



3 Step Detox Diet

Give your liver the day off



Spring or Fall- follow these steps for 10, 14 or 28 days

Research has linked toxic exposures to modern diseases like insulin resistance/diabetes, infertility, hormone imbalance, chronic fatigue, cancer, cognitive illnesses, obesity, allergies, mood disorders, cardiovascular disease, and on and on. Give your body a break and improve long-term health quality by reducing the garbage going in so it can take more garbage out!

1. Eat only whole, fresh, organic foods that you make at home.

- Whole foods are ones that look like they came from a plant or animal. That means you will need to cook from scratch and bring meals with you. It's a pain, but so is being sick or feeling like crap.
- Organic, grass-fed, pastured, (etc.) labels ensure you are eating the cleanest foods possible.
- Each plate of food should be loaded with non-starchy colorful vegetables, handful of protein, handful of starch and lots of healthy fats. This is not calorie-restricted.

2. Eat only these foods: meat, eggs, non-gluten grains, legumes, vegetables, fruit, nuts, seeds, & fats.

- These foods are in their simplest form for the human digestive tract to process. Some people have trouble with grains and legumes- if you do, avoid them or any food you don't tolerate.
- Choosing whole and organic foods that you prepare yourself will give your organs and systems a break from a sort of "fight mode".
- Eating a little bit of everything from the food list daily will ensure you receive enough protein, phytonutrients, vitamins and minerals to promote detox and tissue repair.
- See the back of this page for a detailed food list.
- Use Google or Pinterest to look up recipes for these foods or make substitutions in your favorite recipes. Ex: taco salad without dairy instead of tacos. Sloppy Joes on a sweet potato, not bread.
- Consider consuming filtered drinking water including your shower head.

3. Stick to #1 and #2 for at least 10 days, but longer is better.

- You want to give your body a chance to take out the trash so no cheating and don't short-change yourself by giving up! Make a goal of 10, 14 or 28 days and put it in the calendar. Tell your friends or tell me! I'll hold you accountable!
- Make sure you're pooping 1-2 well-formed BM's daily, eating at least 35 g of fiber will help.

Additional thoughts...

Limit toxic exposures: how can you change the products you use daily to non-toxic versions? www.ewg.org for more.

You can totally do this. I know it because I watch patients succeed at it in my practice all of the time. We can do anything we want to, the question is, do you want to feel healthy...look healthy ...*stay healthy?*

Typical Exposures

Toxic bacteria, molds, agriculture pollutants, heavy metals, hygiene products, dental restorations, new construction, furniture, clothing, painting, household cleaners, workplace chemicals/materials

PROTEIN

Grass-fed, free range, pastured, organic, wild-caught, uncured are labels to look for.

ANIMAL

Red meat, poultry, pork, eggs, fish, shellfish

Protein powder: Bone Broth Protein by Ancient Nutrition, Pure Palo by Designs for Health

PLANT

Spirulina; Tofu (firm/extra firm); Tempeh

Protein powder: Ultra Balance Protein by Metagenics, Whey Pro Vanilla/Chocolate by Dr. Axe

Avoid highly processed meats.

DAIRY ALTERNATIVES

Organic, unsweetened.

Milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp, macademia, oat, rice, soy

Yogurt: Almond, coconut, cashew, or soy

Kefir: Almond, cashew, coconut or soy

NUTS & SEEDS

Unsweetened, organic, not roasted in vegetable oils preferred.

All nuts and seeds.
Flours and butters of any nut or seed.

GRAINS

Unsweetened, organic preferred.

GLUTEN FREE

Amaranth, buckwheat, kasha, millet, oats (rolled oats, steel-cut oats), quinoa, sorghum, teff

Rice: basmati, black, brown, purple, red, wild
Rice crackers

Avoid highly processed grain products, white flour, pastas and breads. No gluten.

LEGUMES

Organic, non-GMO preferred.

All beans, legumes, green peas, hummus.

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added.

Water; filtered, coconut water, broth, tea; black, green, herbal, coffee (if you tolerate it), fresh juiced fruits and vegetables

SPICES

All

CONDIMENTS

Lemon, lime, miso, tamari, Dijon mustard, vinegars, homemade sauces and spice rubs, etc.

SWEETENERS

Maple syrup, molasses, barley syrup, raw honey or stevia (small amounts of all)

Avoid sugar, corn syrup, artificial sweeteners and all derivatives.

FATS & OILS

Minimally refined, cold-pressed.

Avocado, grass-fed butter/ghee (the only dairy allowed), chocolate, dark (70% or higher cocoa), coconut milk, regular (canned), mayonnaise (unsweetened), olives, black or green, salad dressing made with quality oils

COOKING FATS

Butter, grass-fed, coconut (virgin) oil, grapeseed oil, olive oil, rice bran oil, sesame oil, avocado oil

SALAD OILS

Almond oil, avocado oil, flaxseed oil, grapeseed oil, hempseed oil, olive (extra virgin) oils, pumpkin seed oil, walnut oil

Avoid industrial vegetable oils like canola, corn, cottonseed, peanut, sunflower, safflower, rapeseed, vegetable shortening.

FRUIT & VEGETABLES

Organic preferred, have a variety of colors of fruits and veggies.

FRUIT

Try to limit to 1-3 servings daily to avoid too many carbohydrates, especially if watching blood sugars. Pick low glycemic fruits like berries more often than tropical fruits.

VEGETABLES

50% of each plate should be non-starchy vegetables. Starchy vegetables should be limited to 1 or 2 servings daily.

Starchy: white potato, sweet potato, acorn squash, butternut squash, root vegetables

Non-starchy: asparagus, broccoli, cauliflower, leafy greens, carrots, onion, garlic, radishes, celery, Brussels sprouts, green beans, tomatoes, peppers, eggplant, zucchini, etc.

Avoid corn and all its products.

THERAPEUTIC FOODS

Organic, non-GMO preferred.

- All nuts and seeds
- All protein sources which are needed for the liver to detox
- Avocado, flax meal, coconut oil, olive oil, ghee/butter
- Millet, oats, quinoa
- All berries, tangerines, apples, pomegranate, grapefruit
- All leafy greens, all cruciferous veggies, onion family, garlic, beets, artichoke, asparagus, sprouts, celery
- miso

The Ideal Meal Balance

carbs=fruit, starchy veggies, legumes, grains, sweeteners

