

## 6 week Dietary Detoxification Programme

For those who are interested the year, 2014, will the Chinese Year of the Horse, in the Chinese Calendar it is the year 4712. It starts on January 31st by our calendar. The 12 Chinese horoscope animals cover 5 elements and have a 60 year cycle covering the 5 elements, so this Horse year is the year of the Wood Horse.

Why not start this Chinese year with a six week structured detox programme that I undertake every year. Its a good way to give your body a little recovery time from the excesses of the festival period. There are though, some important aspects to undertaking this detox / fast. Please note that you should not undertake this if you are unwell, if you have been under a lot of tiring pressure, or if you are generally Qi Xu (tired) and / or Xue Xu (anaemic).

**You should do the following for each day for the whole 44 or 45 day programme.**

- Drink at least 2 litres of filtered water each day over the whole program.
- Each morning when you get up drink ½ squeezed lemon in a glass of warm water.
- Before you go to bed take 500mg of standardised extract of milk thistle.



**In addition you may chose to do the following;**

- Coffee enemas (optional) may be done once a week during the 6 week lead-in stage and once each morning of the 2 or 3 day juice fast. Alternately you could have 3 Colonic hydrotherapy sessions over whole period, (see <http://www.colonic-association.org> for more information on colonics.)
- All of the food that you buy and eat should be organic and as fresh as possible.
- You should discontinue with any food supplements such as vitamins or minerals over this period, except for the milk thistle (only with additional guidance form you nutritionist if you are seeing one)
- Rest as much as you can during the 2 or 3 day juice fast phase, this means no heavy work or strenuous exercise.

•After day 2 or day 3 of the juice fast, whichever you select, for 2 days re-integrate yourself back into your old diet. Remember eat slowly and chew well and have light meals such as soups, rice, steamed vegetables, etc. before returning to your normal dietary ways.

•You may likely find that you experience less of a craving or fondness for the foods you had deleted in your 6 week lead-in phase.



## The 6 Week lead-in process

Remember this detox is cumulative, so for week 4, for example, in addition to excluding dairy foods, you will be excluding everything from the preceding weeks, meat, caffeine and alcohol. Note; If you already avoid any of the above then it becomes a 5 week lead-in process, and if you avoid 2 then it becomes a 4 week lead-in process. In the unlikely event that you feel very unwell during this detox, you must stop.

### 6 week lead in programme

<b>Week 1</b>	<b>No Alcohol</b>
<b>Week 2</b> (in addition to no alcohol)	<b>No Caffeine</b> Herbal teas, rooibos etc. or non-caffeinated beverages are OK but you should have NO Decaf.
<b>Week 3</b> (in addition to no alcohol & caffeine)	<b>No Animal Meat</b> This includes chicken, turkey, fish etc.
<b>Week 4</b> (in addition to no alcohol, caffeine & meat)	<b>No Dairy</b> This includes cheese, eggs, yoghurt and milk from all sources such as cow, goat, sheep, buffalo etc.
<b>Week 5</b> (in addition to no alcohol, caffeine, meat & dairy)	<b>No Wheat</b> You can use millet, buckwheat, brown rice, spelt and quinoa.
<b>Week 6</b> (in addition to no alcohol, caffeine, meat, dairy & wheat)	<b>No Sugar</b> Some fruit and a little raw honey are permitted but not processed sugar
<b>At the end of the 6 week lead-in programme optionally do the following;</b>	
<b>Day 1</b>	<b>Juice Fast</b> 3 or 4, 8 ounce juices spread over the day
<b>Day 2</b>	<b>Juice Fast (as above)</b>
<b>Day 3 (optional)</b>	<b>Juice Fast (as above)</b>

Note; You must be healthy and you may need a weekend to do this 2 or 3 day fast.

## Juice Fast

You can choose from the following vegetables & fruits; carrot, beetroot, apple, celery, cucumber (a little ginger can be added to each drink). These fruit vegetable combinations will help to regulate blood sugar better than fruit juice combinations alone. See the 2 recipes for examples of how to make approximately 6-8 fluid ounces of juice. You can also add a little water to dilute it & add a small piece of ginger to aid circulation.

### Recipe 1

**1 apple**  
**2 celery sticks**  
**2 large carrots**

### Recipe 2

**2 apples**  
**1 beetroot**  
**½ cucumber**  
**1 carrot**