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# The Detox Diet

3rd  
edition

The DEFINITIVE GUIDE for LIFELONG VITALITY  
with RECIPES, MENUS, and DETOX PLANS

EXCLUSIVE BOOK EXCERPT



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So many problems in our society come from excessive use of food, chemicals, and drugs. Abuses and addictions touch almost every person's life. I realize these habits are as much a part of our social and cultural upbringing as they are our responses to dealing with the stresses of family, school, work, our local environment, and society at large. Food choices are especially a challenge for so many overweight and obese people, an expanding and significant issue for many of us across all age groups, from young to old. Truly, finding the right, supportive, and balanced diet is a dilemma for most everyone.

I don't want you to feel bad or weak or self-conscious if any of these potentially destructive habits applies to you. I know the struggle between light and dark, between picking up that bag of cookies or chips, that cup of coffee or glass of wine or pack of cigarettes—and the desire to stop. I also know it is an incredible challenge to change anything, particularly to stop any addiction we have relied upon for many years. For most of us, our habits serve us well until they don't, and most of them undermine our health in a variety of ways.

I have seen consistently that clearing our substance habits can be done with greater attentiveness to our actions, with a gathering of our willpower, and with the support of our family and friends. I have also seen that it is very difficult to change our habits if we are not also willing to deal openly with emotions and other adversaries that may block healing.

I do want to inspire and motivate you to change. **The first principle and action for improving your health is to eliminate destructive habits.** Even if you cannot believe that you can do without your substances completely, at least consider an abuse break and observe the change. Try a day or a week without caffeine, alcohol, or sugar, replacing them with a new habit

of drinking water, walking, or swimming. See how you feel. Remember, breathe deeply.

All addictions are ultimately self-destructive (some may hurt others as well, such as alcohol and smoking). When you change that dynamic to self-care—through your internal healing process as well as by following the lifestyle and nutritional guidelines I describe in this book—you will begin to better serve your body and move your life toward its higher potential. As you develop more nurturing and supportive habits—eating good food, exercising regularly, learning to cope with stress, and developing motivating attitudes—I know you will experience greater vitality, more positive relationships, and overall improved health.

Good luck on your journey.

## CHAPTER ONE

# Why Detox?

### DETOX: HOAX OR HEALING?

I have used the process of detoxification and the information in this book for more than thirty-five years for my personal well-being as well as for many thousands of patients, with even more people benefiting from the process since the publication of the first edition of this book. Of course, there are many other practitioners who guide and observe people through similar processes of elimination diets, detoxification programs, and juice cleansing and have thousands of positive anecdotes. We still do not have much research that backs up what we see. It is challenging to first study the multi-dimensional programs people typically employ and then compare them with placebos or different diets. This research gold standard (double-blind, placebo-controlled study) is much easier when evaluating one substance, like a new medicine.

Really, we are talking here about a complete lifestyle shift, as with diet, exercise activities, and attitudes. Thus, to skeptics, it's all a bunch of talk. "Prove to me that it works," states a scientific researcher. I say, "Let me put you on a program and we'll see how you feel and look. And we can study your blood chemistry, such as your cholesterol level (especially when it's high), or monitor your blood pressure. Many aspects of your health will get better, with many side benefits." I know when people make lifestyle and habit changes they often have improved health results.

Still, it's difficult to study whole programs for improved health. Here, experience and anecdote might be a better gold standard.

### THE DETOX CONTROVERSY

The broad topic of detoxification diets is filled with controversy, the main arguments against them being that there's no scientific proof detox diets work, and that they are not needed at all because the liver and kidney do a fine job clearing the body of its toxins. In addition, the opponents of detoxification claim these diets cannot be maintained for long periods of time without doing major harm, that they are a scam to sell useless products and procedures. For doctors who have been trained to treat disease, the whole approach to the nutritional management of disease—actually the prevention or reversal of disease—is a hard pill to swallow because it suggests that conventional Western medical training is both deficient and incomplete. This is why I veered into natural medicine after my own medical training—because I felt my education to date had taught me almost nothing about health and what was needed to keep the body fit. (I feel this is also a deficiency in public school education. Yet, that has been changing over the past decades.)

The concepts and practices of detoxification are an integral part of natural medicine. Detoxification is done by every cell in the body, and almost every organ system helps in the body's waste removal. The human body continually detoxifies itself, yet when it is stressed or overloaded, the body may not be able to keep up and then may create a symptom or other form of "communication" about the imbalance.

In these cases, the body tries to rebalance itself by flooding the connective tissues with acids, which eventually can cause more inflammation and aging. This is one of the basic ways we stress our bodies. The discussion of acid-alkaline diets and body states is an essential understanding for overall health and I believe will be the medical understanding in the future when it comes to viewing health and disease.

**Detoxification is a process, not really a diet.** To me, the truth about helping our bodies detoxify is that it allows us to learn about our individual bodies, incorporate a process to simplify our intake for a short period of time, and then develop a healthier lifestyle understanding. When we eliminate certain foods and substances, we have the opportunity to see, experience, and learn how our bodies respond. This is invaluable in the process of healing, and individualizes it. Thus, your own personal experience proves or disproves the process to you, and maybe to your doctor if the doctor believes every patient's medical treatment is ultimately an experiment or experience. To me, this is the right way to practice medicine, through direct experience and observation with an eye on safety first, as in "First, do not harm," a key Hippocratic principle of the oath taken by medical doctors. I believe that detox programs, when done appropriately for the right people, may prevent chronic illnesses, reduce existing problems, and improve health and vitality.

Medical research is costly and, unless you are testing a patented product, there is no money for the proofs the opponents and skeptics ask for. To me, the proofs are in how people feel and look after they have completed a round of cleansing/detoxification and have changed their habits. These programs also commonly help people increase their awareness of foods and substances that don't support their health. Finally, when someone is attempting to eliminate addictive substances like tobacco or alcohol, having a diet plan to support the process is useful and necessary.

**Thus, think of detoxification as something you can do to help yourself feel better and learn what works for you in terms of your individual eating and intake program.** Can you handle coffee, sugar, or alcohol, or does even a little bit throw you off or reduce your vitality? When you consume these substances every day, you may not be able to sort that out. That's why I encourage you to take breaks—a week to a month—to eliminate what you take for granted and do every day, see whether you feel better after a few days, and then incorporate them again (one at a time) to experience how you really feel.

## WHAT IS TOXICITY AND DETOXIFICATION?

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Toxicity is a great concern in our modern world for literally everyone. No one can avoid environmental exposure. Threatening our health are powerful chemicals,

air and water pollution, electromagnetic waves, noise pollution, radiation, and nuclear waste. We ingest new chemicals, use more drugs, eat more sugary and refined foods, and abuse ourselves daily with stimulants and sedatives. Cancer and cardiovascular disease are on the rise; arthritis, allergies, obesity, and skin problems are also rapidly increasing; and a wide range of symptoms such as headaches, fatigue, pains, coughs, gastrointestinal problems, immune weaknesses, sexually transmitted diseases (STDs), and psychological distress like depression are being seen by physicians in record numbers. Although a connection between increased toxicity and increases in diseases is obvious, it is important to understand how toxins occur so we can avoid or eliminate them from our lives.

**Toxicity primarily comes from two basic areas—external and internal.** We can acquire toxins from our environment by breathing them, ingesting them, or being in physical contact with them. Most drugs, food additives, and allergens can create toxic elements (from reactions and by-products) in the body. In fact, any substance can become toxic when used in excess.

Internally, the body produces toxins through normal everyday functions. Biochemical and cellular activities generate substances that need to be eliminated. These unstable molecules, called free radicals, are biochemical toxins and are considered a common factor in chronic disease. When these biochemical toxins are not counteracted or eliminated, they

can irritate or inflame the cells and tissues, blocking normal functions on all levels of the body. Microbes such as intestinal bacteria, foreign bacteria, yeasts, and parasites can produce metabolic waste products that we must handle. Even our thoughts, emotions, and stress (including stress caused by the daily news) can increase biochemical toxicity. The proper elimination of these toxins is essential.

**Clearly, the healthy human body can handle certain levels of toxins; the concern is with excess intake, excess production of toxins, or a reduction in the elimination processes.**

A toxin is basically any substance that creates irritating and/or harmful effects in the body, undermining our health and stressing our biochemical or organ functions. Chemicals and metals (lead and mercury) can interfere with the many sensitive enzymes that catalyze most cell functions and affect overall cell and body health. Toxin irritation may also result from the side effects of pharmaceutical drugs or from unusual physiological patterns. The irritating chemicals, or free radicals, from the use of both prescribed and recreational drugs can also cause tissue degeneration. Negative “ethers,” psychic or spiritual influences, and the stress from bad relationships, negative thought patterns, and emotions can also have toxic effects on our body.

Even if we are living in a basically healthy way, toxicity still can occur when we ingest more than we can utilize and eliminate or breathe polluted air.

Homeostasis refers to balanced bodily functions. This balance is disturbed when we feed ourselves more than we need or when we abuse specific substances. Toxicity may depend on the dosage, frequency, or potency of the toxin. A toxin may produce an immediate or rapid onset of symptoms, as many pesticides and some drugs do, or it may have long-term effects, as when asbestos exposure leads to lung cancer.

When our body is working well, with good immune and eliminative functions, it can handle everyday exposure to toxins. However, when we are stressed or not sleeping well, we may not be able to handle even our normal amount of toxins. This could also be a cyclical function, like so many body functions; sometimes our bodies are strong detoxifiers and other times they are weaker.

## BEFORE YOU BEGIN

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As a physician, I am fascinated by the complexity, subtlety, and diversity of individual health habits—specifically, the combinations of various substances we imbibe and ingest. The spectrum of these substances includes the components of our diet (foods, drinks, chemicals), supplements (nutrients, herbs, and homeopathic remedies), drugs (prescription, over-the-counter, and recreational), and pollutants (herbicides, pesticides, hydrocarbons, and petrochemicals). These all are part of our possible choices and have effects on our life and health, both present and future.

Some questions we might ask ourselves:

- How do we develop our preferences?
- When do our preferences become needs?
- Why do our needs become addictions?
- Why do some of us become addicted while others of us can stop on our own? Is it inherent or learned?

Personality, upbringing, and environment influence our personal choice of substances. In exploring these concerns about abuse and the way it affects our health, I have developed a specific orientation and program for initial healing and detoxification. This process has evolved over my nearly forty years as a naturally based, general health practitioner.

My overall understanding of symptoms and disease integrates both Western linear thinking and naturopathic approaches to health and illness. Problems with the body and mind often arise from either **deficiency** (when we are not acquiring sufficient nutrients to meet our bodily needs) and/or **congestion/toxicity** (when our intake is excessive or we ingest something that is particularly irritating). Congestion can arise from both reduced elimination function and an overconsumption of food or substances such as caffeine, alcohol, nicotine, refined sugar, and chemicals from medications to home cleaners to freeway fumes. It's clear that noises and smells affect us as well and those of us

who are more sensitive to these issues can find ways to protect ourselves from these exposures.

People who are deficient in nutrients may experience problems such as fatigue, coldness, hair loss, or dry skin. They need to be nourished with wholesome foods (and supportive relationships) that aid healing. However, **congestive problems are more common in Western, industrialized countries.** Many of our acute and chronic diseases result from clogged tissues, suffocated cells, and subsequent loss of vital energy. Frequent colds and flus, cancer, cardiovascular diseases, arthritis, and allergies are all consequences of congestive and inflammatory (often tied together) disorders and, eventually, too many antibiotics, other medicines, and surgeries that result from these problems. These medical problems may be prevented or treated through a process of cleansing, fasting, and detoxification. These approaches represent different degrees of an overall process that reduces toxin intake and enhances toxin elimination, making way for health and healing to occur.

All of the programs contained in this book combine aspects of these fasting and detoxification/cleansing processes. Herein, there are specific programs for dealing with **Sugar, Nicotine, Alcohol, Caffeine, and Chemicals (recreational drugs and prescription medications)—what I call SNACCs.** In each program, I discuss the physiological actions and reactions involved, the hazards

## HEALTH REVIEW: DO I NEED TO DETOX?

Rate your potential for toxicity (with the following topics, activities, and medical symptoms) OR rate the prevalence of your habits and medical symptoms to help determine whether detoxification will be of benefit to you now.

### PERSONAL HEALTH REVIEW

Score each answer on a scale from 0 to 3. The key is:

- 0 = I **avoid** a substance or food, or I **never** experience a symptom or condition.
- 1 = I **occasionally** use a food/substance, or I **occasionally** experience a symptom/problem (< 3 x week).
- 2 = I **frequently** use a food/substance, or I **frequently** experience a symptom/problem (> 3 x week).
- 3 = I use a food or substance on a **daily** basis, or I experience a symptom or problem **daily**.

The higher your score, the more likely you will benefit from the Detox Diet and detoxification.

### SNACCs: Score (0 to 3)

- \_\_\_ SUGAR
- \_\_\_ NICOTINE
- \_\_\_ ALCOHOL
- \_\_\_ CAFFEINE
- \_\_\_ CHEMICALS
- \_\_\_ Prescription medications
- \_\_\_ Over-the-counter medications
- \_\_\_ Recreational drugs
- \_\_\_ Artificial sweeteners

### \_\_\_ TOTAL SNACC SCORE

### Foods:

- \_\_\_ Dairy products
- \_\_\_ Wheat and bread products
- \_\_\_ Fish
- \_\_\_ Beef
- \_\_\_ Smoked or organ meats
- \_\_\_ Nonorganic food
- \_\_\_ Soda
- \_\_\_ Restaurant dining

### \_\_\_ TOTAL FOODS SCORE

**Medical Symptoms:**

- Headaches
- Allergies
- Sinus congestion
- Cough or mucus
- Skin rashes
- Acne outbreaks
- Painful periods (dysmenorrhea)
- Back pain
- Joint pain
- Tendonitis or fasciitis
- Other pain
- High blood pressure
- High cholesterol
- Digestive upset
- Constipation
- Irritable bowel syndrome
- Bad breath
- Fatigue
- Insomnia
- Anxiety
- Depression
- Diabetes, adult

**TOTAL MEDICAL SYMPTOMS SCORE**

**Other Factors:**

- Computer use
- Cell phone use
- Television
- TV news
- Driving or commuting in a car
- Stressful relationships
- Perfume or cologne
- Chemical deodorants
- Chemical cleaners at home
- Chemical exposure at work
- Dental amalgams

**TOTAL OTHER FACTORS SCORE**

**TOTALS FOR EACH:**

- SNACCS
- FOODS
- OTHER FACTORS
- MEDICAL SYMPTOMS
- TOTAL (all categories)**

**UNDERSTANDING YOUR SCORE**

- 60+ Detox NOW!
- 45 to 60 Clearly benefit from detox
- 30 to 45 Consider some detox
- < 30 Great going!

and ill effects of the substance, and the methods for handling and clearing these adverse habits.

The beginning of the process for healing our abuses requires motivation from within to change unwanted habits. This often requires us to address the underlying emotions that may perpetuate the problem. A good counselor or therapist or a compassionate positive friend can be helpful to support this healing process; and remember, for real healing, it takes what it takes for the worthwhile experience of truly getting better. Overall, we must create a workable plan and gather our willpower to begin. The Detox Diet and other purifying programs discussed throughout this book alkalize the body, help us feel better quickly, and lessen feelings of withdrawal. Drinking good water, getting vigorous exercise, and taking specific nutritional and herbal supplements also support the detoxification process.

A few simple tenets of natural medical practice may help clarify for you this book's approach:

1. The primary cause of disease is the accumulation of unnecessary wastes that are not properly eliminated, resulting in poison retention, cellular dysfunction, and subsequent health problems.
2. Your body is designed to support optimal function. Listen to its signals.

3. Given the proper environment, your body has the power (and likelihood) to heal itself and return to its normal healthy state.

Patients and physicians do best when oriented to live and practice with a commonsense approach that first looks at lifestyle as a place to promote rejuvenation, then to natural therapies, and finally to pharmaceutical drugs and surgery, which are appropriate when a situation is acute or severe or if natural therapies are not working. Lifestyle factors include diet, exercise, good sleep, stress management, and attitudes.

Motivation is helpful for our behaviors and outcomes. Are we motivated from a crisis or do we seek a better, healthier future?

Natural therapies include nutritional supplements, herbs, homeopathic remedies, and hands-on healing such as massage, osteopathy, and chiropractic care. Nutritional awareness and practice aid you in both preventing disease and recovering health.

Put simply, **the key to maintaining metabolic balance is to maximize nutrition and both minimize and eliminate toxins.**

The goal is to place your health and that of your family back into your own hands. In fact, so much of your health is up to you. Take the initiative to do what you can to be vital and healthy. It is really worth it!

## CHAPTER FIVE

# The Detox Diet and Other Purifying Diets

BEFORE WE APPROACH THE DETOX DIET, we first want to give you some preventive medicine guidelines to follow so you won't need to detoxify as often. Instead, learn to eat and live in a way that creates and supports health, vitality, and longevity. The first step is to follow a nontoxic diet (see page 64). If we do this regularly, we have less need for cleansing. If we have not been eating this way, we should detoxify first and then make these more permanent changes. And of course, as we exercise and stretch regularly, rest and sleep well, and take a great attitude toward life and others, this all will keep our stress low and our health high.

I mention avoiding gluten as part of a healthy diet. Although this is not essential for everyone, it does help many people feel better with better energy, thinking, and digestion. Gluten is a protein joined with starch that is allergenic for many, and it is contained in wheat products, rye, and barley. There is also some in spelt and triticale. Oats and corn are less reactive typically, and buckwheat and quinoa are often well handled. Overall, following elimination diets is a way to sort out what works and what does not for each individual.

Another aspect of the nontoxic diet is avoiding drugs (over-the-counter, prescription, and recreational) and substituting natural remedies such as nutritional supplements, herbs, and homeopathic medicines, all of which have fewer side effects. I often do this first, before suggesting or taking prescription drugs.

### *Feeling Good as We Age*

Most of us want to be healthy and not get old. Well, we are all going to become older in years at least; yet, the key is not to feel too old. In the modern world that's simply not the case. Due to our diets and lifestyle (and living longer, of course), many feel old and ill too early in life. We can change that for the better. I believe that's the case with me. I really believe my nearly forty years of detoxification practice and yearly cleanses have helped me look and feel youthful and at least delay the aging problems most of my family and relatives have experienced with diseases, doctors, and drugs due to hypertension, diabetes, and high cholesterol. In my mid-sixties now, I have no diagnoses, doctors, or drugs and feel good most every day. I want that for you too, and of course, the earlier you start with excellent self-care, the more likely that will be. Stay healthy! That's the key.

Other natural therapies, such as acupuncture, massage, osteopathic, and chiropractic care may help in treating certain problems so that we will not need drugs for them. Avoiding or minimizing exposure to chemicals at home and at work is also important. One way we can do this is by substituting chemically based personal products with natural cleansers, cosmetics, and clothing.

### THE DETOX DIET

One of my favorite cleansing/detox programs is the Detox Diet. It is a simple eating program I have used with many thousands of people. I find it to be a great catalyst for healing—providing more energy, fewer debilitating symptoms (such as aches and pains or congestion and

allergies), and the inspiration necessary for making permanent changes in diet and lifestyle habits.

When I did my first three-week-long Detox Diet, I learned to chew my food thoroughly for the first time in my life. I felt more nourished on less food, and I experienced less bloating, gas, and fullness in the several hours after eating. My weight dropped 5 pounds per week and I felt clearer, more energized, and less congested.

Over the past twenty years, I have prescribed this Detox Diet (as a healing diet and catalyst for habit changes) for those with obvious congestion-toxicity concerns, such as people with high blood pressure who are also overweight and stressed, those with arthritis and joint pains, allergies, or recurrent sinus problems, or those with back pains or lymphatic congestion.

Most people experience similar results—a couple of days of transition with occasional fatigue, irritability, hunger, or increased congestion. Usually by the third day they start to feel cleaner, clearer, lighter, stronger, and more present in their body, aware of the way it responds to food and liquid intake. Their symptoms of congestion and pain diminish and even disappear. It is very gratifying for them and me and often represents a long-term change, and it certainly makes my job more enjoyable and rewarding.

## OTHER DIETS FOR DETOXIFICATION

The following detoxifying and purifying diet programs cover a wide range of caloric needs to help you tailor a program just right for you. They include the **Detox Diet**, **Smoothie Cleanse**, and **Juice Cleanse**. These varying programs allow some diversity to help guide you through the most appropriate cleanse depending on your body type and needs, the time of year, the length of time you would like to cleanse, and your individual food sensitivities and caloric needs. The next chapter, Transitional Diets, will help you move out of the Detox Diet or cleansing program

### THE NONTOXIC DIET

- Eat organically grown foods whenever possible.
- Drink filtered (or properly purified) water.
- Eat a natural, seasonal cuisine, focusing on fresh foods as much as possible.
- Include fruits, vegetables, whole grains, legumes, nuts, and seeds, and, for omnivarians, some low- or nonfat dairy products (particularly organic yogurt), fresh fish (not shellfish), and organic poultry.
- Rotate foods, especially common allergens such as milk products, eggs, wheat, and yeasted foods. Following a gluten-free diet helps many people.
- Practice food combining, avoiding mixing too many foods per meal.
- Avoid overeating or eating too much food too late in your day.
- Cook in iron, stainless steel, glass, or porcelain cookware.
- Avoid or minimize red meats, cured meats, organ meats, refined foods, canned foods, sugar, salt, saturated fats, coffee, alcohol, and nicotine.

and create a healthy, long-term diet. The specific Lifelong Detox Diet includes a hypoallergenic plan with avoidance of regular use of SNACCs (sugar, nicotine, alcohol, caffeine, and chemicals).

## GETTING A PROFESSIONAL EVALUATION

Working with a practitioner's guidance for detoxification can be helpful. This is typically a naturally oriented medical doctor, naturopath, nutritionist, or acupuncturist—obviously a health professional who has had training and experience in detoxification. When I set up an initial personalized detox/cleansing program, I evaluate each individual with a health history, physical exam, biochemical tests, dietary review, and other relevant tests based on the person's needs. These tests could include digestive analyses for function as well as microbes (both normal and abnormal), blood mineral levels, and an evaluation of food-immune, allergy-like reactions through blood. By interpreting the patient's current symptoms and medical problems as a result of diet, lifestyle, and genetic patterns, and by then considering the patient's current health goals, we can create a plan together. As is true with any healing process, the plan must be reevaluated and fine-tuned to the individual to make it work optimally over time.

If the patient is deficient in nutrients and/or energy, she may need a higher-protein, higher-nutrient rebuilding

diet—greater nourishment rather than a cleansing program to improve her health. Fatigue, mineral deficiencies, and low organ functions may call for this more supportive, nourishing diet, and not so much detoxifying. However, even in these circumstances, doing a short three-day cleanse or avoiding foods like wheat, sugar, and milk products can help eliminate old debris and prepare the body to build with healthier blocks.

Our individual detox (purifying) programs do change, as our needs often vary with time. For instance, my own personal program has changed in intensity over the decades. Initially, fasts were very powerful, transformative, and healing for me. Now I feel much cleaner most of the time, and I usually notice less effect from a fast. If I do get congested with different foods, travel, or when under stress, a few days of juices or light eating will make a big difference. I ate a low-protein, high-complex-carbohydrate vegetarian diet for a number of years; now my mild detoxification consists of more strengthening protein-vegetable meals. Fresh fish with lots of vegetables satisfies and energizes me more now than it did in the past. My previous higher-starch diet led me to overeat in order to feel nourished. This new diet has let me reduce calories and weight while feeling stronger and healthier. And this too, I am sure, will change over time.



## SEASONAL VEGETABLE SUGGESTIONS

Try steaming basic combinations that include some root vegetables, tubers, stems, leafy greens, and vegetable “fruits” (from flowering vines, such as zucchini, green beans, and peppers). Steam in layers with the greens at the end; some firmer vegetables need more time.

### Spring

Asparagus, baby carrots, spring garlic, red chard, beets, leeks, broccoli, sugar peas, mustard greens, sorrel, collard greens, artichoke

### Summer

Zucchini, new potatoes, green beans, carrots, onion, beets, beet greens, yellow squash, bell pepper, eggplant

### Autumn

Broccoli, cabbage, potatoes, pumpkin, celery, spinach, cauliflower, onion, zucchini, carrots, chard, string beans

### Winter

Broccoli, cabbage, potatoes, kale, spinach, chard, butternut squash, onion, cauliflower, collard greens, Jerusalem artichoke

To season, add a little bit of sea salt, vegetable salt, fresh garlic, dried garlic without additives, or cayenne for warmth.

**Better Butter is a must for this Detox Diet because it prevents deficiencies of essential fatty acids.** The mixture of butter and extra virgin olive oil or flaxseed oil provides fatty acids to nourish and support the tissues.

## CHOOSING THE RIGHT PROGRAM FOR YOU

Here are a few other tips on which cleanse or detox program to choose, how long to detox, and how to move from one to the other program. The best way to think about them is to see the Detox Diet as the basic plan, moving along to more intensity with the Smoothie Cleanse, and last, the most extreme, the Juice Cleanse. In actuality, water fasting is the most intense, but we do not recommend that here, as it should be done under supervision in most

situations and doesn't typically allow one to keep working or working out; it is a rest time.

In our groups, we often use these different levels of the detox programs as stepping stones toward our longer range goal of cleaning up our bodies, losing weight, clearing symptoms, and creating overall healing. Everyone feels lighter and clearer with the feeling of making a fresh start. The transition back into the right diet for each of you is the most important part of the whole process. If you just go back to your old diet (unless it is already

very good), it likely isn't worth the whole effort, because your body and health will soon return to that lesser level as well. The key idea for this detoxification process is to come out the other side with more awareness and healthier habits, and then a healthier body. Each of the following programs can also be done exclusively, such as the Detox Diet for two to three weeks, the Smoothie Cleanse for one to two weeks, or the Juice Cleanse for three to ten or more days, all depending on the body state and needs.

A good example of a two- to three-week process can start with the Detox Diet for about a week, then shift over to smoothies and juices, either combined over the day or done exclusively. Many people can combine the liquid cleansing with the Detox Diet, where they do juices through the day, but have a salad or steamed veggies at lunch and/or dinner. As you detox, you will be learning (or really relearning) to listen to your body and adapt as you are instinctually guided. This process is both common and extremely empowering for most participants in my groups. After the cleansing week, you can move back into the Detox Diet for another week. Make sure you are balancing with supplements (see chapter 6), drinking water, and exercising. Next, you can move into the Transition Diets described in chapter 7, and hopefully not back into the bread and cheese, or candy and soda plan. Stay with your transition diet because habits can change just by making good choices and eating good foods. Think about what you can eat, what's right

for you, and not what you can't have. Your bowl is not half empty, but half full on the way to flowing over the brim with great health. Good luck and good health!

## THE DETOX DIET AND DAILY MENU PLAN

Many thousands of people have successfully benefited from following this simple menu plan. This program can be done for just one day or up to three to four weeks. The diet includes wholesome foods such as whole grains, vegetables, fruits, and teas. It can also be expanded to include dressings, dips, and sauces as well as drinks to help those who would like to follow the diet longer (see recipes in part 3). The Smoothie Cleanse provides added nutritional drinks for those who need more calories and/or protein for energy, weight maintenance, and muscle support. Even adding smoothies to the Detox Diet makes the overall program more caloric and nutritional, and thus prevents weight loss.

However, it also may be less detoxifying. When following a longer-term program, we also suggest adding fish (or other good proteins) to the program if you are active, have hypoglycemia, or just generally need more protein and calories. The added protein helps make this a more balanced diet over time, because the more stringent plan is not completely balanced. Adding some of the blue-green algae does offer some more nutrients, amino acids, and protein.

## THE DETOX DIET DAILY MENU PLAN

### Upon rising

2 glasses of water (filtered), 1 glass or both with the juice of half a lemon.

### Breakfast

1 piece of fresh fruit (at room temperature), such as an apple, a pear, a banana, a citrus fruit, or some grapes. Chew well, mixing each bite with saliva.

15 to 30 minutes later: 1 bowl of cooked whole grains—millet, brown rice, amaranth, and quinoa are the best choices. Oatmeal may be used because it is a favorite breakfast grain for many, but it does have some congestive qualities, as do most grains. (We are avoiding the “gluten” grains of wheat, rye, and barley.) For flavoring, use 2 tablespoons of fruit juice, for sweetness, or 1 tablespoon of Better Butter (page 69) with a little sea salt or tamari for a more savory taste.

### Lunch (12 to 1 p.m.)

1 to 2 medium bowls of steamed vegetables. Use a variety and include the roots, stems, and greens. For example, potatoes or yams, green beans, broccoli or cauliflower, carrots or beets, asparagus, kale or chard, and cabbage. Add 1 to 2 teaspoons of dressing, such as Better Butter (page 69). Be sure to chew well!

### Dinner (5 to 6 p.m.)

Same as lunch. If you feel fatigued or in need of protein, 3 to 4 ounces of fish, poultry, or beans can be added to this meal or, even better, at 3 to 4 p.m.

### Beverage breaks for alkaline support (11 a.m. and 3 p.m.)

Drink the water collected from steaming the vegetables. It contains many nutrients and offers a more alkaline balance for the body. A bit of veggie salt or garlic salt can be added to boost flavor. A green powder or buffered vitamin C powder can be mixed in as well (see chapter 6).

### Before retiring

Consume no additional foods after dinner. Drink only water and herbal teas.

*Note:* Eating times are relatively important, especially your last meal; finish eating at 6 p.m. or so, or by nightfall at the latest, if your schedule can't conform. Having that rest from food overnight is important to the detoxification process.

## Better Butter

*Better Butter spreads easily and is lower in cholesterol and saturated fat than dairy butter. Flaxseed oil can also be used. This recipe is adapted from The New Laurel's Kitchen. MAKES 32 SINGLE-TABLESPOON SERVINGS*

1 cup extra virgin olive oil, preferably organic  
1 cup (2 sticks) organic butter, at room temperature or melted over low heat

In a glass bowl, combine the olive oil and butter until well mixed. Cover and store in the refrigerator for up to 2 weeks.

## SMOOTHIE CLEANSE

The Smoothie Cleanse is a general short-term diet (one to two weeks) of fruit smoothies and vegetable juices and smoothies, which can be supplemented with green products for energy and with protein powder for those who have a higher caloric or protein need.

Adding protein powder to your smoothies is especially important for those who do not want to lose weight, for athletes who don't wish to lower muscle mass, and for those with hypoglycemia (low blood sugar issues). Good-quality protein powders are available from rice, milk (whey proteins), hemp, or soy (organic soy only).

Smoothies are easy to make, are delicious, and only require minimal equipment and preparation. All you need is a blender (unless you wish to squeeze or press your

own juices first, which is ideal). You can personalize your smoothie to include your favorite flavors and the protein you need for an active lifestyle, as well as hide potent detoxifiers in these cool, rich drinks.

The basic formula for a smoothie is 1 cup (per person) of liquid such as fruit juice, rice milk, almond milk, organic soy-milk, oat milk, or multi-grain milk. (*Note:* We prefer that you avoid cow's milk for a variety of health-related reasons; however, some people still favor cow's milk and whey protein powder, or goat's milk and its products.) Add a banana plus 1 cup of other fruit, either fresh or frozen, and you have your base drink. Smoothies are so rich and creamy (a half to a whole banana helps with this quality) that you can hide ingredients such as ground flaxseed, wheat germ, flaxseed oil, and protein powders without changing the flavor too much. (This is useful when nourishing your kids with smoothies.) There are other protein powders besides the typical whey or soy; these include rice, hemp, and pea protein. On top of that you can add nutrients such as probiotics (healthy bacteria such as acidophilus), algae, vitamin C, and many other supplements. This is a great benefit to those on the run and for those who have a hard time swallowing supplements.

Drink and chew your smoothies as soon as possible after making them so the ingredients are fresh and have not oxidized. For many more smoothie recipes, see *Smoothies for Life!* and *More Smoothies for Life* by Daniella Chace.

## THE SMOOTHIE CLEANSE DAILY MENU PLAN

### Upon rising

2 glasses of water (filtered), 1 glass with the juice of half a lemon.

### Breakfast

1 piece of fresh fruit (at room temperature), such as an apple, a pear, a banana, an orange, a grapefruit, or grapes. Chew well, mixing each bite with saliva, to awaken your digestion.

15 to 30 minutes later: a smoothie made with fruit and juice or milk alternative. Add ingredients to meet your specific needs, such as protein powder if you are active. Remember to chew your smoothie to mix your saliva with the rich fluid, which helps begin the digestive process.

### Lunch (12 to 1 p.m.)

A smoothie or fresh vegetable juice.

### Snack (3 p.m.)

A smoothie or fresh vegetable juice.

### Dinner (5 to 6 p.m.)

A smoothie or fresh vegetable juice.

### Before retiring

Consume no additional foods after dinner. Drink only water and herbal teas.

## SAMPLE SMOOTHIE RECIPES

(See part 3 for more smoothie recipes.)

### *High-Energy Banana Shake*

*Bananas provide electrolytes and easily absorbed calories to boost energy.* SERVES 1

- 1 cup milk alternative (rice, almond, coconut, hemp, or oat)
- 1 banana (fresh or frozen)
- 1 to 2 tablespoons protein powder

Blend all the ingredients in a food processor or blender until smooth. Drink immediately.

### *Berry Cooler*

*Berries contain cleansing fiber and antioxidants. Frozen berries create more of a milkshake effect than fresh. Protein powder can be added to this or any smoothie for those who have higher caloric needs.* SERVES 1

- 1 cup milk, milk alternative, or juice
- ½ to 1 cup berries (fresh or frozen)
- 1 to 2 tablespoons protein powder (optional)
- 1 banana (optional)

Blend all the ingredients in a food processor or blender until smooth. Drink immediately.

### *Carrot Smoothie*

*Carrots contain powerful antioxidants and although they cannot be juiced in a blender, carrot juice can be added to any smoothie as a base ingredient. Freshly made carrot juice from your home juicer is best or from the local natural food store (many make fresh juice), or buy freshly bottled juices. If you use bottled vegetable juices, make sure you get them without added sodium.* SERVES 1

- 1 cup carrot juice (fresh or bottled)
- 2 tablespoons apple juice
- 1 tablespoon fresh lemon juice
- Ice (optional)

Blend all the ingredients in a food processor or blender until smooth. Drink immediately.

## JUICE CLEANSE

This three- to ten-day deeper cleanse is the perfect spring plan for many people. The popular Master Cleanser (page 53) is an integral part of the program, which also may include vegetable juices, fruit juices, and vegetable broths.

The juice cleanse diet is a short-term, effective purifying program consisting of nutrient-rich vegetable and fruit juices. Candidates for this diet are those who want to lose weight, want to increase the rate of toxin clearing, and have lower caloric needs because they are not extremely active.

Regular exercise is still suggested to burn calories and get or stay in shape.

If you haven't experienced fresh juices before, you are in for a big surprise. They are so packed with nutrients and are very energizing. Fruits and vegetables contain easily absorbed vitamins and minerals, calories for immediate energy production, and vital phytonutrients. These naturally occurring plant nutrients protect us from disease, help heal imbalances, and accelerate the healing process.

To make fresh juices, which are superior to bottled juices, you will need a juicer (see page 58). The centrifugal force juicers are easy to clean and extract juice well from the pulp of the plants. If you have an orange juice squeezer, you can make fresh citrus juice. However, investing in a juicer will give you the ability to make your own fresh vegetable juices, which are the most vitally alive.

Juices can be made from one item or are usually a concoction of various fruits or vegetables. For example, apples with lemon and ginger are warming and enhance digestion, while a combination of carrots, celery, and lemon is refreshing and energizing.

It's important to drink freshly made juices as soon as possible (ideally immediately) so the nutrients are not exposed to air and light for very long. Some of the vitamins and phytonutrients can oxidize and be lost over time, ranging from minutes to days.

Additional detoxifying foods can be eaten to vary and simplify the juice cleanse, to extend the cleanse, or if you need to add more fruit and calories. Vegetable soups can be consumed, as can fresh fruits and vegetables such as celery, carrots, jicama, apples, pears, oranges, and so forth. See part 3 for recipes and chapter 4 for more juice ideas. Use in-season and organic fruits and vegetables as much as possible. (See the Seasonal Vegetable Suggestions list on page 66 as well.)

#### SAMPLE JUICE RECIPES

(See part 3 for more juice recipes.)

#### ***Apple Breeze***

*This refreshing juice is fairly low in calories and rich in nutrients. This is the perfect drink after a steam, yoga, or stretching session.* SERVES 1

- 2 apples, seeded
- 2 stalks celery
- 1/4 lemon

Juice all the ingredients according to your machine's instructions. Serve over ice or with a mint leaf or lemon wedge for garnish. Drink immediately.

#### ***Lemon Veggie Delight***

*This light vegetable juice has a sweet edge from the carrots and a bit of zip from the lemon. You can add any greens you happen to have on hand because most greens, such as bok choy (Chinese cabbage), spinach, and garden greens, all taste wonderful with carrot and lemon.* SERVES 1

- 4 carrots
- 2 stalks celery
- 4 leaves kale
- 1 lemon

Juice all the ingredients according to your machine's instructions. Drink immediately.

#### ***Fresh Tomato Juice***

*Use the ripest tomatoes possible. Garden tomatoes are exquisite juiced fresh.* SERVES 1

- 2 medium tomatoes
- 1/2 red bell pepper
- Celery, carrots, yellow or orange bell pepper, onion, 1 to 2 cloves garlic (all optional)

Juice all the ingredients according to your machine's instructions. Drink immediately.

### THE JUICE CLEANSE DAILY MENU PLAN

#### **Upon rising**

2 glasses of water (filtered), 1 glass with the juice of half a lemon.

#### **Breakfast**

3 to 4 (8-ounce) glasses of Master Cleanser (page 53), consumed over the morning, or 1 portion of fresh fruit (at room temperature), such as an apple, a pear, an orange, a grapefruit, or grapes. Chew well, mixing each bite with saliva to awaken your digestion.

#### **Mid-morning**

Several (6- to 8-ounce) glasses of fresh fruit or vegetable juice (in place of or after the Master Cleanser). These can be diluted with water, up to half. Apples, grapes, and lemon make a great fruit juice mix. Fresh grapes and freshly made organic grape juice are a good combination.

#### **Lunch (12 to 1 p.m.)**

1 (12-ounce) glass of fresh vegetable juice, Master Cleanser, or fruit juice.

#### **Snack (3 p.m.)**

6 to 12 ounces of fresh vegetable juice. Carrot, beet, and celery are great together. Some greens, such as kale or spinach, can be added, or an occasional shot of wheatgrass juice. Ginger, garlic, and/or lemon can be added to the vegetable juice.

#### **Dinner (5 to 6 p.m.)**

1 (12-ounce) glass of fresh vegetable juice or some vegetable broth, made from fresh vegetables.

#### **Beverage breaks (11 a.m. and 3 p.m.)**

Herbal teas or sparkling water.

#### **Before retiring**

Consume no additional foods after dinner. Drink only water and/or herbal teas.

### **Sweet Beet Elixir**

*Beet roots have been used in many cultures as a detoxifying juice. Beets are rich in potassium, folic acid, glutathione, and phytoesters. SERVES 1*

1 to 2 beets, with greens attached, if desired  
2 stalks celery  
1 to 2 carrots  
2 leaves kale  
Carrot, beet greens, and lemon wedge  
(optional)

Juice all the ingredients according to your machine's instructions. Drink immediately.

### **Hot Apple Tonic**

*The pie spice addition to the juice turns it into a comfort drink. Also apple juice is a natural, gentle laxative, soothing to the digestive tract. SERVES 1*

2 apples, seeded  
<sup>3</sup>/<sub>4</sub> cup boiling water  
Large pinch of apple pie spice

Juice the apples according to your machine's instructions. Pour the juice into a large mug, add the boiling water, and stir in the spice mix. Drink immediately.

*Note about detox reactions:* Because juice fasting is such a powerful detoxifier, it frequently causes temporary symptoms, including headaches, fatigue, irritability, bad breath, skin odor, skin eruptions, and a white coating on the tongue. These symptoms, which can be unpleasant and uncomfortable, are a sure sign your metabolism is healing. They should pass in a couple of days and are generally replaced with a very pleasant sense of calmness, great energy, and a feeling of satisfaction. Detox symptoms can also occur with other types of elimination diets.

### **THE LIFELONG DETOX DIET**

This is similar to the nontoxic diet. Avoid SNACCs and common reactive foods, such as wheat and cow's milk products, or at most rotate them into your diet every few days. Many people have problems with wheat and dairy products, and sugar. However, to consume a diet void of bread, cheese, or an occasional sweet treat is rather extreme. Just reserve them for special occasions.

That being said, many of these foods are habits and comfort foods, and once we clear them and see that we feel better, have more energy, and stay trimmer, we find it's not that difficult to avoid them and eat healthier foods. The next chapter gives you a more complete picture of moving back into your health-generating diet. There are other diet options in chapter 7.

**Sugar, Nicotine, Alcohol, Caffeine, and Chemicals**—or as I like to call them: **SNACCs**. They affect our energy, our moods, even our personalities through their stimulating or sedative effects. For those who have come to rely on any of these substances—part 2 is for you. My goal for you is to develop a healthy relationship with one or some or all of these common substances and/or the products that contain them.

Do you need two or three or more cups of coffee to get through your day? Do you routinely turn to sweet foods as a mood elevator? Do you use alcohol as a social lubricant or coping aid? Did you start smoking long before you understood the physiological addiction and consequences, and now cannot quit? Do you immediately reach into the medicine cabinet whenever you don't feel well? If you answered yes to any of these questions, this section will give you a better understanding of SNACCs, what they do, what they don't do, and how to extract them, so to speak, from your life.

Toxicity also comes from the environment and from personal relationships. Obviously, our environment is where we are exposed to many of the toxins from which we must detoxify. We have chemicals and metals that come into our body from the air, food, and water that we are exposed to or take in. In some ways, the beginning of the detox process has to do with lessening these exposures through chemical avoidance where possible—by drinking healthy water, eating noncontaminated and, as often as possible, organic foods, and making cleaner choices in the products we use on our skin and in our homes, because this is where many chemicals get into our bodies. Thus, dealing with our environment and the many exposures we have is part of everyone's life, both during each day and over the course of our many decades. To me, the biggest concern of modern living and for our

long-term health is the buildup over time of environmental chemicals in our bodies.

Many people have toxic or problematic relationships. Assessing the health of our interactions with our spouses, sweethearts, kids, coworkers, and friends—and looking at what is disturbing or what can be corrected—is an important part of life and can be an integral part of detoxification and healing. Ideally, we never stop learning and growing as people.

During my groups' and many people's detox process, participants tune into and want to work on what feels out of balance in their most intimate relationships, helping better communication evolve in a healthy way. Of course, this is the topic of an entire book; here, I would simply point out that this healing of relationships can be a naturally occurring process that is part of the detox programs described in this book. During these programs, feelings and awareness may arise and need to be dealt with in each individual's relationship. Thus, I encourage spouses and families to do some of these programs together, which often brings them closer to each other and provides much-needed support.



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