

Pineapple juice: Has an enzyme named bromelain that is particularly good for the small intestine. Specifically helpful for inflammation, allergies, arthritis, edema, and hemorrhoids. Add 1/2 cup juice to 1/2 cup water.

Lemon juice and water: Detoxify and cleanse the liver. Add the fresh juice of 1/2 lemon to each cup of water.

Carrot Juice: Liver, lungs, kidneys, eyes.

Beet Juice: Removes toxins from the liver into the bloodstream. Also specifically helpful for arthritis and menstrual problems.

Green Juices: Believed to cause an exchange of toxins across membranes resulting in the systematic flushing of toxins out of the body. Also specifically helpful for circulation, skin, digestive problems, obesity, bad breath. Green vegetables include watercress, broccoli, kale, collard greens, parsley, spinach, beet greens. Green juices have a very strong taste, so carrot juice can be added as needed to improve the taste.

## **Artichokes**

Contains plant compounds known as caffeoylquinic acids, which increase the flow of bile and help to digest fats.

## **Beets**

Beets contain betaine, which promotes the regeneration of liver cells and the flow of bile. It also has a beneficial effect on fat metabolism.

The best way to start is with beets, preferably organically grown. Beets and beet tops are the richest source of betaine, a natural liver detoxifier and bile thinner. Use chopped or shredded raw beets combined with a little raw flax oil and lemon juice daily. It's easy to include whole beets in our diet. They can be baked, roasted, grated raw in salad, or juiced with other vegetables.

## **Broccoli**

Broccoli and other members of the brassica family (cabbage, cauliflower, Brussels sprouts, kale) support the liver's detoxification enzymes.

## **Fresh Fruits and Vegetables**

Food sources of vitamin C and glutathione, which are essential for detox.

## **Protein**

Protein is required by the liver for detox. Beans, nuts, seeds, quinoa, protein powder. Some people may choose to eat fish in moderation.

## **Onions and Garlic**

Rich in sulfur-containing compounds. Involved in sulfation, the main detox pathway for environmental chemicals and certain drugs and food additives. Helps with the elimination of harmful heavy metals from the body.

## **Dandelion Root**

Increases the flow of bile. Can be taken as a tea.

Also recommended throughout the day is to consume cups of potassium broth. Potassium broth takes advantage of the fact that the outside of a potato is one of the highest plant sources of potassium. Take the peelings (1/4" to 1/2" including the skin) of several potatoes. Do NOT use the inside. Add other well chopped vegetables to taste including carrots (with skin), celery, whole beets (including greens), fresh parsley, and lots of onion and garlic (up to 50 cloves).

Simmer for 40-60 minutes in a covered pot using clean filtered water. Strain out the vegetables, cool and drink the broth. Refrigerate leftover broth in glass containers in the refrigerator for use over the next couple of days.

Very clean diet of organic or locally grown produce – fruits and vegetables. **Remember, your body will suck up whatever you put into it right after the cleanse. Eating fried chicken and Ding Dongs, for example, immediately after detoxing, will almost totally nullify the entire detox.**

## **What You Need to Know About Fats**

The way the flush works is that you starve your body of fats all day. This allows bile to build up in your liver and gallbladder. Then, in the morning, you have your only intake of fat (1-5 tablespoons of olive oil, depending on which day of the flush you're on). This causes the liver and gallbladder to literally "wring themselves out" in an attempt to deal with the oil -- squeezing out accumulated fat, cholesterol, and toxins in the process. **The more fat that you consume during the day, the more you minimize the purging action of the olive oil drink.** In other words, it's best to avoid all fats and oils during the liver/gallbladder flush. Note: the purging action gets progressively stronger each day on the flush. On the last day, when you consume 5 tablespoons of olive oil, that works out to a half cup of oil in one shot. That really squeezes the liver and gallbladder..

## **Potassium Broth**

- 4 Large organic potatoes

- 4 large organic carrots (with skin)
- 2 sticks organic celery
- 3 whole organic beets sliced, plus greens
- 2 peeled and sliced organic onions
- 50 cloves of garlic (see morning drink)

**Tomato:** raw tomato is especially effective in reducing inflammation of liver due to hepatitis and cirrhosis; best taken for 1-3 days exclusive of other food, either bulk or raw juice; may be mixed with carrot juice for flavor and extra therapeutic benefit.

**Carrot juice:** fresh raw carrot juice is one of the best liver detoxifiers when consumed in quantities of 2-3 pints daily. Such dosage sometimes results in an orange tinge in the skin; contrary to popular belief, this is not caused by carotene, any more than beets turn you red or spinach green; the orange tinge is due to toxic bile being purged from the liver by the mega-dosage of carrot juice; the bloodstream cannot excrete the bile fast enough through the kidneys, so it is purged through the skin; when liver is clean, you won't turn orange, regardless of how much carrot juice you drink.

**Summer squash:** especially rich in sodium, summer squash is an excellent alkalizing remedy for acidosis of liver and blood due to depressed liver function. Lightly steamed, no salt or spices.

**Other beneficial foods:** beets (raw juice or bulk); cabbage; zucchini; string beans (bulk or juice); calves liver; raw spinach; sunflower seeds; soy beans.

**Foods to avoid:** deep fat fried foods; overcooked meats; refined sugars and starches; alcohol; drugs; foods with chemical additives and preservatives.

**Spinach (bulk or juice):** detoxifies digestive tract; restores pH balance; soothes intestinal inflammation; promotes peristalsis; must be taken raw, either in salad, or as 6 oz juice mixed with 10 oz carrot juice, 1-2 pints daily.

**Other beneficial foods:** zucchini, raw tomatoes, raw apples (on empty stomach), dark grapes.

Prepare a liquid green drink for your liver first thing in the morning.

- \* squeeze the juice of one lemon into a glass
- \* add one tablespoon of chlorophyll
- \* add one tablespoon of aloe vera drink
- \* add 8 oz of distilled water

This drink helps to regenerate the liver.

\* The lemon helps your liver regenerate and produce bile (healthy bile is necessary for breaking down fat so that fats can be absorbed properly into the liver.)

\* Chlorophyll helps to detoxify your colon so fewer toxins get into the liver.

\* The lemon and aloe vera help stimulate bowel movements.

The liver needs plenty of minerals. As you know minerals are obtained from fruits and vegetables. Once a day try to drink a vegetable juice. A juice that I enjoy is:

\* Carrots

\* Celery

\* Apples (Green especially)

Here are some foods to add to your eating habits. These foods are liver friendly and will help liver to get rid of its toxic condition and regenerate itself.

\* beets, asparagus,

\* peppers – green bell pepper, red bell pepper

\* carrots, squash, okra

\* mushrooms

\* Cucumber, Zucchini

\* collard greens, mustard greens, romaine lettuce, arugula

\* **Brassica sprouts:** cauliflower, broccoli, kale, brussels sprouts, green and red cabbage, kholrabi

\* green beans

\* tomatoes

\* hummus

\* spinach,

\* red potatoes, yams, avocado

\* onions, garlic, ginger, bell peppers, olives, radishes, red turnip

\* eggs - two a day

\* Oils: flax seed oil - two tablespoons a day, virgin olive oil, cold pressed walnut oil, cold pressed sesame oil, peanut oil

\* mints: applemint, spearmint, chocolate mint, peppermint

\* nuts: pinenuts, walnut, cashews, almonds

\* grapefruits, oranges, plums, cherries, peach, berries (cranberries, loganberries, strawberries), lime, lemon, kiwi, honeydew melon, pineapple, cantaloupe

\* sesame seeds, linseeds

\* pearl barley, barley leaf

\* pumping, papaya, mangoes

\* **Bean Sprouts:** lentils, mung, peas (chickpeas, snow peas)

\* all lettuces except iceberg

\* brown rice, basmati rice

\* free range chicken, fish (mackerel, bass, snapper, blue-eyed cod)

\* all legumes,

\* Leafy Sprouts: sprouts of all types (alfalfa, clover, arugula)

\* organic soy milk, almond milk, oat milk, rice milk, distilled water

\* honey, maple syrup

Herbs to use as seasonings:

\* basil, bay leaves, caraway, lemongrass

\* rosemary, dill, parsley, thyme, fennel, cumin

\* oregano, tarragon, chives, cardamom, paprika, sage, coriander

Vinegar: tarragon, Apple cider