

DIET FOR YOUR CLEANSE

"If you have to chew it, don't eat it"

Begin eating soft foods three days before your Cleanse and continue this for three days after your Cleanse. Your body needs the energy normally used for digestion to rejuvenate and rebuild itself. Food or drink should not be too hot or too cold. Hot food or drinks burn the stomach wall and cold food or drinks paralyze the stomach. Both take energy away from your body's ability to perform proper digestive functions.

- Aloe Vera
- Fresh, soft fruit: papaya, mango, bananas
- Melons-chew well or juice
- Applesauce
- Smoothies
- Honey, agave nectar, or maple syrup as sweetener
- Coconut milk and young coconut spoon meat
- Avocado
- All fresh juiced vegetables and fruits
- Noni fruit and juice
- Caffeine-free Herb teas
- Baked and mashed potatoes, yams, & squash (no skin!)
- Braggs-liquid amino acids seasoning
- Eggs (poached, soft scrambled or boiled)
- Oatmeal, cream of wheat, rice cereal, grits
- Grains (white rice, polenta, millet well cooked)
- Legumes (beans, lentils, split peas)
- Soups- (bouillon OK) fresh, homemade is best
- Vegetables VERY steamed or cooked in soup
- Miso soup
- Hummus
- Nut milks (soak and blend) almonds, pecans, and walnuts, grain milks, NO SOY
- Nut butters in moderation, creamy not crunchy!