



Tel: 08 9417 2134 www.heartstarherbs.com.au

Free two week detox diet – let food be your medicine!

Cleansing diets can be followed twice a year for 2 weeks, as a “tune up”, to help shed excess weight and to increase energy and vitality. The best times for a two week cleanse are spring and autumn. A spring detox will help to cleanse and shed the excesses of a heavier winter diet. An autumn detox will prepare and cleanse for winter, lessening the chances of winter colds and flu’s.

Following this diet as a “tune up” at any time of year will improve your energy, boost your immunity, reduce excess weight, improve colon function, cleanse your liver and do wonders for your will power and self esteem!

Fatigue, illness, excess weight and rapid aging are the results of a toxic and sluggish system. By being active in caring for our health we have the best insurance policy against illness later on in life.

If you have diabetes, cancer, are pregnant or nursing or are a growing child, you should seek professional advice before following this detoxification diet.

ONE WEEK PRE-CLEANSE

Before beginning the two week detoxification diet, begin to clear from your daily diet foods and drinks that add to the toxic load in your body. This will reduce the intensity of any uncomfortable symptoms of detoxification that you may experience during the two week detox period.

Eliminate the following foods and drinks:

Tea, coffee, sugared drinks and alcohol.
Foods containing preservatives and other chemicals and colours
All white wheat flour and products made from it – breads, pastas, cakes, cookies.
Chocolate and all foods containing sugar.
Table salt
All heated fats and oils – this means no fried foods or foods roasted in hot fat.

Use the following foods instead

Herbal teas, green tea, dandelion coffee, grain coffee substitutes, organic fruit and vegetable juices.
Fresh unprocessed foods
Wholemeal flour products, wheat free alternatives (breads, muffins, pastas)
Dried fruits and fresh fruits
Sea salt, Herbamare, tamari, miso, savoury seaweeds and savoury sprinkles such as Dukkuh
Cold pressed oils used to make salad dressings.

Morning cleansing drink

Every morning, have the juice of half a lemon squeezed into a large glass of warm water, a half hour before your breakfast. This drink cleanses the intestinal tract, liver and kidneys, alkalinises your body, aids colon regularity and reduces cravings for sweet foods during the day.



Tel: 08 9417 2134 www.heartstarherbs.com.au

Drink plenty of water!

Be sure to drink 6-6 glasses daily of pure, filtered water, between meals.

TWO WEEK DETOX DIET

During this two week period you will be basing your food intake on fruits and vegetables. Sufficient protein is obtained from plant proteins such as pulses and nuts to ensure efficient detoxification by the liver and to control blood sugar levels. You will require a juicer to prepare fresh fruit and vegetable juices, and a food processor for blended soups can also be useful.

Stock up your fridge with plenty of fresh fruits and vegetables before you begin, including a few exotic ones that you may not usually indulge in. For example, fresh papayas, cherries, pineapples, custard apples, mangoes, or whatever is in season. Detoxification can be indulgent! Where possible, go for organic fresh produce. Organic food is higher in nutrition and free of toxic chemicals, and is well worth the extra expense.

Continue with the recommendations for the pre-cleanse week. For efficient detoxification, you will now need to eliminate the following foods

Eliminate the following foods and drinks:

All animal foods (meat, fish, chicken, eggs, cheese, milk) except for small amounts of goats and/or sheeps milk yoghurt and fetta cheese.

All wheat based breads, pastas, and other products containing wheat.

Use the following foods instead

Pulses such as lentils, chick peas, aduki beans.

Tofu and tempeh

Fresh raw nuts and seeds – almonds, walnuts, pecans, sesame seeds, sunflower seeds, pumpkin seeds, hazel nuts, brazil nuts

Whole grains such as brown rice, millet, quinoa, buckwheat.

A diet of fruits, vegetables, grains, nuts and seeds is sufficient to nourish your body while encouraging the elimination of toxins.

Some recipes for juices, nut milks and meals are given here. Use other recipe books, the internet or your imagination to create interesting meals and snacks. You will be eating lighter foods than usual, but hunger should not be uncomfortable. If you struggle with hunger and cravings, take 6 Spirulina tablets twice daily, before breakfast and dinner

Morning liver flush drink

Every morning, a half hour before food, take the liver flush drink. This drink flushes the liver and gall bladder and encourages the elimination of toxins.

Place into your blender :

- 4-6 tablespoons fresh lemon juice
- 2-3 tablespoons virgin cold-pressed olive oil
- 1-2 cloves fresh local garlic
- a chunk of fresh ginger
- fresh squeezed orange, grapefruit or mandarin juice, to taste



Tel: 08 9417 2134 www.heartstarherbs.com.au

Blend for a minute or so until liquefied, then drink.

If you experience nausea after taking the liver flush, it is a sign that toxins have been dumped into your small intestine by your liver. Some strong peppermint, fennel or aniseed tea will help to alleviate nausea. Breathe deeply. Wait until it passes before eating any solid food.

BREAKFAST

Fresh fruit juices and/or fresh fruit smoothies.
Whole fresh fruit.

The following ideas are to get you started. Use your imagination to create other delicious fruit creations. The use of nut milks or yoghurt at breakfast is not recommended on most days for most effective detoxification.

However, if you suffer from **low blood sugar**, or if you have **metabolic syndrome X** making weight loss difficult, you may find the program easier to stick with if you include some nut milk, goats or sheeps yoghurt/whey protein powders or a few soaked raw nuts with your fruit breakfasts. Also, on days when you wake particularly hungry, add 2 tablespoons goats/sheeps yoghurt to your fruit (but not with melons), or a couple of tablespoons of soaked nuts/seeds. Chew all nuts very well, or blend with the fruit to make a fruit/nut cream, for best digestion.

The recipes marked * are suitable for people with metabolic syndrome or hypoglycaemia. These people should avoid the other breakfast recipes until blood sugar is under control. Other recipes can be made suitable with the addition of 2 tablespoons natural yoghurt, or 2 tablespoons LSA meal, or ¼ cup soaked nuts and/or seeds. Avoid using any dried fruit except prunes.

Breakfast ideas

Fresh apple and orange juice – 1 glass
One fresh mango, one kiwifruit

1 fresh ripe banana blended into one cup of freshly made apple or pear juice
3-4 nectarines

Bowl of strawberries with ½ an orange squeezed over
Apple and celery juice.

*Orange/almond sunshine – mix fresh orange juice 50/50 with almond milk, to make a large glass (see recipes page)
5-6 apricots, or 2-3 nectarines.

*Prune juice – made by soaking 6 or 7 dried, un-sulphured prunes overnight in one cup of water, then blending until smooth. Add a squeeze of lemon juice.
Stir 2 tablespoons of sheeps/goats yoghurt into the prune juice for a more substantial breakfast.
¼ fresh pineapple

Melons – watermelon, honeydew, rockmelon
In chunks, slices, blended to make melon smoothie, or juiced. Enough to satisfy.



Tel: 08 9417 2134 www.heartstarherbs.com.au

Melons are best eaten alone and with no other fruit.

Fresh fruit salad, with sauce made from banana and peaches blended together.

Strawberry apple juice, made by putting an apple and a handful of strawberries through your juicer.

Bowl of fresh cherries.

3 medjool dates

Glass of fresh apple juice

1 banana

2 medjool dates

Glass of pear and apple juice

1-2 apples, chopped, a tablespoon of currants and 3 tablespoons fresh grated coconut, mixed in a bowl.

Glass of fresh orange juice.

1 pear, a banana and 2 tablespoons fresh grated coconut, mixed in a bowl.

Pour over ½ cup fresh apple juice. Add a few sultanas.

1 glass apple/pear juice.

*1 ripe banana, the pulp of one passionfruit and 2 tablespoons yoghurt mixed together.

*Bowl of fresh or frozen blueberries, a chopped apple, 8-10 soaked almonds, chopped, topped with a sauce made from a ripe banana blended with a glass of apple juice.

MORNING TEA

Choose from the following list, varying daily, and depending on your hunger or detox symptoms. If you have a headache, or any other symptoms of detoxification, choose a juice or a herbal tea.

Any herbal tea – green, ginger/apple, rosehip, lemon grass

An almond/rice milk and banana/berry/apple/peach smoothie

2 pieces fresh fruit with or without 2-3 teaspoons sunflower seeds, well chewed

A glass of fresh vegetable juice – carrot, beetroot, celery, tomato and spinach.

An apple/pear/peach/2 apricots and 8 almonds

LUNCH

This is the time to base your meal on a large vegetable salad. Include leafy greens, sprouts especially sunflower sprouts, colourful root vegetables such as grated carrot and beetroot, juicy ripe tomatoes, cucumbers, capsicums and any other seasonal vegetable. Add chopped fresh herbs such as chives, thyme, oregano, marjoram, basil, savoury. Also add a sheet of nori seaweed (used to wrap sushi), ripped into small pieces. Seaweed provides valuable minerals that our soil-grown vegetables often lack. An alternative to nori is dulse, in pieces or flakes. Dulse is a tasty red seaweed with a mild salty flavour. Add olives and sundried tomatoes for variety. Make your salads a visual and taste sensation, and vary it daily.

Add half a firm ripe avocado to your salad for taste a texture.



Tel: 08 9417 2134 www.heartstarherbs.com.au

Any low starch steamed vegetable can be added, such as green beans, zucchini, eggplant, cauliflower, broccoli, spinach, peas.

Dress your salad with a simple oil and lemon dressing, or with fresh grapefruit or lemon juice. A sprinkle of good quality tamari can provide added salty flavour, or a sprinkle of Herbamare. Use only cold pressed virgin oils only in your dressings and limit your total oil intake. Too much oil will slow down detoxification. Try a teaspoon of cold pressed walnut oil for a taste treat and omega 3 fats.

Sprinkle the salad with 2 tablespoons of LSA (see recipes, or purchase it from a reliable supplier who sells fresh, properly packaged LSA.)

Lunch time is the best time to have proteins. Protein stabilises blood sugar and will sustain you for the rest of the afternoon.

Proteins can include:

½ cup cooked beans (pulses) such as chick peas, kidney beans, cannelloni beans, haricot beans, black beans, brown lentils etc. These can be soaked overnight and cooked in water until tender, then mixed into your salad. Or simmer the cooked beans with onion, tomato, peppers and herbs/spices to make a tasty casserole.

1-2 tablespoons of soaked nuts/seeds such as almonds, walnuts, hazelnuts, pecans, sunflower seeds, pumpkin seeds.

¼-1/2 cup of hummus

½ cup of goats/sheeps fetta (use this to make a delicious Greek salad, with olives and sundried tomatoes.)

Tofu or tempeh, ready to eat from the pack, or simmered in tamari and water with spices and/or herbs. ½ to 1 cupful.

A raita made from yoghurt and cucumber and used as a dip for raw vegetables.

A pate made from cooked pulses, tomato paste or curry paste/powder and herbs/spices and any raw or cooked vegetable.

Afternoon tea

As per morning tea.

DINNER

Dinner should be lighter than lunch, and eaten before 6.30pm.
Possible ideas are:

Vegetable soup, made from any seasonal vegetables. Add ginger, turmeric and any herb or spice. Asian style soups can be made using shiitake mushrooms and chinese greens.



Tel: 08 9417 2134 www.heartstarherbs.com.au

Fruit salad, plain yoghurt, nuts and seeds.

Vegetable salad as per lunch but smaller. Add cooked whole grains to your salad such as millet, brown rice, buckwheat. Use a yoghurt or nut butter dressing.

A raw vegetable soup made by blending raw vegetables into a freshly made cup of carrot/beet/celery/tomato juice, adding ½ an avocado for creaminess, or a few soaked nuts and seeds, and a chunk of fresh coconut or a tablespoon of dried coconut.

Miso soup with vegetables and tofu.