Why Detox?

As part of your overall metabolism, your body has mechanisms to rid your body of harmful toxins. But these mechanisms may not work at their best because of imbalances from years of abuse with food, alcohol, and medications. You may already take supplements, but when you continue to eat poorly it is like never changing the oil or oil filter in your car.

Why fruits and vegetables?

Fresh fruits and vegetables contain phytonutrients and enzymes.

- **Phytonutrients are** plant-derived nutrients that contain antioxidants.
- **Antioxidants** are natural compounds that protect the body from harmful free radicals.
- **A free radical** is an atom or group of atoms that cause damage to cells, impairing the immune system, leading to infection and various diseases such as heart disease and cancer, therefore **antioxidants** play a beneficial role in the prevention of disease. Scientist also believe free radicals to be the basis of the aging process
- **Enzymes** are organic compounds that increase the rate of which food is broken down. Fresh fruits and vegetables contain living enzymes that break down in the digestive tract, this gives your digestive system a much needed rest so it can repair and rejuvenate.

When you continue to take in dead food such as starches, sugars and fats, this creates a trap because your body is not getting the nutrients it needs. This will lead to overeating because your body starts craving food (usually the wrong foods). Also when you overeat, this creates a burden on your digestive tract and your liver.

Think about it? You are starving your body by not getting the essential nutrients that you need. Americans are obese while starving!

Example of what fruits and vegetables are good for you

Asparagus- Just for 21 calories (6 medium spears) worth of asparagus supplies 55 or more of the recommended intake of 25 nutrients (9 vitamins, 9 minerals and 7 essential amino acids). It also contains nearly as much insoluble fiber as celery, promoting healthy gastrointestinal function, and 4 times as much soluble fiber, which lowers bad cholesterol.

Tomatoes- The pigment that gives tomatoes their red color is the cancer fighting phytonutrient lycopene. Consumption of tomatoes (especially when they're cooked) has been associated with a reduced risk of stomach, lung, and prostate cancers.

Onions- Heart healthy onions help thin the blood and raise "good" cholesterol. Flavonoids, the phytonutirents that give yellow and brown onions their color, have anticancer properties; help lower "bad" cholesterol and fight viral and bacterial infections.

Blueberries- Fresh blueberries are an excellent source of antioxidants, including cancer fighting chlorogenic acid as well as the anthocyanin pigments that give them their color. Blueberries are rated among the highest of fruits and vegetables for ORAC units which stand for "oxygen radical absorbance capacity." They have anti-inflammatory compounds that can dampen joint pain from arthritis and slow or even reverse the aging process.

Detox Food List

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Bean Sprouts
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Carrots
Cauliflower
Celery
Chard
Collard Greens
Tomato
Watercress
Green Beans
Hot Peppers
Water Chestnuts
Jimcama
Kale
Leeks
Lettuce (all types)
Mushrooms
Okra
Olives
Onions
Parsley
Radishes
Sauerkraut (no sugar added)
Snow Peas
Spinach
Tomato Juice (1/3 cup), no salt
Tomato Paste (2 tablespoons)
Tomato Sauce (1/2 cup)
Cucumber
Eggplant
Yellow Squash
Zucchini

Fruit (limit to 3 servings a day)

Apples	A medium (if you feel overwhelmed with cravings, eat extra apples)
Apples, Dried	4 Rings
Apple Cider	1/2 cup
Applesauce (no sugar added)	1/2 cup
Apricots, Dried	7 halves
Banana	1/2 or 1 small
Blackberries	3/4 cup
Boysenberries	3/4 cup
Cantaloupe	1/4 section
Cherries	12 large
Cherries, Canned (no sugar added)	1/2 cup
Cranberry Juice (no sugar added)	1/2 cup
Currants	3 tablespoons
Dates, Fresh	2
Figs, Fresh	2
Figs, Dried	2
Fresh Fruit Cup	1/2 cup
Fruit Cocktail (no sugar added)	1/2 cup
Grapefruit	1/2 section
Grapefruit Juice (no sugar added)	1/2 cup
Grape Juice (no sugar added)	1/3 cup
Grapes	1/2 cup
Guava	1 small
Honeydew melon	1/16 medium
Kiwi Fruit	1 large
Kumquats	4 medium

Lemon	1 large
Lychees	7
Mandarin Orange	3/4 cup
Mango	1/2 small
Nectarine	1 medium
Nectars	1/3 cup
Strawberries	1 cup
Orange	1 medium
Orange Juice (no sugar added)	1/2 cup
Papaya	1/2 medium

Detox Sample Menus

Note: Drink Green Tea with Every Meal

Detox Sample Menu 1

Pre-Breakfast
Lemon juice in warm water

Breakfast
Cantaloupe
Herbal Tea

Snack
Banana
Detox or Herbal Tea

Lunch
Vegetable juice
Veggie burger
Cucumber salad
Carrot sticks
Apple
Detox or Herbal Tea

Snack
Green
beans
Herbal Tea

Dinner
Vegetable soup Mixed greens salad with: mushrooms, asparagus, tomatoes, and beets Strawberry and blueberry medley Herbal Tea

Snack
Fresh cucumber, red and yellow

Detox Sample Menu 2

Pre-Breakfast
Lemon juice in warm water

Breakfast
Grapefruit sections
Herbal Tea

Snack
Papaya
Detox or Herbal tea

Lunch
Consommé
Mixed greens salad with: olives, red and green peppers, cucumber, celery, artichoke hearts and cherries
Detox or Herbal Tea

Snack
Cooked spinach Detox or Herbal Tea

Dinner
Lightly steamed broccoli florets Grilled vegetable plate with: eggplant, onion, red peppers and zucchini Herbal Tea

Snack
Steamed beets Detox or Herbal Tea

Detox Sample Menu 3

Pre-Breakfast
Lemon juice in warm water

Breakfast
Orange slices
Herbal Tea

Snack
Greens beans
Detox or Herbal
Tea

Lunch
Large fresh fruit salad tossed with 2 tablespoons of fresh lemon juice
Herbal Tea

Snack
Mixed greens
salad Detox or
Herbal Tea

Dinner
Fat-free dressing with carrot slices, raw or lightly steamed Vegetable soup made with: celery; onion or leeks; cabbage; leafy green vegetables such as kale, collard greens, and chard; peas; and tomatoes Herbal Tea

Snack
Zucchini
Detox or Herbal Tea

Detox Rules

1. Eat only the cleansing foods on the lists. If you like, arrange these foods into three meals a day, plus snacks. (See Detox Sample Menus)

2. Eat as many vegetables as you like, but limit fruits to three servings per day.

3. Do not add any fats; no oils, butter or margarine.

4. Keep it simple. You may use spices and herbs. Small amounts of low sodium soy sauce, Mrs. Dash, vinegar and mustard are allowed, but avoid mayonnaise.

5. Drink at least 8- 8oz. glasses of water. Herbal teas, distilled or filtered water or mineral water are extra and will assist in the flushing of impurities.

6. NO coffee, alcohol, soda, sugar, artificial sweeteners, and caffeine-containing beverages. These are substances we want to purify from your body.

7. NO JUNK food- *remember,* this is a cleansing, detoxification diet, and avoiding these now will help you get unaccustomed to the taste of sweet or fat.

8. If you have been taking a multivitamin/mineral formula, continue to do so, but do not start to take supplements during this detoxification step if your body is not accustomed to them.

9. Get plenty of rest and sleep because this helps with the detoxification process. The naturally accruing plant compounds in the fruits and vegetable will help accelerate the cleansing process. You may feel a little more tired than usual the first few days. By the end of the week, you should feel energized. **Note:** Some other symptoms may be headaches, fatigue, irritability and nausea. This can be a part of the withdrawal of JUNKY foods.

10. Do not engage in strenuous physical activity, even if you are used to it. Instead of a vigorous workout, take more yoga and gentle stretching. This is also a great time to meditate, listen to relaxing music, and engage in other stress-reduction activities.

11. Your first action every morning: Cut a lemon in half or a large slice and squeeze the juice into warm water, then drink. Lemons are naturally diuretic and have antioxidants. They are also very soothing and will help with your cravings. **Note:** If you are heating your water with the microwave, heat your water first and then squeeze your lemon into the water.

12. Think about the commitment you are making to yourself, what you stand to gain, and how accomplished you will feel. Look at this as cleansing out the old and getting ready for the new.

Taming Hunger

1. Eat more vegetables.

2. Drink more water, tea, and fat-free vegetable broth. Hot water and lemon is a great soother.

3. Get out of the house and take a walk or find some way to occupy yourself to take your mind off food. Clean out a closet or engage in some other activity that is absorbing but not stress provoking, and that will also give you a sense of accomplishment.

4. In extreme emergencies, add a very small amount (3 ounces) of clean, lean protein to either lunch or dinner, such as fresh or canned water-packed tuna or salmon, lean chicken or turkey without skin, tofu or plain soymilk, but no dairy.

5. **We do recommend that you try to sustain from eating protein for as long as physically possible in order to completely reap the benefits from the Detox.**

Detox Menu Suggestions

- Stir fry carrots, snow peas, bean sprouts, mushrooms, green beans, broccoli in VERY little LOW sodium soy sauce or LOW sodium vegetable broth.

- Tomato sauce: Take a can of plain tomato sauce add Italian seasonings, mushrooms or green peppers and onions to sauce to jazz it up. Use sauce or portabella mushroom mentioned below.

- Sauté or grill portabella mushrooms in a skillet or grill pan w/balsamic vinegar, garlic, and lemon juice.

- Spaghetti squash. Cut squash in half and scoop out seeds. In a large skillet bring about 3/4 " of water to a "boil". Place squash halves cut side down and cover skillet w/lid. Cook for about 20-25 minutes until squash can be easily scraped away w/fork. If you do not have a skillet w/lid large enough to do this, bake the squash cut side down for 30-35 minutes at 350.

- You may have 1 veggie burger per day if it does not contain tofu or cheese. Sauce may be good over the burger.

- You can make your own vegetable soup, but use LOW sodium vegetable broth. Add all the veggies you like such as: carrots, celery, green beans, cabbage. Use tomato sauce and spices to add more flavors.

- Don't forget you are allowed three fruits per day. I used them as a dessert after each meal.

- Herbal tea helps ward off late night cravings. Be sure it is caffeine free; Celestial Seasonings has some good flavors. Green Tea helps w/weight loss.

- When you eat salads, do not use salad dressing. If you cannot stand dry salad, then you can use a small amount of virgin olive oil or lemon juice only.