

A Practical Clinical Approach (Courtesy of the Institute of Functional Medicine)

A Simple Patient Handout for Home Detoxification

Practitioner:

Telephone:

Email:

Seven Day Detoxification Plan

Please follow precisely all the instructions in this one-week home-based detoxification plan. It has been used with thousands of patients, many experiencing excellent results. This program of rest and renewal for your body can reduce aches and pains and symptoms of chronic disease; it can help you feel healthier and more energetic.

How Does It Work?

The body has its own self-healing mechanisms. This seven-day program strengthens your body's healing forces in a short period of time. By stimulating your natural capacity to release and excrete toxins, you can remove some of the obstacles that are keeping you from being completely healthy. Detoxification is like an oil change for your car. It cleans and improves the filtering of your internal fluids in a way that prevents your body's engine from breaking down, and produces immediate benefits in fighting existing diseases. It is a simple program using a special diet, supplements, heat and contrast hydrotherapy.

Detoxification Program Summary

- Two day water fast with bed rest if necessary
- Five days of rice fruit and vegetables
- Protein shakes 1-2 times/day daily during days 3–7
- Supplements are recommended
- Shower hydrotherapy treatment at least once a day
- Daily saunas. Don't do the sauna on the fasting days
- Sleep at least 6-7 hours a night
- Avoid "enervation" at night (TV, theatre, movies, parties)

Diet

The program begins with a two-day water fast followed by 5 days of rice, fruit and vegetables. (Additional details on the fast and the diet are shown below). While on this diet, you should supplement these foods twice a day with a whey or rice protein-based powder. Add 2 rounded scoops in juice, blended, 2-3 times a day for breakfast and snacks to improve protein status during detoxification.

Days 1 and 2

Consume water, lemon water and herbal tea only. Be sure to drink a minimum of 8 glasses of these fluids per day. This fluid fast is extremely helpful in achieving optimal detoxification. Some people cannot tolerate this two-day fast, can't afford to lose any weight or are in a debilitated condition. These people should add the rice or whey protein and fruit juice 2 to 3 times per day to the other fluids.

Days 3 to 7

Following the water fast, a typical day's menu should reflect the general choices shown below. (You may need to eat more or less depending on your appetite.)

Reintroduction of Omitted Foods

Following your seven-day program, you should re-introduce foods back into your diet slowly – one food at a time, every 1 to 2 days. This process may take up to a month. Focus first on protein sources from lean meat, fish or eggs. Then add back beans and grains (other than wheat). Then introduce nuts. Finally, slowly reintroduce wheat, dairy and soy. Each time a food is reintroduced, note any reactions – physical, mental or emotional. Write them down and bring your notes to your next appointment.

Typical Menu

Upon rising	8 ounces of hot lemon water
Breakfast	A protein shake made with fresh fruit and fruit juice; rice cakes; fresh fruit; herbal tea
Snack	Fruit and/or a rice protein shake; herbal tea
Lunch	Salad and soup, or rice and steamed vegetables, or yam and steamed vegetables (hot or cold)
Snack	Fruit and/or a rice protein shake; rice crackers; herbal tea
Dinner	Rice and mixed vegetables (steamed or lightly sautéed), or soup and salad, or salad and baked sweet potato
Note	Drink plenty of water and lemon water in these days as well.

Foods to Use and Avoid

Carbohydrate

Use Brown rice, basmati rice, jasmine rice, wild rice, rice cakes/crackers, rice pasta & rice pancake mix. If variety is required, use quinoa, millet & amaranth grains.

Avoid Sugar, honey, molasses, jams, artificial sweeteners, corn, wheat spelt, kamut, barley and any products with these in them.

Fats and Oils

Use Extra virgin oil & unheated flaxseed oil

Avoid All other oils including butter & margarine

Beverages

Use Non-caffeinated herbal teas, purified lemon water (organic lemons only – squeeze ½ lemon into 1 litre water, drop lemon peel into water and drink; drink 1 litre daily), diluted fruit and vegetable juices (ideally fresh)

Avoid Coffee, black tea, all alcohol, soda pop caffeinated/decaffeinated teas/coffee

Legumes

Use Mung beans, red lentils

Avoid All other beans

Vegetables & Fruits

Use All varieties of fresh produce can be used. They can be steamed, baked, lightly sautéed, eaten raw or juiced. Vegetable can be used in any combination and quantity desired. Fruits are to be eaten one variety at a time and away from other foods.

Condiments

Use Vegetable salt, sea salt, apple cider/balsamic/rice vinegars, wheat free tamari, all spices

General Categories of Foods

During your seven-day detox program, all of the following foods put too much burden on the liver's detoxification ability and often disrupt digestion. They must be avoided.

Meat	chocolate	grains (other than those above)
Fish	nuts	preservatives & food colourings
Poultry	beans (other than mung	all packaged/processed/canned fruits
Eggs	and listed soybean	
Dairy products	products)	

Shower Hydrotherapy

This home therapy enhances circulation, detoxification and metabolism. Ideally, it should be done everyday. Take a hot shower for 3 minutes then switch to cold shower for 30 seconds. Repeat the cycle 3 times, ending with a cold rinse. Make sure your entire body is showered this way. After you have finished three rounds, get out of the shower, dry off quickly, and go to bed or dress warmly till you refresh the body heat.

Sauna

Sauna therapy is extremely safe, and is a critical step in removing fat-stored toxins through the skin. As you sweat, many toxins that are stored in the fat and blood (PCBs, cadmium, lead and industrial chemicals) are excreted through the skin. Do not sauna during the first two days of the program (the water fast)

Sauna Method

- Use a low temperature or infrared sauna, choosing a temperature from 150 to 170 degrees Fahrenheit. Drink 1 quart of warm water before entering and take water into the sauna with you, continuing to drink throughout the length of the sweat.
- Begin by staying in the sauna for 15 minutes, then come out for a cold water-rinse.
- Repeat this process for up to one hour. As you become more acclimated to the heat, you may increase your time a little each day until you reach two hours. The cold rinse is important because it stimulates circulation in the skin and removes waste material being excreted through it.

Dry Skin Brushing

The skin regulates body temperature, functions as an organ of elimination and has been called the "third kidney". It averages 3100 square inches of surface area, acting as a protective shield to the outside world. Dry skin brushing is an old natural healing method used to increase blood and lymphatic circulation. It removes dead skin cells, keeps the skin soft, improves blood and skin circulation and helps the body rid of toxins.

Skin Brushing Method

- Brush your skin once a day with a natural-bristle dry skin brush that you can find at health food stores. Start with your arms, front and back, moving from the fingertips up into the armpit, always brushing towards the heart. Then do each leg, front and back, starting with the feet and brushing upward. Follow each leg up through the pelvis, buttocks, abdomen, and lower back. Then do the chest and upper back, always brushing toward the heart.
- If you wish you can lightly do the face and head, using downward strokes. Keep the brush dry (never get it wet). Just as you wouldn't use someone else's toothbrush, be sure that only you use your skin brush. If skin brushing is painful, do it lightly and persevere, the discomfort will pass. The chest, abdomen and inner thigh should be done lightly.

Supplements

During this detox, the filtering mechanisms of the liver can become overloaded. Feelings of fatigue, headache, muscle pain and nausea are common as toxins are mobilized and excreted. Taking certain supplements is a necessary step to support the liver, promote better detoxification, and prevent symptoms as much as possible. Follow the supplements listed on your treatment program by your doctor. Supplements are prescribed according to your personal needs, but here are some general guidelines that will be followed.

1. The supplement program is for enhancing detoxification and improving circulation. It will be reviewed after 4 weeks.
2. The recommended supplements work by feeding the internal mechanisms of cells involved in detoxification. Work inside of the cells is driven by mini power plants called mitochondria. Toxins interfere with the energy production and this upsets the functioning of the entire cell.
3. The supplement program will not interfere with other supplements/medications that you are taking. All prescription medications are taken *under your doctor's order*.
4. You will not be asked to take any supplement that you do not absolutely need.

LIVER & GALLBLADDER FLUSH – by Andreas Moritz

(Never cleanse when you are suffering from an acute illness, even just a cold)

1. Requires 6 days of preparation
2. followed by 16-18 hours of actual cleansing

To remove gallstones, you require the following items:

Apple juice	Six 1-litre (32 oz.) packets
Epsom salts or Magnesium sulfate	4 tablespoons dissolved in three 8-oz. Glasses of water
Virgin olive oil cold pressed	One half glass (4 oz)
Pink fresh grapefruit OR fresh lemon and orange combined	Enough to squeeze 2/3 glass of juice
2 pint jars, one with a lid	

PREPARATION

- **Drink 1 litre (32 oz) of packaged apple juice per day for a period of 6 days.** The *malic acid* in the apple juice softens the gallstones and make their passage along the bile duct smooth and easy. It also has a strong cleansing effect and the fermenting effect widens the bile ducts.
- Drink the juice slowly throughout the day in between meals in addition to your water intake. Don't drink it before meals or less than 2 hours after meals. Organic is best and clean your mouth after drinking.
- **Dietary recommendations:** During this week, avoid taking foods or beverages that are cold or chilled – they chill the liver and reduce the effectiveness of the cleanse. All foods and beverages should be warm or at room temperature. Also try to avoid foods from animal source, dairy products and fried foods and overeating – to help liver prepare for the flush. Otherwise eat normal meals.

- **The best times for cleansing:** The main and final part of the flush is best done over a weekend, when you are not under pressure and have enough time to rest – should preferably coincide with a day between full moon and new moon. The day of new moon is most conducive for cleansing and healing.
- **If you take any medications:** avoid any medication/supplement that are not absolutely necessary – gives the liver extra work.
- **Make sure that you cleanse you colon before and after you do a liver flush:** Colonic irrigation is best – ideally on the 6th day of preparation. Also make sure your bowel movemnt is regular.
- **What you need to do on the sixth day of drinking apple juice:** If you feel hungry in the morning, eat a light breakfast such as a hot cereal. Avoid sugars, eggs, nuts, pastries milk, butter, oils, yogurt, cheese, ham, cold cereals etc. For lunch eat plain cooked or steam vegetables with white rice (Basmati) and flavour it with a little unrefined sea salt. **Do not eat any protein foods, butter or oil** or you might feel ill during the cleanse. **Do not eat or drink anything (except water) after 2 pm**, otherwise you may not flush out any stones.
- **Follow the exact timing given below to receive maximum benefit from the liver flush.**

The Actual Flush

Evening

6 pm

Add 4 tablespoons of Epsom Salt to 24 oz (3 8 oz. Glasses) of filtered water.

Drink 6 oz NOW (take a few sips of water to counteract bitter taste or add a little lemon juice, or drink it with a straw to bypass the bitter taste.) Brush teeth/rinse mouth with baking soda. Epsom salt dilates bile ducts making it easy for stones to pass as well as clears waste. (If epsom salt is unbearable use magnesium citrate at the same dosage)

8 pm

Drink the second 6 oz of Epsom salts.

9.30 pm

If you have not had a bowel movement until now, take a water enema, this will trigger series of bowel movements.

9.45 pm

Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and remove pulp.

Need $\frac{3}{4}$ glass of juice + $\frac{1}{2}$ glass olive oil into the pint jar and close the jar and shake the jar vigorously for 20 times till the solution is watery.

Ideally drink the solution at 10 pm, but if you need to visit the bathroom a few times, delay it for 10 minutes.

10 pm

Stand next to your bed and drink the concoction – straight if possible or through a plastic straw. Do not take more than 5 minutes.

LIFE DOWN STRAIGHT AWAY. This is essential for helping to release gallstones. Turn off the lights and lie flat on your back with 1-2 pillows propping your head up. Head should be higher than abdomen. If uncomfortable lie on right side with knees pulled towards head.

Lie perfectly still for at least 20 minutes and try not to speak. Focus on your liver area.

You may feel the stones travelling along your bile duct like marbles. There won't be any spasms or pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed, and the bile that is excreted along with stones keeps the bile ducts well lubricated. Go to sleep if you can.

If at any time during the night you feel the urge to have a bowel movement, do so. Check if there are any small gallstones (pea green or tan coloured ones) floating in the toilet. You may feel nausea in the night and/or in the early morning hours – due to a strong outpouring of gallstones and toxins from the liver and gallbladder, pushing the oil back into the stomach. The nausea will pass as the morning progresses.

The Following Morning

6 – 6.30 am

Upon awakening (not before 6 am) drink 6 oz of Epsom salts (if you feel very thirsty drink a glass of warm water before this).

Rest, read, yoga or meditate. If you are very sleepy, you may go back to bed, although it's best if body stays in upright position.

8 – 8.30 am

Drink the 4th and last of 6 oz Epsom salts.

10 – 10.30 am

Can drink freshly pressed fruit juice at this time.

One half hour later you may eat one or two pieces of fresh fruit.

One hour later you may eat regular but light food.

By the evening or the next morning you should be back to normal and feel the first signs of improvement.

Continue to eat light meals during the following days.

Note: Drink water whenever thirsty except right after drinking Epsom salts and for the first two hours after drinking the oil mixture.

What to Expect

- During the morning and perhaps afternoon hours following the flush – a number of watery bowel movements – initially consisting of gallstones mixed with food residue and then just stones mixed with water.
- Most of the stones are pea green and float because they contain bile compounds. Can also be different shades of green or bright coloured and shiny like gemstones. Only bile from the liver can cause the green colour.
- Gallstones come in all sizes, colours and shapes. The light coloured ones are the newest, dark green ones are the oldest. Some are pea-sized or smaller and others are as big as one inch in diameter. There may be dozens and even hundreds of stones coming out at once..
- Watch out for tan-coloured and white stones which sink to the bottom – they are calcified gallstones released from the gallbladder and contain heavier toxic substances with only small amounts of cholesterol. All the green and yellowish stones are as soft as putty due to the action of apple juice.
- A layer of white or tan-coloured chaff or “foam” floating in the toilet may appear – consists of millions of tiny white, sharp-edged cholesterol crystals, which can rupture small biled ducts.They are equally important to release.
- Try to make estimates of how may stones you have eliminated.
- For bursitis, back pain, allergies or other health problems – best to remove **ALL** stones. And this may require 8-12 cleanses which can be performed at about three-week or monthly intervals. The 3 weeks in between may include the 6 day preparation for the next liver flush but ideally it should start after the 3 weeks have passed.

- The liver, as a whole, will function more efficiently soon after the first cleanse.
- BUT, within a few days, stones from the rear of the liver would have travelled "forward" towards the two main bile ducts (hepatic ducts) in the liver, which may cause some or all of the previous symptoms of discomfort to return. This simply means that there are more stones left to be removed.
- Take heart, because the liver's self-repair and cleansing responses will have increased significantly. Each flush will give a further boost to the liver and take care of any toxins or new stones that may have accumulated in the emanwhile.

Important

The liver flush is one of the most invaluable and effective methods to regain your health. There are no risks involved if you follow all the directions to the letter.

Please check procedure in:

"The Amazing Liver and Gallbladder Flush" by Andreas Moritz