



White Flint Medical & Natural Healing Center

Providing comprehensive health care since 1982

The 7 Day Detox Diet

Detoxing is humanity's oldest and most dependable form of medicine. Fasting or eating a sharply restricted diet is described in practically every sacred text and ancient textbook of medicine as an excellent means to prevent and cure diseases.

Your body has millions of cells. When these cells get clogged with toxins from the environment, stress and the processed/refined foods we eat, disease is more likely to occur. Early signs of body toxicity are poor complexion, diminished eyesight, allergies, poor circulation, generalized aches and pains, irritability, and fatigue. The sensible and logical thing to do is to clean out these cells at least two times per year through a detox diet to prevent degenerative disease (arthritis, cancer, diabetes etc.).

Here's an easy way to clean out your system with a detoxifying feast. For seven short days you will be on a feast, not a fast. You will be filling your body with "life giving" fruits and vegetables and detoxifying herbs and homeopathic remedies. You will eliminate toxic material that has been stored in your liver and tissues for years resulting in a new rejuvenated you. Vitality will increase, sleep will improve and aches and pains will disappear!

WHAT TO EXPECT FROM THE DIET

For the first few days you may experience headaches, bad breath, a change in bowel habits, spaciness, irritability fatigue, dark urine and an increase achiness as the body eliminates poisons. These symptoms are quite natural and to be expected. About the fifth day, you will feel a surge of energy. Various aches and pains and health maladies may reduce or disappear. Continue on until the seventh day and then resume a good whole foods diet.

THE DETOX PLAN

First thing in the morning and late in the afternoon, you will take 3 teaspoons of "Greens Plus" or 3 capsules of "Prime Defense" and a Chinese Herbal Combination called **Qing Gan (LD-477)**. Instructions on taking the herb are on the bottle.

FOR BREAKFAST: Eat a bowl of fresh fruit and a bowl of steamed millet with a small amount of raw honey.

MID MORNING SNACK: Drink 2 to 3 cups of diluted fruit juice (50% distilled water) or vegetable juice. Other options include: raw vegetables, fruits, and raw nuts and seeds.

FOR LUNCH: Eat one to two bowls of steamed vegetables along with a garden salad containing lots of sprouts (alfalfa, mung bean etc.). Use cold pressed olive oil and lemon for a salad dressing. Try to have lunch between 12:00P.M. and 1P.M.

FOR DINNER: Have the same type of meal as for lunch but add millet or brown rice and tofu to that meal. Try to have dinner no later than 6:00 P.M.

AFTER DINNER AND IN BETWEEN SNACK TIMES: Drink herbal teas or the alkalizing broth but have no solid food.

THINGS TO AVOID: Meat, fish, chicken, eggs, starches (bread, noodles etc.), sugar, dairy, coffee, caffeinated teas, drugs (unless prescribed by your doctor). Do not cook with aluminum cookware.

VEGETABLE BROTH:

Take 7 carrots and 1 small bunch of celery and cut fine. Place in 2 quarts of distilled water and boil for 15 minutes. Add one-third bunch of parsley and a large handful of fresh spinach cut fine. Boil for 10 more minutes. Spice the broth with garlic, green peppers, onions and a small amount of sea salt. Drink the broth hot or cold.

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