

# THERMO-TECH INC.

## TWENTY-ONE DAY CLEANSE

### Three step program:

**Step 1: Initial Cleanse (day 1-3)** Eliminate potentially allergenic foods while you slowly increase your intake of the nutritional and detoxification support products.

**Step 2: Detoxification (day 3-17)** Follow the diet guidelines below with the full dosages of your nutritional and detoxification products specific to your personal needs.

**Step 3: Reintroduction (days 17 and on)** Slowly reintroduce foods (begin with easiest to digest foods adding one every other day) and slowly decrease the intake of cleansing products.

### Diet Guidelines:

**At least one Third of Your Food Should Be Uncooked:** there are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. Regular vegetable juicing will easily help you reach this goal of 1/3 raw food in your diet.

**Eat Plenty of Vegetables:** All vegetables promote health. Eat them raw if possible, otherwise lightly steamed. Salads are a good start but avoid iceberg lettuce as it has minimal nutritional value compared to red leaf, green leaf, romaine and spinach, which are better options. Other good vegetables include: endive, escarole, fennel, celery, cucumbers, green and red cabbage, broccoli, Chinese cabbage, bok choy, cauliflower, asparagus, zucchini, Brussels sprouts, kale, kohlrabi, onions, and parsley are all good choices.

**Eat Organic -Avoiding GMO (Genetically Modified Organisms):** Not only do organic produce taste better, it also has been shown to have 3-5 times greater nutritional value than conventionally grown food. GMO can actually affect your own molecular structure and has been shown to cause infertility in both men and women.

**Variety:** Eating many different foods provides the body with an abundance of phyto-nutrients, vitamins and minerals. It also prevents sensitization to a single food, which can lead to allergies.

**Salads:** Salads are very important and are considered to be one of the healthiest meals. It is suggested to eat a large organic salad at least once a day and preferably with every meal. The best types of vegetables to use are mixed spring lettuces, mixed with finely grated raw vegetables. Make salad dressing from cold pressed oils such as flax seed, sesame or olive oils.

### Acceptable Foods

- Whole grains like brown and wild rice. Also quinoa, amaranth or millet which are actually seeds.
- Fats are an excellent source of nutrition. Coconut, avocado, flax oil, sesame seed oil and olive oil are excellent sources of fat. Avoid margarine, soya, canola oil, fried oils of any kind and hydrogenated oils.
- Beans legumes, nuts and seeds (except peanut), almonds and afore mentioned nut butters.
- All vegetables eat in abundance (at least five servings daily) except rhizomes and tubers such as sweet potatoes or yams (limit to one serving a day).
- Fruits are very cleansing and hydrating. As with vegetables eat as many different colors and varieties of fruits. For digestion eat only one kind of fruit in a meal. For those with blood sugar issues or a diabetic condition use fruits low in sugar like all berries, plums and kiwi.
- Milk substitutes: Rice milk, coconut milk, almond milk or any other nut milks.
- Spices and condiments: Turmeric, ginger, mint, cinnamon, sage, garlic, onion and paprika.
- Herbal teas, non-caffeinated made with purified water.
- Salt: Celtic salt (sun dried) is best as it contains other vital minerals besides sodium or you can add sea vegetables (seaweed) to your foods for more complete minerals.
- Stevia is a sweet botanical that does not raise blood sugar and can be used to cook.

Thermo-Tech Inc.

website: [www.HealthyBreasts.info](http://www.HealthyBreasts.info) - Phone: (209) 881-3044

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### **Foods to Avoid (unless otherwise specified)**

- Meats: beef, turkey, fish, chicken. Use brown rice base protein powder, Spirulina or Chlorella to replace if hypoglycemic or have blood sugar problems.
- Dairy products: milk, cheese, buttermilk, cottage cheese, yogurt, butter and ice cream.
- Sugar in any form and foods that contain sugar: honey, fruit juices, particularly orange, grape and apple juices) and sweetened desserts.
- Highly allergenic foods, wheat (all gluten grains), soy, eggs, corn, dairy, peanuts and the nightshade family of vegetables such as potatoes, eggplant, tomatoes and peppers.
- Fried foods, hydrogenated oils and rancid oils (keep oils refrigerated).
- Wine, beer and any other alcoholic beverages.
- Artificial Sweeteners of any kind, and all soda drinks.
- All highly processed foods even if they say organic.
- Avoid cooking in microwaves.

### **Your Daily Dietary Plan and Schedule**

<b><u>Time of Day</u></b>	<b><u>Food</u></b>	<b><u>Examples</u></b>	<b><u>Portion</u></b>	<b><u>Reason</u></b>
6:00-7:30am	Cleansing Drink	Lemon Water or Green Juice	1 glass of warm water with ½ lemon and a dash of cayenne	To alkalinize and cleanse the blood and lymph
Breakfast 1:00 – 8:30am	Protein	Protein shake or Green Juice	1-2 scoops	A grounding protein breakfast to begin the day
Snack 10:00 – 11:00am	Nuts or Seeds or Green Juice	Soaked almonds or sunflower seeds	Your own handful	This fat/oil stimulates HCL and pancreatic enzymes, such as lipase
Lunch 11:30 – 1:00pm	Green Vegetables	Spinach Salad sprouts and beans. Flax oil and lemon juice salad dressing	Moderation to satisfaction	This combination offers more nutrients/fuel intake and chlorophyll to further support digestion
Snack 3:00 – 4:00pm	Fruit or vegetable and veggie dip	Apples, carrots, celery sticks with hummus	1 portion	A simple food to provide some energy lift for late afternoon
Dinner 5:30 – 7:30pm	Complex carbohydrate and vegetable	Brown rice w/ mixed vegetables	Moderation to satisfaction	A basic complex carbohydrate meal to provide nourishment
Optional Snack 7:30 – 9:00pm	Vegetable or veggie broth	Cucumber and parsley	1 portion	A light snack if needed

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