

GENERAL CLEANSING GUIDELINES

- Avoid starchy vegetables like white potatoes, corn, and mallow.
- Minimize soy milk, dairy products and avoid cheese.
- Go organic, or wash pesticide residues with a veggie-wash.
- Eliminate all sugars, saturated fats, salt, additives, caffeine, alcohol, refined foods, and packaged or processed foods for one week out of the month.
- Avoid animal protein in favor of vegetarian protein; good choices: beans, soy that is fermented, hemp protein and sprouted ancient grains – quinoa, millet.
- Avoid heavy carbohydrates like bread, pasta, crackers, chips – consume more whole grains: brown rice, kamut, spelt.
- Use olive oil and omega-3 oils (flax seed and fish) and cook with coconut oil.
- Drink eight to 14 glasses a day of pure water and herb teas.
- Fill up on green vegetables, sea vegetables and colourful fruits; they contain: soluble fibre, alkalizing minerals, chlorophyll and a wide variety of detoxifying antioxidants – fortify with green-food powders.
- Include nutritious smoothies with berries or berry powdered extracts.
- Enjoy the juice of one-half lemon each morning.
- Chew slowly (as good digestion begins with the enzymes in your mouth) and take a good quality, plant-based digestive enzyme with each meal.
- Boost your body's cleansing ability with cleansing herbs or a detox program that supports the colon and other organs of elimination.
- If interested in clearing the internal clutter out of the body and achieving real, permanent weight-loss, take one week out of every month to focus on cleansing. Include a gentle exercise routine to help increase blood and lymph circulation. Consider,

adding a gentle herbal detox kit to your cleansing diet to support the organs of elimination.

- Take my TOXICITY SELF-TEST on www.askdoctoranca.com to determine how you're doing right now.

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