



## HEAVENLY HERBS and ACUPUNCTURE SHERYL SANCHEZ, LAc.

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### The Detox Diet (or Cleanse)

adapted from

Elson Haas's *Detox Diet*

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#### 1. Reasons I have patients do this Cleanse:

- As a seasonal Cleanse (especially in Spring and Fall) to stimulate detoxification (from poor eating habits, consumption of pharmaceuticals, etc.)
- As a technique to aid in adjusting to dietary modification or change, or returning to healthy eating habits.
- As a technique to aid in starting a weight loss plan or program.
- As a technique to stimulate 'regulating the bowels' (basically a natural 'Colon Cleanse').

#### 2. Preparing to begin:

- Plan to do this Cleanse for a period of 7 to 10 days (at least).
- Plan to ease into and out of this Cleanse: prepare yourself for eating more simply – eat lighter meals for a few days beforehand and begin to ease off sugar, dairy, grains, and caffeine – since this Cleanse is caffeine-free, dairy-free, and mainly grain-free and sugar-free.
- If caffeine withdrawal is an issue, preparation for this can be planned using 'fake-coffee' substitutes or decaffeinated green tea – discuss options, if needed. (An addiction to caffeine is not a good reason to avoid a Cleanse – it is exactly one reason why a Cleanse is needed!)
- Plan to purchase fresh, organic, non-GMO food (highly recommended).

#### 3. General notes:

- Time of meals not important - eat according to your normal schedule. Do **not** skip meals.
- Drink only water and herbal teas (non-caffeinated), any time is acceptable.
- Adding fermented veggies is very appropriate (sauerkraut, kimchi, anything pickled without additives).
- Minimize eating starchy vegetables such as potatoes, carrots, and corn. However, utilize these when you want a touch of sweetness (instead of fruit).

#### 4. Additional herbal cleansing options:

- When liver support is needed, I use Evergreen Herbs' *Liver DTX*. This product contains milk thistle, bupleurum schizandra, curcuma and other herbs for enhancing the normal metabolic and detoxification functions of the liver, including detoxification of the liver during alcohol, drug or smoking cessation.
- When kidney support is needed, I use Evergreen Herbs' *Kidney DTX*. This product contains herbs to restore the normal filtration and excretion functions of the kidney.
- When specific detoxification is needed to treat overdose and poisoning by drugs, herbicide and pesticide poisoning, heavy metal poisoning, or poisoning by food or plants, I use Evergreen Herbs' *Herbal DTX*.
- For general detoxification, I often use a homeopathic *Detox Kit* (a combination for lymph drainage, digestive and kidney support).

## Detox Diet Daily Menu Plan

### Upon awakening (on empty stomach):

Squeeze juice of 1/2 lemon (or lime) into a glass of filtered and/or spring water. Ideally, use hot or warm water (however, cool or cold water may be used during hot weather). Warm water is recommended by Chinese Medicine since our digestive system or 'Middle Burner' or 'Digestive Fire' prefers warmth for optimal digestion. Lemon water stimulates bile or 'Regulates the Gallbladder' to aid in digestion.

**Breakfast:** One bowl of cooked whole grains, definitely gluten-free (no wheat, rye or barley). Eat it without milk (dairy or milk substitute) or sugar (cinnamon or tamari would be okay). For flavoring, use two tablespoons of fruit juice for sweetness, or use the Better Butter mentioned below with a little salt or tamari.

If this seems especially difficult at first, feel free to add dried fruit (non-sulphured) such as blueberries, Goji berries or raisins, or your daily piece of fruit to your breakfast.

**Whole grains:** Steel-cut or whole oats, quinoa, or brown/wild rice. Other options are buckwheat, buckwheat groats, amaranth or multi-grain combo. A Chinese medicinal congee or porridge (using brown rice instead of white) is a great option (ask for separate recipe), especially using medicinal herbs. (A congee could also be made using quinoa.)

**Snack** (appropriate any time during the day when you feel hungry or need an energy boost): One piece of fruit at room-temperature, such as an apple (excellent choice since it stimulates bile production), pear, a citrus fruit, grapes, or low-fructose ones such as berries). Definitely avoid high-sugar varieties such as bananas and other tropical fruits (mangos, papayas, pineapple) and melons (cantaloupe, honeydew). Chew well, mixing each bite with saliva.

**Lunch and Dinner:** One or two medium-sized bowls of steamed vegetables; use a variety, including roots, stems and greens. Be sure to *chew well!* For example (adjusted according to season):

- Basic culinary spices: Garlic, onion, ginger, chili peppers, bell peppers.
- Winter: Squashes - butternut, acorn, spaghetti, root vegetables such as yams, sweet potatoes (eat skins too), white ones such as turnip, rutabaga, green beans, dark, green leafy ones such as kale, chard and spinach.
- Spring: Asparagus, artichoke, snow or regular peas, young spring greens such as dandelion, chards, kale, watercress, bok choy.
- Summer: tomatoes, celery, zucchini, yellow squash.
- General: mushrooms, broccoli, cauliflower, cabbage, any culinary herbs (fresh or dried), such as basil, rosemary, dill, oregano or thyme (all add a nice medicinal touch).
- Others: daikon radish, jicama, eggplant, beets and beet greens, mustard greens, leek, parsley, miso, napa cabbage, brussel sprouts.

### Notes:

- Make '**Better Butter**' by mixing a ¼ cup of extra-virgin olive oil or coconut oil mixed into a soft ¼ lb. of organic unsalted butter (ghee could also be used). Add 1 tsp. per meal or a maximum of 3 tsps. per day.
- Twice a day, drink one to two cups veggie water, saved from the steamed vegetables. Add a little sea salt or kelp and drink slowly, mixing each mouthful with saliva. (I personally think this may be the hardest part of this Cleanse!)

### Acceptable modifications:

- In summer, eating a fresh, raw salad (based on a dark green mix, like spinach) with lots of veggies is occasionally acceptable.
- In cooler seasons, preparing the veggies as a stir-fry (use the Better Butter recipe) is occasionally acceptable or preparing a vegetable soup (using low-sodium vegetable broth, or ideally, a freshly home-made one).
- The average person may need to add protein to this Cleanse. So if needed, add high quality protein such as wild-caught salmon (or other fish), or beans (preferably black beans or aduki/azuki beans) or lentils. Doing this at dinner-time may be most appropriate, since it can then be a 'regular' meal!
- Another protein or snack option can be raw, unsalted nuts such as almonds, walnuts, pepitas, etc. (mixed okay).