

THE DETOX DIET

(Adapted from [A User's Guide To Detoxification by Dr. Shari Lieberman and James Gormley](#), Basic Health Publications, NJ, 2005.)

It is a great idea to do a NutriClean 7-Day Cleansing and Detoxification System periodically. The 7-Day System:*

- Helps maintain digestive health
- Cleanses the colon
- Promotes healthy growth of beneficial bacteria in the colon
- Helps to cleanse and detoxify the liver

Benefits of a Detox Diet

- Provides fuel for cells lining the small intestine
- Supports overall health by helping to maintain normal cholesterol levels and blood-glucose levels
- Promotes immune health
- Supports healthy nutrient absorption

A detox diet gently purges the body of impurities, relieves the body's dependence on sugary foods and enhances the body's response to carbohydrates. It can help accelerate your weight-management goals and can also help jump start your weight-management efforts if you ever hit a plateau.

Get Prepared

It's best to prepare ahead of time before you start the 7-Day Detox Diet. Clean the junk food out of your house (cake, candy, cookies, processed foods, chips — anything you know isn't good for you). Take this time to go off all caffeine and alcohol. Both of these substances interfere with healthy detoxification when consumed in large quantities.

7-Day Detox Diet

Next are three sample menus to follow for your 7-Day Detox Diet. There is nothing magical about these particular choices of fruits and vegetables — you may substitute other fruits and vegetables as desired. These should among fruits and vegetables with a low [glycemic index](#). It is strongly recommended that you eat the purest foods you can find. Organic is best.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

7-DAY DETOX DIET — SAMPLE MENUS:

SAMPLE MENU 1	SAMPLE MENU 2	SAMPLE MENU 3
Pre-breakfast Lemon juice in warm water	Pre-breakfast Lemon juice in warm water	Pre-breakfast Lemon juice in warm water
Breakfast Honeydew and 1 egg white Herbal tea	Breakfast Grapefruit sections (fresh) Herbal tea	Breakfast Orange slices (fresh) Herbal tea
Snack Banana Detox or other herbal tea	Snack Papaya Detox or other herbal tea	Snack Green beans Detox or other herbal tea
Lunch Vegetable juice Cucumber salad, carrot sticks Apple Herbal tea	Lunch Consommé Mixed-green salad with olives, green and red peppers, cucumber, celery and artichoke hearts Cherries Herbal tea	Lunch Consommé Large fresh fruit salad tossed with 2 tablespoons fresh lemon juice Herbal tea
Snack Green beans Detox or other herbal tea	Snack Cooked spinach Detox or other herbal tea	Snack Mixed-green salad Detox or other herbal tea
Dinner Vegetable soup Mixed-green salad with mushroom, asparagus, tomato and beets Strawberry and blueberry medley Herbal tea	Dinner Lightly steamed broccoli Grilled vegetable plate with eggplant, red peppers and zucchini Herbal tea	Dinner carrot slices. raw or lightly steamed Vegetable soup made with celery. onion, cabbage, leafy green vegetables (i.e., kale, collards and chard). peas and tomato Herbal tea
Snack Fresh cucumber, red and yellow peppers Detox or other herbal tea	Snack Steamed beets Detox or other herbal tea	Snack Zucchini Detox other herbal tea

Helpful advice to follow the 7-Day Detox Diet successfully:

- **DO NOT SKIP MEALS!** Skip a snack if you're not hungry, or add the snack to a meal if you are hungry, but do NOT skip the three main daily meals. The goal is to start normalizing your metabolism and release fat, but you must feed your body regularly. Skipping meals forces your body into fat-storage mode.
- Plan ahead, if possible, to begin this detox program. Don't begin this program during a week that you know your workload or home life will be especially hectic, stressful or frantic. You may want to support your healthy commitment by treating yourself to a massage, facial, manicure or pedicure. Indulge in a sauna, steam bath or whirlpool — up to three times a week. It's good for your mental health and will help detoxify and excrete toxins from your body. boost circulation and decrease stress.
- Eat only the fruits and vegetables with a [low glycemic index](#).
- Eat as many vegetables as you like, but limit fruits to three servings per day.
- Do not add any fats — no oils, butter or margarine.
- Keep it simple. You may use spices and herbs; small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard are allowed. but avoid mayonnaise, bottled salad dressings and ketchup — all have lots of added sugar.
- Drink at least eight glasses or cups of herbal tea, distilled or filtered purified water or mineral water every day. This will help you feel full and help flush away impurities.
- Avoid coffee, alcohol, soda, sugar, artificial sweeteners and caffeine-containing beverages because these are substances we want to purge from the body.
- Avoid junk food. Remember, this is a cleansing and detoxification program, and avoiding these foods NOW will help reduce your cravings for sweets and fats.
- If you have been taking a multivitamin/mineral formula, continue to do so, but do not start to take supplements during this detoxification step if your body is not accustomed to them.
- Get plenty of rest and sleep because this helps with the detoxification process. The naturally occurring plant compounds in the fruits and vegetables will help accelerate the cleansing process and you may feel a little more tired than usual for the first few days. By the end of the week you should feel more energetic.
- Do not engage in strenuous physical activity, even if you are used to it. Instead of a vigorous workout, take more yoga and gentle stretching, go for a swim, garden or take walks. This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.
- First thing every morning, drink the juice of half a lemon in a cup of warm water to help your gallbladder work more efficiently. This is important because our gallbladder is responsible for fat digestion and dieters are notorious for having gallbladder problems.

Detox Notes:

- Notice that there is NO sugar (other than naturally occurring in the fruits and vegetables), flour or fat.
- The Detox Diet works best if you are using raw, fresh fruits and vegetables. However, you can lightly steam vegetables such as broccoli, kale, spinach, beets and others that you prefer slightly cooked. You can use garlic, lemon, herbs and spices.
- The more variety you eat, the better the Detox Diet will work.
- How often should you detox? How often you do the Detox Diet will depend on your particular needs. Some people like to do the diet four times each year (every three months) and some coordinate it with the change of seasons. I would generally recommend doing the Detox Diet anywhere from one to three times each year.
- Consider doing a NutriClean 7-Day Cleansing and Detoxification System to re-energize your digestive, liver and colon health* while you purify your diet.

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