

Diet Detox Program

*Weight Loss and
Detoxification with
Natural Foods*

By
Geoff and Po D'Arcy

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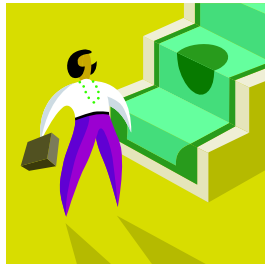
The following recommendations are written for the purpose of education and perspective and are not intended to be medical advice, nor a prescription for any disease. If you have a medical condition or are experiencing any unusual or persistent symptoms, please consult a qualified natural healthcare practitioner immediately.



*“There’s hidden sweetness in the stomach’s emptiness.
We are lutes, no more, no less.
If the soundbox is stuffed full of anything, no music.*

*If the brain and the belly are burning clean with fasting,
every moment a new song comes out of the fire.
The fog clears, and new energy makes you
run up the steps in front of you.”*

**—Rumi—
16th Century Sufi Poet**





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Do you need to cleanse and purify your body?

Take the challenge! Prove to yourself, the power of rejuvenation, energy and renewal that the cleansing diet and herbs will bring your body and mind. What's to lose? Just excess weight and toxins.

1. Do you often feel tired?
2. Do you ever feel dizzy, trouble concentrating or foggy thinking?
3. Do you eat fast, fatty, fried, oily, processed foods?
4. Do use stimulants, coffee, cigarettes, candy or soda to boost yourself each day?
5. Do you move your bowels less than twice a day?
6. Do you have intestinal gas, bloating or constipation?
7. Do you experience headaches?
8. Do you live with or near polluted air or water?
9. Do you eat fish more than twice a week?
10. Do you have food allergies or skin problems?
11. Do you have sinus problems or often have lower back pain or weakness?
12. Are you exposed to chemicals, pharmaceuticals?
13. Do you feel sluggish or overweight?
14. Do you spend most of your time indoors?
15. Is it difficult getting out of bed in the morning?

If you answered yes, to three or more of the questions above, this program is for you!

*We do not recommend this program if you are currently experiencing the following medical conditions: pregnancy, breastfeeding, severely underweight, insulin dependent diabetics, advanced kidney and heart disease. We also recommend that those with eating disorders do so under medical supervision.**

Preface

***If you have a medical condition, in our experience it really is common sense to consult a physician or qualified health practitioner immediately. This Diet Detox Program can help you to achieve sustainable weight loss and an increase in your energy and vitality.**

Is it possible that we don't make the connection between our health and the food we are eating?



We began our annual Diet-Detox Programs with my old partner and friend, Dr. Guillermo Asis, MD more than 18 years ago. We are grateful for his introduction to this powerful healing experience. Over time we have experimented with doing one, two and sometimes three short programs per year, each time adding to our appreciation and re-connection to food as a source of our “life-force.” Nowadays, we have fallen into the rhythm of taking two weeks each Spring and one week each Fall do enter into this cleansing process. Each and every time we experience the rejuvenation in the body, mind and spirit and gain renewed appreciation for the mystery and miracle of the body.

You may be approaching this Diet-Detox Program for cleansing and detoxifying toxins from your body; or, perhaps you may want to marshal your body’s life-force for a specific healing; some of you may simply want to drop a few unwanted pounds, while others may want to challenge negative life-long habit patterns around food. Whatever your goal, we offer this booklet to your health, to help you raise up the functioning of your liver, (our sacred filter,) to help you shift negative patterns and replace them with healthy educated choices. In addition to motivation, we offer practical recipes and helpful tips we’ve learned over the years. We offer this to the heart of your physical, emotional and spiritual wellbeing, to your blood and your cellular nourishment, to your experience of more energy, and to your lessening of suffering and disease.

On a daily basis, we see first-hand the suffering created for patients from simply having made poor choices in their daily food intake. Fast-food and the denatured, refined, processed, so called “foods” found on our grocery shelves can create serious health problems, or minor ones so that most of us just don’t feel that good most of the time. Is it possible that we don’t make the connection between our health and the food we are eating? Somehow there is a disconnect between food and health, and this has created an erosion in the health and spirit of our nation, most visible in the health of our children. For our own sake, and for the sake of those we feed, we need to make the re-connection. We believe strongly that in a few days, by challenging your habit patterns and allowing your body to clear out and

renew, you will experience the connection between food and nourishment in an entirely new way.

This is a book to accompany and motivate you in your process of rejuvenation. We provide the basic guidelines and offer it to you as a tool for your exploration of full health and wellbeing. For the program to work, all it takes is your interest and your willingness to participate fully. For some who are familiar with natural foods, it will call you to a renewed commitment to your health. For others, who have not experienced this approach, it will require a leap of faith. The recipes are user friendly and taste good, the information provided will motivate you mentally and the program is easy to follow. Remember, it is only for two weeks, and even though there may be some challenging moments, ultimately at the end of these two weeks, you will have gained some knowledge for yourself about the importance of food quality and your relationship to food and your eating habits. We support you in your exploration of health and radiant wellness!

— *Po and Geoff D'Arcy*

Introduction

Welcome to our Diet-Detox Program and thank you for your participation. Over the past 18 years, many people have participated in this program and have made permanent changes in their diets and in their approach to eating in general. Often the idea of balancing the diet has helped them to find balance in other areas of their lives as well, increasing their ability to manage stress, work and/or relationships with greater ease and effectiveness. We believe that creating healthy new eating habits is more important than *any* amount of weight you may lose with this program. Typically, when we want to learn something new, we read about it. However, this kind of intellectual learning will play only a minor role in this program. There will be times when you will love what you're doing. And there will be times when you may question your own judgment for getting yourself into this predicament. A lot has already been written about nutrition, and some of the most incredible diets are waiting on the shelves of your local bookstore. We do not intend to re-invent the wheel. Instead, let's let our own bodies have a say in the matter. If we are looking for sound advice as to what foods are good

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for us, what kinds of foods will increase our vitality and wellbeing, we need to listen to what our bodies are telling us.

Our medical elite tells us to eat five portions of fruit and vegetables a day and that this alone will lower cancer rates in the U.S. by 40%! Yet, when we look at what we are serving our children in the schools of America, we can easily get the 'disconnect' that we as a nation have around food. This has to change, and it CAN change...it can change in your circle of friends and within your circle of loved ones by making a change right now for yourself! We have seen many people on the typical "American diet" who start their change with this program and shift into the adventure of energy, weight loss, greater vitality and greater health.

In our world today, the development of refined foods, soft drinks and fast food outlets has upset the balance of health in this country. This modernization of the American diet has represented an economic drain. Although some of the repercussions will be felt for a long time it is possible to clean up some of the waste. Just as our planet has its chemical waste problems, our smaller environment, the body, is also greatly threatened. Toxins may accumulate in the colon and the liver, leading to fatigue, headaches, and pre-menstrual tension. We take these symptoms for granted without realizing that they represent a state of ill health. There are certainly many others. The ultimate truth about wastes is that in the body's natural tendency to preserve balance, what goes in must go out.

Cleansing and detoxification involve the removal of toxins that enter the body through our food, drink, air and the toxic byproducts of our metabolic processes. Generally, our modern diet and polluted environment build up toxins faster than our organs can detoxify. Through a periodic dietary cleansing, we can give our organs time to remove accumulated toxins. When wastes accumulate in the body they interfere with the normal function, nourishment, and regeneration of our body cells. If this problem becomes chronic it can result in a general metabolism slowdown and premature aging.

Our Amazing Liver

One of our primary targets for the Detox Program is the liver. If you suffer with any of the following, this program may be the beginning of relief of some of these symptoms. The following are indicators of imbalance of liver potential.



Abnormal Metabolism of Fats:

Abnormalities in the level of fats in the blood stream, such as elevated LDL cholesterol and reduced HDL cholesterol and elevated triglycerides are signs of the body struggling with fat processing. Arteries blocked with fat, leading to high blood pressure, heart attacks and strokes is a another clue. The build up of fat in other body organs (fatty degeneration of organs), or lumps of fat in the skin (lipomas and other fatty tumors) are suggestive of abnormal metabolism of fats. Excessive weight gain, which may lead to obesity or the inability to lose weight even while dieting, may all be signs of abnormal metabolism of fats. Sluggish metabolism, cellulite, a fatty liver to the tell tale sign of a roll of fat around the upper abdomen - (liver roll) are all suggestive fats not being metabolized well.

Digestive Problems:

Indigestion, and/or acid reflux
Gall stones and gall bladder disease
Intolerance to fatty foods
Intolerance to alcohol
Nausea and vomiting attacks
Abdominal bloating
Constipation
Irritable bowel syndrome
Pain over the liver - (upper right corner of abdomen & lower right rib cage)



Blood Sugar Problems:

Craving for sugar
Hypoglycemia and unstable blood sugar levels
Mature onset diabetes (Type II) is common in those with a fatty liver

Nervous System Problems:

Depression
Mood changes such as anger and irritability. Metaphysically the liver is known as the "seat of anger"
Poor concentration and "foggy brain"
Overheating of the body, especially the face and torso



Recurrent headaches (including migraine) associated with nausea

Immune Dysfunction:

Allergies - sinus, hay fever, asthma, dermatitis, hives
Multiple food and chemical sensitivities
Skin rashes and inflammations
Increased risk of autoimmune diseases
Chronic Fatigue Syndrome
Fibromyalgia
Increase in recurrent viral, bacterial and parasitic infections

External Signs:

Coated tongue
Bad breath
Skin rashes
Itchy skin (pruritus)
Excessive sweating
Offensive body odor
Dark circles under the eyes
Yellow discoloration of the eyes
Red swollen itchy eyes (allergic eyes)
Acne rosacea - (red pimples around the nose, cheeks and chin)
Brownish spots and blemishes on the skin (liver spots)
Red palms and soles which may also be itchy or inflamed
Flushed facial appearance or excessive facial blood vessels (capillaries/veins)

Hormonal Imbalance:

Intolerance to hormone replacement therapy or the contraceptive pill
Menopausal symptoms such as hot flashes may be more severe
Premenstrual syndrome may be more severe

Clean that Filter!! If the filtering and/or detoxification system within our livers is overloaded or inefficient, this will cause toxins, dead cells and micro-organisms to build up in our blood stream. This will then increase the workload of our immune systems, which will become overloaded and irritated. Our immune system will then produce excessive inflammatory chemicals, and in some cases, auto antibodies, because it is in a hyper-stimulated state. It is a great idea to cleanse our livers at least once a year, as we do not want these dangerous substances building up in the blood stream and moving

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to deeper levels in our bodies.

The liver is the body's toxin filter, and main defense against the toxins of daily life. The liver protects our body by filtering over one liter of blood a minute and produces up to one quart of bile a day. It metabolizes internal wastes such as harmful bacteria, fungi, viruses and parasites, while breaking down our hormones such as testosterone and estrogen, preventing build ups, that could lead to PMS or mood swings, and other hormonal imbalances.

The toxins processed by the liver are excreted by the lungs, kidneys and through bile into the gall bladder and out through the intestines. So it makes sense to give your liver and gall bladder a little help from time to time. This is especially important for patients who suffer constipation as they are re-circulating wastes through their systems. The effective combination of herbal supplements and a cleansing diet, will better protect you from internal and external toxins, and help you maintain a healthy body weight.

Environmental toxins and toxins produced inside our bodies can be stored in adipose (fat) tissue, and often lead to fatigue and poor health. When we lose weight we break down fat cells and release stored toxins into circulation.

Detoxification means to remove a poison or toxin or the effect of such from the body or to render a harmful substance harmless. Detoxing is an additional benefit of weight loss, yet it has its hidden dangers if your filter, the liver, is in sluggish. It is estimated that one in every four Americans suffers from some level of heavy metal poisoning. Heavy metals, such as lead, mercury, cadmium, and arsenic, are by-products of industry. Synthetic agriculture chemicals, many of which are known to cause health problems, are also found in food, air, and water. American agriculture uses nearly 10lb (4.5 kg) of pesticides per person on the food supply each year.

These toxins have become almost unavoidable. Pesticides that are used only on crops in the southern United States have been found in the tissue of animals in the far north of Canada. DDT, a cancer-causing insecticide that has been banned for decades, is still regularly found in the fatty tissue of animals, birds, and fish,

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Detoxification is the process of clearing toxins from the body or neutralizing or transforming them.



In 1989, enough toxins were released into the air and earth to fill a line of semi-trailers parked bumper-to-bumper with a cargo capacity of 45,000 pounds each, stretching from downtown Los Angeles to Des Moines, Iowa! That is 1,680 miles!!!!



even in extremely remote regions such as the North Pole.

Detoxification is the process of clearing toxins from the body or neutralizing or transforming them, and clearing excess mucus and congestion. Detoxification involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load. Drinking extra water (purified) and increasing fiber by including more fruits and vegetables in the diet are steps in the detoxification process.

Toxins. Let's get the some perspective on modern toxins that place much of an extra burden on our liver. In 1989, enough toxins were released into the air and earth to fill a line of semi-trailers parked bumper-to-bumper with a cargo capacity of 45,000 pounds each, stretching from downtown Los Angeles to Des Moines, Iowa! That is 1,680 miles!!!!

We are exposed to a spectrum of more than 100,000 potentially harmful chemicals, and exposure to these can bring on disease. According to a 1997 study by the National Center for Environmental Health at the Centers for Disease Control and Prevention in Atlanta, many of these chemicals may accumulate in our bodies. Then, tucked away in our fatty tissues, they can damage our reproductive, neurological and immune systems. The American Food and Drug Administration, for example, put out a warning in September 1997 that predatory fish such as swordfish and sharks may contain methylmercury levels in excess of its one part per million (ppm) recommended limit. The FDA's advice is that the fish is safe to eat, as long as the quantity does not exceed more than one portion a week. However, once the toxins are in our bodies, they stay there for a long time... maybe for ever, or until sudden weight loss.

Japan's health ministry has long been concerned about mercury levels in whale meat. A recent article in the New Scientist magazine revealed research had found that whale meat was so laced with mercury, that Japanese who eat just a mouthful ran the risk of brain damage or poisoning their unborn children. Japanese researchers from the University of Hokkaido found such high concentrations of mercury in at least two whale or dolphin liver samples that eating 0.15 grams would ex-

ceed World Health Organization safe weekly intake levels.

The Good News! If our Liver is healthy and strong, it is an astounding filter.

All of this news can be overwhelming, but we can be encouraged by understanding the body's amazing capacity to take care of itself. The liver detoxification pathways inside the liver cells are sophisticated mechanisms that have evolved over millions of years to break down toxins. Every drug, artificial chemical, pesticide and hormone, is broken down (metabolized) by enzyme pathways inside the liver cells. Many of the toxic chemicals that may enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. Fat-soluble chemicals have a high affinity for fat tissues and cell membranes, which are made of fatty substances. In these fatty parts of the body, toxins may be stored for years, being released during times of exercise, stress or weight loss. Our liver is remarkably designed to convert fat-soluble chemicals into water-soluble chemicals so that they may then be easily excreted from the body via watery fluids such as bile and urine. Even modern synthetic chemicals, never seen before in the millions of years of evolution can be broken down!

When we detoxify our bodies we risk old toxins that were isolated and not broken down by the liver being released back into our systems. We offer some recommendations that can help with this process. Research shows that there is an ingredient in Broccoli Sprouts, *sulforophane*, that stimulates the liver's Phase 2 enzymes, the ones needed to break down toxins so they can be excreted, instead of tucked-away into fat cells. We highly recommend that during the Diet-Detox that you take Broccoli Sprouts.

Good News about Broccoli Sprouts and other vegetables.

There is now compelling scientific evidence that consumption of vegetables and fruits helps to reduce the risk of some cancers. The USDA's Dietary Guidelines for Americans, as well as the National Research Council and American Institute of Cancer Research recommendations, all reflect this growing knowledge. Vegetables do keep us healthy, and can be a powerful weapon against toxins. According to a recent international report, mak-

We can be encouraged by understanding the body's amazing capacity to take care of itself.



ing dietary changes to include vegetables and fruits in our diets can *prevent* 30 to 40 percent of cancer cases, (three to four million cases annually).

What is it about vegetables that produce those healthy effects?

It is the naturally protective phytochemicals from thousands of naturally occurring chemicals in vegetables. Some of these protective compounds in vegetables are: *allicin*, found in garlic; *carotenoids*, found in carrots; *lycopene*, in tomatoes; and another amazing compound found in broccoli, *sulforaphane glucosinolate* (SGS). These compounds increase the body's own defense system against carcinogens. Cells in the body contain a family of detoxification enzymes (Phase 2 enzymes) that neutralize cancer-causing chemicals as well as free radicals before they damage DNA and initiate cancer. Chemo-protection can be accomplished by activating the body's Phase 2 defense. The Phase 2 enzymes are an integral part of the body's amazing detoxification system, neutralizing carcinogens and making them inactive. This detoxification system turns carcinogens and other toxic substances into harmless molecules that are excreted from the body.

In his article "Sulforaphane Stimulates the Body's Cancer Fighting Enzymes," Richard Conant describes how sulforaphane works. "The detoxification of carcinogens and other toxic substances takes place in the liver, and involves two distinct enzyme driven processes or "phases." Phase 1 enzymes neutralize toxins by various routes. Some of these convert toxins into substances that are immediately eliminated. However, other Phase 1 steps convert toxins into intermediate products which are carcinogenic themselves, and require further treatment before they can be excreted. Phase 2 enzymes do this vital job. Phase 2 enzymes deactivate these carcinogenic metabolites of Phase 1, and the final breakdown product is then eliminated once and for all. ...We can see therefore that it is vitally important to keep Phase 2 enzymes operating well. This is where sulforaphane plays its cancer preventive role. Sulforaphane is a powerful inducer of Phase 2 enzymes." (See Appendix II for further discussion on Broccoli Sprouts.)



Why Organically Grown Foods

On the Diet-Detox Program we are trying to give our bodies a break from all processed foods, artificial ingredients and herbicides, pesticides growth hormones, anti biotics and any other food contaminant and toxin. So the body can use these two weeks to fully rejuvenate itself and its organ functioning.

Plenty of organic, unrefined, unprocessed foods, fresh whole foods, including fresh vegetables, fruits, whole grains and unrefined carbohydrates should make up the majority of the the Diet-Detox Program and ultimately our regular diet.

Why are organically grown medicinal plants and foods so important? For food, as for medicinal plants, organically grown or cultivated, means avoiding the use of man-made chemical fertilizers, chemical pesticides, chemical growth regulators/hormones and antibiotics. These substances are poisoning our external and internal ecologies.

Organic farming is based on a system of farming that uses production methods that minimize the impact on the environment. The primary focus is to maintain a healthy soil and develop a balanced farm ecosystem that is environmentally sustainable. Conventional farming practices, not only are dangerous because of toxic chemical use, but because they do not protect the soil.

The Soil Conservation Service estimates that over 30 years of planting of vast areas with the same crop year after year and environmentally insensitive farming practices, have resulted in the worst topsoil erosion in history. Soil is the organic farmer's most revered tool. Rather than relying on synthetic fertilizers, they build their soil through natural amenities, such as composted manure, and by planting diverse crops. Organic farmers respect the soil and view it as the foundation of the food chain. Studies show that vegetables grown in organic soil have many more vitamins and trace elements than conventionally-grown food and, of course, are not treated with any noxious chemicals. When you buy certified organic food and products, your money casts a vote for a healthier planet because organic agriculture and processing practices.

So why organic foods? Because when you realize the facts its common sense - well-balanced soils grow

"Organic growing is a process of attunement that calls for looking at and responding to whole ecosystems in which plants are growing, rather than concentrating on isolated aspects." -- Dan Jason, 1991. Greening the Garden.



"Certified Organic" in North America, means that a product has been produced in accordance with specific guidelines and organic standards, as established by a certifying agency.





"People call the soil mineral matter, but some one hundred million bacteria, yeasts, molds, diatoms, and other microbes live in just one gram of ordinary topsoil. Far from being dead or inanimate, the soil is teeming with life. These microorganisms do not exist without reason. Each lives for a purpose, struggling, cooperating, and carrying on the cycles of nature."
--Masanobu Fukuoka, *The Natural Way of Farming*.



strong healthy plants that are full of nutrients and also taste great.

Safe Foods! Be Sure That These Foods are on your Shopping List Are Organic! (Please see Appendix I)

FOOD AS ENERGY— A TRADITIONAL CHINESE MEDICAL PERSPECTIVE

A Kirlian photograph on the wall of my office pictures a leaf with the top part cut off and thrown away. The photograph captures the "corona discharge" that represents millions of electrons streaming from the leaf. The upper portion of the leaf is cut off yet one can clearly see the "phantom leaf" or "energy body" that remains.

All living organisms have an attending energy body interfacing with the physical body. This bio-energetic factor has yet to be explored from a scientific viewpoint, yet from 5,000 years of use within the framework of Traditional Chinese and Japanese Medicine, a huge body of evidence has been accumulated about energetic qualities found in certain herbs and foods, even refined to the point of understanding which energy meridian the herb or food enters, which organ system with which it has an energetic affinity, and to which tissues it is drawn.

Food has energy, and fresh food has more "Qi" or "Life force" than refined or processed foods. When we eat any food, we not only get the nutritional chemical values from that food, but also the *lifeforce* of the food - if it is available.

According to Chinese legend, Shen Nung, the Chinese father of agriculture and leader of an ancient clan, took it upon himself to test, one by one, hundreds of different plants and foods to discover their nutritional and medicinal properties, testing plants and foods for their properties of inducing cold, heat, warmth, and coolness.

Traditional Chinese Medicine, (TCM), and other mature systems throughout the world have studied the herbal and food energetic signature effects on the body and mind.

The "Four Energies" are classified as: Hot, Warm, Cool, Cold or Neutral.

The “Four Directions” help to classify the tendency of the food with respect to area of effect in the body.

Applying **Yin and Yang theory** to diet means choosing a balanced diet of both yin and yang foods which complement each other. The idea is to balance yang foods with yin foods, and to use foods that are neutral as a base.



More Potentially Toxic			More Detoxifying		
fats	sweets	nuts	brown rice		fruits
Allergenic foods	refined foods		seeds	squash	greens
GMO	Fried foods		beans	Root vegetables	veggies
organ meats	processed	milk	millet	potatoes	herbs
sugar	meats	eggs	oats	buckwheat	
Hydrogenated fats	cheese	Baked goods	pasta		water

Most Congestion			Least Congesting		

Extreme Yin and Extreme Yang:

Yang qualities are contracting, while *Yin* qualities are expanding. Very *Yang* foods include Red Meat, eggs, salt, cheese. Very *Yin* foods include refined foods (sugar), alcohol, ice cream, and fruit.

Balancing *Yin* and *Yang* in foods is about avoiding extremes. In the West, most people could tell you that a diet of steak with no fruit or vegetables is bad. They might say that a steak diet doesn't supply complete nutrition. An Eastern chef might tell you that steak alone is an all-*Yang* diet, and that's no good. In short, whether you're eating in the West or East, imbalance is not healthy.

Too many *Yang* foods in someone's diet—eggs, poultry, meat—would be as bad as too many *Yin* foods—fruits, dairy, sugar, alcohol, or coffee. Fans of grains will be happy to note that grains are considered one of the most balanced foods according to this philosophy. As



Cold/Cool foods, such as watermelon and salad greens, have the medicinal functions of clearing heat and fire, cooling the blood, and eliminating toxins.



both seed and fruit, grains symbolize the entire life cycle of the food.




Even the manner in which a person chooses to cook food can affect its *Yin-Yang* qualities. Pressure cooking makes a food more *Yang*; microwaving, or steaming is considered *Yin*. Stir frying is one of the most balanced ways to cook, which brings us to the topic of chi in cooking.

The Four Energies of Food.

For practical purposes, TCM practitioners classify Chinese foods into three energetic groups: **Cold/Cool foods; Neutral foods; and Warm/Hot foods.** Cold/Cool foods, such as watermelon and salad greens, have the medicinal functions of clearing heat and fire, cooling the blood, and eliminating toxins. Warm/Hot foods such as garlic and chicken have the medicinal functions of warming meridians, strengthening *Yang*, invigorating Blood, opening collateral meridians, and eliminating cold. Neutral foods are used to serve as bridges, harmonizers, or neutralizers to bring about a balanced state.

It is easy to see how the Four Energies of food can be used to achieve balance in the body. If a person suffers from a Cold-induced condition, he will be advised to avoid cold (and raw) foods, and to eat warming foods. The opposite advice would be given to a person with too much Heat in his system.

All foods fall into three categories; *yin* foods, *yang* foods and neutral foods. The term *yin* or *yang* relates to whether a food is a cooling or a warming food. Do not be fooled by simple assumptions, as these terms often have nothing to do with the taste, nor how it is cooked. They relate to deeper essences of the foods nature. You might assume that all drinks are cooling; beer is cooling, but brandy is not. Here is a very basic food list:

Flowers—Fruits—Leaves—Fast Seeds—Twigs—Branches—Barks—Roots—Slow		
YIN FOODS 	NEUTRAL FOODS 	YANG FOODS 
Almonds, Apple, Asparagus, Bamboo, Banana, Barley, Bean curd, Bean sprouts, Beer, Broccoli, Cabbage, Celery, Clams, Corn, Corn flour, Crab, Cucumber, Duck, Eels, Fish, Grapes, Honey, Ice cream, Lemons, Mushrooms, Mussels, Oranges, Oysters, Peppermint tea, Pineapple, Salt, Shrimps, Spinach, Strawberries, Soya beans, White sugar, Tomatoes, Water	Bread Carrots Cauliflower Cherries Lean chicken meat Dates Milk Peaches Peas Pigeon Plums Raisins. Brown rice Steamed white rice	Beef, Black pepper, Brown sugar, Butter, Cheese, Chicken liver and fat, Chillies, Chocolate, Coffee, Eggs, Smoked fish, Garlic, Green peppers, Goose, Ham, Kidney beans, Lamb, Leeks, Onions, Peanut butter, Roasted peanuts, Potato, Rabbit, Turkey, Walnuts, Whisky, Wine

TCM practitioners classify Chinese foods into three energetic groups: **Cold/Cool foods; Neutral foods; and Warm/Hot foods.**



Cold Foods 	Cool Foods	Neutral Foods	Warm Foods	Hot Foods 
Bamboo shoots Bananas Clams Crab Grapefruit Lettuce Seaweed Water chestnut Watercress watermelon Bok Choi Turnip Celery Califlower Bean Sprouts Asparagus Eggplant Cucumber Grapefruit Pineapple Tangerine Zucchini Seaweed Tofu	Apples Bean curd Button mushrooms Cucumber Lettuce Mango Mung beans Pear Spinach Tomato Peppermint Green Tea Oolong Tea Bitter Gourd Green Apple Snow Pea White Corn Oranges Cabbage Soybean Sprouts Cooked Onion Strawberries Cheese Cherries Mushrooms Miso	Apricots Beets Carrot Celery Corn Egg Honey White rice Potato Pumpkin Cabbage Potato Grape Almond	Cherries Chicken Chives Dates Ham Leek Mutton Peaches Raspberries Shrimp Scallions Sunflower seeds Walnuts wine Garlic Noodles Bread Pork Turkey Broccoli Green Pepper Green Beans Egg Whites Yellow Corn Egg Yolk Fish Ginger Cooked tomato Spinach Black tea Nectarines Milk	Chinese Green onion Green & red bell pepper Onion (red, Yellow or white) Pepper Soybean oil Nuts Grilled Foods Avocado Lichee Chocolate Cocoa Raw onions Coffee Lamb Duck Eggplant Venison Deep Fried Foods
Salty	Bitter	Sour	Sweet	Pungent



Acid Alkaline Foods

Whether foods are categorized to *Yin/Yang*, toxic to detoxifying, or acid to alkaline, these systems are not black and white and there are many gray areas. One thing is certain however in that they generally represent human experience, the experience of hundreds of thousands of people's experience captured within a metaphor that collects or attempts to explain that data. All of the theories and practices we have looked at certainly contain a lot of wisdom and back up our experience that high vegetable, health food diets are very detoxifying.

The acid/alkaline metaphor has many points of contention from within its own ranks. Nevertheless, the pH strips make this metaphor a very powerful one to work with in the Diet-Detox Program. It is tangible and you can measure shifts in your body's metabolism.

Our bodies are designed to survive and has all the intelligence it needs to maintain the optimal blood pH level of 7.4. Yet it will borrow from built up alkaline levels in other organs in the body in order to keep the necessary ph balance.

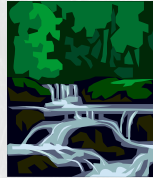
Problems begin when those alkaline reserves are not replaced through proper nutrition. Our immune systems do not function well in an oxygen-depleted environment and won't provide the necessary protection to keep you healthy. Long-term deprivation of alkalinity and oxygen will allow disease to get out of control.

Here is how this theory goes...

What is Acid/Alkaline balance and why is blood & body pH balance so important?

The pH balance or acid/alkaline balance is basically how alkaline or acidic our body is, particularly saliva, blood and tissues. Every function performed by any organ in the body depends on that range of pH level. When a body is acidic, it creates a welcoming environment for viruses and bacteria to come in and begin to flourish. As viruses and bacteria continue to flourish inside our body, we experience lack of energy, frequent illness and pains. If a person doesn't do anything about changing the acidic state of the body, and you are constantly acidic the situation can get worse. Virus or bacteria can

*Optimal blood
pH level = 7.4*



*Alkaline is lush
and supports
growth and life.*



*Acid is a desert
that breaks
down life and
works against
growth.*



mutate into a serious illness such as cancer, infection and other serious illnesses or diseases.

When you have an alkaline body ph, bacteria and viruses will struggle to survive in this alkaline environment. A pH balanced body, or alkaline body doesn't create the environment for viruses and bacteria to thrive and flourish. Thus, no bacteria or virus will enter an alkaline body, grow and mutate into serious illness or disease.

You will notice that acidic foods are well known "junk" foods and alkaline foods are well known "healthy" foods. This is no coincidence, alkaline foods are very healthy and now you know the reason. In addition to good nutrition and live foods natural alkaline supplements can help improve your health and even heal a sick body.

Why is an acidic body & acidosis so common?

One reason points to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. We eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks like they are going out of fashion (and they will!). We use too many pharmaceuticals, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or Aspartame, which are extremely acid-forming. One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.

It all starts with nutrition, and an alkaline diet:

With nutrition that nourishes and energizes the body, provides more enzymes and oxygen to the body. Increases flow of oxygen to all the organs in the body as it clears up the blood. The nutrition that has been used by ancient people for many generations. The nutrition that guaranties optimal health, energy and vitality. If your saliva is too acid you may wish to increase the alkalinity of your body. Eat mostly alkaline foods. The general "rule of thumb" is to eat 20% acid foods and 80% alkaline foods. Avoid the "strongly acid" foods. The chart below shows the middle of the road balance too acid and not 100% alkaline. During the Diet-Detox we

When a body is acidic, it creates a welcoming environment for viruses and bacteria to come in and begin to flourish.

You will notice that acidic foods are well known "junk" foods and alkaline foods are well known "healthy" foods.



"Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so." — William Howard Hay, M.D.

place the first week's emphasis on being nearly 100% alkaline creating an environment totally conducive to detoxification, giving the liver a break to enable it to raise up its functioning.

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition.

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acid accumulation in the body.

Potential of hydrogen, pH, is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.

It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter.

Test Your Body's Acidity or Alkalinity with pH Strips:

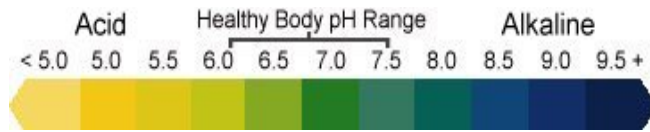
It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If you're urinary pH fluctuates between 6.0 to 6.5 in the



morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

The most accurate test is considered the first urine test of the day, the saliva and urine may well fluctuate throughout the day. Play with the strips; test before and after you eat.

The Acid Alkaline Ph Strip Color Indicator:



Strongly Alkaline (supplement)	Mild Alkaline 80%	Neutral	Mild Acid 20%	Extreme Acid 80%
Calcium Magnesium Potassium	Fruits Vegetables Berries Dairy	Cow's Milk Whey(raw) Margarine Oils (except olive), Yogurt (plain)	Grains Nuts Seeds Legumes	Meat Fish Eggs Soft Drinks

The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!

— Theodore A. Baroody, N.D., D.C., Ph.D., Understanding pH



Let's Begin...

What is the Diet-Detox Program?

There are 3 Phases to the Diet-Detox Program.

Phase 1 is the initial detox phase. During this phase, you will be eating and drinking foods that will create the most cleansing response in the body.

During Phase 2 and 3, you will add in foods that will provide some more protein, variety, and balance to the Phase 1 program. Each addition is optional, and you can go back to Phase 1 at any time.

You can choose the length of each Phase, depending on the total length of the program that you want to do.



The recommended 2-week program:

Phase 1: Six days

Phase 2: Five days

Phase 3: Three days

Option 1: If however you are in a weakened state, or just over coming a prolonged illness, or if you have never challenged food issues before, you might consider the following shorter program: (10 days)

Phase 1: Three days

Phase 2: Four days

Phase 3: Three days



Option 2: If you are struggling with a toxic condition and/or have had experience with detox programs before, you might consider the following longer program:

Phase 1: Seven days

Phase 2: Four days

Phase 3: Three days



PROGRAM OVERVIEW

Phase 1:

During this phase, you will eat only vegetables and fruits. We recommend starting each day with the Liver Flush.

The idea is to maximize cleansing of toxins from such organs as your colon and liver. During the first few days of this week, depending on how much your body has to clean up, symptoms such as headaches, dizziness or weakness may appear. These should be temporary.

The Meal Plan:

Eat all kinds of vegetables . . .

- Eat as much as you need of all kinds of vegetables, with the exception of avocados, potatoes, yams, sweet potatoes to be used only in moderation.
- Please take your time and chew well.
- We suggest that you alternate raw and cooked vegetables.
- In the case of salads, avoid extras such as croutons, grated cheese, etc. Remember to use vegetables only!
- For a dressing we suggest that you use a small amount of oil, with either vinegar or lemon juice. You could also use spices to supplement this dressing.
- If you are using cooked vegetables, generally recommended for colder weather, vary the vegetables as well as the cooking method as much as possible. This way you won't find yourself always eating the same thing.
- Use a good quality vegetable oil, (extra virgin olive oil) in your cooking. You will not be using salt.





Eat all kinds of fruits . . .

- You may eat any fresh fruit with the following exceptions: coconut and all dried fruits; use bananas in moderation only.
- In our experience, people tolerate fruit differently. Listen to your body. The amount and kinds of fruit, as well as their combination will vary from person to person. While some people suffer from symptoms such as bloating, others may feel very clear mentally and very satisfied.
- In general, fruits are rather cooling in their effect on the body. We suggest them more for warmer months. If you store them in the refrigerator, let them sit at room temperature for a while before eating.

Beverages . . .



- Have as much spring water as you would like, carbonated or not.
- Vegetable juices are unlimited when prepared with your own juicer. Avoid canned juices.
- Bottled and fresh fruit juices are okay in small amounts, 12 ounces per day only. Very sweet fruit juices should be diluted with spring water 50:50.
- Staying away from sugar will greatly enhance your ability to appreciate the natural sweetness in vegetables and fruits.
- While deprivation and calorie counting is not nourishing, a diet of quality, vital foods, seasoned and eaten in a way that enhances nutrition is essential for the health of the whole person. When we eat this way, less food is needed to nourish our bodies. Reduced cravings and weight loss are among the many rewards.
- We recommend avoiding coffee during the cleansing program, especially if you feel somewhat weak at the beginning of the cleansing of toxins. If you absolutely have to have it, do so at your own discre-



tion, without milk, sugar, or any other chemical sweetener or creamer, and organic if possible! Teas of any kind, without milk, sugar, etc., can also be used at your discretion. Green tea is a healthier alternative to black tea.

Common Symptoms for the first few days of Phase 1:

The following symptoms are common and will usually dissipate within a few days:

- Bad breath
- Coated tongue
- Constipation/diarrhea
- Fatigue
- Headaches
- Hunger
- Irritability
- Dry or itchy skin
- Nausea
- Offensive body odor
- Difficulty sleeping (too much or too little)
- Feeling hot or cold

These are common symptoms that result from the body's natural tendency to heal itself. The body will always move towards balance and sometimes this can temporarily feel uncomfortable, but hang in there because these symptoms will pass on their own. To help make it a little easier, it is very important to move your bowels every day. With so much fiber from the fruits and vegetables it should not be a problem, but if it is, using the *Easy Move Formula* can help, drinking prune juice also.

To help minimize symptoms:

1. Make sure you drink at least 8-12 glasses of water/liquids per day. Water is the preferred beverage during cleansing. Spring water or filtered water is best.
2. Allow more time for sleep, and/or take a nap.
3. Exercise daily to move energy and blood and to help fight off fatigue, and sweat it out.
4. If you are irritable or having trouble sleeping, take a combination of calcium citrate (500mg) and magnesium citrate (250mg), also Sleep-Ease can help.
5. For upset stomach, drink ginger or peppermint tea, or fennel tea. (Also Digest-Ease herbal formula).
6. Take hot baths if you are feeling cold, and make



sure you dry off completely. Use olive oil on your skin to keep the heat in and soothe dry skin.

7. Treat yourself to a massage – this can move and circulate stuck energy.
8. Go to the gym, sit in the hot tub and take a long steam or shower.
9. Try to give yourself a little extra time for everything – slow down, turn down the sounds around you if possible.
10. Nourish yourself in new ways – buy flowers, get a haircut, read a new book, watch a movie.

Phase #2

This week, you include some protein supplementation into your vegetable and fruit based diet. Continue with the Liver Flush.



All dietary additions described in the following paragraph are **optional**. Keep in mind that eating fruits and vegetables alone is not a nutritionally sound diet for a prolonged period of time. On the other hand, if you are feeling satisfied with your cleansing diet, you may want to continue for just a few more days.



During Phase 2 you can add:

- One cup of cooked whole grain every day (brown rice, millet, quinoa, barley, etc.).
- Up to five rice cakes per day. The rice cakes should be plain (no added flavors) and unsalted. A bowl of air-popped popcorn can be substituted for the rice cakes if you prefer.
- 1/2 cup of unsalted almonds or seeds per day. Almond butter, 1 Tsp. is an alternative.
- One teaspoon of miso (a Japanese fermented soybean paste available in natural food stores) can be used as a condiment for soups, salad dressings, etc.
- Experiment, explore, and have fun!



Phase #3

This phase you are providing a smooth transition into your future diet! Liver Flush is optional.

Remember, any addition is optional. You can add:

- Legumes (such as lentils and beans) or soybean products (such as tofu or tempeh.) Use a small amount as a side dish, *or*
- A serving of white meat fish to substitute for the beans or soybean products, twice a week.
- Two small or one large potato, instead of grains, twice a week.

During the entire time of the program we suggest the following:

Exercise regularly, at least 20 minutes per day. If you already have an exercise routine, you can maintain it, but you may want to back off somewhat. Walking, swimming, jogging, yoga and stretching are all very beneficial during these two weeks as you want to keep things moving.

Sweating helps to release toxins, a hot bath, or steam bath 3 -4 times a week is very helpful in addition to your moderate exercise.

Increase your sleep, allowing for more sleep on the cleanse diet will help all the systems of your body and mind.

It is important to keep the intestines moving regularly and to sweep their walls with high fiber and living foods of fruits and vegetables. If you do not move your bowels you must consider a supplement. It is unacceptable to not move your bowels every day. It is even more unacceptable while you are the Diet-Detox Program as more toxins may be released from your system, and need to be eliminated.

For those have a tendency to feeling cold:

Eat warm foods, baked, steamed, roasted, and use oil. You can have some raw, but always have it with the cooked. Include brown rice and a small portion of fish, organic chicken or beans every day. Drink ginger tea, and other warming beverages. Avoid cold, sweet beverages.





ages, and eat your fruit at room temperature. Preferably, warmed.

Relaxation:

It is a good idea to use the CD with the guided relaxation exercise. Listen to this for 10 - 20 minutes every day as a stress management aid.

Quiet time: Take time to read uplifting and motivational books, or keep a personal diary. This can provide mental and emotional support.

What about Coffee on the Diet Detox Program?

Caffeine has become the American drug of choice. Used originally in most cultures for special ceremony, it has become a regular, overused and over dosed energy stimulant in the Western world, with the United States leading in coffee and caffeine use. It helps us push past chronic tiredness. This intolerance of tiredness allows us to push, unchecked onward to adrenal exhaustion. For this reason more than others we recommend no coffee during the Diet-Detox.

There are several basic areas of concern about this substance. And maybe even more important than the caffeine itself is the toxic chemicals used in the many stages of growing and marketing coffee. The easily rancified oils and the irritating acids contained in the beans offer further hazards. People trying to cut down by drinking decaf could even be exposed to dangerous chemicals unless they are drinking coffee prepared by the water process or Swiss process, which uses steam distillation to remove the caffeine. Otherwise, agents such as TCE (trichlorethylene) or methylene chloride used in the chemical processing may be contained as residues in the decaf coffee. More coffee-drinking concerns have arisen over the last decades as pesticide use and chemical processing have generally increased



How about a cup of green tea instead of a coffee?

The benefits of green tea are huge and in our opinions far out weigh coffee. One of the staples of Eastern health including the Okinawan's are the average of three cups of green tea a day for health and the extremely low rates of cancer in comparison to the West. So as long as you are open to changing to healthier patterns of food and drinks for your longevity, let us take a detailed look at why green



tea is exciting the scientists so much these days.

Weight loss benefits: green tea research is showing that it has its major weight loss benefits through its ability to create thermogenesis, increase metabolic rates of cells respiration. It is a great addition to your daily life during the Diet-Detox and long after. The color (green, oolong, and black) of tea (*Camellia sinensis*) is determined by how it is manufactured. Green tea is prepared in such a way as to avoid the oxidation of the polyphenols; oolong tea is partially oxidized; black tea is largely oxidized. Consumption of green tea beverage (or extracts) confers a wide range of possible health benefits.

Below is a summary of many beneficial medical studies reviewed.

- Antioxidant
- Anti-Aging
- Anti-Bacterial
- Anti-Mutagenic
- Cancer Prevention
- Cancer Treatment Adjunct
- Heart Disease Prevention
- Stroke Prevention
- Metabolic Effects & Weight Loss
- Glucose (Blood Sugar) Homeostasis
- Neuro-Protective
- Protective of Membrane Fluidity
- Skin-Protective



My Diet-Detox Shopping list:

What are the foods I need to have before I start?

During the Program the one main thing we have learned is make sure you have PLENTY of abundant supplies available. Lots of legal food ready to go in the fridge. (Do not get caught hungry with only restricted foods around you.)

Always carry something with you. You may find yourself feeling hungry more often. In addition to all the restrictions which are inherent to the cleansing nature of the diet this week, if you do not have the food that you need available, you will probably feel deprived. If you come from deprivation, suddenly you can be overwhelmed by every thing you ever deprived yourself of. All of these negative sensations will work against you.

On the other hand NOURISHMENT will have so many positive connotations you will ride on its wave of positivity. Plan your meals and snacks in advance as much as possible, and spoil yourself with high quality foods.

Important: Be sure to use only stainless steel or enameled cookware when making food or broth. (No aluminum.)

Stay ahead of your hunger! If you are preparing a meal starving, you might be in trouble. However if you have prepared a delicious meal before the ravenous stage, you'll feel nourished and satisfied on so many levels.



FRUITS: (organic)

Apples (8-12)
Pears (4)
Grapes (only organic) (2 bunches)
Oranges (6-8)
Grapefruits (8-12)
Bananas
Plums
Berries
Peaches
Melon



VEGETABLES: (organic)

Carrots
Celery
Broccoli
Cauliflower
Salad Greens
Dark leafy greens
Sprouts
Peppers
Butternut/cup Squash
Acorn Squash
Sweet Potatoes
Beets
Rutabaga
Zucchini
Summer Squash
Spaghetti Squash
Seaweeds



BEVERAGES:

Spring Water, non-carbonated
Spring Water, fizzy, unsweetened
Organic fruit juices
Organic vegetable juices
Herbal teas
Detox tea



OTHER:

Vegetable Broth (organic)
Lemon juice
Lime juice
Maple Syrup
Miso paste (to make broth)
Cayenne pepper

GRAINS

Brown Rice, organic, short or long
Brown Rice Cakes, Lundberg, salt- free, organic



CONDIMENTS:

Fruit Spreads, Almond Butter, Braggs Liquid Aminos,
Salad Dressings

MILKS:

Almond, Soy, Rice



PHASE 1: Preparation Day (Stock up day)



In the morning and lunch, have a regular day but eat lighter, being aware that you are beginning the detox process. Let yourself get used to the idea. If possible, avoid refined flour and sugar products, and ease off coffee and tea or other caffeinated beverages, no soda today. Add fresh organic fruit and vegetables to your day. Drink a lot: Water, juices, herb teas, green and black tea. After 4 pm, you will begin your cleanse. For "dinner", have tea, vegetable broth, vegetable juice, try the Master Cleanser. Go to bed early!

Fruit and Vegetable Days

Start the day with your first Liver Flush (See page 36)

Wait ½ to 1 hour, then drink at least one cup of one or more of the following:



Master Cleanser (Lemon Juice, Maple Syrup, Cayenne Pepper) (See page 36)

Detox tea, or other herbal tea

Green tea, or organic black tea

Water

Fresh Juice (or diluted bottled juice, 50:50 with water)

See how long you can go without solid food up until lunchtime. If you feel you are too hungry in the morning, eat a piece of fruit, either raw or steamed.

Continue through the day drinking as much as you want of any of the above beverages. In addition, add fruits and vegetables at your discretion.

For Dinner eat lightly, (see Week One recipes for suggestions):

Soup (Broth or fresh vegetable soup.)

Steamed vegetables

Green salad, with lots of mixed greens and as many vegetables as you want.

Use one tablespoon of oil for salad dressing.

Before bed, a cup of herbal, master cleanser or Detox tea.



Go to bed early if you can!

Fruit and Vegetable Days (Phase 1)

Start your morning with:

Liver Flush or Master Cleanser!!!

Hot water with lemon, tea, etc.

These two days you will have only fruits and vegetables, cooked and raw.

Use Phase 1 recipe suggestions in booklet. Experiment with lots of different kinds of fruits and vegetables. Try eating "in season", i.e., in the Autumn, apples, squash, yams, leeks, onions; in the Spring, lots of greens, add oranges, grapefruit. **THINK ORGANIC!!!!**

Add 1 tablespoon of good olive oil per day in addition to the Liver Flush. Braggs (Liquid Aminos) is okay.

Drink lots of water and herbal tea, juices, master cleanser, etc.

Start your morning with Liver Flush or Master Cleanser
OR Hot water with lemon.

Herbal tea, green tea, black tea, etc.

Use the following recipes to fill out your meal plans for Phase 1.

A typical day would look something like:

Breakfast:

After the morning "flush", a large bowl of mixed fruit, glass of fresh juice, (fresh or diluted), a cup of hot tea.

Lunch:

Bowl of vegetable based soup.

Mixed green salad with olive oil and lemon.

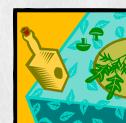
Side vegetable.

Dinner:

Steamed or stir fried vegetables.

Side salad and/or soup.

Hot Beverage.



The Liver Flush



Use the liver flush first thing in the morning.

The liver flush is used to help shunt the bad stuff out of the liver. It has the added benefit of providing oil to the diet during the first two phases, which helps to keep you warm and things moving.

After “flushing”, have a cup of tea of your choice. Take a shower or bath or go for a walk. After 30 minutes you can have your morning meal.

Juice of ½ to 1 lemon, or use 3-4 T. bottled lemon juice, organic if possible,
1 Tablespoon of high quality extra virgin olive oil
¼ to ½ cup of warm water

Optional:

Ginger, grated or powdered, pinch

Garlic, minced, pinch

Stir together in a cup and drink it down all at once.

Master Cleanser



The Master Cleanser is a beverage you can drink all day, hot or cold. The lemons are cleansing and astringent, the maple syrup provides calories, and the cayenne pepper promotes sweating. It tastes good too.

Juice of 1 or 2 lemons, or use bottled lemon juice, 2-3 Tablespoons

Pinch of cayenne pepper

Up to 1 Tablespoon of maple syrup

½ to 1 cup of hot water, or use warm water

Sip slowly if hot.

4-8 glasses a day while fasting.

(Also, this is a good drink to take if you feel like you’re getting a cold or sore throat.)



Phase 1 Recipes:

Juices

Freshly juiced raw vegetables are easily digested and contain valuable vitamins, minerals and enzymes. Be sure to include chlorophyll-rich green leafy vegetables for additional cleansing benefits.



Blended Vegetable Cocktail

Use a base of carrot, papaya, or pineapple juice diluted with water, or start with 1 cup of water.

Add any combination of:

carrots
celery
spinach
parsley
dandelion greens
arugula

Blend and drink.

For clear juice, strain the pulp through a sieve. For purée, leave thick.

Vegetable Juice Combinations

carrot-tomato-celery-parsley
carrot-beet
cabbage-celery-watercress
carrot-spinach
carrot-cucumber-apple
tomato-fennel-garlic-basil
carrot-apple-beet
carrot-apple-celery
pineapple-parsley
sorrel
watercress
wheatgrass
basil
dill
tarragon

If you don't have a juicer, you can use a blender. Start with some water to help "prime the pump" of those water rich vegetables.



The time between harvest, purchase, preparation, and eating should be as short as possible. This is important for fresh juices; their taste and nutritive value is reduced in as little as 20 minutes.





Soups

It is a good idea to begin meals with a light vegetable soup or a mineral-rich vegetable broth to warm the body and stimulate digestion. Juices and pulp can be used for soup stock.

Vegetable Stock or Broth

A mineral-rich vegetable stock can be used as a base for soups, for cooking vegetables, in sauces, or to be enjoyed before meals. Save the stems and ends from vegetables in a covered container in your refrigerator. Add them to a soup pot along with additional vegetables. Use what you have on hand, but be light-handed with the greens, as they can make a bitter broth. Add enough water to cover the vegetables and bring to boil. Cover and simmer about 45 minutes, then strain. Some ingredients and vegetables that can be used for vegetable stock:

water, leftover from cooking vegetables pulp from juiced vegetables

- carrots
- parsnips
- onion
- leeks (well cleaned)
- garlic
- summer squash
- winter squash
- potato
- tomatoes
- thyme
- parsley
- bay leaf
- peppercorns
- basil
- curry spices (for Curry Soup)
- beets
- celery
- celeriac (celery root)
- apple
- pear
- stems from fresh
- herbs



Keep warm by drinking ginger tea and vegetable broth seasoned with rosemary, marjoram, or dill throughout the day.

A bath with rosemary warms the body through and through, and enlivens the metabolism.

Create-a-Soup

Create a soup from ingredients on hand. You'll need a liquid, some seasonings, and fresh vegetables. Here are some ideas to get you started.

Liquids:

water
water from steaming vegetables
vegetable juices
vegetable stock

fruit juices

Flavorings:

fresh or dried herbs . . . parsley, oregano, dill, etc.
spices . . . curry, cayenne, nutmeg, coriander, etc.
garlic, scallions, onions
fresh ginger
olive or sesame oil
lemon or lime juice
vinegar

(phase II) Miso

Satisfying Soup Combinations:

carrot - leek - dill
carrot - onion - coriander
parsnip - carrot - turnip - fennel - coriander
parsnip - spinach - mushroom - nutmeg - thyme -
parsley
cauliflower - onion - curry
broccoli - onion - basil - oregano
corn - leek - red pepper - thyme - dill
corn - onion - fresh basil
watercress - tomato - lemon
Jerusalem artichokes - kale - nutmeg - coriander -
marjoram
onion - shiitake - black pepper -parsley
Phase 2: grated celeriac - onion- carrot - coriander
- almond milk
Phase 3: potato - leek - parsley- marjoram
Phase 3: red potato - garlic - coriander

Boil water or stock. Add the harder vegetables (carrots, winter squash, stems) and cook until nearly soft. Add lighter vegetables (greens, cauliflower, broccoli tops). Simmer until tender yet still crisp. Flavor to taste and garnish with parsley or green onion.



Cooking With Arame

With its sweet, mild flavour, arame is an excellent choice for introducing sea vegetables into your daily diet. Its rich, dark colour adds vivid contrast and beauty to any meal. Arame contributes an exotic flair to salads, and it is delicious sautéed with carrots and onions, or with deep-fried or dried tofu. To reconstitute, soak arame in cool water for 8 to 10 minutes. Drain well and rinse briefly.

Potassium Broth:

This recipe provides a wonderful alkalizing liquid which can be made in a large batch, refrigerated and then warmed to drink. Once the broth is made, do not reboil it or it will lose its potency. The amount of each ingredient is to your taste, and dependent on the amount you wish to make. Try to take 8-16 ounces each time you take it to achieve therapeutic results.



- 1 cup carrots
- 1 cup red beets
- 2 large potatoes
- 1 cup celery with leaves
- Garlic
- 1 small onion

You may add up to ¾ cup of other vegetables as you wish, but use the list here in each batch.

Over a large pot, cut vegetables into quarters and add to 1.5 quarts of spring water, boil for 45 minutes, remove from heat and let stand for 30 additional minutes. Strain out the vegetable residue. Drink while warm and refrigerate any unused portion. Be sure to reheat before drinking.



Puréed Carrot and Parsnip Soup with Vegetables

- 4 large or 6 - 7 medium carrots, chopped
- 1 large or 3 small parsnips, chopped
- 1/2 large or 1 small onion, chopped
- 1-2 cloves garlic, minced

Cook until very tender in 2 - 3 cups water.

Purée or mash.

Return to medium heat and add water if too thick.

Then, cut up, and cook your choice of the following in the purée until the vegetables are just tender:

Broccoli, asparagus, zucchini, parsley.



You can easily change the flavor of the whole meal with an intuitive and judicial addition of fragrant herbs and spices.

1 tsp. cumin
1 tsp. sweet marjoram
1 tsp. basil
dash of white pepper, allspice, cinnamon, ground coriander seed

Add water if necessary. Heat gently, until the flavors are well-blended. Herbs and spices bring out the best in foods, enhancing flavor and appeal. They are stimulating for the liver and for digestion. They are said to occupy a place somewhere between food and medicine.

Hearty Squash Soup

1 Tbs. olive oil
6 c. water or stock
2 cloves garlic
1 large carrot
1 large onion
1 leek
1 stalk celery
1/2 cup burdock root or parsnip
2 cups butternut squash
1/2 cup peas
2 bay leaves
1 tsp. each basil, marjoram
1/2 tsp celery seed

Heat oil in a soup pot and sauté onions and leek until soft. Add garlic and the remaining vegetables, bay leaves, celery seed, and herbs. Add the water and stock and bring to a boil. Reduce heat and cook until squash is soft, about 30 minutes. Purée 1/3 of soup in blender and return it to the pot.

Season with lemon juice and black pepper. Garnish with lemon, scallions, parsley or cress. A variation: Replace celery seed, basil, and marjoram with cinnamon, curry, parsley, cumin, and ginger.





Creamy Cauliflower Soup

- 2 Tbsp. olive oil
- 1 medium onion, coarsely chopped
- 2 leeks, chopped
- 3 clove garlic, minced
- 1 carrot, diced
- 2 stalks celery, chopped
- 2 medium cauliflower, cored and coarsely chopped
- 1 Tbsp. curry powder
- 1/8 tsp. fresh ground black pepper
- 1/2 tsp. dried thyme
- 1 tsp. dried basil
- 1 tsp. each, marjoram and dill
- 5 - 6 cups water or vegetables stock
- 1/4 tsp. fresh ground nutmeg (optional)
- juice of 1/2 lemon (optional)

Sauté onion, leeks, and garlic in olive oil until onions are golden brown.
Add celery, carrot, cauliflower and seasonings and cook another 2 minutes.
Add water or stock. Bring to a boil, then lower heat and simmer for 15 minutes or until cauliflower is tender.
Purée in blender until smooth and creamy. Add fresh ground nutmeg and garnish with fresh parsley or water-cress.



Curried Squash Soup

- 2 medium acorn or butternut squash
- 4 cups water or stock (can use part orange or apple juice)
- 1 Tbsp. olive oil
- 1-1/2 cup chopped onion
- 2 apples, chopped
- 1 clove garlic, minced or crushed
- 1 stalk celery, chopped
- 1 tsp. ground ginger
- 1/2 tsp. each, ground cumin, ground coriander, ground cinnamon
- 1/4 tsp. dry mustard lemon juice (optional)

Preheat oven to 375° and bake squash for 30 minutes or until tender.
Sauté onion, garlic, celery, and apple in olive oil until onion is soft.
Cover and cook 5 minutes over low heat.



Add spices and water or stock and bring to a boil.
Lower heat, cover and simmer for 30 minutes.
Cut squash and purée, with sautéed mixture, in batches
in a blender or food processor. Return the purée to
saucepan, adjust seasonings.
Add lemon juice if desired.

Vegetable Soup

6 cups stock or water
1 medium onion, chopped
3 cloves garlic, minced
1/2 pound mushrooms, sliced
2 Tbsp. olive oil
1 cup cut asparagus
2 stalks celery, chopped
1 up cut green beans
1 cup chopped zucchini
1/2 cup fresh chopped parsley
1 tsp. basil
1 tsp. oregano
1/2 tsp. black pepper

Sauté onion, garlic and mushrooms in olive oil until
soft. Add remaining vegetables, except parsley.
Saute 5 minutes. Add water, basil, oregano and pepper;
bring to a boil, cover and simmer until vegetables are
crisp but tender. Add parsley.

Garlic Soup

1 Tbsp. olive oil
1 bulb garlic, peeled and separated into cloves
2 onions, chopped
3 bay leaves
1 tsp. thyme
1 rib celery, chopped
4 cups stock or water
1 cup fresh spinach

Cooked Vegetables Steamed Greens

kale
collards
daikon greens
savoy or green cabbage
mustard or turnip greens
Add 1/4 - 1/2 cup water or vegetable broth to greens.
Bring to a boil, cover and turn off heat.
Steam 5 - 10 minutes until tender.





For a sweeter variation, before steaming greens, add carrots sliced in long, thin diagonals. Season with marjoram, dill, caraway.

Steamed Garlic Broccoli

- 1 cup broccoli
- 3/4 cup sliced leeks (white part and the tender green part)
- 1 clove garlic, minced

Steam broccoli, leeks and minced garlic until broccoli is bright green and vegetables are slightly soft. Season with lemon juice, or oregano and tarragon.

- spinach
- green or red chard

Sweet Baked Vegetables

- carrots
- parsnip
- leeks
- onion
- rutabaga

This sweet vegetable dish is great for breakfast, lunch or dinner.

Cut or slice vegetables in bite-sized chunks.

Place in pot with 1/4 inch of water or vegetable stock. Bring to boil, cover and bake 45 minutes at 375°. Season with ginger, coriander, and toasted sesame oil.

Cinnamon Squash

- 1 squash (acorn, delicata, butternut)
- Ground cinnamon and ginger
- Cut squash in half and scoop out seeds.
- Sprinkle with cinnamon and ginger.

Place in oiled baking dish, cover and bake at 375° for 45 minutes or until tender.

Indian Curried Vegetables

- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 T. olive oil
- 1 T. curry powder
- 1/2 tsp. cinnamon
- 1 cup water
- 2 large carrots, diced
- 1 small head cauliflower, cut into florets

1 large zucchini, sliced
3 large tomatoes, chopped

Sauté onion and garlic.
Add cinnamon, curry and water and bring to a boil.
Add carrots, cauliflower, zucchini and tomatoes.
Cover and simmer for 15 minutes.

Summer Vegetable Medley

Yellow squash
1Tbs. olive oil
1 clove garlic, mashed
1 small onion
1 ripe tomatoes
shreds of fresh basil or spinach 1/2 tsp. each tarragon
and marjoram

Sauté yellow squash in a little oil with garlic and onion.
Add fresh basil or spinach, chopped tomato, tarragon
and marjoram, and a little vegetable broth.
Cover and steam for 5 minutes or until vegetables are
tender.

Salads

Dandelion Green Salad

Dandelion greens are especially nourishing
and detoxifying for the liver.
1 bunch dandelion greens
6 - 8 red radishes, sliced

Toss with *Italian Dressing*.
Dandelion greens arrive in the market in the spring. If
you're picking it yourself, be sure that they are from an
are unsprayed by lawn chemicals and pesticides and not
close to busy roads.

Cauliflower Salad

1 small head cauliflower, chopped
1/2 cup chopped celery
1/2 cup grated carrots
4 sliced radishes
Toss with the salad dressing of your choice.

Orange and Red Onion Salad

2 oranges, sectioned
1 small red onion, sliced



1 Tbsp. canola oil
1 Tbsp. lime juice
1/2 cup watercress
fresh ground black pepper

Mix oil, lime juice and pepper. Toss oranges and onion and pour dressing over. Serve on watercress.

Rainbow Salad

1 small beet, grated
2 carrots, grated
2 stalks celery, chopped
1 scallion, chopped
1/4 cup chopped parsley

Mix together and serve with Italian dressing.
Option: add a pinch of wasabi (powdered Japanese horseradish) and toss with the salad.



Dressings and Sauces

A tea made from nettle leaves can be sipped throughout the day to cleanse and build the blood. Add yarrow for liver support, and a little mint for flavor.

Italian Dressing

Add the following to a jar and shake to blend:

2 cloves garlic
1/8 tsp. dry mustard powder
1 tsp. oregano
1 tsp. basil
1/2 cup olive oil
1/2 cup lemon juice



Vegetable Dressing

3 carrots, shredded
1 stalk celery, finely chopped
1/4 cup parsley, chopped
2 scallions, chopped
1/4 cup lemon juice
1/4 cup olive oil

Fresh Tomato and Basil Sauce

1 cup chopped tomatoes
3 cloves garlic, minced
1/4 cup fresh basil leaves
1 tsp. olive oil
dash cayenne pepper



Purée tomato and garlic in blender or food processor.
Add basil, oil and cayenne.
Serve on vegetables, fish, beans or grains.
High quality foods, those that are grown in vital, living soil without the use of insecticides or pesticides, are recommended whenever possible, and especially during a cleansing program. The toxic residues from chemicals would be counterproductive to your intention!



Fruits

Spicy Squash/Apple Breakfast

butternut squash
cooking apples
spicy cinnamon
cider/pear juice
Halve squash, bake in oven until tender (40- 60 minutes).
Core apples, slice and put in pan with small amount of cider or pear juice in the bottom.
Sprinkle generously with cinnamon.
Simmer over low heat until soft (30-45 minutes).
When squash is done, scoop out insides, mash with fork or blender, and mix with apples.
Apple to Squash ratio can vary from 25:75 to 50:50.
Try varying the consistency by adding more or less liquid, and more and less mashing and mixing.

Cooked Applesauce

6 - 10 apples, diced
1/4 - 1/2 cup juice or water
1 tsp. cinnamon, nutmeg lemon juice
Cook for 10 -15 minutes for chunky style,
1/2 hour for smooth applesauce.



Spiced Pears

A warming breakfast or dessert.

1 tsp. canola oil
2 Bosc pears, sliced
Try flavoring applesauce with other fresh fruits. A fruit compote is a delicious and satisfying way to begin the day.
1/4 tsp. cardamom
1/8 tsp. dried, ground ginger
pinch of freshly grated nutmeg
1/4 c. apple juice



Sauté pears in oil for 3 minutes or until golden. Add spices and juice and cook for another 2 - 3 minutes.

Melon Frappé

1/2 ripe melon, diced
Blend until smooth.

Summer Fruit Soup

2 cups berries, cantaloupe, strawberries, peaches
1 Tbsp. lemon juice



Water, as needed, enough to make the consistency of heavy cream
Blend until smooth, and chill. Garnish with blueberries and fresh mint.

Fruit Sorbet

2 cups puréed fruit (peaches, nectarines, pears, apricots, berries, mango)
1/2 cup fruit juice
4 drops mint extract
Combine ingredients in a bowl, freeze 3 - 4 hours. Place in food processor or blender and process before serving.



Eating by day and fasting during the night are part of life's rhythm. That's why we call the first meal of the day "breakfast," the meal that breaks the fast.

Be kind to your liver! Give it 12 hours of rest and renewal each night. In the evening, eat lightly, and not too late. What is good for the liver is good for the whole metabolism.

Fruit Kanten

2 cups apple juice
5 Tbsp. agar flakes (available from Japanese and natural food stores)
1 cup fresh strawberries, halved
1 kiwi fruit, sliced
1 tsp. lemon juice
1/2 tsp. vanilla (optional)



Pour juice in pot and stir in agar. Simmer 10 minutes until agar is dissolved. Turn off heat, stir in other ingredients.
Pour into heatproof bowl or individual dishes.

Refrigerate 2-3 hours.

Variations: Use your favorite seasonal fruits, blueberries, pears, oranges, peaches or melon.

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it."
- Goethe

Phase 2

This phase you can supplement your daily fare from Phase 1 with some vegetable protein from whole grains, almonds, seeds and miso.

Continue with your morning routine, starting the day with the liver flush or hot lemon water, master cleanser, tea, or fresh juice.

In addition to fruits, vegetables, you can add grain, almonds, and miso.

You may want to stick with fruits and vegetables during the day and then have a "full" dinner with grains and protein. Or add to your favorite recipes.

Be creative and try new things!!!!!!

Phase 2 Recipes

When cleansing, it is best to eat foods in their most vital form. For this reason, we recommend that most of your grains be whole, and uncracked or freshly cracked. Whole grains, those with the bran, germ, and endosperm intact are "living;" their ability to germinate demonstrates the life potential they contain. Experiment with the great variety of cereals (wheat, rice, barley, oats, rye, millet, and corn) as well as the seeds from non-grass plants (quinoa, buckwheat, amaranth, etc.) and spelt, an ancient relative of wheat that is more easily tolerated by those with wheat sensitivity.

Often, cravings come from a real physiological need - when the body is starving for quality foods needed for metabolic function, or as a call to respond to a lack of nourishment on other levels. Nourish your whole body with quality foods, share meals with a friend, make eating a special event even when you're alone . . . Soft music, fresh flowers, artistic activity, a massage, a long bath, a nature walk.





Cooking Whole Grains

For each cup of dry grain, most grains will make about 2-1/2 cups of cooked grain. All whole grains need to be washed before cooking. Processed grains (oatmeal, roasted kasha, corn grits, bulgur, couscous) should not be washed. To shorten the cooking time and heighten the flavor, toast grains in a dry skillet for a few minutes, until they are aromatic and appear dry. Bring water to a boil and cover. Keep the heat on *low* for the duration of cooking. Season and remove from heat. Allow grains to rest until all of the water has been absorbed and the grains begin to split open. Season grains with culinary herbs and spices. Top them with small amounts of sesame seed, chopped almonds, toasted sunflower seeds, etc.

The Secret to Cooking Perfect Grains

- Low heat and
- minimal disturbance

(stirring or uncovering while cooking.) to water and blend. Strain, if desired. good on breakfast cereals or grains.



Rice: harmonizes the fluid balance in the body, stimulating elimination through the kidneys

Barley: contains silica to stimulate function of the nervous system and connective tissue.

Oats: are warming, stimulating, and are magnesium-rich.

Millet: supports the function of the skin and sense organs. It's good for the gall-bladder.

Wheat: contains the qualities of the sun. It is easily digested and nourishes all the organs.

Rye: is strengthening, rich in potassium.

Nut or Seed Milk

1/4 cup raw almonds or sunflower seeds

1 cup water

Options:

1/4 tsp. pure vanilla

1/4 cup fresh fruit purée



Grind nuts or seed in nut grinder or blender. Add water slowly to blend milky smooth, add vanilla and fruit to taste.

Muesli

- 1/2 cup organic rolled oats
- 4 Tbsp. sunflower seeds
- 2 Tbsp. sesame seeds
- 2 Tbsp. flax seeds
- 1/4 cup fresh fruit nut milk (optional)

Mix oats and seeds in bowl. Add just enough water to cover and soak overnight in refrigerator. Serve the next morning topped with grated apple, berries, sliced papaya or fruit of your choice. Top with nut milk, if desired. Variation: try 1/4 cup each of organic millet and buckwheat in place of oats.

Breakfast Pudding

- 1 cup cooked rice or millet
 - 1 puréed peach, nectarine or pear
 - cinnamon sliced almonds (optional)
- Pour puréed fruit over rice or millet. Sprinkle with cinnamon.
- Serve warm or cold. Top with sliced almonds if desired.

Mixed Grain Cereal

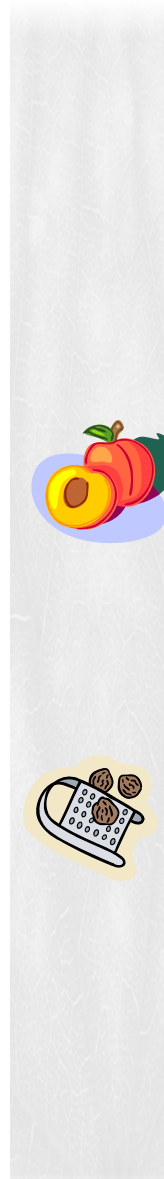
- cracked wheat, oats, rye, barley, millet, buckwheat, bran rice, flax seeds
 - chopped or ground almonds, sunflower seeds
 - cinnamon, nutmeg, ginger
 - nut milk (optional)
- 1/2 tsp. cinnamon
 - 1/4 tsp. ginger
 - 1/8 tsp. nutmeg
 - 1 Tbs. fresh lemon juice

Almond milk is rich in calcium, B vitamins, and nerve nourishing phosphates. Good for the liver and the pancreas. It is well tolerated by most people.

Use any combination of grains to total one cup.

Dry roast grains.

Add water and nut milk (4 cups of liquid), flax seeds, and spices. Bring water to a boil, cover, and simmer on low heat for 45 minutes. Top with almond milk, nuts and seeds, and seasonal fruit.



Quinoa and Millet with Coriander

1/2 cup millet
1/2 cup quinoa
2-1/2 cups water

Dry roast millet and quinoa in skillet until lightly toasted. Add water and spices, bring to a boil, cover and simmer 15 - 20 minutes.

Variation: Add diced onion and carrot to quinoa before simmer.

Sprinkle with sesame or sunflower seeds, or serve with stir-fried vegetables (cauliflower, broccoli, and carrot) with ginger, garlic, and cumin seeds.

Buckwheat

1 cup raw buckwheat
1-1/2 cups water

Dry roast buckwheat in skillet over medium heat until it browns.

Add to boiling water, cover and simmer for 15 minutes.

Add caraway seed and marjoram, remove from heat and allow to stand for 15 minutes.



Millet Vegetable Curry

1 Tbsp. olive oil
1 medium onion, sliced
1 tsp. coriander
1/2 tsp turmeric
1 tsp. ground cumin
1 tsp. caraway seed
2 stalks celery, chopped
2 carrots, sliced
1 large zucchini, sliced
1 chopped tomato
3 cloves garlic, minced
1 tsp. minced fresh ginger
1 cup millet
2 cups stock or water
1 Tbsp. curry powder
fresh ground pepper, to taste



Sauté onion, celery, carrots, zucchini, and tomato, garlic and ginger in olive oil about 5 minutes.

Meanwhile toast millet in dry skillet, stirring frequently. Add toasted millet to stock or water, curry and pepper to vegetables.

Cover the pan, simmer for 15 minutes or until all liquid is absorbed.

Curried Basmati Rice

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 T. olive oil
- 2 tsp. curry powder
- 1 cup peas
- 3 cups water (can use part vegetable stock)
- 2 cups brown basmati rice
- 1/4 cup sliced almonds (optional)

Sauté onion and garlic in oil. Add curry powder. Add water and bring to boil. Add rice, reduce heat, cover and simmer for 30 minutes. Add peas and cook another 15 minutes, or until rice is cooked. Top with sliced almonds, if desired. Make an Indian banquet; serve with Indian Curried Vegetables (Phase I).

Millet with Gingered Carrots

- Cook millet according to chart with 1/2 tsp. coriander and 1/4 tsp. ginger.
- Serve with carrots sautéed in a little oil with fresh ginger and sesame seeds.
- Buckwheat Variation:
Add chopped cauliflower, cabbage, or onion.
Top with toasted, ground sesame seeds.

Baked Stuffed Squash

- 2 small or 1 large acorn squash
- 2 apples, chopped
- 1/2 cup chopped celery
- 1 small onion, chopped
- 1/4 cup water or apple juice
- 1 cup cooked brown rice
- 2 tsp. olive oil
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/3 cup sunflower seeds

Preheat oven to 375.°
Cut squash in half and place cut side down on baking pan with 1/2 inch of water.



Bake for 30 minutes.
Meanwhile, saute apples, onion, and celery in saucepan in oil until soft.
Add remaining ingredients and mix.
Remove squash from oven; stuff and return to oven and bake for 20 - 30 minutes more until squash is tender.



Quick Carrot Soup

4 cups stock or water
2 cups grated carrots
3/4 cup chopped onion
1/2 tsp. thyme
2 Tbsp. fresh dill or 1 tsp. dried dill
1/2 cup almonds

Bring stock or water to boil.
Add carrots, onions, thyme and dill.
Reduce heat and simmer 20 minutes.
Grind nuts in nut grinder or blender and add to soup.
Purée soup in batches in a blender or food processor.
Sprinkle with dill before serving.

Miso Soup

1 scallion, minced
1 small carrot, diced, sliced or cut in matchsticks
1/4 tsp. miso
1 cup water or vegetable broth

Boil the water or broth and add the carrot.
Lower heat and simmer for 5 minutes. Add the miso, stirring until it dissolves. Remove from heat. Garnish with scallions.

Vegetable Barley Soup

1 Tbsp. olive oil
2 cloves garlic, minced
1 medium onion, or 1 leek, chopped
6 cups water
1 cup uncooked barley
2 cups carrots, sliced
1 bay leaf
1 tsp. thyme or dill
2 cups fresh peas
2 cups chopped kale
2 Tbsp. chopped fresh parsley

Sauté garlic and onion until tender.
Add water and barley, cover and simmer for 1 hour.



Add carrots and seasonings and simmer 20 minutes longer.

Add peas and kale and cook another 5-10 minutes. Stir in the parsley and serve hot.

Millet Salad with Fresh Corn and String Beans

- 1 cup millet
- 2 cups water
- 1 cup green beans
- 3 ears fresh corn
- 3 scallions, sliced
- 2 stalks celery

Toast millet in dry skillet.

Add water, cover and lower heat.

Simmer for 15 minutes or until water is absorbed.

Let millet cool in a bowl.

Boil corn in water for 3 minutes. Remove corn and blanch green beans in water for 5 minutes.

Drain beans and rinse in cold water; cut into pieces.

Remove kernels from corn. Add corn and beans to millet and add scallions and celery.

Pour dressing over salad, toss and enjoy.

Miso is a savory fermented paste made from soybeans and/or grains and sea salt. It contains protein, and it's high in B vitamins and friendly bacteria, needed for a healthy intestinal flora. Use miso in soups and sauces. Dissolve miso in a bit of liquid, and add the mixture to the pot. Remember to remove the pot from the heat; miso is a living food, like yogurt, and the heat will kill the culture. For a rich flavor, use barley miso; for a lighter flavor, try chick-pea miso. You can add a tablespoon of miso to any of the soup recipes during phases 1 and 2.

Pesto Sauce

- 2 cups fresh basil
- 2 cloves garlic, chopped
- 1/4 cup water
- 1/4 cup lemon juice

Grind sunflower seeds in blender or food processor.

Add garlic, oil, and miso and process until smooth.

Add lemon, water, and basil. Blend until smooth.

Great on spaghetti squash, steamed vegetables or in soup.



Ume-(Miso) Salad Dressing

1-2 T. Balsamic vinaigrette (Or your favorite vinaigrette)
1 tsp. Ume Plum Vinegar
1 tsp. miso (optional)

Blend and use as a dressing for salads and veggies. Yum!

Bean Spread

2 cups cooked chick peas or other beans
1 stalk celery, minced
1/4 cup onion, chopped
1/4 cup minced parsley juice of 1 lemon
1/4 cup ground roasted sesame or sunflower seeds

Toast seeds in skillet and grind in blender or nut grinder.
Mash the beans.
Mix all ingredients.
Use as a dip for vegetables or as a spread on rice cakes.

Seaweed Recipes



Mixed Salad with Arame & Pesto Dressing

Introduce Arame into our daily salads.
1/2 cup Arame
shredded lettuce
1 bunch watercress, cut into bite-sized pieces
1/2 cucumber, cut in cubes
1/2 pack radishes, finely sliced
1 carrot, grated
2 tbsp orange rind

Pesto:

1/2 cup almond powder
1 garlic clove, minced
2-3 tbsp white miso
1/2 tsp umeboshi paste
2 tbsp extra virgin olive oil
water

Rinse the arame under cold water, soak it in cold water to cover for 10 minutes, and drain. Mix all the salad ingredients, including the drained arame, in a large serving bowl. Blend the pesto ingredients with a small amount of water to the desired consistency, and serve it with the salad.



Mediterranean-style Roasted Vegetables and Arame

1/2 cup Arame
4 baby onions, or 1 medium onion, quartered
2 medium carrots, cut into chunks
2 courgettes cut into thick rounds
1 red pepper, cut into pieces (discard seeds)
handful of mushrooms, cut in half
1 clove garlic, minced
3 tbsp extra virgin olive oil
3 tbsp concentrated apple juice (optional)
1 tbsp dry oregano
2 bay leaves
pinch of sea salt

Garnishes:

capers
chopped fresh parsley
Rinse the arame under cold water quickly. Soak it in just enough cold water to cover for 7 minutes, then drain well.
Heat the oven to medium heat (200°C/375°F/gas mark 6). In an oven casserole dish, mix the vegetables, arame and seasonings well.
Add a small amount of water to just cover the bottom of the dish.
Cover with the lid and bake until the vegetables are sweet and tender (approximately 30-35 minutes).
Garnish with the capers and parsley. Serve.

Phase 3 Recipes:

This phase, you can add small amounts of legumes, soy products, or white meat fish to your growing repertoire of delicious, cleansing foods. Also, you may substitute potatoes for grains, twice a week.

These recipes can be integrated into your regular diet.



Arame with Smoked Tofu Croutons and Sweet Corn

2 tbsp plus a few drops extra virgin olive oil
1/2 pack smoked tofu, cut into small cubes
1 cup Arame
4 medium onions, cut into thin half moons
pinch sea salt
1/2 cup water
1 corn-on-the-cob cut into thin rounds, or 1/2 cup sweet corn
3 tbsp soya sauce (tamari)
2 tbsp apple juice concentrate
sliced spring onions to garnish
Heat 2 tbsp olive oil in a frying pan,
Add the tofu cubes, and gently fry until golden and crunchy.
Remove and drain on a paper towel.
Quickly rinse the arame under cold water, soak with just enough cold water to cover for 10 minutes, then drain.
In the same frying pan, add a few drops of olive oil, the onions and a pinch of sea salt.
Sauté uncovered at medium flame for 10 minutes.
Add the water, corn and arame, cover and cook gently for 20 minutes. Season with the soy-sauce or tamari, and apple juice concentrate and uncover to allow the remaining liquid to evaporate.
Mix in the tofu and spring onions and serve.

Aduki Beans

1 cup aduki beans
4 cups water
1 strip kombu seaweed, rinsed

Wash beans and place in a pot with kombu and half the water.
Bring to a boil, cover and simmer 1 hour.
Pour in remaining cold water.
Simmer another hour, or until beans are tender.
Variation: Add 1 cup butternut squash (peeled and diced) during the last 1/2 hour of cooking.

Baked Beans

2 cups dried kidney beans, soaked
1 cup bean-cooking liquid



- 1 Tbsp. miso
- 1 medium onion, chopped
- 1 large carrot, grated
- 1 apple, grated
- 1 Tbsp. oil
- 1/2 tsp. dry mustard powder
- 2 tsp. vinegar

Cook beans in soup pot, covered, over low heat for 45 minutes.
Drain, saving 1 cup cooking liquid.
Preheat oven to 350.° Sauté onion in oil for 3 minutes.
Add grated apple and carrots to onions, cover and cook over low heat for 5 minutes.
Combine mustard, vinegar, miso and bean liquid.
Add carrot, apple, onion mixture. Mix in beans and bake in covered casserole dish for 1 hour.

Black Bean Salad

- 1 cup dried black beans, soaked
- 2 ears corn
- 1 red pepper, chopped
- 2 tomatoes, chopped
- 2 scallions, sliced
- 1/4 cup chopped fresh cilantro (basil or parsley may be substituted)
- 1/4 cup chopped almonds
- 2 Tbsp. olive oil
- 1/4 cup lemon juice or lime juice
- 1/2 tsp. dry mustard powder
- 1 clove garlic, crushed

Cook beans for 1 hour, covered.
Boil corn in water, 3 minutes.
Remove from water, cool, slice kernels off cob.
Add corn, pepper, tomato, scallions, cilantro and nuts to beans. Mix olive oil, lemon juice, garlic and mustard.
Toss and serve.

Lentil Stew

- 1 cup lentils
- 2 cups root vegetables (carrot, parsnip, onion, rutabaga, burdock, etc.)
- 1/2 cup chopped kale, escarole, celery or cress pinch rosemary or thyme

...
***What do
you need
to
nourish
your
soul?***





Wash lentils and place in pot with onion and root vegetables.
Add water to cover, bring to a boil.
Lower heat, cover the pot and simmer 45 minutes.
Add greens the last 10 minutes.
Season with rosemary or thyme.

Vegetable Soup with Chickpeas

This recipe calls for cooked chickpeas. Begin by soaking 3/4 cup raw chickpeas, overnight or at least 6 hours in advance.

Cook them in a large pot with plenty of water to cover; they do expand!

Cook them for 1-1/2 hours, or until tender.

2 Tbsp. olive oil

2 cups chopped onion

3 cloves crushed garlic

2 cups chopped, peeled sweet potatoes or winter squash or rutabaga

1/2 cup chopped celery

1 cup chopped, fresh tomatoes

1/2 cup chopped sweet red pepper

1/2 cup cut green beans or zucchini

1-1/2 cups cooked chickpeas

4 cups stock or water

2 tsp. paprika

1 tsp. curry

1 tsp. basil

1/2 tsp. thyme



Include a raw vegetable salad with your meal to promote healthy weight loss. Prepare it with some foods that detoxify the liver and the blood, and stimulate metabolism — bitter greens (dandelion, chicory), grated beets and carrots, horseradish, artichoke, radish, ground flax seed, chopped watercress, mustard, garlic. Add chopped fresh herbs (parsley, basil, thyme) a little good quality olive oil, and a splash of lemon juice.

dash of cinnamon

2 bay leaves

1 Tbsp. miso



In a soup kettle or large saucepan sauté onions, garlic, celery and sweet potatoes in olive oil for about five minutes. Add seasonings, (except miso), and the stock or water. Simmer, covered, 15 minutes. Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so, stir in miso.

Lentil Soup

- 1 large onion, chopped
- 3 large cloves garlic, minced
- 1 Tbsp. curry powder
- 1 tsp. cumin
- 1/2 tsp. cilantro
- 2 Tbsp. olive oil
- 2 cups lentils, sorted and washed
- 8 cups stock or water
- 1 large carrot, sliced
- 2 stalks celery, sliced
- 1 bay leaf
- 1 cup spinach, kale or other greens

Sauté onion and garlic in oil.
Stir in spices.
Add remaining ingredients, except spinach.
Cover and simmer 1 hour, or until lentils are soft. Stir in spinach.

Chickpea Vegetable Curry

- 1 cup cooked chickpeas
- Curried Vegetables (see Phase I)
- Add chick peas to spices and simmer with vegetables.
- Tofu Miso Soup
- Prepare Miso =Soup from Phase II recipes.
- Add 1/2 cup diced tofu with the carrots.

Eggplant Parmesan

- 1 large eggplant
- 1 pound tofu, crumbled
- 2 cups tomato sauce
- Slice eggplant in 1/2 inch slices.

Brush with oil and broil 5 - 10 minutes on each side.
Add some tomato sauce to a lightly oiled baking dish and arrange half the eggplant on dish.
Cover with half of the tofu and tomato sauce.
Top with remaining eggplant slices and top with tofu and tomato sauce. Bake at 350° for 25 - 30 minutes or until slightly browned.



Baked Fish

6 oz. filet of sole, halibut, red snapper, cod, or other white fish

Marinade

1 clove garlic

1 Tbsp. grated ginger

1/2 to 1 tsp. miso, vegetable stock

1 Tbsp. sesame or olive oil

3 Tbsp. lemon juice

Combine marinade ingredients and pour over fish.

Let sit 15 - 20 minutes, stirring occasionally.

Place fish and marinade in baking dish and bake at 350° 15 - 20 minutes or until just flaky and tender.

Baked Schrod with Tomato Basil Sauce

6 oz. schrod

1 Tbsp. olive oil

Sauce

See recipe in *Phase 1*

Preheat oven to 400.°

Place fish in oiled casserole dish and top with sauce.

Bake 15 - 20 minutes.

Baked Pear Surprise

Bartlett pears

ground almonds

slivered almonds (roast in oven if desired)

pear juice

tofu

Preheat oven to 375.°

Combine ground almonds and tofu (amounts to suit your own taste) in a blender. Mix to a creamy consistency.

Wash pears and slice 1/2 inch off the top of each; reserve tops.

Core the pears with an apple corer but don't puncture the bottom of the pears.

Stuff pears with the ground almond/tofu mixture, and replace the tops.

Stand pears in shallow baking pan and pour in 1/2 inch of water.

Bake for 30 - 40 minutes or until soft. (Baking time will vary with the size and hardness of the pears.)

While the pears are baking, heat a small amount of ground almonds in a little pear juice to make a sauce.

When pears are done, pour on some pear/almond sauce and generously garnish with roasted, slivered almonds.



Phase 3 Options:

During this third and final phase if you choose to, you can add Chicken or fish. Organic, free-range poultry is best; Wild Atlantic Salmon is recommended.





Suggested Program Supplements:

We recommend support with herbal formulas.

Read through the following information and see which is applicable to your individualized and targeted program.

Recommended to everyone during the cleanse:

- Broccoli Sprouts, (stimulates liver to break down toxins that might be released on Diet-Detox Program.)
- Green Power Drink. (Solid nutritional support for Diet-Detox and weight loss nutrition.)

1. **BROCCOLI SPROUTS:** Sulphoraphane glucosinolate (SGS) is found at its highest concentration in 7 to 10 day old broccoli sprouts. Dosage: 1 capsule, two times per day.



2. **GREEN POWER DRINK:** Okinawa reports 80% less heart disease and 80% less estrogen receptive cancers (breast, ovarian, prostate) than the U.S.!!!! Their diet is very heavy in vegetables; in fact, an astounding 36% of their diet is vegetables. Researchers have found that the Okinawans have the highest amounts of protective antioxidants flowing through their blood, much more than any other race on earth. Most of these antioxidants are believed to be from their vegetable rich diet. Researchers are now focusing on these antioxidant levels being responsible for their remarkable disease-free health and longevity. Greens are also very detoxifying. **Dosage:** One to two scoops daily.



3. **GREEN TEA TRIM Formula:** Green tea has such broad health benefits: anti-oxidant, anti-aging, anti-mutagenic, cancer prevention, cancer treatment adjunct, heart disease prevention, stroke prevention, metabolic booster and weight loss support, glucose balancer, homeostasis, neuro-protection, protection of membrane fluidity, anti-bacterial function and skin protection. Yet it takes 12 cups a day to get to the dosage needed. In addition, thermogenesis for weight loss is another benefit to green tea. Clinical studies have shown that green tea raises metabolic rates and speeds up fat oxidation without raising heart rates. Dosage: 2 capsules, three times per day.



4. DIET-DETOX Formula. This formula supports the dieting process and stimulates detoxification and regeneration of the liver and other organs. This formula includes herbs to support the digestive process and create more life force from a reduced dietary intake. Diet-Detox will support and energize without the jagged edge of caffeine or other herbs that are over tonifying. The Western herbs in this formula help to restore and detoxify the liver and calm the mind. Dosage: 2 capsules, three times daily. Maintenance: 1 capsule, three times daily.

5. CLEANSE Formula: This formula cleanses toxicity from the blood and helps remove wastes held in the blood. These undesirable wastes are from both the internal and external world and may include pesticides, herbicides, internal cellular wastes, viral particles, yeast cells, and bacteria. Dandelion is a great cleansing herb that supports liver function (as does blessed thistle), stimulating bile production and flow. Dandelion root opens up perspiration and is a wonderful diuretic; both dandelion and blessed thistle help excrete wastes. The yellow-flowered “weed” is the only diuretic that actually helps replace potassium, often depleted by all other diuretics, herbal and pharmaceutical. Burdock is one of the foremost detoxifying herbs of the Eastern and the Western traditions; it is used to cool and cleanse toxic accumulations from the body, and, along with red clover, improves skin quality (rashes and other chronic skin problems). Dosage: 2 capsules, three times daily. Maintenance: 1 capsule, three times daily.

6. G.B.-LIVER CLEANSE Formula: The liver and gall bladder need a little help from time to time and this formula targets the cleansing of these two organ systems. Dandelion and barberry root stimulate bile secretions to aid in cleansing the gall bladder. Recent studies demonstrate the ability of schisandra berries to help liver cells regenerate. Blessed thistle clears inflammation, removes stagnant ‘Qi’ energy and congestion from the liver. Fennel seeds promote bile production and digestion. Gentian is the European digestive aid, cooling and stimulating secretions. Dosage: 2 capsules, three times daily. Maintenance: 1 capsule, three times daily.





7. TRIPHALA Formula: Because of its high nutritional content, Ayurvedic doctors generally do not regard Triphala as a mere laxative. Some of the scientific research and practical experience of people using it down through the ages has demonstrated that Triphala is an effective blood purifier that stimulates bile secretion as it detoxifies the liver, helps digestion and assimilation, and significantly reduces serum cholesterol and lipid levels throughout body. It is considered a nutritious, cleansing tonic formula that also happens to have a very mild laxative. Dosage: 2 capsules, two times daily.



8. EASY-MOVE Formula: A gentle laxative, yet still a little stronger than Triphala. If you know you have a problem with constipation use this formula. It is so important to move you bowels, even more so on the Diet-Detox, so as not to prevent toxins released by the program from being excreted. Dosage: Acute Episode: Break open 2 capsules, mix with water, and drink last thing at night, first thing in the morning. Maintenance: 1 capsule, twice daily.

9. CHROMIUM PICOLINATE:

If you normally have a diet high in sugar or sugary drinks (Coke, Pepsi, etc.) the Chromium may help stabilize any blood sugar swings. Chromium is a trace mineral that is critical to proper insulin activity. By promoting the body's sensitivity to insulin, chromium improves blood sugar control and influences fat metabolism. Dosage: 1 per day.



10. "WEIGHT-LESS", Balanced Multivitamin: When you are cutting calories, you run the risk of cutting nutrients. That is not only hard on your health, but also hard on your weight-loss program. Dosage: 1 capsules, two times a day.



Fasting

There's hidden sweetness in the stomach's emptiness.
We are lutes, no more, no less. If the sound box
is stuffed full of anything, no music.
If the brain and the belly are burning clean with fasting,
every moment a new song comes out of the fire.
The fog clears, and new energy makes you
run up the steps in front of you.

Be emptier and cry like reed instruments cry.

Emptier, write secrets with the reed pen.

When you're full of food and drink, an ugly metal statue
sits where your spirit should. When you fast
good habits gather like friends who want to help.

Fasting is Solomon's ring. Don't give it to some illusion and lose your
power,
but even if you have, if you've lost all will and control,
they come back when you fast, like soldiers appearing
out of the ground, pennant flying above them.
A table descends to your tents,
Jesus' table.
Expect to see it, when you fast, this table spread with other food,
better than the broth of cabbages.

--Rumi

Bread

A sheikh and a disciple are walking quickly toward a town
Where it's known there is very little to eat. The disciple
Says nothing, but he is constantly afraid of going hungry.

The sheikh knows what the disciple thinks. How long
Will you be frightened of the future
Because you love food? You have closed the eye
Of self-denial and forgotten who provides.

Don't worry. You'll have your walnuts and raisins and special desserts.
Only the true favorites get hunger for their daily bread.
You're not one of those. Whoever loves the belly
Is brought bowl after bowl from the kitchen.

When such a person dies, bread itself comes to the funeral
And makes a speech: "O corpse, you almost killed yourself
With worrying about food. Now you're gone and food
Is still here, more than enough. Have some free bread."

Bread is more in love with you than you with it.
It sits and waits for days. It knows you have no will.
If you could fast, bread would jump into your lap
As lovers do with each other.

Be full with trusting,
Not with these childish fears of famine.

—Rumi

APPENDIX I

Organic Food Choices

We need to protect the health of our future generations. The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. The food choices parents make today will impact their children's health tomorrow. It is a medical mystery marked "urgent." All over America, growing numbers of children are suffering from asthma, childhood cancers like leukemia, as well as learning and behavioral disabilities. Scientists are searching for clues to the causes of these illnesses, and a growing body of research suggests that everyday environmental toxins - what kids eat, drink, and breathe - may put them at risk. Medical investigators and health officials are just beginning to be engaged in the latest research on links between childhood illness and environmental contamination.



Many fruits and veggies especially during the winter are grown out of the U.S. where many of the herbicides and pesticides are not considered safe by our FDA and are even banned for use in the U.S. Yet they can be used in Costa Rica or Chile and then shipped to the U.S.

The 25 most important foods to buy organically:

Baby Foods
Milk and Butter

Fruits
Strawberries
Bananas
Peaches, Cherries, Nectarines, Apricots
Apples
Grapes
Melons
Red Raspberries
Imported Produce

Vegetables
Bell Peppers
Leafy Greens - Lettuces
Spinach
Green Beans
Tomatoes
Cucumbers

Grains

Rice
Corn
Oats
Whole Wheat

Protein Foods

Eggs
Seafood, Meats

Beverages

Coffee
Wine

Here's why:

1. **Baby Foods.** Infants are more sensitive to pesticides because of their more vulnerable nervous and immune systems. Pesticide limits are based on a 155 lb. Adult male.
2. **Strawberries.** This is the most heavily contaminated produce item in the U.S. Often 300-500 lbs. of pesticides per acre are used! Some growers also spray harvested strawberries for shipping. Strawberries were found to have the highest level of hormone-affecting pesticides, including benomyl, vinclozolin, and endosulfan. Methyl Bromide is another common spray used on strawberries. (Out of season strawberries are more heavily treated.)
3. **Milk and Butter.** Dairy products tend to retain higher levels of residues and chemicals from feeds and other sources. Milk is a common source of the herbicide atrazine (a known endocrine disrupter) and Bovine Growth Hormone. There is also an increased risk of antibiotics in the milk as 80% of cows treated with BGH get udder infections.
4. **Bananas.** Commonly gassed with ethylene, and coming from southern and tropical countries they are exposed to some chemicals at all phases of production and receive heavier pesticide exposure. They are also fumigated with ethyl bromide for shipping.
5. **Stone Fruits.** Their skins are very absorptive and they tend to retain more chemicals. In FDA spot checks, 71% of the peach crops had pesticide residues in violation of regulations. Cherries are also heavily sprayed, and apricot crops showed residues over the limit with the carcinogenic pesticide captan present.
6. **Leafy Greens.** Chemicals remain on the leaves of the vegetables making these foods potentially more harmful. Spinach crops were found to contain dangerous residues with 10% showing residues of DDT, which was phased out of use in the U.S. 25 years ago.

APPENDIX I

7. **Grapes.** They receive multiple applications, with imported grapes even more heavily treated. High percentages of pesticide residues are found (esp. from Chile), with carcinogenic pesticides, captan and iprodione. U. S. growers use high amounts of sulfites and methyl bromide for fumigation.
8. **Green Beans.** The EPA has registered more than 60 pesticides in use on green beans, with very high levels found, with imported beans exceeding limits.
9. **Apples.** Found nearly to be as contaminated as strawberries. Forty-eight different pesticides were detected by FDA testing in nearly 2500 samples from 1984 to 1991, while 36 different chemicals were found in their 1992-1993 evaluations. Nearly half of these chemicals were either neurotoxic or carcinogenic.
10. **Rice.** Many persistent water-soluble herbicides and insecticides have been found to contaminate the ground water near major rice fields.
11. **Corn products.** Corn is typically heavily treated; 50% of all pesticides are used on corn. Also, GMO contamination is a great cause of concern.
12. **Sweet Peppers.** Both red and green bell peppers were found to have many chemical residues from the most neurotoxic of the pesticides. These vegetables may also be waxed making it difficult to remove the residues and other chemicals.
13. **Tomatoes.** Tomatoes are thin skinned and absorbent, with as many as 30 different pesticides used on these crops.
14. **Tropical Fruits.** Tend to absorb more of the sprays and are more heavily treated during cultivation, preparation and shipping.
15. **Celery.** Very absorptive and easily retains residues, often the stronger neurotoxic and carcinogenic ones.
16. **Berries.** During cultivation berries have high pesticide exposure, and most of these are systemic.
17. **Imported Produce.** Higher toxicity due to different regulations.
18. **Cruciferous Vegetables.** We eat the parts that are sprayed with carcinogenic chemicals so it is best to eat organically grown broccoli, cauliflower, brussel sprouts and cabbage.
19. **Cucumbers.** Found to have residues of dieldrin, a potent pesticide that increases your cancer risk.
20. **Wheat.** Treated during growth and repeatedly fumigated during storage. Most "wheat allergies" could actually be a result of a neurotoxic reaction to the pesticide residues in the grain.
21. **Eggs.** Factory farm eggs often contain salmonella bacteria, and come from chickens commonly fed antibiotics.
22. **Seafood.** Polluted water contaminates the fish with pesticides, heavy metals, etc.

23. **Meat.** One of the most contaminated products in our food supply. Higher up on the food chain, animals will store pesticide and herbicide residues in their fat cells, as well as the antibiotics, hormones and steroids they are regularly given.
24. **Coffee.** Often heavily treated with chemicals. If you drink it regularly, drink organic beans made with purified water.
25. **Wine.** Grapes and wine may contain a variety of accumulated pesticides and other chemicals. Hangover headaches may actually be the result of chemicals in the wine.



Broccoli Sprouts:

According to studies by Dr. Paul Talalay and his colleagues at Johns Hopkins University School of Medicine, sulforaphane enhances the cancer-protective capacity of animal cells. Sulforaphane in Broccoli sprouts induces Phase 2 (detoxification) enzymes, which are the enzymes that help to deactivate carcinogens and free radicals, thereby enhancing the liver and body's own defense system against cancer-causing chemicals.

Some of the best growing techniques now guarantee large quantities, up to 5,500 parts per million, of sulforaphane within organically grown broccoli sprout powder. "Three-day-old broccoli sprouts consistently contain 20 to 50 times the amount of chemo-protective compounds found in mature broccoli heads, and may offer a simple, dietary means of chemically reducing cancer risk," says Paul Talalay, M.D. (See Fahey, Zhang and Talalay, "Broccoli sprouts: An exceptionally rich source of inducers of enzymes that protect against chemical carcinogens.") In general, Brassica family plants such as broccoli are rich in sulforaphane in its glucosinolate precursor form. Unfortunately, broccoli must be eaten in large quantities to substantially reduce the risk of cancer. Preliminary studies suggest that to cut the risk of cancer in half, the average person would need to eat about two pounds of broccoli or similar vegetables per week. Because of the Johns Hopkins research they were able to identify that broccoli varies in sulforaphane content, and that certain varieties of young broccoli sprouts, grown under standardized conditions, contain large, uniform quantities of the compound. And since the concentration of sulforaphane is much higher in broccoli sprouts than in mature broccoli, the same reduction in risk theoretically might be had with a weekly intake of just over an ounce of sprouts, and maybe a few capsules of sprout powder.

In animal studies, sulforaphane blocked tumor development, reducing incidence, multiplicity, and size of carcinogen-induced mammary tumors. Small quantities of broccoli sprout extracts have reduced the incidence and size of mammary tumors in animals. Talalay's research team fed extracts of the sprouts to groups of 20 female rats for five days, and exposed them and a control group that had not received the extracts to a carcinogen, dimethylbenzanthracene. The rats that received the extracts developed fewer tumors, and those

more slowly. Clinical studies are underway to further explore the effects of broccoli sprouts on protective biomarkers against human cancer.

Scientists at the American Health Foundation discovered that sulforaphane inhibited the formation of pre-malignant lesions in the colons of rats, and researchers in France found that sulforaphane induced cell death in human colon carcinoma cells. This study suggests that "in addition to the activation of detoxifying enzymes, induction of apoptosis [cell death] is also involved in the sulforaphane-associated chemo-prevention of cancer."



Acid / Alkaline Food Chart

Extremely Alkaline	Moderately Alkaline	Neutral	Moderately Acidic	Extremely Acidic
Lemons Watermelon	Apples (sweet) Alfalfa Sprouts Apricots Avocados Bananas (ripe) Currants Dates Figs (fresh) Garlic Grapefruit- Grapes (less sweet) Guavas Leafy Greens Lettuce (leafy green) Nectarines Peaches (sweet) Pears (less sweet) Peas (fresh, sweet) Pumpkin (sweet) Sea Salt	Butter (fresh, unsalted) Cream (fresh, raw) Cow's Milk and Whey (raw) Margarine Oils (except olive)	Bananas (green) Barley (rye) Blueberries Bran Butter Cereals (unrefined) Cheeses Crackers (unrefined rye, rice and wheat), Cranberries Dried Beans (mung, adzuki, pinto, kidney, garbanzo) Dry Coconut Egg Whites Eggs Whole (cooked hard) Fructose Goat's Milk (homogenized) Honey (pasteurized) Ketchup Maple Syrup (unprocessed) Milk (homogenized) Molasses (unsulphured and organic) Most Nuts Mustard Oats (rye, or- ganic) Olives (pickled) Pasta (whole grain) Pastry (whole grain and honey), Plums, Popcorn (with salt and/or butter) Potatoes Prunes Rice (basmati and brown) Seeds (pumpkin, sunflower)	Artificial Sweeteners Beef Beer Breads Brown Sugar Carbonated Soft Drinks Cereals (refined) Chocolate Cigarettes and Tobacco Coffee Cream of Wheat (unrefined) Custard (with white sugar) Deer Drugs Fish Flour (white wheat) Fruit Juices with Sugar Jams, Jellies Lamb Liquor Maple Syrup (processed) Molasses (sulphured) Pasta (white) Pastries and Cakes from White Flour Pickles (commercial) Pork Poultry Sea- food Sugar (white) Table Salt (refined and iodized) Tea (black) White Bread White Vinegar (processed) Whole Wheat Foods Wine Yogurt (sweetened)

The Animal Soul

There's part of us that's like an itch.
Call it the *animal soul*, a foolishness
That when we're in it, we make
Hundreds of others around us itchy.

And there is an intelligent soul
With another desire, more like sweet basil,
Or the feel of a breeze.

Listen and be thankful even for scolding
That comes from the intelligent soul.
It flows out close to where you flowed out.

But that itchiness wants to put food
in our mouths that will make us sick,

Feverish with the aftertaste of kissing
A donkey's rump. It's like blackening your robe
Against a kettle without being anywhere
Near a table of companionship.

The truth of being human is an empty table
Made of soul-intelligence.

Gradually reduce what you give your animal soul,
The bread that after all overflows from sunlight.

The animal soul itself spilled out
And sprouted from the other.

Taste more often what nourishes your clear light,
And you'll have less use for the smoky oven.

You'll bury that baking equipment into the ground!

—Rumi

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About the Authors

Po and Geoff are owners of D'Arcy Naturals, an herbal supplement business for people and their pets. They sell their herbal formulas in Japan, Russia, Scotland, Canada and the U.S. Geoff is an acupuncturist and herbalist and Doctor of Oriental Medicine. He has practiced for 23 years. They have offered the Diet-Detox Program for over 15 years and have synthesized their experiences in this easy to use booklet format. Together they founded the D'Arcy Wellness Clinic and Store in Natick Massachusetts.



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