

LIVER - KIDNEY - BOWEL

Alkalization & Detoxification Program



This program is adapted from the book, *The Seven Principles of Fat Burning* by

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Complete Bibliography on page 13.

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First Things First

To heal, we must alkalize; as we alkalize we detoxify built up debris, which allows for better function. This liver-enhancement eating plan will quickly get your body into fat burning, or if you're already on a fat loss journey will help you overcome any walls you've hit or thresholds that have been difficult for you. All six fat-burning hormones do their work through the liver; in fact, eighty percent (80%) of your thyroid function occurs through the liver along with healing - which is normal homeostasis or self-regulation.

Here's How The Plan Works:

You will be on this enhancement for fourteen days, initially, and afterwards, one week per month is optimal. However you can apply this in different increments to fit your schedule, i.e. 1-3 days a week.

The first three days might be a bit rough for certain people, as your body is switching from sugar fuel to running on fat fuel. But surprisingly, most people actually feel very good on this part of the program. Your body's receptors for sugar have to be readjusted; adjusted; after this program you'll find you will need less sugar, which results in fewer cravings for sweets. Also, coming off caffeine can create some tiredness, which typically lasts up to three days. The fourth day will be easier, and so on. Your energy usually starts to improve as your sleep becomes deeper. You'll find you are not as hungry, but do not skip meals. Other benefits noted are weight loss, inches loss, reduced aches and pains, improvement in skin and nails, and some people experience an increased sex drive. As the liver improves, fat can be made more available for energy.

On the fourteenth day of this program, depending on your results, you may either continue this program longer or add animal protein with each meal but do not exceed more than 47 grams per day. Some people will have to add some protein throughout the two weeks. We will discuss this later.

This short program is not necessarily a detoxification cleansing process, as a healing process to restore liver function. **A healthy liver can greatly enhance weight loss.**

GENERAL OVERVIEW:



The bulk of the foods should be RAW, nutrient-dense, high-fiber vegetables, minus sugars, fats, oils and starchy foods like potatoes and grains. You can have some fruits but only one-third the amount of the vegetables you eat. You will be drinking three 8oz cranberry drinks each day. You will also take an Alka-Green supplement to build up your potassium reserves and improve liver function. You'll be eating apples between meals and plenty of raw nuts with some fruits and beans. You'll keep animal proteins OUT of the program unless your blood sugars get too low. In this case, you'll need to add a SMALL amount to each meal (fish, sea food, or eggs). Food Intake:

You can eat the vegetable listed below *IN UNLIMITED QUANTITIES*. Other vegetables not listed are certainly okay as well.

Unlimited Vegetables!

Alfalfa Sprouts	Cauliflower*	Leeks	Sauerkraut
Artichokes	Celery	Lettuce	Seaweed
Asparagus	Cilantro	Mushrooms	Spinach
Avocado	Collard Greens*	Okra	Squash
Bamboo Shoots	Corn (some)	Olives	String Beans
Beans	Cucumbers	Onions	Sugar Snap Peas
Beets*	Dill	Parsley*	Swiss Chard*
Bok Choy*	Eggplant	Peas	Tomatoes (these are really classified as fruit)
Broccoli*	Escarole	Peppers (all)	Turnips*
Brussels Sprouts*	Garlic	Pickles (no sugar)	Water Chestnuts
Cabbages*	Ginger Root	Radishes*	Zucchini
Carrots	Kale*	Salsa (no sugar!)	

* = Cruciferous: These are a group of vegetables belonging to the cabbage family, named for their tiny cross-shaped flowers.

If you are on thyroid medication, add some iodine foods. The vegetables marked with an asterisk are cruciferous and they have a very small effect of reducing some iodine that the

thyroid needs to make these hormones. However, this would probably occur if you ate only cruciferous vegetables. Raw nuts and other foods put back the iodine. To be conservative, if you have a known thyroid problem and are taking thyroid hormones, add some sea kelp or alfalfa to your diet daily.

I recommend consuming as many cruciferous vegetables as possible because of their great ability to improve the liver. **The liver is the central hub for all fat-burning hormones.**

Kale* is a superior vegetable. Because it is slightly bitter, add some dressing with chopped almonds or other approved nuts or seeds on top. You could also shave some raw beet over the salad with some broccoli sprouts.



- Kale is one of the best sources of calcium, potassium, manganese and vitamins A and C. It is excellent for the liver and digestive organs. It contains cancer-fighting substances called indoles, which activate detoxifying enzymes in the liver that help neutralize potentially carcinogenic substances. Studies have shown that the plant chemicals in the kale family have a protective effect against the risk of cataracts. *

*<http://www.whfoods.com/genpage.pht?tname=foodspice&dbid=38>

*<http://www.arborfood.com/dining-in/eaters-digest/kale.shtml>



As a side note, **Beets** support the second phase of detoxification of the liver allowing the liver to rid excess estrogens. It's been observed that eating half a beet a day may also improve lean body mass as well as increase libido, which occurs when your testosterone comes to a normal level.

Also, one ounce of **Broccoli Sprouts** contain the amount of cancer fighting properties (enzymes that detoxify potential carcinogens) as one and one fourth (1.25) pounds of adult broccoli. In fact, John Hopkins University got the patents on certain broccoli sprouts after doing research on cancer.*



*<http://www.broccosprouts.com/sprouts/story.htm>

*<http://www.brassica.com/sci/patents.htm>

- ◆ The key is to eat as many of these vegetables as you can, indulging between meals. Because they are chock-full of nutrition, it is impossible to overeat.



Dairy

Do not drink milk! Consume cream cheese or sour cream. However, you may include a small (6oz per day) amount of plain yogurt within this plan. Every other day you could also eat some low-fat cheese or low fat cottage cheese (no more than 3oz per day). You can sprinkle a small amount of feta cheese on your salad as well.

Avoid All Starches

Don't eat starchy vegetables like potato: french fries, baked potatoes, mashed potatoes, yams and sweet potatoes. Use corn only in very small quantities.

Avoid All Grains

Don't consume breads, pasta, cereal, crackers, biscuits, waffles, muffins, pancakes, rice, rice cakes, donuts, etc...as they readily turn into sugar.

Allergies and Food Sensitivities

- ☐ Some people are sensitive to sulfur-based vegetables like broccoli. Some people are allergic to peanuts. Avoid any foods that you are sensitive to. If you experience bloating or gas, you might need to cook these vegetables more thoroughly or eat vegetables that give you no reaction and increase your digestive enzymes (Alka-Pan).
- ☐ If you have allergies or bloating with certain vegetables or beans - take 2-4 Alka-Pan per meal. Alka-Pan is available through your local B.E.S.T Practitioner.
- ☐ You can include tomato, even though it is a fruit.
- ☐ These vegetables may be lightly steamed, however, it is recommended that you eat at least fifty percent (50%) of them raw.

Salad Dressings

Use salad dressing VERY sparingly (just enough to flavor salad). If you use dressing on your salad, go light on the quantity, and, if at all possible, use low-sugar, natural, and organic. Try to use dressing that contains NO ADDED SUGAR; avoid high-fructose corn syrup, dextrose, and sugar cane. Monosodium glutamate (MSG), also known as *Modified Food Starch* and often as '*Spices*' in manufactured food MUST BE AVOIDED.

Raw honey in very small amounts is an acceptable sweetener substitute, though **Stevia** is better. Making your own dressings is definitely the best solution and finding recipes online is very easy today. Mix **basalmic vinegar** and **olive oil**, or even **apple cider vinegar** and **olive oil** and be creative. Avoid Canola, Soy, Cottonseed oil, Partially or Fully Hydrogenated oils, Sunflower, Corn, Grapeseed, Safflower and non-butter spreads and margarine.

Turmeric spice is also recommended to sprinkle on your vegetables. Studies have shown that the combination of this spice with cruciferous vegetables had significantly tumor-fighting effects in certain cancers. Take cut cauliflower and slightly cook it in coconut oil until yellow, then add Turmeric on top.

You may eat certain fruits (see below) **but only at night**, with the exception of apples, which can be eaten anytime and in as much quantity as you desire. The reason for eating fruits in the later part of the day has to do with how fast they break down and turn into sugar. People that eat too many fruits for breakfast or even at lunch tend to get tired faster and don't have the endurance. They might also crave sweets in the evenings.

Fruits:

Eat only a third as many fruits, berries, and melons (eat melon alone or leave it alone) per day as total vegetables. (Example: 1 cup of vegetables -- 1/3 cup of fruit. The fiber in the whole fruit buffers the fat-making hormone insulin.

Apples	Kiwis	Peaches
Apricots	Lemons/Limes	Pears
Berries (all but blueberries)	Melons	Pineapples (small amounts)
Grapefruit	Nectarines	Plums
Grapes	Oranges	Tomatoes

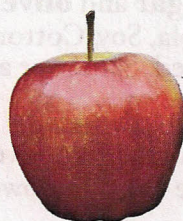
Don't eat the following fruits, as they have extra sugar content with lower fiber:

Bananas	Figs	Raisins
Canned Fruit (pineapple ok)	Dried Fruits	Mangoes
Cherries	Fruit Juices	

The Apple is the best fruit.

- High in Malic Acid - A good solvent for stagnant bile in the liver
- Pectin (gelatinous substance found in apples) helps with cardiovascular and digestive health.
- May lower incidence of cancer
- In its whole form, it is high in fiber and slows insulin response
- High in potassium and low in sodium

Even though all fruits are sweet, some have higher fiber content, which slows absorption of sugar.



Animal Proteins

Do not eat animal proteins (beef, chicken, fish, etc...) in the first two weeks. However, if by the third day you are feeling light-headed or dizzy, or feel brain fog, have cravings for protein, experience fatigue and/or overall body cold due to low blood sugar, add a small amount of organic animal protein to your meals. With this program, you are consuming lots of greens, low or little fat and minimal, non-animal protein. Since fat readily satisfies hunger and this program is low in fat, in order to avoid hunger you need to compensate by eating more food more frequently. The most important action is to eat enough food to keep your calories up, since low calories will add stress and more weight gain. This is why it's imperative that you eat between meals.



If you have to eat proteins as mentioned formerly, use the following list of acceptable or preferred proteins: (organic, non-hormonal, antibiotic free):

FISH with Scales	SEAFOOD	EGGS
Tuna, Salmon, Cod, etc...	Avoid Shellfish, Scallops, Shark, and Catfish (the most acid-ash forming meats)	Free Range if possible
Sushi (without rice is ideal)		

Start with one egg per meal (it could be hard-boiled) or two ounce (2oz) portion of fish with meals. Sushi is ideal.

Do NOT overeat animal proteins - eat just the right amount (10-15 grams) to satisfy your hunger, Sushi or cooked fish is the best protein on this program because raw proteins are more easily digested, causing less liver stress.

Raw Nuts and Seeds

You can eat unlimited raw seeds and nuts. Some people are allergic to nuts and will experience bloating if too many are consumed. Hummus (chickpeas) is another possibility. You'll need to eat as many, or as much, of these as possible between meals to prevent hunger.

Almonds	Sunflower Seeds	Pumpkin Seeds
Brazil Nuts	Almond Butter mixed with Tahini (raw sesame)	Hummus (chickpeas)

Eat nuts and seeds throughout the day. Raw Almonds & Brazil Nuts are best. Soaking raw nuts in filtered water for a few hours can make them more easily digestible and may make them easier to mix into other recipes.



Beans and Lentils

You could add beans and lentils to this program as well. Make sure the amount does not exceed one third (1/3) the amount of vegetables. Refried beans are NOT recommended.

Supplement Intake

There two crucial supplements recommended: *Alka-Green* and *Trace Mineral*

These are nutrient rich supplements which will supply the raw material for the liver to heal itself as well as build up your cells potassium reserves. The dosage can be split up to three times per day or smaller amounts more frequently through the day.

Alka-Green - 20 per day or as tested. There is one size (300 tablets lasts 15 days). Don't be shocked at the amount as it is only food. One tablet is almost one serving of vegetables so you be will getting lots of healing foods each day.

Trace Mineral liquid - One dropper twice a day or as tested.

Other supplements that could be useful to you: *Alka-Pan*, *Alka-Cleanse*, *New Chapter's Liver Take Care*.

Cranberry Drink

You will be drinking a mixture containing unsweetened cranberry juice, lemon, and apple cider vinegar and water. This mixture should be drunk three times a day. Upon rising, drink your first glass, the second before lunch and the third before dinner.

Drink Recipe - Single Serving

Springwater - 8 oz

Unsweetened Cranberry juice - 2 oz (Read the label! Don't buy cocktails or blends containing other juices, concentrates, or sugar)

Lemon Juice - 1 tsp (Use real lemon juice or lemon juice powder)

Apple Cider Vinegar - half to 1 tsp (Adjust amount to taste)

Apple Juice - no more than one quarter cup (only if the drink is unpalatable)

You may also mix up a large batch of concentrate and add to water each time you take it. See below.

Drink Recipe - Larger batch

Lemon Juice - 5.5 T Lemon Juice

Apple Cider Vinegar - 5 T

Cranberry Juice - 32 oz

Add 2.5 oz of drink concentrate (4.75 Tablespoons) of concentrate per 8 oz of water. This larger batch creates approximately 16 servings which should last 5 days.



Purpose of the Ingredients

Unsweetened Cranberry Juice - This juice helps support normal kidney, urinary, and liver function - the body's filtration system. It is very high in potassium and low in sodium. Since the liver and kidney's work together, they both need to be supported. This juice can be found in any health food store and most groceries. You can use powdered cranberry juice as well.

Lemon Juice - Lemons juice support normal immune function. Lemon juice also helps contract the liver (astringent).

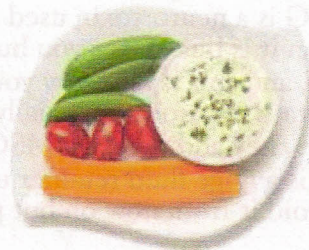
Apple Cider Vinegar - I would recommend Bragg Apple Cider Vinegar; there are many benefits including balancing the pH of the body, eliminating waste acids, providing potassium, as well as fortifying the friendly bacteria in your intestines. It helps reduce water retention through the normalization of acid and alkaline levels.

A Few Guidelines Regarding The Program:

1. Refrain from eating anything that is not on the lists given in this Liver Enhancement Plan, other than avocado, raw nuts and animal proteins (only if needed), as mentioned earlier. This especially includes sugar and hidden sugars - juice, sports drinks, protein bars, vanilla yogurt, etc... Instead consume walnuts, as they are a superior nut.
2. You can drink as much water and herbal tea as you desire. But only drink the amount of water you are thirsty for; don't force yourself to drink too much water. Green tea (naturally decaffeinated) is best.
3. Avoid drinking tap water.
4. Avoid Coffee during this phase. If you find this impossible, gradually cut down and mix decaffeinated coffee for one to two weeks until you are weaned off. Coming off coffee 'cold turkey' will create lethargy for about one to two days. If possible, use organic coffee.
5. This Liver Enhancement Plan can be done every month (for 1 week) to keep the liver in top shape. Some people continue the program until they start craving protein, at which point they introduce an adequate amount to turn off the craving.
6. An exercise program can be combined when doing this Alkalization & Detoxification (important: keep pulse rate below 180 minus your age minus five (180-x-5)).
7. Avoid dairy (cheese, yogurt, etc...). A small amount of butter is acceptable.
8. Avoid anything with MSG (monosodium glutamate), also known as modified food starch, autolyzed yeast, hydrolyzed protein, carrageenan, sodium caseinate, glutamic acid and hydrolyzed vegetable protein. MSG is a neuro-toxin used as a flavor enhancer which not only makes food taste better than it is but makes you hungrier. This is why you can't stop eating after just one potato chip, and this is also why you get hungry one hour after consuming Chinese food. Many restaurant foods, especially Chinese food, contain this chemical. They might even state they add no extra MSG, yet it's in their sauces unknowingly as other ingredients. This is a huge fluid retainer used to fatten rats in lab experiments. Do your very best to avoid it from now on but particularly during this cleanse.

Three Day Sample of 14 day Enhancement Plan

	Monday	Tuesday	Wednesday
Breakfast	Drink + Alka Green Cut Vegetables with Raw Nuts One apple dipped in peanut butter	Drink + Alka Green Cut Carrots, Celery Avocado One apple + raw nuts	Drink + Alka Green Sautéed mushrooms with onions Raw Almonds
Snack	Raw nuts/seeds	1 apple	Almond butter with celery
Lunch	Drink + Alka Green Salad with almonds, kale, red cabbage and olives One apple	Drink + Alka Green Asparagus + butter Sliced Cucumbers One apple + raw nuts	Drink + Alka Green Green Pepper, steamed broccoli with butter 1 apple + raw almonds
Snack	1 apple	Grapefruit	Celery and carrot sticks with nuts
Dinner	Drink + Alka Green Kidney Beans Hummus Avocado	Drink + Alka Green Fruit Salad Raw Nuts Coleslaw	Drink + Alka Green Cauliflower sautéed in butter until slightly brown + mixed greens
Snack	Black Olives and Pickles	Bowl of Berries	Raw Nuts



Quick, Healthy, Small Meals and Snacks

Button Mushrooms sauteed in butter	Cut Vegetables dipped in guacamole	Cut apple in hummus	Celery dipped in a mixture of peanut butter and tahini	Low fat cheese melted over broccoli
Apple slices dipped in peanut butter	Pickles and olives for those who crave salt.	Cucumber slices in dill dip	Spaghetti Squash with tomato sauce	Fried Eggplant in olive oil.
Low fat yogurt with added pecans	Cooked cabbage with garlic and onion	Plain low-fat yogurt with apple sauce	Plain low-fat yogurt with cut pineapple	Slightly cooked cauliflower with turmeric spice
Bran Crisp Bread with peanut butter	Bran Crisp Bread with low-fat cheese (3oz)	Bran Crisp Bread with hummus	Plain low-fat yogurt (6oz) with berries	Tomato, basil leaf with low-fat cheese (3oz)

Salad Ideas

Tomato, Avocado, Black Pepper, Basil Leaves	Chickpeas, Romanaine, Lettuce, Black Olives	Pinto Beans, Tomatoes, Avocado, Olives, Red Cabbage	Black-eyed peas, Kidney beans, Bell pepper, onion, Parsley	Cut Apple, Black Olives, Celery, Lemon Juice, Mayonaise
Cabbage, Pineapple chunks, Almonds, Lettuce	Bok Choy, Asparagus, Sugar Snap Peas, Carrots, Sunflower Seeds	Cooked Cabbage, Sauteed Mushrooms, Cauliflower (sauteed in butter until brown)	Red Cabbage, Cut pears, Shredded Carrots, Cut Apple	Lettuce, Honeydew melon, Strawberries, mint leaf.
Steamed or Pickled beets, Cucumbers, onion (Sauteed)	Cabbage (Shredded) Celery, Parsley, Cashews	Cauliflower sauteed in butter till brown, Spinach, Carrots, Broccoli	Green Pepper, Cucumbers, Carrots, Lettuce	Baby Spinach, Sprouts, Celery, Beets (canned)
Lettuce, Apple, Lemon Juice, Kidney Beans	Steamed Spinach, Peas, Ginger Root, Lentils, Lime Juice	Cauliflower sauteed in butter till brown	Broccoli with ranch dip, Artichoke hearts	Lettuce, Papaya, Avocado, Apple, Black Olives

What To Expect?

At the end of the two-week program, you should notice that your cravings are gone, your bowel movements should be improved, your energy should be up, and you should be losing weight and or inches. About 20 percent of patients don't lose much weight during this initial cleanse (only 5 pounds) for two reasons: (1) their body was healing and needed more time to regenerate muscle protein, or (2) they were in adrenal exhaustion. However, just about everyone will experience improved energy, better sleep, fewer cravings, and improvements in their hair, nails, skin, and sex drive because of the liver's enhanced ability to utilize hormones. People who have a "potbelly" water gut will normally lose many pounds of fluid and have significantly decreased waistlines. Normalization of blood pressure and cholesterol will also be noticed. This is due to the improved liver function. If you are taking medication and these changes occur, get with your doctor so that he or she can adjust the dosage.

It's important to know that water weight comes off before fat weight. This means you might initially lose lots of weight and then it will slow down when you get into fat burning. Many people get discouraged by this and think the program is not working. It is working; you just have to know that 1 to 2 pounds of fat loss is the maximum possible per week. The determining factor in exactly how much fat is lost will be the level of health of your glands and nervous system. The worse off the metabolism, the more closely you need to follow the diet.

***Follow ups with B.E.S.T. adjustments are very important.
Set up regular appointments with your local practitioner.***

What Will You Do After The Two Weeks?

If you experience excellent results from the two weeks, you have to make a decision whether to stay on this program longer or start adding some protein. If the liver has been in bad shape, it will take some time to bring it back. Don't expect the liver to regenerate in two weeks; this is just the start. Some patients do this Alkalization & Detoxification every two months.

At the end of the two-weeks, if you experienced excellent results and feel you could go longer, I would recommend continuing as long as you can. Why change a successful action? Some people stay on it an additional one to three weeks; some are ready to come off, as they are craving a steak.

For Example, a patient came in with a huge abdomen and did the fourteen day Alkalization and Detoxification, lost 15 pounds, and decreased cholesterol and blood pressure. His energy and sleep were great, not to mention improved bowel function. He then stopped the liver enhancement and started with more protein. His results worsened. I told him to go back on the Detoxification and ride the wave as long as he could. He did and continued it for another two months, losing his excess stomach. He then added a small amount of protein and continued to lose weight.

Resources:

The Seven Principles of Fat Burning - Dr. Eric Berg D.C.

Eat to Live Seminar - Morter Health System

Your Health, Your Choice - Dr. M.T. Morter

Dynamic Health - Dr. M. T. Morter

Body Shape Diets - Dr. Eric Berg D.C.

Synergetic Therapeutics - Bruce Bond D.C. / Joseph Olesak D.C.

Eating for Endurance - Phil Maffeltone D.C.