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28 Day Detox Programme

Adapted from Carol Vordermann and Ko Chohn

Eat all you want of the following, anytime:

Fruit	Vegetables
Brown rice	Porridge
Raisins	Lentils
Millet	Quinoa
Honey	Ryvita, Rice cakes, Oat cakes
Soy sauce	

All nuts and seeds – plain, no coating or salt (These are essential – 2-3 Tsp. per day is the minimum)

Fruit juice (fresh squeezed or juiced)

Herb teas (especially chamomile, cleavers or nettle)

Herbs, spices, pepper (especially celery salt)

Rice milk or Almond milk (make by adding water to ground almonds in sealed container and shake.)

Exceptions

Go easy on potatoes and bananas. Eg, one or two small potatoes per day and banana every 2nd day.

Recommended, but not required

Kelp tablets

Spirulina

Hemp oil (use as cold pressed oil in salad dressing, or add to cooked rice or pasta after you have taken it off the heat; it can be taken directly from the spoon.)

Milk Thistle and Dandelion complex

Please ask in clinic for assistance.

Plus, every day: 2 litres of water. Add lemon juice or make ginger tea, grate fresh ginger or use half a tsp. of dried ginger per cup and simmer in a saucepan for 5 minutes.

Drink water at room temperature or slightly warmer.

Brush your skin with a skin brush (a bristle nail brush or loofah) twice a day always brushing towards the heart.

Rest as needed.....no need to exercise.

It's OK to cheat a little, you will still benefit.

You will feel lousy some of the time because you are giving the body extra work to do.

Laughter is the best medicine!!!

AVOID

All refined food

All wheat products

All meat, eggs, fish and cheese

All dairy products

All caffeine (includes tea and coffee)

All alcoholic beverages