

10-Day Detoxification Guide

The following detoxification is divided into four parts:

Part 1: Day 1 is a pre-diet day to prepare your body for the elimination process

Part 2: Days 2 & 3 are fruit fasting days which spur rapid elimination

Part 3: Days 4 to 8 are replenishing fruit and vegetable days

Part 4: Days 9 & 10 reorient the body and lead you to practice a better way of eating permanently.

Throughout the detoxification drink only filtered water and herb teas.

Exercise should be mild - eg walking, swimming, yoga, tai chi

Rest as you feel necessary.

On completion of the detoxification it is recommended that you adopt the Blood Type Diet suitable for your blood type.*

Day 1	Eliminate all stimulants such as coffee and tea; and all depressants such as alcohol. Avoid all bread and cooked carbohydrates such as pastas and cereals. This will give your system a good 12 hours to start eliminating.	Make your last meal of the day a large raw salad of vegetables and fruits. Eat this meal early in the evening, around 6:00 pm and then don't have anything else except a cup of herb tea before you go to bed.
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10-Day Detoxification Guide

<p>Days 2 - 3</p>	<p>This 2-day fruit fast is one of the best ways of clearing your system quickly. It may be wise to do these days on the weekend so you can rest as you feel necessary. The effect can be dramatic and you may experience some mild elimination reactions such as headaches, irritability or tiredness.</p> <p>These two days are very effective as fruit is mildly laxative and a wonderful intestinal broom to sweep your alimentary canal clean. Fruit is also alkaline forming - most stores wastes which are responsible for aches and pains are acidic. Fruit also has a high potassium content which is helpful in ridding the system of excess water and oedema in the tissues. This increases oxygenation in the cells and raises cell vitality.</p> <p>Each fruit has its own health benefiting properties - apples, grapes, pineapple, paw paw, mango and watermelon are particularly successful. One fruit only is eaten throughout the day because this is the least taxing for the digestive system.</p> <p>To make it a little more interesting try grating, slicing or dicing and pouring a little of the juice over the fruit in a bowl.</p>	<p>Choose a single fruit which you intend to eat throughout the day.</p> <p>Eat several fruit meals throughout the day. Choose one mentioned for Day 1 and a different one for Day 2.</p> <p>Drink only filtered water or herbal tea.</p> <p>On rising: Juice of half a lemon in a glass of filtered water.</p> <p>First thing in the morning: Skin brushing. Use a soft natural bristle brush or rough hemp glove. Both body and brush should be dry. Starting at the feet using circular movements, moving up the legs front and back, buttocks, etc. Follow with a warm shower finishing with cold water for 30 seconds.</p> <p>Skin brushing encourages efficient lymphatic drainage and clearing away waste materials from cells all over the body (including cellulite). Slowly with lots of exercise, skin brushing and raw foods the lumpiness disappears.</p>
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10-Day Detoxification Guide

<p>Days 4 - 8</p>	<p>Have your wake up drink and skin brushing as for Days 2 & 3.</p> <p>Invent different salads each day combining different vegetables. Top the salad with sprouted seeds; add fresh herbs such as parsley, basil, chives. Sprinkle in some sunflower, sesame or pumpkin seeds. Avocado is a delicious and health addition to any salad. See below for dressing suggestions.</p> <p>Cooked vegetables can be seasoned with fresh or dried herbs and a little soy sauce. Use three or four different vegetables together such as broccoli, cauliflower, spinach, green beans, asparagus, mushrooms, carrots, pumpkin, zucchini. Toss in a few sunflower seeds, almonds or pine nuts.</p> <p>You can exchange lunch for dinner if it is more convenient.</p>	<p>Breakfast: Fruit (either one or combination - not bananas). This can be in the form of a fruit salad or a fruit shake done in the blender.</p> <p>Lunch: A large salad made from raw vegetables.</p> <p>Dinner: Steamed or wok fried vegetables in a tiny amount of olive oil and cooked for just a few minutes.</p>
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1. 1 tblsp Olive oil, 1 tblsp lime juice or apple cider vinegar seasoned with sea salt and fresh herbs (no pepper)
2. 1 tsp Wholegrain mustard, 1 tsp olive oil, 1 tsp apple cider vinegar, season to taste as above.
3. One avocado, 1 cup fresh lemon juice, 1 tsp curry powder, 2 tsp vegetable stock, 1 clove garlic, fresh herbs. Blend and pour over salad or vegetables.

10-Day Detoxification Guide

Days 9 - 10	On rising: Wake up drink and skin brushing	Breakfast: Fruit (either one or combination - not bananas). You can add some muesli and plain yoghurt. Lunch: A large salad made from raw vegetables. Dinner: Grilled fish, chicken or tofu with steamed vegetables, brown rice and a green salad.
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* Dr Peter J. D'Adamo: Eat Right 4 Your Type. A copy of your blood type diet is available from Tara at House of Sage..