

## Detox diet (adapted) Courtesy of Dr. Mark Hyman, MD

### Rule of Thumb: Beware Of Foods With Health Claims

- focus on the ingredients list
- choose foods with fewer than five ingredients
- buy only package foods with ingredients you can pronounce or recognize
- be aware that food manufacturers don't have to list ingredients that appear in trace amounts

### Avoid These Ingredients At All Cost

- sugar
- other sweeteners: aspartame, NutraSweet, Splenda, sucralose, and sugar alcohols (end in -ol xylitol sorbitol)
- bad fats: hydrogenated fat, trans fat; stay away from industrial, manufacture food -like substances
- preservatives, additives, colorings, natural flavorings
- Gary
- gluten
- alcohol
- caffeine
- beware of the "nutrition facts"
- not the whole story: don't include the mega three or omega six fatty acids to tell how fast the carbs will be absorbed
- the chemical soup is not on the label (preservatives and additives)
- focus on fiber, sugar, and protein per serving: keep total sugars less than 8 g per meal
- aim to include at least 5 to 10 g of fiber with every meal
- aim for a minimum of 10 g of protein with each meal but up to 30 or grams of protein is fine
- serving size: if you going to be counting calories make sure you know what the serving sizes for the calories you're looking at
- fats
- total carbohydrates
- fiber: one of the main factors in determining how slowly or quickly a carbohydrate enters your blood stream
- sodium
- protein: inhibits or reduces insulin spikes keeping you feeling satisfied longer
- vitamins and minerals: get these from whole foods organic if possible, nutraceutical supplements (not labels)

### Items That Need To Go Permanently

- highly refined cooking oils such as corn and soy
- fried food you may have stored in your freezer
- margarine or shortening, which contained those dreaded hydrogenase fats

### Food Myths

1. all calories are created equal
2. can't fight genetics
3. I can use willpower to control my cravings
4. You can be healthy if you're overweight
5. Exercise is the key to weight loss
6. You have to be "ready" to succeed weight loss.
7. If you make small changes in your lifestyle you will lose weight
8. Don't lose weight too fast or you will rebound and gain it all back

### Foods That Should Be Avoided For the Next 10 Days

- all gluten containing products
- all grains including gluten-free versions
- all dairy products
- all beans including chickpeas, lentils, peanuts
- any prepared food that was made in your local store or by a small manufacturer
- all alcohol, just simple sugar in a different form. Impairs your judgment causing you to eat more
- caffeine: supplemental instead with jalapenos or cayenne peppers
- **The Dirty Dozen:** Apples, strawberries, grapes, celery, peaches, spinach, sweet bell peppers, imported nectarines, cucumbers, cherry tomatoes, imported snap peas, potatoes (you can eat these but note that can be high in toxicity)

### Hidden names for monosodium glutamate (MSG)

- anything with the word glutamate and it
- gelatin
- hydrolyzed vegetable protein
- textured protein
- hydrolyzed plant protein
- yeast extract
- glutamate
- auto lysed plant protein
- use food or nutrient
- glutamic acid
- auto lysed yeast
- vegetable protein extract
- anything hydrolysis I was
- protease
- anything enzyme modified
- anything containing enzymes
- umami
- carrageenan
- bouillon and broth
- stock
- any flavors or flavoring
- Mel dextran
- barley malt
- malt extract
- natural seasonings

## Here's what you can eat :

- organic seasonal local produce
- organic fruits and vegetables in the freezer section
- non-starchy vegetables - eat as many as you like:

artichokes	arugula	asparagus	avocados
Bean sprouts	B greens	bell peppers	blueberries
broccoli	Brussels sprouts	cabbage	cauliflower
celery	chives	collard greens	dandelion greens
eggplant	endive	fennel	freshers
garlic	Ginger	green beans	hearts of palm
jalapenos	kale	Kiwis	lemons
let us	limes	mushroom	mustard greens
onions	pomegranate seeds	radicchio	radishes
shallots	snap peas	snow peas	spinach
summer squash	Swiss chard	tomatoes	turnip greens
watercress	zucchini		

**The Clean 15:** avocados, sweetcorn, pineapples, cabbage, frozen sweet peas, onions, asparagus, mangoes, papaya's, Kiwis, eggplant, grapefruit, cauliflower, sweet potatoes

### Proteins

- grass fed, hormone free, or organic beef, lamb, and bison, buffalo meat
- organic or antibiotic free boneless, skinless chicken, turkey breast, ground chicken, turkey
- wild or sustainably farmed low mercury seafood such as clams, crab, flounder, herring, oyster, perch, Pollock, salmon, sardines, shrimp, soled, squid, trout, and white fish
- AVOID: fishes high in mercury such as tuna, swordfish, Chilean sea bass.
- Organic a mega three enriched eggs
- organic, whole forms of non-GM oh soy food, such as tofu, tempeh, and gluten-free, low sodium miso

### Healthy Supplemental

- extra-virgin olive oil in glass container
- extra-virgin coconut butter/oil other healthy oils: walnut, sesame, grape seed, flax, avocado
- nut butters (raw if possible): almond, cashew, macadamia, walnut
- seeds: hemp, Chia, flax, pumpkin, sesame
- tahini = sesame seed paste
- full fat unsweetened coconut milk
- unsweetened hemp or almond milk
- canned or jarred column on a olives
- almond flour (also known as: almond meal )
- error route
- apple cider vinegar
- balsamic vinegar
- gluten-free, low-sodium tamari
- low-sodium vegetable or chicken stock
- Dijon mustard
- sea salt

- black peppercorns (for grinding)
- dried herbs and spices: basil, cayenne pepper, chili powder, cinnamon, coriander, cumin, onion powder, oregano, paprika, parsley, rosemary, sage, thyme, tumeric

### Replace this with that:

#### Instead of:

fruit flavored yogurt  
 pasta  
 mashed potatoes  
 Rice  
 Potato chips, pretzels, tortilla chips  
 Parmesan cheese  
 Cornstarch  
 dairy milk  
 canned tuna  
 butter  
 wheat flour  
 bread, raps, or bonds  
 milk chocolate

#### Try:

Chia Pudding  
 Shiritaki noodles  
 cauliflower mash  
 cauliflower rice  
 nuts  
 nutritional yeast  
 arrow root  
 unsweetened coconut milk or almond milk  
 canned wild salmon  
 coconut oil or butter  
 almond flour or coconut flour  
 bid or romaine lettuce leaves  
 rock cocoa or 75% dark chocolate

### Benefits to our detox diets

1. shutdown insulin surges
2. improve your cells sensitivity to insulin
3. reduce cortisol
4. lower Grell and
5. improve leptin sensitivity
6. increase the break on appetite called peptide YY
7. increase dopamine naturally
8. reset your taste buds
9. reduce inflammation
10. boost detoxification
11. satisfy to cut your cravings for sugar and process food
12. detox from all adjective substances support your body's detoxification system empty and clean your digestive system to help your body eliminate toxins
13. move your body so you improve your metabolism to create optimal health
14. listen to the changes happening in your body and become aware of the natural shifts towards health and wellness
15. think and examine the thoughts, beliefs, and attitudes that get in the way of weight loss, and create new thought patterns for health and well-being.
16. Nurture yourself and calm your nerves system through simple techniques of breathing and relaxation.
17. Design your life through focused planning and attention and change environment a the automatic conditions for health.
18. Notice and track the changes happening in your body, including her food intake, movement, sleep patterns, and numbers (weight, waist size, blood pressure, blood sugar, lab test, and symptoms).

19. Connect with others to get support to sustain and enhance the changes you have made and to make changes in your community that can help us all heal

## Getting Started

1. detox your kitchen
2. gather supplies
3. taper off caffeine, alcohol, and sugar.
4. Align your mind and intentions
5. measure yourself

## Detox Your Kitchen

1. get rid of anything that is not real food: made in a factory, comes in a can, box, package
2. get rid of any food or drink that contains sugar in any form (honey, molasses, agave, maple syrup, organic cane juice, artificial sweeteners)
3. all hydrogenated oils or refined vegetable oils (ex. Corn, soybean)
4. all foods with artificial sweeteners, preservatives, additives, coloring, dyes (basically anything that has a label or is processed in any way)
5. all gluten products, all grains, all dairy products, all beans.

## Tips on Cooking

### cooking vegetables:

1. in a large saucepan, bring one cup of water to a boil.
2. Place a steaming rack or basket over the water
3. chop vegetables, place them in the steaming rack, cover, steam for 4 to 8 minutes (depends on your desired level of tenderness) they should still be crunchy and bright colored.
4. add your favorite herbs and spices, drizzle with olive oil, and a dash of Himalayan sea salt to taste (follow for all vegetables)

### sautéing vegetables:

1. chop vegetables
2. in a sauté pan, heat 1 tablespoon of Extra virgin olive oil over medium heat.
3. Add the vegetables and sauté for 5 to 7 minutes, stirring occasionally, until they're cooked to your desired level of tenderness.
4. You can add onions, garlic, and or mushrooms (start with the salt then add these)

### Cooking Fish And Chicken

These are very easy to prepare and delicious and healthy ways. Just grill, broil, or sauté your fish or boneless, skinless chicken, then season with Extra virgin olive oil, lemon juice, rosemary, garlic, ginger, or cilantro.

### To Grill Or Broil fish Or Chicken:

1. prepare the grill or reheat the broiler.
2. Sprinkle salt and any other seasoning you choose on your fish or chicken. You can coat it in 1 teaspoon of olive oil. Then place it on the grill or under the broiler.

3. Cook fish until it is tender, and opaque throughout (7 to 10 minutes) flipping it once halfway through the cooking time. Chicken will take longer, perhaps up to 15 minutes. You'll know when it's done if it's firm to the touch and white throughout when you slice it.

### **To Sauté Fish Or Chicken:**

1. sprinkle salt and any other seasoning you choose on your fish or chicken.
2. In a skillet or sauté pan, heat 1 to 2 tablespoons of extra virgin olive oil over medium heat. Add the fish or chicken to the pan.
3. Turn fish just once while cooking, but turned chicken often devoid brown it too much on one side. Follow the same cooking times as for broiling and grilling.
4. You can sauté onions, garlic, mushrooms, or other vegetables with your fish or chicken to make it especially tasty.
5. Once it is cooked, seasoned fish or chicken with additional salt, freshly ground black pepper, up to 1 tablespoon of olive oil, and lemon juice if you choose.

### **Tofu or Tempeh:**

Follow the guidelines for fish and chicken, or simply add cubed tofu or tempeh to your vegetables before steaming or sautéing.

### **Spice Up Your Food:**

Add herbs and spices to your cooking. Not only do these have amazing health benefits, but it will make your food really tasty and add to variety.