



Da Vinci Holistic Health Centre

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ALKALINE DETOXIFICATION DIET

This is a diet that should be followed for a minimum of 15 days for it to have the best effect. You may suffer from headaches, dizziness or a general feeling of 'unwellness' during the first couple of days due to toxins leaving the body. It is therefore recommended that you begin the diet over the weekend where you have time to rest.

If you know your food intolerances eliminate these from the detoxification diet.

You may eat as much of the following foods as you wish, but it is best to eat only when you feel hungry. Wash all fruit and vegetables in a bowl of water with 5 tablespoons vinegar added to help wash away any pesticide/herbicide residues. Rinse after with clean water.

- **SALADS** - use any type of fresh vegetables you like, in any combination. Use organic vegetables, and bean sprouts when available. Salad dressings should be kept simple - a little virgin olive oil and flaxseed oil with fresh lemon or limejuice, or cider vinegar. Add plenty of fresh onion and garlic - these are very detoxifying! You can use other herbs such as mint, basil and other herbs of your choice.
- **STEAMED VEGETABLES** - eat any variety you like, including broccoli, cauliflower, potatoes, beetroot, carrots, etc. Steam as opposed to boil, and eat with a little herbal salt, lemon and a little virgin olive oil with plenty of garlic. You may also have jacket potatoes with a little olive oil and garlic and parsley dressing. Use flaxseed oil too.
- **VEGETABLE JUICES** - drink 1-2 glasses daily, and try to include carrot and beetroot juices. Add a little green juice (spinach, parsley, cabbage, and any other green vegetables). About an inch or so of the green juice, topped with carrot & beetroot juice.
- **FRESH FRUIT** - choose the fruit of your liking (preferably organic) and eat as much as you like, whenever you like. You could begin the day with 2-3 pieces of fruit, which are gentle on the digestive system. Make a tasty fruit salad. Diabetics should avoid fruits that are high in sugars such as grapes and fruit juices.
- **HERBAL TEAS** - choose any of your choice. Chamomile is a good relaxant, aniseed and mint is good for the digestive system, etc. Drink as many as you like, with a little honey on the tip of a teaspoon if you wish to sweeten it.

When the 15 days are over, you should carry on eating the above for a couple more days while slowly adding a little protein such as fresh, steamed or grilled fish, organic chicken, pulses, a soft-boiled egg or a little cheese. Go gentle on the protein for a couple of days before you begin eating normally again so you do not stress your digestive system.

► **This detox diet should ideally be repeated every 6 months** ◀