

# CLEANSING DIETS

## Cleansing Rules:

- ❑ The LESS you eat, the FASTER you heal!
- ❑ Use DISTILLED, De-Ionized or reverse osmosis water during the cleanse for drinking and enemas. If you can't get those, use purified water.
- ❑ Do not force extra water. Get your hydration from fresh fruits, vegetables and juices. ONLY drink water if thirsty.
- ❑ Sip warm water throughout the day every 10-15 minutes.
- ❑ Do not eat in the evening. To have the MOST success for your cleanse, make your last meal between 4-6pm if possible. Your body goes into a cleansing, healing mode at night.
- ❑ Adding in too much fat or protein will slow down and even block the cleansing process.
- ❑ Come off the cleanse slowly with juices, smoothies, soups, and salads. Coming off too fast and eating poor quality foods can be dangerous. Follow our cleanse with the Eating by Design program.

**Option 1: Juice Fasting** is the most effective cleanse type which includes fruit & vegetable juices, water, and herbal drinks/teas.

**Option 2: A Fruit & Veggie Diet** is the second most effective cleanse type. The diet could include raw fruits & vegetables, juices, smoothies, soups, steamed/sautéed vegetables, or a mono-diet of only one food (such as citrus, watermelon, or grapes) for the duration of the cleanse. For optimal success this should be a NO FAT diet (including olives, olive oil, avocado, nuts, seeds, etc.)

**Option 3: A Plant-Based Diet w/ Fats & Protein** is the third most effective and is the best for people with low blood sugar issues that find it difficult to fast. Follow the Fruit and Vegetable only diet above but add small amounts of fat or plant-based proteins (1/4 avocado, handful of olives, 1-2 tablespoon of olive oil daily, or plant-based proteins like our Strength of Samson Blend).

**Eliminate:** All meat, nuts, seeds, beans, legumes, dairy, grains, sugars, caffeine, bananas, dried fruit, figs, dates, potatoes, yams, squash.

## BEST FOODS FOR EACH CLEANSE

**Colon Cleanse:** lemons, apples, berries, beets & cabbage.

**Kidney Cleanse:** cucumber, celery, radishes, parsley, grapes, watermelon, pineapple, cranberries & all citrus.

**Microbe Cleanse:** garlic, cayenne, horseradish, oregano, jalapeños & other peppers.

**Lymph Cleanse:** celery (it's similar to lymph fluid), lemons, limes, grapefruit, grapes & berries.

**Liver & Gallbladder:** celery, carrots, beets, apples, dandelion, all dark leafy greens, lemons, limes, grapefruit, turmeric & ginger.