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## **Two Week Detox**

To supplement the Whole Body Integrative Cleansing System

### **Preparation**

Cleansing diets are designed to release toxins from storage in the body's cells and tissues. When toxins are released from cells they enter the bloodstream and can cause a variety of symptoms, such as fatigue, malaise, headache and sore muscles. You can minimize the chances of these unpleasant side effects if you plan appropriately for the cleansing diet. Initiate the program at a time when you have few obligations or responsibilities, when you will be able to minimize stress, and when you'll be able to rest and sleep as your body needs. It is important to be especially kind to your body when you're asking it to cleanse and heal itself.

Another important aspect of preparation is being clear about what you want to accomplish through the cleanse. If one of your goals is to initiate a more healthy diet or lifestyle, we advise that you spend some time before beginning the cleanse looking at the specific behavior you want to change. What are the feelings and beliefs that control your present eating patterns and lifestyle? Success in making major long-term changes in your diet depends upon addressing these basic issues.

Before starting your detox, make sure you have all of your supplies on hand (details below). I also recommend that you create a specific meal plan, one week at a time, using the allowed foods as your guide. List out what you plan to eat for breakfast, lunch, dinner, and snacks every day. This will help reduce the stress of trying to decide what to eat on a day to day (and meal to meal) basis and will also make it easier to prep meals in advance and have snack items ready to go. If you currently drink coffee or sodas, I recommend giving yourself a few days prior to the start of your detox to wean yourself off of caffeine and avoid caffeine withdrawal symptoms.

### **Supplies and Resources**

Whole Body Integrative Cleansing System

Filtered water: you will need a minimum of 64oz/day plus additional for tea and cooking

The specific foods detailed below

Herbal and/or green teas

"Foods that Love the Liver" handout

"Aiding the Organs of Elimination" handout

"Elimination and Challenge Diet" handout (optional)

"Castor Oil Pack" handout, 4 oz Castor Oil, 1/2 yard undyed and unbleached flannel (optional)

Epsom salts, loofa or natural bristle body brush (optional)

Juicer (optional)

Multipure or other water filtration system (optional)

All of the handouts mentioned above can be found on my website at [www.inhealthclinic.com](http://www.inhealthclinic.com).

## What You Can Eat

- ✓ *Vegetables:* this will be the bulk of what you are eating, making up at least 50% of lunch and dinner. Use organic whenever possible. Avoid canned; frozen is ok but fresh is preferred. Eat raw or steamed or lightly sautéed in a small amount of allowed oil (see below). Cabbage-family vegetables and beets should be cooked rather than eating raw. All vegetables that you tolerate except tomatoes, eggplant, peppers, corn, and potatoes (sweet potatoes and yams are ok) are allowed.
- ✓ *Fruits:* 1-2 servings per day, as breakfast or snacks but not eaten with protein. All fruits except citrus are allowed.
- ✓ *Whole grains:* Eat 1-2 cups per day; allowed grains are millet, basmati or brown rice, quinoa, amaranth, oatmeal, barley, buckwheat, rye, and teff. You may also include rice cakes and rye vita crackers.
- ✓ *Legumes:* eat a variety of legumes that you tolerate well. Allowed legumes are split peas, lentils, kidney beans, pinto beans, black beans, mung beans, garbanzo beans, and aduki beans.
- ✓ *Proteins:* only skinless, white meat chicken, turkey, lamb, and fish (not shellfish) are allowed. Meats should be free-range and organic if possible. Preferred fish are wild (not farmed) deep sea fish such as salmon, halibut, cod, sardines, tuna, and mackerel. Proteins should be poached, baked, or broiled.
- ✓ *Fats, Oils, Nuts & Seeds:* only coconut, avocado, olive, sunflower, and safflower oils are allowed and to be used in small amounts only. Avocados are a good source of healthy fat and may be eaten. Nuts and seeds except peanuts are allowed if you tolerate them. Nut butters are allowed if unsweetened.
- ✓ *Sweeteners:* only small amounts of natural sweeteners such as honey, pure maple syrup, brown rice syrup, barley syrup, molasses, and pure stevia are allowed.
- ✓ *Seasoning:* vinegars, herbs, and pure spices (read labels on any blends as they often have added sugar and salt) can be used liberally to add flavor to your meals. Unrefined sea salt is recommended as it has a balanced mineral profile.

I highly recommend reviewing the **“Foods that Love the Liver” handout** and incorporating as many of the foods listed as you can that are allowed on the detox.

## What You Should Drink

- ✓ *Water:* at minimum, 64 ounces of pure, filtered water should be consumed each day. Your total fluid consumption in ounces should equal half of your body weight (in pounds) each day.
- ✓ *Herbal and/or Green Teas:* drink as desired between meals.
- ✓ 100% black cherry, prune, or pomegranate juice, mixed 50:50 with water; drink sparingly (4oz per day is ok).
- ✓ Freshly juiced vegetables, if desired.

## Foods and Drinks You Should Avoid

- ☒ *Processed and Refined Foods & Starches:* no refined flours or sugars, no processed meats, no fried foods, no food additives (such as nitrates, nitrites, artificial flavors or colors), no pre-made dressings, sauces, or condiments unless made entirely from allowed ingredients. Avoid white rice, potatoes, and corn. Eat only those foods allowed on the above list, preferably made from scratch with fresh ingredients.
- ☒ *Dairy:* no milk, yogurt, cheeses, butter or any other dairy should be eaten during the detox.
- ☒ *Proteins:* no meats except those listed as allowed above should be eaten; eggs should also be avoided.
- ☒ *Fats & Sweeteners:* no fats, oils, or sweeteners other than those listed above are allowed: absolutely avoid artificial sweeteners, white sugar, and trans-fats!
- ☒ *Beverages:* sodas, undiluted fruit juice, coffee, black tea, diet drinks of any kind, and alcohol should all be avoided.

## Meal Ideas

### Breakfasts:

- Fruit
- Whole grain toast with nut butter
- Rye Vita with nut butter or hummus
- Smoothies with fruit, greens, chia and/or flax seeds, hemp or coconut milk, and pea or hemp protein powder

### Lunch/Dinner:

- Steamed veggies seasoned with vinegar, spices, and/or herbs, brown rice, and broiled chicken or turkey
- A large salad with assorted greens, veggies, sunflower seeds, and poached salmon with balsamic vinaigrette
- Lentil and winter squash soup with kale and ground turkey (I like mine with curry to spice it up)
- Quinoa, bean, and veggie salad with vinaigrette and herbs

### Snacks:

- Veggies with hummus
- Raw nuts
- Rye vita or wasa crackers with nut butter
- Fruit

## Additional Cleanse Support

In addition to the dietary guidelines and supplements, I highly recommend that you support your detox utilizing the suggestions on the “**Aiding the Organs of Elimination**” **handout**: dry skin brushing, hydrotherapy, castor oil packs, deep breathing exercises, stretching and other gentle exercise, and possibly enemas.

## Week 1: Cleansing

In week 1, the focus of your detox is the intestine. The herbal Laxative Formula ensures regular bowel movements. The Fiber Formula binds toxins and helps “sweep” the bowel while the Super Milk Thistle X supports the liver and stimulates bile flow to bind additional toxins. Regular bowel movements are critical to successful detox; if you have not had a bowel movement by the end of day 2 of your detox, let me know.

### Supplement Schedule for Days 1-7:

- *Fiber Formula*: take 4 capsules in the morning and 4 capsules at bedtime with a full 8oz of water.
- *Laxative Formula*: take 3 tablets at bedtime with a full 8oz of water.
- *Super Milk Thistle X*: take 1 capsule at bedtime.

## Week 2: Transition

During week 2, the focus of your detox shifts more strongly to supporting the liver as you reduce the dose of Herbal Laxative and increase the dose of Super Milk Thistle X.

### Supplement Schedule for Days 8-14:

- *Fiber Formula*: take 4 capsules in the morning and 4 capsules at bedtime with a full 8oz of water.
- *Laxative Formula*: take 2 tablets at bedtime with a full 8oz of water.
- *Super Milk Thistle X*: take 1 capsule in the morning and 2 capsules at bedtime.

## Maintenance

Now that you have completed your Two Week Detox, why not keep up the healthy changes with some of these options (handouts are available on my website [www.inhealthclinic.com](http://www.inhealthclinic.com)):

- Identify food allergies and sensitivities with the **Elimination and Challenge Diet**: continue your detox diet for another week or two and then begin reintroducing foods one at a time to identify any adverse reactions you might be having. For detailed instructions, see the “Elimination and Challenge Diet” handout.
- Follow the guidelines in the Whole Body Cleansing System insert and maintain good digestive support with **fiber, probiotics, digestive enzymes, and liver support supplements**.
- Detoxing on a regular basis is highly recommended for most people. Consider repeating your detox several times per year (I recommend cleansing 4 times a year, with the changes of season).