

Detoxification Food Selection & Consumption

There are a few basic suggestions to be followed to stay detoxified:

1. Consume organically grown fruit and vegetables.
 2. Obtain fresh produce only in such quantity that can be consumed soon. There is a value to freshness.
 3. Always select choice vegetables and fruit.
 4. Avoid skinning or peeling vegetables since the skin contains a great part of the nutrients. Try eating the squashes, potatoes and cucumbers with the skin on. Eat Apples, beets and carrots daily for optimal liver function.
 5. Steam or cook vegetables in as small a quantity of water as possible. Do not over cook. Use the juices and the water; you can sip on it as a broth.
 6. Eat liberal portions of mixed green salads and raw vegetables twice daily.
 7. Eat fresh fruits in season. I would focus on pears, plums and apples only.
 8. Substitute frozen fruits when fresh fruits are not available.
 9. Eat whole grains. I would avoid refined conventional bleached sources.
 10. Do what you can to eat whole grain bread. Try spelt, millet and brown rice.
 11. Drink organic milk if you choose to drink milk. I would not personally consume yogurt.
 12. Eat organic butter.
 13. Confine the number of foods eaten at one meal to a minimum.
 14. Eat organic animal tissue and avoid GMO foods.
 15. Drink ample amounts of pure water, before or after the meal. Minimal fluids with the meal. Avoid cold beverages.
 16. Use cold pressed oils, such as olive oil, flax or sesame seed oils.
 17. Drink herb teas in place of soda pop, coffee or milk. It is easier on the digestive, assimilation and elimination process. Stevia as a tea sweetener.
 18. Eat fruit at least 30 minutes before a meal, never with a meal or soon after a meal. Fruit is digested within 30 minutes, so if it follows food that takes several hours to digest, it will sit in the stomach and ferment. This is another way we cause problems for the colon. I would suggest starting your day with a quartered apple, stewed in the am with a clove in each quarter. This is an excellent way to stimulate digestion movement and avoid stagnation.
 19. Bounce on a large ball or mini-trampoline four or five minutes a day. This will assist in the movement of lymphatic fluids, critical for proper detoxification.
 20. Use a shower de-chlorinator, to minimize your exposure to chlorine and chlorine free dishwasher detergent. Also you will want to limit bromine exposure (white bread, hot-tubs and pools, select beverages). I would locate fluoride free toothpaste. Make sure you are taking adequate iodine.
- Reference: *Self Test Nutrition Guide*, by Dr, Cass Igram