



dr.cory
Essential Cleanse

DIETARY RECOMMENDATIONS

A change in diet is an inevitable part of any cleansing program. For many people, this means having to give up food favorites, such as refined sugars, caffeine, alcoholic beverages, processed, fast, and junk foods. Most of us will agree that these types of foods are not generally considered part of a healthy diet. Rather than focusing on what you can't have, your main emphasis should be on what you can have! You will see that there are plenty of healthy foods to choose from. Use this opportunity to try new and interesting foods.

During the first week of the cleanse, you are encouraged to drink large quantities of fluids—teas, broths, soups, dilute vegetable juices— and eat mostly green, leafy vegetables— as many as you can possibly consume. Other foods will serve as additions and condiments to keep your diet varied and interesting. I recommend having a meal of raw food daily- this can be a large salad, a blended soup or green veggie juice or some sprouted seeds or legumes.

During the winter, or in northern climates, your cleansing diet should focus on warm vegetable broths, steamed or baked root vegetables, steamed winter greens (kale, collards, broccoli, cabbage), and a few cooked whole grains. Fasting from solid food is recommended only if you are able to stay in a warm environment with little stress.

In the first week following your cleanse, it is recommended that you continue a relatively simple diet, gradually adding back small quantities of foods you had eliminated during the cleanse. If you are exploring your food sensitivities, this will begin your period of food reintroduction.

This is an anti-inflammatory diet, meaning that the 12 most common food allergens and irritants -like wheat, dairy, sugar, eggs, soy- have been eliminated. The result is decreased inflammation in the body.

DIETARY GUIDELINES

FRUITS

Include: organic unsweetened fresh or frozen fruits; small quantities of fruit juices diluted with water (except those specifically prohibited). All fruits should be used in moderation. Be certain to avoid fruit allergies or sensitivities

Exclude: all citrus fruit: oranges, grapefruit, (a small amount of lemon or lime may be used, not to exceed 1/day); grapes, fruit drinks, ades, dried fruit

JUICES

Include: Only fresh unsweetened, organic juices made from allowed foods. Vegetable juices are preferred. All juices should be diluted with water (50:50) and sipped slowly.

Exclude: all canned or frozen juices; citrus juices

STARCH & GRAINS

Include: non-gluten grain: brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat

Exclude: wheat, corn, oats, barley, spelt, kamut, rye, and all gluten-containing products

BREAD, CEREAL & PASTA

Include: any made from rice, buckwheat, millet, tapioca, arrowroot, amaranth, quinoa, 100% buckwheat soba noodles, rice noodles, bean flour noodles, rice cakes and rice crackers. Look for whole grains that are freshly ground or sprouted. Keep bread, cracker, and pasta products to a minimum.

Exclude: all wheat, corn, oat, spelt, kamut, rye, barley, or gluten containing products

MEAT

Include: all fresh fish such as halibut, salmon, cod, sole, trout; wild game, chicken, turkey, lamb. Should be free range and grain fed. Limited to certain days of the cleanse.

Exclude: beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish

LEGUMES

Include: all dried beans, peas, lentils

Exclude: soybeans and soy-based products (soymilk, tofu, tempeh, soy sauce)

NUTS & SEEDS

Include: almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, and nut butters made from these seeds

Exclude: peanuts, pistachios, and peanut butter; any roasted or salted seeds or nuts

DAIRY

Include: milk substitutes such as rice milk, nut milks

Exclude: milk, cheese, cottage cheese, cream, butter, ice cream, frozen yogurt, non-dairy creamers, whey, casein, sodium caseinate, calcium caseinate or any foods containing these

VEGETABLES

Include: raw, steamed, sautéed juiced or baked vegetables

Exclude: canned or creamed in casseroles; all nightshade family vegetables, including tomatoes, all potatoes (except yams and sweet potatoes), eggplant, red, green, and yellow bell peppers; corn; canned, frozen or dried vegetables

FATS

Include: olive oil, flax seed oil, organic virgin unrefined coconut butter, hemp seed oil, sesame, walnut, pumpkin, or almond oil. Use in minimal amounts.

Exclude: margarine, butter, shortening; processed oils, salad dressing, spreads; lard; oils that are rancid or continually re-heated

BEVERAGES

Include: 8 cups of filtered or distilled water per day, herbal tea, fresh diluted fruit or vegetable juices; rice or almond milk (all beverages should be made from organic ingredients)

Exclude: soda pop, alcoholic beverages, coffee, tea, cocoa, all other caffeinated beverages, milk, sweetened juices, citrus juices, products containing any artificial or unspecified "natural" flavoring, coloring, emulsifiers, preservatives

SPICES

Include: cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, and turmeric

Exclude: cayenne pepper, paprika

SWEETENERS

Include: brown rice syrup, fruit sweetener, molasses, stevia, and agave nectar

Exclude: no white or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, any artificial sweeteners such as aspartame (NutraSweet), saccharine, or sorbitol

DESSERT

Include: fresh, seasonal whole fruits and berries (no citrus); fruit salads or stewed fruits

Exclude: all sweetened or processed desserts

SALAD DRESSING

Include: home made dressings with permitted oils, apple cider vinegar, tahini, herbs, garlic; organic prepared dressings (check ingredients). Sprinkle salads with ground flax seeds or other permitted seeds.

Exclude: mayonnaise, bacon bits, croutons, dressings containing dairy, eggs, tomatoes, soy sauce or tamari, peppers, artificial or unidentified "natural" flavorings, preservatives, coloring agents

SOUPS

Include: homemade soups and broths made from allowed ingredients. Soy-free miso paste (like Garbanzo miso) can be used to create a stock and grains, vegetables, and legumes may be added. See recipes for ideas

Exclude: canned and creamed soups, fat stock, bouillon, powdered and packaged mixes.