

The Liver Enhancement/Detox Diet

The Cranberry Drink.

This is a mixture of unsweetened cranberry juice, lemon and apple cider vinegar that helps with the body's filtration system, immune function, and pH balance. This mixture should be taken three times per day (three 8 ounce glasses): first thing in the morning, before lunch, and before dinner. If you find you cannot tolerate the taste, you can leave it out of the cleanse. Alternatively, you can simply add some fresh lemon juice to your drinking water.

Mix:

6 ounces of spring water

2 ounces (or 1/4 glass) unsweetened cranberry juice. NOTE: be careful that you buy plain, unsweetened and organic cranberry juices that is not mixed with other types of fruit juices, which will bring the sugar amount up dramatically. Also, if you have a lot of difficulty losing weight and that is a major current focus, you might want to leave the cranberry juice out altogether.

Juice of 1/3 freshly squeezed lemon. If you have a history of kidney stones, juice a whole lemon.

1/2 to 1 tsp apple cider vinegar (I recommend Bragg apple cider vinegar). You can adjust this amount to taste if it is too strong.

Mix the entire combination together in a container the night before and put it in the refrigerator overnight.

The Diet.

This is a 14 or 28-day detoxification program, that can be extended if necessary. During this time the body will be switching from running on sugar fuel to running on fat fuel. Some people may experience digestive bloating from adding vegetables to their diet. If bloating, gas, and abdominal cramps occur be sure to notify your provider so that a natural digestive enzyme can be prescribed. You can also simply reduce or eliminate the vegetables that are causing you discomfort. These are often cruciferous vegetables (see below).

All vegetables must be organic during the cleanse. During this time we are aiding the liver in releasing its toxic burden, and eating non-organic produce would be directly antagonizing that effort.

If you have chronic digestive issues, then your vegetables will need to be either well cooked in soups or broths, or well steamed. You should not be consuming very many raw foods at this time. If you do not have digestive issues, then you can safely consume about 50% of your vegetables raw. Raw vegetable juicing is great, if you have the equipment and the time. Also, everyone should be consuming small amounts of fermented vegetables, in particular plain sauerkraut, daily with meals.

Please Note: if you have SIBO (Small Intestine Bacterial Overgrowth) or if I suspect you have SIBO, we will need to modify your vegetable intake below to conform with the FODMAP diet.

Unlimited Vegetable Intake (below are examples):

asparagus avocado beets* celery carrots cucumbers
garlic cilantro parsley spinach squash pickles (no sugar)
olives okra onions leeks green beans peas
sugar snap peas zucchini chard artichokes beet greens*

- Beets and beet greens thin the bile, clear constipation and assist with phase II liver detoxification and the de-activation of estrogens. They also allow for clearing of the stress hormones cortisol and adrenaline, which is great for people with anxiety and sleep issues.

Emphasize Cruciferous Vegetables:

Cruciferous vegetables are high in sulfuric compounds that bind with toxins and carry them out of the body. They are also high in cancer fighting compounds which activate detoxifying enzymes in the liver that help neutralize carcinogenic substances. These vegetables need to be lightly steamed or boiled before being consumed. They can be eaten raw in small amounts.

broccoli cabbage bok choy kale cauliflower brussel sprouts
rutabaga turnips radishes collard greens

- About sprouts: sprouts i.e. broccoli sprouts or radish sprouts are bursting with high numbers of the same nutrients found in the mature vegetable. If you find it hard to eat large quantities of vegetables then you can add daily sprouts to your diet.

Avoid Nightshade Vegetables (especially with joint pain, arthritis):

tomatoes eggplant peppers (all kinds) potatoes ashwaganda

Small Amounts of Protein:

If you wish, you can cut all protein out (except for soaked nuts) for the first 3-7 days. This gives the liver a complete rest. If you are someone who needs more energy, or if you feel dizzy, cold or excessively hungry, you can add in a few ounces of protein each meal during this time. After that, consume 3-4 ounces of protein (fish, eggs, meat, etc) with each meal. Make sure that you are eating a variety of protein, such as salmon, tilapia, cod, swordfish, turkey, shrimp, chicken, guinea hen, bison, grass fed beef, and organic pork. If you are feeling lightheaded on this amount of protein, or experience brain fog, fatigue or being physically cold, you can add more protein in until your symptoms ease. Buy all animal protein or seafood organic, grass-fed or wild-caught.

Beans and lentils are preferably left out during this cleanse. However, if you are vegetarian or only consume very low amounts of fish or animal protein, you will need to add in beans. Make sure to soak them for 24-48 hours before cooking and skim off any foam that initially forms when you start the cooking process. Avoid refried beans, baked beans and canned beans in general.

Healthy Fats/Oils:

Make sure you are getting moderate amounts of high quality fat with each meal while on this cleanse. All fats should be organically sourced and unrefined. Please note that if your liver is in very poor shape, or if you have gallbladder issues, then you should not be eating much fat. If this is the case, we have specific herbal formulas for rejuvenating gallbladder and liver function. You can also take digestive enzymes with ox bile that will help you to digest fats. Fats/oils recommended include:

ghee coconut oil avocado oil olive oil (don't cook with this)
pork lard duck fat grass fed butter/lactose free butter

Elimination of Heavy Metals.

Everyone (who breathes or eats) in our modern world is contaminated with heavy metals. During the cleanse we will be gently urging the body to eliminate heavy metal toxins. It is therefore important that you add small portions of the following foods to your daily intake. The following foods gently bind with toxins in the gut, including heavy metals, and carry them out through the large intestine.:

- Dulse seaweed, cooked for 30 mins or more
- Kelp seaweed (eliminate with thyroid autoimmunity), cooked for an hour or more
- Chlorella broken cell wall tablets or powder
- Cilantro (fresh/raw only, can make into a pesto, freeze, and then spoon out a few tablespoons/day) or simply add a handful to daily smoothies.

NOTE: Please purchase clean seaweed from non-contaminated water sources. My favorite company is: [Maine Coast Sea Vegetables](http://www.seaveg.com), as they routinely test for heavy metal and toxin content. www.seaveg.com

Foods to Completely Avoid:

- Dairy (yogurt, cheese, milk, cream, etc). Grass fed butter is OK in small amounts.
- Grains (ALL grains, including rice, quinoa, millet, oats).
- Sugar (ALL sugar, including honey, agave, molasses). Use stevia instead.
- Alcohol
- Fruit juice, high glycemic fruit such as bananas, mangoes, dried fruits, grapes, dates, and figs.

Beverages to Enjoy:

1. Those with adrenal stress will want to reduce coffee to no more than a half cup per day and preferably wean off completely. Those without adrenal stress can consume a cup of organic coffee (with unsweetened almond or coconut milk) before 9am. It is however preferable to wean off of caffeine altogether during an extended (28+day) liver cleanse.
2. Other beverages allowed: spring water, herbal/green tea, lemon juice and stevia in water, carbonated spring water, LaCroix sparkling water, and Zevia (zero sugar). Kombucha is fine as long as it is juice-free and contains 2 grams or less sugar per 8 ounce serving.

Other Diet Specifications:

- Salad Dressings: make your own using only: lemon or lime juice, apple cider vinegar, olive oil, avocado oil, and kitchen spices of choice.
- Nuts are allowed, but they need to be raw and soaked overnight in filtered water with a teaspoon of sea salt. Refrigerate immediately after soaking and consume within 3-4 days. Do not eat roasted nuts, or unsoaked nuts.
- Fruit should be eaten sparingly, and more toward late afternoon/evening. Preferred fruits include low glycemic fruit: berries, wild berries, lemons, limes, grapefruit (avoid if you are on medication), apples, Asian pears, avocados. Apples can be eaten as a snack to “fill up” any time of day.
- Sweet potatoes can be eaten in moderation, if a craving for starches arises. All kinds of squash are acceptable too. Best eaten at dinnertime.

Detox Supplements (recommended but optional).

- ProGreens by Nutricology: the advantage of taking this product during the cleanse is that it contains probiotics and seaweed (dulse and chlorella), and also contains adaptogenic herbs that help to mediate stress.
- Glutathione and/or Turmeric Extract.
- Liver DTX. Chinese herbal formula which helps with liver detoxification.
- Probiotic. 50 billion/capsule once per day with a meal.
- Phase II: Amino D-Tox.
- Clearvite by Apex Energeticw

Alternative Juice Only Cleanse:

For a more radical cleanse, you can follow a juice-only cleanse for 7-14 days (you will need a quality juicer). Do NOT attempt an all juice cleanse if you already have low blood sugar issues. Juices ideally contain no more than 20% fruit juice, and are 80% vegetable. The advantage of a juice fast or cleanse is that no fiber is consumed, causing the body to go into a more intensive cleansing and clearing out process. Fiber additionally triggers hunger response or cravings, and after the third or fourth day, you should not feel hungry at all. Some basic guidelines for a juice-only cleanse:

- Add quality fats to the juices AFTER juicing, including avocado oil, ghee, coconut oil, flaxseed oil, cod liver or fish oil.
- Add some collagen hydrolysate powder (high in amino acids) to the juices after several days if you are still feeling unreasonably hungry...again, mix in after juicing.
- If you are diabetic, or have digestive or autoimmune illness, keep your sugar content as low as possible. Avoid high sugar fruit such as watermelon, mango, and grapes, and stick to low glycemic fruits such as apple, grapefruit or pear. Don't consume grapefruit if you are on regular medications.
- Good high water content vegetables to include: cucumber, celery
- If you have thyroid disease or hypothyroidism, keep the amount of raw cruciferous vegetable in your juices low (kale etc, see cruciferous vegetables listed above).

- Use the golden opportunity after juicing to slowly reintroduce foods that you suspect you may be sensitive to. This is a great elimination then challenge approach!