

Eight Day Detox

An eight day detox eating regime given to us by our friend, Dr. Terry Hambrick. We felt so good we are going to do this once a month. Here is how the plan works. Always consult with your primary physician before making any drastic alterations in diet and lifestyle of you decide to give this a try.

This is a simple 8-day plan to introduce you to a nutritive cleanse that also initiates and helps dietary detoxification. It is optimal to schedule this so that days four and five fall on a weekend or a time when you can rest more and be more contemplative.

DAY 1 Eliminate all gluten grains, corn and DAIRY from your diet. Eliminate all processed food, refined sugars, candy, sweets, pastries, baked goods, food additives, artificial sweeteners and soft drinks from your life. Use only the following protein sources: cage free organic eggs, fresh deep-water/cold-water fish, organic soy products such as tofu and tempeh, wild game meats, organically fed poultry (in moderation). Consume as many raw greens and lightly steamed fresh, organic vegetables (root and green, leafy) as possible. Consume moderate amounts of low-glycemic fruits (apple, apricots, blackberries, blueberries, cherries, grapes, grapefruit, kiwi, lemon, lime, nectarine, orange, peaches, pear, pineapple, plum, raspberries, strawberries, tangerines. Drink large amounts (8 twelve ounce glasses, at least) of pure water. Drinking fresh squeezed, low glycemic fruit juices and vegetable juices (green drinks, not lots of carrots and beets) in moderation as well as the water is acceptable. Use only well-protected FLAXSEED OIL as a food oil during days 1-3 and 6-7.

DAY 2 Eliminate all protein sources, except soy, from your diet, consuming only the non-gluten grains, raw and lightly cooked vegetables, fruits and soy protein. Continue with water and juices.

DAY 3 Eliminate the soy protein and all grains; continue with vegetables, fruits and fresh juices. Continue with water intake.

DAY 4-5 Consume only the freshly squeezed juices, water and either or both of the following broths:

Bieler Broth

- 2 medium zucchini
- 3/4 cup green beans, stems removed (may substitute spinach)
- 2 stalks celery
- 1/2 cup parsley, chopped

Using pure water, steam zucchini, green beans and celery until soft (about 15 minutes). Place vegetables, steaming water and chopped parsley in blender for 1-2 minutes until smooth. Eat it hot for the best flavor. Adding Bragg Liquid Amino Acids is encouraged.

Alkaline Broth

- 1 and 1/2 quarts pure water
- 2 potatoes
- 1 sweet potato
- 1/2 cup onion, sliced
- 1 cup carrots, coarsely chopped
- 1 cup celery, coarsely chopped, with leaves
- 1 cup broccoli or other available vegetable

Use earthenware, enamel or stainless steel pots, not aluminum. Fill pot with water. Do not peel the vegetables; just be sure they are cleaned well. Cover and cook slowly for at least a half-hour. Let stand another half-hour until warm rather than hot. Strain broth and discard vegetables. Drink only the broth.

DAY 6 Re-introduce steamed and raw vegetables, fruit. Continue with water and juices.

DAY 7 Re-introduce non-gluten grains and soy protein sources.

DAY 8 Re-introduce fish, wild game, eggs and poultry as protein sources. Do not re-introduce dairy until after the 8th day.

Following day 8, it is valuable to watch how you feel as you re-introduce foods that are more common to your diet. This gives you a chance to see if any given food, gluten (wheat) or chocolate for example, causes headaches, joint pains, skin rashes or other symptoms that you had not associated with the food before.

For this reason, introduce new, especially suspect foods, individually during this phase.

Throughout the above process be sure to maintain your eliminative functions with light activity that raises your respiration. Walking is usually sufficient. Deep breathing, holotropic breath work, yoga are all excellent ways to move things out of your lungs.

To help cleanse the skin and lymphatic system, have massages, skin brushing, stretching, saunas, steam baths, salt and soda bath (1 pound of sea salt and 1 pound of baking soda in a tub full of hot water) and spa treatments to keep this largest organ in your body (the skin) cleaned and open.