

Detox plan 1 (Food Matters plan)

Incorporating the principals of a macrobiotic brown rice cleanse and a vegetable juice cleanse results in a fiber-rich cleansing detox which leaves you clean and satisfied. This 3 to 7 day cleanse is a great way to assist the transition from an unhealthy diet to a healthy one. The program uses brown rice as a nutrient-building food, and vegetable juices as concentrated cleansers. Brown rice is high in potassium, natural iodine and other minerals, so most people notice improvement in their hair, skin texture and nail growth. Brown rice is also high in fiber which helps to sweep the bowels from accumulated wastes. Sea greens boost weight loss and deter cellulite build up and help to balance thyroid function, which helps in metabolizing fat. Vegetable juices help to deliver concentrated enzymes and nutrients directly to the cells of the body within fifteen minutes of consumption, which assist in the detoxification process.

The Program

On Rising

Take a large glass and add the juice out of 1 fresh lemon and crush a thumbnail size of fresh ginger. Fill the rest of the glass with room temperature or warm water.

Between starting work and breakfast

Mix Wheat Grass or Barley Grass powder & spring water to make a green drink to alkalize and energize the cells of your body and accelerate the cleansing process. It will taste a little weird to start, but as your bloodstream PH levels drop, your taste buds will adjust to the flavor.

Breakfast

'Break your Fast' with a fresh vegetable juice of 4 medium size carrots, 1 beetroot, 1 cucumber, 1 handful of baby spinach, 1/4 cup parsley. Take 1000 mg of vitamin C & 2 x 1000mg Flax Seed Oil capsules.

Between Breakfast and Lunch

Have a caffeine-free detox tea of peppermint, ginseng, licorice root, ginger or chamomile or a special natural laxative tea. More green drink (barley or wheat grass) as you need it!

Lunch

Have a small to medium serving of brown rice with a mixture of raw & steamed vegetables (choose from broccoli, shiitake mushrooms, bok choy, radishes, rocket, spring onions, watercress, garlic and ginger) season with sea greens (dulse, nori or kelp flakes) and flavor with 1 cup of miso soup or lemon juice and extra virgin olive oil. Take 1 x 1000mg of vitamin C.

Mid-Afternoon

Have another vegetable juice of carrot, apple and ginger to boost your energy levels

Early Dinner

Have a freshly-squeezed vegetable juice of 2 carrots, 2 tomatoes, handful of spinach leaves, 2 celery ribs, 1/2 cucumber, 1/2 green bell pepper. Add one table spoon of wheatgrass or barley grass powder. Take 1 x 1000 mg of vitamin C.

Before Bed

Relax your body with a detox tea of peppermint, ginseng, licorice root, ginger or chamomile tea or fresh mint and green tea with cardamom pods.

Follow this program as closely as possible for a minimum of 3 days to really see results. You can experiment with the vegetable juices throughout the day, but just make sure you are not adding too many sweet fruits (ideally none at all) as these add to the sugar (acidic) load in the body, which is what we are trying to avoid during this cleanse. If you get unbearably hungry, then munch on a handful of almonds. You may also alternate the veggie juice for lunch with a veggie soup if desired (if you live in a cold climate then this will feel better). Throughout the detox, you will notice that after the second day, your body will be getting used to the routine and will not get such cravings. Most of all, stick with it and the results will follow.