

Thermo-Tech Inc.

TWENTY - ONE DAY CLEANSING DIET

Three Step Program:

Step 1: Initial Cleanse (day1-3) Eliminate potential allergenic foods while increasing intake of the cleansing diet specific foods and introduce supplements to support detoxification.

Step 2: Detoxification (day 4-16) Follow the diet guidelines below with full dosage of nutritional and detoxification products specific to individual needs.

Step 3: Reintroduction (day 17 to 21) Slowly reintroduce non-allergen foods back into your diet and decrease intake of detoxification products as needed.

Diet Guidelines:

At Least One-Third of Your Food Should be Raw: There are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking foods at high temperatures can destroy these nutrients. Juicing vegetable will help reach this goal of 1/3 raw foods in your diet.

Eat Plenty of Vegetables: Most vegetables promote health. Eat them raw if possible or lightly steamed. Salads are a good start but avoid iceberg lettuce it is in the opium family and sedates digestive juices and has very little nutritional value. Better choices are bib, romaine, or red leafy lettuce, endive escarole or arugula. Other veggies that make a salad more colorful and tasty is fennel, celery, spinach, cucumbers, Chinese cabbage. Most of the cruciferous vegetables digest better if they are lightly steamed and the water not used this includes broccoli, cauliflower, Brussels Sprouts, cabbage and kale. Onions, garlic, ginger, parsley, basil, oregano and thyme are a wonderful addition to salad dressings opening up a world of interesting flavors.

Eat Fruit Sparingly: Limit the amount of high sugar content fruit like melons, peaches, oranges etc... but those low in sugar content are fine in smoothies like berries, plums, kiwi, avocado, tart apples, lemons, limes and grapefruit. Fruits and veggies you can mix in juices is: Celery, apples, cucumbers, carrots, lemons or limes

Variety: Eat many different foods and a variety of colors provides the body with an abundance of phyto-nutrients, vitamins and minerals. It also prevents sensitization to a single food.

Salads: Salads are one of the healthiest meals so have at least one a day. For variety make your salad a wrap with toasted nori seaweed. Adding soaked nuts or seed or blending them sprouted into a thick salad dressing with or without avocado is delicious. Making salad dressing from cold pressed oils with fresh herbs and garlic will give the variety and enhancement of the salad meal. Radishes or horseradish may also be added to dressings for spice and lymph cleansing.

For a More Filling Meal: Baked sweet potato or stuffed hard shelled squash or a thick soup made with pumpkin and coconut milk and curry can be wonderfully filling. Zucchini spiral into pasta with pesto and chopped nuts is another favorite - experiment with your favorite receipts.

Acceptable Foods:

Thermo-Tech Inc. at HealthyBreasts.Info Box 891 Knights Ferry CA (209) 881-3044
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- Non-gluten grains like rice, millet or quinoa or beans and legumes prepared properly by soaking eight hours pouring the water off and cooking with fresh water at high heat release the lectins which cause leaky gut.
- Fats: Coconut meat, milk or oil, avocado, sesame seed oil, sunflower seed and olive oil.
- Nuts and seeds also soaked and sprouted releases the enzyme inhibitor and makes them more digestible include all nuts and seeds but avoid all forms of peanuts.
- All vegetables in abundance except for rhizomes like sweet potatoes and yams and hard squash limit to one serving a day.
- Fruit should be eaten alone or in a smoothie but except for lemons and limes avoiding those with high sugar content in abundance.
- Milk substitutes such as rice, almond or coconut milk or other nuts milks from soaked nuts are acceptable but check commercially bought nut milks for other ingredients.
- Spices like turmeric, ginger, cumin, cardamom, saffron, ginger, garlic, onions and horseradish , as well as most herbs except for peppers. Use Celtic sundried sea salt.
- All herbal teas with no caffeine made with purified water. Drink plenty of pure water.

Foods to Avoid:

- All meats, beef, pork, lamb, turkey, chicken, duck and fish. Use brown rice protein powder, Spirulina, Chlorella to replace protein. When the cleanse is over adding back only organic grass fed non-GMO raised animal products is highly recommended.
- All dairy products: milk, cheese, buttermilk, yogurt, butter, and ice cream including eggs.
- Sugar of any kind including honey, fruit juices, sodas, all artificial sweeteners or stevia.
- All gluten grains and flour products made from grains as well as soy, corn, wheat, oats, barley, rye, peanuts and the night shade family: potatoes, tomatoes, eggplant and peppers.
- Eliminate all fried foods, margarine, soya oil, canola oil and all hydrogenated oils and rancid oils by keeping cold pressed organic oils in the refrigerator with the lid on tight.
- Avoid all highly processed foods even if they say organic or cooking in microwave.
- Avoid all fermented products such as pickles, vinegar, alcohol, including beer, wine and hard liquor as well as caffeine and chocolate.

Nutritional Support for Cleansing: The supplements mentioned here are to support all the eliminatory organs (liver, lungs, kidneys, skin, colon and lymphatic system) and the adrenal glands heal. Select what is right for your individual needs.

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From the company called Health Enhancement: **Liver Support** for detoxification and regeneration if exposed to toxins, food allergens or medications. **Tranquility Sleep** to be taken before bedtime for a deep sleep that repairs the adrenal glands and **Stress Relief** also for the adrenal glands with Ashwaganda and other healing herbs. **Amino Balance** for the nutritional support to make all the feel good hormones and chromium picolinate to curb sugar and carbohydrate cravings.

From Integrative Therapeutics (877)628-3477 pin iti: 5568: B V Simalace(1) a digestive enzyme to help with beans, legumes, cruciferous vegetables and the more difficult foods. Also Probiotic Pearls(1) to restore gut integrity.

Psyllium husks 1 to 2 tablespoons added to smoothies will give bulk to your stools making evacuation easier and it can be purchased at any health food store. Spirulina or Chlorella can also be added to smoothies for more protein and can be purchased at any health food store.

These are the basics continue to read other articles or Nancy's books listed below for a complete support of the liver, lungs, kidneys, skin, colon and lymphatic system.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After Studying to be a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine for 12 years. Nancy was the founder of the Optimum Health Clinic Inc. in San Rafael, California practiced preventative health care there for over 35 years before retiring. She developed the *Twenty-One Day Cleansing Program* for her patients. There is a series of four classes that goes with the *Twenty-One Day Cleansing Workbook*. #1 Staying Healthy in a Toxic World, #2 Healing Dysbiotic Conditions of the Gut, #3 Healing Adrenal Burn-out and #4 Nutrition in a Nut Shell. She has published both the *Twenty-One Day Cleanse Workbook* and *Staying Healthy in a Toxic World A Guide to Cellular Detoxification*. Both are available on her website in the footer below and packed full of self-help therapies to heal the liver, lungs, kidneys, skin, colon and lymphatic system. She has been offering classes on the prevention of disease at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo for the last 15 years. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for the 25 years.

(1) To order from Integrative Therapeutic call (877)628-3477 Pin # iti 568 All other products should be available at your local health food store.