

**Spring Liver Cleanse: Whole Food
7-10 days**



Avoid:

Grains - all	Corn
Dairy - all	Soy
Sugar, Artificial sweeteners	Fried foods
Alcohol	Red Meat

To Eat: Vegetables, Fruits and Herbs: Juiced, Broth, Soup, Steamed, Roasted

Cabbage	Kale	Asparagus	Mint
Cauliflower	Chard	Celery	Turmeric
Brussels sprouts	Mustard Greens	Sweet Potato	Garlic
Carrots	Arugula	Beet Greens	Cilantro
Cucumber	Broccoli sprouts	Spinach	Dill
Beets and Beet Greens	Pea sprouts	Parsley	Zucchini
Dandelion greens	Grapes	Apples	Artichoke
Jerusalem Artichoke	Avocado	Fennel	Leeks
Peas	Rhubarb	Watercress	Kohlrabi
Rutabaga	Turnip	Leeks	Radish

Proteins

Beans - white, kidney, lima, lentil, and garbanzo (hummus is great with lemon and garlic)
White Fish (wild)
Sardines packed in olive oil
Organic, pasture raised eggs

Sweeteners:

- Blackstrap molasses: This is also mineral rich supporting healthy liver detox.
- Honey

Supplements:

- **HepaCleanse:** 2 capsules 3 times a day (or other liver detox tea or supplement recommended by your doctor)
- **Lemon Water daily**

Castor oil packs nightly! (see castor oil pack handout)

Gentle daily exercise! Walk, yoga, dance, play, swim