



Foods That Disrupt Detoxification

These foods have a **negative effect** on detoxification. Put a check mark beside each of the items below that you have already eliminated from your diet. Phase the remaining foods out at a pace you can sustain.

<input checked="" type="checkbox"/>	Foods that Disrupt Detox and Should be Phased Out of Your Diet
	Alcohol
	Allergy Producing Foods (The Top 6)
	<ul style="list-style-type: none"> • Corn: besides being high on the allergy list, most corn is genetically modified and is used to fatten swine and cattle. Avoid extracts (vanilla, almond, and any others) made with glycerin. Glycerin is made from corn, which is a common allergen.
	<ul style="list-style-type: none"> • Dairy Products: found in many protein powders and detox shakes, soy cheese, baked goods, chocolate bars – anything that has casein, whey or sodium caseinate
	<ul style="list-style-type: none"> • Eggs: besides the obvious, they are also found in most baked goods, even those that are gluten-free and many prepared foods found in restaurants. Read labels and ASK.
	<ul style="list-style-type: none"> • Gluten: found in wheat, rye, kamut, spelt, barley and most commercial and organic oatmeal that has been cross contaminated
	<ul style="list-style-type: none"> • Soy: even if you're not allergic, processed soy is something to minimize due to its potential effects on hormones and minerals. If you're not allergic, it's best eaten in its natural state (as edamame), or fermented (as miso), or wheat-free tamari, if at all, after detox.
	<ul style="list-style-type: none"> • Peanuts: besides being high on the allergy scale, peanuts contain a fatty acid profile that causes inflammation.
	Allergy Producing Foods (Any Personal Known or Suspected)
	Artificial Colorings and Flavorings
	Caffeine: coffee, black tea, soft drinks, etc.
	Processed Meats: cold cuts, commercially raised animal products, and farmed fish



<input checked="" type="checkbox"/>	Foods that Disrupt Detox and Should be Phased Out of Your Diet
	Refined Foods: white flour, white rice, processed packaged foods, etc. Read the labels and learn to distinguish.
	Sweets: high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fruit.
	Unstable Oils: hydrogenated, trans fats, and all commercial oils (except olive and/or heated polyunsaturated oils)
<input checked="" type="checkbox"/>	Foods that Slow Down Detox Because They are High in Fat and Use a Lot of Energy
	Fatty Nuts: cashews, macadamia nuts, walnuts, and pecans are acid forming and harder to digest than almonds and seeds, which are alkalizing. Use sparingly in salad dressings.
	Flesh Food: meats are acid forming. Even if animals are organically raised, naturally produced hormones and environmental toxins accumulate in the animal's flesh. Fish pick up the mercury and PCBs in the water in which they are raised.
	Grains: grains are acid forming and they trigger insulin release. If you have become insulin resistant, as indicated by your metabolic assessment, insulin release may result in storage of fat rather than utilization of the energy provided by the grains. If you choose to eat grains, the best choices are quinoa and wild rice.