



28-Day Cleanse

Why should I do a Cleanse?

Doing a Cleanse can help you remove toxins from your body and help maintain a healthy weight. We are exposed to external toxins on a daily basis. These include pollutants, pesticides, and chemicals. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. A cleanse offers your body additional support to expel and metabolize these toxins and minimize your weight, which is important to maintaining your health and vitality.

What are the benefits of doing a Cleanse?

A 28-Day Cleanse can improve your overall vitality and establish new healthy eating habits to properly fuel your body and your life.

- Enhance Energy
- Elevate Mood
- Lose Weight
- Eliminate Toxins
- Adopt healthy eating habits
- Improve Digestion: Reduce bloating, gas, indigestion
- Resolve allergies, skin issues, autoimmunity
- Prevent Diabetes, Hypertension, Hyperlipidemia

Basic Guidelines

Avoid:

- Processed Foods
- Sugar
- Gluten
- Dairy (yogurt is okay)
- Alcohol
- Caffeine
- Tobacco

Enjoy:

- Fruits
- Vegetables
- Gluten-free grains
- Lean meats
- Nuts & Seeds
- Legumes
- Oils

Vegetables – Unlimited amount

Use organic and fresh when possible. No dried or canned vegetables, frozen is okay. Can steam or stir-fry most vegetables for 4 minutes over low heat or consume raw.

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts and any type of sprouts
- Beets and beet greens
- Belgian endive
- Bell peppers
- Black radish
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Celery
- Chicory
- Collard Greens
- Cucumbers
- Dandelion greens
- Eggplant
- Endive/escarole
- Fennel
- Heart of palm
- Jalapeno peppers
- Kale
- Kohlrabi
- Leeks
- Lettuce, any variety
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plant
- Parsnips
- Pearl onions
- Pumpkin
- Radishes
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Turnips and turnip greens
- Wasabi Root
- Water chestnuts
- Watercress
- Yucca root
- Zucchini

Fruits – Unlimited

Use organic when possible. Fresh or frozen only, not dried or canned. Be mindful not to overdo the amount of fruit because of their high sugar content.

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Black currants
- Blueberries
- Boysenberries
- Cherimoya
- Cherry
- Clementine
- Coconut
- Cranberries
- Dates
- Elderberries
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Huckleberries
- Jackfruit
- Jujube
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquat
- Lychee
- Mango
- Melon
- Mulberries
- Nectarines
- Olives
- Oranges
- Papayas
- Passion fruit
- Peaches
- Pear
- Persimmons
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Red currants
- Rhubarb
- Strawberries
- Tangerines
- Tomato
- Watermelon

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Legumes and Grains – 1-2 servings per day

Use organic when possible. Average serving size is ½ cup cooked.

Legumes

- Green Beans
- Lentils
- Peas
- Adzuki beans
- Kidney beans
- Mung beans
- Pinto beans
- Split peas
- Hummus

Grains

- Brown rice
- Quinoa
- Amaranth
- Buckwheat
- Job's Tears
- Millet
- Oats
- Sorghum
- Teff
- Unprocessed Whole Wheat

Oils and Fats

Use high-quality oils, should be cold-pressed and unprocessed.

Oils

- Olive Oil
- Grape seed oil
- Sesame seed oil
- Flaxseed oil
- Coconut Oil
- Ghee
- Cod liver oil
- Fish oil

Fats

- Avocado
- Raw nuts (no peanuts)
- Seeds
- Flaxseed
- Coconut milk
- Almond milk
- Almond butter
- Tahini

Lean Protein – 2-4 servings per day

Use high-quality, organic, grass-fed meats. No cured, smoked or luncheon meats. One serving is roughly the size and thickness of your palm.

- Fish: deep-sea fish, salmon, cod, sea bass (not farm raised)
- Poultry: organic free-range chicken, turkey, eggs
- Red Meat: lean, grass-fed beef, venison
- Wild game: any variety

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Miscellaneous Foods to Enjoy

- Soup Broth: beef, chicken, vegetable (organic)
- Flours: coconut, almond
- Baking powder
- Baking soda
- Yogurt
- Mustard (preservative free)
- Seaweed
- Vanilla extract
- Spices
- Vinegars
- Stevia

Miscellaneous Foods to Avoid

- Peanut butter
- Soy
- Nitrates
- MSG
- Coffee
- Flavored Yogurt
- Artificial sweeteners
- Soda
- Diet Soda
- Mint & Gum
- Juice from Concentrate

When to Eat

Have 3 meals per day with snacks in-between meals. Drink 6-8 glasses of water. DO NOT EAT AFTER 7PM.

Sample Day:

- Breakfast
 - Oats with fresh fruit
 - Green Tea
- Snack
 - Sunflower seeds or Carrots with hummus
- Lunch
 - Chicken breast
 - Steamed broccoli, carrots, asparagus
 - Sweet potato
- Snack
 - Apple with almond butter or guacamole with cucumber slices
- Dinner
 - Baked Salmon with sautéed zucchini squash
 - Arugula salad with beets, avocado, chickpeas, and tomatoes



Tips for Getting Started

1. **Clear out the kitchen.** Get rid of any non-cleanse friendly foods.
2. **Go shopping.** Fill your kitchen with healthy choices.
3. **Share with others.** Let your friends and family know what you are doing so they can support you for the 28-days. Build a healthy community around you by encouraging others to participate as well!
4. **Slowly decrease coffee intake.** One week before you begin the cleanse, gradually start to replace your usual coffee with de-caf or tea.
5. **Read labels.** If something is processed or contains products that are not whole foods, avoid it.
6. **Eat every 4 hours.** To keep your blood sugar levels balanced and avoid excessive hunger that may lead to making unhealthy food choices, make sure you are eating frequently.
7. **Do not over eat.** Fill your plate with veggies and a fist size portion of grains and protein. Try not to have a second serving. Take your time eating, enjoy every bite.
8. **Commit to 4 weeks.** Stay focused and you will be amazed at how great you will feel in the end!

After the 28-Days

Introduce the restricted food back into your diet one at a time. Within 30 minutes to an hour you will be able to determine the effect that the various foods have on your body. Some may have no impact, others may make you irritable, lethargic, disrupt your stomach, etc. As you begin to gain an understanding of what the various foods do to your system through an isolated introduction, you will be able to choose the most optimal food for your fuel.

Follow the 80/10/10 Philosophy

- 80% of the time follow the Cleanse diet
- 10% of the time stray slightly (bread with dinner, cheese with crackers)
- 10% of the time Indulge! (wine with your favorite dessert)