

**Breakfast Choices**

- Protein shake with protein powder (pea protein or whey if not allergic)
- Almond milk
- Berries

20 minutes later:

- Eggs, spinach, mushrooms and tomatoes
- Spinach and tofu
- Tempeh with tamari

Or:

- Hot grain cereal with rice milk (if no gluten sensitivity)
- Oatmeal with rice milk (if no gluten sensitivity)
- Spelt toast with butter

**Lunch Choices**

- Salad with avocado and fish
- Grilled veggies
- Salad and salmon
- Chicken soup
- Beef barley soup
- Seaweed salad
- Hot vegetable soup with oat bran muffins (if no gluten sensitivity)
- Spelt pasta and spicy tomatillo sauce
- Baked sweet potato and salad

**Mid-Afternoon Snack**

- Fresh green juice

- Protein shake with green chlorophyll powder

**Dinner Choices**

- Rice and sautéed vegetables
- Broiled chicken and salad
- Sweet potato and steamed greens
- Quinoa, corn, and salad
- Spelt spaghetti with fresh tomato basil sauce

**Evening Snack**

- Nuts (eat sparingly)

Also be sure to drink plenty of pure filtered water throughout the day, along with organic green tea and/or fresh-squeezed vegetable juice. For best results, also take digestive enzymes before each meal, along with a high-potency probiotic supplement once a day away from food.

***The Liver/Gallbladder Cleanse***

During the course of your detoxification phase, you may wish to go one step further in detoxifying your liver by doing a liver/gallbladder cleanse. The benefits of such a cleanse can be significant, due to how it can improve the numerous complex functions of the liver. Many malfunctions of the body are, at least partly, caused by impaired liver function.

The liver/gallbladder cleanse is designed to improve liver function and to eliminate gallstones. It is widely believed that gallstones are found only in the gallbladder. This is a common misunderstanding. In fact, most gallstones are actually found within the liver, where they can form from thickened gall to a gelatin-like, rubbery, or even hard consistency. Relatively few stones actually appear in the gallbladder.

Many people today, particularly those who suffer from chronic diseases such as heart disease, arthritis, multiple sclerosis, diabetes, and even cancer, also have gallstones which clog or even block the bile ducts of their liver. The presence of gallstones in the liver and gallbladder substantially disturbs various processes in the body, such as digestion of food, elimination of waste products, and decontamination of harmful substances in the bloodstream. Gallstones can also lead to inflammation in the gallbladder, and to cramp-like contractions of the gallbladder.

A common yet erroneous belief among conventional physicians is that gallstones can only be removed by surgery. But according to experts such as Dr. Thomas Rau, medical director of the famed Paracelsus Clinic in Switzerland, where the liver/gallbladder cleanse has been performed for many years, very frequently even large stones (up to three centimeters in diameter) can be completely expelled without pain when the cleanse is properly performed. As the cleanse unblocks the liver bile ducts the body's cells are able to "breathe" better again and better receive and process the nutrients they need, while at the same time becoming better able to expel waste products and to maintain optimal communication with the body's nervous and hormonal systems.

The liver/gallbladder cleanse is performed as follows. For six days, drink one to two quarts (32–64 ounces) of organic apple juice per day. Apple juice softens gallstones and enlarges the gallbladder ducts, thus facilitating their expulsion from the gallbladder. Due to its strong effect, however, it can also lead, in the first few days, to a bloated feeling and and/or to thin stool. If too many unpleasant reactions arise, you can dilute the juice with water. Drink the juice slowly throughout the day, between meals. (Avoid drinking the apple juice directly before or after the meals, or in the late evening.) In addition to the juice, continue to also drink pure filtered water each day.

During the six days avoid all animal protein, milk and all dairy products, coffee, non-herbal teas, table salt, soda, sugar, wheat, and simple (white) carbohydrates. Follow this dietary guideline exactly.

Begin each day with a glass of lemon water or organic apple juice. Wait 20 minutes, then, for breakfast, select between: fresh fruit (avoid citrus

fruits, except half a grapefruit); avocado with fresh lemon juice and cold-pressed, organic olive oil; porridge prepared with filtered water, not milk, with fresh fruits or berries.

For lunch select between: raw or steamed vegetables (zucchini, artichokes, carrots, broccoli, red beets, lettuce, celery, etc.), with lemon juice, cold-pressed, organic olive oil, sea salt and/or herbal spices; potatoes or yam (in small quantities); sprouts (alfalfa, lentils, mungbeans, etc.); a bowl of brown rice, or quinoa with vegetables.

At dinner, you should generally eat as little as possible. Dinner selections include: vegetable juices, green vegetables, carrots, steamed spinach and/or other steamed vegetables; finely cut salads with lemon juice and organic, cold-pressed olive oil or flaxseed oil; or vegetable soups. At every meal, be sure to chew all foods thoroughly.

At some point during these six days, or before, you will also need to buy a bag of Epsom salts (available at most drug stores).

On the morning of the seventh day begin the cleanse by slowly drinking one or two glasses of pure, filtered water slowly. Fifteen minutes later, take two tablespoons of organic, cold-pressed olive oil, mixed with the same quantity of freshly squeezed lemon juice. Then wait at least 30 minutes before having a light breakfast. At noon, have a light lunch.

From 2 PM on do not eat or drink anything (except pure, filtered water). Around this time, in a glass pitcher or jar, prepare a mixture of four tablespoons of Epsom salt and three cups of water. This makes four  $\frac{3}{4}$ -cup servings. Set the mixture in the refrigerator.

At 6 PM, drink one serving of this mixture. You can drink some lemon juice after the first few sips, in order to take the bitter taste away. At 8 PM, drink the second serving. At 9:45 PM, prepare the following mixture: Squeeze one or more grapefruits or lemons to make  $\frac{3}{4}$  of a cup of juice, straining out the pulp. Mix the juice with  $\frac{1}{2}$  cup of organic, cold-pressed olive oil. Shake the mixture well, until it is watery. At 10 PM, drink this mixture while standing up, and finish drinking within five minutes. Afterwards, lie down in bed with the upper body elevated, with an extra pillow or cushion.

Remain absolutely calm for the next 20 minutes. Should you feel nauseous, try lying on your right side, again with your upper body elevated and your knees pulled in. Mentally support yourself by imagining the gallstones leaving your body. Breathe in and out from your diaphragm (belly breathing). Then go to sleep for the night.

Do not be concerned about cramps or pain as the Epsom salts act as a muscle relaxant for the bile ducts and the gall bladder, opening them up and allowing for the easy passage of the stones. You may have a bowel movement at night, but it probably will not occur until the next morning.

Upon awaking, take your third dose of the Epsom salt mixture, but not before 6 AM. If you have indigestion or nausea wait until it is gone before drinking it. After you drink the mixture, you may go back to bed if you wish. Two hours later drink the fourth and last serving of the mixture.

At some point during the morning you should have your first bowel movement. You will possibly get some soft stool, or diarrhea, as the gallstones are expelled. Look for gallstones in the toilet. They will tend to float on the surface of your toilet, are recognizable from their color (green, brown, or black), and can range in size from a tiny pea or smaller to up to three centimeters in diameter. In many cases, large quantities of stones can be expelled at one time. In other cases, stones can continue to be released with subsequent bowl movements.

Two hours after your first bowl movement, have a glass of lemon water or organic, fresh-squeezed vegetable juice. Half an hour later eat some fruit. One hour later you may eat regular food but keep it light (salads, steamed vegetables, etc.). By supper you should feel fully recovered and can resume eating normally.

### *Juicing for Detoxification*

Whether or not you choose to do the liver/gallbladder cleanse is up to you. However, during your detoxification phase (and for the drainage phase, as well, should you wish), I strongly encourage you to drink at least 16 to 32

ounces of fresh-squeezed, organic vegetable juices each day due to the many detoxification benefits such juices can provide. The following are some of the best vegetables you can include in your juice drinks, along with some of the benefits they provide:

- **Broccoli**—aids the liver in eliminating toxins
- **Asparagus**—aids the kidneys and acts as a natural anti-inflammatory agent
- **Beets**—aids the liver and gallbladder to eliminate bile and other toxins
- **Cabbage**—aids the liver and lowers LDL (“bad”) and total cholesterol
- **Cucumber**—acts as diuretic and boosts collagen
- **Dandelion greens**—strengthens the liver
- **Kale**—helps flush toxins and debris from the kidneys
- **Wheatgrass**—immune system booster and effective at lowering blood sugar

### *The Master Cleanse Fast*

Another helpful detoxification measure is known as the Master Cleanse fast, which was developed by Stanley Burroughs, a naturopath, in the mid-20th century. In recent years, this cleanse has gained in popularity after being endorsed by celebrities such as Beyoncé, who used it to get in better shape for her appearance at the Academy Awards.

Also known as “the lemonade diet,” the Master Cleanse is a fast that can be safely undertaken from anywhere from 3 to 10 days or more. The main ingredients of the drink are grade B maple syrup, fresh lemon juice (be sure the lemons are organic), cayenne pepper, and pure, filtered water. The basic proportions are: two tablespoons each of grade B maple syrup and fresh squeezed organic lemon in eight ounces of healthy water, with a pinch or more of cayenne pepper, according to your taste. You need to drink between 64 and 96 fluid ounces of this mixture each day, and can drink more if you continue to feel hungry.