

Note: It is generally advised that you conduct at least 7 days of an Elimination Diet prior to beginning Day 1 of the detoxification program

HC= HealthE-Clear or HealthE-Clear Plus

## Elimination Phase

## Intensive Clearing Phase Day 4 thru 8+

## Experimental Phase

FOODS TO ELIMINATE: Corn, Soy, Wheat, Dairy, non-organic meats

NOTE: DO NOT ALTER ANY MEDICATIONS UNLESS TOLD TO DO SO BY THE PRESCRIBING DOCTOR

### Day 1

- HC 2 times/day
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Non-gluten grain
- Fresh ocean fish
- Free-range chicken
- Healthy dressing
- Pumpkin, sunflower seeds, almonds
- Ground flax and sesame seeds
- Nut and seed milk
- Almond butter, tahini, hummus
- Herbs, seasonings
- Spring or purified water
- Freshly juiced fruits or vegetables
- Herbal tea

### Day 2

- HC 3 times/day
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Non-gluten grain
- Fresh ocean fish
- Free-range chicken
- Healthy dressing
- Pumpkin, sunflower seeds, almonds
- Ground flax and sesame seeds
- Nut and seed milk
- Almond butter, tahini, hummus
- Herbs, seasonings
- Spring or purified water
- Freshly juiced fruits or vegetables
- Herbal tea

### Day 3

- HC 4 times/day
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Non-gluten grain
- Fresh ocean fish
- Free-range chicken
- Healthy dressing
- Seeds: pumpkin, sunflower, almond
- Ground flax and sesame seeds
- Nut and seed milk
- Almond butter, tahini, hummus
- Herbs, seasonings
- Spring or purified water
- Freshly juiced fruits/vegetables
- Herbal tea

- HC 5-6 times/day
- At least 6 extra glasses of pure water
- Alkaline broth
- Fresh ground flax seed or MetaFiber

\*flax serving: 1 tspn

### Day 9

- HC 4 times/day
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Healthy dressing
- Seeds: pumpkin, sunflower, sesame and flax
- Herbs & seasonings

### Day 10

- HC 3 times/day
- Non-gluten grain or quality protein source (fresh ocean fish or tofu or free-range eggs, etc.)
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Healthy dressing
- Seeds: pumpkin, almonds, sunflower, sesame and flax
- Herbs and seasonings

### Day 11 - 14

- HC 2 times/day
- Alkaline broth
- Fresh raw fruit
- Raw or steamed low-carbohydrate vegetables
- Non-gluten grain
- Fresh ocean fish or tofu, free-range poultry, eggs, etc.
- Healthy dressing
- Seeds: pumpkin, sunflower, sesame & flax
- Herbs & seasonings

# DETOXIFICATION PROTOCOL

- |                            |                        |
|----------------------------|------------------------|
| • Arthritis                | • Heart Disease        |
| • Alzheimer's Disease      | • Heavy Metal Toxicity |
| • Chronic Fatigue Syndrome | • High Blood Pressure  |
| • Depression               | • High Stress          |
| • Diabetes - Type II       | • Hormone Imbalance    |
| • Drug/Alcohol Detox       | • Overweight           |
| • Fatigue                  | • Pain/Inflammation    |
| • Fibromyalgia             | • PMS                  |
|                            | • Sarcopenia           |