

OPTIMUM HEALTH CLINIC INC.

The Twenty-One Day Cleansing Diet™

Three Step Program

Step 1: Initial Cleanse (days 1-3) Eliminate potentially allergenic foods while you slowly increase your intake of the nutritional and detoxifications support products.

Step 2: Detoxification (days 3-17) Follow the diet guidelines below with the full dosages of your nutritional detoxification products.

Step 3: Reintroduction (days 17 & on) Slowly reintroduce foods (beginning with the easiest to digest foods adding one every other day) and slowly decrease the intake of your support products.

Diet Guidelines

1. **At least one third of your food should be uncooked.** There are valuable and sensitive micronutrients damaged when you heat foods. Cooking and processing foods can destroy these micronutrients by altering their shape and chemical composition. Juicing vegetables regularly will help you reach this goal of 1/3 raw food in your diet.
2. **Eat plenty of vegetables.** All vegetables promote health. Eat them raw if possible, otherwise lightly steamed. Salads are a good start and the best options are red leaf, green leaf, romaine and spinach. Avoid iceberg lettuce due to its minimal nutritional value. Other good vegetable choices include endive, escarole, fennel, celery, cucumbers, all cabbages, broccoli, Bok Choy, cauliflower, asparagus, zucchini, Brussels sprouts, kale, kohlrabi, onions and parsley.
3. **Eat organic.** Not only do organic produce taste better, it has also been shown to have 3-5 times greater nutritional value than conventionally grown foods.
4. **Eat with variety.** Eating many different foods provide the body with an abundance of phyto-nutrients, vitamins and minerals. It also prevents sensitization to a single food which can lead to allergies.
5. **Salads are important for good health.** Eat plenty of large organic salads; at least one a day and preferably with every meal. It's one of the healthiest meals possible. The best vegetables to use are mixed spring lettuces and watercress, and less important are endive, chicory, escarole, romaine, and radishes.
6. **Drink lots of water.** Most ignore their natural thirst so they have no sense of how much water their body needs. Thus, drink by the rule of 8 to 10 glasses (8 oz.) a day.

Acceptable Foods

- Whole grains such as brown and wild rice, rolled oats, barley, quinoa or rye.

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- Fats are an excellent source of nutrition. Coconut, avocado, flax oil and olive oil are excellent sources of fat. No margarine or fried oils.
- Beans, legumes, nuts & seeds (except peanuts), and almond butter.
- Eat all vegetables in abundance (at least five servings daily) except rhizomes and tubers (sweet potatoes or yams) limit to one serving daily.
- Fruits are very cleansing and hydrating. As with vegetables eat as many different colors and varieties of fruits. For digestion, eat only one kind of fruit in a meal or snack like blueberries, raspberries, plums & kiwi.
- Milk substitutes: Fresh almond, rice, oat & multigrain milks.
- Spices and condiments: Turmeric, ginger, mint, cinnamon, sage & paprika.
- Herbal teas made with pure water.
- Salt: Celtic sea salt (sun-dried) is best due to other vital minerals besides sodium. Avoid high-sodium foods.
- Stevia is a sweet botanical that doesn't raise blood sugar levels. Stevia may be used in cooked or uncooked foods as a sweetening agent.

Foods to Always Avoid (unless otherwise specified)

- Meats: Beef, turkey, fish, chicken and use protein powder as a replacement if you have hypoglycemia or blood sugar problems.
- Dairy products: Milk, cheese, buttermilk, cottage cheese, butter and ice cream.
- Sugar in any form and foods containing sugar which include honey, fruit juices (particularly orange, grape and apple juices) and sweetened desserts.
- Highly allergenic foods: wheat, soy, eggs, corn, dairy, peanuts and the nightshade family of vegetables (potatoes, eggplant, tomatoes and all peppers).
- Fried foods, hydrogenated oils and rancid oils, nuts, or seeds.
- Wine, beer and any alcoholic beverages.
- Artificial Sweeteners of any kind.
- All highly processed foods even if they say organic.
- Avoid cooking with a microwave.