



DETOXIFICATION PROGRAM

<p>VEGETABLES</p> <p><i>Unlimited if low glycemic, raw or light steamed</i></p> <p><i>Choose from high-fiber selection</i></p>	<ol style="list-style-type: none"> 1. Artichokes, Asparagus, Bamboo Shoots, Beans (Green or Italian) 2. Broccoli, Brussels sprouts, Cabbage, Bok-Choy, Chinese-greens 3. Celery, Cauliflower, Daikon, Cucumbers, Eggplant, Escarole 4. Dark green leafy vegetables: Arugula, Collard Greens, Dandelion, Kale, Kohlrabi, Mustard Greens, Parsley, Radicchio, Romaine, Spinach, and Watercress 5. Horseradish, Onions: leeks, Bermuda, chives, green, scallions, shallots 6. Peppers (green, red, and yellow) 7. Squash (Crookneck, Italian, Kabocha, Butternut, Yellow, or Zucchini) 8. Tomatoes, Water Chestnuts
<p>LEAN PROTEIN</p>	<ol style="list-style-type: none"> 1. Legumes such as lentils, split peas, garbanzos, black beans, and soy tempeh. 2. Seafood such as salmon (king wild), trout (rainbow), sardines, snapper, sole, anchovy, Eel, shrimp, clam, scallops. (Avoid-Swordfish, Chilean Sea-bass, Cod-Atlantic, Monkfish, Shark, Sturgeon, and Tuna bluefin) 3. Soy (preferably fermented)-tempeh, miso, natto, also –soy milk, tofu. 4. Eggs 5. Fish 6. Lamb 7. Poultry 8. Veal 9. Pheasant and quail
<p>SEA VEGETABLES</p>	<ol style="list-style-type: none"> 1. Kombu 2. Hijiki 3. Wakame 4. Kelp 5. Nori
<p>FRUIT</p> <p><i>Choose from two whole portions daily</i></p>	<ol style="list-style-type: none"> 1. one small Apple. (Golden, and Red Delicious, Macintosh, Newton, Pippin, Rome Beauty, or Granny Smith). 2. one-half Avocado. 3. two medium Apricots. 4. half a Grapefruit. 5. one medium Nectarine. 6. one Orange. 7. two small Plums (sour). 8. one and a half cups of Strawberries, Blueberries, or Raspberries. 9. two small Kiwis.
<p>OIL</p>	<ol style="list-style-type: none"> 1. Flax seed oil- one tablespoon twice a day (organic, lignan-rich) 2. Extra Virgin Olive oil. 3. Borage oil. 4. Pumpkin seed oil
<p>FILTERED WATER</p>	<ol style="list-style-type: none"> 1. At least eight glasses a day to rid the body of waste. 2. Keep the tissue moist. 3. Lubricate the system.
<p>TEA & BEVERAGE</p>	<ol style="list-style-type: none"> 1. At least two cups of Dandelion root tea daily (effective liver



	<p>cleanser and decongester).</p> <p>2. One cup of Green tea.</p>
<p>SPECIAL DRINKS</p>	<p>Liver Flush</p> <ul style="list-style-type: none"> • juice of 1 lemon. • 1 clove of garlic. • 1 Tbs. extra virgin olive oil. • ½ cup of warm water <p>Liver Detoxifying Drink</p> <ul style="list-style-type: none"> • 1 cup of cabbage juice. • 4 oz. Apple (green) juice. • 3 oz. juice from dark green vegetables, such as dandelion or nettles greens. • 1 oz. Aloe Vera.
<p>SUPPLEMENTS</p> <p><i>Liver-supporting supplements containing one or more of the following herbs:</i></p>	<ol style="list-style-type: none"> 1. Gentian-root- (Gaia Herbs)- 2 fl. Oz/60ml, suggested usage- 30 drops in warm water 3 times daily between meals. 2. Yellow dock-500mg, 100 pills (Nature's Way)- recommendation take two pills twice daily , preferably with food. 3. Milk Thistle - Silymarin active ingredients (24 mg), health maintenance usage- three times daily per two pills, discontinue use if unusual symptoms occur. 4. Oregon Grape Root – 475 mg- one pill three times daily 5. Sho-Saiko-To.