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REFRESH CLEANSING PROGRAM

1 - 2 WEEK PROGRAM
(January, April, October – yearly)

Patient Handout:

Cleanse, Rebalance, Refresh Cleansing Program

One to two-week program after Christmas and after Thanksgiving are two most popular times. If you can only do one week, great!

Fiber: To facilitate effective bowel movements and bind toxins as they are eliminated. You can use psyllium, flaxmeal or Pectasol. Pectasol would be for your patients whom you have already treated for heavy metal toxicity or cancer. **Pectasol** although more expensive, can be a long term fiber solution as it helps the body detoxify heavy metals. See Dr. Isaac Eliaz's research articles. ([here](#)). Fiber is taken one hour before breakfast on an empty stomach and away from supplements and medications.

LivCo: take 2 with breakfast. This remedy contains Schisandra berries, Rosmarinus leaf and concentrated Milk Thistle seeds. Milk thistle aids in elimination of toxins and cleanses of the liver. Milk thistle and schisandra help protect the liver tissue. Shisandra does this by enhancing glutathione production in the liver and milk thistle does this by protecting the liver from excessive free radicals as well as eliminate toxins. Rosemary helps support healthy liver function as well as digestion.

LivTon: take 2 with evening meal. If you have a liquid herbal complex you can use this instead. My herbal detox formula contains: milk thistle, burdock root, dandelion root, Oregon grape, cleavers and goldenrod for liver, lymphatic and kidney drainage. This complex is used for sustainable liver toning. It contains milk thistle seed, globe artichoke, dandelion root, bupleurum root and fringe tree stem bark. This formula is a tonic to improve the tone, vigor and function of the liver. It improves not only liver function and normal bile flow in the liver and gallbladder it also aids digestion.

Cascara Complex: Take 1 – 2 at bedtime. This is a gentle bowel cleansing formula containing cascara stem bark, dandelion root, yellow dock root, dill seed and chamomile flower. Cascara, dandelion and yellow dock help with healthy bowel function and elimination important in any cleansing program. Dandelion root helps with normal production of bile and cascara stimulates the emptying of the gallbladder. Chamomile and dill help with bowel spasms in the large intestine that the other herbs may cause.

During this one to two week cleanse a detoxification diet is recommended. (**example below**)

Greens First with Dream Protein: Greens First is one of the best tasting organic greens drinks on the market. One scoop of Greens First provides 8-10 servings of fruits and vegetables. The Greens Blend in this product also has detoxifying properties. Mixed with Dream Protein could be a meal replacement for breakfast.

Weight Loss: Generally patients will lose some weight on this program due to the diet changes and the meal replacement.

Other detoxification suggestions include:

Lymphatic drainage: infrared saunas several times per week for 10-20 minutes; Pascoe Whole Body Cleanse Kit. 10 drops of each remedy into one liter of water and drink all day for 6 weeks and repeat twice per year. Can be taken with above program as well.

Kidney Drainage: drink lots of purified alkaline pH 7-9 water and kidney herbal teas containing Equisetum, uva ursi, berberis, goldenrod, Zea mays, dandelion, cleavers and buchu.

DETOXIFICATION DIET

FOODS TO INCLUDE

FOODS TO AVOID

Beverages	Herb Teas: Mint, spearmint, burdock, milk thistle, licorice root, dandelion, red clover, chamomile, Green tea. Coffee substitutes: Café Lib, Inka	Alcohol, cocoa, coffee, milk soft drinks, and decaf coffee.
Bread	Millet, rye, buckwheat, corn. Only whole grains. Freshly ground or sprouted. Free of all preservatives. Keep flours and floured products to a minimum.	All wheat products.
Cereals	Millet, oatmeal, brown and wild rice, buckwheat, groats, Barley and cornmeal.	Processed cereals which are puffed, flaked, etc. No white rice.
Cheese	None. No dairy products. Tofu (soy cheese) okay.	Avoid.
Dessert	Fresh, whole fruits. Fruit cocktails, stewed fruits, natural Fruit gelatins, whole tapioca. Health desserts made out of Ingredients listed.	Canned or frozen fruit, all pastries, custards, sauces, ice Cream, candy.
Eggs	Allowed	
Fat	Cold pressed organic unsaturated oils, such as safflower, Sesame, flax, walnut, corn, soy oils & soy lecithin spread. Organic butter.	Shortening, margerine, saturated oil & fat, cottonseed oil. Rancid and continually Heated oils.
Fish	Allowed	Avoid tuna and halibut
Fruits	All fresh fruits, organically grown if possible. Dried fruits unsulphered. Peel sprayed fruit or wash thoroughly.	
Juices	Only fresh unsweetened juices if possible.	All canned and frozen juices.
Legumes	Alfalfa, carob, chick peas, kidney beans, lentil, Lima beans, mung beans, peas, soybean (tofu, tempeh), String beans.	
Meat	None	All meats in any form
Milk	None. Substitute: organic soy, rice milk or nut milk.	All dairy and milk products
Nuts	Limited amounts of all kinds of nuts, particularly fresh raw walnuts, almonds, pecans. Organic nut butters	Roasted & salted nuts. Cashew, peanuts, brazil & pine nuts are too high in oil.

Potatoes	Baked or steamed with jackets and mashed. Potatoe salad seasoned with salad dressings. Substitute millet brown rice, and all kinds of noodles and macaroni made from buckwheat, wholewheat, soy, or vegetable flour without eggs.	French fries, potatoe chips, grilled potatoes, white rice, white flour noodles & macaroni.
Seasonings	Chives, garlic parsley, herbs, & kelp. Use vegetable & herb seasonings that contain no sodium chloride (table salt). "Spike", "Vegit", "Veg Sal" okay.	Spices, pepper & table salt
Seeds	Sunflower, chia, sesame, and pumpkin. Fresh & raw.	Roasted & salted seeds. No prunus seeds: ex.- apricot, Apple, prunes, plums, etc.
Soups	Home-made soups made from listed ingredients. Barley, brown rice or millet can be added.	Canned or creamed soup, fat stock, boullion, or dehydrated consumme.
Sprouts	Any sprouts, such as: mung, lentil, alfalfa, radish, soy or wheat (wheat grass manna). Add to salads, sandwiches or blender drinks.	Potatoe sprouts (poison).
Sweets	Raw honey, maple syrup, barley malt. All in Moderation.	White sugar, & white sugar products, such as: candy and All sugar substitutes.
Vegetables	Raw or freshly cooked, organically grown if possible.	Sprayed, canned, or frozen. Sulphur and high sodium foods

SUGGESTED MENU

BREAKFAST

Glass of juice
Raw or cooked fruits
Hot or cold cereal with
soy milk
Rye toast withnut butter
Herbal tea

LUNCH

Salad
Soup
Potatoe
Cooked vegetables
Herbal tea

DINNER

Salad
Soup
Brown rice or millet
Cooked vegetables
Herbal tea

MID-MORNING

Fresh juice or fresh fruit

MID-AFTERNOON

Fresh juice or fresh fruit

EVENING

Fresh fruit or unsalted broth

**You may desire to eat more frequently on this temporary diet.

**Keep fruit at least an hour away from vegetables and best 1 hour before meals.

**See my website for vegetarian recipes, good for this diet.

Detox Diet for 7-14 day detoxification program.

The goal of this program is to give your liver, kidneys and intestinal tract as much of a rest as possible. Do the best you can and every time you do the program you will find it easier. There is another level of cleansing which involves avoiding food altogether for 3-7 days. The fasting program can be integrated into this one.

Congratulate yourself for taking your body in for its regular TUNE UP!

This 7 day program does not contain any wheat, meat, dairy, alcohol, coffee or tea. Sugar is kept to a minimum and all the foods are best prepared fresh to avoid additives, preservatives and artificial colors. The only exception to the above is with Type O blood types where fish and eggs are allowed to satisfy their need for protein.

Try and drink your 8-10 glasses of water in between meals. See recipe means that I have one on my website or in our printed handout. I suggest you use these recipes as a template for your meal plans as most are vegetarian, wheat and dairy free. Avoid the ones that contain goats cheese and buttermilk or modify the recipe. Salad dressings made of spices, olive oil and vinegar are encouraged rather than cream dressings. Spreads for rice crackers and rye breads will keep in the fridge for one week. Baba ganouj and humous can both be purchased in ready to prepare packages found in the health food section. Avocados and nuts added to a salad, make it tastier.

Snack suggestions: popcorn, almonds, olives, soya loaf (this tastes better than soy cheese), frozen peas, soy nuts, cashews, walnuts, rice cakes, rice crackers, soy yogurt, celery with organic nut butters, vegetable and fruit juices and rice protein shakes. Snacks are not necessary but are indicated to remind you to drink water!

Foods that support the livers' detoxification processes include; garlic, onions, flaxseed oil, fruits, especially lemons, nuts and seeds, cabbage, beets as well as most other vegetables. I allow butter but try and use organic butter to avoid growth hormones and antibiotics normally found in butter.

Beverages that support the detoxification process include lemon water, green tea and cleansing teas found in health food stores. It will be easier than you think!

Day One:

Breakfast: Super food smoothie

Snack: Two glasses of water or herbal tea without sweetener

Lunch: Basmati Brown Rice with butter, soy sauce, and nutritional flaked yeast

Green salad with mixed sprouts, mushrooms and Simply Natural Creamy Caesar Dressing

One raw carrot (organic prewashed and cut carrots are available)

Snack: Two glasses of water, herbal tea, and handful of almonds etc.

Dinner: Tofu stir fry with vegetables and peanut sauce

Coleslaw salad (shredded cabbage and broccoli come in ready to eat bags) with dressing of your choice

Day Two:

Breakfast: Oatmeal with organic raisins or other fruit, with butter, soy or rice milk.

Snack: See above

Lunch: Borscht with rye crackers and soya loaf, Raw celery

Snack:

Dinner: Vegetable chili (see recipe) with toasted rye bread and butter

Spinach salad without the eggs (unless you are type 0 blood)

Day Three:

Breakfast: Basmati brown rice with butter and nutritional yeast
Snack:
Lunch: Split pea soup with rice crackers and baba ganouj, Raw peppers
Snack:
Dinner: Baked Tofu
Roasted vegetables (carrots, onions, peppers, yams and white potatoes drizzled with olive oil and spices make a very nice combination)

Day Four:

Breakfast: Rye toast with organic peanut butter
Snack:
Lunch: Indian curry lentil salad
Vegetable soup with rice crackers
Snack:
Dinner: Bean soup and rye toast
Green salad

Day Five:

Breakfast: Gluten free waffles (see local stores in freezer section) with fruit and a little maple syrup
Snack:
Lunch: Roasted potatoes
Spinach salad
Snack:
Dinner: Thai Fried Rice
Steamed vegetables such as peas and beans

Day Six:

Breakfast: Cooked cereals of amaranth, quinoa and millet mixed with organic fruit and soy or rice milk
Snack:
Lunch: Lentil soup with soy cheese melted on rice crackers
Celery and nut butter
Snack:
Dinner: Carrot, yam and cashew soup
Rye toast
Salad

Day Seven:

Breakfast: Roasted potatoes
Snack:
Lunch: Curried turnip soup
Raw vegetables
Snack:
Dinner: Brown basmati rice
Indian Curry Lentil Salad

Supplementary Activities During your Detox

Get at least one hour of exercise per day

Sweat every day: yoga, pilates or other stretch floor exercises can do this

Sauna once or twice a week

Get enough sleep for you

Minimize fluids with your supplements that are with meals.

Dry skin brushing facilitates cleansing through your skin

Meditate 10-20 minutes daily