



# A - B - C

## CLEANSE SYSTEM



- **ACIDOPHILUS PLUS**
- **BALANCING CLEANSE**
- **COLON CLEANSER**

### **LIGHT CLEANSE**

( Days 1-10 )

#### A.M. (Early)

- 1-Balancing Cleanse
- 3-Colon Cleanser

#### P.M. (12-Hours Later)

- 1-Balancing Cleanse
- 3-Colon Cleanser

### **STANDARD CLEANSE**

( Days 1-10 )

#### A.M. (Early)

- 2-Balancing Cleanse
- 3-Colon Cleanser

#### MID-DAY (6-Hours Later)

- 2-Balancing Cleanse

#### P.M. (12-Hours Later)

- 2-Balancing Cleanse
- 3-Colon Cleanser

### **HEAVY CLEANSE**

( Days 1-3 )

#### A.M. (Early)

- 2-Balancing Cleanse
- 3-Colon Cleanser

#### P.M. (12-Hours Later)

- 2-Balancing Cleanse
- 3-Colon Cleanser

( Days 4-10 )

#### A.M. (Early)

- 2-Balancing Cleanse
- 6-Colon Cleanser

#### P.M. (12-Hours Later)

- 2-Balancing Cleanse
- 6-Colon Cleanser

## **NOTE**

**AFTER FOLLOWING THE 10-DAY LIGHT, STANDARD OR HEAVY CLEANSE REGIMEN:**

**TAKE 1-ACIDOPHILUS EACH MORNING FOR 15-DAYS**



A cleanse can be a fast, but it doesn't have to be. You can eat while cleansing, provided that you use cleansing foods. If you want a specific food list for cleansing, check into any cleansing book and they will list the foods specifically.

Generally, it is avoiding heavy foods like red meat, wheat, dairy, fried foods, Soya products, dried fruit, etc. You would eat fresh fruits, fresh veggies, whole grains with the exception of wheat, some chicken or fish, etc. (Some veggies contraindicated when cleansing are tomatoes, potatoes, and the squash family. Dried fruit is usually a no-no too.) Any condiments you use would be very simple like flax oil, olive oil, apple cider vinegar, vegetized sea salt, etc.

The idea is to eat easily digestible foods so as to "free-up" the eliminative organs such as the liver, kidney, skin, lungs, colon, and lymphatic system, so that they can spend more time detoxifying and less time digesting. (Some of these organs aren't directly digesting food, but do help in the processing part of digestion). A juicer is also recommended, though a basic cleanse can be done without this.

**For the reasons above while cleansing , we recommend you avoid the following foods, as they may inhibit the cleansing process:**

Dairy – Butter, Ice Cream,

Sugar

Processed foods – This means as they say "all foods that have more than 5 ingredients listed" just remember the simpler the better!

Pasta

Carbonated beverages – This would likely disturb your water balance and the flavoring and sweetener chemicals – to be avoided.

Meat – Digests too slowly, during cleansing you want to void quickly.

Caffeine – This would likely disturb your water balance – to be avoided.

Bread – Yeast, Gluten Artificial Vitamins are but some of the 'unclean' ingredients in most bread.

Salt – This would likely disturb your water balance – to be avoided.

## Recommended Foods and Recipes While Cleansing

### Fruits

|            |          |              |             |
|------------|----------|--------------|-------------|
| Banana     | Apple    | Orange       | Pineapple   |
| Grapes     | Mango    | Papaya       | Figs        |
| Coconut    | Kiwi     | Strawberries | Raspberries |
| Cantaloupe | Honeydew | Cherries     | Nectarines  |
| Peach      | Prunes   | Grapefruit   | Lemon       |
| Lime       |          |              |             |

### Vegetables

|           |             |                 |           |
|-----------|-------------|-----------------|-----------|
| Broccoli  | Cauliflower | Artichokes      | Carrots   |
| Celery    | Beets       | Turnips         | Peppers   |
| Peas      | Mushrooms   | Lettuce         | Sprouts   |
| Corn      | Zucchini    | Squash          | Leeks     |
| Cucumbers | Asparagus   | Brussel Sprouts | Cabbage   |
| Collards  | Eggplant    | Endive          | Kale      |
| Onions    | Parsnips    | Pumpkins        | Radicchio |
| Radish    | Rutabagas   | Spinach         | Jicama    |
| Okra      | Fennel      |                 |           |



**Easy Delectable Cleanse Recipes:**

**Broccoli and Apple Salad**

Organic salad greens and sprouts  
1 stalk of organic broccoli  
1/2 organic apple  
1 tblsp. soaked raw organic sunflower seeds (soak for 6-8 hrs.)  
Dulse powder or flakes  
Organic cold pressed olive or flax seed oil  
Raw organic apple cider vinegar

Mix all ingredients and enjoy.

**Cauliflower Soup**

1/2 to 1/3 head of organic cauliflower  
1/2 organic avocado  
Water  
1/2 to 1 tsp. of curry, to taste

Blend all ingredients, adding water until desired consistency is reached.  
Eat raw, or warm to 105 degrees or less. Doing this allows the enzymes to remain active in your food.

**Veggie Mineral Broth**

An excellent source of essential electrolytes.

Chop 3-4 whole, unpeeled potatoes, 3-4 stalks of celery and a large handful of greens, and place in 3 quarts of distilled water. Simmer for 20 minutes, strain the liquid and drink. Seasonings, such as Mrs. Dash, fresh or dried herbs may be added for extra flavor.

**Fruit Salad**

1 sliced banana  
1 cup fresh berries  
1/2 cup diced apple  
1 cup fresh grapes  
honey to sweeten, if desired

Mix all ingredients and enjoy.

**Fruit Smoothie**

1 banana  
1 kiwi  
1 mango  
1 cup fresh berries  
4-6 ice cubes  
1 tsp flax seed oil

Combine all ingredients in a blender. Mix until desired consistency.