

ADVANCED CLEANSING FORMULA HELPFUL INFORMATION

WHAT CAN HAPPEN DURING THE PROCESS

During the cleansing processes, toxins are released from tissues and build up in the blood stream en route to being excreted, this may cause a temporary worsening of symptoms before they are completely excreted. Symptoms can include headache, breakouts, fatigue, moodiness, and bowel disturbances.

This is most often associated with toxin-producing organisms like yeasts, fungi, parasites, and bacteria, but may theoretically occur with release of other kinds of toxins.

HEALTHY FOODS TO CONSUME

- Vegetables (leafy greens, squash, beets, chilli peppers, onion, garlic, broccoli, cauliflower, turnip, fennel, carrots, ginger)
- Fruits (berries, grapes, cherries, pineapple, papaya, apples, pomegranate, peaches)
- Whole grains (brown rice, bulgur wheat, millet, whole-rye bread, Ezekiel bread, spelt bread)
- Legumes (lentils, chickpeas, beans, hummus, black beans, tahini)
- Healthy fats (avocado, olive oil, sunflower oil, walnut oil, sesame oil)
- Fish
- Raw nuts and seeds
- Sprouts
- Rice pasta
- Tofu/tempeh
- Spices (turmeric, cayenne, ginger, oregano, garlic, basil, dill, cilantro, cloves, cinnamon, garam masala, curry)
- Tea (herbal tea)
- Fresh juice

HEALTHY SNACK SUGGESTIONS

- Organic yogurt - important to keep gut flora active for proper digestion. Also complements the NutraFlora in the Cleansing as it is a prebiotic (food for probiotic)
- Raw nuts (almonds, brazil, walnuts, pecans) - Full of essential minerals for the skin and immune system. Great source of protein, healthy fats, and fibre. The oils and the fibre will help with binding the toxins while they are being removed. The oil in the nuts will also help soften stool. Nuts are considered to be a complete food. Just make sure they are raw!
- Apples, dried apricots, dried figs, berries - Alkalizing fruits to help with balancing pH in the body. When detoxing, microbes are released and they have time living in a more alkaline body, so they will be less harmful when being excreted. Also full of fibre, vitamin C and polyphenols.
- Dark chocolate - Yummy and a great source of antioxidants! Great for dermal circulation as well as to move the toxins out of the skin
- Smoothies and fresh juices - These are great to have in the morning as they are easy on the body to digest. Plus when having fresh juice, the nutrients are absorbed instantly. Look for juices that are 100% juice with no added sugar. Pomegranate and blueberry are good options. Smoothies with a green mixture are full of nutrients and are also alkalizing for the body.

FOODS TO EAT IN MODERATIONS (2-3 TIMES PER WEEK)

- Wheat products (couscous, whole wheat bread)
- Meat (steak, chicken, pork) free ranged
- Fruit juice (jarred or canned)
- Corn
- Bananas
- Peanuts and peanut butter
- Dairy products
- Eggs
- Shellfish
- Soy milk
- Condiments (ketchup, vinegar, mustard, relish, soy sauce)
- Coffee

FOODS TO AVOID

- White sugar (pop, candy, ice cream, desserts)
- White flour (white bread, crackers, pizza dough, pasta, buns)
- Alcohol (excluding red wine, however limit to 2 glasses per week)
- Trans fats
- Fried food
- Pre-packaged convenience food