

## Spring Cleanse Package

Below is my favorite Spring cleanse, taken from Dr. Thomas Rau's book "The Swiss Secret to Optimal Health" which will soon be available at Nature's Medicinary.

The first few days, you may feel a bit weak or even sick as your body releases toxins. I recommend you start the day before you have 2-3 days off of work if possible. After the toxins are released, most people say they feel better than they ever have in their life!

To detoxify from inside the cells you may also want to add homeopathic drainage remedies to speed up the process and work deeper and more efficiently.

Unda # 2, 48, 258 (for kidney cleanse) OR #1, 20, 243 (for liver cleanse) you can alternate if you wish to cleanse both.

Take 10 drops of each (3) twice a day, may take them one right after another or add them to water but DO NOT mix them together.

### Notes

All fruits and vegetables should be both fresh and organic.

Water used for drinking and cooking should be non-carbonated and non-chlorinated. Spring water is recommended.

Grated raw vegetables are an important part of the program, so pull out the shredding disk or your food processor or use the large holes on a box grater.

Once you discover how delicious organic vegetables taste when lightly steamed, you will stop thinking of them as diet food and begin looking forward to them.

No table salt (sodium chloride with chemicals) ever! Choose naturally evaporated sea salt or Himalayan salt.

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## Week 1

### Day 1

#### Breakfast

- 1 cup of broth only (No veggies) from alkaline soup (see recipe below)
- ½ cup fresh grapefruit juice.
- 1 Tbsp pure flax seed oil
- ¼ cup steel-cut oats cooked in 1 cup water with 1 date until soft (about 15 mins, no other sweetener)
- 1 small apple (may be diced and eaten with oatmeal) or ½ avocado dressed with 1 Tbsp freshly squeezed lemon juice and 1 tsp extra virgin olive oil
- 1 cup decaf green or herb tea

#### Midmorning snack

½ apple or 1 small carrot

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## **Lunch**

- Salad plate: Your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil OR 1/3 cup shredded beet and carrot salad (see recipe); 1/3 cup shredded zucchini tossed with 1 1/2 tsp fresh lemon juice and 1 tsp extra virgin olive oil; 1/2 cup Asian sesame slaw
- Steamed vegetable plate: Broccoli florets, sliced carrots and 1 small Yukon gold potato, sliced, all steamed lightly. May splash with 2 tsp each lemon juice OR balsamic vinegar and extra virgin olive oil OR sunflower oil. Sprinkle with 1 TBSP sunflower seeds.

## **Mid afternoon snack**

- 1/2 avocado, 6 cucumber sticks or 1/2 apple

## **Supper**

- 4 oz (1/2 cup) fresh carrot or other veggie juice
- 1 bowl of Alkaline soup, including 1/2 cup diced vegetables from soup
- 1/2 cup (after cooking) olive oil steamed spinach
- 1/2 cup steamed broccoli
- Cup herb tea like peppermint

## **Day 2**

### **Breakfast**

Same as day 1

### **Mid morning snack**

Same as day 1

### **Lunch**

- Salad plate: your choice of shredded raw vegetables dressed with lemon juice and virgin olive oil OR 1 cup shredded romaine lettuce, 1 medium carrot, shredded, 2 TBSP cooked chickpeas, and 2 TBSP very thinly sliced red bell pepper, tossed with 1 TBSP each lemon juice and olive oil.
- Steamed organic veggie plate: Cauliflower, green beans, small sweet potato, lightly steamed. May splash with 2 tsp each lemon juice or balsamic vinegar and olive oil OR sunflower oil. Sprinkle with 1 TBSP pumpkin seeds.

### **Mid afternoon snack**

Same as day 1

### **Supper**

- 1/2 cup fresh beets or other vegetable juice
- Bowl of Alkaline soup with 1/2 cup veggies from soup
- 1 cup steamed broccoli plus 1/2 cup steamed sliced potatoes dressed with fresh lemon juice and olive oil
- 1 cup herb tea

### Day 3

#### Breakfast

Same as day 1

#### Mid morning snack

Same as day 1

#### Lunch

- Salad plate: your choice of shredded raw vegetables dressed with lemon juice and olive oil OR ½ cup Swiss Potato Salad made with no leek; ½ cup alfalfa sprouts; ½ cup Shredded beet and carrot salad
- Steamed Vegetable Plate: Swiss Chard, zucchini slices and sliced peeled kohlrabi or celery root lightly steamed; may splash with 2 tsp each lemon juice or balsamic vinegar and olive oil OR sunflower oil. Serve with 2 TBSP cooked or sprouted lentils.

#### Mid afternoon snack

Same as day 1

#### Supper

- ½ cup fresh carrot or veggie juice
- Bowl of Alkaline soup (1/2 cup diced veggies included)
- ½ cup diced butternut squash and 1 cup loosely packed baby spinach leaves steamed and tossed with balsamic vinegar and virgin olive oil.
- Cup herb tea

### Day 4

#### Breakfast

Same as day 1

#### Mid morning snack

Same as day 1

#### Lunch

- Salad Plate: Your choice of shredded raw veggies dressed with lemon juice and olive oil OR 1 cup baby spinach leaves; 1 med carrot, peeled and shredded; ½ cup bean sprouts and 1/3 cup cucumber shredded tossed with 1 TBSP each fresh lemon juice and olive oil. Sprinkle with 2tsp flax seeds.
- Steamed vegetable plate: Cut up asparagus or broccoli, carrot slices and 1 small potato sliced and steamed. May splash with 2 tsp each lemon juice or balsamic vinegar and olive oil or sunflower oil.

Mid afternoon snack

Same as day 1

## **Supper**

- ½ cup fresh beet or other veggie juice
- Bowl Alkaline soup with ½ cup diced veggies from soup.
- 1 globe artichoke steamed and served with fresh lemon juice blended with olive oil and a pinch of sea salt for dipping.
- If you need it, 1 small sweet potato baked and mashed with 1 tsp sunflower oil
- Cup herb tea

## **Day 5**

### **Breakfast**

Same as day 1

### **Mid morning snack**

Same as day 1

### **Lunch**

- Salad plate: Your choice of shredded raw veggies dressed with lemon juice and olive oil OR ½ cup raw or lightly steamed cauliflower, ¼ cup shredded carrot and ¼ cup shredded zucchini OR cucumber and arugula leaves tossed with 2 tsp each lemon juice or balsamic vinegar and 2 tsp olive oil or sunflower oil
- Steamed vegetable plate: Halved Brussels sprouts OR shredded cabbage, ½ cup sliced garnet yam OR sweet potato, Swiss chard lightly steamed. Also ¼ cup spiced steamed chickpeas with no salt.

### **Mid afternoon snack**

Same as day 1

## **Supper**

- ½ cup fresh carrot or other veggie juice
- 1 bowl Alkaline soup with ½ cup diced veggies from soup
- 1 cup steamed broccoli plus 1 small potato dressed with fresh lemon juice and virgin olive oil.
- 1 cup herb tea

**Day 6**

**Breakfast**

Same as day 1

Mid morning snack

Same as day 1

**Lunch**

Same as day 5

**Mid afternoon snack**

Same as day 1

**Supper**

Same as day 1, 3 or 4

**Day 7**

**Breakfast**

Same as day 1

**Mid morning snack**

Same as day 1

**Lunch**

Repeat any day except day 6

**Mid afternoon snack**

Same as day 1

**Supper**

Same as day 1, 3 or 4

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## Week 2

While maintaining an alkaline balance and continuing to restrict food allergens, the menus for week 2 gradually incorporate small amounts of whole grains (Ezekiel or spelt bread, Quinoa grain or pasta) and goat and sheep dairy to vary your diet and broaden your nutritional base. Whenever you have salad, know you can always embellish it with a light sprinkling of sunflower, pumpkin or flax seeds.

Don't forget to continue to drink copious amounts (at least 3 liters) of purified water, unsweetened herb tea and the alkalizing broth. Take 1 TBSP of pure flax seed oil every morning with breakfast.

### Breakfast

One cup of alkaline both soup

- 4oz fresh grapefruit juice
- 1 TBSP flax seed oil
- ¼ cup oats in 1 cup water with 1 date, cook until soft
- 1 small piece of fruit
- 1 slice spelt bread with ½ tsp butter and 2 tsp naturally sweetened fruit preserves
- 1 cup herb tea

### Snack

½ avocado with squeeze of lemon

### Lunch

- Salad plate: your choice of shredded raw vegetables dressed with lemon juice and virgin olive oil OR 1/3 cup shredded beet and carrot salad; 1/3 cup shredded zucchini tossed with 1 ½ tsp lemon juice and 1 tsp olive oil.
- 2 rye crisps
- Steamed vegetables: Broccoli, carrots and 1 small Yukon gold potato, sliced and lightly steamed. May splash with lemon or balsamic vinegar and olive oil or sunflower oil. Sprinkle with seeds.

### Snack

Small container of goat or sheep yogurt

### Supper

- 4 oz fresh carrot or other veggie juice
- 1 cup alkaline soup with veggies
- ½ cup olive oil steamed spinach
- Twice baked potatoes with blue cheese and broccoli
- Herb tea
- Vary the rest of the week, adding small amounts of wheat free whole grains, goat or sheep dairy.

### **Week 3**

By now you should be highly energized.

Get out and walk/exercise as much as you can. It will stimulate weight loss and is excellent for building muscle and for your health in general.

Continue to drink all the fluids you list from week 1.

Also, continue the veggie both with breakfast to maintain alkalinity. Remember, no matter what the menu, you can eat as much as you want of any steamed green vegetable.

You may now add an egg every 3rd day, beans, and nuts. Check out the book for more yummy recipes!!

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### **Recipes**

#### **Alkaline soup**

- 1 ½ cup finely diced zucchini
- 1 cup thinly cut green beans (~4 oz's)
- ¾ cup finely diced celery root or 2 celery ribs finely diced
- ¾ cup diced peeled carrots
- Sea salt
- Place all veggies in large saucepan with 2 quarts of pure spring water. Bring to a boil, skim off scum that rises to the top.

Reduce heat to simmer partially cover and simmer for 10-12 mins. Remove from heat and let stand 10mins.

#### **Shredded Beet and Carrot Salad**

Because the natural sugars in these vegetables are tightly bound in their tough fibers, the slow release into your bloodstream will keep your energy level on an even keel for hours. This pretty salad keeps well in the refrigerator for up to 4 days: 4-6 servings

- 2 medium beets
- 2 large carrots
- 1 ½ TBSP balsamic vinegar
- 1 ½ TBSP sunflower oil

Peel carrots and beets, shred, toss veggie with balsamic vinegar and sunflower oil.

#### Asian Seseme Slaw 4-6 Servings

- 1/4 medium-large green cabbage
- 2 TBSP rice vinegar
- 1 TBSP fresh lemon juice
- 1/2 coarse sea salt
- 1 TBSP sesame seeds
- Thinly sliced cabbage (should be about 6 cups)

In medium bowl, combine the cabbage, with other ingredients, toss well.

#### Olive Oil- Steamed Spinach

After cooking spinach is hard to season evenly. By tossing with the oil salt and pepper before steaming the leaves both taste better and maintain their integrity. Do not cook over 2-3 servings.

- 1 pound washed baby spinach
- 2 TBSP extra virgin olive oil
- Sea salt and fresh ground pepper
- Set up a large pot of boiling water with a steamer insert. Place spinach in a large bowl. Toss with the olive oil and salt and pepper to taste.
- Transfer the seasoned spinach to the steamer and cook the spinach for about 3 mins until just wilted. Serve at once.
- Spiced Steamed Chickpeas
- 1/2 cup dried chickpeas (rinse and check through)
- 1 TBSP extra virgin olive oil
- 1/4 tsp ground cumin
- 1/4 tsp (to taste) cayenne pepper
- Course sea salt

Place chickpeas in medium bowl and cover with cold water. Let soak, changing water several times over 12-48 hours. If you soak chickpeas longer than 12 hours, refrigerate them and don't forget to keep changing the water.

Steam peas over boiling water until tender, 25-35 mins.

In medium skillet heat olive oil with cumin and pepper. When hot, add the chickpeas and toss to coat them with the oil. Season with salt to taste and serve hot.



### **Spiced Steamed Chickpeas**

- ½ cup dried chickpeas (rinse and check through)
- 1 tbsp extra virgin olive oil
- ¼ tsp ground cumin
- ¼ tsp (to taste) cayenne pepper
- Coarse sea salt

Place chickpeas in medium bowl and cover with cold water. Let soak, changing water several times over 12-48 hours. If you soak chickpeas longer than 12 hours, refrigerate them and don't forget to keep changing the water.

Steam over boiling water until tender, 25-35 mins.

In medium skillet heat olive oil with cumin and pepper. When hot, add the chickpeas and toss to coat them with the oil. Season with salt to taste and serve hot.