



## Cleanse Protocol

Congratulations on undertaking this cleanse! It's a challenging yet rewarding process, and can be repeated safely up to four times annually for most people. Give yourself a big pat on the back, and get ready to experience a newer, more detoxified you!

Follow any or all of the instructions below to promote detoxification. A cleanse should run for 4-6 weeks to achieve maximum benefit.

### *Things to eat and drink:*

- **Diet:** Follow an elimination diet, and eat only things that are easy on your digestive system. To do this, avoid wheat, dairy, soy, any non-organic animal proteins, corn, beans and legumes, white potatoes, caffeine, alcohol, added sugars, and preservatives (basically, anything that comes in a box). Eggs are very good for the liver, so eat plenty of them if you tolerate them well. Quinoa, sweet potatoes, oats and rice are allowed in small amounts. You will be eating lots of fresh fruits and vegetables. Purchase organic food whenever possible. See other handout for recipes
- **Get a detox powder:** Add this to your smoothies. I use Metagenics Ultraclear or Ultraclear Plus
- **Herbs for the liver:** An easy way to do this is to purchase a ready-made liver formula. I use Alpha Omega's Liver Flush, available at most health food stores. Alternatively, I may recommend different or additional detoxifying herbs for you in our visit
- **Tea:** Drink lots of dandelion root and nettle teas daily – this will help your body flush toxins as they are released from your tissues into your active circulation
- **Drink a minimum of 2L of water** (preferably from a high quality filtered source) daily
- **UNDA compounds:** if this is your first time using UNDA remedies, begin with 1, 20 and 243. Take as directed. These promote very deep detoxification of tissues

### *Daily Practices and Health Habits:*

- **Infrared Sauna Sessions:** Do as many as possible. A good goal is 4 hours per week, but if you can only manage 1 hour, this is good too



- **Alternating hot and cold showers:** Start with 3-5 minutes hot, then change to 30 seconds cold. If you can't tolerate the cold, change the temperature to lukewarm and work downward – you will build tolerance to the cold over time and it will begin to feel refreshing. If you have a removable showerhead, work upwards from your feet towards your heart. Alternating hydrotherapy has innumerable benefits – boosting metabolism, energy, detoxification, and supporting the immune system
- **Castor oil packs:** Saturate a 100% organic cotton flannel cloth with castor oil and place over the entire abdomen, making sure to include the liver (upper right quadrant of your tummy near your ribcage). Wrap yourself with Saran wrap tightly, and place a heating pad over the pack. Relax for one hour. Warning: Castor oil will stain, so make sure to place a towel on your furniture and wear an old t-shirt. This should be done every other day. Excess oil does not need to be washed off – if done before bed, this is even better as the oil will continue to work to detoxify you during the night.
- **Colonics:** Aim to do one colon hydrotherapy session per week during your cleanse. This is extremely beneficial to the large intestine, which is responsible for removing the majority of the waste from the body after it has been processed by the liver
- **Skin Brushing:** Get yourself a skin brush, preferably one made from natural bristles. Start with the bottom of your feet and move upwards towards the heart. Do your arms, neck and chest too, following the same direction of movement. This entire process should take approximately 2-3 minutes. Do this daily, before your showers, sauna, and/or castor oil pack
- **Herbal Detox Cream:** I use Lymphogen by Genestra. This can be rubbed on neck (targeting lymph nodes and thyroid area) and breasts daily
- **Oil Pulling:** Detoxifying the mouth is essential to any cleanse. Get some organic Neem or Coconut oil, and swish it around in your mouth for a minimum of 15 minutes daily to extract toxins from your gums
- **Flush your Gallbladder:** should be done once or twice during cleanse. Ask Dr. Tanya about how this is done