

# Dietary guidelines for Natural Detoxification & Rejuvenation

Food Group	Encouraged - 80%	Reduce - 20% or less(15x/week or less)
Meat, poultry, fish, legumes	Organic poultry, lamb, bison, venison, organic eggs, all legumes, dried peas and lentils, wild fish	Beef, pork, veal, cold cuts, bacon, turkey bacon, hot dogs, sausage, canned meats, tuna, mackerel, soy-based "meats"
Dairy	Unsweetened, live-cultured, plain yogurt or kefir, hemp milk or homemade almond milk	Milk, buttermilk, cheese, ice cream, cream soups, creamed vegetables
Starch	Sweet potato, rice, tapioca, buckwheat, quinoa	Any gluten*-containing product, corn
Soups	Clear, vegetable-based broths, homemade soups with "encouraged" ingredients	Commercially-prepared or cream soups
Vegetables	All vegetables, preferably organic, fresh, frozen, Brussels (and all) sprouts, kale, collards, radishes and watercress*	Creamed vegetables, with cheese or (tomato, potato, eggplant, pepper)
Beverages	Unsweetened fruit or vegetable juices (preferably organic), filtered water, caffeine-free herbal tea, mineral water (San Pellegrino)	Milk, coffee, tea, cocoa, alcohol, soda, sweetened beverages, citrus, caffeinated herbal teas
Breads, cereals, crackers, chips	Any 100% whole grain made from rice, oat, buckwheat, millet, tapioca, quinoa, arrowroot or gluten-free flour-based or sprouted-grain bread such as Ezekiel bread	All made from wheat, spelt, kamut, rye, barley, potato, amaranth, gluten-containing foods, yeast
Fruits	Preferably fresh, organic, unsweetened frozen	Citrus, strawberries, sulfite-containing dried fruit
Fats, Oils, Nuts	Oils: cold-pressed, unrefined flax, olive, coconut or sunflower Butters: ghee, sunflower, flax, pumpkin, squash seed, hemp Nuts: preservative-and additive-free almonds, pecans, walnuts macadamias, Brazil, filberts (preferably raw) Condiments: raw honey, gray (Celtic) sea salt, Bragg's, tamari	Margarine, shortening, butter, refined oils, peanuts, salad dressings & spreads, nut butters with sugar and/or trans fats (partially hydrogenated oils)

*gluten-containing products are: Barley, Bran, Bulgur, Couscous, Durum, Farina, Faro, Kamut, Malt, Matzo flour/meal, Orzo, Panko, Rye, Seitan, Semolina, Spelt, Triticale, Udon, Wheat/bran/germ/starch, Ales, Artificial colors and flavors, Beer, Breeding, Brown rice syrup, Coating mix, Communion wafers, Some condiments, Croutons, Some candy, Food Starch / Modified food starch, Luncheon/Deli meats, Marinades, Maltose, Maltodextrin, Medications, Mustard, Natural flavors, Oats, Some salad dressings, sauces and soups/broths, Stuffing, Soy Sauce, Thickeners, Vitamins/Mineral and herbal supplements*