



You Belong.

“Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue,” **Ellen White, MH,**
Ch. 23, P. 296.

Please prayerfully consider the paragraph below.

Do the **best** you can.

Work with what is **in your hands** (Exodus 4:2).

Work with your **budget**.

Be balance if you do not have all the fruits, veggies, grains and nuts do the best you can within your budget and what is in your hand.

If possible use a multivitamin supplement to ensure you are getting all the nutrition the body needs.

Remember to **drink lots** of water.

Why detox?



Detoxification is about resting, cleansing and nourishing the body from the inside out. Start by removing and eliminating toxins, then feeding your body with healthy nutrients.

Detoxifying can help protect you from disease and renew your ability to maintain optimum health.

- Cleanse your system back to glowing health and vitality
- Get rid of unhealthy, fattening toxins
- Jump-start your metabolism

Ideally, food should remain in your system for only 12-18 hours before your colon eliminates it as waste. Most U.S. adults, however, retain waste for two to seven days. The longer those waste products sit in your colon, the more opportunity toxins have to penetrate your bloodstream, where your poor, overworked liver has to deal with them all over again. Also, if you've been consuming lots of meat, chicken, and dairy products, your colon is soon buried under a load of putrefying protein. As a result, your body becomes overloaded with toxic residues. Detoxing will extract your body of these toxins.

Why is Detox Important?

- ✓ **Removes Toxins:** Detoxification helps eliminate harmful substances that accumulate in the body due to environmental pollutants, processed foods, and stress.
- ✓ **Improves Digestion:** By cleansing the digestive system, detoxification can reduce bloating, constipation, and indigestion, promoting better gut health.
- ✓ **Promotes Weight Loss:** Detoxification can help jumpstart weight loss by reducing bloating, improving metabolism, and promoting fat burning.
- ✓ **Strengthens the Immune System:** Regular detoxification supports the immune system, helping the body fight off infections and illnesses more effectively.
- ✓ **Supports Skin Health:** Detoxifying the body can improve skin appearance by flushing out impurities, leading to clearer, healthier skin.
- ✓ **Enhances Mental Clarity:** A clean body can lead to improved cognitive function, focus, and mental sharpness.
- ✓ **Boosts Energy Levels:** Removing toxins helps the body function more efficiently, leading to increased energy and reduced fatigue.
- ✓ **Supports Organ Health:** Detoxification helps maintain the health of vital organs such as the liver, kidneys, and lymphatic system, which play a key role in detoxifying the body naturally.

How does the body detox?

The body is a natural detoxifier through the different organs. These organs include: the liver, the kidneys, the gastrointestinal (GI) tract, the respiratory tract, the skin, and the lymphatic system (Robbins, 2019; Care2, 2016). Listed below are the functions of each organ in the detoxifying process (Robbins, 2019):

- **Liver:**

- "Filters blood in the body and deactivate toxins"
- Produces bile which help with metabolic functions
- Converts blood glucose into glycogen or vice versa when required (for energy)

- **Kidneys:**

- Fluid regulator
- Removes excess waste [salts and urea (waste product from protein metabolism)]
- Return nutrients into the blood

- **GI tract** [mouth, esophagus, stomach, small intestines, large intestines, and anus]:

- Assists in the movement of ingested foods
- Absorption and reabsorption of nutrients, water, and salts
- Enable enzymatic digestion
- Performs processes related to waste excretion

- **Respiratory tract:**

- Filters and remove toxins and dangerous particles from inhaled air in the form of carbonic gas and phlegm

- **Skin:**

- Acts as a barrier that blocks dangerous chemicals, substances, and/or bacteria out

- **Lymphatic system:**

- Plays a role in the release of white blood cells which destroys foreign substances
- An integral player of the immune system
- Is a transport system for hormones, nutrients, and waste

However, eating certain foods are an adjunct to the natural detox process and should not be thought of as a replacement for detoxifying the body.



LOVE YOUR LIVER

Your liver is your largest internal organ, responsible for a number of processes that help keep your body in balance. It regulates your blood flow, supports your digestive system, and, if you're a woman, keeps your menstrual cycles running in peak condition. One of your liver's most important functions is breaking down everything that enters your body. It's your liver's job to distinguish between the nutrients you need to absorb and the toxins that must be filtered out of your bloodstream. The harder your liver is working to detoxify your body, the more endangered your liver and other organs become.

CARING FOR YOUR COLON

A high-functioning colon will efficiently expel waste from your body, keeping you healthy, symptom-free and ready to lose weight. But if your colon is clogged and toxic, you're likely to encounter health problems as well as weight issues. Cleansing your colon will allow for smoother and faster passage of waste products through the system, drawing out poisons, toxins, heavy metals and chemicals, and healing the mucous membrane that lines your colon and digestive tract.

LIVER-LOVING FOODS

choose at least 1 food from each group/day

THE CRUCIFERS

- Cabbage
- Cauliflower
- Brussels Sprouts
- Broccoli
- Broccoli sprouts

CITRUS

- Orange
- Lemon
- Lime

GREEN LEAFY VEGETABLES

- Parsley
- Kale
- Watercress
- Chard
- Cilantro
- Beet Greens
- Collards
- Escarole
- Dandelion Greens

SULFUR-RICH FOODS

- Garlic
- Onions
- Daikon Radish

LIVER HEALERS

- Artichoke
- Asparagus
- Beets
- Celery

[Citrus fruits](#), strawberries, raspberries, and raw [apples](#) stimulate the liver phase-2 detoxifying activity. Lemon contains a special flavonoid that counters glutathione depletion and reduces [free radical damage](#) occurring in the liver. Grapefruit, strawberries, and watermelon are all good sources of glutathione. [Citrus](#) flavonoids blunt the inflammatory response in metabolically important tissues including liver and kidneys.¹

[Green leafy vegetables](#) are high in antioxidants that help to protect the liver from the free-radical damage that it incurs by processing toxins. Chlorophyll (the green pigment of plants) reduces toxin absorption from the gut thereby reducing the toxin load the liver has to handle. Chlorophyllin, a water-soluble derivative of chlorophyll, protects the DNA in the colon and also reduces the development of aflatoxin B1, a carcinogenic mold that damages the liver.³ Avocados and asparagus are good sources of glutathione.

Broccoli, Cabbage, Kale, Bok choy, Brussels sprouts, Cauliflower. These foods are good sources of the antioxidant glutathione and stimulate the liver's detoxification of toxins.² Try broccoli florets in potato soup, or chopped kale in lentil soup, or cabbage or Bok choy in a vegan Chinese dish.

COLON-CARING FOODS

choose at least 2 foods from **THIS** group/day

THE CRUCIFERS

- Powdered Psyllium Husks
- Ground Flaxseeds
- Carrot
- Apple
- Pear
- Berries

FIBER + OTHER KEY FOODS

choose at least 1 food from each group/day

NUTS + SEEDS (OPTIONAL)

- Almonds
- Walnuts
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds

FRIENDLY CARBS + PLANT-BASED PROTEINS

- Chickpeas
- Lentils
- Adzuki beans
- Pinto beans
- Kidney beans
- Oatmeal
- Sweet potato
- Quinoa
- Brown Rice
- Amaranth
- Blue-green Algae
- Spirulina
- Peas

Seamoss Gel is for
healing and nourishing

OIL

- Olive Oil
- Flaxseed Oil

FOODS TO AVOID DURING YOUR DETOX

Excess Fat	especially trans fat from processed and fried foods
Sugar	including high-fructose corn syrup, honey, molasses, maple syrup, sugar cane
Artificial Sweeteners	Including aspartame, sucralose or splenda
Refined Carbohydrates	Including white rice and products made from white flour (all bread, cereal, pasta, tortillas)
Soy Protein	Processed soy foods such as soy milk, soy cheese, soy ice cream, soy hot dogs, and soy burgers
Alcohol & Caffeine	Including coffee, tea, sodas and chocolate
Milk and Cheese	Including ice cream, half-and-half, and any foods made with milk and cheese

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7 Days Outline and Important Considerations

General Principles:

- **Focus on nutrient-dense foods:** Emphasize fruits, vegetables, whole grains, and nuts.
- **Prioritize hydration:** Drink plenty of water to help flush out toxins.
- **Support the body's natural detox pathways:** Focus on foods that support liver and gut health.

• Consult a healthcare professional:

Before starting **any detoxification plan**, especially if you have underlying medical conditions or take medications.

- **Listen to your body:** Pay attention to how your body responds to the cleanse and adjust accordingly.
- **Healing crisis:** Be prepared for potential temporary symptoms like fatigue or headaches, which may occur as your body adjusts.

- This information is for general knowledge and *should not be considered medical advice*: It is crucial to consult with a qualified healthcare provider for personalized guidance and recommendations, especially if you are undergoing treatment or have any health concerns or issues.

Enhance Nutrient Bioavailability:

- **Soaking and Sprouting**: Soaking or sprouting legumes and nuts can reduce compounds that interfere with mineral absorption.
- **Pairing Foods**: Combining iron-rich plant foods with Vitamin C can improve iron absorption.
- **Healthy Fats**: Including sources of healthy fats like avocado or nuts can improve the absorption of fat-soluble vitamins

Foods & Ingredients to Focus On

- **Leafy Greens**: Spinach, kale, arugula, watercress. Rich in chlorophyll and fiber.
- **Cruciferous Vegetables**: Broccoli, cauliflower, Brussels sprouts, cabbage. Contain sulforaphane to support liver detoxification.
- **Allium Vegetables**: Onions and garlic. Contain compounds that stimulate glutathione production, an important antioxidant.
- **Fruits**: Berries, citrus fruits, apples. Provide antioxidants, fiber, and vitamins.
- **Beans and Lentils**: Excellent sources of plant-based protein and fiber.

- **Turmeric**: Contains curcumin, which supports liver function and detoxification. Consider pairing with healthy fats like coconut oil for better absorption.
- **Ginger**: Aids digestion and reduces oxidative stress.
- **Avocado**: Provides healthy fats and glutathione.
- **Flaxseeds**: Rich in lignans and omega-3 fatty acids, promoting elimination and fighting inflammation.
- **Bentonite clay** (optional): Can help bind to and eliminate toxins
- **Lemons**

9 Foods That Naturally Detox Body

Asparagus

Asparagus contains **glutathione**, a well-known antioxidant that promotes detoxification. It is also a good source of fiber, folate, iron, and vitamins A, C, E, and K, as well as being beneficial to those with high blood pressure.

Asparagus is also known to promote kidney and bladder function.

Broccoli

Broccoli contains **sulforaphane**, which is great for fighting off infectious cells in our bodies. Eating broccoli also may help your body fight off cancer-inducing chemicals and boost the liver's ability to regulate chemical levels in our bodies.

Grapefruit

Grapefruit is loaded with nutrients including **vitamins** A, C, and B1 and pantothenic acid, fiber, potassium, and biotin. Enzymes found in grapefruit may also break down the fat in your body to help promote weight loss. Please note that grapefruit may interact with some medications, so you should speak with your primary care provider before increasing your grapefruit intake.

Avocado

Avocados are loaded with antioxidants that help your body fight [free radicals](#). A nutrient-dense food, avocados contain around 20 different vitamins and minerals that help [decrease](#) the risk of obesity, diabetes, and heart disease.

Kale

What's the fuss over kale? Packed with amino acids that help keep your mind sharp, kale is beneficial for managing cholesterol too. Kale can also help with managing [blood pressure](#) and supporting the immune system.

Artichokes

Give your liver a break! Artichokes provide a wide variety of nutrients for your blood and liver. Two phytonutrients found in artichokes help the liver produce [bile](#), which is important in the digestion of fats and the removal of harmful toxins.

Collard greens

Collard greens are rich in sulfur-containing compounds that support your body's detoxification process. Not only are they high in vitamins K and A, but collard greens may also lower your risk of breast, colon, and lung cancers due to [indole-3-carbinol](#).

Beets

Beets are a high-antioxidant vegetable that are also rich in nutrients. Beets contain betaine as well as a fiber called pectin that clears toxins that have been removed from the liver. In addition, beets can help lower blood pressure, prevent heart disease and stroke, [help fight inflammation](#), and provide a boost to your immune system.

Spinach

Spinach is low in calories but packed with nutrients. Spinach contains vitamins A, C, E, and K, as well as thiamin, folate, calcium, iron, and magnesium – the list goes on! [Flavonoid](#) antioxidants in spinach help prevent cholesterol oxidation in the body.

Additional foods

- **Lemons** (*Realbuzz Team, n.d.*)
 - Vitamin rich (*Care2, 2016; Realbuzz Team, n.d.*)
 - Great source of antioxidants
 - "Restores the body's pH system" (acid-base balance in the body)
- **Watercress**
 - Eliminates more carcinogens through urine (*Care2, 2016; Realbuzz Team, n.d.*)
 - High in antioxidants and other nutrients (*Realbuzz Team, n.d.*)
 - Aids in the elimination of 'toxins' through its diuretic properties (*Realbuzz Team, n.d.*)
 - "Increases detoxification enzymes" (*Care2, 2016*)
- **Fresh garlic**
 - Eliminates some "harmful bacteria, intestinal parasites and viruses" (*Care2, 2016*)
 - Possess "antioxidant and anti-cancer properties" (*Care2, 2016*)
 - "Cleanses the respiratory tract" (*Care2, 2016*)
 - Has "antiviral, antibacterial, and antibiotic properties" (*Realbuzz Team, n.d.*)
 - Aids the immune system through the production of white blood cells (*Realbuzz Team, n.d.*)
 - DNA protector (*Robbins, 2019*)

Detox Phases

ANTIOXIDANT-PACKED FOODS FOR PHASE 1

These are high in vitamin C and compounds that help your body to produce glutathione. These are really important during detox to quench the free radicals formed during phase 1 detox.

Milk Thistle	Beets
Collard Greens	Avocados
Arugula	Brazil nuts
Kale	Lemons
Cauliflower	Pomegranate
Radish	Berries
Lentils	Apples

ANTI-INFLAMMATORY FOODS

These foods help to reduce any inflammation that can occur during detox!

Ginger
Flax seeds
Chia seeds
Olive oil
Cayenne
Curry powder
Cinnamon

DETOXIFYING FOODS FOR PHASE 2

Phase 2 is the second step of detox. These foods help to pair with the water-soluble compound and remove the toxins from your bod.

Turmeric
Broccoli
Brussels sprouts
Cabbage
Garlic
Onions
Apples

FIBER-PACKED FOODS

Fiber is essential as part of the last step of detox to help remove the processed toxins from your system. Aim to have fiber at every meal!

Leafy Greens
Herbs ~ cilantro, rosemary, basil
Fennel
Mushrooms
Endives