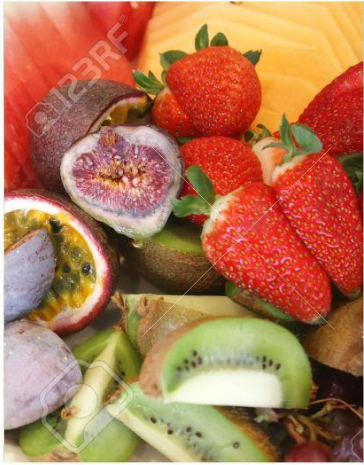


14 Day Liver & GI Cleansing With Meal Plans



Disclaimer

The information in the following pages are not intended as a substitution for personalized medical advice. The contents propose certain theoretical methods of nutrition not necessarily considered in mainstream medicine. It is left to the discretion and is the sole responsibility of the user, of this information as provided in this book, to determine if procedures or any content is appropriate for the reader.

Neither the author or affiliated sponsors of this information can be held responsible for the information or omissions of the information in this cleansing plan. The information should not be construed as a claim or representation that any procedure or product mentioned constitutes a specific cure. Procedures and products described herein should be considered as an adjunctive to other accepted conventional procedures that are deemed necessary by the attending license practitioner.

Please do not conduct this 14 day cleansing plan if you:

- Are pregnant or nursing
- Are under the age of 18
- Have active cancer
- Have liver disease or hepatitis
- Have type I diabetes
- Are on medications for bipolar disorder
- Have an allergy to any food or ingredient listed.

If you have a medical condition, see your physician before starting this program.

This program is not intended to diagnose, treat, cure or prevent and disease.

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This 14 day cleansing plan is for everyone who wishes to purify their body and begin to lose weight, regardless of your body type. Although the name of our program is called the 31 day detox, it is actually a program designed to enhance and rejuvenate the liver. The liver is of prime importance, because excess estrogen and xenoestrogens are detoxified by the liver and escorted out of the body. The liver is also vital for weight loss because ALL FAT BURNING hormones are activated in the liver therefore a healthy liver is absolutely necessary for fat burning to begin.

The 14 day cleansing plan is not the same as a liver detox program. The liver must be optimized (made whole) before you begin to detoxify the liver. Detoxifying the liver will pull toxins into the blood stream, and unless your liver is healthy and strong enough, this toxic load will harm the liver and cause weight gain in the abdomen.

The 14 day cleansing plan can be extended to 4 weeks. Some people may benefit so much from the 14 days, that they may wish to continue with this eating plan for 31 days, instead of adding the protein. This would be fine.

The first three days can be rough for all levels of health but it does get better, so hang in there. It is in these early days that your body begins to rely less on available blood sugar for energy. For many people, this transition may cause a sense of low blood sugar – feeling faint, increasing cravings, cold hands and feet, headaches, etc. Most people, however, actually feel great after a few days regardless of how tough the eating plan looks on paper.

It is also wise to come off of all caffeine as a part of this program. This may take a day or so to get use to, but as you do this, your sleep will become deeper, and your energy will rise as a result of this change. Caffeine is a stimulant that can keep you from fat burning, and keep you in blood-sugar burning mode. Caffeine must also be detoxified by your liver, and so consuming caffeine negates the objective of purifying your liver.

Please also be careful to remove any **non-prescribed** medications so as to again prevent any undue harm to the liver. If you are on prescribed medication please advise your primary care provider of your plan to optimize your liver with *real food*.

Please do NOT skip meals. It is imperative that you eat *3 medium sized meals and 2 smaller “snack-sized” meals* in between so as to keep your blood sugar level – avoiding the secretion of insulin and cortisol (fat making hormones that are secreted when over eating and under-eating, respectively) unless you are fat adapted.

Some of the benefits you will feel are weight loss, inches lost, reduction of aches and pains, improvement in the skin, hair and nails, and potentially an increased libido!

What Does Your 14 Day Plan Look Like?

Breakfast	Snack	Lunch	Snack	Dinner
Smoothie	See list	Meal	See list	Meal

Breakfast

Make a smoothie with a plant based protein (we recommend Paradise Protein & Greens) with coconut milk and coconut water. Add a small amount 1/3 cup fruit and handful or 1-2 cups of fresh greens (spinach, kale), 1 tablespoon of oil (coconut, olive, flax), chia seeds, and dash of stevia, cinnamon and or vanilla.

Lunch

Prepare a large salad and a hearty veggie soup with beans and veggies. Add oil and vinegar to your salad with sprouted seeds or avocado.

Dinner

Prepare a healthy salad, raw soup or cooked bean/lentil soup. A sweet potato drizzled with coconut oil and cinnamon. (sweet potatoes-no more than 3 a week)

Snacks

- Fried eggplant in coconut oil
- Steamed broccoli with coconut oil/olive oil and dash of sea salt
- Celery with raw nut butter
- Slightly cooked cauliflower with turmeric
- Mushrooms sautéed in coconut oil, olive oil
- Apples dipped in nut butter
- Pickles & olives
- Cut vegetables dipped in guacamole or salsa
- Cabbage cooked with garlic, onion and sea salt
- Cucumber with lemon and sea salt
- Spaghetti squash with tomato sauce
- Fresh green juice
- Green Detox for Beautiful Glowing Skin & Weight Loss

14 Day Plan

Please avoid ALL animal proteins the first 14 days. If you are having some challenges during the first 14 days a small amount of fish may be added. Many members tough it out, so please do your best to eliminate all animal products for 14 days for maximal benefits and results. **Consume the bulk of your food as raw, nutrient-dense organic vegetables.** The purpose of making sure that the vegetables are raw is because the enzymes that come from the vegetables are helpful to the liver. *These get destroyed when you cook them (even when you lightly sauté them). The best vegetables for the liver are those that belong to the cruciferous family**

Vegetables

You can eat the vegetables (organic) in unlimited quantities listed below.

• alfalfa sprouts	• cauliflower*	• leeks	• collard greens*
• artichokes	• celery	• lettuce	• spinach
• asparagus	• cilantro	• mushrooms	• squash
• bamboo shoots	• broccoli*	• okra	• string beans
• beans	• cucumbers	• onions	• kale*
• beets	• dill	• parsley	• Swiss chard
• bok choy*	• eggplant	• peas	• turnips*
• broccoli*	• escarole	• peppers (all)	• water chestnuts
• Brussels sprouts*	• garlic	• radishes*	• seaweed
• cabbage*	• ginger root	• carrots	• zucchini
• tomatoes (these are really classified as fruit)	• avocado	• olives	• salsa (w/out sugar)
• pickles (w/out sugar)	• sauerkraut		

*Cruciferous Vegetables - if consumed in the sprouted form, they are also loaded with anti-cancer and anti-estrogenic properties (estrogen is a fat making hormone).

Some people have an allergy/sensitivity to sulfur based vegetables like broccoli. If you are allergic to any food, avoid it, as it will drive you further into a dependency on blood sugar – away from fat burning. One way to know if you are allergic/sensitive to these is to look for bloating or gas. Digestive enzymes are helpful and can be purchased on our website (www.DrLindaMarquez.com)

Night shades may be a issue for some people with autoimmune conditions or pain and may want to avoid it. See my blog on my website "*Are Nightshades Your Kryptonite?*"

All vegetables should be **organic, pesticide-free, and herbicide-free**. The purpose of these 14 days is to decrease the antigen load, which includes pesticides, herbicides, hormones, and anti-biotics.

Juicing is another great way to get highly dense packed nutrients in your diet.

Drinks

Cucumber Elixir

4 servings

- Spring, mineral or filtered water (32 oz)
- Aloe Vera juice, unsweetened (6 oz)
- Organic cucumber, sliced (1/2)
- Organic lemon, sliced (1)
- Organic lemon, juiced (2)
- Sea Salt, dash or to your preference
- Stevia, dash for a touch of sweetness

Mix all the ingredients in a large glass pitcher and let it sit for a few hours or overnight for the best tasting cucumber elixir ever!!! Enjoy throughout the day.

Cranberry Tonic

1 serving

- Spring water (8 oz)
- Unsweetened Organic Cranberry Juice (2 oz.) (Lakewood Organic Cranberry Brand)
- Apple cider vinegar (½ tsp- 2 tsp) (Bragg's Apple Cider Vinegar Brand)
- Lemon juice from organic lemon ½ - 1/3

Mix all the ingredients together. Use spring water such as arrowhead, crystal geyser, or filtered water. If it is too bitter, add a small amount of apple juice to sweeten it or add stevia (a natural alternative sweetener.) Make this three times a day.

You should consume this tonic *first thing in the morning, before lunch and before dinner*. The preferred cranberry drink is **Lakewood** brand, Organic, Fresh Pressed, Not-from-concentrate, unsweetened cranberry juice. It is best to purchase the **Bragg's** Apple Cider Vinegar. The best stevia is the **Kal** brand. These may be found at Mother's Market, Whole Foods Market, Sprouts, Lazy Acres, and your local health food store.

Premier Green Fatty Breakfast Smoothie

Ingredients

1-2 scoops of plant based protein (our favorite see page 13)
1 cup spinach or kale
½ cup blueberries, strawberries or fruit permitted in eating plan
2 dashes of cinnamon
1 tablespoon of coconut oil or MCT oil
1 cup unsweetened coconut or almond milk
1 cup filtered water
¼ teaspoon stevia or coconut sugar
1-2 cups of ice depends on your preference

Directions

Mix ingredients in blender and enjoy.

Green Cleansing Drink for Beautiful Glowing Skin & Weight loss

2 handful of organic spinach
2-3 organic kale leaves without stems
1 handful of organic parsley
1 handful of organic cilantro
1 whole cucumber
½ cup frozen organic berries
½ cup frozen unsweetened pineapple chunks
1 organic lemon with peel/skin
1 tablespoon MCT oil (available most health foods stores or Amazon) or 1 tablespoon of Sunflower Liquid Lecithin
12-16 ounces BaiAntioxidant Cofusion (available at Target, Safeway, Smiths and most grocery stores)

Place all ingredients in a blender.

Protein

Some people will feel the need to add animal protein. You will be getting protein from legumes, seeds, and nuts. We also recommend *Paradise Protein & Greens*.

Beans/Lentils

Add beans and lentils to your eating plan. Before cooking beans, soak them overnight to and sprout them as well to get the maximum nutrition and for easy digestion. Kidney beans should never be sprouted and must be fully cooked otherwise they can cause digestive issues. It's best to eliminate them since there are other types of beans available during the 14 days. The best choice is lentil beans and limit to 1 ½ cup per day.

If you find that sprouting is time consuming, you should at least take the step to soak them. Take digestive enzymes to minimize bloating and gas if you don't sprout them. Most people don't find the need for digestive enzymes when they take the extra step to sprout the beans.

How to cook beans for maximum nutrition

1. Soak the beans overnight or 8 hours. Drain the soaking water
2. Place the beans in a large colander and let them sit and sprout (you will see a twig like substance growing out of it); make sure you rinse them every 8-12 hours. It takes about 12-24 hours depending on the time of the year. Once you see the beans have sprouted they are ready for cooking
3. Add the beans and a strip of kombu (an edible kelp which softens the beans during cooking, helps with digestion and is rich in minerals) to a large stock pot and cover with the double the amount of water.
4. Bring to a boil and reduce heat to a slow simmer. Simmer for 45 - 60 minutes, or until beans are coked.
5. The beans are cooked when they are chewable. Remove the kombu and season with your choice of spices. It is up to your preference whether you wan to drain the water or not.

Bone Broth

Bone broth has many healing properties for the gut, liver, kidney and adrenals. It is rich in minerals like calcium, magnesium and easily absorbed. Bone broth is also rich in gelatin which is a supplementary protein helpful in degenerative joint disease.

Where can I buy the bones or the broth?

Whole Foods Store or online: Wisechoicemarket.com or Hallelujahcattlecompany.com

Can I make it myself?

1-2 lbs of Marrow and Knuckle Bones

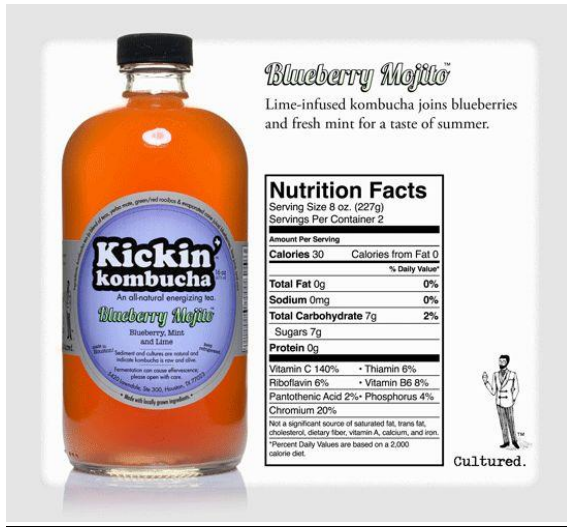
Fill pot (or large crockpot) with water, ¼ cup of ACV (Apple Cider Vinegar) and bones; bring to a boil, Skim off any fat (scum at top) in the initial boiling, reduce heat to simmer & cook for 24 hours; add salt (Sea salt or Pink Himalayan) and any herbs (oregano, basil leaves, etc.) in the last 2 hours of cooking time. You can also add your favorite veggies (carrots, celery, onions, etc.) in the last hour for added flavor.

Enjoy 1 to 2 cups per day and start feel the healing process.

Fermented Foods

Fermented foods are potent chelators or detoxifiers and loaded with probiotics which help optimize your gut flora. They help break down heavy metals and other toxins in the body and help with mineral absorption too.

Include fermented foods in your diet daily like kombucha, kimchi, sauerkraut and Kevita drinks. Watch the sugar in the fermented drinks. The label should not exceed 5 grams per serving. In the picture below you can see that there is 7 grams of sugar per serving. So if you drink the entire drink that is 14 grams of sugar. The goal is to keep the total sugar grams from all fruit and beverages to under 25 grams during this cleansing plan.



Fiber

Fiber intake is very important for a healthy live, digestive tract and elimination. You will be consuming plenty of fiber from your diet (fruit, vegetable, nuts, and beans). You can also add flaxseed and chia seeds.

Dairy

Dairy is not allowed in Phase I. Coconut milk is permitted (limit to 1.5 cup per day).

Starches/Grains

Do not eat starches or grains. Starches include corn, breads, pastas, rice, cereal, muffins, potatoes, rice cakes, biscuits and cookies. NO SUGAR, HONEY, MOLASSES, AGAVE OR BROWN SUGAR.

Salad Dressing

Begin by avoiding all salad dressings that are not home made. You can use unlimited amounts of olive oil, hemp oil, apple cider vinegar, lemon and home made balsamic vinegar with your favorite spices.

Oils/Fat

The best choice of oil to use is extra virgin coconut oil, if you sauté your vegetables. Do not heat up olive oil, it is best to drizzle it over your vegetables. Please make sure you are eating enough fat during the 14 days.

Sugar

No sugar of any kind allowed during the 14 days. This includes honey, molasses, brown sugar, refined sugar, sweet n low, splenda.

You may consume small amounts of monk fruit or stevia.

Fruit

It is best to consume fruit during the first half of the day. Make sure that they are organic and raw.

Avoid bananas, figs, raisins, canned fruit, mangoes and cherries as they have extra sugar content and can affect your blood sugar. Apples are always a good choice.

• apples	• grapefruit	• pineapples (small amounts)
• apricots	• melons	• plums
• berries (all)	• oranges	• tomatoes (also in vegetable category)
• grapes	• peaches	• lemons/limes
• kiwis	• pears	• nectarines

Raw Nuts and Seeds (organic)

You may consume nuts and seed throughout the 31day program

Almonds	*Cashews	Hazel nuts
Pecans	Pine nuts	Pistachios
Pumpkin seeds	Sunflower seeds	Walnuts

* *small amounts (1/3 cup)*

Consume Omega-3 vegetarian sources (sprouted walnuts are the #1 choice). Sprouted/germinated nuts and seeds are very important in this diet for their enzymes and because they also give you a sense of being full.

It is best to germinate nuts and seeds to avoid the bloating and gas. This draws the enzymes out of the nut/seeds and is ideal and helps with digestion. This helps with reduction of phytic acid which interferes with the absorption of nutrients.

Germinating process:

Place the nuts or seeds in a bowl and make sure that they are completely covered in filtered water. Let them soak overnight (at least 12 hours). Remove the water by placing them in a strainer. You may place them in food dehydrator no more than 108 degrees until they are dry. They will be crunchy once all the water has been removed.

If you do not have a food dehydrator make sure you only soak the amount of nuts and seeds you will be consuming the next day. **(Limit it to no more than 1/3 cup per day)**

Condiments

Celtic salt, Herbamare, raw homemade salsa, guacamole, homemade salad dressing, apple cider vinegar (look for the words “the mother” on the label) and organic herbs and spices with no added starches, sugars or stabilizers.

Helpful Tips

Avoid eating out as much as possible. Restaurant food is often loaded with preservatives and MSG (Monosodium Glutamate.) Yes, even salad.

Also avoid processed foods and alcohol.

Herbal teas are allowed (caffeine free).

Drink only as much water as your body craves.

Use herbs to liven your food (basil, cilantro, garlic, dill, Bragg’s Kelp Sprinkles)

Menu Ideas

Breakfast	Lunch	Dinner	Snacks
Premier Green Fatty Breakfast Smoothie <i>See page 7</i>	Raw Spinach Soups	Green Salad w/nuts or seeds drizzled with olive oil & lemon	Apples or celery with almond butter
Premier Green Fatty Breakfast Smoothie <i>See page 7</i>	Asparagus Soup	Kale Salad with almonds, coconut shreds, strawberries, olive oil, orange juice	Pickles or berries
Premier Green Fatty Breakfast Smoothie <i>See page 7</i>	Green salad & sweet potato with cinnamon and coconut oil	Butternut Squash Soup	Veggies dipped in hummus

7 Day Sample Eating Plan

Before Breakfast	Breakfast	Before Lunch	Lunch	Before Dinner	Dinner	Snacks
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Green Salad with chia seeds, nuts, coconut, oil	Cranberry Tonic pg 6	Lentil Soup & Salad	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Kale Salad with almonds, coconut shreds, strawberries, olive oil, orange juice	Cranberry Tonic pg 6	Bean Soup & Salad	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Lentil Soup	Cranberry Tonic pg 6	Green Salad with chia seeds, nuts, coconut, oil	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Butter Squash Soup	Cranberry Tonic pg 6	Bean Soup & Salad	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Green Salad with chia seeds, nuts, coconut, oil	Cranberry Tonic pg 6	Carrot Soup & Salad	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Kale Salad with almonds, coconut shreds, strawberries, olive oil, orange juice	Cranberry Tonic pg 6	Broccoli Soup & Salad	Green Cleansing drink pg 7 and page 4 for ideas
Cranberry Tonic pg 6	Premier Green Fatty Smoothie pg 7	Cranberry Tonic pg 6	Lentil Soup	Cranberry Tonic pg 6	Green Salad with chia seeds, nuts, coconut, oil	Green Cleansing drink pg 7 and page 4 for ideas

After Day 14

After the 14 days of your eating plan, you will add protein into the diet and remove any legumes if you are consuming them. All protein should be organic, grass fed, free range, without antibiotics, pesticides, hormones and wild caught fish (not farm raised).

Salmon	Bison/Buffalo	Grass fed beef	Chicken
Eggs over easy	Ostrich	Lamb	Turkey



Apple Cider Vinegar



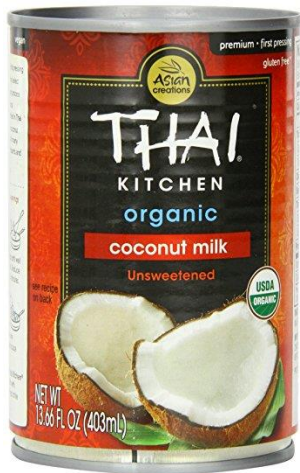
Cranberry Juice



Stevia



Garlic Paste



Coconut milk



Sprouted Seeds



Protein Powder