

Accelerated Fasting Detoxification Program

Part 1: Juice fast

Day 1: Juice 2-3 quarts of freshly juiced vegetables: 1 Quart example: (2)Apple 20% / (4)Carrot 20% / (4)Celery 20% / (1)Beet 10%, (1) lemon, (1) lime 10%

optional: 1 handful Spinach or 1-2 cloves of Garlic.

Drink fiber supplement-Colon Plus-1-2 tablespoons mixed in apple juice or water. Use Natural Laxative with fiber if not having 2-3 bowel movements per day.

Consume 2-4 tablespoons of vegetable oils per day (flax seed oil, coconut butter, olive oil).

Healthy Option: Enema (4 step program) to help irrigate toxins and waste from large Intestine and eradicate bacteria, fungus overgrowth.

Continue 1 quart of apple juice throughout the fast if gallbladder congestion.

Day 2: Drink 2-3 quarts of hot stock broth.

Drink fiber supplement-Colon Plus-1-2 tablespoons mixed in apple juice or water.

Consume 2-4 tablespoons of vegetable oils per day (flax seed oil, coconut butter, olive oil).

Healthy Option: Enema (4 step program) to help irrigate toxins and waste from large Intestine and eradicate bacteria, fungus overgrowth.

Day 3-5: Drink 2-3 quarts of vegetable juice. Same as step 1 or this complex juice;

1 head Cabbage (24 oz), 1 cucumber (4oz), 2 carrots (2oz), 2-3 celery sticks (2oz), 1 apple (2oz), 1 broccoli stem or 2 radishes(2oz), 1/2 beet (1/2oz), 2 slices-nickel size of fresh ginger (1/4oz), 4 cloves garlic, 2 handful of Kale.

Drink fiber supplement-Colon Plus 1-2 tablespoons mixed in apple juice or water.

Consume 2-4 tablespoons of vegetable oils per day (flax seed oil, coconut butter, olive oil).

Healthy Option: Enema (4 step program) to help irrigate toxins and waste from large Intestine and eradicate bacteria, fungus overgrowth.

Olive Oil Flush: Day 4 of fast.

Mix 4-8 oz of extra virgin olive oil, 4-8 oz of fresh squeezed orange juice, 1-2 oz of fresh squeezed lemon juice. Mix well and drink at bedtime. Go immediately to bed and lay on your right side, with your right knee pulled close to chest for 20-30 minutes.

Drink fiber supplement upon arising the next morning.

Integrative Wellness

and research center inc.™

Finding A Better Way Through Nature™

Fasting Recipes:

Simple and powerful Juice
yields approximately 33-37 oz of juice

1 Cabbage	24 oz
4 Celery	2-3 oz
4 Carrots	4-5 oz
1-2 Apples	3-6 oz
Fresh Pineapple	2 oz for taste

Optional:

1-2 cloves Garlic	1/4 oz
2 nickel slices of Ginger	1/4 oz
Lemon or Lime	

Complex Juice Recipe:
yields approximately 38 oz of juice

1 Cabbage	24 oz
Kale	2 handfuls
1 Cucumber	4 oz
2 Celery	2 oz
2 Carrots	2 oz
1 Apple	2-3 oz
1 broccoli stem or 2 radishes	2 oz
1/2 beet	1/2 oz
4 cloves garlic	1/4 oz
Fresh ginger 2 nickel slices	1/4 oz

Total yield will vary depending upon quality of Juicer.

The Integrative Wellness Center uses the Green Star Elite Juicer in our clinic.

We sell them for the lowest price available online in our clinic. Please ask our staff about demoing a Green Star Elite Juicer, you will be amazed! Juices hard vegetables and also leaves like Kale and Wheat Grass very good

Part 2: Medical food protein shake fast

10 Day Detoxification Program:

Overview: Drink 4 protein shakes per day, every 4 hours and eat unlimited raw vegetables. Drink 5-6 protein shakes per day if body weight is above 160 pounds. Ok to mix shakes. Day 1-5, use only 2 Ultra Clear Renew Medical Food shakes per day. Day 6-10, consume 4/day.

Optional but suggested for Cancer Recovery or other weakened body states: Drink 2 quarts of fresh vegetable juice in-between protein shakes.

1 cabbage (24oz), 4 carrots (4-5oz), 4 celery sticks (2-3 oz), 1-2 apples, (3-6 oz). Optional: add 4-6 cloves of garlic (1/4 oz), 2 nickel slices of Ginger (1/4 oz), Lemon or Lime for taste.

1) Choose the best medical food protein shake per your medical need.

- **Ultra GI Replenish:** Optimizes GI function, digestion, including malabsorption and leaky gut.
- **Ultra Glucose Control:** Helps manage blood sugar levels. Great for athletes by sustaining healthy blood sugar levels.
- **Ultra InflamX360 Plus:** Inflammatory conditions, joints, arthritis, GI conditions, allergies and general inflammation.
- **Ultra Clear Renew:** Liver detoxification, heavy metals including mercury elimination, elevated oxidative stress-cancer
- **Ultra Meal Advanced:** Supports muscle mass and healthy vascular function.
- **UltraMeal Cardio:** Improves cholesterol in individuals with hypercholesterolemia.
- **Brain Sustain:** Comprehensive brain energy and memory support formula, mitochondrial energy production, antioxidant support, neurotransmitter production and cell membrane integrity.

2) Choose one raw vegetable per day and eat unlimited amounts. Ok to use oils, healthy raw dips and a pâté like humus and home made dressings. See raw dip recipes attached or my favorite gourmet raw books are; *The Raw Gourmet* and *Raw, But Not Naked* by Nomi Shannon. Available at the Integrative Wellness & Research Center, Inc. (901) 763-7006.

3) **Green Puree (Drink a minimum of 2 of these complex shakes per day):** Place 4 leaves or 1-2 servings of spinach into blender (Vitamix preferable); optional 2 tablespoons broccoli sprouts, kale, chard, spinach-handful, and/or mustard greens (choose one only). Add 6-8 oz of water or dairy alternative, ie almond milk and blend to a puree. Then add your chosen medical food protein powder from the list above, a fruit of choice, and one tablespoon of flax seed oil (high in omega 3) in each shake. Blend a little more.

Optional: Add one fresh squeezed lemon or lime and drink (skip if acid reflux). Enjoy. Your cells will be leaping with joy and renewed strength.

Why Detoxify?

Our bodies are assailed day in day out with chemicals from environmental pollutants, medications, contaminants in our water supply, pesticides and hormones in our food supply, alcohol, and the list is growing.

As amazing as your body's natural detoxification processes may be, it cannot keep up with the growing exposure to toxic chemicals.

Toxic buildup can impact

- Premature aging
- Joint health
- Skin health
- Gastrointestinal health
- Immune health
- Fatigue
- Cardiovascular health
- Hormone imbalances
- Neurological health

Research:

*The average person born in America has 287 foreign chemicals trapped in their tissues. (Pesticides, consumer product ingredients, waste materials from coal, gasoline and garbage, stain and oil repellants, teflon, brominated flame retardants and more)

- * 180 of the 287 chemicals are known to cause cancer in humans or animals.
- * 217 are toxic to the brain & nervous system
- * 208 shown to cause birth defects or abnormal development in animal tests

This fasting program will accelerate and assist your body in detoxifying unwanted toxins, heavy metals, chemicals and stored waste.

*A benchmark investigation of industrial chemicals pollutants and pesticides in umbilical cord blood. Environmental working group, July 1, 2005

Research: Total Toxic Exposure - Body's Natural Detoxification=Toxic Burden

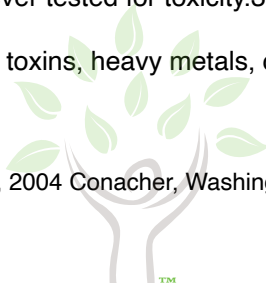
Here are some alarming facts about the rise in toxic substances, many of which have been linked to cancer and other health concerns, in our environment:

- * 2100 chemicals, including pesticides, fertilizers, PCB's, medications such as antidepressants and recreational drugs are in our water supply. 2&4
- * 80,000 metric tons of carcinogens are released into the air annually in North America. 2
- * Over 80% of foods have genetically modified ingredients.2
- * The EPA (Environmental Protection Agency) estimates that the average U.S. citizen has residues from over 400 toxic compounds in their body.
- * 82,000 chemicals are in use today in the United States, but only a fourth have ever tested for toxicity.3

This fasting program will accelerate and assist your body in detoxifying unwanted toxins, heavy metals, chemicals and stored waste.

Footnotes:

2. Goldman "A special report on Toxic Chemicals and Children's Health in North America", 2004 Conacher, Washington DC Center of Study of Responsive Law, 1988
3. Ngm.nationalgeographic.com/ngm/0610/feature4/index.html?=&www3.nationalgeog
4. Mason, "River Fish Accumulate Human Drugs "Nature Science Update 8 Nov 03



Guacamole Veggie Dip/Dressing: Store in the refrigerator

A good dip for a crowd. Cut slices of zucchini, cucumber and yam as dippers. If you have a dehydrator, experiment with dehydrating various vegetables to use as dippers. Great on Salad too.

5-6 avocados
2 cups cut up carrots
2 cups cut up red onion
2 cups cut up celery
1/2 cup chopped parsley
1/2 cup chopped cilantro or basil
Juice from 2 lemons
1/2 teaspoon cumin
Sea salt, Namu Shoyu or Tamari to taste

Puree avocados in food processor with lemon and garlic. Add cilantro (or basil) and parsley, puree until the parsley is finely minced. Add cup up veggies and seasoning and pulse chop until well mixed in and evenly chopped, but still chunky. Serves 6-10

Spicy Tahini Dressing: Store in the refrigerator

1/2 cup of Raw Tahini
1/2-cup olive oil
1/2 cup of clean water
1 clove of garlic or onion
1 teaspoon of cumin
Quarter size of fresh ginger
Fresh peppers or other seasonings can also be added for taste
Mix in Vita-mix or blender.

Optional: Add 1/2 cup Cilantro, 1 tangerine for flavor and sweetness



Kale Guacamole: Store in the refrigerator

3-5 leaves of Lacinato Kale
1-2 avocado
1-3 cloves of garlic
1 lime squeezed

2 teaspoons of Nama Shoyu soy sauce or 2 teaspoons of Braggs Liquid Amino Acids, or Celtic Salt to taste.

Place all ingredients into the food processor and mix until smooth. Serve immediately.

Flexible Broccoli-Nut Salad: Store in the refrigerator

This recipe is a take-off from the popular and much-love broccoli/sunflower seed/bacon salad and is for those who avoid pork and/or who are vegetarians. Raw nuts over roasted are more nutritious. Read the labels on mayonnaise jars at the health food store. I personally find olive oil too strong a flavor to use in this recipe.

- ½ head broccoli, chopped
- ½ cup nuts (a combination of chopped pecans or walnuts and sunflower seeds)
- ¾ cup golden raisins, brown raisins, chopped dried cherries or cranberries or any mixture of these
- ½ small purple onion, chopped (may substitute with sweet Vidalia onion; or yellow or white onion that has been soaked in salt water so that its flavor is not so strong)
- 1/4 cup organic high quality mayonnaise + ¼ cup oil (grapeseed, sunflower seed, or walnut oil)
- salt and pepper to taste



Dr John's GB Slaw: Store in the refrigerator

1 cup Daikon Radish, chopped
1 carrots, chopped
1 cup beets, grated
1 apple, chopped
2 tablespoons coconut vinegar or apple cider vinegar
1/2 cup [olive oil](#)
1/4 teaspoon [celtic sea salt](#)

1. In a large bowl, add 1 cup Broccoli Sprouts
2. In a large bowl, add 2 cups sprouted legumes; adzuki, lentil, peas
3. Add 1/2 avocado as option
4. Combine 1/2 orange squeezed, 1/2 lemon squeezed, mix well
5. Toss into salad
6. Serve

Serves 2

Dr John's Favorite Raw Slaw: Store in the refrigerator

1 cup Daikon Radish, chopped
1 cup carrots, chopped. Celery can also be substituted.
1/2 cup beets, grated or chopped into small squares
1 cup onion chopped
1 cup Jicama or rutabaga chopped
2 cloves garlic, chopped and diced
1 cup broccoli sprouts
1 cup of sprouted legumes; adzuki, lentil, peas
1 avocado
4 tablespoons coconut vinegar or apple cider vinegar
1/2 cup [olive oil](#)
1/4 teaspoon [celtic sea salt](#)

1. In a large bowl, add 2 cups Broccoli Sprouts
2. In a large bowl, add 2 cups sprouted legumes; adzuki, lentil, peas
3. Add 1 avocado as option
4. Toss, eat and let your cells leap with Joy! Feel free to substitute and explore with your favorite vegetables.

Serves 2

Dr John's Simple Raw Slaw: Store in the refrigerator

1 cup Daikon Radish, chopped
1/2 cup beets, grated or chopped into small squares
1/2 cup onion chopped
1 cup broccoli sprouts or broccoli or raw brussels sprouts
1 cup of sprouted legumes; adzuki, lentil, peas
2 tablespoons coconut vinegar or apple cider vinegar
1/2 cup [olive oil](#)
1/4 teaspoon [celtic sea salt](#)

1. In a large bowl, add 1 cups Broccoli Sprouts
2. In a large bowl, add 1 cups sprouted legumes; adzuki, lentil, peas
3. Add 1 avocado as option
4. Toss, eat and let your cells leap with Joy! Feel free to substitute and explore with your favorite vegetables.

Serves 1

Bone Broth

Bake 2 chickens in oven at 370 degrees for 1.5 hours.

Remove meat from bones.

Place bones in crock pot or large stock pot

Add 5 Quarts Filtered Cold Water

1 Tbsp Salt

1 Tbsp Apple Cider Vinegar

2-4 bay leaves

Veggies: 1 onion, garlic, 2 carrots, 2 celery, parsley, thyme, rosemary, bay leaf

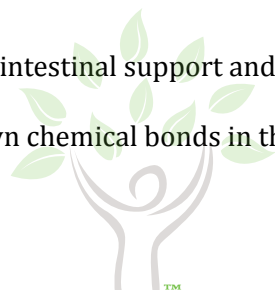
1. Place the bones in a large stockpot and cover with cold water. Bring to a brief boil and skim off the scum that will rise to the top. Turn down to a simmer or low.
2. Add the apple cider vinegar, bay leaves and salt and veggies. Let this broth cook for 24 hours. You will need to add more water as it evaporates to keep it at 4-5 quarts.
3. Strain out the broth, throw away bones and vegetables. Add seasonings if desired (salt, herbs, chili powder, cumin, gluten free mustard, tomatoes, etc...).

Saute the veggies in ghee or coconut oil and fat left from roasted chicken; add the seasonings, and simmer until slightly tender in a large skillet or soup pot. I add frozen green beans to the fresh veggies giving them time to get tender as well.

Put the veggies into a stock pot and add chicken pieces and chicken broth until you have the desired amount of liquid. Let soup reach desired tenderness and enjoy!

*Therapeutic Benefits: Support of soft tissue injuries and healing and gastrointestinal support and healing.

*Thermal decomposition of bones, tendons, cartilage and gelatin breaks down chemical bonds in the compounds making them move easily utilized by the body.



Dr. John's Prebiotic Chia Pudding:

- 1 can of full fat coconut milk
- 2 scoops of Total Vegan
- 2 Tbls of chia seeds
- 2 scoops of Endefen Prebiotic Powder
- 2 caps of Therbiotic (probiotic)
- 1 teaspoon celtic salt
- 1 teaspoon Coconut Vinegar

Serving size: 5.3 oz (makes 3 servings)

Nutrition Facts:

- Protein: 10 grams
- Carbs: 7 grams
- Fat: 7.6 grams

Dr. John's Chia Superfood Pudding:

- 1 can of full fat coconut milk
- 2 scoops of Total Vegan
- 1 tablespoon of chia seeds
- 2 tablespoons QIA Superfood/Nature's Path (Chia, Buckwheat, Hemp, cranberries, sliced almonds)
- 3 caps of Moringa Superfood
- 1 teaspoon celtic salt
- 1 teaspoon Coconut Vinegar

Serving size: 5.3 oz (makes 3 servings)

Nutrition Facts:

- Protein: 11 grams
- Carbs: 10 grams
- Fat: 7.6 grams