

# Detoxification

## Helpful Dietary Guidelines / Changes:

### Ultimately remove from your diet – Alcohol, Salt, Sugar, White Flour and Caffeine

Please begin to use Organic Foods as soon and as often as is possible. Non Organics is what is killing the American people – and the FDA, Pharmaceutical Companies, AMA, Liquor Conglomerates and the Large Food Processing Companies know all about this – they are depending on it. They all need us to remain sickly and dependant so they can maintain their ongoing stranglehold on us – they grow rich and we die slowly.

- Remove alcohol consumption. Period.
- Eat nothing 3 hours prior to bedtime.
- Remove anything that has diet in it's name ... aspartame, splenda etc., etc.
- Remove from your shelves canned foods. Metal leeches into the food and we get heavy metals in our systems.
- Replace your cookware with anodized or glass. Cast iron can be healthy if It is high quality, prepped (with oil) and never cleaned with soap.
- Never reheat or cook in plastic.
- Start adding Flaxseed Oil to your diet – work up to 2 Tbls. a day – optimal. Do not heat. Add to smoothies, salad dressing, topping for vegetables, rices, beans etc., after they have been cooked and are at an eatable temperature.
- Drink green tea, a dietary source of catechin. Herbal Non-Caffeinated Teas.
- Eat a well-balanced diet rich in fresh fruits and vegetables – raw is best, when cooking use nut and olive oils (coconut is especially excellent) – keep the vegetable as undercooked as possible. Cooking removes the life forces from the vegetables. If you cannot get raw – and must choose between frozen and canned – always go with frozen.
- Eat artichokes, which help detox the liver.
- Eat foods in the Brassica family (cabbage, cauliflower, brussel sprouts).
- Increase intake of berries.
- Juice regularly with fruits, vegetables and grasses.
- Goat's milk and cheeses are much than our supply of cow dairy.
- Consider keeping a food diary to detect individual patterns of sensitivity to foods.
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## **Vegetables – Totally Open**

### **Meat**

Fish and poultry are the best choices.

- Salmon, Mackerel and Tuna are excellent choices as well as shell fishes, white fishes and white meat poultries. If you must have canned tuna – choose “in oil”
- Veal, beef, and lamb are difficult to digest and should be avoided.
- Ham, bacon, sausage, and other heavily processed (contaminated) meats should be **eliminated completely**. Yes - this include all smoked meats.

**Rices, Beans, Legumes**- all are fine – stay away from canned. Hint - When soaking – the more you rinse and re-soak (every few hours) in prepping beans – the lower amount of gas produced.

**Breads** should be limited – Ryes, Sprouted Wheat and Soy breads are best – Ezekiel Bread is great. Flat breads are acceptable (those without yeast) – tortillas, Naan, Pita...etc. Again – limit bread to 3 - 4 times per week. White bread should be avoided – but good sourdough on occasion is ok.

### **Fruit**

Open – go to town...Apricots, apples, berries, melons, peaches, pears, pineapples, tangerines, grapefruits, oranges, cantaloupes, strawberries, watermelons, and plums, etc., etc.

*Note: Fruits should be eaten raw or cooked without sugar. If you use canned, make sure it is not packed in syrup or sugar. Raw fruit is always best.*

### **Juice**

Any unsweetened fruit or vegetable juice. Try to choose Veggie Juices with no salt. I juice my own juices and I know they are true and fresh. Jamba Juice is a great choice when out & about.

### **Water**

Clean Water – you should be drinking 8 – 10 / 8 oz. glasses a day, Herbal Decaf teas (no sugar). Do not drink distilled, filtered or “water drinks” – it is chemically processed. Spring water or water that has been filtered through a reverse osmosis system is best.

**AVOID -** sugar, salt, caffeine, white flour, alcohol.....

**Alcohol** in general - Wines, cordials, cocktails, beers, whiskeys, cola drinks, pop of all kinds, ginger ales, and club sodas.

### **Prepared Foods**

White flour bakery products, white spaghetti, macaroni, noodles, and gravies. Any foods prepared with refined white flour. Canned Foods are poisoned with heavy Metals and laden with salt.

### **Desserts**

Candy and other sweets, such as cakes, pies, pastries, custards, jellos, ice creams, sherbets, and puddings.

### **Always Avoid**

Sugar and salt.

Salt is a predominant factor in weight retention, disease and the aging process. Please take steps to eliminate salt completely – it won't happen over night – but the fact is that when you make continual reductions in salt intake – your body responds and begins to prefer non-salted food.

After a time salt will begin to taste vile. Good substitutes are “Braggs” Liquid Amino All Purpose Seasoning and authentic Celtic Sea Salt (grey or light brown).

Good substitutes for sugar are Maple Syrup and Liquid Stevia.

More Toxic /Congesting			More Detoxifying / Least Congesting			
drugs	fats	sweets	nuts	rice	roots	fruits
allergenic foods	fried foods	milk	seeds	millet	squashes	greens
	refined flours	eggs	beans	buckwheat	other vegetables	herbs
organ meats		baked goods	oats	pasta		water
hydrogenated fats	meats		wheat	potatoes		

**Okay – let’s go over a couple things you can do to increase your detoxification effort:**

- Get yourself exercising at least 3 times a week – walking for 30 minutes – yoga, stretching – I don’t care – but move your bones and muscles – get the fluids moving in the systems – you must do this without fail.
- Shifting from the most congesting foods to the least--eating more fruits, vegetables, grains, nuts and legumes and less baked goods, sweets, meats, refined foods, fried foods and fatty foods--will help you detox and bring you into better balance, with more vitalized cells, organs, and body.
- Cook in iron, stainless steel, glass, or porcelain. Never microwave in plastics – very toxic - only in glass. One thing you need to know about microwaves - microwaving kills all nutrients in foods. I never do anything but defrost frozen foods (already dead) and heat up water in the micro.
- If you do not have a good water source (free of Fluoride and Chlorine) – get a good system water filter. This includes all water sources – shower and bath water is absorbed right into the body – so a systemic filter would be optimal. Another option is to go get living water. There is an artesian well in Lynnwood. Take some big containers and drive to the 164<sup>th</sup> Street exit off I-5. Go west. At the bottom of the hill, on your right hand side you will see the entrance to it. Get this stuff – it’s free to the public and it is alive and pure from the earth itself.
- Remove all alcohol intake – it is poison to the system
- Detox Lemonade - 8 oz. clean water – heated to a tolerable level. Use organic lemons – ½ a lemon / fully squeezed, sweetened with organic maple syrup grade B or C, spice it with some hot cayenne pepper 1/8 – 1/4 teaspoon- dry powdered, or with freshly pressed juice from hot cayenne pepper. Drink as much through out the day as possible – just keep sipping it...4 – 6 glasses a day is good. You will need to keep stirring the cayenne pepper if you use ground.
- Twice a day – 1<sup>st</sup> thing in the morning and at night before bed – mix 8 oz of water with 1 Tablespoon Liquid Bentonite Clay and 2 teaspoons of ground flaxseed. Get a new coffee grinder for herbs (never use it to grind coffee), seeds and such. Mix it up and drink it quickly. If you do not drink it quickly it will begin to congeal in the glass.
- Last – The Home Enema Procedure:

You will need:

- Organic Coffee
- Clean Water
- Castor Oil
- Home Enema Device (it is a hot water bottle with douche and enema attachments – found at most any drug store)
- 2<sup>nd</sup> hot water bottle
- 2 pillows
- 2 towels – folded in half – one for under the enema application site and one under the folded washcloth.
- Something to keep you warm during the procedure (I like using a sleeping bag).

Lay out the sleeping bag and pillows – one for the head and one to prop your leg while lying on your side, in your bathroom. Take the folded towels and lay those down inside the sleeping bag – one at butt level and one at torso level.

Brew up some organic coffee – 2 tablespoons per 16 oz, (you won't need more than about 8 oz. of strong coffee per enema), add it to lukewarm water in the bag. You want this to be just slightly warmer than your body temp. Hang the unit on the bathroom towel rack so that the tubing can easily reach the application area.

Fill the 2<sup>nd</sup> Hot Water Bottle with HOT water and lay it down approximately where your liver will be when laying on your right side.

Next – take the folded wash cloth, wet it with hot water – wring it out, then apply the castor oil to a 6 inch square area to the most latter anterior portion of bare skin just below the right breast, (Liver Area) apply the hot washcloth to the area.

With the enema solution in the bag – hanging from your towel rack in the bathroom – and the wet washcloth over your liver area - lay down on your right side – castor oil washcloth between yourself and the 2<sup>nd</sup> hot water bottle, keeping the washcloth over the liver. Insert the enema tubing into your rectum (2.5 – 3 inches max) and release the coffee solution. Stay on your right side.

Once all the solution is inside you. – go ahead and disconnect the tube, cover yourself up and hold on. Your body will want to dispel the solution – do your best to hold it for as long as possible. You want to eventually work yourself up to 15-20 minutes in this position.

- For very toxic systems - do it no more than every other day for one month, then once a week for a month.
- For healthier systems once every 4 days – then once a week for a month.
- Maintenance is once every 10 days.