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7-14 DAY DETOXIFICATION DIET

Detoxing is humanity's oldest and most dependable form of medicine. Your body has millions of cells. When these cells get clogged with toxins from the environment, stress and the processed/refined foods we eat, disease is more likely to occur. Early signs of body toxicity are: poor complexion, diminished eyesight, allergies, poor circulation, digestive problems, generalized aches and pains, inflammation, irritability, and fatigue. The sensible and logical thing to do is to clean out these cells at least two times per year (spring and fall) through a detox diet to prevent degenerative disease (arthritis, cancer, diabetes etc.).

Here's an easy way to clean out your system with a detoxifying feast. For seven to fourteen days you will be on a feast, not a fast. You will be filling your body with "life giving" fruits, smoothies, vegetable juices, vegetables and detoxifying herbs and supplements. You will eliminate toxic material that has been stored in your liver and tissues for years resulting in a new rejuvenated you. Vitality will increase, sleep will improve and aches and pains will diminish. Be sure to check with your doctor to be sure if it is safe for you to do a cleanse.

WHAT TO EXPECT FROM THE DIET

For the first few days you may experience headaches, bad breath, a change in bowel habits, spaciness, irritability, fatigue, dark urine and an increase in aches as the body eliminates poisons. These symptoms are quite natural and to be expected. About the fifth day, you will feel a surge of energy. Various aches and pains and health maladies may reduce or disappear. Continue on until the seventh day or do another week. Then resume a good whole foods diet. See the Dietary Guides Sheet.

THE DETOX PLAN

First thing in the morning and late in the afternoon, have a green smoothie which includes 3 teaspoons of "Greens Plus", 3 capsules of Apex Stregtia (probiotic) and 1 packet of Apex Hepato Synergy (liver cleanse) packets. Purchase the book The Healthy Green Drink Diet by Jason Manheim to learn how to make smoothies and juices. The Vita Mix is an excellent blender to make smoothies but other blenders will work. The Breville Juicer is an inexpensive but excellent juicer.

FOR BREAKFAST: Eat a bowl of fresh fruit and a bowl of steamed millet with Stevia.

MID MORNING SNACK: Freshly made vegetable juice or smoothie. Other options include: raw vegetables, fruits, and raw nuts and seeds (no more than 1 handful).

FOR LUNCH: Eat steamed vegetables and or a garden salad containing lots of sprouts (alfalfa, mung bean etc.). Use cold pressed olive oil (no more than 1 teaspoon) and lemon for a salad dressing. Try to have lunch between 12:00P.M. and 1 P.M.

FOR DINNER: Have the same type of meal as for lunch. If you are too hungry add millet or brown rice to that meal. Try to have dinner no later than 6:00 P.M.

AFTER DINNER AND IN BETWEEN SNACK TIMES : Drink herbal teas, fresh vegetable juices or the alkalizing broth but have no solid food.

THINGS TO AVOID: Meat, fish, chicken, eggs, starches (bread noodles etc.), sugar, dairy coffee, caffeinated teas, drugs (unless prescribed by your doctor). Do not cook with aluminum or Teflon.

VEGETABLE BROTH: Take 7 carrots and 1 small bunch of celery and cut fine. Place in 2 quarts of distilled water and boil for 15 minutes. Add one-third bunch of parsley and a large handful of fresh spinach cut fine. Boil for 10 more minutes. Spice the broth with garlic, green peppers, onions and a small amount of sea salt. Drink the broth hot or cold.

To further reduce inflammation, the following supplements are helpful.

- Apex Energetics Tumero Active: 1 tsp. 2 times per day
- Apex Energetics Resvero Active: 1 tsp. 2 times per day
- Xymogen D3 10,000 units per day

To help heal the gut and remove pathogens the following supplements are helpful.

- Apex Energetics Repair Vite: 1 scoop 2 times per day
- Apex Energetics GI Synergy: 2 packets per day

