

## Cleansing

Once the basics of the diet are understood, one is ready to take control and make positive changes. It is time to begin the process of detoxification and cleansing. The most effective way that many individuals begin the healing process is with a "cleanse."

Cleansing is a holistic approach to allowing the body to heal itself, naturally. The first step to correcting the pH imbalance is to remove the debris that has built up in the body and provide the raw materials, or building blocks, for repair. The Cleanse can be accomplished without taking additional supplements, however there are some which will aid in the process, making it more effective (i.e. Balance Pack). It is very important to provide nutrients that will aid in repair and give the body energy it needs during the cleansing process; this is not a fast! Vegetable juices and soups, water with [alkaline booster drops](#), essential oils, and green drinks are recommended.

The protocol for the Cleanse follows this section (see below).

It is important to understand that during cleansing, the blood is actually "dirtier" than when one began. This can result in feeling worse before one can feel better. Some "detox symptoms" may occur, such as: nausea, dizziness, headaches, fatigue, runny nose, etc. Some call these flu-like symptoms a "healing crisis." It's a good sign! It shows that the cleansing process is effective; toxins are being expelled from the body and eliminated through wastes, mucus, etc. The most important thing to do when one exhibits these symptoms is to hydrate the body with water and green juices. This will allow the toxins to exit the body and help to decrease some of the discomfort of side effects. Don't give up! Cleansing will put one years ahead in the healing process according to some.

Granted, each individual's body responds differently to various stimuli. Therefore, one must decide how many days to follow the Cleanse, individually. Generally, a seven to ten day cleanse is recommended. This ensures that the body has rid itself of harmful toxins, adequately cleansed the system, and weaned itself off sugar and other acid forming foods which are difficult to eliminate from the diet.

Upon termination of the cleanse, one will find it is much easier to avoid the types of foods that are not recommended on an alkaline diet, like sugar, meat, coffee, etc. It may be a challenge to pass up these foods during the start of the Cleanse, but once completed, the body has almost "forgotten" the sweet taste of these foods and finds enjoyment in subtler, more natural tastes. Many people comment on the way their "taste buds have changed" since doing the Cleanse and continuing on the maintenance diet. It's surprising how sweet fresh, lightly steamed vegetables or salad tastes!

## The Cleanse

During the Cleanse, your intake should consist of the following:

**1. Freshly juiced, green vegetables** – Kale, spinach, parsley, celery, cucumber, broccoli, wheat grass, cabbage, barley grass, collard greens, okra, etc. If this is one's only intake, drink 8-12, 8 oz. glasses per day, in addition to 64 oz. to one gallon of water. If using a green drink in addition to fresh juice, drink 2-3 glasses a day. If juice is not available, try the soup recipes listed below. It is vital that enough energy and nutrients are provided so that the body can heal itself. An example serving of juiced greens: 1 cucumber, 1 stalk celery, 1/3 bunch parsley, a handful of alfalfa sprouts, and some spinach or kale leaves.

**2. Alkalizing Water** - The most important thing you must learn is to hydrate the body with alkalizing water. Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. A thirst for water will begin as one begins to hydrate with water.

A diet high in acid foods such as meat, dairy, grains, high sugar fruits and bread, causes acid wastes to build up in the body. When acid wastes enter our blood stream, the blood system will attempt to dispose of these wastes in liquid form through the lungs or the kidneys. If there are too many wastes to handle, they are deposited in various organ systems like the heart, pancreas, liver, colon, and other locations.

The breakdown of this disposal process of acid waste could also be called "the aging process". To slow down and reverse this process, one must begin by removing this over-acidification of the blood and tissues by including liberal amounts of alkaline water in the diet. Alkaline water has a pH between 9 and 11, and will neutralize harmful stored acid wastes and gently remove them from the tissues.

**3. Raw, pureed soups** - These soups help the body combat toxins and can be very anti-fungal. Ingredients like garlic, onion, green vegetables, and vegetable broth are detoxifying and increase the effectiveness of the Cleanse. (Sample recipes follow) Raw soups supply energy in a form that is easy for the body to utilize; it doesn't have to expend energy to obtain it during digestion. One to two bowls/day during a Cleanse is suggested.

**4. Essential Oils** - These high-quality oils may be added to juices, soups, or taken in gelcap form. Among the most highly recommended are: Primrose, Flax Seed, Borage, Olive Oil, or a blend such as Udo's Choice, Perfected Oil Blend. About 2-3 Tbsp./day is recommended.

**5. Nutritional Supplements** - Most of us suffer from a chronic deficiency of vitamins and other essential nutrients. Since deficiencies of these essential nutrients do not give any immediate alarm signs, they continue to be unrecognized and masked for many years. In many cases, the first sign of chronic vitamin deficiency is a heart attack or the outbreak of another disease. Thus, since our body does not give us any alarm signs, the best way we can avoid deficiencies in cellular energy is an optimum daily supplementation of broad-spectrum bio-available nutrients. The best supplements to use are liquid colloidal (sublingual) since these vitamins and minerals bypass the digestive tract (which may be currently compromised) by entering the blood stream directly through the mouth.

### A Typical Day On The Cleanse:

<b>7:00 A.M.</b>	1 quart alkalizing water and lemon juice
<b>7:30 A.M.</b>	Liquid colloidal supplements
<b>8:00 A.M.</b>	Freshly juiced greens
<b>9:00 A.M. - 12:00 Noon</b>	1 1/2 quarts alkalizing water with your favorite nutritional green drink
<b>12:30 P.M.</b>	Liquid colloidal supplements
<b>1:00 P.M.</b>	Soup or juice
<b>2:00 P.M. - 5:00 P.M.</b>	1 1/2 quarts alkalizing water with your favorite nutritional green drink
<b>5:30 P.M.</b>	Liquid colloidal supplements
<b>6:00 P.M.</b>	Soup or juice
<b>7:00 P.M. - 9:00 P.M.</b>	Alkalizing water and lemon juice as desired

This is just an example of what a typical day on the cleanse might be like. This model is given to help you understand how simple it is to consume all the water and liquids that the body requires in one day while doing a cleanse. You need to be sensible during this time - do not attempt to limit your intake too much. Hydration is *essential*.

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The following are raw soup recipes taken from Shelley Young's recipe book, [Back to the House of Health](#).

Generally, one to two bowls per day are recommended while on the Cleanse. However, if one is feeling lethargic, they are a good source of energy and may be increased as needed.

#### **AsparaZincgusto Soup**

12 stalks Asparagus, trimmed  
1 Avocado  
5-6 large Tomatoes  
1 cup fresh Parsley  
3-5 Sun-dried Tomatoes  
¼ cup dried Onion  
4 cloves fresh Garlic  
1 Red Bell Pepper  
Bragg's Amino's, to taste  
1-2 tsp. Herbes de Provence  
2 tsp. Deliciously Dill  
2 Lemons or Limes, cut in thin slices

Blend all ingredients (except lemon/lime) in a food processor or blender until smooth. Warm in skillet until just warmed, not cooked, or serve cold. Garnish with lemon or lime slices.

#### **Green Raw Soup**

1-2 Avocados  
1-2 Cucumbers, peel and seed  
1 Jalapeno pepper, seeded  
½ Yellow onion, diced  
Juice of ½ Lemon  
1-2 cups Water or Veggie stock  
3 cloves roasted Garlic  
1 Tbsp. Cilantro  
1 Tbsp. Parsley

Puree all ingredients (except onions) in a food processor or blender. Add more or less water to desired consistency. Top with diced onions for garnish.