



BASIC CLEANSE RULE	NOTES
No frying or cooked / heated oils	
Do not eat late (before 6pm ideal)	
Drink water half body weight in oz.	
No Alcohol, coffee, caffeine better not have	
No dairy except butter, ghee, kefir and yogurt – best homemade from raw milk	Cheeses and raw milk are congestive
Animal protein best left to a minimum	Some types will need animal protein if not able to rest as much as need and eating it raw and or very under-cooked best option for cleanse
All OILS need to be raw, virgin, unrefined and organic	No frying, sauté, or cooking of oils of any sort
Most fruits and vegetables are ok	Autoimmune? Then no nightshades
No grains and beans	This is for some; many feel much better off those.
Meat and fish	These can slow cleansing for some, and others if eaten raw in small amounts can help cleanse
Most foods in a package	
No nuts or nut / seed butters	Seeds are ok – see cleanse list of foods
No packaged “milks”	These are not easy to digest – pasteurized and make your own – almond milk takes 5 minutes
Eat the opposite of how you normally eat for 24 – 72 hours	See ways to cleanse previous pages and appendix D