DR. JOSHUA LEVITT’S
14 DAY DETOX REVOLUTION
HOW TO SAFELY CLEANSE TOXINS AWAY AND MELT FAT IN 2 WEEKS
The Alternative Daily
picture this. It’s rush hour, heavy traffic heading home. You skipped lunch so your stomach is rumbling. Your right hand is deep in a bag of chips, left hand on the wheel and... OOPS!!! You just missed your exit. The next one is five miles down the road and you’re stuck doing 70 mph in the wrong direction. You know the feeling. Stressed. Frustrated. Helpless. All of it amplified because you know it’s your own darn fault that you’re in this mess.

Over the last 15 years, I have worked with thousands of patients who have just these kinds of feelings about their health. My patients are regular people... just like you. They don’t have personal chefs or unlimited budgets. They can’t afford to take two weeks off from work to go to a health retreat. They don’t like to look in the mirror anymore because they can’t believe that their health has gotten so far away from them.

People come to see me because they have problems that their primary doctor has not been able to fix. They don’t want another prescription. They are tired all the time. Losing weight is a constant struggle. Joints and muscles feel achy and sore. Sleep is elusive. Digestion is a problem. Headaches. Feeling old. Skin breaking out. Stress. Anxiety. Insomnia. Brain fog. Depression. Something isn’t right but the blood tests don’t give any answers... and getting a new prescription at every doctor’s appointment is getting old. These people are hurtling down the health highway in the wrong direction... and they know it.

Not surprisingly, I start with questions about the basics. What do you eat and drink on a typical day? How much physical activity do you get? Do you smoke or drink? How is your sleep?

The answers to these kinds of questions are usually drenched in guilt. My patients tell me that they understand that their own poor diet and lifestyle choices that have contributed to their illness or disease. They know that they have “missed their exit” but do not know the way home. They feel lost... way off track and confused about what to do next. Turning around and heading back seems like it will take an eternity.

The 14 day program that you are about to begin is the off-ramp you’ve been looking for. It is your first step to getting turned around and headed in the right direction. During these two weeks together, you will develop the skills and the motivation that you need to get yourself back on track. There will be obstacles on the road ahead but we have designed and built a program that will help you navigate these challenges safely and effectively.

Helping people find their way back to better health is an honor and a privilege. I absolutely love my job. I get to use my education, training and experience to provide guidance and insight to people who are suffering. Every day, I develop treatment plans and protocols and in return, I get the pleasure of watching people go through amazing transformations as they learn and grow and heal.

The good people at the Alternative Daily have devised a way to offer this unique natural health approach to you... at a fraction of the cost of a single office appointment. I am thrilled to have developed this program for you and I wish you well...

So buckle up, let’s get on the road to better health and vitality!
A stomach full of garbage will kill a baby albatross. The photographs that Chris Jordan brought back from his trips to Midway Island are nauseating. In image after image you see a mess of feathers and bones… with piles of plastic and garbage where the baby bird’s stomach would have been. Beautiful young birds, dead before they ever got the chance to fly. All of them accidentally poisoned by their own parents who were simply trying to feed them.

For thousands of years, mom and dad albatrosses have been going out on foraging trips to collect food that they regurgitate for their babies. In the old days, they would come back from these trips with a gullet full of fish, squid, and krill... a healthy meal for a baby albatross. More recently though, that regurgitated meal contains a whole list of new ingredients. These days, the menu includes bottle caps, lighters, and shards of brightly colored plastic which they find floating on the water or washed up on the shore. This flotsam and jetsam is really easy to find, certainly a whole lot easier than catching a fish, or a squid. Fast food… Quick. Cheap. Easy.

As a naturopathic physician and a father of three, the story that these photos tell is grotesque and infuriating, but also strangely familiar. This story makes me think about my patients who are unwittingly poisoning themselves and their children with “food.” The typical American diet contains an unprecedented amount of calories, fat, and sugar… infused with additives, preservatives, hydrogenated oils, synthetic sweeteners, artificial colors, flavors, pesticides and herbicides. I would say that we are feeding ourselves to death, except that most of it isn’t actually food.

These pictures also made me think about my own children and how we go out of our way to make sure that they eat well. We prepare three lunches and three snacks every night for school the next day. We cook every day… at least twice. We wash dishes incessantly. We spend more to buy organic. It’s not quick. It’s not cheap. It’s not easy. It would certainly be cheaper to breeze through a drive-thru window for dinner. And it would be a whole lot easier to pick out a highly processed food-like substance out of the cabinet, pop it in the microwave or toss it in a lunchbox and be done.

I suspect that by now, you are beginning to understand why the tragic story of an endangered bird is important you. The poor albatross has an excuse. After all, they have nothing but a “bird brain.” Inside of our thick skulls though, we’ve got a big, capable brain that we can use to make a healthier choices.

Education is step one. The information within this program provides that for you. You’ll learn about all of the toxins that you are exposed to daily… in your food you eat, the water you drink, and the very air you breathe. It’s upsetting, and even a little bit scary. Getting educated is a wake-up call. Once you’re awake, you have arrived at step two… Inspiration. Inspired people are unstoppable… and when inspiration is backed up by education, the winds of change begin to blow. As momentum develops, it is wise to acknowledge and track that progress as it occurs. The third step is… Documentation. During this program you
will add entries into the daily detox journal which will enhance your motivation to stay on course. You will also complete a symptom survey before and after the program to allow you to witness the transformation. In order for any program to be successful, a fourth and final step is necessary… **Organization.** This not only means getting organized before you begin the program but also staying organized throughout. Once you are familiar with how this program is structured, you will see how it best fits into your own life and schedule.

In the following pages, there are clear and specific guidelines within the lists and background information about foods and personal care products to include and avoid during the various phases of the program. If you have a refrigerator, pantry, or cupboard full of items on the avoid list… it would be wise to get those items out of your home from the beginning. You will also probably need to do some shopping for items that might not be familiar to you. Before you buy anything, you might want to make an educational field trip to your regular local supermarket and then a trip to the health food store just to do some comparisons. Take a close look at the ingredients on the food and personal care products that you’ve been using for years. Pay special attention to ingredient lists. Shorter is better. Walk down the aisle where the cleaning products are… take a whiff. Does that smell clean to you? If it does, you might want to think about how you define “clean.” Look at the list of ingredients in your cereal, your bread, your favorite snacks. Now turn to your toothpaste, your soap, your shampoo. Read the ingredients… what is all that stuff? Now look at some alternatives like the natural products you’ll find at a health food store (or in natural brands at your own supermarket.) What have you learned?

Once you are familiar with the sorts of changes that you’ll be making during the 14 day program, you might consider doing short trial period in advance. You will have a much more productive and enjoyable experience during the program if you ease into it with a 3-5 day “rehearsal.” A few days of a pre-detox practice run can really make a big difference.

You’ve already taken the first courageous step and decided to make a change. Now that you’ve made that leap… let’s dig into the details of how you are going to transform your diet and revitalize your lifestyle.

**Program Overview:**

The following is a brief overview of the 14 day program. This will give you a sense of the overall architecture and design of the experience. The program is divided in to three sections, which are outlined below.

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**Days 1–6: (usually Sunday-Friday)**

In this first portion of the program, you will have plenty of familiar food choices available. You will be eating a clean diet that is densely packed with nutrients so you won’t feel hungry or deprived. The changes that you’ll make during this first six days will be focused on eliminating the common sources of toxins in food and increasing the overall nutrient density. You will avoid
“white carbohydrates” and replace them with whole grain sources. You will avoid factory farmed animal products but be free to eat “clean” meat, poultry, fish, eggs, and dairy products. You will be avoiding processed foods with their long lists of ingredients and will be building meals with foods that only have a single ingredient… the food itself.

In addition to the changes that you’ll make to your diet, you will also be making some simple lifestyle modifications as well. You will be doing gentle physical activity each day as well as getting lessons and tips about natural health and wellness that you can incorporate into your lifestyle.

**Days 7–8: (usually Saturday and Sunday)**

We are going to kick it in to high gear this weekend! During this 48 hour period, you will be on liquid-only diet. This is NOT a true fast… in fact, it’s quite the opposite. You will be consuming an abundance of easily digestible nutrients in the form of blended drinks, smoothies, juices, soups, broths, and teas. Liquid nutrition for 48 hours is a safe and effective way to simplify the digestive process without compromising your nutrition. Your body’s built-in detoxification system uses vitamins, minerals, and phytonutrients for fuel so optimizing the absorption of these compounds is an excellent way to enhance the detoxification process.

This 48 hour period is when you really turn the corner on the road to a revitalized diet and lifestyle. During this phase, it is generally best to keep your schedule as empty as possible. You will be putting extra energy into the lessons on lifestyle change and stress management and you’ll want to minimize distractions in order to maintain your focus. This weekend is a turning point for you… the road ahead is coming into view.

**Days 9–14: (usually Monday-Saturday)**

At this point in the program, your body and your mind are ready to explore some uncharted territory. Your diet will be pristine!!! Six days of optimized human nutrition, maximal detoxification, no compromise. You’ll be eating a plant based diet… primarily vegetarian with a little twist. (Certain non-toxic fish and organic eggs will be allowed.) You will be eliminating wheat (and gluten) and most dairy products as well. It will be a big change from the way you used to eat. During this period, you will get acquainted with some new foods and flavors, and begin to notice what it feels like to be optimally nourished.

Along with the improvements that you’ll feel in your body like the increased energy, better sleep, improved mood, and better digestion… you’ll also begin to assimilate the dietary and lifestyle improvement that you’ve been learning into a daily routine that will ultimately become a longer term, sustainable plan for the future.

**Detox Program Food Rules:**

- ✔ Eat within 60 minutes of waking up.
- ✔ Breakfast and lunch must include a portion of protein.
- ✔ Dinner may include protein but not required.
All meals must contain a fruit or a vegetable.
No seconds.
Up to two healthy snacks per day if you are hungry.
No food for at least 2 hours before bedtime.

Most people eat their lightest meal in the morning... and many people skip breakfast entirely. Lunch is often heavier than breakfast and dinner is almost always the largest meal of the day. From a nutritional and health perspective... this is entirely backwards. During the detox program, you are encouraged to make time for breakfast, make plans for lunch, and keep it light for dinner. When you begin to learn to eat this way, you'll notice an improvement in your daytime energy levels, blood sugar stability, and decreased cravings for sweets. Making a healthy food choice at the start of your day will have a positive impact on your metabolism, your blood sugar control, and on your outlook for the rest of the day.

**Fundamentals of Nutrition for Detoxification:**

**Protein:** Dietary proteins are essential elements of human nutrition. Proteins are large, complex molecular chains that act as a major structural component of every cell in your body. The individual links in these long protein chains are called amino acids, which are truly the building blocks of life. Some of these amino acids can be produced naturally by our bodies, others MUST be consumed in the diet. These critical amino acids that we are not able to manufacture on our own are called “essential amino acids” for good reason. Eating protein sources that contain those amino acids is absolutely ESSENTIAL.

When you consume high quality dietary protein, your body uses the acid in your stomach and special enzymes called proteases to break the protein chains apart into individual amino acids. Those amino acids are then absorbed into your bloodstream and used to build virtually all of the structural components and cellular machinery inside your body. Getting adequate amounts of these amino acids in the diet is critical for cellular functioning... especially the dirty work of detoxification.

In this program you will be eating clean protein at every meal. This protein can come from animal or plant sources although plant sources are preferred. “Clean” refers to health of the animal or plant that it came from. You’re probably asking “How am I supposed to know if
my steak came from a healthy cow, if my egg came from a well-fed chicken, or if my beans grew on a vigorous vine?” Below, you’ll find useful information about each of the common dietary protein sources and how they fit into the detox program.

**Plant Based Protein:**

**Soy:**

Although the soybean is a legume just like other beans, it is discussed separately here because of it is so unique and so misunderstood. Compared to other beans, soybeans have an extraordinarily high protein and isoflavone content which give them some important hormonal health benefits. This uniqueness has made soybeans both a staple food and a globally important commodity crop for centuries. Protein and oil derived from soybeans are used on a massive scale in livestock feed and are found in a wide variety of processed foods. During the first six days of the program, you will be free to eat soy based foods but you’ll be paying attention to how they are prepared. The focus will be on soy products like edamame, tofu, and tempeh rather than the modern meat and dairy substitutes made from highly processed soybeans. Because over 90% of the soybeans in our food supply come from genetically modified crops, **only organic, non-GMO soy products are allowed during days 1-6 of the program.** During days 9-14 you will be avoiding all soy and soy-based products.

**Beans (legumes):**

Here is the bottom line... Eat more beans. Lentils, pintos, white, black, kidney, mung, garbanzo...all of them are an excellent source of clean protein, fiber, vitamins, minerals, and antioxidants. Organic beans are ideal, and I encourage you to explore beyond the familiar. There are hundreds of different types of beans; they come in a wide variety of colors, sizes, tastes and textures. You won’t find the unusual beans in cans though... they come dry; which means you’ll need to soak them overnight and then cook them. My favorite source for beans is Rancho Gordo (www.ranchogordo.com) which carries a wide selection of heirloom bean varieties. They are all delicious... and some of them are so beautiful, we keep them in glass jars on a shelf so we can admire them before we cook them.

Many people are concerned about adding beans to their diet because of a fear of developing gas and bloating. Here’s the story: Beans contain carbohydrate molecules that humans cannot digest. When these carbs reach the lower intestine, the ecosystem of bacteria and other organisms that live there will digest them for you. If you have a healthy, balanced ecosystem... you can eat as many beans as you want and not notice a thing. If your ecosystem is

Watch this video for Dr. Levitt’s tips on avoiding gas from eating beans…

unhealthy… eating beans will prove that to you by giving you gas. Don’t worry though, for most people this problem is very easy to overcome. **Eating beans or legumes of all types is strongly encouraged throughout the duration of the program.**

**Nuts and Seeds:**

Nuts and seeds are fabulous food. They are among the most detox friendly foods you can eat and they are strongly encouraged throughout the entire detox program. Nuts and seeds are natural nutrition powerhouses that provide an excellent source of plant based protein, healthy omega-3 oils, and loads of vitamins and minerals. Because they are so easy to carry, have an excellent shelf life and require no preparation or refrigeration… it’s hard to imagine a better snack food. Nut butters can be added to smoothies or can be a great snack combined with fruit or vegetables. You will also learn to make your own nut milks which are a tasty and healthy alternative to cow’s milk. Unless you are allergic, **raw or lightly roasted nuts and seeds are allowed and strongly encouraged throughout the entire 14 days of the program.**

**Animal Protein:**

**Fish:**

Because of its excellent amino acid profile and are high levels of healthy omega-3 oils, fish is unquestionably the healthiest source of animal protein. Unfortunately, finding a clean source is not always so easy. Wild or farm-raised, the flesh of a fish will contain the toxins and pollutants in the water it swims in and in the food that it eats. My favorite choices for the cleanest and most eco-friendly fish choices wild Alaskan salmon, farmed arctic char, sardines, anchovies, herring, as well as occasional Alaskan halibut, mahi-mahi, and black cod. As a general rule, swimming fish are cleaner than bottom feeders or filter feeding animals like lobster, catfish, crab, clams, and mussels. An excellent source for further information about the cleanest (and most eco-friendly) fish sources can be found at [http://seafood.edf.org/](http://seafood.edf.org/). **Fish from the approved list is allowed in the detox program during Days 1-6 and Days 9-14.**

**Meat:**

Only meat from organic, grass-fed, wild, pasture raised animals is allowed on this program. Meat from factory farmed, grain-fed cows and pigs is toxic food. It is one of the most important foods to avoid during and after this program. Eating meat is not the problem, it’s the health of the animals that it comes from that should concern you. Conventional factory farms raise hormone treated animals on unnatural diets in crowded and confined spaces. These unhealthy conditions increase the risk of infectious diseases so animals are also regularly treated with antibiotics. There is no place for this sort of meat in your diet during or after this program. The types of fats and oils that are present in wild or pasture raised animals are substantially different and far healthier than the fats in conventionally fed animals. **Organic, grass-fed, wild, or pasture raised meat** from the approved list is allowed during Days 1-6 of the program.
**Poultry:**

Meat from a healthy chicken or turkey can be an excellent source of lean, high-quality protein. Unfortunately, the poultry that you'll find at most supermarkets comes from birds raised on unnatural diets, in cramped quarters, on huge farms that aren't really concerned about your health. Meat from these farms contains residues of the chemicals in the feed as well as the hormones and antibiotics that were administered to the birds. During the 14 day detox program, you will only eat poultry that is free range and USDA certified organic. **Organic, free-range chicken and turkey is allowed during Days 1-6 of the program.**

**Eggs:**

Eggs are good for you. There... I said it. They are full of high quality protein, healthy essential fatty acids, vitamins, minerals, carotenoids. The yolks do indeed contain some cholesterol, but there is no evidence that eating eggs increases your risk of heart disease. Eggs that come from large factory farms have been shown to have lower levels of beneficial nutrients as well as higher levels of toxins... not surprisingly, the healthiest eggs come from the healthiest chickens. **Organic eggs are allowed during days 1-6 and days 9-14 of the program.**

**Dairy:**

Technically, dairy refers to the milk from any mammal although the vast majority of dairy in the modern diet comes from cows. For many people, dairy products find their way into virtually every meal. It’s the milk in the morning cereal, the cream in the coffee, the butter on the bread and the cheese melted over the pasta or pizza for dinner. Considering that about 33% of Americans are lactose intolerant … dairy at every meal is way too much. Although dairy products from healthy, well-fed cows is a clean source of dietary protein, during this program you will be decreasing your dairy consumption and finding healthier substitutes. The healthiest choice in the dairy case is organic plain yogurt. During the entire program, you’ll decrease your consumption of cow’s milk dairy and find some excellent plant based alternatives. This program will give you the opportunity to learn if you feel better with less dairy in your diet. **On days 1-6 of the detox program you are allowed to have small amounts of organic milk and cheese but during days 9-14 your only dairy product will be organic plain yogurt.**

**Protein powders:**

By now you’ve begun to realize that the majority of the food that you’ll be eating on this detox program is minimally processed and as close as possible to its natural form. As such, it
may surprise you to see store bought protein powders on the list of acceptable sources of clean, high-quality protein. Fast paced lives and challenging work schedules can make it difficult to find high-quality clean protein at every meal. Using a protein powder in a smoothie or stirred into food can help to fill that void for many people. Protein powders made from whey, rice, egg, or pea can provide a tasty and easy way to meet your daily protein needs. Our favorite protein powders can be found here: http://althealth.biotrust.com/Shop.asp?s=&View=Item&Product=1773.

**Carbohydrates:**

It is hard to believe that a molecule that contains nothing but carbon (C), hydrogen (H), and oxygen (O) could inspire so much nutritional controversy. Carbohydrates are ring-shaped molecules that are widely distributed in plant foods like vegetables, fruits and grains. When these compounds are eaten, your digestive process will break them down to simple sugar molecules which serve as your body’s primary fuel source. Depending on the arrangements of those Cs, Hs and Os, carbohydrates are called simple or complex. Simple carbs break down into sugar quickly and easily while complex carbs take more time to release their sugars into the bloodstream.

Whether it’s a vegetable, fruit, or grain… the more complex the better. Complex carbohydrates from veggies, fruits, and grains are allowed and encouraged throughout the entire 14 day detox program.

You’ll see on your food lists that the complex carbohydrate section is divided into three categories: vegetables, fruits, and whole grains. Each category is discussed separately below:

**Vegetables:**

When Hippocrates famously said “let thy food be thy medicine and medicine be thy food,” he was undoubtedly referring to vegetables. You’ve heard it from your mother, from your doctor, and you’ve heard it from almost every nutrition or diet book ever published. And you’re going to hear it again here... That’s right, “eat your vegetables.” As a rich source of complex carbohydrates, fiber, vitamins, minerals and phytonutrients, vegetables are the ultimate detox food source. There are several common questions that arise when people are starting to add additional vegetables into the diet. The following FAQs will help you guide your vegetable decision making throughout the 14 day detox program:
Are organic vegetables better?

The short answer to this question is... YES. It's true that organically grown produce tends to be more expensive and many people question whether the increased cost is justified. There is also an ongoing controversy about whether organic produce has more nutrients than those grown conventionally. I'd like to set the record straight... **Organic food is better.** For three reasons...

1) Organic food is better for you.
2) Organic growing is better for farmers.
3) Organic farms are better for the planet.

Fruits and vegetables grown in rich, fertile organic soil tend to have higher nutrient levels than their conventional counterparts. Perhaps more importantly, organically grown vegetables contain little to none of the toxic herbicides and pesticides found on (and in) conventionally grown varieties. More of what you want, less of what you don’t. Although it is better to eat conventional vegetables than none at all... **Organic vegetables should be purchased whenever they are available and affordable.**

Is it ok to eat frozen or canned vegetables?

Fresh vegetables are always preferred but frozen or canned vegetables are acceptable. Our supermarkets are brimming year round with fresh vegetables, many of which have travelled thousands of miles to get there. When you are shopping for vegetables, it makes sense to pay attention to where you live, the season of the year, and how far away from you that fresh vegetable was grown. Depending on where you live and what time of year you are doing the detox program, canned or frozen vegetables can be a reasonable choice. Canning and freezing technology has improved immensely and canned/frozen vegetables are much better in terms of both taste and nutrition than they were years ago. If you do choose canned vegetables, **make sure that the can is not lined with Bisphenol-A (BPA.)** This is especially true for acidic foods like tomatoes and tomato sauces which should only be bought in glass or BPA-free cans. Also look at the label of any canned vegetable to make sure that it does not contain additives, preservatives, or extra salt.

Does is matter if my produce is locally grown?

It makes financial, environmental and nutritional sense to eat locally grown produce. When you choose locally grown produce, you will also be “eating with the seasons” which is a
wonderful way to stay in touch with where your food comes from. Locally grown produce is always encouraged but not required.

Are some vegetables better choices for detoxification than others?

In terms of their value in the detoxification process, there is one family of vegetables that stands way out from the rest. And the winner is... *Brassica oleracea*!

Huh? Never heard of it? *Brassica oleracea* is the Latin name for a group of similar plants known as “cruciferous vegetables” because their flowers resemble a cross. This group of detox all-stars includes broccoli, cabbage, kale, collard greens, Brussels sprouts, cauliflower and Bok choi. There is a staggering amount of medical research on the health benefits of cruciferous vegetables, including a large body of evidence about the role these plants play in human detoxification and cancer prevention. Anyone who is interested in generally improving their health should *eat more cruciferous vegetables*.

What are “nightshades” and why are they not allowed on days 9–14?

Nightshade is the common name used to describe the Solanaceae family of plants. This is a diverse group of edible, medicinal, and sometimes poisonous plants. Nightshade plants contain a group of chemicals called alkaloids that can be a problem for some people with joint pain, muscle aches, and certain neurologic problems. The most common nightshades in the diet are:

- Tomato
- Eggplant
- Potato (not sweet potato)
- Peppers (including bell peppers, and hot peppers)

During days 9-14 on the detox program, you will be avoiding nightshade vegetables entirely.

Is there a best way to prepare my vegetables for maximum benefit?

For the purposes of detoxification, I am much more concerned that you actually eat the vegetables than I am about how they are prepared. If you can prepare them in a way that will make you more likely to eat them... that’s the best way. In my family, we eat vegetables at every meal... either in a way that “highlights” them as a standalone dish or cooking them into a more involved recipe. My favored prep methods for stand-alone vegetables are:

1) **Roasted:** Spread a single layer of vegetables on a cookie sheet. Drizzle with olive oil and a little salt and pepper. Put in a 400° oven and toss every 10 minutes until they get browned and tender. Works for just about anything but especially great for Brussels
sprouts, broccoli, beets, cauliflower, asparagus, onions, carrots, sweet potato, squashes, and any root vegetables. Add a squeeze of fresh lemon juice after cooking... and on days 1-6, even add a sprinkle of parmesan cheese.

2) Steamed: Lightly steamed vegetables prepared with no added fats or oils are excellent choice for broccoli, green beans, artichokes, carrots and cauliflower. Try cooking just until the vegetables turn a deep rich color, while there is still a little crunch left. A steamer pot with glass lid can be your friend.

3) Sautéed: Get your pan hot first, then add a bit of olive or coconut oil. This method works great for just about any single vegetable or vegetable medley... toss in your onions, peppers, mushrooms, asparagus, zucchini, and let 'em sizzle.

4) Grilled: If barbeques could talk... mine would tell a very different story than most. Our family grill almost never cooks meat, fish and vegetables are what it knows best. Whether on a skewer, in a basket, or straight on the grate... grilled onions, corn, tomatoes, asparagus, peppers, mushrooms, eggplant, zucchini, squash. Lightly brushed with a little homemade marinade... delicious!

5) Raw: Some of the vitamins and phytochemicals that make vegetables so nutritious can be destroyed by heat. As such, it makes sense to eat some of your vegetables raw form time to time. When I'm preparing vegetables for a meal, I'll often cut off a few broccoli or cauliflower florets and just eat them raw while I'm cooking. Also try snacking on raw carrots, cabbage, celery, peppers, radishes and cucumbers.

Fruit:

There was a time not long ago when a piece of fresh fruit was a rare and very special treat. Back then, fresh fruit really was nature’s candy, and nobody needed to be told to eat more it. With all the other sugar-laden candy that is available these days... fruit doesn’t get anywhere near enough attention. Fruits are loaded with a rainbow of healthy phytonutrients, vitamins and minerals. They make for sweet and delicious snacks and desserts. During all 14 days of the detox program, fruit is strongly encouraged.

There are several common questions that arise when people are thinking about adding additional fruit in to the diet:

Fresh or Frozen?

Generally speaking fresh fruits are ideal but there are several advantages to freezing. For many recipes, frozen fruit performs perfectly well and is significantly less expensive. Frozen fruits are perfect for making a nice thick smoothie without adding extra ice. And of course, because they have a much longer shelf, frozen or canned foods can make summer

"Why not go out on a limb, that’s where the fruit is."

-Mark Twain
1) The sugars in dried fruits are much more concentrated and it’s easy to eat much more than you should. A good rule for dried fruits is that you should only eat as much dried fruit as you would have if that fruit were fresh. Think about those dried apricot slices. Each one (sometimes two) of those was a whole apricot. How many fresh whole apricots would you eat in one sitting?

2) Dried fruits often contain additives and preservatives to help maintain freshness, color, or texture. These chemical additives are not allowed on the detox program.

Does my fruit need to be organic?

As discussed above about vegetables... It is always better to buy organic fruit when it is available and affordable. I would prefer you to buy frozen organic fruit over conventional fresh fruit. The Environmental Working Group produces an annual list of the “dirty dozen” and the “clean fifteen” which is a handy shopping guide with information about the most and least contaminated fruits.

Is the sugar in fruit bad for me?

You may have heard about the “glycemic index” which is a scientifically valid scale that rates foods according to the rate that they raise your blood sugar. Foods with a higher glycemic index will raise blood sugar more rapidly than those with lower numbers. Because of the natural sugars found in fruits, many of them are fairly high on the glycemic index scale which causes lots of confusion for people who don’t know whether or not fruit should be included in the diet. Let’s set the record straight here... **you can and should eat fruit.**

Sweeteners: It wasn’t very long ago when getting your hands on a sugar cube was a rare and special treat. About 300 years ago, the average person ate about 5 pounds of sugar per year. Today, the average person consumes nearly 200 pounds of sugar per year!

There is a very old phrase in toxicology that says “the dose makes the poison” which expresses the idea that even a harmless substance can be a toxin... it all depends on the dose. In the case of modern day sugar consumption, this is most certainly true.

In the quantities that are currently consumed by the average person, sugar is toxic... plain and simple. It causes diabetes, and plays a major role in the development of heart
disease and cancer. During the 14 days of this detox program, you will decrease your sugar consumption significantly. During the first six days of the program, you will be allowed to use small quantities of naturally occurring sugars like honey and maple syrup... but you will be adding these in yourself rather than letting a food manufacturer add them for you.

Let’s take a close look at vanilla yogurt for an example of how this can work for you. If you look at the label of a typical plain unflavored yogurt, you’ll see that one cup contains about 9 grams of naturally occurring milk sugar. A store bought vanilla yogurt usually contains nearly 30 grams. Quick math quiz: 30-9=? You got it... the manufacturer added 21 grams of sugar to the yogurt to give it that sweet vanilla flavor. Why not just add your own? If you buy the plain yogurt and add 1 teaspoon of your own real maple syrup and a few drops of vanilla extract... your total sugar will be about 13-15 grams. Less than half of the store bought version!!!

Natural or Synthetic Sweeteners?

Humans love sweets. It’s in our genes... literally. Blood sugar (glucose) is our primary fuel, and a sweet taste on the tongue is a signal that blood sugar is about to rise. This deep love for sweet has led to some amazing advances in our ability to extract sugar from a wide variety of different sources. It’s fairly easy to see how humans learned to get the sweet nectar from sugar cane, maple trees, and from honeybees... but we’ve also figured out how to get sugar from beets, corn, rice, agave, coconut, and more. Eating any of these natural sources of sugar will cause the predictable rise in blood sugar that anyone would expect after eating something sweet. Modern agriculture has allowed massive amounts of these refined sugars into the food supply and in the quantities currently consumed, regardless of its source... it’s a toxin. Added sugars, even the naturally derived varieties need to be limited.

Modern technology has also allowed us to eat high-tech sweet tasting chemicals that have virtually no effect on blood sugar. Saccharin (the pink one), Aspartame (the blue one), and sucralse (the yellow one) are all examples of modern chemistry making its way into your food and drink. Although these chemical sweeteners don’t directly raise blood sugar levels, they have been associated with increased rates of obesity, neurologic problems (like migraines) and a host of problems. These synthetic compounds are best avoided entirely. The most recent addition to the rainbow of little sweet packets is the green one: Rebaudioside A or Reb-A which is an extract made from the leaves of the Stevia (sweetleaf) plant. This product is surprisingly sweet, and like the synthetic chemicals above, has minimal impact on blood sugar levels. It is still a highly processed product, and probably not something you want to
consume in large quantities. Stevia is allowed during days 1-6 with the other natural sweeteners, but is avoided from day seven onward.

The approach we take to added sugar in this program is intended to help you in two important ways. First, it will help bring your attention to all of the sneaky ways that extra sugar finds its way into your mouth. Then, as your sugar consumption decreases throughout the program, you will notice that your taste buds will begin to become more sensitive to sweet flavors. After the program, most people continue to prefer their treats a bit less sweet. During the entire program, all artificial sweeteners are off-limits. In days 1-6 you will be allowed to eat small quantities of natural sweeteners like honey and maple syrup. During the last eight days of the program, you will eliminate all added sweeteners entirely.

Grains:

“Oh beautiful for spacious skies, for amber waves of grain… ” Those flowing fields of wheat have become a nutritional battleground. It’s hard to believe that the tiny seeds of these grass-like plants have caused so much controversy and confusion.

There are a few simple facts that will help you understand the approach to grains in the 14 day detox program and help you make the right decisions about how grains fit into a long term health plan.

What is the difference between a whole grain and a refined grain?

A whole grain is the entire seed of a grain plant, including all three parts of the seed:

1) **Bran**: The husk around the outside of the seed which contains fiber, B-vitamins, and antioxidants.

2) **Germ**: The tiny kernel inside the husk that will eventually sprout into a new plant. It contains vitamins, minerals, protein, and healthy fats.

3) **Endosperm**: The large starchy portion of the seed that will nourish the germ as it grows. It is largely composed of carbohydrates.

When a whole grain is refined, the bran and the germ are removed leaving only the starchy endosperm. Whole grains are healthier because they contain all of the naturally occurring nutrients in the seed. Some common examples of grain plants are: wheat, rice, barley, oats, buckwheat, and quinoa.

Is there a difference between refined and processed grains?

Absolutely! Refining grain involves the techniques described above whereby the bran and the germ are removed. Processing grain is what happens at a mill... where grains might be cracked, split, or ground into flour. Processing is done on both whole and refined grains.

When you’re shopping for breads, crackers, and other processed grain products, it can be really tricky to figure out if a product contains whole or refined grains. In the case of wheat, when the whole seed is ground into flour and that flour (and only that flour) is used to make bread... the packaging will say 100% whole wheat. If the packaging doesn’t say 100% whole wheat, you can assume that refined flour has been added to the mix. The Whole Grains
Council (www.wholegrainscouncil.org) has developed a “100% Whole Grain” stamp that can now be found on many foods to help make it easier to identify 100% whole grain products.

In Days 1-6 of this program, you will be allowed to eat whole grains (like brown rice or quinoa) as well as products like bread, pasta, and cereal made from 100% whole grains.

In days 9-14, you will still be able to eat some whole grains (oats, brown rice, quinoa, millet, buckwheat and barley) but you will eliminate wheat and all processed grains entirely. That’s right, nothing made with flour at all… No bread, pasta, tortillas, crackers, or baked goods for six whole days!

**What’s all the fuss about gluten?**

The reputation of this humble wheat protein sure has taken a beating lately.

Gluten is a protein found in wheat and other grains that gives bread its spongy, chewy texture. It can also make some people sick. In a condition called celiac disease, patients have an abnormal immune reaction to gluten that can cause a very serious illness. Total avoidance of dietary gluten is the only treatment for this condition. Recently, more and more people who don’t have celiac disease have been following a gluten free diet and as a result, gluten-free products, restaurants, and bakeries are popping up everywhere. Scientists still haven’t figured out all of the exact reasons why gluten can be such a problem, but one thing is becoming increasingly clear: many people feel better on a gluten free diet. That’s why during days 9-14 of the detox program, you will be totally gluten-free.

**Fats and Oils:**

By now you’re aware that fats and oils (lipids) in the diet are not the villains that everybody thought they were years ago. All of our cells are surrounded by a thin cell membrane that is made almost entirely of lipids that come from your diet. The health and the fluidity of these cell membranes are critical to the function of the machinery inside the cell itself. When a cell membrane is made of “good fats”, the cell itself will work better than one with a membrane made of “bad fats.”

Bad fats are found in large amounts in processed snack foods, baked goods, deep fried foods, and in factory farmed animals like poultry and cattle. Shortening, hydrogenated oils, Trans-fats, margarine are all sources of unhealthy fats which are strictly avoided during the entire 14 day detox program.

Good fats are the types found in cold water fish, nuts, seeds, olive oil, coconut, and even
in some animal foods like omega-3 eggs. **These healthy oils are allowed and encouraged throughout the entire 14 days of the detox program.**

**Drinks:**

Your choice of beverages play an important role in your general health and drinks are a major consideration during the entire 14 day detox program. For overall health and especially for detoxification, making healthy drink choices helps you in two important ways:

1) **What you get:** Healthy beverages promote proper hydration, and can be an excellent source of vitamins, and minerals and phytonutrients.

2) **What you don’t:** Poor drink choices will add calories, sugar, and all sorts of chemical additives that can undermine your health and be a huge source of metabolic toxins.

Here is the background information about many different beverages and how they fit in (or don’t fit in) to the detox program.

- **Water:** It may surprise you that this program does not encourage you to drink a specific amount of water each day. It does however suggest that you should drink when you’re thirsty, and when you are… your first choice should be clean, filtered, room temperature water.

- **Tea:** Most people use the word “tea” to refer to any drink made by pouring boiling water over the dried plant leaves or flowers. Technically, genuine tea is brewed using the leaves of a particular plant called *Camellia sinensis*. Depending on how the plant is harvested and processed, *Camellia* leaves can be made into green, black, or white tea. Green tea is strongly encouraged during this detoxification program because it contains unique bioflavonoid compounds that enhance the chemistry of detoxification. **Green tea is**

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**Alkaline vegetable broth recipe:**

Combine a total of 4 cups of any of the following vegetables or vegetable scraps (the tops, leaves, and cuts ends of pretty much anything will work):

- Carrots and/or carrot tops
- Broccoli or cauliflower stems
- Zucchini
- Beet greens
- Kale
- Celery and/or celery tops
- Green Beans
- Parsley
- Spinach
- Collard greens

Chop all vegetables into fine pieces. Add the vegetables to approximately 2 quarts of clean water. Bring to a boil with the lid on. Lower heat and simmer for 20-30 minutes. Strain the broth and discard (or compost) the scraps. The broth can be sipped alone or used as a base for soups. Refrigerate.
strongly encouraged throughout the entire detox program and beyond. There are hundreds of other herbs that can be used for tea... and all of the commonly available herbal teas are allowed and encouraged during the detox program. There is a large selection of herbal blends made by Traditional Medicinals in my office waiting room. Other brands that I like include: Numi, Organic India, and Rishi which are available online and in most health food stores.

- **Fruit and Vegetable Juices:** Juices made from fresh fruits and vegetables are a powerful ally in the detox program. They are a concentrated source of clean and easily digestible nutrients and you will include them regularly throughout the program, especially during days 7-8. Pure fruit juices are a concentrated source of fructose, so we will either combine sweet fruit juice with other ingredients in a smoothie or dilute it 50/50 with water.

- **Vegetable Broth:** This vegetable broth recipe can be added to your daily liquid intake during all parts of the detox program. It is rich in minerals derived from organic vegetables and even vegetable scraps. This broth is a useful adjunct to the detoxification program because it assists balancing your body's pH which is an important part of the cellular detoxification process.

- **Smoothies:** These blended drinks are a wonderful and welcome addition within the entire detox program. They are an excellent way to add fruits and vegetables into the diet. They are tasty and easy to prepare... and they allow you to eat super nutritious, detox friendly meal on the go. Smoothies can serve as a meal replacement for one meal per day during all phases of the program and will be an essential part of your diet during days 7-8. There are endless variations for smoothie recipes, several favorites are listed in the daily food guides.

- **Coffee:** During days 1-6 you are allowed to drink 1 cup (yes... 8oz) of coffee per day. During the remainder of the program, coffee is off-limits. Before you start moaning and groaning... let me explain. When my patients admit to drinking coffee, they often say it with a guilty grin. My response is, “I love coffee too... and I’m not ashamed to admit it.” Filtered black coffee is a rich source of antioxidants and for most people, the benefits of drinking coffee outweigh any risks. So why is coffee off limits during the last half of the detox program? The reasons for avoiding coffee have more to do with overconsumption, additives, and addiction rather than anything toxic about coffee itself. Although coffee itself in small amounts is not toxic... we must remember that “the dose makes the poison.” Most people drink too much of it, especially considering the added calories and
the toxins in cream, sugar or artificial sweeteners. Furthermore most coffee drinkers are genuinely addicted to the caffeine. During this program, you’ll break the cycle of addiction and overconsumption. After the detox, you’ll be able to bring it back into your life as a treat rather than something you depend on.

- **Milk:** Humans are the only mammal that drinks milk after infancy. All other mammals drink mother’s milk initially and then go on to eat “grown up food” after that. Because of its high protein and calcium content, cow’s milk has longstanding reputation as a “health food.” As research on the subject evolves, that reputation has begun to change. Up to 75% of adults have some degree of lactose intolerance and milk protein allergy is increasingly common. Many people feel better when milk and dairy products are eliminated from the diet. During Days 1-6, organic milk (and other organic dairy products) are allowed. During days 9-14, you will not drink cow’s milk.

- **Milk Alternatives:** If you’re looking for a cool, refreshing, and nutritious drink or a little something to add to your cereal or your coffee... there are plenty of other choices besides cow’s milk. “Milk” that is made from soy, rice, hemp, coconut, and almonds are readily available. Be sure to read labels on store bought products because some brands have added sugars and other additives. A favorite option (especially for days 7-8) is to make your homemade almond milk. It’s really simple and is less expensive and tastier than the store bought variety.

- **Alcohol:** This is a detoxification program… your liver has lots of hard work to do and alcohol is an added stress. Apologies, alcoholic beverages are not permitted during this program.

- **Soda:** The only carbonated drink that is allowed during the detox program is unsweetened, unflavored sparkling water. You can add a splash of fruit juice or a squeeze of lemon or lime to make a spritzer. Typical carbonated beverages and sodas contain massive amounts of sugar, high fructose corn syrup, caffeine, artificial sweeteners, flavors, and colors. You should avoid these entirely. Soda has no place in your diet during or after the detox program.

**Condiments:**

There was a time when nutmeg was more valuable than gold and a pound of cinnamon represented a years’ worth of wages. Imagine paying the rent with peppercorns. Once upon a time, the spice trade was the largest industry on Earth and herbs and spices were as highly prized as precious metals and jewels. And now those humble bottles you bought for $1.99 have been sitting in the back of your pantry for years.
When people use the word “condiments,” most people are referring to ketchup, mustard, mayonnaise, relish, and maybe barbecue sauce. During the detox program you will broaden your definition of condiments and start to learn to use herbs and spices to add both flavor and nutrition to your food. These aromatic plants get their distinctive aromas and delicious flavors from aromatic compounds in the plants, and those aromatics are packed full of powerfully healthy phytochemicals. Clinical research continues to reveal all of the ways that herbs and spices can be beneficial to your health… and we can now begin to understand that these plants should still be considered a valuable treasure.

The top 10 herbs and spices that you are encouraged to use liberally in your cooking throughout the detox program are listed below:

1) Turmeric
2) Ginger
3) Cilantro/Coriander
4) Garlic
5) Oregano
6) Thyme
7) Rosemary
8) Cayenne pepper
9) Mustard seed
10) Cinnamon

Almond Milk Recipe:

- 1 cup raw almonds, soaked for 8-24 hours in water
- 4 cups filtered water
- 2-3 pitted dates, (Medjools are the best)
- 1 vanilla bean (or ½ tsp. real vanilla extract)
- 1/4 tsp. cinnamon
- pinch of sea salt

1. Put almonds in a bowl and cover with water. Soak them overnight (anywhere between 2-24 hours will work).
2. Rinse and drain after soaking.
3. Place almonds into a blender with filtered water, dates, and vanilla. Blend on high for about 1 minute.
4. Strain using a fine mesh strainer or layered cheesecloth. (Straining is optional, some people like the pulp.)
5. Add salt and cinnamon and pinch of sea salt and mix.
6. Store in a glass jar with tight fitting lid.
7. Will keep in the fridge for 3-5 days. Shake well before using.

Note: This recipe will work well with virtually any fresh, raw nuts or seeds.
Label Reading:

Deciphering food labels can be terribly confusing. All natural! Excellent source of calcium! Sounds good, right? The claims of the front of food packages can make even the junkiest food sound nutritious. Food manufacturers are experts at fooling people who are trying to make healthy choices for themselves or families. How can we tell if a packaged food is healthy or not? The best way is to ignore the front of the box, bottle or can and go straight to the ingredient list. All of the ingredients listed below are off-limits during all 14 days of the detox program.

- High fructose corn syrup
- Artificial colors (examples: FD&C Red #40, Yellow #5, Blue #1)
- Artificial flavors
- Partially Hydrogenated Oil (also known as trans fats)
- Artificial sweeteners (examples: saccharin, aspartame, sucralose, acesulfame potassium also known as acesulfame K)
- Monosodium glutamate (MSG)
- Sulfites and Nitrites: Used as a preservative in many packaged or processed foods like dried fruits, trail mixes, processed meats, alcoholic drinks and condiments.
his symptom survey will help you look more closely at the body systems that are the most impacted by dietary and environmental toxins. Because toxins tend to accumulate slowly over time, the symptoms that they can cause tend to develop slowly as well. Symptoms that develop slowly over long periods often lead people to believe that these symptoms are “normal” or “just how my body works.” I have seen countless patients who are surprised to hear me say that having a headache three times a week is NOT normal...neither is feeling bloated or nauseous every day.

Before you begin this 14 day detox, I strongly encourage you to take a few minutes to answer the questions in this survey and record your totals in the spaces provided. This will help you develop a better sense of “where you are” which will help you on your journey to “where you want to be.”

When you are finished with the survey, please put the pages away in a safe place. At the end of the program, you’ll be taking this survey again and you’ll be interested to see how your scores compare. Wishing you well…

Name:__________________________________________________ Date: _____/___/_____

Answer the following questions based on how you have been feeling recently. Fill in the number that applies on the form below:

Scale:
0 = No, never, very rarely.
1 = Occasionally, mild to moderate intensity
2 = Occasionally, moderate to severe intensity
3 = Often, mild to moderate intensity
4 = Often, moderate to severe intensity

Digestion:
_____ Belching or gas
_____ Heartburn or reflux
_____ Bloating or abdominal discomfort shortly after eating
_____ Bad breath
_____ Food sensitivities
_____ Diarrhea or loose stools
_____ Constipation or hard, difficult to pass stools
_____ Nausea or vomiting
_____ Fewer than one bowel movement a day
_____ More than three bowel movements per day

___________ TOTAL
Skin:
_____ Rashes, hives, itchy, sensitive skin
_____ Cold sores or herpes
_____ Dry flaky skin and/or dandruff
_____ Fragile skin, nails, hair (break or tear easily)
_____ Acne
_____ Flush or blush easily
___________ TOTAL

Eyes:
_____ Dark circles or bags under the eyes
_____ Puffy eyelids
_____ Bloodshot or reddened eyes
_____ Whites of eyes look yellow or dirty
_____ Eyelids irritated or inflamed
_____ Dry eyes
_____ Eyes water too much
___________ TOTAL

Ears:
_____ Ear infections
_____ Ear drainage or discharge
_____ Itchy ears
_____ Ringing in the ears
___________ TOTAL

Nose:
_____ Stuffy, congested nose
_____ Airborne allergies
_____ Sinus congestion, “stuffy head”, sinus infections
_____ Runny or drippy nose
___________ TOTAL
Head:
_____ Headaches
_____ Dizziness or Vertigo
_____ Lightheadedness or feeling faint
_________ TOTAL

Mouth and Throat:
_____ Coated tongue (yellow, grayish-white or thick film)
_____ Swollen lips, tongue, or gums
_____ Difficulty swallowing
_____ Dry mouth
_____ Frequent throat clearing
_____ Canker sores
_________ TOTAL

Lungs:
_____ Asthma
_____ Bronchitis
_____ Wheezing or difficulty breathing
_____ Shortness of breath
_____ Chest congestion
_________ TOTAL

Heart:
_____ Rapid heartbeat
_____ Irregular heartbeat
_____ Chest pain
_________ TOTAL

Mental/Emotional:
_____ Brain Fog, thinking feels slow or fuzzy
_____ Depressed
_____ Anxious or worried
_____ Nervous or agitated
_____ No motivation
_____ Difficulty concentrating
_____ Mood swings
_____ Poor memory
___________ TOTAL

**Musculoskeletal:**
_____ Pain or swelling in joints
_____ Muscles tire easily
_____ Muscle aches and pains
_____ Feel stiff or painful upon waking
_____ Joints hurt with activity
_____ Feel weak or underpowered
_____ Use over-the-counter or prescription anti-inflammatories
___________ TOTAL

**Energy levels:**
_____ Easily fatigued, sleepy during the day
_____ Sluggish or lethargic slow
_____ Hyperactive or wired
_____ Tired, even after a good night’s rest
___________ TOTAL

**Weight and Eating:**
_____ Strong food cravings
_____ Overweight
_____ Underweight
_____ Compulsive or binge or mindless eating
_____ Water retention
___________ TOTAL

Tally the totals from each section in the space provided, then add up all of the totals for each section together and enter below.

**GRAND TOTAL ______**
Days 1–6 Food Guide

Days 1–6: (usually Sunday–Friday)

On days 1-6 you will have three nutritionally complete meals per day. Each meal MUST include a serving of protein, and a serving of fruit or vegetables. You can substitute a smoothie for one meal per day, and one or two snacks from the snack list may also be included.

• Your diet during this portion of the program will be built around minimally processed, single ingredient whole foods. These nutrient dense foods will be the fundamental building blocks of your diet during this period.

• You should choose organic produce whenever possible.
  ✓ Aim for a rainbow of color when selecting vegetables and fruits.
  ✓ Fresh vegetables and fruits are ideal.
  ✓ Canned or frozen vegetables without added salt, sugar, or preservatives are allowed.

• You will entirely avoid refined “white carbohydrates” and replace them with whole grains and products like bread, pasta, and cereal made from 100% whole grain flour.

• You are encouraged to eat at least 4 ounces (1/2 cup) of protein at every meal.

• You are free to eat animal protein sources like eggs, dairy, fish, poultry, and lean meats.... You will only eat animal proteins that come from healthy, well-fed animals.
  ✓ Meat must be grass fed or pasture raised without unnecessary antibiotics or hormones.
  ✓ Dairy products (milk, cheese, or yogurt) must come from organic dairy farms unless you have a source of local dairy that you trust.
  ✓ Poultry and eggs must come from organically raised birds.
  ✓ Fish should include only specific wild-caught swimming fish with fins and scales. No shellfish (like clams, mussels, oysters, or scallops) or crustaceans (like lobster, crab or shrimp)

• You must completely avoid:
  ✓ High Fructose Corn Syrup
  ✓ Partially Hydrogenated Oils
  ✓ Artificial color, flavor, and preservatives

In addition to the changes that you’ll make to your diet, you will also be making some simple lifestyle modifications as well. You will be journaling every morning and evening and getting some gentle physical activity each day. You’ll also be getting daily lessons and tips about natural health and wellness that you can incorporate into your lifestyle.

The list of the foods that you CAN eat during days 1-6 is extensive. As you can see, all of the individual items within each category are single ingredient foods. They are foods that your great grandmother would recognize. These are foods that you’ll find on the outer perimeter of your local grocery store. Most of the foods you will be consuming during this six days will have no label at all. If they do have a label, the ingredient list will be very short. During this period you will practice the skills that will allow you to build nutritious and delicious meals using these simple, delicious, whole foods as your building blocks.
## Days 1-6: Foods to Include

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Whole Grains (may include breads, pastas, tortillas, cereals, crackers made from:)</th>
<th>Protein (with every meal)</th>
<th>Fats/Oils</th>
<th>Drinks and Condiments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables (organic whenever possible)</strong></td>
<td><strong>Fruit (fresh or frozen, organic whenever possible)</strong></td>
<td><strong>Eggs</strong></td>
<td><strong>Butter</strong></td>
<td><strong>Beverages</strong></td>
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<td>Arugula</td>
<td>Apple</td>
<td>Fish</td>
<td>Coconut</td>
<td>Clean Water</td>
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<td>Asparagus</td>
<td>Apricot</td>
<td>Salmon (wild)</td>
<td>Flax</td>
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<td>Banana</td>
<td>Sardines</td>
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<td>Herbal Tea</td>
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<td>Avocado</td>
<td>Berries</td>
<td>Anchovies</td>
<td>Sesame</td>
<td>Coffee (8oz max)</td>
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<td>(diluted)</td>
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**Beverages**
- Clean Water
- Sparkling water
- Herbal Tea
- Coffee (8oz max)
- Fruit Juice (diluted)
- Vegetable Juice
- Soy Milk
- Rice Milk
- Nut Milks
- Coconut milk
- Coconut water

**Condiments**
- Salt
- Pepper
- Herbs
- Spices
- Tamari
- Vinegar

**Sweeteners**
- Maple syrup
- Honey
- Brown Rice Syrup
- Molasses
- Syrup
- Stevia
- Xylitol
## Days 1-6: Foods to Avoid

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Fats/Oils</th>
<th>Drinks and Condiments</th>
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<tr>
<td><strong>Vegetables</strong></td>
<td><strong>Fruit</strong></td>
<td><strong>Whole Grains</strong></td>
<td><strong>Avoid factory farmed:</strong></td>
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<td>Limit White Potato</td>
<td>Avoid dried fruits with added sulfur or preservatives</td>
<td>You should avoid foods made with “white” flour, which includes virtually all commercially available bakery items.</td>
<td>Beef</td>
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<tr>
<td>Avoid French Fries</td>
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<td>Pork</td>
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<td>Avoid Potato Chips</td>
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<td>Poultry</td>
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<td>Avoid canned vegetables with preservatives</td>
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<td><strong>Avoid non-organic:</strong></td>
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Meal Ideas and Recipes

Below is a list of menu options for breakfasts, lunches and dinners that are built using the ingredients in the day 1-6 foods to include list. You can use the ideas below as a starting point and you can find specific recipes with detailed instructions in the recipes section.

During the 14 day detox you will be spending much more time than usual in the kitchen so it makes sense to be as efficient as possible. Celebrity chef Bobby Flay got it right when he said,

“Go vegetable heavy…reverse the psychology of your plate by making meat the side dish and vegetable the main course.”

Meal Ideas for Breakfast:

- Breakfast smoothie: Almond or coconut milk, protein powder or yogurt, fresh or frozen fruit/vegetables
- Eggs and vegetables (frittata, omelet, poached eggs over roasted veggies)
- Breakfast burrito: Eggs, vegetables, beans wrapped in a whole grain tortilla.
- Puff pancake: You’ll find the recipe for a Levitt Family favorite below.
- Oatmeal with fruit and nuts
- Whole grain or sprouted grain toast with peanut or almond butter and a side of fruit.
- Turkey sausage and fruit
- Yogurt with fruit, granola
- Tofu Scramble
- Quinoa or rice cereal with nuts

Meal Ideas for Lunch and Dinner:

Lunch and dinner ideas are included together because leftovers from last night’s dinner make a great lunch for tomorrow.

- Soup: Bean and vegetable or chicken/beef with vegetables.
- Beans and vegetables with or without a grain
- Chicken and vegetables, with or without a grain
- Green salad with protein (eggs, fish, chicken, nuts, or beans): Try a “salad in a jar”… see recipes
• Yogurt with fruit, granola
• Smoothie
• Stir-fry with veggies, and protein over brown rice or quinoa
• Bean and vegetable burrito
• Tarragon chicken and roasted vegetables
• White bean/butternut squash soup
• Bean/vegetable chili
• Baked fish with vegetables

**Snacks:**
• Roasted chickpeas
• Kale chips
• Trail mix (raw nuts and dried fruit)
• Apple with peanut or almond butter (Find this in the recipes section.)
• Whole grain cracker with nonfat ricotta drizzled with honey
• Plain yogurt with granola/fruit
• Turkey slice
• Hummus and raw or steamed veggies
• Smoothie
• Whole grain cracker with salmon salad
• Baked apple with cinnamon, raisins and nuts (See recipe...)
Days 7–8 Food Guide

Days 7–8: (Usually Saturday and Sunday)

Now that you have completed a full week of the introductory diet, you are ready to fully engage your detoxification process. You have decreased the sources of many of the most common toxins and your body is nutritionally primed. You can now begin the process of more aggressively purging your body of unwanted toxic compounds.

During this period you will be on a liquid only diet for 48 hours. Make friends with your blender...you’re going to need it. A high powered blender is ideal but a regular countertop model will be just fine. You can also make use of an immersion blender or a juicer if you have access to either.

The best way to succeed during these two days is to have three or four substantial “liquid meals” each day with sips of “liquid snacks” in between. This will prevent you from feeling hungry and keep your blood sugar stable throughout the day.

Typical liquid meals include:

- **Smoothies:** A smoothie that contains protein (nuts or nut butter, yogurt, protein powder) for breakfast as well as fruits and veggies is a great way to start the day off right.
- **Soups:** A blended, hearty vegetable soup will keep you feeling nourished well into the evening.
- **Homemade Nut/Seed Milk:** A tall glass of a homemade nut/seed milk, especially one that includes the pulp) can be a meal unto itself.
- **Vegetable/Fruit Juices:** Blended fruit and vegetable juices can be a light evening meal.

Options for “liquid snacks” to be sipped throughout the day include:

- **Clean Water**
- **Lemon Water:** 1 Quart clean water, with ½ organic lemon squeezed in. Add the rest of the lemon and the peel to the water. Serve hot or cold.
- **Herbal Tea:** non-caffeinated only.
- **Fresh Vegetable Juices**
- **Dilute Fruit Juices:** Dilute fruit juices at least 50% with clean water.
- **Broth:** See the “Alkaline Broth” recipe

Your daily caloric intake will be lower than usual in these two days so you should do your best to keep your schedule as clear as possible and keep your activity level to a minimum. You can exercise moderately but should not schedule major events or social activities. Your focus during the fast should be on yourself and your goals for improved health and vitality.
Here are some suggested recipes which can be used during your liquid only days and beyond.

**Banana and Oat Breakfast Smoothie**
- 1 sliced frozen banana
- ¾ cup Greek vanilla yogurt
- ½ cup coconut milk
- ¼ cup rolled oats (ground)
- 1 tablespoon raw honey
- ½ teaspoon grated ginger

**Directions:** Combine the oats and the yogurt and let that sit for about ten minutes. Place the coconut milk followed by all the other ingredients into the blender and combine until smooth. Adjust the amount of coconut milk for a thinner or thicker smoothie.

**Green Strawberry Banana Smoothie**
- 2 cups fresh organic spinach leaves
- 1 medium frozen organic banana, sliced
- 7 organic strawberries, sliced
- 2/3 cup fresh squeezed orange juice

**Directions:** Put all ingredients in the blender. Blend until smooth. Chill before serving.

**Green Tea and Blueberry Delight**
- 3 tablespoons of organic green tea
- 2 tablespoons of raw honey
- 1 ½ cup of frozen wild blueberries
- ½ frozen banana
- ¾ cup coconut milk
- 1 teaspoon of chia seeds

**Directions:** Put the coconut milk in the blender first and then the rest of the ingredients and mix well. Adjust the amount of coconut milk for a thinner or thicker smoothie.
Silky Chocolate Avocado Smoothie

- 1 large avocado
- ½ frozen banana
  - 2 tablespoons raw cacao powder
  - 1 ½ cups chocolate almond milk
  - ¼ teaspoon pure vanilla extract
  - ¼ teaspoon raw stevia

**Directions:** Put the almond milk in the blender first and then the rest of the ingredients and mix well. Adjust the amount of almond milk for a thinner or thicker smoothie.

Good Morning Green Ginger Juice

- 2 peeled lemons
- 2 tablespoons peeled ginger
- 5 large stalks of celery - use stems and leaves
- touch of Himalayan salt
- 1 small green apple

**Directions:** Juice the lemon and ginger together first and put this juice to the side. Juice the other ingredients together. Pour the green juice in a glass and add the lemon and ginger juice until it is to your liking - some people like a lot - some only a little.

Ruby Red Beet and Orange Juice

- 1 large red beet
- 3 small carrots
- 1 ripe pear
  - 1 large peeled orange
  - 1 teaspoon peeled and grated ginger

**Directions:** Juice all ingredients and serve over ice.
**Coconut Water Juice**

- 1 bunch of kale
- 5 stalks of celery
- ½ grapefruit
- 1 green apple
- 1 lemon
- 1 lime
- 1 cucumber
- ½ inch piece of peeled and grated ginger
- coconut water

**Directions:** Juice all ingredients together and mix as much as you want with chilled coconut water.

---

**Chicken Bone Broth**

- 2 1/2 pounds bone-in chicken pieces
- 6 cups of water
- 2 organic celery stalks, chopped
- 2 organic carrots, chopped
- 1 onion, chopped
- 1 tablespoon dried basil
- 2 cloves of garlic
- 1/2 teaspoon black peppercorns
- 2 bay leaves
- 2 sprigs of thyme
- 1/4 cup of apple cider vinegar

**Directions:** Place all of the ingredients into a slow cooker for 12 to 24 hours. Strain when cooled and store in glass jars.
Apple Carrot Soup

- 4 cups filtered water
- 2 organic apples, peeled, and cubed
- 12 sliced organic baby carrots
- 4 fresh basil leaves
- 2 inch piece of ginger, peeled and sliced
- Pinch of allspice
- 2 tablespoons lemon juice
- 2 tablespoons raw honey

Directions:
1. Bring water to a boil in a saucepan.
2. Add carrots, apple, ginger, allspice and basil to the pan. Cook for 15 minutes.
3. Drizzle the honey into the soup. Remove from heat and mix with a hand mixer. Serve while warm or chill first.

Green Detox Soup

- Half an organic avocado
- Juice of half an organic lemon
- 1 tablespoon apple cider vinegar
- 1-2 teaspoons raw honey
- 1 clove garlic
- 1/3 cup organic broccoli florets
- 1/3 cup chopped organic carrots
- 1/4 cup chopped organic onion
- 1/2 tablespoon tamari
- 1 packed cup organic kale
- 1 pinch sea salt
- 1/4-1/2 cup filtered water (start with 1/4 cup and add as needed)

Directions:
1. Place all ingredients in a blender and blend until smooth.
2. Chill for several hours before serving.
Carrot Ginger Soup

- 1 organic onion, sliced
- 1 inch ginger, peeled and sliced
- 1 tablespoon coconut oil
- 2 pounds organic carrots, peeled and chopped
- 1 teaspoon cumin
- 1 quart organic veggie stock
- Sea salt and pepper to taste

Directions:
1. Sauté the onion and ginger in the oil in a medium saucepan until soft.
2. Add the carrot slices and cook for 5 minutes.
3. Add remaining ingredients and simmer for 45 minutes.
4. Puree the soup in a blender then season to taste and serve warm.

Beef Broth

- ¼ cup coconut oil
- 4 pounds grass fed meaty beef bones (neck and shank bones)
- 1 large onion sliced
- 4 quarts water

Directions:
1. Heat the coconut oil in a pot over medium heat.
2. Sprinkle the bones with sea salt and pepper.
3. Sauté the bones in the pot until they are brown. Turn them often.
4. Add 4 quarts of water and bring it to a boil.
5. Uncover and simmer about 3 hour or until you have 4 cups of broth
6. Strain and discard onions and bones.
Days 9–14 Food Guide

Days 9–14: (Usually Monday–Saturday)

On days 9-14 you go back to having three complete meals per day. Each meal MUST include a serving of protein, and a serving of fruit or vegetables. One or two snacks for the Day 9-14 snack list may also be included.

Your diet during this portion of the program will again be built around minimally processed whole foods similar to days 1-6 but with a few important changes:

Just like days 1-6 you will:

- Choose organic produce whenever possible.
- Aim for a rainbow of color when selecting vegetables and fruits.
- Fresh vegetables and fruits are ideal.
- Canned or frozen vegetables without added salt, sugar, or preservatives are allowed.

- You are encouraged to eat at least 4 ounces (1/2 cup) of protein at every meal.
  - You are free to eat only the following animal protein sources:
    - **Dairy**: Only plain yogurt from an organic dairy farm. Add your own fruit!
    - **Eggs**: must come from organically raised birds.
    - **Fish**: should include only specific wild-caught swimming fish with fins and scales. No shellfish (like clams, mussels, oysters, or scallops) or crustaceans (like lobster, crab or shrimp).

For these six days you will AVOID:

- **Wheat and gluten**: Even six short days of a gluten free diet can make a huge difference in the way you feel.
- **Processed grains**: No breads, pasta, crackers, or baked goods. Whole grains eaten whole like oats, brown rice, and quinoa are allowed.
- **Meat and poultry**: The only animal proteins you’ll for six days will be fish, eggs, and organic plain yogurt.
- **Coffee**: That’s right, no coffee for six days. Use green or black tea as an alternative for a healthier source of caffeine.
- **Nightshades, corn and white potato**: All other vegetables are fine.
- **Added sweeteners**: Your taste buds, your blood sugar, and your waistline will thank you.
- **Artificial color, flavor, and preservatives**: Try to buy foods that don’t have a label. Hint, look in the produce section. Limit packaged foods and you’ll limit artificial ingredients entirely.
Although the day 9-14 food list does have some significant restrictions, it remains a very extensive list of foods that you CAN eat. This portion of the program is intended to be a bit of a challenge for you. It was designed to help you to step out of your dietary comfort zone. Although this list is not exclusively vegan (fish, eggs, and yogurt are allowed) you will be avoiding meat and poultry which is a big shift in the right direction. You may even want to try a few days with no animal protein whatsoever.

You are encouraged to expand your palette and experiment with foods you’ve never tried before. This is the final portion of the detox program... so after day 14, you will be re-entering the real world again. Use this time to listen to your body... you will learn some important lessons that you can take with you for the rest of your life.

Below is a list of menu options for breakfasts, lunches and dinners that are built using the ingredients in the day 9-14 foods to include list. There are at least six options for each meal which gives you more than enough meal plans to get you through this portion of the program. Below you will find a list of the most popular meal choices for breakfast, lunch, and dinner based on approved food list for Days 9-14. You can use the ideas below as a starting point and you can find specific recipes with detailed instructions at the end of this section.
### Days 9-14: Foods to Include

Each Meal MUST Include 1 serving of Protein (4 oz or 1/2 cup) and 1 Serving of Fruit/Vegetable.

<table>
<thead>
<tr>
<th>Vegetables (organic whenever possible)</th>
<th>Fruit (fresh or frozen, organic whenever possible)</th>
<th>Whole Grains (No breads, pasta, crackers, or baked goods)</th>
<th>Protein (with every meal)</th>
<th>Fats/Oils</th>
<th>Drinks and Condiments</th>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Apple</td>
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**Beverages**
- Clean Water
- Sparkling water
- Herbal Tea
- Fruit Juice (dilute 50/50)
- Vegetable Juice
- Rice Milk
- Nut Milks
- Coconut water

**Condiments**
- Salt
- Pepper
- Herbs
- Spices
- Vinegar

**Sweeteners**
- None
<table>
<thead>
<tr>
<th>Days 9-14: Foods to Avoid</th>
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<tbody>
<tr>
<td><strong>Carbohydrates</strong></td>
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<td><strong>Vegetables</strong></td>
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</table>
| **Avoid Non-organic Vegetables** | Avoid dried fruits with added sulfur or preservatives | **Avoid wheat entirely** | **Meat to Avoid:** 
| **Avoid Nightshades:** 
| Tomato                    |                             | **Avoid all processed grain products** 
| White Potato              |                               | made from flour including breads, pasta, baked goods, tortillas/wraps, crackers, cookies etc. | **Avoid harmful fats:** 
| Eggplant                  |                               | **Dairy to Avoid:** 
| Peppers                   |                               | 
| Corn                      |                               | Milk 
| **Avoid French Fries**   | Avoid dried fruits with added sulfur or preservatives | Pork 
| **Avoid Potato Chips**   |                               | Poultry 
| **Avoid canned vegetables with preservatives** |                               | Veal | **Avoid harmful fats:** 
|                           |                                 | **Fish to Avoid:** 
|                           |                                 | Farm-raised fish 
|                           |                                 | Tuna 
|                           |                                 | Swordfish 
|                           |                                 | Shark 
|                           |                                 | Shellfish 
|                           |                                 | **Avoid smoked meats/fish and cheeses.** | **Avoid harmful fats:** 
|                           |                                 | Shortening 
|                           |                                 | Hydrogenated oils | **Avoid all added sweeteners:** 
|                           |                                 | Partially 
|                           |                                 | Hydrogenated oils | Sugar 
|                           |                                 | Trans Fats | High Fructose 
|                           |                                 | Margarine | Corn Syrup 
|                           |                                 | Cottonseed oil | Saccharin 
|                           |                                 | **Avoid all:** 
|                           |                                 | Alcohol 
|                           |                                 | Coffee 
|                           |                                 | Soda | Aspartame 
|                           |                                 | **Avoid all added sweeteners:** 
|                           |                                 | Sugar 
|                           |                                 | High Fructose 
|                           |                                 | Corn Syrup 
|                           |                                 | Saccharin | Aspartame 
|                           |                                 | Sucralose | **Avoid all:** 
|                           |                                 | Artificial color | **Preservatives** 
|                           |                                 | Artificial flavor | MSG 
|                           |                                 | Additives | Sulfites 
|                           |                                 | Nitrites |
Breakfast

Protein Muffins
Makes 12 muffins

Ingredients:
- 12 eggs
- Salt and pepper to taste
- 1 cup shredded cheese
- 1 cup turkey sausage, chopped
- 3 green onions, diced

Directions:
1. Preheat your oven to 350 degree F. Grease a muffin tin or line it with paper baking cups.
2. Place a little sausage and green onions in the bottom of each muffin cup. Divide the cheese evenly amongst them all.
3. Beat eggs and salt and pepper together in a bowl. Pour mixture into muffin cups until they are 3/4 inch full.
4. Bake for 25-30 minutes or until the eggs are set.

Mexican Breakfast Burritos
Makes two burritos

Ingredients:
- 2 spinach tortillas
- 4 eggs, scrambled
- 1 avocado, diced
- ¼ cup shredded cheddar cheese
- 2 tsp. extra virgin olive oil
- ¼ cup red onion, chopped
- ¼ cup red bell pepper, diced
- 1 clove garlic, minced
- 1 can black beans
- ½ tsp. chili powder
• ½ tsp. oregano
• ¼ tsp. cumin
• ¼ cup fresh cilantro, chopped
• ½ cup lemon juice
• Salt and pepper to taste

Directions:
1. Heat a saucepan over medium heat. Add the oil, onion, and pepper. Sauté for 5 minutes. Add garlic and cook for another minute.
2. Stir in the black beans and spices and cook for 5 more minutes.
3. Remove pot from stove. Stir in cilantro, lime juice, salt and pepper.
4. Lay the tortillas on plates. Place the eggs, avocado slices, cheese and black beans on top of each tortilla. Roll up and serve while warm.

Tasty Veggie Frittata
Makes 12 servings

Ingredients:
• 12 eggs
• Salt and freshly ground black pepper, to taste
• 3 tablespoons olive oil
• 2 cups onion, diced
• 2 ½ cups zucchini, chopped
• 2 ½ cup yellow squash, chopped
• 2 red peppers, diced
• 2 cups broccoli, diced
• 2 cups cauliflower, diced

Directions:
1. Preheat your oven to 350 degrees F.
2. Beat the eggs with salt and pepper.
3. Heat a skillet with olive oil over medium heat. Add onion, zucchini, squash, and peppers. Cook until the vegetables are soft.
5. Grease a muffin tin. Fill each cup halfway with the vegetables. Fill the rest of each cup to the top with the beaten eggs. Sprinkle the tops with cauliflower.
**Berry Banana Baked Oatmeal**
Makes six servings

**Ingredients:**
- 2 medium ripe bananas, sliced
- 1 ½ cups blueberries
- ¼ cup honey
- 1 cup uncooked quick oats
- ¼ cup walnuts or pecans, chopped
- ½ tsp. baking powder
- ¾ tsp. cinnamon
- Pinch of salt
- 1 cup almond milk
- 1 egg
- 1 tsp. vanilla extract
- Organic coconut oil

**Directions:**
1. Preheat your oven to 375 degrees F. Grease a baking dish with coconut oil.
2. Place the banana slices in the bottom of the baking dish. Sprinkle half of the blueberries over the bananas. Add a ¼ tsp. of cinnamon and 1 tablespoon of honey on top. Cover the pan with foil and bake for 15 minutes.
3. In a large bowl, combine the oats, nuts, baking powder, cinnamon and salt. In a small bowl whisk the honey, milk, egg and vanilla together.
4. Pour the oat mix over the bananas, and the milk mix over the oat mix. Place the remaining blueberries on top.
5. Bake for 30 minutes and serve while warm.

**Cran-Apple Baked Oatmeal**
Makes six servings

**Ingredients:**
- 1½ cups unsweetened applesauce
- 2 large eggs
- ¼ cup honey
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- ½ tsp. salt
- ¾ tsp. baking powder
- 1 cup milk
• 1 ¼ cups fresh cranberries
• 2 cups old-fashioned rolled oats

Directions:
1. Preheat the oven to 375 degrees F.
2. Whisk the applesauce, eggs, honey, vanilla, cinnamon, salt and baking powder together in a large bowl.
3. Add milk and combine thoroughly.
4. Rinse the cranberries and slice them in half. Mix them into the oat mixture.
5. Pour the oatmeal into a greased baking dish.
6. Bake for 45 minutes and serve while warm.

Banana Nut Yogurt Parfait
Makes one serving

Ingredients:
• Greek yogurt
• ½ banana
• 5 walnuts
• 1 tsp. clover honey
• Dash of cinnamon

Directions:
1. Place a bit of Greek yogurt in a bowl, glass or cup.
2. Slice the banana and layer it on top of the yogurt.
3. Sprinkle the nuts and cinnamon on top of the bananas.
4. Drizzle with honey and serve.

Blueberry Flax Parfait
Makes one serving

Ingredients:
• Greek yogurt
• ½ cup blueberries
• 1 Tbsp. ground flax seeds

Directions:
1. Spoon a tablespoon of Greek yogurt into the bottom of a glass. Top with a tablespoon of blueberries and another tablespoon of yogurt.
2. Continue this until the blueberries are all used up. Sprinkle flax on top and serve.
Fluffy Baked Pancakes
Makes 4 servings

Ingredients:
- 6 eggs
- 1 ½ cups milk
- 1 cup whole wheat pastry flour
- 3 Tbsp. honey or maple syrup
- 1 tsp. vanilla extract
- ½ tsp. salt
- ¼ tsp. cinnamon
- ¼ stick butter
- Greek yogurt, for topping
- Fresh or frozen fruit, for topping

Directions:
1. Preheat your oven to 425 degrees F.
2. Melt butter in a baking pan.
3. Mix eggs, milk, flour, honey, vanilla, salt and cinnamon in a large bowl.
4. Pour batter on top of melted butter. Bake for 20 minutes.
5. Serve topped with yogurt and fruit.

Lunch/Dinner
Chickpea Salad
Makes 4 servings

Ingredients:
- 1 can chickpeas (garbanzo beans), rinsed and drained
- 2 Tbsp. fresh basil, chopped
- 2 Tbsp. fresh Italian parsley, chopped
- 2 Tbsp. fresh lemon juice
- 4 tsp. extra-virgin olive oil
- 1 small garlic clove, pressed
- ½ cup freshly grated parmesan cheese
- Salt to taste

Directions:
1. Put the chickpeas, basil, parsley, lemon juice, oil and garlic into a bowl. Toss to combine.
2. Add the cheese and salt and toss again to mix in.
3. Serve at room temperature or chilled. Store in the fridge.
Garlic Lemon Quinoa Salad
Makes 4 servings

Ingredients:
- 1 cup dry quinoa
- 1 ¾ cup water
- ½ tsp. sea salt
- ½ cup carrots, chopped
- ⅓ cup parsley, minced
- ¼ cup sunflower seeds
- 4 cloves garlic, minced
- ¼ cup freshly squeezed lemon juice
- ¼ cup extra-virgin olive oil
- 2 Tbsp. tamari or shoyu

Directions:
1. Rinse and drain quinoa.
2. Put quinoa, salt and water into a pot. Bring to a boil and simmer for 15 to 20 minutes.
3. Remove from heat, allow to sit for 5 minutes, then fluff.
4. Add carrots, parsley and sunflower seeds in with the quinoa. Toss to combine.
5. Whisk the garlic, lemon juice, oil, and tamari together. Drizzle over salad.
6. Serve at room temperature or cold. Store in the fridge.

Cucumber Salmon Salad
Makes three servings

Ingredients:
- 8 oz. of cooked wild salmon, broken into pieces
- ¼ cup red onion, diced
- ½ cup celery stalk and leaves, chopped
- 2 small Persian cucumbers, chopped
- ⅓ cup plain Greek yogurt
- 1 Tbsp. mayonnaise
- ¼ cup lemon juice
- Salt and pepper to taste

Directions:
1. Combine salmon pieces, onion, celery and cucumbers in a bowl.
2. In a separate bowl combine yogurt, mayo, lemon juice, salt and pepper with a whisk.
3. Drizzle dressing over salad, chill and serve.
**Black Bean Jar Salad**
Makes one serving

**Ingredients:**
- 4 Tbsp. organic, homemade salad dressing
- ¼ cup black beans, drained
- ½ cup carrots, sliced
- ¼ cup cheese, shredded
- 1 cup lettuce, chopped

**Directions:**
1. Place the ingredients in the order listed in a mason jar. Put on the lid and store in the fridge.
2. When ready to eat, empty the jar on a plate and enjoy.

**Greek Jar Salad**
Makes one serving

**Ingredients:**
- 4 tablespoons homemade Greek vinaigrette
- ½ cup chicken, diced or shredded
- ¼ cup garbanzo beans
- 5-6 Kalamata olives
- 2-4 pepperoncinis
- ½ cup tomato, diced
- ½ cup cucumber, chopped
- ¼ cup red onion, diced
- ¼ cup feta cheese, crumbled
- 1 cup Romaine lettuce, chopped

**Directions:**
1. Place the ingredients in the order listed in a mason jar. Put on the lid and store in the fridge.
2. When ready to eat, empty the jar on a plate and enjoy.

**Grilled Veggie Jar Salad**
Makes one serving

**Ingredients:**
- 4 tablespoons homemade red wine vinaigrette
- ¼ cup grilled peppers, chopped
• 2 grilled green onions, chopped
• ¼ cup grilled zucchini, chopped
• ¼ cup quinoa or rice
• ¼ cup goat cheese
• 1 cup spinach, chopped

Directions:
1. Place the ingredients in the order listed in a mason jar. Put on the lid and store in the fridge.
2. When ready to eat, empty the jar on a plate and enjoy.

Smoked Salmon Sandwich
Makes four sandwiches

Ingredients:
• 2 tsp. pickle relish
• 2 tsp. ketchup
• 1 Tbsp. mayonnaise
• Pinch of salt
• ½ pound smoked salmon, sliced
• 8 slices rye or whole grain sourdough bread
• 4 slices Havarti or Swiss cheese
• 1 cup sauerkraut
• 4 teaspoons butter

Directions:
1. Put the relish, ketchup and mayonnaise in a small bowl and whisk together.
2. Spread the mayonnaise mixture on the slices of bread. Put a piece of cheese on each sandwich. Add a few slices of salmon. Divide the sauerkraut evenly amongst the sandwiches.
3. Heat a little butter in a skillet. Brown each sandwich on both sides over medium heat. Repeat with the other sandwiches. Serve while warm.

Coconut Chicken Soup
Makes four servings

Ingredients:
• 2 Tbsp. extra virgin olive oil
• 1 onion, thinly sliced
• 3 cloves garlic, minced
• 1 tsp. sea salt
• 2 Tbsp. ginger root, grated
• ½ tsp. crushed red pepper
• 1 tsp. ground coriander
• 1 tsp. ground cumin
• 1 8” stalk lemon grass, sliced lengthwise
• ½ pound boneless, skinless chicken breasts, tenderized and sliced
• 1 14-ounce can coconut milk
• 3 cups water
• 4 Tbsp. fish sauce
• 1 large baby bok choy, sliced thin
• ¼ cup fresh cilantro, chopped

Directions:
1. Heat oil in a pot over medium high heat. Add the onion, garlic and salt to the pot and sauté until soft.
2. Add spices and sauté for 2 more minutes.
3. Add chicken and lemongrass to the pot and cook until the chicken is no longer pink.
4. Stir in coconut milk, water and fish sauce. Cook for 10 minutes.
5. Add bok choy and cilantro and cook for 5 more minutes before serving.

Indian Curry
Makes four servings

Ingredients:
• 2 tsp. extra-virgin olive oil
• 1 onion, chopped
• ½ tsp. sea salt
• 1 clove garlic, minced
• 1-2 tsp. ground coriander
• 1-2 tsp. ground cumin
• 1 tsp. turmeric
• ½ tsp. cinnamon
• Pinch of cayenne
• 1 small potato, chopped
• 1 carrot, sliced
• 1 cup tomato sauce
• ½ cup water
• 1 cup cooked chickpeas
• 1 cup broccoli flowerets
• Greek yogurt for garnish
Directions:
1. Heat the oil in a pot. Sauté the onion and salt until onion is soft.
2. Add the garlic and spices to the pot. Stir well.
3. Add the potato, carrot, tomato sauce and water. Bring to a boil and simmer covered for 20 minutes.
4. Add chickpeas and broccoli and cook for 3 minutes.
5. Serve garnished with yogurt.

White Bean and Kale Stew
Makes four servings

Ingredients:
- 1 ½ - 2 cups kale, chopped
- 1 Tbsp. extra virgin olive oil
- 2 large cloves of garlic
- 3 cups cooked white beans
- 2 ½ cups vegetable or chicken broth
- 1 Tbsp. tomato paste
- 4 fresh sage leaves
- 1 tsp. sea salt
- Freshly ground black pepper, to taste
- 1 Tbsp. fresh lemon juice
- Freshly grated pecorino cheese, for topping

Directions:
1. Heat the oil in a pot and sauté the garlic for a few minutes.
2. Add half the broth and beans to the pot.
3. Puree the remaining beans, tomato paste and sage in a blender or food processor. Stir the mixture into the soup pot.
4. Add salt, pepper and kale to the pot. Cook for 10 minutes.
5. Stir in the lemon juice. Serve topped with pecorino.

Sweet Spud Curry
Makes 4 servings

Ingredients:
- 1 cup uncooked brown basmati rice, rinsed
- 1 pound sweet potatoes, peeled and chopped
- 1 can coconut milk
• 3 tsp. Thai red curry paste
• ½ cup cilantro, chopped
• 1 carton firm tofu, drained, dried and cubed
• 1 Tbsp. peanut oil
• Sea salt to taste
• 2 Tbsp. soy sauce
• 6 shallots, thinly sliced
• 4 baby bok choy, cooked and chopped into ½ inch slices
• 1 lime, quartered

Directions:
1. Put the rice in a pot with 2 cups of salted water. Bring to a boil and cook covered for 15 to 20 minutes.
2. Heat the coconut milk along with 1 cup of water in a skillet. Stir the curry paste and cilantro into the liquid. Add the sweet potatoes and lower the heat.
3. In another skillet, cook the tofu for 5 minutes. Add peanut oil and season with salt and soy sauce.
4. Cook the tofu for 3 more minutes, then combine with the sweet potatoes.
5. Caramelize the shallots with some salt for 4-5 minutes.
6. Put a little bok choy on 4 plates. Add sweet potatoes, tofu, sauce, shallots and lime for garnish. Serve while warm.

Veggie Quiche
Makes one pie, or four servings

Ingredients:
• 7 eggs
• 1 ½ cups fresh spinach, chopped
• 1 cup of broccoli, chopped
• 1 green onion, sliced thinly
• 1 small yellow onion, chopped
• 3 cloves garlic, minced
• ½ cup coconut milk
• ¾ tsp. baking powder
• Salt and freshly ground black pepper to taste
• Organic coconut oil
Directions:
1. Preheat your oven to 350 degrees F.
2. Whisk the eggs and coconut milk together in a bowl.
3. Add remaining ingredients to the egg mixture.
4. Grease a pie dish with coconut oil. Pour the mixture into the pan.
5. Bake for 40 minutes and serve warm or chilled.

Snacks

Peanut Butter Apple Sandwich
Makes one sandwich

Ingredients:
• 1 large firm apple, sliced thinly
• 3 Tbsp. peanut, cashew butter or almond butter
• 1 Tbsp. raisins

Directions:
1. Spread a little peanut butter on an apple slice. Put a few raisins on and top with another slice.
2. Repeat with remaining ingredients and enjoy.

Cinnamon Apple Bake
Makes five servings

Ingredients:
• 5 gala apples
• ¼ cup coconut sugar
• 2 tsp. ground cinnamon
• 2 tsp. lemon juice

Directions:
1. Preheat your oven to 375 degrees F.
2. Mix the cinnamon and sugar in a bowl.
3. Remove the core from the apples and chop into pieces.
4. Place the apples in a baking dish.
5. Sprinkle the cinnamon and sugar over the apples and drizzle with the lemon juice. Bake for 45 minutes and serve while warm.
In deciding to do this program, you have chosen to make a commitment to your health and an investment in your future. Now you want to make sure that you do everything you can to ensure that your investment pays off long term.

Daily journaling is a practice that has been repeatedly proven to have positive effects on physical and mental health and well-being. Keeping a journal can help to reduce stress and improve clarity as well as provide a way to track progress, trends and growth over time. During a program like this, keeping a daily journal will help to solidify your commitment and improve your results. In the next 14 pages you’ll find a printable journal that is designed for you to spend just a few minutes with each morning and evening throughout the program.

These journal pages are designed to help you in two distinct ways:

1) **Positive psychology:** Optimistic individuals have an improved sense of overall well-being. Exercises that enable people to focus on positive elements within their own lives have been shown to improve aspects of both mental and physical health. You’ll see that in the following pages, you will be asked to provide three responses to a morning and evening question each day. The morning question asks you to describe three things that you are grateful for today. The evening question asks you to write down three things that went well today. Although these seem like simple “feel-good” questions, you might be surprised to learn that scientists have studied these questions intensely. People who focus on gratitude and “what went well” have better health, improved sleep, less depression and anxiety and better overall life satisfaction.

2) **“What gets measured, gets managed”:** In addition to being useful as a tool for positive psychology, these pages are also a daily journal that you’ll use to track your sleep, meals, physical activity, and how you are feeling. Recording this simple data can allow you to observe changes as well as provide some additional motivation to keep you on track.

Dr. Levitt explains the benefits of journaling while you detox…
Day 1 Journal: Date: ___________/__________/__________

Three things I am grateful for today:
1. ___________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
How many hours? __________
Was it restful and refreshing? __________

Breakfast:
What was it? _________________________________________________________________________
How did you feel after breakfast? _________________________________________________________________________

Physical activity
How many steps did you take today? __________
Any other form of activity other than walking? __________

Snacks:
What were they? _________________________________________________________________________

Lunch:
What was it? _________________________________________________________________________
How did you feel after lunch? _________________________________________________________________________

Dinner:
What was it? _________________________________________________________________________
How did you feel after dinner? _________________________________________________________________________

What went well today?
1. _________________________________________________________________________
2. _________________________________________________________________________
3. _________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 2 Journal: Date: ____________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? _______
   Was it restful and refreshing? _______

Breakfast:
   What was it? _____________________________________________________________
   How did you feel after breakfast? ________________________________

Physical activity
   How many steps did you take today? _________________
   Any other form of activity other than walking? ________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? _______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? ________________________________________________________________
   How did you feel after dinner? _______________________________________________

What went well today?
1. _______________________________________________________________________________
2. _______________________________________________________________________________
3. _______________________________________________________________________________

What did you learn that will help tomorrow be better than today?
**Day 3 Journal:**  Date: ___________ / ___________ / ___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

*How was my sleep last night?*
  How many hours? __________
  Was it restful and refreshing? __________

*Breakfast:*
  What was it? ________________________________
  How did you feel after breakfast? ________________________________

*Physical activity*
  How many steps did you take today? ________________
  Any other form of activity other than walking? ________________

*Snacks:*
  What were they? ________________________________

*Lunch:*
  What was it? ________________________________
  How did you feel after lunch? ________________________________

*Dinner:*
  What was it? ________________________________
  How did you feel after dinner? ________________________________

*What went well today?*
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

*What did you learn that will help tomorrow be better than today?*
Day 4 Journal:  Date: ___________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? _____________________________________________________________
   How did you feel after breakfast? ____________________________________________

Physical activity
   How many steps did you take today? ________________
   Any other form of activity other than walking? ________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? _______________________________________________________________
   How did you feel after lunch? ________________________________________________

Dinner:
   What was it? ________________________________________________________________
   How did you feel after dinner? ________________________________________________

What went well today?
1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 5 Journal: Date: __________/__________/__________

Three things I am grateful for today:
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? _______________________________________________________________________
   How did you feel after breakfast? ______________________________________________________

Physical activity
   How many steps did you take today? _________________
   Any other form of activity other than walking? _________________

Snacks:
   What were they? ___________________________________________________________________

Lunch:
   What was it? _______________________________________________________________________
   How did you feel after lunch? _________________________________________________________

Dinner:
   What was it? _______________________________________________________________________
   How did you feel after dinner? _______________________________________________________

What went well today?
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 6 Journal:  Date: ___________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? _____________

Breakfast:
   What was it? _____________________________________________________________
   How did you feel after breakfast? __________________________________________

Physical activity
   How many steps did you take today? _________________
   Any other form of activity other than walking? _________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? _______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? ________________________________________________________________
   How did you feel after dinner? ______________________________________________

What went well today?
1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 7 Journal: Date: ___________ / ___________ / ___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________ 
3. ___________________________________________________________________________________

How was my sleep last night?
  How many hours? __________ 
  Was it restful and refreshing? __________

Breakfast:
  What was it? _____________________________________________________________
  How did you feel after breakfast? ________________________________

Physical activity
  How many steps did you take today? ______________
  Any other form of activity other than walking? ________________

Snacks:
  What were they? ___________________________________________________________

Lunch:
  What was it? _______________________________________________________________
  How did you feel after lunch? ______________________________________________

Dinner:
  What was it? ________________________________________________________________
  How did you feel after dinner? _____________________________________________

What went well today?
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

What did you learn that will help tomorrow be better than today?
**Day 8 Journal:** Date: __________ / __________ / __________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? ___________
   Was it restful and refreshing? ___________

**Breakfast:**
   What was it? _____________________________________________________________
   How did you feel after breakfast? ___________________________________________

**Physical activity**
   How many steps did you take today? _________________
   Any other form of activity other than walking? _________________

**Snacks:**
   What were they? __________________________________________________________

**Lunch:**
   What was it? _____________________________________________________________
   How did you feel after lunch? _____________________________________________

**Dinner:**
   What was it? _____________________________________________________________
   How did you feel after dinner? _____________________________________________

What went well today?
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 9 Journal: Date: ____________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? _____________________________________________________________
   How did you feel after breakfast? __________________________________________

Physical activity
   How many steps did you take today? _________________
   Any other form of activity other than walking? ________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? _______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? _______________________________________________________________
   How did you feel after dinner? ______________________________________________

What went well today?
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

What did you learn that will help tomorrow be better than today?
**Day 10 Journal:** Date: ____________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? ___________________________________________________________
   How did you feel after breakfast? _________________________________________

Physical activity
   How many steps did you take today? ___________________
   Any other form of activity other than walking? ______________

Snacks:
   What were they? _________________________________________________

Lunch:
   What was it? ____________________________________________________
   How did you feel after lunch? _______________________________________

Dinner:
   What was it? ______________________________________________________
   How did you feel after dinner? _______________________________________

What went well today?
1. _____________________________________________________________________________
2. _____________________________________________________________________________
3. _____________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 11 Journal:  Date: ___________ / _____________ / ____________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? ________________________________________________________________
   How did you feel after breakfast? _____________________________________________

Physical activity
   How many steps did you take today? _________________
   Any other form of activity other than walking? ________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? ______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? ______________________________________________________________
   How did you feel after dinner? _____________________________________________

What went well today?
1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 12 Journal: Date: ___________/_____________/_____________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? ____________

Breakfast:
   What was it? _____________________________________________________________
   How did you feel after breakfast? __________________________________________

Physical activity
   How many steps did you take today? ________________
   Any other form of activity other than walking? ________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? ______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? ______________________________________________________________
   How did you feel after dinner? _____________________________________________

What went well today?
1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 13 Journal:  Date: ___________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? _________________________________________________________________
   How did you feel after breakfast? _____________________________________________

Physical activity
   How many steps did you take today? ______________
   Any other form of activity other than walking? ______________

Snacks:
   What were they? _____________________________________________________________

Lunch:
   What was it? _______________________________________________________________
   How did you feel after lunch? ________________________________________________

Dinner:
   What was it? ________________________________________________________________
   How did you feel after dinner? _______________________________________________

What went well today?
1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Day 14 Journal: Date: ___________/___________/___________

Three things I am grateful for today:
1. __________________________________________________________________________________
2. ___________________________________________________________________________________
3. ___________________________________________________________________________________

How was my sleep last night?
   How many hours? __________
   Was it restful and refreshing? __________

Breakfast:
   What was it? ________________________________________________________________
   How did you feel after breakfast? _____________________________________________

Physical activity
   How many steps did you take today? ______________________
   Any other form of activity other than walking? __________________

Snacks:
   What were they? ___________________________________________________________

Lunch:
   What was it? ______________________________________________________________
   How did you feel after lunch? ______________________________________________

Dinner:
   What was it? ________________________________________________________________
   How did you feel after dinner? ______________________________________________

What went well today?
1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

What did you learn that will help tomorrow be better than today?
Congratulations! In the last two weeks you have taken the first and most crucial steps along the road toward a cleaner diet and lifestyle. Most people who make the changes report improvements in many (often all) of the categories listed below. It is very common for people to report improvements in weight, energy, digestion, mood, skin, and overall sense of well-being. I hope that your experience has been a good one.

In my clinical practice, I have also seen my detox program result in unexpected improvements in chronic health problems that have surprised both me and my patients. Our exposure to dietary and environmental toxins is enormous, and the symptoms that these toxins can produce are widely variable. As a result of this massive exposure to huge numbers of different chemical compounds that can interact to produce different symptoms, it can be very difficult to pin a particular symptom on a particular exposure. This is why the 14 day detox program is so effective... it decreases your exposure to the primary sources of these toxins and improves your ability to effectively eliminate them.

Please take a moment to answer the survey questions below and tally up your scores in each section. Then, find the survey you took before you began the program and see how far you've come.

Name:__________________________________________________ Date: _____/___/_____

Answer the following questions based on how you have been feeling recently. Fill in the number that applies on the form below:

Scale:
0 = No, never, very rarely.
1 = Occasionally, mild to moderate intensity
2 = Occasionally, moderate to severe intensity
3 = Often, mild to moderate intensity
4 = Often, moderate to severe intensity

Digestion:
_____ Belching or gas
_____ Heartburn or reflux
_____ Bloating or abdominal discomfort shortly after eating
_____ Bad breath
Food sensitivities
Diarrhea or loose stools
Constipation or hard, difficult to pass stools
Nausea or vomiting
Fewer than one bowel movement a day
More than three bowel movements per day
TOTAL

Skin:
Rashes, hives, itchy, sensitive skin
Cold sores or herpes
Dry flaky skin and/or dandruff
Fragile skin, nails, hair (break or tear easily)
Acne
Flush or blush easily
TOTAL

Eyes:
Dark circles or bags under the eyes
Puffy eyelids
Bloodshot or reddened eyes
Whites of eyes look yellow or dirty
Eyelids irritated or inflamed
Dry eyes
Eyes water too much
TOTAL

Ears:
Ear infections
Ear drainage or discharge
Itchy ears
Ringing in the ears
TOTAL
Nose:
_____ Stuffy, congested nose
_____ Airborne allergies
_____ Sinus congestion, "stuffy head", sinus infections
_____ Runny or drippy nose
___________ TOTAL

Head:
_____ Headaches
_____ Dizziness or Vertigo
_____ Lightheadedness or feeling faint
___________ TOTAL

Mouth and Throat:
_____ Coated tongue (yellow, grayish-white or thick film)
_____ Swollen lips, tongue, or gums
_____ Difficulty swallowing
_____ Dry mouth
_____ Frequent throat clearing
_____ Canker sores
___________ TOTAL

Lungs:
_____ Asthma
_____ Bronchitis
_____ Wheezing or difficulty breathing
_____ Shortness of breath
_____ Chest congestion
___________ TOTAL
Heart:
_____ Rapid heartbeat
_____ Irregular heartbeat
_____ Chest pain
___________ TOTAL

Mental/Emotional:
_____ Brain Fog, thinking feels slow or fuzzy
_____ Depressed
_____ Anxious or worried
_____ Nervous or agitated
_____ No motivation
_____ Difficulty concentrating
_____ Mood swings
_____ Poor memory
___________ TOTAL

Musculoskeletal:
_____ Pain or swelling in joints
_____ Muscles tire easily
_____ Muscle aches and pains
_____ Feel stiff or painful upon waking
_____ Joints hurt with activity
_____ Feel weak or underpowered
_____ Use over-the-counter or prescription anti-inflammatories
___________ TOTAL

Energy levels:
_____ Easily fatigued, sleepy during the day
_____ Sluggish or lethargic slow
_____ Hyperactive or wired
_____ Tired, even after a good night’s rest
___________ TOTAL
Weight and Eating:

_____ Strong food cravings
_____ Overweight
_____ Underweight
_____ Compulsive or binge or mindless eating
_____ Water retention

___________ TOTAL

Tally the totals from each section in the space provided, then add up all of the totals for each section together and enter below.

GRAND TOTAL ________