

A Seven Day Program to Aid Digestion, Elimination, Detoxification, and Cleansing

Why detox?

Detoxification is simply the cellular, mental, and spiritual processes by which the body identifies, neutralizes, and eliminates toxic substances and metabolic byproducts, including toxic emotions and habits. However, for increasing numbers of people living in a more polluted and stressful world, these bodily systems can become overburdened by various combinations of contaminants that lead to many health problems. These toxins can be identified within the following categories and examples:

- *Anti-nutrients* such as high fructose corn syrup, trans-fats, caffeine, alcohol, and processed foods
- *Internal metabolic toxins* such as nitrogen, carbon dioxide, bile, urea, and stool
- *Medications* used improperly, inappropriately, or too often
- *Heavy metals* such as mercury, arsenic, lead, cadmium, tin, and aluminum
- *Chemicals* such as pesticides, herbicides, cleaning products, solvents, and glues
- *Allergens* such as food, mold, dust, pollen, and chemicals
- *Infectious organisms* such as bacteria, viruses, yeast, and parasites

Further, there are also emotional and spiritual challenges that affect our health and well-being:

- *Stress* such as lack of time, too much work, too little rest, worry, and finances
- *Ambient distractions* such as pervasive city noises, nighttime lights, and urban smells
- *Over-stimulation* from advertisements, radio, TV, cell phones, PDAs and pagers
- *Lack of spiritual connection*, or a loss of meaning and purpose
- *Isolation*, or the loss of social support and

community

- *Nature deprivation*, or being disconnected from the natural environment
- *Negative emotions* and self-defeating thought patterns that persist such as anger and fear

The body and mind have built-in resources to handle these toxins and challenges. The major systems that work together synchronously to maintain a state of balance and homeostasis include the following:

- Liver and gallbladder
- Kidneys
- Gut
- Skin
- Lungs
- Lymphatics and circulation
- Mind

Symptoms that reflect an overtaxed system or dysfunctional detoxification are vague and non-specific, but when seen in constellation together suggest a problem in the body's ability to restore itself. When underlying causes have been medically addressed or ruled out, these symptoms often include the following:

- Fatigue with sleep disruption and brain fog
- Mood disturbance, especially depression, anxiety, fear, and anger
- Muscle aches and joint pain
- Sinus congestion, dark circles under the eyes, and post nasal drip
- Headaches with neck and shoulder pain
- Bloating and gas
- Irritable bowel, foul smelling stools, and dark urine
- Weight changes and loss of muscle tone
- Heartburn, recurrent colds, and persistent infections



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- Infertility and low libido
- Premature aging and weakness
- Fluid retention and excess weight
- Rashes and canker sores
- Bad breath and body odor

While scientific data is often lacking, the real question for a person suffering from these symptoms is *what can be done to achieve homeostasis and well-being*. There are many gimmicky and potentially harmful (if not expensive and unnecessary) products that claim to enhance detoxification. In general, it is recommended to avoid these often ineffective and sometimes harmful products. Instead, there are a number of safe and health-promoting lifestyle changes that can be made. The five basic components of detoxification can include the following:

- Exercise every day such as walking and yoga, especially in nature
- Regular sauna use
- Healthy nutrition rich in fruits and vegetables and filtered water
- Meditation or relaxation techniques such as deep breathing
- Body-work such as massage

Prevention is always the top priority, and avoiding disease from a broader perspective can be accomplished by adopting environmentally sustainable practices such as:

- Riding your bike or walking to work
- Recycling, reducing, and reusing whenever possible
- Avoiding plastic containers and processed food
- Using organic and/or locally grown food when possible
- Using healthy personal-care-products and safe home-cleansers
- Being energy efficient
- Supporting environmental conservation and sustainability efforts

These and other measures can help reduce

ecological burden making the environment cleaner, safer, and healthier for everyone—including you and your family.

Finally, it is important to remember the role that supportive relationships and social connection have on our health. Often understated, the community and company we keep influences our health, and vice versa. Being around friends and loved ones, getting proper rest and restorative sleep, and being engaged in meaningful work can all play a major role in reducing stress and improving well-being.

Getting started

The five basic ingredients of this detox regimen are self-reflection, gentle exercise, sauna, nutrition, and body-work. This program is designed to support and enhance your own ability to heal and experience well-being. It is intended for most people with few exceptions.

In addition to physiologic approaches that aid the body's natural detoxification processes, this plan emphasizes mind/body approaches that enhance the relaxation response and unravel negative—and often unconscious—patterns. There is also a foundational emphasis on using organic, sustainable, local, responsible, gentle, natural, whole, balanced, and easeful products and methods that honor the global and spiritual aspect of health. It is also important to clarify your intention before going through a detoxifying and cleansing program in language that is meaningful to you.

Please keep in mind that this regimen is not intended to be an exhaustive resource. Nor is it a test of will and endurance. It is designed to be a safe, easeful, useful, and accessible health guide taking into account personal variability and preference *with individual adaptations made as necessary*. However, this process does require **planning and preparation**, so read through it and make **arrangements early**.



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Study this information over time, and make positive changes one step at a time starting with a detox week for yourself. Have fun with it and make it an enjoyable and restorative experience. It can be a great way to jump-start a healthy and happy life.

Precautions and expectations

Healing crises can occur during a detoxification regimen, where you feel lousy or not quite yourself. Common and temporary symptoms of detoxification can include headache, lightheadedness, diarrhea, cramps, bloating, body aches, fatigue, mood changes, and weakness. This is due to a combination of factors including the **mobilization of toxins, withdrawal from various substances** (such as alcohol, caffeine, sugar, nicotine, etc.) and even changes in your daily routine.

Dehydration, poor electrolyte balance, and low blood sugar are common contributors. Make sure that you drink a lot of fluids (especially the detox broth), and address your particular needs as you go along, such as more frequent snacks, bigger meals, increasing protein and healthy fats, working less or not at all, more rest, etc. Most often the best approach is to **continue with the detox**. However, you may need to **stop or alter the detox** if you experience ongoing distressing symptoms.

If needed, use prescribed medications for migraine headaches or other problems you encounter. **Communicate with your health care provider**, therapist, or other healing practitioners as needed. But in the end, you will likely find that you feel better, have more energy, and require less or no medications.

Shopping list before getting started

Just do the best you can and don't fret too much about what you can't find or afford. Most

items can be found in health food stores such as farmers' markets, Community Supported Agriculture (CSAs), local co-ops, Whole Foods, or natural pharmacies. Try to use what you have at home already. **Use organic foods when possible**, such as produce from your own garden in which chemical fertilizers have not been used.

- Filtered/purified/spring or mineral water (e.g., using a sink filter, Brita pitcher filter, etc.)
- Pure psyllium fiber or ground up flax seed (1-2 tablespoons, two times per day) mixed with food or smoothies
- Probiotics (VSL#3, Floragen3, Culturelle, etc.) 1 capsule per day
- Pectasol powder 10g two times per day in smoothies (can be found online at www.amazon.com)
- Hydrolyzed whey protein powder in smoothies (10g two times per day)
- Milk thistle crude extract capsules (about 500 mg three times per day)
- Dandelion root capsules (about 500 mg three times per day)
- Multivitamin with minerals (e.g. Weil brand)
- Turmeric capsules (about 500 mg three times per day)
- Magnesium Citrate (one-two 300 mL bottles to produce loose or clear stools)
- Activated charcoal or Bentonite Clay capsules (about 500 mg three times per day **on Day #4 only**)
- Fleet Enema (1-2 bottles, until your stool is loose or clear **on Day #4 only**)
- Dr. Bronner's liquid soap www.drbronner.com for bathing, cleaning, etc. (lavender recommended)
- Epsom salt, about 2 cups per bath (no artificial additives)
- Lavender oil (for detox bath)
- Tea Tree oil (to rub on feet after bathing)
- Olive oil (extra virgin, cold pressed, organic) and sesame oil for recipes



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- Fresh/frozen/dried mushrooms (maitake, shiitake, oyster, and/or enoki) for detox-broth
- Fennel, cumin, and coriander (**whole seeds**) for digestive-tea
- Cayenne pepper powder for vitalizing beverage
- Tea (peppermint, decaf green, chamomile, licorice, and/or ginger)
- Maple syrup (grade A or B) for vitalizing-beverage
- Dried berries and fruit for snacks
- Mixed nuts for snacks
- All natural fruit and vegetable juice
- Frozen or fresh blueberries and/or various organic berries of choice for snacks and smoothies
- Lemon and/or lime for vitalizing beverage
- Orange juice, cranberry, and other 100% juice of choice
- Bananas, apples, and fresh fruits of choice for snacks and smoothies
- Root vegetables (rutabaga-1, parsnip-1, and/or turnip-1) for detox-broth
- Fresh greens (collards, kale, cilantro, chard, parsley, and/or dandelion) for detox-broth
- Sea weed (nori, dulse, wakame, and/or kelp) for detox-broth

Vegetables

Choose from a variety of organic fresh/frozen/dried seasonal vegetables (for your favorite recipes). Try to limit potatoes and rice, which are very starchy (eat 1-2 servings a day or less).

Some nutritious vegetable examples:

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| • Cilantro (helps bind heavy metals) | • Onions |
| • Spinach | • Leeks |
| • Mixed leafy greens | • Garlic |
| • Mustard greens | • Cabbage |
| • Artichoke | • Broccoli |
| • Squash | • Cauliflower |
| • Eggplant | • Radish |

- | | |
|-------------|------------|
| • Asparagus | • Bok choy |
| • Avocados | • Sprouts |
| • Peas | • Tomatoes |

Fruit

Choose from a variety of organic fresh/frozen/dried seasonal fruit (for snacks and smoothies)

Some nutritious fruit examples include:

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|-----------------------|----------|
| • Berries (all kinds) | • Kiwi |
| • Melons (various) | • Papaya |
| • Bananas | • Apples |
| • Pineapple | • Pears |
| • Mangoes | |

Checklist for the detox week

- Sauna availability (often in health clubs, wellness centers, and hotels). Also consider a “**poor man’s sauna**,” which is using 1-2 space heaters in the bathroom on high with the shower running as hot as it will go for 10 minutes before “sauna” use.
- Decreased or no work responsibilities (such as a vacation week)
- Recipe selections and ingredients (Plan your own favorite vegetarian meals for the week).
- Supplements and groceries (see *Shopping List*)
- Cooking supplies (blender, soup pot, etc.)
- Body work appointments. Recommended massage therapy early in the week and a preferred form of energy medicine at the end of the week.
- Yoga studio, health club, or exercise plan. Keep this simple and gentle!
- Retreat center or home retreat (week-long personal retreat at www.christinecenter.org is recommended)
- Journal, music, art, meditation routine, etc.
- **Please follow the “Mind/Body Awareness Writing Exercises” at this link.**



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General guidelines for 7 day detoxification and cleansing

(For additional details, please see the Appendix as indicated below).

Plan ahead and make preparations before starting.

Use fresh, **organic**, locally raised, whole foods when possible (see Appendix: *General Nutrition for Health*). **Avoid processed foods** (e.g., pre-made in a wrapper or box). **Avoid artificial** preservatives, colors, and flavors (usually long, complicated, and difficult to say). For the week, eliminate caffeine, tobacco, alcohol, recreational drugs, chocolate, and sugar/sweeteners.

Drink at least 8-10 glasses of **clean filtered water** everyday (see Appendix: *Water Testing*). Include 1-2 tablespoons (T) of **ground-up flax seed** or psyllium fiber two times per day with meals or smoothies (binds and eliminates toxins secreted by the gallbladder). Avoid Metamucil and brands with additives.

Drink/sip a lot of tea, especially the **digestive-tea** (see Appendix: *Digestive Tea*). Drink/sip the **detox-broth** throughout the week, especially before and after fasting (see Appendix: *Detox Broth Recipe*).

Drink the **vitalizing-beverage** or dilute fruit juices, especially during fasting on Day 4 (see Appendix: *Vitalizing Beverage*).

Make **smoothies** as a tasty, convenient, and nutritious way of including fiber/powder supplements (see Appendix: *Smoothie Recipe with Supplements*).

Use the **recommended herbs and supplements** for the detox week (see Appendix: *Recommended Herbs and Supplements*). As a general recommendation, **stop all other supplements**, botanicals, and herbs.

In general, continue your meds. **Check with your health care provider before stopping any meds.**

As best you can, **move** (walk, swim, bike, run, ski, skate, dance, etc.) for 30 minutes or more everyday in **nature**. This could be at a park, woods, forest, prairie, wetland, river, desert, mountains, shore, etc. (see Appendix: *Exercise*). Consider joining a **health club** or wellness center for the sauna and gentle exercise options such as **Yoga** (Hot-room yoga is particularly recommended.), Tai Chi, or QiGong. The YMCA has affordable monthly memberships (see Appendix: *Exercise*).

Find access to a **sauna** if possible, or do a “poor man’s sauna” (see page 4). This is very important because sweating helps the body eliminate toxins (see Appendix: *Sauna Therapy*).

Connect or establish with a **massage therapist** with whom you feel comfortable (see Appendix: *Massage and Touch Therapy*).

Take a 10-15 minute **sun-bath** most days of the week (more than 30% skin exposure, no sunscreen) to increase your vitamin D (15 minutes of sun exposure to the face, arms, and shoulders is about 15,000 IU).

Take a hot **detox-bath** for about 20 minutes before going to bed (see Appendix: *Detox-bath*). Consider using Dr. Bronner’s liquid soap (or one similar) for cleaning, bathing, etc. (www.drbronner.com).

Massage your feet with about 8-10 drops of tea tree oil after showering in the a.m. and bathing in the p.m.

Consider a daily **Neti Pot** saline rinse of the sinuses for congestion or allergies.

Get plenty of **rest** at night, and consider taking **naps** (see Appendix: *Sleep Hygiene*).



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Avoid watching, listening, or reading the news for this week (**News Fast**). Limit TV time to non-commercial programs, shows, or uplifting movies (less than 1-2 hours per day). If possible **decrease screen time** (TV, computer, video games, PDA).

Read or listen to an **uplifting book** that resonates with you (e.g., *A New Earth* by Eckhart Tolle or any number of inspiring daily meditation/prayer books).

Listen to or perform uplifting or soothing **music** that makes you feel good. Singing or chanting is recommended also.

Perform the Abdominal Breathing Technique 2-3 times per day (see Appendix: *Abdominal Breathing*).

Spend between 5-30 minutes for **contemplation** or **meditation** two times per day in silence and stillness – after waking and before going to bed is recommended (see Appendix: *Mindfulness Meditation*).

Some people choose to be **celibate** during a detox to enhance inward focus, but this is optional.

Connect or establish with a trusted **mentor** (e.g. spiritual director, close confidant, counselor, therapist, spiritual teacher) or other person with whom you feel comfortable talking for emotional and psychological support for the detox (see Appendix: *Emotional Health*).

Do the “**7 Day Mind Body Emotional Awareness**” writing exercises by Howard Schubiner for 1 week to help explore the mind/body connection (see Appendix: *Mind Body Awareness Writing Exercises*).

Do this detox regimen during a week you can relax and rest (e.g. vacation week for you).

Consider taking a **personal retreat** (e.g. at the *Christine Center* in Willard, WI (www.christinecenter.org) or *Holy Wisdom Monastery* in Madison, WI, (<http://www.findthedivine.com/retreatcenter/saintbenedict/home.html>)). Being in a **natural healing place** is helpful for detoxification (see Appendix: *Personal Retreat*).

Seven day detox outline

Be creative and adapt to your needs. These are general guidelines and not strict rules. Cooking preferences are guided by recipes you choose ahead, including soups, steaming, sautéing, etc. Bolded items reflect important changes from previous days. Fresh recently harvested items are preferred when possible.

Days 1 and 2 (or do this one day only)

Eliminate:

- Flesh foods/meat (e.g. fish, beef, pork, lamb, poultry, etc.)
- Refined sugars (white/brown sugar and especially high-fructose corn syrup)
- Artificial sweeteners such as *saccharine, aspartame, and Splenda*
- Alcohol, tobacco, caffeine, cigarettes, chocolate, and recreational drugs
- Dairy, wheat, and eggs (instead try soy/almond/rice milk, soy cheese, soy yogurt, stanol/sterol spreads)

Encouraged, as guided by your favorite recipes: (not an exhaustive list)

- Fresh/frozen/dried seasonal vegetables
- Fresh/frozen/dried seasonal fruit
- Fresh/frozen/dried mushrooms (maitake, shiitake, oyster, and/or enoki, etc.) sautéed with oil, in soups, etc.
- Brown/wild rice, quinoa, buckwheat, oatmeal, millet, seeds, nuts, legumes, and flax seed



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- Cold pressed organic extra-virgin olive oil (sesame oil for flavoring with cooking)
- Spices and healthy seasonings of choice as guided by your recipes
- 8-10 glasses of purified/filtered/clean water, including vitalizing-beverage (see Appendix: *Vitalizing Beverage*), detox-broth (see Appendix: *Detox-Broth*), and diluted real juices.
- For snacks eat mixed nuts, dried and fresh fruit, and detox-broth (see Appendix: *Detox-Broth*)
- Prepare and drink 2 smoothies per day (see Appendix: *Smoothie Recipe with Supplements*)
- Tea -- digestive, peppermint, decaf green, chamomile, licorice, ginger, etc. (see Appendix: *Digestive tea*)

Other Things To Do:

- Meditation and breathing twice a day (see Appendix: *Meditation, Abdominal Breathing*)
- Take the suggested herbs and supplements at recommended dosages (see Appendix: *Recommended Herbs and Supplements*)
- Consider 30-60 minutes of sauna therapy (Drink more water if you do this.), remember that the idea is to sweat, but don't overdo it (see checklist above and Appendix: *Sauna Therapy*)
- Consider 30-60 minutes of *gentle* or hot-room Yoga, or *light* exercise with gentle stretching (see Appendix: *Exercise*)
- Consider a detox-bath before going to bed (see Appendix: *Detox-Bath*)
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 1 and 2*)

Day 3

In addition, eliminate:

- Grains, nuts, seeds, legumes, beans, and mushrooms
- Eat only fruit and vegetables as guided by your recipes (fresh when possible)

Encouraged: (not an exhaustive list):

- Fresh/frozen/dried seasonal vegetables
- Fresh/frozen/dried seasonal fruit
- Cold pressed organic extra-virgin olive oil (sesame oil for flavoring with cooking)
- Spices and healthy seasonings of choice as guided by your recipes
- 8-10 glasses of purified/filtered/clean water, including vitalizing-beverage, detox-broth and diluted *real* juice
- For snacks eat a mix of dried and fresh fruit, and detox-broth
- Prepare and drink 2 smoothies per day
- Tea -- digestive, peppermint, decaf green, chamomile, licorice, ginger, etc.

Other Things To Do:

- Meditation and breathing twice a day
- Continue suggested herbs and supplements at recommended dosages
- Consider 30-60 minutes of sauna therapy (Drink more water if you do this.)
- For today, consider a form of **Manual-Therapy** to mobilize toxins and aid relaxation (see Appendix: *Massage and Touch Therapy*)
- Consider 30-60 minutes of *gentle* or hot-room Yoga or *light* exercise with gentle stretching
- Consider a detox-bath before going to bed
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 3*)

Day 4 (Day of Fasting or Modified Fast)

LISTEN TO YOUR BODY! Sensitive, ill, weak, and thin people may modify or avoid the fast. It is **optional**. Drink juice and broth as needed.

Eliminate all food (i.e., fast all day and night—with modifications as needed)

- **Rest and relax** during this day of fasting. Do only minimal, gentle, and stress-free activities
- Do minimal or **no work** today and avoid being overly active



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- Optional **mild** or **short sauna** today and drink plenty of water
- **Stop all supplements for today only** except activated charcoal or bentonite clay (see Appendix: *Recommended Herbs and Supplements*)
- Meditation and breathing twice a day
- Drink plenty of water and keep up with bowel and bladder fluid losses (approximately 10 glasses water today)
- Tea -- digestive, peppermint, decaf green, chamomile, licorice, ginger, etc.
- Vitalizing beverage, diluted fruit/vegetable juice, and detox-broth are useful to maintain energy
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 4*)

Bowel cleansing regimen (OPTIONAL):

- Drink 300 mL of **Magnesium Citrate** (one bottle) in the morning (this will cause diarrhea within 1-4 hours—stay near a toilet.)
- Take 500-1000 mg of Bentonite Clay or **Activated Charcoal** (*toxin binder for the gut*) by mouth three times per day with water, **only for today**
- Do 1-2 saline **Fleet Enemas** in the evening (inserted rectally per directions—stay near a toilet)
- Consider a detox-bath before going to bed
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 4*)

Day 5

(Same as Day 3 except for Energy-Work)

Eat only fruit and vegetables as guided by your recipes

Encouraged, as guided by your favorite recipes: (not an exhaustive list):

- Fresh/frozen/dried seasonal vegetables
- Fresh/frozen/dried seasonal fruit
- Cold pressed organic extra-virgin olive oil (sesame oil for flavoring with cooking)

- Spices and healthy seasonings of choice
- 8-10 glasses of purified/filtered/clean water, including vitalizing-beverage, detox-broth, and diluted *real* juice
- For snacks eat a mix of dried berries and fruit, healthy beverages, and detox-broth
- Prepare and drink 2 smoothies per day
- Tea -- digestive, peppermint, decaf green, chamomile, licorice, ginger, etc.

Other Things To Do:

- Meditation and breathing twice a day
- **Restart** herbs and supplements at the recommended doses
- Consider 30-60 minutes of sauna therapy (Drink more water if you do this.)
- For today, consider a session of **Energy-Work** such as Healing/Therapeutic/Quantum Touch, Reiki, Shiatsu, Acupuncture, etc. to help balance your system
- Today, consider 30-60 minutes of very *gentle* Yoga or light exercise with stretching
- Consider a detox-bath before going to bed
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 5*)

Days 6 and 7

(Same as Days 1 & 2)

Eat only vegetables, fruits, legumes, beans, grains, seeds, nuts, and healthy oils (fresh if possible)

Encouraged, as guided by your favorite recipes (not an exhaustive list):

- Fresh/frozen/dried seasonal vegetables
- Fresh/frozen/dried seasonal fruit
- Fresh/frozen/dried mushrooms (maitake, shiitake, oyster, and/or enoki, etc.) sautéed with oil or in soups
- Brown/wild rice, quinoa, buckwheat, oatmeal, millet, seeds, nuts, legumes, flax seed



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- Cold pressed extra-virgin olive oil (sesame oil for flavoring with cooking)
- Spices and healthy seasonings of choice as guided by your recipes
- 8-10 glasses of purified/filtered/clean water, including vitalizing-beverage, detox-broth, and diluted *real* juice
- For snacks eat mixed nuts, dried and fresh fruit, and detox-broth
- Prepare and drink 2 smoothies per day
- Tea -- digestive, peppermint, decaf green, chamomile, licorice, ginger, etc

Other Things To Do:

- Meditation and breathing twice a day
- Suggested herbs and supplements at recommended dosages
- Consider 30-60 minutes of sauna therapy (Drink more water if you do this.)
- Consider 30-60 minutes of *gentle* or hot-room Yoga or *light* exercise with gentle stretching
- Consider meeting with your mentor/therapist or spiritual advisor to process what came up for you during this detox (see Appendix: *Emotional Health*)
- Consider a detox bath before going to bed
- Journaling is encouraged (see *Mind Body Awareness Writing Exercises, Day 6 & 7*)

Quick Summary (5 or 7 day detox)

- **Days 1 and 2** eliminate meat, dairy, wheat, alcohol, caffeine, chocolate, and sugar. Eat only organic vegan foods when possible.
- **Day 3** eat only organic fruits and vegetables when possible (eliminate grain, nuts, etc.)
- **Day 4** avoid eating any solid food. Drink broth/juice and plenty of water
- **Day 5** (same as Day 3)
- **Days 6 and 7** (same as Days 1 and 2)

Every day should include drinking a lot of water and tea. For most days try to include meditation and gentle exercise. Taking a sauna,

receiving massage therapy, and meeting with a therapist are recommended but optional.

Supplements are recommended but optional (turmeric, milk thistle, dandelion root, multivitamin, whey protein, probiotic, activated charcoal, and pectasol). Bowel cleaning supplements for Day 4 are recommended but optional (oral laxative and enema).

Estimated cost of this program can range from \$250-1000 (including cost of groceries, supplements, body-work sessions, etc.), but it can be adjusted to fit any lifestyle.

Completing the detox week

Take this opportunity to **congratulate yourself** for taking the time and energy for self-care. Take **pause** and note how you feel. Check-in with yourself and compare how you feel now (after the detox) to before you started. What is different? What challenges came up for you? Is there anything you feel you need to change about your environment, diet, or daily routine? Below are further recommendations to help maintain a healthy way of life mentally, physically, and spiritually.

Stop the herbs and supplements after day 8 (take them for 1 extra day after the 7 day detox). You may continue Pectasol daily in orange juice for 4-6 weeks if you wish (to further detox heavy metals). Continue taking a multivitamin (e.g. WEIL, or Whole Foods brand) and about 1000 mg total of EPA and DHA fish oil everyday (e.g. Nordic Naturals, Sam's Club, Cosco, or by prescription Lovaza). A less potent vegetarian option includes 2 tablespoons of ground flax seed or oil daily.

After day 7, reintroduce other healthy, organic, local, and sustainably produced food. Maintain a diet rich in plant-based foods, using a lot of variety and creativity. If you eat meat, decrease the amount to one time per week or less. Look



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for healthy meats that were raised free-range, grass fed, and produced without hormones or antibiotics.

Avoid artificial colors, preservatives, or anything you can't easily pronounce on the label. Avoid Splenda, aspartame, saccharine, and other artificial sweeteners. Stay clear from GMO (genetically modified organisms) based foods as best you can.

Move/play/dance/exercise for 30 continuous minutes at moderate intensity most days of the week. Consider doing this detoxification regimen 2-4 times per year. Consider fasting 1 day of the week if you are able and tailor to your needs (e.g., skip a meal, juice only, fruit and vegetables only, etc.).

Receive massage therapy or body work such as John F. Barnes (JFB) Myofascial Release (MFR) on a regular basis if you are able. Make time every day for silence and meditation, to just be with what is. Follow up with your therapist or mentor on a regular basis to explore paths to well-being. Take time for yourself on a regular basis. This is just as important as work and family.

Ongoing prevention to keep yourself and the environment healthy

Green your environment and life by doing the best you can, starting with *low lying fruit*—that's to say things you can change easily right now and then progressing toward other goals as your means and ability allow.

Calculate your *Ecological Footprint* to see where you stand and how you can make adjustments (www.globalfootprints.org).

Remember, it doesn't do any good to clean your body and mind if it means polluting the world at the expense of others.

Eat organic foods produced locally and sustainably, such as from your own garden, Community Supported Agriculture (CSA), see www.localharvest.org or www.harmonyvalleyfarm.com, or Farmers' Markets. Other options include local health food stores and co-ops (*Whole Foods, Trader Joes*, etc.).

Filter your household water (a combination of reverse osmosis AND activated charcoal water filter is ideal). Keep yourself and your surroundings free of tobacco smoke and products. Use stainless steel, ceramic, or glass containers for storage, heating, eating, and drinking. Avoid plastic food containers (especially #'s 3, 6, and 7). *Never* heat or microwave plastic or metal.

If you have children, avoid toys made of soft plastic vinyl. A healthy example is *Sophie the Giraffe* found online. Look for *PVC-free* labels. Be sure to wash all new toys before your child uses them, see <http://www.nationalchildrensstudy.gov/> for more information.

Avoid artificially or chemically scented candles and air-fresheners. Use a high quality *HVAC* air/heating filter in your home. Keep moisture low (use a dehumidifier if needed) to prevent mildew and mold. Avoid heating food in *Teflon* or using *Scotchguard* coated cooking-ware and clothing.

Select natural fibers for bedding, clothes, rugs, and upholstery (cotton, hemp, silk, wool, etc.). A good Madison, WI, area company is *Satara* www.satara-inc.com. Avoid using pesticides/herbicides/fungicides, especially if you have children or pets (See www.beyondpesticides.org and www.getipm.com). Good alternatives for DEET bug spray are products that use geraniol and citronella (www.biteblocker.com).



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Remove your shoes in your house to prevent bringing in contaminants. Use biodegradable *Green-Seal* household cleaners such as *Seventh Generation* brand. Recycle, reduce, and reuse whenever possible. Avoid or remove carpets and replace with hardwood flooring or tile when appropriate. *Interface* carpet is eco-safe and sustainable. Avoid vinyl flooring if you can (<http://carpet-rug.com>).

Use electronic devices and furniture that do not have brominated flame retardants (PBDEs). Turn off electrical devices and appliances when not in use to reduce Electromagnetic Fields (EMFs). Keep all bedroom electrical devices turned off or away from your head during sleep.

Visit the *Skin-Deep* website (www.cosmeticdatabase.com) to find safe cosmetics that are free of harmful contaminants and chemicals (e.g., *Origin* brand www.origins.com/ or *Bare Minerals* brand www.bareescentuals.com).

Support locally owned businesses within your community. Participate in your community and contribute to its well-being in a way that has meaning for you. Teach about sustainability (www.ecohealth101.org is a great resource for teachers and classrooms). Learn about *The Natural Step* and help create a sustainable world (www.naturalstep.ca).

Keep writing. Journal and meditate on a regular basis as a way to keep the mind and emotions healthy. Please see www.yourpainisreal.com for more information.

Do the best you can within your means, starting with things you can easily do now, and planning for things that will take time, resources, and money to change.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This detoxification regimen is not intended to diagnose, treat, cure, or prevent disease.

CAUTION: This document is provided for informational purposes only. The information provided is based upon scientific literature and experience from various health practitioners and patients. It is not a recommendation for treatment of a specific patient or condition. Treating health care providers and individuals are responsible for determining proper treatment options based upon factors including, but not limited to, laboratory analyses, physical exams, symptoms, patient histories, and most importantly, the provider's own judgment.

Health Care Practitioners: frequent monitoring of glucose, electrolytes, LFTs, Cr and BUN, INR, and minerals such as zinc and magnesium may be necessary for some patients.

Contact:

Please contact me at luke.fortney@fammed.wisc.edu for questions and comments based on your experience. Luke Fortney MD
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NOTES

A large, empty rectangular box with a thin black border, intended for patient notes.