



# 14 Day Detoxification Cleanse

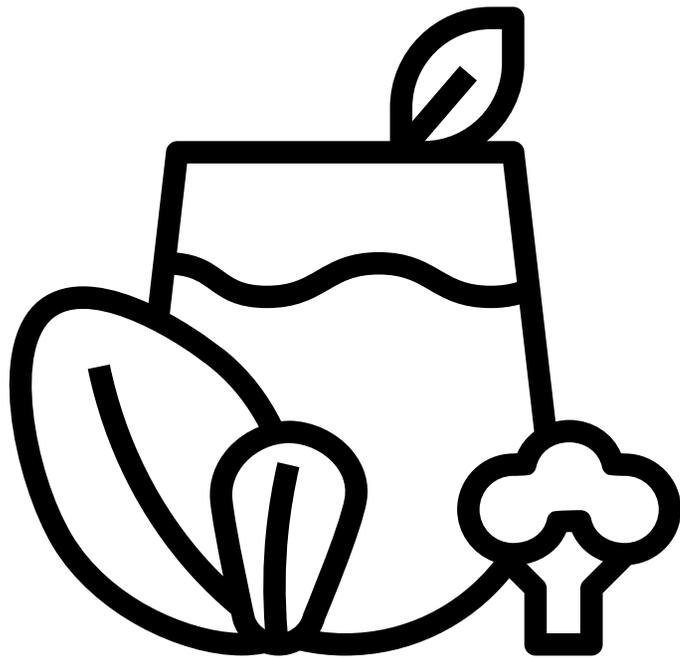


Barbara Vaelli, ND, LAc



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## General Guidelines:

- 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. 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, if possible, the cold winter months.
- The Spring Detox is “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 is “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

## Optional 1-week Pre-Cleanse

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- If you drink coffee or alcohol 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.
- 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 yogurt, sorbet, all-fruit popsicles, rice crackers with nut butter, organic dark chocolate. Eliminate all sugar besides fresh fruit 2 days prior to cleanse.



# 14 Day Detox Cleanse

## Breakfast Smoothie

- Pick a protein - unsweetened plain organic yogurt, nut butters, nuts (ie: walnuts, cashews, almonds - avoid peanuts), seeds (ie: pumpkin, sunflower, sesame) and/or dietary-specific protein powders.
- Large portion of greens - kale, spinach, arugula, cucumber, collards.
- Small portion of fruit - frozen or fresh organic berries, ½ apple, ½ banana, figs, or dates.
- 3:1 ratio of greens/fruit.
- Add one or more pungent additions - cilantro, fennel, turmeric, ginger.
- Add one scoop of DaVinci's Spectra Greens.
- Add 1 Tbsp ground flax, chia and/or hemp seeds.
- Add 2 tsp coconut oil and 1 tsp organic manuka honey.

Blend together in blender, Vita-Mix or Nutri-Bullet.

If you do not have a blender, you can choose between these breakfast options:

- green apple with nuts and seeds
- nutbutter on a ricecake
- bowl of fresh organic blueberries
- yoghurt with banana
- steamed greens with a poached or hard-boiled egg
- oatmeal with figs, dates, turmeric, cinnamon

Add 1 Tbsp of ground flax, chia, and/or hemp seeds to all of the above  
Drink one scoop of DaVinci's Spectra Greens in 8oz of room temperature water.

## Days 1-5

## Lunch & Dinner

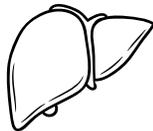
- Eat one small (or half large) beet with each meal, boiled slightly or grated raw on salad
- Greens at every meal - kale, collards, chard, spinach, romaine lettuce, mustard greens, beet greens, green beans, zucchini, celery, cilantro, artichoke, sprouts, sea vegetables
- Eat a variety of seasonal veggies - including onion, garlic, leeks, shallots, daikon radish, turnip
- Choose ONE:
  - protein - lean chicken, fish, lamb, tofu, beans (smaller beans like mung or lentils recommended)
  - OR-
  - grains - brown rice, quinoa, amaranth, barley
  - Do not eat protein and grains at one sitting
- Use olive, avocado, almond or coconut oil to lightly stir-fry and "good" oil/vinegar-based salad dressings. \*See good vs. bad fats chart.
- May eat small amount of nuts/seeds - avoid peanuts.
- Follow each meal with 1 small (or ½ large) tart apple (green is best.)



# 14 Day Detox Cleanse

## Days 1-5

### Liver Support



DaVinci's Hepaticlear -  
Take 1 capsule, twice  
daily between meals.

### Water



Drink approximately ½ your  
**IDEAL\*** body weight in  
ounces of water.  
*Example: 150 lbs (divided  
by 2) = 75 oz of water =  
roughly 9, 8oz glasses*  
*\*Avoid risk of over-hydration*

### Hot Sips



Take sips of hot lemon  
water throughout the  
day

### Organic Apple Cider Vinegar



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



# 14 Day Detox Cleanse

## Days 6-10

### Morning Coconut Oil or Ghee

- First thing in morning on an empty stomach start with 2 teaspoons of coconut oil or ghee - 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.
- Benefits 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 - A, E, D, K.
- Fat-free for the rest of the day
- NO nuts/seeds, nutbutters, avocados, nutritional oils



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

### Cleansing Meal Options

1. **Liquid Juice Fast** - recommended in spring and only for those who are not going to be extremely active and busy. The juice fast consists of the morning smoothie and 2 - 5 other juices made primarily of organic vegetables throughout the day. See juice recipes
2. **Liquid Bone Broth Fast** - recommended in autumn and only for those who are not going to be extremely active and busy. The broth fast consists of hot oatmeal for breakfast and organic bone broth throughout the day.
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. See Kitchari recipe
4. **Modified Kitchari Fast** - recommended for active and busy people. Kitchari Fast plus steamed seasonal vegetables.
5. **Nourishing Meal Plan** - recommended for active and busy people. The same meal plan as Days 1-5, minus any fat (ie: nuts, seeds, nutbutters, oils, salad dressings, avocados, yoghurt). Raw or steamed veggies only.



# 14 Day Detox Cleanse

## Days 11-14



- Discontinue morning coconut oil/Ghee
- Go back on meal plan from Days 1-5
- Continue Liver Support, 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 bowel movement, drink another dose of salt water upon arising. And again, two hours later.

**CAUTION: THIS MAY CAUSE EXTREME DIARRHEA and may not be indicated for you. Please check with your doctor if you have any underlying health issues.**



# 14 Day Detox Cleanse

Useful Information

## 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