

Detox Stage 3: Liver Phase Options

After phase 1 and 2 which address the overgrowth of nonbeneficial bacteria in the gut and subsequent healing and regeneration of the gut flora, we move to allowing the liver to shed toxins it has accumulated from our lifestyle.

It is basically a process of eating easily digestible, low toxic food to give the gut and liver extra available energy to clear any backlog of toxicity while supplementing with herbs nutrients to specifically purge the liver. This can be done using any one or a combination of the following options and is best done for 10 days with three days lead in, four full days of just option 1, 2 or 3 in the middle, and three days easing out.

- 1. Alkaline Vegetable Soup:** Choose a combination of equal amounts from the following vegetables.
Celery, zucchini, beetroot tops, parsley, green beans, spinach, carrot.
Place your vegetable into a steaming basket and add enough water to steam them for a few minutes. Make sure they are still crunchy.
Allow your vegetables to cool a little then placed them and the remaining water in your blender and purée.
Add any of your favourite fresh or dried herbs to enhance the flavour of the alkaline soup.
Make enough for the whole day and store in the fridge between meals.
- 2. Kabala juicing:** With a slow masticating juicer, (avoid high-speed, eg. Breville / Sunbeam) juice six apples, two of each colour, green, yellow, red. Two kg of carrots, one third of a beetroot and one lemon. Store in the fridge dilute about 25% with room temperature water and drink during the day. (This is not the preferred option if you are watching your insulin/glycaemic index as both apples and carrots are high GI.) Can be mixed with **Thermo-phase Detox or Protein Complete** as an option.
- 3. Green smoothies:** Refer to your detox green smoothie recipe and specifically choose ingredients that are on your blood type beneficial or neutral list and keep the smoothie as "green" and simple as possible. Add **no** oil, eggs, protein powder, or coconut cream. Make enough to last all day and you can mix with **Thermo-phase Detox powder or Protein Complete**.

Various supplements are prescribed according to your body type and subsequent toxic load. Please adhere to their dosage regime and spend three days gradually increasing the dose of the supplements and dropping off one normal meal each day to be replaced with one of the above regimes.

For example if the final dose of **Liver Assist** is 2 caps 2 times a day, then have 1 cap on day one, 2 caps on day 2, and 3 caps on day three, till day four where you will be on the full dose of 2 caps twice a day. The same goes for **Ultra Liv. Oxy guard** or **Antiox** can be taken at 1 capsule twice a day the whole way through.

For **Thermo Phase Detox** or **Protein Complete**, take 1 serve (two scoops) on day 1, 1.2 serves on day 2, 3 serves on day 3, and then 4 to 6 serves depending on your protein requirement for days four to seven. This can be added to smoothies or juices or taken with water.

With **meals**, introduce one of the above meal regimes for 1 meal on day one, whilst eating your normal blood type meals for the other two. 2 detox meals on day two plus one normal meal, and three detox meals on day three of either the vegetable soup, juices or green smoothies and continue at three detox meals a day for four days in total. Remember, you can mix and match with the above options.



Ease off your four days full on detox meals similar to the three lead in days. For example add one normal meal on day eight, two normal meals on day nine and three normal meals on day ten. Follow the same for the supplements as well returning to the starting dose till they are finished.

If you have any questions please do not hesitate to call Terry on 0408 186 243.

Happy detoxing and enjoy the best "clean up" your insides have ever had!