

# Herbal D-Tox Cookbook For Cleansing

By Dr. Terry Willard, Ph.D.

## ***A Word from Terry Willard Cl.H, Ph.D.***

*Out with the old and in with the new.* Detoxification is one of the central concepts of natural healing. Why? It is impossible to build healthy new tissue without eliminating old cells and their by-products. This has never been truer than in modern society. We are being flooded continuously with synthetic chemicals, hormones and toxic material in our food, air, cosmetics and clothing. Even a person with a healthy diet comes into contact with all sorts of these undesirable toxins. Our ancestors felt it was very important to cleanse at least twice each year and they had an organic diet by default. Some of the best times to cleanse are during spring and fall, as these are the same times nature goes through a similar organic process. A “detox” is also a good way to start a new, healthy routine, increasing the potential outcome of the program. Many of my patients like to cleanse at the beginning of a weight loss program or during the festive season so they don’t feel as guilty for their over-consumption. A “detox” does not have to be a time of deprivation; it can be a time of good, nourishing food and a time of inner focus. This cookbook is designed to help you have a festive time with your food plan as you go through the cleansing process.

Well over 70% of my patients do a cleansing program at least once a year. This is becoming one of the major reasons people visit a health food store. Often this is the only program they do during the year. It is also very helpful to get you back on track to better nutrition maintenance if you have slipped up a little by over-consumption. During a “detox”, people often report that they feel lighter, less bloated, more energy and just generally clearer. Some people experience a mild headache or even nausea during the first day or two of changing their diet and using herbal products. This feeling of malaise usually disappears by day four or five of the detoxification process.

During a detoxification program, it is important to cleanse the intestinal tract, the liver, blood, lymphatic system, and the urinary tract. We suggest that a twelve-day cleansing diet, supported with botanicals, is a good ‘tune-up’ for the body. It will also help you get the most benefit out of the other supplements in your health program. One of the most important rules of natural healing is ‘cleanse a little, build a little, then cleanse a little and build a little more’. By incorporating this cycle into a health program, we can copy nature in its never-ending cycle of seasonal changes. People often go into other health maintenance programs after the Herbal D-Tox. Some of the most common programs are: weight loss, arthritis, liver rejuvenation, Candida, blood sugar maintenance or a parasite cleanse.

At the Wild Rose Clinic, we usually start most health programs with a “detox” program as it can result in better compliance and effectiveness of long-term health programs. We suggest the use of an herbal “detox” program 100 times more often than a fast. If you cleanse too hard, as can happen during a fast, you often end up with a “Healing Crisis”. This is a term from the early days of botanical medicine, which refers to an acute condition associated with therapeutic treatment. Symptoms can range from headaches and nausea to fever and rashes, and can be very unpleasant. Healing crises are similar to shifting gears without a clutch; the gears grind. If a treatment plan involves slower cleansing with a healthy Meal Plan, as outlined in this book, the gears don’t grind and we can usually avoid the crisis.

Of course, the Meal Plan is the most significant part of the program. On this program, you can feast, not fast. There are many foods that need to be avoided during this time, however. You should not eat: bread or flour products of any type (including pasta, cakes, cookies, crackers); dairy products (milk, cheese, cottage cheese, yogurt, or cream); tropical fruit (citrus fruit, bananas, pineapple or melons); fermented foods (wine, beer, pickles, vinegar, soy sauce or miso); or sweets (sugar, honey, maple syrup, dried fruit). Other foods that must be avoided are: shellfish, peanuts, mushrooms, and grapes. Of course, we don't want to consume any preservatives, synthetic sweeteners, or additives in our food at any time, particularly during the D-Tox.

Your diet should consist of 80% alkaline and neutral ash-forming foods such as: vegetables (except mushrooms); non-tropical fruit (apples, pears, peaches, plums and berries); potatoes and squash; alkaline grains (millet, brown rice, buckwheat and rye) and fish. Foods that are especially good on this program are: onions, garlic, green tea and almonds. Eat less than 20% of the acid forming foods such as: beans, lentils, meat (poultry, lamb, and beef), eggs and acid grains (oats, corn and wheat). Even though you can eat several grains in their whole state, you cannot eat the flour of these grains.

Remember this is a time to enjoy yourself. The recipes in this book are designed to stimulate your own creativity, and to show you that a delicious Meal Plan can accompany a detoxification diet.

## ***A Word from Chef Joseph Forest***

Microwave meals – instant satisfaction – no preparation needed. It is not difficult to get through a day without cooking if you rely on fast food and TV dinners. Feasibly, we *could* survive on pre-packaged and take-out foods. Lack of time and energy makes this convenient, and advertising entices us.

At some point, though, a warning bell goes off if we take a genuine interest in our own sustained health. Cooking at home is of vital importance because it is one way of knowing what you are consuming. Taking an interest in your diet, particularly during the D-Tox program, will create a healthy awareness in your life.

### **Food Choices**

This D-Tox program is designed for both meat eaters and vegetarians. It is not meant to change your opinions about eating meat or being a vegetarian. During this time of cleansing we do suggest an extreme reduction in animal protein for many, though. You can eat all the fish you desire. Just remember – no shellfish. Many people find they enjoy maintaining several of the lifestyle changes they have started while on the D-Tox. Often people follow the D-Tox with a maintenance program that is designed to support their specific health issues.

An increased awareness of diet and nutrition in the media has led many individuals toward a vegetarian lifestyle. Other simply come to a place of balance that includes a small amount of animal protein in their diet; therefore, some of the recipes in this booklet include fish and poultry. Whenever possible, choose meats that are wild or organically raised.

### **Organic Foods**

Organic agriculture is a system of management that uses safer and environmentally friendlier methods for growing food. These include natural pest control, crop rotation, composting, mulching and the use of pest-resistant seed varieties, along with the avoidance of irradiation and genetically altered material. This enables us to produce a safe food supply with the fewest possible toxins, and to create a fertile environment for plants as well as birds, predatory insects, earthworms and micro-organisms. The result is health-supporting food and richer, more arable soil. If it is possible to obtain organic food, we suggest it is beneficial to do so while on the D-Tox. In certain areas, this is not convenient due to the season, quality of produce, availability, or cost. If this is the case, substitute the best quality, fresh food you can find.

### **Choose The Best Quality Food your Budget Allows**

Since nutrients are a major factor in supporting health, it makes sense to purchase ingredients that give you the biggest nutritional return for your dollar. The cost of outfitting your kitchen with healthy food might appear expensive, yet the cost often proves worthwhile in the long run. The D-Tox diet is relatively simple in terms of the ingredients used; however, some of them may be unfamiliar to you. When shopping, ask questions about the products you examine, and read labels. In time, product knowledge will place you in a better position to make informed choices.

## **Organization in the Kitchen**

The degree of confidence people have in the kitchen varies a lot. If you are quite comfortable with cooking, you might want to skip over this section. Some find that they cannot follow a Meal Plan as they are missing some of the basic skills to make cooking enjoyable.

A Major component of the D-Tox program is the Meal Plan. Since the recipes in this book may be unfamiliar to you initially, the manner in which you approach your food preparation can make a difference to your experience of this program. The key is organization. Maybe you have deadlines, unexpected interruptions and last minute demands on your time. You may not have as much time to spend in the kitchen as you would like; however, some rudimentary organizational skills can maximize your productivity and efficiency. The following steps can help you have a more enjoyable experience in the kitchen.

### **Read Your Recipe First**

Develop the habit of reading your recipe from beginning to end. This gives you an overview of the foods, techniques and equipment required. It also stimulates your thinking about the task at hand and how you are going to accomplish it.

### **Gather All Equipment Needed**

This includes a cutting board, knives, mixing bowls, measuring cups, spoons, food processor, pots and pans. This step may prompt you to read the recipe again, which is the real key to the exercise. Reading the recipe a second time further deepens your understanding of what you are about to perform. The clearer your idea of what you are about to do, the less chaos there will be at the kitchen counter or stovetop.

### **Gather All The Ingredients**

Knowing up front that you have all the ingredients eliminates the frustration of discovering half-way through a recipe that you didn't replenish an important staple on your last shopping trip. This step also saves time. Gathering everything at the beginning requires less time than if you periodically interrupt your cutting or measuring to return to the refrigerator or cupboard for an additional ingredient. While you are preparing ingredients for the recipe is the time to pre-heat the oven or skillet.

### **Set Up Your Counter Space**

This is not so much a step as a pattern to follow each time that you prepare food. How you arrange and organize your ingredients and equipment determines how smoothly the final product comes into being. As an example, let us look at the Italian Stir-Fry recipe on page 61. Gather all your ingredients to one side of the cutting board and wash those that require it. As vegetables are cut, place them in separate piles on a baking sheet or large plate. Measure and combine all herbs in a small bowl. Return ingredients no longer needed to their storage place. Now proceed to the stove where you are poised to cook with all your ingredients ready. When all ingredients are prepped and gathered within arm's reach, the actual cooking of food becomes a much easier task. You won't have to worry about burning the onions while you're still cutting carrots, and your counter space will be much clearer. Developing this habit can go a long way toward alleviating kitchen chaos and frustration.

## The Use of Oil in Cooking

During the D-Tox we suggest you reduce cooking with oils as much as possible. Many people believe that oil is crucial to cooking and that without its liberal use, cooking is not possible.

Vegetable oil in cooking and baking serves several purposes:

- Perhaps the most obvious is that it prevents food from sticking to the skillet, pot or grill.
- Oil is an excellent conductor of heat, so when foods are coated with oil at high temperature (as in a stir-fry), they cook very rapidly.
- Vegetable oil and fat add moisture to food and, consequently, increase the shelf life or quality of products like bread, cakes and cookies.
- Adding oil to foods also gives it smoothness, such as the addition of olive oil to hummus.
- Perhaps the most common feature of oil is its ability to act as a carrier for flavour.

Some of our habits and attitudes are changing as we learn more about “good” fats and “bad” fats, and the negative effects that certain oils have on our health, especially when heated. Having **no** oil in your diet is **not** a healthy alternative. Even on a low-fat diet, your body needs beneficial oils for the proper functioning of brain and nerve tissue, muscles, and for metabolism. Cooking with oils damages them and changes the way we absorb them. The best way to take oils is to add them to food after cooking, or to use them in dips and dressings, unheated.

You still want to ensure an adequate intake of beneficial oils, such as those high in essential fatty acids, while on the Herbal D-Tox.

## No-Oil Cooking as an Option

Over-consumption of saturated fats and oils is high in our national diet and, consequently, a growing number of people with health and weight problems are cutting back on their use of these products. Instead of using oil to sauté food, vegetable stock or water can be used as a preliminary step to many recipes. As the sautéing liquid evaporates, sugars in the vegetables caramelize and add sweetness to the dish. Sautéing in too much stock results in boiling or steaming, which does not provide the sweetness of caramelization. On the other hand, not enough liquid can cause the ingredients to burn or stick to the pan.

The technique for oil-free sautéing is as follows: Sauté vegetables over medium-high heat in 2 tbsp of vegetable stock or water to start, adding 1 or 2 tbsp more stock if necessary. To control the rate of evaporation and to keep it to a minimum, lower the cooking temperature or use a lid. This method requires a little more attention. With practice, you will become accustomed to how much stock and heat is needed.

Since most stock cubes contain yeast extract, a product not allowed on the D-Tox, you might want to try making your own stock, see page 93. Double or triple the recipe and freeze it for up to 3 months. Ice cube trays will hold 2 tablespoons of liquid per cube, which is the amount of liquid that will be needed for most sauté recipes. Once the cubes are frozen, remove them from the tray and store them in a freezer bag, as keeping them exposed for long periods of time causes them to evaporate slightly and shrink.

## **Unrefined Oils for Flavour**

If one of the functions of oil is to provide flavour, does reducing oil in the diet mean less flavourful food? The answer is no. The cooking oils that we suggest you eliminate or reduce in the diet are highly refined commercial oils. Modern oil production subjects seeds and their oils to so much processing, the resulting oil is devoid of the nutritional qualities that were originally present in the seed. Unrefined oils recommended for use in this book, such as flaxseed oil, can be found in reputable health food stores and are beneficial to health. Pressing temperatures range between 86° – 92° F (considered “cold pressed”), rather than at high temperatures (over 95°F). Consequently the oil retains very important nutritional elements such as Omega-3, Omega-6, and Omega-9 essential fatty acids. These oils also carry the rich flavour of the seed from which they were pressed. One of these is flaxseed oil, which can be used on your oatmeal porridge, sprinkled over rice and steamed vegetables, as a garnish for soup or in salad dressings. There are also oil combinations high in ratios of Omega-3, -6 and -9 that you can purchase at health food stores or health food grocers. These will contain oils such as sunflower, hemp seed, borage, pumpkin seed, and evening primrose oil. DO NOT HEAT any of these oils, as the essential fatty acids will then be more harmful than beneficial.

## **Mind / Body Connection**

The D-Tox program offers an opportunity to let go of the “old” that is no longer serving you, such as negative ideas and emotional patterns. Consider renewing your body *and* your mind. Ways to do this might include taking a rest from the daily news during the 12-day D-Tox program. Rearrange some furniture in a room of your home. Enjoy the beauty of fresh cut flowers placed on a table. Be still – lend an ear to your inner guidance. Go for a long walk in nature. Be silent – and above all things – take some time out for yourself.

## ***Why is Cleansing So Important?***

During the daily process of maintenance our bodies are continuously building new cells and breaking down old cells. Most of these broken down materials are recycled; however, little by little, and accumulation of toxins build up in the system. Materials that are not easily recycled and not easily removed can be eliminated simply with an organized cleansing program.

In 1958, only a few known food additives existed and only a mere 419 pounds were added to our food chain annually in North America. Today there are over 3 million additives (almost 2 billion pounds) added to our food chain each year. Since these additives have not been naturally consumed in our genetic history, we do not have efficient eliminative methods for them. Therefore, as never before, there is a strong need to systematically cleanse the body at least twice a year.

Most of this unwanted material is deposited in our digestive tract, colon, liver, lymphatic system and kidneys. There have been many health problems attributed to these toxic accumulations. Some medical practitioners feel that most of our modern societies' serious diseases can be postponed, reduced in severity, or even eradicated by cleansing. The old saying "A stitch in time saves nine", is applicable here. Understandably, our body systems can be taxed during the process of eliminating these accumulated toxins. This is why fasting is not always the best choice when cleansing. Fasting often causes dramatic emotional and physical fluctuations and should only be done under the direction of a qualified health practitioner. One time-tested solution for detoxing is to ease the body through, with the assistance of herbal preparations. By using herbal formulas specific to cleansing the liver, lymphatic system, digestive system, colon, etc., the process can be quicker, more thorough and easier to undergo. This traditional solution also enables one to eat a healthy and hearty diet while cleansing.

## **Reactions To Cleansing**

The D-Tox flushes out the toxic material your body has accumulated over time. The herbal products in this program are designed to help your body detoxify through all channels of elimination. This means, particularly for the first few days, that all that toxic material will be circulating throughout your system. This being the case, and depending on your current health, it is extremely common to feel the "normal" effects of cleansing.

Effects will range broadly from person to person. Loose bowels and increased urination are often experienced during the cleanse. Some minor symptoms of nausea or headache, flu-like symptoms, muscle aching, skin blemishes or irritability may also be experienced. Surprisingly, these are usually considered positive signs, as it is better to rid the body of toxins than it is to let them accumulate further into disease problems in the future. If you find an existing condition (e.g. skin problems) initially gets worse on the cleanse, be reassured that the detoxification process is also working on those areas, and they should improve as your body flushes out toxicities.

On average, these symptoms last for the first few days and then subside, transforming in to the positive rewards of the D-Tox. As the cleanse comes to an end one usually feels lighter and healthier. Cleansing becomes very simple after one has completed two or more cleanses. Initially a person will usually complete at least two cleanses within a period of 6 or 7 months. This is an excellent stepping stone to thorough detoxing.

Eventually, as one becomes more experienced at cleansing, the process of taking a few cleansing supplements and following a special meal plan for twelve days becomes an enjoyable routine. By cleansing often, the smaller embedded accumulation of toxins will be removed, making each cleanse easier and more effective. It is not suggested to cleanse more than once every two months unless under the care of a practitioner.

### ***Why the Wild Rose Herbal D-Tox Program?***

The Wild Rose Herbal D-Tox program is simple to use and both young and old receive excellent benefits. With the maintenance of a hearty diet, this program can be enjoyed by both novice and experienced cleansers. The experienced cleanser will notice the dramatic health benefits that are offered without the emotional and physical fluctuations that are often associated with fasting. The simple and self-explanatory Meal Plan included in the D-Tox kit combines 20% acidic forming foods and 80% neutral and alkaline forming foods. The column headings (see page 27) on the Meal Plan indicate that the foods listed in each column naturally turn into ash (alkaline), acid or become neutral once they are inside the digestive tract. The easy-to-follow chart lists all foods that may or may not be eaten while on the program.

Many people find they lose weight over the 12-day cleansing period and, if they choose to continue the Wild Rose Meal Plan, they will often continue to lose weight. The Wild Rose Meal Plan is a time-tested meal program that does not have to be mundane. In fact, over 95% of the world's population eats these types of foods every day. Most of the foods listed on the Meal Plan are low fat, high fibre foods that are rich in vitamins, minerals and anti-oxidants. You are encouraged to take this opportunity to experiment with foods from other lands; buy a new ethnic cookbook and try new spices and herbs. This will give you the opportunity to make your meals delicious...even gourmet. Many of the spices and herbs may sound exotic by most ethnic grocery stores and health food stores carry them as regular stock.

### **Helpful Tips for your D-Tox**

For some people, the Meal Plan that accompanies the D-Tox is a radical change from their usual diet. For others, it is very similar. Comments that we sometimes hear are, "What will I eat?", "I don't cook!", "What if I don't feel well on the D-Tox?"

It's useful to plan ahead, decide on which day you can begin the program, and put a little time aside for yourself. Ultimately, your 12 days on the D-Tox should be a time to rebalance your body, giving it a rest from foods and beverages that aren't beneficial. The results you can expect are well worth it. We commonly receive comments from people who have had outstanding experiences while on the D-Tox, and finish with dramatic increases in their energy levels and feelings of well-being.



The following tips may help to make the D-Tox a little easier and more enjoyable:

- Plan your D-Tox in advance. Finish eating those things in your fridge that aren't on the D-Tox Meal Plan, rather than letting them go to waste. Pick a day to start the program, preferably when you have time to relax, such as on a weekend. If your weekends are very social times, you may wish to start on a Monday. That way, only one of your weekends is during the 12 days of the D-Tox.
- You may want to ease into the D-Tox by adhering to the Meal Plan for a few days before taking any herbs in the kit. If this is the first detoxification program you've tried, this will make it easier.
- Just for the 12 days of the D-Tox, plan to eat at home as much as possible. Most restaurants don't serve food that is appropriate. If you do eat out, find places that serve healthy food that fits inside the ranges of the Meal Plan.
- Grabbing food on-the-go, such as bagels, muffins and sandwiches, isn't an option while on the D-Tox. Try to always have some food with you, particularly if you lead a busy lifestyle. Don't let yourself go hungry.
- A piece of fruit (one per day from Column #2) or raw veggies are quick snacks to take with you. Or you can plan ahead and prepare extra of any recipe, storing it in a container for time when you don't have time or energy to cook. (Thinking ahead is an important key to eating on the D-Tox because it will save you time and potential hassles).
- Use the food columns (#1, #2 and #3) on the Meal Plan as your shopping list. Pick and choose foods that appeal to you. Don't deprive yourself.
- The D-Tox is easier and more fun if others are doing it with you. There may be people in your household or friends that would also be interested in doing a D-Tox. If they're not up for the entire program, they may appreciate how much better they feel, just following the Meal Plan for 12 days.
- The Herbal D-Tox Cookbook provides suggested meal ideas only. Feel free to change them to suit your tastes, and find recipes elsewhere that fit with the Meal Plan. For some people, a D-Tox can be the start of new eating habits and a healthier lifestyle in the future.
- Eat foods that suit the season. If it's cold and wintry, stick to foods that have been cooked and, preferably, heated. Likewise, if it's a hot season, you may want to eat more cooling and raw foods. This concept also applies to personal constitutions. If you tend to always be on the cool side (including cold hands and feet), eat foods that warm you up and avoid having a lot of raw salads.

## **Finishing the Herbal D-Tox**

Feeling progressively better and better, you may be tempted to break the D-Tox you have completed with a big bang, eating all those foods that were not recommended during the last 12 days. A word of caution: you will probably regret this! It will not “undo” all that you have achieved, but it will most likely leave you feeling poorly. The best way to end a D-Tox is over the course of a week (or even longer). You may want to continue with the Meal Plan if you are feeling much improved, or wish to rid your body of excess Candida (if you suspect this may be a problem – see section, “Information About Candida” and the “Candida Questionnaires” at the end of this book).

If you suspect food sensitivities to any of the “Not Recommended” foods that you have avoided, now is a good time to find out. Some common reactions that would indicate a sensitivity might be: after a serving of the food (sugar, yeast, dairy products, etc.) you feel tired, get a headache, have bowel changes such as gas, diarrhea, or constipation, feel excessively thirsty, nauseous or “spacey”, or an existing condition (such as eczema, asthma, arthritis or acne) gets worse. These symptoms can all be clues, and you may wish to eliminate the offending food(s) from your diet. Otherwise, your health practitioner should be able to answer any questions or concerns you may have about food sensitivities.

Begin eating the “Not Recommended” foods one at a time, and on different days, even if you don’t suspect such a sensitivity. Don’t overload your system. For example, eating ice cream would be introducing dairy and sugar at the same time, rather than on separate occasions.

## ***Foods to Enjoy***

The guideline of the Herbal D-Tox program Meal Plan:

### **Acid, Alkaline and Neutral Forming Foods**

Remember that the column headings (Acid, Alkaline or Neutral) on the Meal Plan indicate that the foods listed in each column naturally turn into ash (alkaline), acid or become neutral once they are inside the digestive tract.

### **Vegetables**

Vegetables can be eaten cooked (lightly steamed is preferable) or raw. A good salad dressing is simply fresh lemon juice, oil and herbs.

### **Grains – Unrefined Grains**

Grains must be whole or cracked, not the flour of the grain. You must also avoid foods that contain flour (see page 96). Most grains are quite acceptable to eat unless one has an allergy to a certain grain. The following (in descending order) are the best grains for the D-Tox diet: millet, buckwheat, brown rice, quinoa, spelt, amaranth, rye, cornmeal, seven grain cereal, Red River cereal, oats and oatmeal, kamut, wheat.

### **Legumes**

Too many legumes (such as beans) in the diet can sometimes cause excessive gas and discomfort. Most illnesses can be traced to digestive problems. Therefore, goods that cause difficult digestion should be eaten only occasionally. We recommend only two to three servings of legumes per week.

### **Fruit**

The sweeter a fruit is, the poorer it is, suggesting that fruits like bananas, melons and pineapple should not be eaten. This means no tropical fruit, and only one serving of domestic fruit per day allowed: Apples, pears, peaches, plums and berries. Refer to the column on Page 28.

### **Meat**

We recommend organic chicken, turkey, and wild fish. Most animal livestock today is highly medicated with antibiotics and growth hormones; therefore, it is beneficial to try and avoid eating non-organic meats. Organic meats are from animals that are fed organic, non-pesticide foods and are not injected with growth hormones or given excess amounts of antibiotics. They are therefore a much safer and healthier alternative. Meat is quite acceptable during the D-Tox; just be mindful of the proportions that you eat.

## **Water**

Water is important while on the Herbal D-Tox program. Remember to drink either spring, distilled or reverse osmosis water (not tap water), or herbal teas while cleansing. Rather than recommending a minimum number of glasses per day, it is suggested that you don't wait until you are thirsty to drink water. At this point, you are already becoming dehydrated. Try to consume as much as is comfortable, keeping 6-8 glasses as your general guideline, including herbal teas. Liquids will help to flush toxins from your body.

## **In Conclusion**

At first this might appear to leave very little to eat but your diet can be quiet exciting and creative. To help make your cleanse easier and more enjoyable, we have included a selection of recipes.

## **Regarding Candida**

The Wild Rose Herbal D-Tox program is also suited to eliminating excess Candida. For your interest we have included information about Dr. Willard's Candida program, beginning on page 96.

This includes a diet (very similar to the D-Tox diet) that one can follow immediately after the 12-day Herbal D-Tox program, if an overgrowth of Candida is suspected. A complete guide to this diet is included at the end of the book, along with questionnaires for self-assessment.

The Wild Rose Cand-Aid program contains the appropriate supplements, all in one kit, if you are considering a Candida program after the D-Tox.

## Wild Rose Meal Plan

It is recommended that you use organic foods as much as possible for this program.

### Most Recommended

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|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Column 1: Eat less than 20% of your diet from this Column.</b>                                                             | <b>Column 2 and 3: Eat 80% or more of your diet from both Column 2 and 3 combined.</b>                           |                                                                                                                                  |
| <b>Column 1</b>                                                                                                               | <b>Column 2</b>                                                                                                  | <b>Column 3</b>                                                                                                                  |
| <b>Protein Foods, Acid Forming Foods</b>                                                                                      | <b>Starch Foods, Alkaline Forming Foods</b>                                                                      | <b>Bulk Forming Foods, Neutral Foods</b>                                                                                         |
| Fish<br>(Cod, Red Snapper, Sole, Halibut, Sea Bass, Salmon etc.)<br><br>Note: Eat all you want even if over 20% of total diet | Almonds<br>Buckwheat<br>Rice (Brown) white rice is 20%;<br>see <i>Column 1</i> under <i>Acceptable</i><br>Millet | Chives<br>Garlic<br>Ginger<br>Onions (includes: leeks, green onions, shallots, etc.)<br>Tea (herbal only; without milk)<br>Water |

### Acceptable During Program

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| <b>Column 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Column 2</b>                                                                                                                                                                                                                                                                                                                                                                           | <b>Column 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Protein Foods, Acid Forming Foods</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Starch Foods, Alkaline Forming Foods</b>                                                                                                                                                                                                                                                                                                                                               | <b>Bulk Forming Foods, Neutral Foods</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Beans (dried) [fresh beans; see <b>Column 3</b> ]<br>Beef<br>Coffee (Black- max. 2 cups/day)<br>Eggs (whole)<br>Grains (whole) Including barley, kasha, bulghur, oats, rye, wheat berries, spelt, kamut, amaranth, quinoa. [Millet and buckwheat are 80%; see column 2 under Most Recommended]<br>Lamb; Lentils; Liver<br>Nuts (domestic) [except Almonds are 80% see <b>Column 2</b> ]<br>Peas (dried) [fresh peas; see <b>Column 3</b> under Acceptable]<br>Poultry; Pork; Prunes (cooked)<br>Rhubarb (cooked)<br>Rice (white) [brown rice is 80%; see <b>Column 2</b> under Most Recommended]<br>Rice Beverage (only in moderation and without sweeteners)<br>Seeds (i.e. sunflower, flax, pumpkin, etc.)<br>Soy Beans; Tofu (in moderation, unsweetened)<br>Veal; Wheat Germ | Apples<br>Apricots<br>Berries (strawberries, blueberries, raspberries, blackberries, etc.)<br>Cherries<br>Filberts<br>Hazelnuts<br>Lemons<br>Nectarines<br>Peaches<br>Pears<br>Pecans<br>Pistachios<br>Plums<br>Popcorn<br>Potatoes (baked)<br>Pumpkin<br>Squash<br>Sesame Seeds<br>Soy Milk (with no sweeteners)<br>Sweet Potatoes<br>Tahini<br>Tomatoes (fresh only)<br>Walnuts<br>Yams | Argula; Artichokes; Asparagus<br>Avacado; Beans (Green) [dried beans are 20%; see <b>Column 1</b> under Acceptable]<br>Beets and Beet Tops; Bok Choy<br>Broccoli; Brussel Sprouts<br>Butter<br>Cabbage; Carrots; Cauliflower<br>Celery; Collards and Chards<br>Corn; Cucumbers; Dandelion<br>Eggplant; Endive; Escarole<br>Herbs for seasoning, i.e. basil, oregano, etc.<br>Kale; Kohlrabi; Lettuce<br>Mustard Greens; Okra<br>Oils: all oils except peanut<br>Parsley; Parsnips<br>Peas (Green) [dried peas; see <b>Column 1</b> under Acceptable]<br>Peppermint<br>Bell Peppers<br>Radicchio; Radishes; Rutabagas<br>Seaweeds (kelp, nori, hijiki, etc.)<br>Sorrel; Spinach; Sprouts;<br>Turnips<br>Vegetable Seasoning (without yeast in the ingredients)<br>Watercress |

### Not Recommended During Program

|                                                                                                             |                                                                                                                                                                                                                                                                                      |                                          |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| <b>Column 1: Eat less than 20% of your diet from this Column.</b>                                           | <b>Column 2 and 3: Eat 80% or more of your diet from both Column 2 and 3 combined.</b>                                                                                                                                                                                               |                                          |
| <b>Column 1</b>                                                                                             | <b>Column 2</b>                                                                                                                                                                                                                                                                      | <b>Column 3</b>                          |
| <b>Protein Foods, Acid Forming Foods</b>                                                                    | <b>Starch Foods, Alkaline Forming Foods</b>                                                                                                                                                                                                                                          | <b>Bulk Forming Foods, Neutral Foods</b> |
| Buttermilk<br>Cheese (including tofu cheese or soy cheese)<br>Seafood (shell fish)<br>Tea (black)<br>Yogurt | Bananas; Currants; Dates & Figs<br>Fruit Juices<br>Flour of any grains<br>Grapes<br>Honey; Malt; Maple Syrup<br>Mangoes<br>Melons, including Cantaloupe<br>Molasses<br>Pasta (i.e. macaroni, spaghetti)<br>Pineapple<br>Raisins<br>Soups (if thickened with Flour)<br>Tropical Fruit | Cottage Cheese<br>Mushrooms              |

### Not Recommended at Any Time

|  |                                                                                                                                                                                                    |  |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|  | Cake, Candy and Ice Cream<br>Cereal (processed)<br>Flour Gravy<br>Fruit Juices with sugar and pop/soda<br>Jams and Jellies<br>Oily Nuts and Peanuts<br>Pies and Pastries<br>Sugar (white or brown) |  |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Additional Recommendations

Foods to Eat in Moderation: salt, rice milk and soy milk, tomato or V8 juice

Tip: Open up the spice cupboard! Use everything from curry and turmeric to garam, masala and cayenne. Plus all your favourite garden herbs.