

The 7-Day Detox Miracle – Quick Reference Sheets

This diet information is from the book, “**The 7-Day Detox Miracle**, Revitalize Your Mind and Body with this Safe and Effective Life Enhancing Program” by Peter Bennett, Stephen Barrie and Sara Faye. It should be required reading for everyone with a body. Order a copy as soon as you can and read it thoroughly. It is well researched and they explain many important details and cautions in the text. It explains how we can become toxic in each system of the body through environmental pollution, pesticides, food allergies, medications, food choices, etc. They describe how to detoxify the body and how to support it during the process. The program is designed to detoxify the whole body. It includes diet, exercise, hydrotherapy, dry brushing, meditation, massage and bodywork.

One of the reasons that I prefer this book is the authors are not selling any supplementation or specialized foods. They are selling a book with the information to put you in control of your own health. They tell you why they recommend a particular food or supplement so you are informed. Many authors on detoxification give you very little good information and are mainly pimping their own name brand products that are proprietary blends or more of their own books.

The diet portion is all that is covered in these quick reference pages. It allows your digestive system a chance to rest and cleanse itself. The foods that you do eat provide nutrients without causing undo work to the digestive system. The liver and kidneys, our main cleansing organs, are supported while they kick into high gear and expel the toxins that are flushed from various parts of the body.

While the body is cleansing itself, the toxins have to be released. As they are released they need to get out of the body as efficiently as possible. The diet is designed to prevent their resorption by the use of copious amounts of liquid intake, fiber and activated charcoal. During the first couple of days it is common to have a few symptoms that would normally send you to the medicine cabinet but, during the seven days try to just get through them the old-fashioned way, suck it up and get plenty of rest. You may feel tired and achy, get a headache or be cranky. You might even feel some symptoms increase briefly. This is part of the cleansing process and it will only last a little while. Keep in mind that this is getting rid of the things that have been causing you a variety of symptoms like: feeling tired, run-down, bloated, or having heart burn, nausea, pain, etc., for some time.

Here's the diet portion in a nutshell.

- ◆ Two days of fasting - drink only water, lemon water and green tea. If fasting isn't well tolerated, eat the foods allowed, for the full seven days.
- ◆ The next five days - eat brown rice, vegetables and fruits and some supplementation.
- ◆ During the seven days they have us avoid foods that are hard to digest and that many people are sensitive or allergic to. The following pages are quick reference sheets to keep you on track and make it easier to follow the program.

Even if you don't use all of the supplements suggested or can't do the hydrotherapy or something else, you will benefit from this program. The first time or two, you may wish to skip the fasting and start the diet part. Don't procrastinate; start as soon as you can. I do this detox four times a year.

* As with any diet or exercise program, it is recommended to check with your doctor before beginning the program. Unfortunately, many doctors don't believe the body has the capacity to heal, so realize the biases behind the advice. If your doctor acts as if you are wasting his/her time or seems offended that you even asked, GET ANOTHER DOCTOR. There are some good ones out there.

**Massage Therapy by Frank
Frank Hester, CMT #1203, NCTMB
frankhester.massagetherapy.com
760-927-7444**

The 7-Day Detox Miracle - Foods to Use

Grains

Rice

- ◆ Brown rice - Nishiki or Diamond G
 - rice cakes
 - rice crackers
- ◆ Basmati rice
- ◆ Jasmine rice
- ◆ Wild rice
 - rice noodles - look at labels for additives

Alternative Grains

- ◆ Quinoa
- ◆ Amaranth
- ◆ Millet

Legumes

- ◆ Mung beans
- ◆ Bean sprouts
- ◆ Garbanzo beans
- ◆ Bean thread noodles
- ◆ Miso paste

Vegetables and Fruit - Any quantity - Any combination

Raw, steamed, baked, lightly sautéed or juiced

- ◆ Leafy greens
- ◆ Root Vegetables
- ◆ Cruciferous vegetables
 - cabbage
 - cauliflower
 - broccoli
 - Brussels sprouts
 - mustard greens
- ◆ Vine vegetables
 - cucumbers
 - summer/winter squash
- ◆ Onion family
 - shallots
 - garlic
 - onions
 - leeks
- ◆ Others
 - asparagus
 - celery
 - okra
 - artichokes
 - eggplant
 - string beans
 - red/green/yellow/orange peppers
 - seaweed
 - kelp
 - naturally fermented sauerkraut (made without vinegar or preservatives)

Fats and Oils - no more than two tablespoons per day

- ◆ Extra virgin olive oil
 - can be heated, use for cooking or mixing
- ◆ Flaxseed oil
 - don't heat

Beverages

- ◆ Water
 - spring, filtered or distilled
- ◆ Lemon water
 - Squeeze 1/2 a lemon into a quart of water, drop the rind into the container
 - Drink at least three 8 oz. glasses/day
- ◆ Green tea
- ◆ Herbal teas
- ◆ Ginger tea
- ◆ Vegetable juice
- ◆ Dilute fruit juice
- ◆ Brown rice milk
- ◆ Almond milk

Condiments

- ◆ Vegetable salt
- ◆ Sea salt
- ◆ Spices
- ◆ Miso
- ◆ Apple cider vinegar
- ◆ Natural soy sauce or Tamari (Gluten-free soy sauce)

These Quick Reference Sheets only cover the diet portion of the program and are intended to help you during the Detox after you have read, **"The 7-Day Detox Miracle, Revitalize Your Mind and Body with this Safe and Effective Life Enhancing Program"** by Peter Bennett, Stephen Barrie & Sara Faye.

The 7-Day Detox Miracle - Foods to Eat Every Day

- ◆ Brown Rice.....Easily digested and high in fiber. The two brands on pg 2 are very good.
- ◆ Beets.....Support phase 2 detoxification pathway
- ◆ Broccoli.....Supports Phase 1 and Phase 2 detoxification
- ◆ Artichokes.....
- ◆ Burdock Root.....
- ◆ Green Barley Powder.....Cellular detoxification and binding to heavy metals
- ◆ Rice Protein Powder.....Provides additional protein content

These stimulate kidneys and immune system

Beverages to Consume Each Day

- ◆ Water
- ◆ Lemon water
- ◆ Green tea

Foods to Avoid

- ◆ Meat
- ◆ Fish
- ◆ Poultry
- ◆ Eggs
- ◆ Grains
 - Wheat
 - Corn
 - Oats
 - Soybeans
- ◆ Dairy Products
- ◆ Fats and Oils.....
 - Except: extra virgin olive oil and unheated flaxseed oil (2 Tbsp/day max.)
- ◆ Grains.....
 - Except: rice, quinoa, amaranth and millet
- ◆ Dried Beans.....
 - Except: mung beans, garbanzo beans and listed soybean products
- ◆ Chocolate
- ◆ Nuts
- ◆ Sugar
- ◆ Honey
- ◆ Molasses
- ◆ Artificial sweeteners
- ◆ Alcohol
- ◆ Coffee
- ◆ Black Teas
- ◆ Grapefruit
- ◆ Prepared condiments
 - ketchup
 - mayonnaise
 - Worcestershire sauce
 - barbecue sauce
 - relishes
 - dressings
 - seasonings

Day 8 - Adding Foods

Bring foods back into your diet slowly so you are aware of the ones that are, in some way, offensive to your body.

- ◆ Protein
 - Start with eggs, then over the next three or four days include fish and fowl.
- ◆ Food Testing
 - Add one new food each day to see if your body has any reaction. If there is a reaction, make a note, don't eat that food and try it again in about two weeks.
 - A reaction could be:
 - anything that makes you feel different than day seven of the detox
 - headache
 - migraine
 - dizziness
 - inability to focus
 - being in a fog
 - tiredness
 - sleeping difficulty
 - etc

7 - Day Detox Miracle – Recommended Supplements

Antioxidants for Tissue Protection		Frequency and Timing
Vitamin C	4-20grams	daily
Vitamin E	200-1200 IU	daily
Glutathione	NAC and Glycine are Precursors	
Lipoic Acid	600mg	2x/day
Amino Acids for Toxin Breakdown		
NAC	500mg	3x/day between meals
Glycine	1500-3000mg	2x/day between meals
Methionine	1000mg	2-3x/day
Bile Lubricants		
Taraxacum (Dandelion Root)	1 tsp or 8g	3x/day
Turmeric	4 caps or 1 tsp	3x/day
Lecithin	500mg	3x/day
Bile Binding		
Charcoal	2 caps or 2 tsp	before meals
Soluble Fiber	Rice, Fresh Vegetables and Fruit	
Replacing Bacteria		
Probiotics	3-7 billion	before meals
Decreasing Intestinal Permeability		
Glutamine	500mg	3x/day
Vitamins, Minerals and Nutrients		
Bioflavinoids		
Catechin (Green Tea)	Cup of Tea	≥3x/day
Silymarin (Milk Thistle)	200mg	3x/day
Curcumin (Turmeric)	4 caps or 1 tsp	3x/day
Vitamin A	10,000IU	daily
Riboflavin (Vitamin B2)*	10-20mg	daily
Niacin (Vitamin B3)*	10-1000mg	daily
Pantothenic Acid (Vitamin B5)	500mg	daily
Cobalamin (Vitamin B12)	1000mcg	daily
Magnesium	500mg	daily
Copper*	2mg	daily
Manganese*	30mg	daily
Zinc*	15mg	daily
Molybdenum*	.5mg	daily
Selenium*	.2mg	daily

*may be included in multivitamin

These Quick Reference Sheets only cover the diet portion of the program and are intended to help you during the Detox after you have read, “**The 7-Day Detox Miracle**, Revitalize Your Mind and Body with this Safe and Effective Life Enhancing Program” by Peter Bennett, Stephen Barrie & Sara Faye.

Massage Therapy by Frank
Frank Hester, CMT #1203, NCTMB
frankhester.massagetherapy.com
760-927-7444

7 - Day Detox Miracle – Easy Supplement Guide Plus

Fill in the details from your supply. Be sure to review page 4 multivitamin details.

Daily Supplements	Recommended	My Supply	Quantity/dose	Freq./Timing
My multivitamin			1 tab	1x/day
Vitamin C	4-20 grams			throughout day
Vitamin E	200-1200 IU			1x/day
Vitamin A	10,000 IU			1x/day
Niacin (B-3)	10-1000 mg			1x/day
Pantothenic acid (B-5)	500 mg			1x/day
Cobalamin (B-12)	1000 mcg			1x/day
Magnesium	500 mg			1x/day
Manganese	30 mg			1x/day
Zinc	15 mg			1x/day

Before Meals

15 – 30 minutes before meals

Charcoal	2 caps or 2 tsp			3x/day
Probiotics	3-7 billion			3x/day

With Meals

Consume after you have some food in your stomach

Lecithin	500mg			3x/day
Glutamine	500mg			3x/day
Silymarin (Milk Thistle)	200mg			3x/day
Curcumin (Turmeric)	4 caps or 1 tsp			3x/day

Between Meals

At least one hour after a meal. Evenly spaced between meals is best.

NAC	500mg			3x/day
Methionine	1000mg			2-3x/day
Glycine	1500-3000mg			2x/day
Lipoic Acid	600mg			2x/day

Anytime

Catechin (Green Tea)	Cup of Tea	cup		≥3x/day
Taraxacum (Dandelion Root)	1 tsp or 8g			3x/day
Limonene (Lemon Water)	1/2 lemon/qt water	glass		≥3x/day

Foods to Eat Daily

Brown Rice	Beets	Broccoli	Artichoke	Burdock root
Green barley powder	Rice protein powder			

Beverages to Consume Daily

Water	Lemon water	Green tea
-------	-------------	-----------

Massage Therapy by Frank
Frank Hester, CMT #1203, NCTMB
frankhester.massagetherapy.com
760-927-7444