and eggs, fertile if possible. If raw milk products are not available, use organic dairy. The eggs may be soft boiled, poached, or raw. If you have problems with congestion, use only the yolk.

Protein Group 2: Meat limited to lamb, chicken, turkey, game meat, and fish. If possible, purchase meats from private growers who do not use chemicals in the animal feed, or sodium nitrate as a preservative. Some health food stores also carry naturally raised, free roaming meat (such as grass-fed beef). Fish from the sea is richer in essential elements than fresh-water fish.

Protein Group 3: Nuts, lentils, dried peas, beans, and seeds (sunflower, sesame, etc.). Eat these with caution because they are difficult to digest. Seeds are easier to digest and more nutritious.

Starches: Have only one starch at each meal. Health-building starches should be chosen from the following: baked potatoes, natural brown or wild rice, unpearled barley, millet, steel-cut oats, and any products made from natural unrefined grains, for example corn bread, whole grain pancakes, waffles, or muffins. Make your own or buy whole grain bread from a natural foods store.

Fats: A small amount of fat is useful in most diets. Avoid margarine and use a small amount of butter or 'Better Butter'. 'Better Butter' is made by blending equal amounts of butter and a mono- or poly-unsaturated vegetable oil. In cooking, use only cold-pressed oils, such as coconut, safflower, sunflower, and avocado. For salad dressings, use only olive oil. These fats may be more expensive than those in common usage today, but they help to prevent disease that could cost a thousand times more.

Vegetables: The rest of the meal should consist of vegetables. It is best if they make up at least half the bulk of the meal. This helps to normalize body chemistry. Half of the vegetables should be raw. If you can eat something raw, don't cook it. If at all possible, try to obtain organic vegetables that haven't been sprayed with pesticides or grown with chemical fertilizers.

The best vegetables are those fresh from the garden - yours or a friend's. Canned and frozen vegetables are allowed, but they are second best. Each meal should start with a raw vegetable - this is vital. Tomatoes and/or cucumbers should not be eaten with regular meals. Eat them only with other vegetables, with meat or fish, and not with starches or dairy products.

*Supplements to optimize and maintain bowel function:*

Slippery Elm Pudding - Slippery elm is an herb that can be added to rice cream or oat bran and eaten as breakfast. Smaller quantities of the same recipe should be taken 2 other times during the day.

1 cup rice cream or oat bran  
1 Tbsp. slippery elm powder  
2 cups water

Add enough water to the slippery elm and rice cream/oat bran to make a paste. Boil 2 cups of water and add the paste to the boiling water. Making the paste avoids a lumpy meal. You can add raisins or bananas for flavoring.

Laxative Formula (ITI/Enzymatic Therapeutics) - take 3 capsules at bedtime.

Baths: Bathe daily for 10-20 minutes in comfortably warm water. Add 2-3 cups of Epsom salts. Rinse for 30-60 seconds in cool water, but don't chill yourself.

### **Additional guidelines:**

Baking powder: use only brands containing no aluminum.

Salt: sea salt is preferable to mined salt, which often has dextrose (sugar) added.

Corn starch: substitute arrowroot flour, kuzu, or rice polishings.

White sugar and syrup: substitute uncooked honey, sorghum, molasses, maple syrup, barley malt, or rice syrup.

Desserts: cakes, pies, and cookies can be made from unrefined foods but should be served as the starch for the meal and not afterward, as is usually done.

Coffee and tea: Use herbal and green tea.

All foods should be simply prepared. If you avoid spices, the natural flavors soon will prevail, enabling your senses to appreciate their delicate but distinctive character. Natural spices in moderation can be used.

Don't eat fruit with regular meals. Eat it only for breakfast, as a snack between meals, or at bedtime. Nuts, dried legumes and soybeans can be used if your digestion allows it. If eaten, they shouldn't constitute the only starch or proteins taken at that meal.

Don't drink fluoridated water or use it in food. Buy bottled water if necessary. A good water filter that attaches to your faucet is easier and more economical. If you are interested in a water filter, please talk to me about Multipure.

### References:

Bailey, Steven. The Fasting Diet. (Chicago, IL: Contemporary Books, 2002).

Barrie, Stephan and Peter Bennett. 7-Day Detox Miracle. (Rocklin, CA: Prima Publishing, 1999).

Haas, Elson. Staying Healthy with Nutrition. (Berkeley, CA: Celestial Arts, 1992).