



7 weeks to
wellness
a guide for holistic living

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This plan is not intended to treat any specific illness or any person. If you are on any prescription medications, you should consult your healthcare practitioner. You should be under the guidance of a healthcare provider if you choose to follow this plan.

7 WEEKS TO WELLNESS

There is no one way to wellness. Your health is solely based upon your views on health. When reading materials that are great for a long-term health plan, you must always ask...“is this the plan for me?” For one person, a healthy lifestyle can totally appear reversed for someone else? So, who is right? Who has *the* plan to wellness? You do. Your plan to living a completely holistic life is based upon how you have lived your life since your birth until today. Your plan is based upon what you want to change as well as what you envision your life to be. **7 Weeks to Wellness** is a proposed plan in creating your healthy, holistic and happy existence. Follow it in the way that you want, and in the time frame that you choose. All holistic plans are created to support you in the best way for you.

This plan should be considered as a gentle reminder of what exists innately within you. Taking a moment to listen, then trusting in your intuition can provide awesome insight into your healing. You may find that you have started plans in the past or participated in detox programs with no success. Consider what else was going on during that time. Were you starting a detox in order to escape a stressful situation, was it simply for losing weight or was the plan to rigorous for you? These questions are important as they can decrease your enthusiasm with any new plan. Starting a new plan is not supposed to create this drastic change of personality. A new health plan should be in place to initiate daily life enhancements that are sustainable. Use this plan as a blueprint to have the best plan for you. Modify it as you wish to work for you.

With starting any plan it is a great idea to make basic dietary changes. It is through our diets that we present the most healing and repair. As we embark on the journey of changing habits and living a more holistic life, the diet will be the most integral of these changes. It is the one place where we are forced to make daily decisions on living a life of wellness and holism.

WEEK ONE - the fresh challenge

- Eat 10 servings of fresh vegetables and fruits per day

The purpose of this week is to enhance health through food. Food is the first way to make radical changes in your health as well as the most drastic way to encourage a change in habits. Clinical studies have shown that a plant-based diet (10 or more servings of vegetables and fruit per day) can reverse many diseases and may be used as a healing tool in cancer, cardiovascular disease, metabolic disorders and overall health and healing. It is not that you have to follow a vegan diet, but the temporary elimination of the heavy, inflammatory foods such as red meats, dairy and eggs, will create a reprieve from the norm.

If you find that you already consume 10 servings of fresh vegetables and fruits, then consider a decrease in any processed foods and simple grains in the diet during this time. Reduce whole grains for beans and legumes combined with vegetables. It would be fun to increase the vegetable variety as well. Take this opportunity to eat different fruits and vegetables and prepare meals that are not in your normal diet. Create a recipe for parsnips and arugula (if you have not yet done so) or Swiss chard with radishes. Consider more Asian fruits such as durian or persimmons (commonly found at your local, international market). Think differently than you had in the previous weeks with your meal planning. The Cleansing program (detailed at the end of this booklet) will become an important tool in your healing plan.

Food is your medicine. For overall health and wellness, the slow introduction of small changes will provide long-term benefits and an increased level of health in your lifestyle. There is no shortcut to living a healthful life. Yet, there are only benefits to pursuing a more healthful life.

WEEK TWO - the sweat challenge

- A minimum of 10 minutes of physical activity

Just as food is important, so is the regular movement of the body. Our lives have grown so stationary and stagnant that it is impossible to believe that total healing can occur without movement. We are dynamic beings and our energies are in constant motion. Our organs are constantly working and blood is consistently pumping. How do we augment the function of these organs and of this blood flow? Movement.

You can make your plan as intense as your body can handle, or you can keep it as simple as possible. I love simplicity. There is a loveable nature to the meekest notions in our lives. So, create a movement plan that is so unbelievably easy that you would want to perform it daily. March in place for one minute, then do push-ups (in the form that you choose) for 1 minute, jumping jacks for a minute, then move to crunches for 1 minute. Knee lifts, squats, skipping/jump rope, hop in place, arm raises and the list goes on. You will start to find that 10 minutes will arrive sooner than expected. You may also find that the body requires more. Your local library and lovely Internet has a plethora of resources on tai chi, yoga, Pilates, strength training, in-home-cardio plans, isometric exercises and zumba moves. Find a resource and use it. Change that resource daily. For those who have their physical plans in place then incorporate a different modality. If you love yoga, consider using resistance bands at home for one day out of the week. If you have a rigorous weight lifting routine, then challenge your body with a ballet bar workout. The options are endless as well as the opportunities for fun. You will be amazed at what your body tells you and with where your body finds delight.

WEEK THREE - the clean challenge

- Clear the chemicals.

Can we truly clean our bodies with harsh chemicals? The toxic-chemical reports are continuously increasing (i.e. Johnson and Johnson's Baby Shampoo). There are dangerous carcinogens (cancer-causing) being used next to some of the most precious, and most intimate areas of our bodies. Would you use the same soap on an adult that you would on a baby? If not, then why would you throw all caution to the wind with young children. Children, whose hormone systems are in their infancy of developing. Adolescents on Accutane should be a federal crime. If you have truly exhausted the catalogue of natural products for clearing acne or healing damaged skin, then maybe...maybe consider the use of a heavy, prescription drug with even heavier side effects. Explore the alternatives. They exist and with great results. The difficulty with this challenge is the risk of not looking as good as we are accustomed to. Yes, it takes time to get adjusted to more natural makeup products. Finding a *good* deodorant without aluminum can be a bit of tedious chore. It is less of a chore when you have evaded a cancer diagnosis due to your diligence in avoiding excessive chemical exposure. Not to be extreme, but someone needs to express the extremity of this situation.

So, the challenge for this week. Use only natural items to cleanse your body and home. Avoid all harsh chemicals during this time. This would be the best time to swap out your old faithful facial cleaner for a more natural option. Also, consider makeup, body cleansers and soaps, laundry detergent, hair products and common toiletries. It is the daily use of some of these chemical-ridden products that puts us in a negative health state. The options for better products are growing and the quality is outstanding. For a better, greener clean, this is an awesome start. Visit the Environmental Working Group's website (www.ewg.org) to get started on cleaning up your cleaners.

Brands to consider: Better Life, J.R. Watkins, Mrs. Meyers Clean Day, Suki Cosmetics, Suncoat Cosmetics, KIND Soap Company

WEEK FOUR – the sugar challenge

- Switch the sugars

Our sugar consumption has become a growing issue due to the many sources of sugars that we find in our foods these days. There is the basic white sugar, brown sugar (white sugar with molasses), high fructose corn syrup (hfcs), dextrose (corn) and artificial sweeteners (chemicals). Sugar (and the likes) can depress our immune systems and increase obesity due to their high calorie content as well as serve as one of the most inflammatory food items widely available to us. Avoiding sugar can improve immune function, decrease pain and decrease the overall acidity/inflammation in the body. Sugar is also a stimulant, which triggers a brain/hormone response similar to heroin and cocaine¹. Our lovely addiction to sugar is simply that – an addiction. As I casually mention that this is a food item to avoid, I am also aware of the strength that is required (for some of us) in order to completely eliminate this from our daily menus.

How do I avoid sugar, it is in everything? The first rule would be to read labels. If you see sugar, hfcs, aspartame, sucralose, saccharin etc. added to a food, then avoid it. *What if I am not sure if it has sugar?* Then avoid it. We do not have to question the sugar in carrots, lettuce, brown rice or almonds. As we know that these foods all contain their natural sugars, we are also aware that there are no artificial sugars added. If you are buying a box of cookies and you do not see the word sugar, please understand, that there are some sugars present, simply in a different, synthetic form. Therefore, the second rule would be to avoid overly, pre-packaged foods. Rice, pasta, beans, nuts and seeds are all acceptable, as these can be sold in a package. Consider a food that has more than one ingredient. If there is a list of ingredients, then this would be a food to avoid as well. The third rule would be to substitute. Sugar consumption is a real issue for many, therefore you have to wean off as if it were a Class I narcotic. Replace sugar and sugary-y foods with fresh fruits and some vegetables (carrots). Drink freshly juiced vegetables and consider using dried fruits (unsweetened and unsulphured), stevia and honey are also acceptable alternatives.

The fourth and the last rule would be to keep it simple. The more thought and anticipation surrounding omitting sugar, actually makes this challenge more challenging. Sugar is unfortunately a comfort for many. Therefore, to be told to “cut it out”, already triggers emotions of lost, lack, suffering, grief, deprivation, anger, fear and resentment. If this occurs, know that the answer is NOT to eat something sweet. The solution would be to move into a new space of release, freedom and self-acceptance. Yes, it gets deep with sugar intake, as this has become the drug of choice. We have to be highly considerate of the current plans of self-medication all involving sugar. It is an easily accessible drug with little to no cost (free at office parties and any Holiday that occurs on a weekday). A stealth-like strategy must be applied when removing an old vice for a new one. What will my new vice be? I say health, as it is the real sweetness of life.

WEEK FIVE – the green challenge

- Recycle, Reclaim, Reuse

This would be the week to think about your contribution to the Earth’s demise or more nicely coined, your Carbon Footprint. If you are home alone, do you leave every single light on in the house? Do you have a 48-pack of bottled water sitting in your cupboard? Do you microwave your food in plastic? Better yet, are you microwaving every meal? The ultimate sin...you throw, actual recyclable containers in the regular garbage. Before you are taken to the public post to be flogged, you have time to redeem yourselves. Take one baby step at a time. If you do not already have recycle pick-up in your area, then contact your local City Hall to find out how to make this a reality. You may also find local recycling drop-off sites. For those recyclers, try composting your fruit and vegetable waste. Before your next birthday party, consider a consignment shop or making a nice gift basket of favorite-things. Re-gifting is the new gifting. Before you toss that old sweater, can you make alterations and turn it into something new. Visit local craft stores or websites for tips on “upcycling” your old clothing, furniture or accessories. This could turn out to be lots of fun and great way to bring in more income.

WEEK SIX - the simple challenge

- Conserve and reserve

The goal would be to avoid unnecessary spending. As we cleanse our bodies and minds, let's consider the toxic lifestyle of overspending and rampant consumerism. If you have been wondering when, where and how can I construct more disposable income, consider your current spending habits. If you find that things are currently fiscally astringent, how do we further reduce our daily debts? Calculate your gas costs and the "extra" trips made while driving. Can you stop at the grocery store that is on the way home versus driving miles outside of your daily route to your favorite store? Calculate the savings of driving less versus driving to a place that you much prefer. Do you really need that t-shirt, extra pair of socks, new tongue ring? Not to dampen the devices of self-expression, but let's hold off until spring. You could be tossing out dollars every Monday when you postman brings you the weekly circular full of coupons. Buy what's on sale at your local grocery. If broccoli is on sale, buy a good amount and freeze half of it. With the remaining portion: broccoli soup, raw broccoli and cashew salad, broccoli and carrot stir-fry (with a heaping mound of freshly grated ginger) and broccoli hummus are all great ways of entertaining your recent discounted score.

WEEK SEVEN - the mind challenge

- Conserve and reserve

You are the ruler of your house and the master of relaxation. You have taken stress by its horns and you have tamed the wild beast that it is, into a small, insignificant moment in your life. You experience Zen each and every day and you do not allow anything or anyone to ruffle your feathers. You are at peace and you are full of calm. If this describes you on a daily basis, then congratulation is in order for you, following a grand ceremony of praise. If this is a place that appears peculiar, then let's make it more familiar. This is not a mysterious, foreign place, hidden from us commoners. This is a reality. We can all experience this state of Zen, if we choose to practice it. Why do we have to practice being in a calm, peaceful state? Because, we live in a society. A society where mortgages, car notes, rush-hour traffic, telemarketers, IRS, grocery store lines, poor customer service, strained relationships, insensitivity, environmental toxins and negativity are shared amongst us all. Even if you only have to deal with one of those items, the lovely woman standing in front of you in line, is possibly dealing with the other ten items listed. Her tumultuous energy is just as real and valid as your peaceful energy. They are all valid and deserve attention. We can serve others and ourselves by taking 10 minutes per day for meditation, quiet reflection, deep breathing, mindfulness/self-awareness or any other activity that allows you to turn it off. Take a break from the stimuli of the day. Breathe in the still that lovingly surrounds you. Feel the guardians and ancestors who walk with you. Be. Our longevity and self-preservation depends on our ability to calm our spirits. The learned elders of many indigenous cultures all knew that sitting in silence was a medicine that far exceeded the physical therapies that were often accessed. Our healing is based upon our being. In order to simply be, we have to be acceptable with being in silence. It is an exercise in patience, humility and discipline.

This should also become a desired activity that does not require much vigor. If you have to force this activity, then it becomes a bit pointless. Allow your downtime to reflect you. If you are an artist, then turn to your easel. If you are a musician, then find meditation music that suits you. Use nature and her beauty and take quiet walks or gaze into a crystal bowl of water. Close your eyes and listen to your breath. Feel your heart beat and follow the blood (life flow) that courses through your vessels. The successful key to this activity is saying nothing. As you quiet the mind you quiet the body.

CLEANSING PROGRAM (21 DAYS)

This starts as a seven day fast of filtered/spring water, herbal teas, coconut water, fresh vegetable juices, protein and fruit smoothies and raw vegetables and fruits, vegetable broths/soups. You must eat fresh vegetables and fruits and other raw plant foods such as nuts and seeds. The soups should be vegetable based, dairy/animal-free and may contain beans/legumes. The goal of this plan is not to restrict the food but only to increase the amount of healing foods on a daily basis. With this program, you are overhauling the body with very nutrient dense, high antioxidant, healthful and healing foods. The plan is to flush toxins from the body, to decrease cravings that accompany an imbalanced state of health as well as encourage the growth of healthy cells while decreasing the production and life of abnormal cells.

After the initial seven days, more healing foods are introduced, such as brown rice and quinoa.

CLEANSING PROGRAM INSTRUCTIONS

1. Eat all vegetables and fruit cleaned and raw. Increasing the amount of organic produce will be very important during the first week, although is not 100% mandatory in order to create results. MAKE SURE A VARIETY OF FOODS ARE EATEN. Have small amounts of different foods rather than a lot of one or two foods.
2. Raw, unroasted and unsalted nuts, bean sprouts, and cooking spices (e.g. garlic, basil, thyme, turmeric, etc...) can be eaten. Avoid “hot and spicy” seasonings (e.g. table salt, curry, black pepper, hot peppers – but cayenne or red pepper may be used sparingly only if it does not bother your stomach).
3. NO sugar, artificial sweeteners, candies, sweets, pastries, or packaged snacks. Avoid using self-administered medications. Use stevia, honey or agave nectar as sweeteners, but the goal would also be to avoid the excessive “sweet” taste, as using excessive sweeteners can allow the sweet cravings to linger longer than needed.
4. NO fried foods and NO meat products and NO dairy foods
5. Drink plenty of water. Water is a healer and it nourishes the cells while flushing the toxins. During the first week, please try lemon water. To prepare lemon water, you simply cut one lemon in half and hand squeeze the juice of that ½ of lemon into one 12 to 16 ounce glass of purified or spring water. This is best performed immediately upon waking, before you have consumed anything else.
6. If any food gives you indigestion or discomfort, record it and let your clinician know. Do not eat those foods that cause problems for now.
7. If you are on any prescription medications, please continue to take your meds as prescribed by your Medical Doctor. This program can be performed with the use of prescription medications.

HERBS AND NUTRITIONAL SUPPLEMENTS

There are some nutritional products that can enhance the benefits of a cleanse. The best cleanse, is utilizing your foods as liver stimulants. Nutritional products can offer added support and should never be used in place of a total cleanse protocol.

- **Herbs: *Dandelion, Burdock, Milk thistle, Nettle*** [these herbs assist the liver in eliminating toxins and are safe to drink in tea form]

- **Green food powder:** Green foods are simply that – vegetables that are green in color. The most research has been in cruciferous vegetables also called Brassica vegetables. This group includes, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Turnip Greens, Mustard Greens, and Collard Greens. Sea vegetables are included in green food formulas. The sea vegetables are rich in vitamins and minerals. These foods combined have been known to cleanse the colon, detox toxic metals from the body, cleanse the blood, improve the health of hormones and fight cancerous cells.
- **Protein Powder:** the amino acids in protein foods are building blocks. As you cleanse the body, you are helping the liver and kidneys to work more efficiently. When you take amino acids in the form of protein powder, you can maintain great immune function and overall strength and stamina. It is absolutely necessary for those who work laborious jobs or are on your feet all day. The protein will provide a sustainable energy during this time of cleansing. Split pea, rice and hemp proteins are great. The plant-based protein powders would be a “cleaner” fuel for the body to use during this time.

Protein Smoothie Recipe

- 1 cup of frozen fruit (blueberries, mangoes, etc.)
 - ½ cup of applesauce, unsweetened
 - 2 tablespoons of ground flaxseeds or chia seeds
 - ½ banana
 - 2 scoops of protein powder
 - Thin with water, almond milk, coconut milk or rice milk
- Blend and enjoy!*

VEGETABLES TO EAT

Bok choy, broccoli, brussel sprouts, carrots, celery, cucumber, dark green leafy lettuce, green beans, green peas, kale, radish, spinach, squash, swiss chard, watercress, zucchini, etc...

VEGETABLES TO AVOID

White potatoes

FRUITS TO EAT

Apples, apricots, avocado, bananas, blueberries, cantaloupe, cherries, grapefruit (minimal), grapes, lemon, melons, plums, pears, papayas, strawberry, tomatoes (minimal), watermelon, etc...

FRUITS TO AVOID

Oranges and minimal dried fruits (as these have a high sugar content)

*****Sample menus are only suggestions and are not to be followed exactly*****

SAMPLE MENU DAY 1-7

Water should be the first and last item consumed. Water is a simple detoxifier.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Fresh Carrot-Kale-Beet Juice (prepared in a juicer)	Protein smoothie	Fruit salad: Apples, pears and plums	Carrot soup	Fruit salad: blueberries, strawberries and grapes
Snack	Dried blueberries and raw walnuts	Plate of sliced radishes, cucumbers and carrots with pine nut cheese dip	Celery with almond butter topped with dried cranberries	Protein smoothie with walnuts and pecans	Carrot slices and walnuts
Lunch	Large green salad topped with walnuts and avocado	Cabbage carrot slaw	Large green salad topped with chickpeas/garbanzo beans	Broccoli soup and a large spinach salad	Large green salad topped with cranberries and almonds
Snack	Carrots and celery slices topped with hummus	Protein smoothie with one apple	Celery with almond butter topped with dried cranberries	Carrot slices topped with organic peanut butter	1 large pear with a handful of almonds
Dinner	Autumn bean soup	Baked sweet potato and lightly sautéed string beans	Sautéed kale greens, garlic and red onions	Large salad of watercress greens, red and yellow peppers sliced, topped with olive oil	Onion, leek and garlic soup
Snacks (optional)	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea

BASIC SALAD DRESSING: olive oil, lemon, apple cider vinegar with fresh crushed garlic

*** When adding in solid foods, it is best to do so during Breakfast and Lunch. Our bodies slow down in the evening, so it would be wise to stick with the liquid (Day 1-7) menu during Dinner and before bed.**

SAMPLE MENU DAY 8-21

Water should be the first and last item consumed. Water is a simple detoxifier.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Fresh Carrot-Kale-Beet Juice (prepared in a juicer)	Brown rice porridge	Fruit salad: Apples, pears and plums	Brown rice cakes topped with organic almond butter	Fruit salad: blueberries, strawberries and grapes
Snack	Blueberries and almonds	Plate of sliced radishes, cucumbers and carrots with pine nut cheese dip	Celery with almond butter topped with dried cranberries	Protein smoothie with walnuts and pecans	Carrot slices and walnuts
Lunch	Large green salad topped with walnuts and avocado	Broccoli soup and a large spinach salad	Large green salad topped with chickpeas/garbanzo beans	Lightly sautéed Asian-vegetables [bok-choy, onions, bamboo shoots] with brown jasmine rice	Quinoa with sautéed kale and tomatoes
Snack	Carrots and celery slices topped with hummus	Protein smoothie with brown rice crackers	Celery with almond butter topped with dried cranberries	Carrot slices topped with organic peanut butter	1 large apple
Dinner	Vegetable soup	Greek-style salad with green peppers, red onions, English cucumber and black olives	Sautéed kale greens, garlic and red onions	Onion, leek and garlic soup	Large spinach salad with almond slices and dried blueberries
Snacks (optional)	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea	Protein smoothie or herbal tea

* After Day 14, fish may be added into the meal plan

BASIC MEAL PLAN TO FOLLOW (During the full 21 Days)

Foods To Eat

ALL Fresh Vegetables (avoiding only white potatoes)

ALL Fresh Fruits

ALL Unroasted and Unsalted Nuts and Seeds as well as Nut or Seed butters such as almonds, walnuts, pecans, cashews, brazil nuts, pine nuts, pumpkin seeds, hulled sunflower seeds and sunflower seed butter, almond butter, cashew butter (avoiding only peanuts)

ALL Beans & Legumes such as black beans, adzuki beans, red beans, navy beans, lentils, split peas, chickpeas/garbanzo beans including lentil dips and hummus (chickpea/garbanzo bean dip)

Beverages to Drink

Water, purified is best

Herbal teas (peppermint, chamomile, dandelion, raspberry leaf tea – be careful not to purchase Raspberry tea, which is a flavored black tea)

Green teas with no artificial flavors

Freshly made vegetable juices (juiced kale, carrots, beets, celery, parsley, etc.)

Coconut water

Protein smoothies (combination of fresh or frozen fruit blended with water or almond/rice/coconut/hemp milk)

Seasonings and condiments

All fresh herbs (cilantro, basil, parsley, rosemary, dill, mint, lemon balm, garlic and oregano)

All seasonings with an emphasis on turmeric, cumin, curry, cinnamon, cloves, anise, lemon pepper and pepper

AFTER DAY 7: Grains

Please continue with the current meal plan, these foods must stay in the higher percentage. On Day 8 of the cleanse, the introduction of whole grains would be allowed.

Brown rice, quinoa, barley, millet and amaranth may be added in. The serving size of these grains should be ¼-1/2 cup of cooked grain per serving. Ideally, you do not want to have more than one serving per day (1/2 cup of cooked grain per day, especially within the first week of introduction; week 8-14).

HOW TO COOK....

Brown Rice

2-cups water to 1-cup rice – bring to a boil uncovered, then reduce heat & cook for 40-45 minutes without lifting cover.

Barley

5-cups water to 1-cup barley – cook for 1 hour & 15 minutes, and drain excess water if necessary. 1 cup of dry barley equals 3.75 cups cooked.

Quinoa (pronounced Keen-wah)

2-cups water to 1-cup quinoa – must rinse well for several minutes before cooking or it will be bitter. Cook like rice but only for about 15-20 minutes, until fluffy.

AFTER DAY 14: Fish

We all have different metabolisms. We also process foods and nutrients, very differently from each other. One item of digestion that is important would be our protein intake. In North America, we over-consume protein, mainly in the form of animal protein. This is the reason why this cleanse contains protein smoothies. Protein is a major building block to cells and is highly important. Having an optimal amount of protein also maintains your energy level. There are many plant sources of proteins, such as: beans (navy, black beans, etc.), legumes (lentils, split peas), nuts (almonds, walnuts, pecans, cashews) and seeds (sesame, flaxseeds, pumpkin, sunflower, etc.). These are great sources of protein, especially when combined with one another. There is also protein found in brown rice and quinoa grains. Once the introduction of grains have occurred, the introduction of animal protein, primarily from fish should be implemented if you are normally a consumer of meat. The reason for waiting 14 days before the introduction of fish would be simply to avoid the buildup of toxic metabolites that can normally occur with animal protein. The initial phase of consuming mainly raw vegetables and fruits is primarily to enhance the function of the liver and kidneys. This can easily be performed with a

diet of vegetables, fruits and plant-based proteins. **Everyone** participating in this cleanse should ensure that they are taking in protein with each meal. If you are concerned about your protein load, then please feel free to add in more beans/legumes and an optimal dosage of nuts/seeds daily. The types of fish to consider would be wild salmon, tilapia, whiting, cod, mahi mahi and mackerel.

FOODS TO COMPLETELY AVOID DURING THE ENTIRE 21 DAYS:

NO meats: red meat (beef, lamb, etc.), pork, chicken or turkey (**Fish to be added on Day 14**)

NO sweets such as desserts or prepared/package pastries

NO breads, crackers or high salt, high carbohydrate packaged foods

NO alcohol, cigarettes or recreational drugs

NO foods with artificial flavors or colors

NO drinks/package beverages with artificial flavors or colors

NO soda or coffee

TIPS TO ENHANCE THE CLEANSING

EXERCISE

This is not the time to start a rigorous workout routine. Consider brisk walking, yoga/Pilates and Tai chi. These are gentle exercises that can help with preserving and building energy. If you are participating in a more intense workout plan, then your protein content should be greatly increased.

SAUNA/STEAM ROOM

The heat from a sauna/steam will encourage the increased release of toxins. Once to twice weekly would be very beneficial. Please be sure to stay well hydrated. For every 10 minutes in the sauna/steam, you want to consume 1 liter of water. Very Important!!! Make sure that you take a cold shower, immediately after your sauna/steam to enhance the detox effects. The warmth from the sauna/steam will relax your vessels. When you finish with a 30 second cold shower, you close the vessels, which increases the pumping action of your lymphatic tissue. The lymphatic tissue rests very superficially underneath the skin and carries toxins out of your body.

CASTOR OIL PACKS

Castor oil has been shown to increase circulation and promote elimination and healing of tissues and organs underneath the skin. It is particularly effective in being absorbed into lymphatic circulation, which can improve digestion, immune function, and reduce swelling in injured joints and extremities. It has also been specifically used in cases of menstrual irregularities, uterine fibroid cysts, and ovarian cysts.

Materials:

- Castor Oil
- Small glass pan, with lid (or covered container)
- White flannel or cotton cloth large enough to cover the abdominal area
- Plastic, large enough to cover the flannel cloth (plastic grocery bags are OK)
- Heating pad, with low setting or hot water bottle

Method:

- Pour a small quantity of castor oil in the glass pan
- Soak an eight inch square piece of flannel or cotton in the castor oil

- Place the flannel on the abdomen (from side to side, and underneath the breasts to pubic bone, below the belly button)
- Cover completely with plastic
- Place a heating pad over plastic and set on low heat for 50-60 minutes
- Rest while the pack is in place. Be careful not to fall asleep with heating pad on – may burn
- After removal, cleanse the area with warm water, if desired
- Store the pack in a covered container to reuse

Alternate Method:

- Place castor oil directly on the abdomen or massage castor oil directly
- Put on an old t-shirt and go to bed

Note: Castor oil may leave a stain on your clothing.

*****AVOID CASTOR OIL PACKS DURING PREGNANCY OR MENSTRUATION.**

DRY SKIN BRUSHING

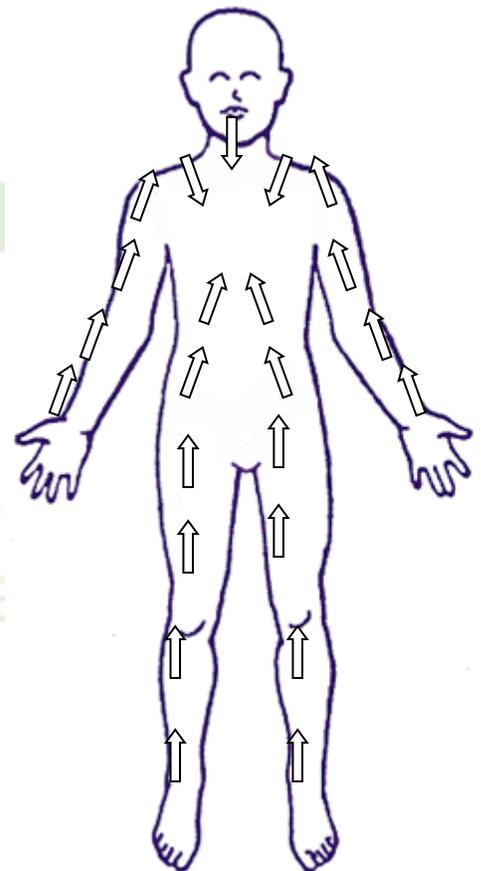
The skin is an organ of elimination just like the kidneys and the colon. Approximately 10% of body elimination occurs through the skin. More than one pound of waste products is discharged through the skin every day.

If the skin becomes inactive because its pores are blocked with millions of dead cells then impurities will remain in the body. The other eliminative organs, mainly the kidneys and liver, will have to work harder and will eventually become overburdened. When toxins and wastes begin to build up in the tissues because the kidneys and liver cannot cope with this toxic burden, the risk of disease is increased.

Benefits of skin brushing include: tightening the skin and improving texture, aiding digestion, stimulating circulation, increasing oxygenation, increasing cell renewal, draining and cleansing the lymphatic system, detoxifying the body, removing dead skin layers, strengthening the immune system and stimulating dry skin oil production.

Instructions:

- Use a long handled, *natural* bristle brush. If you are unable to find one use a loofah sponge.
- Use a gentle, comfortable pressure and smoothly sweep the brush in small circles in the direction of the arrows outlined in the above diagram.
- Start at the soles of your feet and work your way up your legs, your front and your lower back.
- Then do your hands and progress up your arms.
- When doing your chest and upper back (including the back of your neck), focus the brush strokes towards your heart.
- Avoid the face and any other sensitive areas.
- For hygiene purposes, use a separate brush for each member of the family and wash the brush every week.



Dry skin brushing is most effective before your morning shower and/or before you go to bed.

At least 5-10 minutes of skin brushing daily for 3 weeks every month is recommended to create a substantial difference in your health.

DEEP BREATHING [COMPLETE BREATH TECHNIQUE]

The Complete Breath –

- Purifies the bloodstream and enriches it
- Develops the chest and diaphragm
- Strengthens lungs, thorax and abdomen
- Increases resistance to colds
- Calms the nervous system
- Aids digestion
- Clears up phlegm
- Helps to lift depression

The Complete Breath Technique:

- Sit in a comfortable cross-legged position or in a chair.
- Straighten your back, which will straighten your thorax for easier breathing.
- Inhale slowly through the nose, breathing deeply, consciously.
- Take five seconds to fill the lower part of the lungs, by expanding the ribs and pushing the abdomen out.
- Concentrate on filling the top of the lungs for the next five seconds. This will expand the chest and tighten the abdomen slightly.
- Hold the breath for 1-5 seconds.
- Exhale slowly until you have emptied the lungs.
- Repeat 4-5 times more.

Do's and Don'ts of the Complete Breath:

DO establish a rhythmic rise and fall of your abdomen, to promote regular breathing.

DO attempt to breathe inaudibly after you have gotten the knack of deep breathing.

DO concentrate on your breathing alone, with your eyes closed, if you wish. It serves to do the technique better but it is also a preparation for meditation.

DO push your abdomen out as you breathe in and pull the abdomen in as you breathe out.

DO give an extra snort as you exhale to rid yourself of stale waste-matter in the bottom of the lungs.

DON'T slump. For maximum efficiency the chest cavity must be straight.

COMING OFF THE CLEANSING PROGRAM

The most important time of cleansing, would be after you have completed the cleanse. We feel the need to reward ourselves for this long period of restriction. Remember, we are not restricting foods, but more so increasing the healthful and healing foods into the body. It is what you do the days after cleansing that will

1. SLOWLY ADD IN: turkey and chicken ONLY. Please wait an additional week before introducing red meat and/or pork. If you are adding in dairy, try Greek yogurt or feta cheese; AVOID cow's milk and hard cheeses (cheddar, American, Swiss, etc.) for an additional week.

2. MOST IMPORTANTLY – DO NOT OVEREAT (keep portions small such as ½ cup of cooked grain per day)
3. DO NOT SPLURGE ON “JUNK FOOD” – Eat Sensibly.
4. Gradually eat more (of your usual) food, but follow the guidelines and your common sense. You may prefer to avoid some of your usual foods or to eat less of them (e.g. red meats). If you have any questions, ask your clinician.

FOOD SENSITIVITIES

One of the benefits of following this 21-day plan is that you may confirm and eradicate any unknown food allergies or sensitivities. This is usually discovered once you return to a “normal” eating plan. It is also possible to have a sensitivity to a so-called healthful food; therefore observation is key during this entire process. You may want to chart any changes or feelings, especially with new foods.

Food sensitivities have been found to create many illnesses such as allergies, inflammatory conditions such as arthritis, headaches, stomach bloating, gas, mental/emotional changes such as anxiety and depression.

Food sensitivities can be related to allergies or other disturbances in your functioning. A simple way to monitor your self to discover “disagreeable” food is described below.

If you are concerned about aggravating a gastrointestinal issue, then for the first week or two, eat only one new food per day. If you feel indigestion, headache, mood change, a flushed feeling over your face, or you feel uncomfortable after eating a food, avoid it for the time being as your body does not agree with it. This entire process can assist with healing digestion immensely, but you should not have to suffer any extreme moments of discomfort.

RECIPES: Day 1-7

AUTUMN BEAN SOUP

2 cups white kidney beans (cannelloni)
1-2 cups kidney or red beans (canned or cooked from dry)
1 cup chick peas (garbanzos-canned or cooked from dry)
2-3 cups fresh spinach or escarole, washed, drained and chopped
4 cups vegetable broth
2 onions, chopped
2 cloves garlic, minced
1 tsp. each dried basil and oregano
1 Tbsp. dried parsley
Pepper to taste

DIRECTIONS: Combine all ingredients and simmer until onions are soft, about 45 minutes.

CABBAGE CARROT SLAW

1/3 cup rice vinegar
2-4 cloves garlic, finely chopped
1/8 teaspoon ground cumin
1/8 teaspoon dried oregano

4 cups finely shredded red cabbage
2 cups shredded carrots
1 cup thinly sliced green onions
Salt and pepper to taste

DIRECTIONS: In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard just until sugar is dissolved. Add cabbage, carrots, green onions, salt and pepper and toss gently to combine. Cover and chill for at least 4 hours before serving.

FLAX/OLIVE OIL SALAD DRESSING

1/4 cup olive oil
1/4 cup flaxseed oil
3 Tbsp. balsamic vinegar (any vinegar is fine but this has the richest flavor)
2-3 Tbsp. water
1 tsp. Dijon mustard
1-3 cloves fresh garlic (use either whole pieces for flavor or crushed for a stronger taste)
Salt and pepper to taste
Oregano, basil, parsley, tarragon or any herbs of your liking, fresh or dried

PINE NUT DIP

1 cup of raw pine nuts
1 tablespoon of olive oil
½ cup of water
4-6 cloves of garlic
pinch of salt

DIRECTIONS: Add ingredients together in a bowl. Stir, then blend until desired consistency.

SAUTÉED CABBAGE AND FENNEL

1 Tbsp. olive oil
2-3 cloves garlic, minced
½ cup thinly sliced fresh fennel or 1 Tbsp. fennel seeds
4 Tbsp. minced shallots
4 cups shredded green cabbage
Sesame seeds

DIRECTIONS: In a heavy skillet or wok, stir-fry all ingredients. Continue for about 5 minutes until cabbage is still slightly crunchy. Sprinkle with sesame seeds and serve immediately.
(servings: 1 oil, free veggies)

RECIPES: Day 8-14

BROWN RICE PORRIDGE

1 cup cooked brown rice
1 cup coconut milk
1 cup water

Add ground cinnamon, nutmeg to taste

DIRECTIONS: Place ingredients in sauce pan and bring to boil. Stir for 4-5 minutes while boiling. Boil off to desired consistency. Serve in a bowl sprinkled with cinnamon and nutmeg on top. Feel free to add sunflower seeds, walnuts or pecans.

LENTIL -BARLEY STEW

2 Tbsp. olive oil
4 medium carrots, diced
2 medium leeks (with 3 inches of green left on), diced
2 celery stalks, diced
2 medium zucchini, diced
1 large onion, diced
2 cloves garlic, minced
1 cup dried lentils, rinsed
½ cup barley, rinsed
1 tsp. dried thyme
6-8 cups vegetable broth
2 cups diced tomatoes
1 cup chopped fresh basil leaves
salt and pepper to taste
½ cup chopped parsley

DIRECTIONS: Heat olive oil in a large heavy pot and add carrots, leeks, celery, zucchini, onion and garlic. Cook over low heat, stirring occasionally, for about 10 minutes until vegetables have softened. Add lentils, barley, thyme, and 6 cups broth. Bring to a boil and reduce heat to a simmer. Cook uncovered about 30 minutes, stirring often. Add remaining 2 cups of broth as needed if dry. Add tomatoes, basil, salt and pepper to taste and cook 10 more minutes. Stir in parsley and serve.

VEGETARIAN WINTER STEW

1 Butternut Squash, peeled, seeded and cubed
1 Celery bunch, washed and chopped
1 cup Pot barley, rinsed and drained
4 cans Black beans, rinsed and drained
3 cups Water
4 Tbsp each: Ground cinnamon, Ground ginger, Ground coriander, Rosemary, Parsley
Salt to taste
Pepper to taste
2 Tbsp Turmeric
1 cup of chopped tomato or ½ jar of crushed can tomato

DIRECTIONS: In a medium-sized saucepan, bring pot barley, tomato paste, a pinch of salt and turmeric to a boil. Lower heat and simmer until the barley is soft, adding more water as required. Simmer until water is almost gone. While barley is cooking, add water, squash, celery and some salt to a large pot and bring to a boil. Lower heat to medium, and simmer until squash and celery are soft. Allow to cool. Mash vegetables and water together to form a thick, chunky base. Add dry ingredients and simmer on very low heat for 20 minutes. Add black beans and barley. Serve drizzled with cold-pressed, extra virgin olive oil.

RECIPES: Day 15-21

FISH CREOLE

- 1 Tbsp. olive oil
- 1 onion, chopped
- ½ cup thin sliced celery
- ¼ cup chopped green pepper
- 1 garlic clove, minced
- 2 Tbsp. fresh parsley (2 tsp. dried)
- 1 bay leaf
- ¼ tsp. rosemary, crumbled
- 4 cups crushed tomatoes
- 1 pound fish fillets (tilapia, whiting, mahi mahi, cod)
- 2 cups cooked brown rice

DIRECTIONS: Heat oil in a large saucepan and lightly sauté the onion, celery, pepper and garlic until soft. Add parsley, bay leaf, rosemary and tomatoes. Simmer, uncovered about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-10 minutes more. Remove bay leaf. Serve over brown rice or spaghetti squash.



CITED WORKS

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2. Sinha R., Cross A., et. al; Meat and Mortality: A Prospective Study of Over Half a Million People. Arch Intern Med. 2009;169(6):562-571.



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