**Number of Days: Beginning:**

**Ending:**

All food must be organic. Eat as much of the following foods as required either raw or cooked.

|  |  |  |
| --- | --- | --- |
| **Can Eat** | **Avoid Level 1** | **Avoid Level 2** |
| Brown rice, steel cut oats, quinoa, buckwheat | Gluten: wheat, barley, white rice (contamination) |  |
| All vegetables  Fermented | Corn, Soy, Soy Sauce (Alternative: gluten-free Tamari) | Potato, tomato, green/yellow/red peppers, eggplant, avocado, fermentation, vinegar, legumes (lentils, peas, chickpeas) |
| All fruit |  | Citrus, strawberries, papaya |
| All Legumes |  |  |
| Wild fish | All other meat  Eggs | Fish, shellfish |
| Olive oil, flax oil, coconut oil, avocado oil | Canola oil + all other oils |  |
| Rice, coconut, oat milk | Dairy: milk, cheese, yogurt, kefir |  |
| Herbs and spices | Salt | Cinnamon |
| Seeds: hemp, pumpkin, sunflower, chia | Nuts |  |
| Herbal tea | Alcohol, coffee, black tea, chocolate | Green tea |
| Honey - 1-2 tsp/day, dates | Refined sugar –granulated, brown, syrup |  |

**Daily Food Guide**

**Breakfast-** Steel cut oats with berries, coconut milk and cinnamon OR smoothie OR fast

**Lunch and Dinner** – Brown rice or quinoa, soup, steamed veggies, fresh fish, sprouts, hemp seeds, salads

**Snack**- Vegetables: cucumber, carrots, green peas, celery, rice cakes + sunflower butter, hummus, berries, cup of herbal tea, fresh juice

**Fiber:** To facilitate effective bowel movements and bind the toxins for elimination

Ground flax: 2 tsp/ day – grind it yourself just prior to use in a coffee grinder add to oatmeal in the mornings

Chia Seeds: 2 tbs per day – add to oatmeal or as a pudding 1 cup coconut milk (with honey and cinnamon)

**Other Things to help with Elimination Phase**

1. **Water** - at least two litres per day (herbal tea counts)
2. **Daily deep breathing** – belly breathing is a deeper form of breathing that will reduce stress but will also help release toxins through the breath
3. **Exercise:** daily aerobic exercise (20-30min) using bicycle, elliptical or brisk walking, yoga
4. **Castor oil Packs:** In bed - Lay down across the middle of a towel. Apply castor oil over abdomen, place a cotton or wool cloth over your abdomen (one that you don’t mind sacrificing), place a plastic bag over that, and then put a heating pad or hot water bottle on top and wrap yourself up with the towel, like a burrito. Enjoy for 30 minutes at a minimum.

5. **Journal**: Keep a journal of the foods you are craving and how the Elimination Phase is going for you. Do

your journal at night with the castor oil pack. Note: sleep, energy, mood, appetite, bowel movements, rashes

**10 EVERDAY HEALTH HAZARDS YOU CAN ELIMINATE**

* 1. Pesticides and Herbicides
  2. Cigarette Smoke
  3. Burning-garbage, fireplaces, incense
  4. Harsh and scented cleaning products
  5. Dryer sheets, fabric softeners – TOXIC!
  6. Perfume, colognes
  7. Toxic personal products containing: -parabens + triclosan
  8. Air Fresheners, deodorizers, scented candles
  9. Dry Cleaning
  10. Furniture Polish