

THE BEST FOODS TO EAT BEFORE AND AFTER A DETOX!

By Dr. Cathy

A detoxification program supports our bodily systems to eliminate built up toxins from insecticides, germicides, genetic modifications, improper eating habits, and overindulgence. So if you haven't detoxed before, now is the time!

We offer information, education and support with our quarterly program to help you understand the benefits of a regular cleansing program. The best detoxifications are done periodically throughout the year, so I recommend every 3 months as a reasonable common sense approach using living foods: live fruits and vegetables as these have the best eliminative effects.

I hope you will join us for our **Free Detox Health Talk, Tuesday March 22, 2011 6:00-7:30pm** at our Absolute Health Chiropractic office. Until then start using the foods that will jumpstart your metabolism and natural cleansing process and you will reap the benefits of the detoxification program beyond your expectations.

This list basically includes **fresh fruits and vegetables**. What we want most is to hydrate our cells with live and whole foods that are rich with phyto-nutrients, anti-oxidants, vitamins, minerals, enzymes, and fiber. Some of these foods help your body to gently detox and are nourishing at the same time. You should never have to feel hungry and binge on the wrong types of food any more.

All Fresh Fruit (3-4 servings per day)

Strawberries, blueberries, cherries, raspberries, goji berries, pomegranate, lemons, lime, grapefruit, watermelon, all other melons. Small servings of all other fruits; apple, orange, banana, pear, kiwi.

All Fresh Vegetables (6-9 servings per day)

Unlimited Green vegetables: All Lettuces, spinach, mustard, collard and turnip greens, kale, Chinese cabbage, bok choy, parsley, broccoli, rappini, celery, green, red and yellow peppers, summer squash, cucumbers, broccoli rabe.

Small Servings of Starchy Vegetables (4 oz per serving)

Carrots, turnips, winter squash, potatoes, sweet potatoes, jicama, beets, parsnips and all root vegetables.

Healthy Complex Carbohydrates (6-7 ounces daily)

Healthy complex carbohydrates are found in multi-grains. They provide fiber, and energy. Avoid whole wheat as the primary grain as it creates mucous and is a high allergen. Use Sprouted wheat, Rye, Pumpernickel, and Pumpernickel Rye, Millet, Oat, Kamut, Spelt, Quinoa, and Barley, Buckwheat, Brown Rice, Amaranth to name a few.

As you begin to nourish your body with superior foods, a strong foundation is being built; the old and unhealthy cells which are clogged will have to release the toxins to receive the nutrition. These are gradually replaced and you will begin to feel better and better. Include plenty of fresh purified or distilled water, vegetable juice, soups, and herbal teas for continued hydration.

