

Longmont Healing Arts Clinic

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THE LIVER/COLON DETOXIFICATION 14-DAY CLEANSE

- * Cleansing is best done when you can take time out from your normal activities to allow the body the capacity to rest. Exercise should be gentle. You should sleep as much as desired. It is a good time for breathing exercises, meditation, journaling, and other self-care activities. (In saying this, the cleanse can be modified if you are working or otherwise have a busy schedule.)
- * Cleansing is best done on or around the Spring and Autumn Equinox (March 20th and September 22nd.) Although, it can be done anytime, avoiding the cold winter months. The Spring Detox should be “cooling” to prepare the body for the summer months. This fast focuses on fresh organic live juices and raw fruits and vegetables. The Autumn Detox should be “warming” to prepare the body for the winter months. This fast focuses on warm soups and steamed vegetables and grains.
- * As much as possible eat all organic foods – especially berries and nuts
- * This following cleanse can be modified to suit your constitution, your activity level and any dietary needs or health issues you may have. Established clients may schedule a 30-minute detox consult with Dr. Vaelli for further evaluation.

Optional 1-week Pre-Cleanse:

If you drink coffee or alcohol on a daily basis or eat sugar daily, you might consider taking the week prior to the cleanse to wean off of these addictive substances. This way, the cleanse will not be as difficult, and you will have a deeper detoxification effect as you will go beyond merely detoxifying these substances.

For coffee—drink black tea for 3 days, green tea for 2 days, caffeine-free for 2 days

For alcohol – if you are a heavy drinker, you may want to seek professional guidance.

For moderate drinkers, eliminate alcohol the week prior to the cleanse.

For sugar – Eat healthier sweets such as fresh or dried fruits and dates, frozen yoghurt, sorbet, all-fruit popsicles, graham crackers with nutbutter, organic dark chocolate.

Eliminate all sugar besides fresh fruit 2 days prior to cleanse.

Days 1-5:

Morning Smoothie:

Pick a protein – unsweetened plain organic yogurt, nut butters, nuts (ie: walnuts – avoid peanuts), seeds (ie: pumpkin) and/or dietary-specific protein powders

Limit your fruit – frozen or fresh berries, ½ apple, ½ banana, figs, or dates, etc.

Few things pungent – cilantro, spinach, kale, arugula, cucumber, fennel, turmeric, **ginger**

Additional green drink w/ spirulina, chlorella, etc. – such as “Amazing Grass”

Ground chia and/or flax seeds and/or hemp seeds (“Gaia’s Chia Fresh Daily Fiber” + “Omega’s Nutri-Flax.”)

2 tsp coconut oil

If more sweetness is needed – add organic raw honey

If you do not have a Nutri-Bullet or blender or a way to make smoothies, you can choose some of the above ingredients in raw form

Examples: green apple with nuts and seeds
nutbutter on a ricecake
berries sprinkled with flax meal
yoghurt with banana and ground chia seeds
steamed greens with a poached or hard-boiled egg
oatmeal with figs, dates, turmeric, cinnamon

Make sure you have your additional green drink in water and get your chia and/or flax seeds in at some point throughout the day.

Lunch and Dinner:

Eat one small (or half large) beet with each meal, boiled slightly or grated raw on salad

Greens at every meal—kale, collards, chard, spinach, romaine lettuce, mustard greens, beet greens, green beans, zucchini, celery, cilantro, artichoke, sprouts, sea vegetables

Eat a variety of seasonal veggies—including onion, garlic, leeks, shallots, daikon radish, turnip

May either have protein - lean chicken, fish, lamb, tofu, beans (smaller beans like mung or lentils recommended)

-OR-

Grains – brown rice, quinoa, amaranth, barley (ie: do not eat protein and grain at one sitting)

May use olive or coconut oil to lightly stir-fry and oil/vinegar-based salad dressings.

May eat small amount of nuts/seeds – avoid peanuts.

Follow each meal with 1 small (or ½ large) tart apple (green is best.)

In Spring – more salads, raw veggies, and if you have a juicer - juices

In Autumn – more soups, steamed or lightly stir-fried veggies

Liver Support:

Three times per day at meals, take liver support

Examples: Teas – Yogi's "Detoxification" and/or "Healthy Fasting" or any of the following: milk thistle, barberry, oregon grape root, gentian, rosemary, artichoke leaves, licorice, ginger, wild yam, dandelion root, red clover flower, burdock, yellow dock, alfalfa leaf and/or

Pharmax – Liver Support and Detoxification

Innate – Innate Detox

Integrative Therapeutics – SLF Forte

Hot Sips:

Take sips of hot lemon water throughout the day

Water:

Drink approximately ½ your weight in ounces of water

Example: 150 lbs (divided by 2) = 75 oz of water = roughly 9, 8oz glasses

Between Breakfast/Lunch and Lunch/Dinner:

Take 1 Tablespoon apple cider vinegar mixed in 2-8oz of water, twice daily, between meals

Days 6-11:

Morning coconut oil (may also use Ghee):

First thing in morning on an empty stomach start with 2 teaspoons of coconut oil – melt down to a liquid, pour in a glass, mix with cinnamon and drink. Add a teaspoon each morning so that on day 11 you will be ingesting 7 teaspoons. (For more advance cleansers – start with 3 tsp, add 2 per day to end with 13 teaspoons.)

The purpose of the morning oil –

- Gently flushes the liver and gallbladder
- Triggers fat metabolism
- Lubricates all of the tissues in the body
- Bonds to fat-soluble toxins and drives them to the colon for elimination
- Delivers fat-soluble vitamins (ie: A, E, D, K) during the cleanse

Then, you need to be fat-free for the rest of the day, including nuts/seeds, nutbutters, avocados, nutritional oils, etc.

Cleansing meal options:

- (1) *Liquid Juice Fast* – recommended only in spring and only for those who are not going to be extremely active and busy. Also consider doing it for 2-4 days and choosing other meal options for the remaining days. The juice fast consists of the morning smoothie and 2 – 5 other juices made primarily of organic vegetables (ie: beet/carrot/kale/celery/apple/ginger) throughout the day.
- (2) *Liquid Broth Fast* – recommended only in autumn and only for those who are not going to be extremely active and busy. Also consider doing it for 2-4 days and choosing other meal options for the remaining days. The broth fast consists of hot oatmeal for breakfast and broth base vegetable soups where the vegetables are blended and/or extremely soft. White basmati rice may be added.
- (3) *Kitchari Fast* – recommended for mild to moderately active and busy people. May be done in spring or autumn. Kitchari is a combination of split yellow mung beans and white basmati rice with herbs and spices. It is very gentle on the digestive tract, so is great for people with sensitive digestion. Kitchari is made with a 1:1 ratio of rice and beans blended with coriander, cumin, turmeric, mustard seed, fennel and sea salt. You can google “kitchari recipes” to choose the one that resonates with you the most or go to www.lifespa.com and search for kitchari to buy a pre-mixed kitchari package.
- (4) *Modified Kitchari Fast* – Kitchari plus steamed seasonal vegetables
- (5) *Nourishing Meal Plan* – Basically is the same meal plan as Days 1-5, minus any fat (ie: nuts, seeds, nutbutters, oils, salad dressings, avocados, only non-fat yoghurt) Raw or steamed veggies only. Recommended for active and busy people.

Continue Liver Support, Hot Sips and Water intake as in Days 1-5

Days 12-14:

Discontinue morning coconut oil

Go back on meal plan from Days 1-5

Replace Liver Support with Digestive Support at every meal

Examples: Yogi teas – Digestive Vitality, Lemon Ginger, Purely Peppermint, Stomach Ease and/or one of the following:
Innate – GI Response or Inflama-GI
Vital Nutrients – GI Repair capsules or powder

Continue Digestive Support, three times a day with meals for at least one week after cleanse and up to four weeks for people with sensitive digestion

Continue Hot Sips, Water intake and Apple Cider Vinegar

Optional Liver/Gallbladder Purge: Preferably on Day 11 (but may be through Day 14,) in the afternoon, mix 4 tablespoons of Epsom Salts in 3 cups of water and put aside in refrigerator. Four hours before bed, take $\frac{3}{4}$ cup of salt water. Two hours before bed, take another $\frac{3}{4}$ cup dose of salt water. Just before bed mix $\frac{1}{2}$ cup olive oil with the juice of three lemons, put in jar and shake. Drink and lie down immediately for sleep. Expect to experience loose stools/diarrhea that night or the next morning. If you have not yet had a “purging” bowel movement, or it is indicated for you to have a “purging day”, drink another dose of salt water upon arising. And again, two hours later.

CAUTION: THIS MAY CAUSE EXTREME DIARRHEA. Please consult Dr. Vaelli on whether or not the purge is indicated for you. Also - be sure to set aside the day to rest.

Yogi teas, Herbal Formulas and Supplements may be found at:

www.longmonthhealingarts.com – Click on Natural Pharmacy, look under the categories Detoxification and Digestion.

Other useful detoxification aides:

- castor oil packs over liver area
- colonic treatments or enemas
- sauna, steams or sweats
- meditation, light yoga, deep breathing exercises
- lymph drainage massage
- lufah exfoliating scrub
- epsom salt baths – may include bentonite clay, essential oils or teas
- morning tongue scraping

Signs and symptoms of detoxification:

- headaches, muscle and joint pain
- fatigue, light headedness, dizziness
- dry mouth, thirst, tongue coating
- worsening of skin symptoms – rash, eczema, psoriasis, acne
- flu-like feeling, runny nose, eyes – dry, sore and/or watery
- “foggy” feeling in your head, lack of focus, forgetfulness
- old suppressed emotions may surface - fear, grief, anger, irritability and sometimes just pure joy and giddiness

Please call:

- if you ever faint or “black out”
- if you experience heart palpitations
- if you are not moving your bowels regularly
- if you are not urinating regularly
- if any symptom is making you extremely uncomfortable
- or if you have any questions at all

HAPPY CLEANSING!!