

The Optimum Colon Cleansing Diet

Revealed



**Includes 75
Recipes**



**By Mark Ament and the
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The Optimal Colon Cleansing Diet

I'm not a fan of the word "diet." For most people it brings up negative images of bland, tasteless food, small quantities and lack of pleasure when eating.

Not to mention the first three letters of the word.



Personally I call my "diet," "my way of eating" or my "nutritional lifestyle." But for ease of understanding I will sometimes use the word "diet" here. When you read it, I encourage you to think "what I get to eat to make me healthier" instead of any other negative ideas you may have.

When I completed my first herbal colon cleanse I had already followed the "optimal colon cleansing diet" for almost a year.

By following this way of eating, my health had improved greatly.

My digestion was easier and quicker. I had no more gas or cramping. My allergies had almost disappeared and my skin looked healthier and more vibrant than it ever had. Even more benefits came from completing my first herbal cleanse, but I am convinced that following a cleansing diet was key to my success.

Here I will give you the details of the optimal colon cleansing diet that I followed then and follow whenever I do a deeper cleanse (about once per year I complete a herbal colon cleanse).

This way of eating for cleansing is time honored and proven to get results time and time again. Not only have I seen it, but all the major authorities on internal cleansing from Norman Walker to Richard Anderson recommend the same thing.

If you want the best results possible in your cleansing activities, it's important to put in the work and follow this diet.

In first thinking about this way of eating, consider a river:

Imagine that you have a clean river flowing by your house. One day you start to notice that the river now has trash floating in it. Also you see that the color of the water has darkened and even notice that some fish have died. You decide to clean up the river. The first thing you have to do is get your upstream neighbors to stop pouring trash into it.

It's exactly the same on the optimal colon cleansing diet. **The first step to clean your colon and body of toxic waste is to stop putting the things in your body that produce this problem in the first place.**

Any colon cleansing program that doesn't teach you to do this, in my opinion, is simply a waste of time. You first need to stop the flow of garbage into the system. Then the system starts to clean itself up.

The Optimal Colon Cleansing Diet Described

These foods you avoid completely:

- Processed foods: all refined and pre-packaged foods, any "fake" with artificial or "diet" ingredients
- Anything from a box or a can

- All meats including chicken
- All products made with wheat: bread, pasta, pastries, cookies, pies, crackers ...
- All fried foods and foods with processed oil
- All eggs and beans
- Pasteurized dairy products: milk, butter, cheese, ice cream, yogurt
- Processed sugar: candy, ice cream, cake chocolate
- Beverages: soft drinks, alcohol and tap water
- Bananas
- Potatoes

These foods you eat moderately:

- Root vegetables (except potatoes)
- Brown rice
- Fish
- Hummus
- Tofu
- Raw Cheese
- Raw Pickles
- Pasteurized juices
- Nuts and seeds
- Grains

These foods you eat freely:

- All fresh fruits (except bananas)
- Raw vegetables
- Homemade vegetable soups
- Homemade fruit and vegetable juices
- Unsweetened raw yoghurt

- Herbal teas
- Culinary herbs

In addition, my experience is that the more raw vegetables and fruits you include in your diet the better. Raw food speeds up and intensifies the cleansing process. If you are fit and healthy you can aim for 100% raw. However, you will still get great benefit by keeping to at least 50% raw foods.

When first exposed to this way of eating, many people have some important questions. I'll respond to them here.

Why no meat?

There are two basic reasons why the optimal colon cleansing diet excludes meat.

First, meat contains more than 100,000 times the amount of toxins than fruit and vegetables: "Fruit, vegetables, nuts and seeds are colonized on average by 10 microorganisms/pathogens per gram. Animal products by comparison contain a range from 1,500,000 to 3,000,000 per gram."¹

Second, meat slows down the digestive system.

Why no dairy products except raw yogurt?

Dairy products are the highest mucus forming foods.

When you eat milk or cheese, the body forms mucus to protect itself. I personally overcame chronic coughing and throat clearing just by eliminating dairy from my diet.

¹ Tenny, "The Natural Guide To Colon Health," p. 59.

Raw yogurt is the exception on this diet because it contains positive bacteria that the intestine can use to rebuild its colonies of digestive bacteria.

If you do eat yogurt, make sure it's unpasteurized. I personally enjoy eating yogurt made from coconut flesh. See the recipe in Chapter 36.

Why no potatoes and bananas?

Potatoes and bananas as well as other foods are high in starch. They slow down digestion and cleansing processes in the body.

Where do I get my protein?

Leafy greens like spinach and kale have large amounts of protein. You can also eat hemp seeds or drink hemp seed milk to supplement. One other high protein food that you can use while cleansing is bee pollen.

Will I be hungry?

This is not a fast and there is no need to be especially hungry. You can eat as much as you like of the foods listed. If you feel like you need more dense food, try an avocado.

Also, if you are doing an herbal cleanse with this diet, you are unlikely to feel hungry as the supplemental fiber gives you a sensation of feeling full.

Also, it is my experience that it's good to experience hunger sometimes. This keeps me from automatic or emotion based eating.

Is it possible to eat out?

Sure. I've eaten out many times during cleanses. Just order what is fresh and vital: salads, fruit plates, etc.

What about eating with friends?

I find it helpful to explain to my friends and family why I'm eating the way I am during a cleanse before meeting to share food. Something like, "I'm on a special cleansing diet, so I'll be eating mostly raw fruits and vegetables" is usually enough.

What special kitchen tools do I need?

A blender is important, though not 100% necessary. A quality vegetable juicer is also a nice addition.

How long can I do it?

You can continue this diet for as long as you like. My normal diet is 95% raw food and includes no packaged foods, no meats, no dairy, no bread. I've eaten this way for about 8 years. All I change when I cleanse is that I stop eating nuts and seeds.

How do I prepare for eating this way?

What I recommend is that you first clean out your refrigerator and cupboards. Having a clean space to store the food you will be eating makes a huge difference in how you feel about eating.

Have a look at the recipes in Chapter 36 and make a shopping list. Buy organic whenever you can.

What are the facts that support this diet?

Here are some relevant research based facts about the benefits of following this way of eating:

- "Plant foods typically contain 25 to 200 percent more minerals than animal foods. One third of all enzymes in the body require minerals to do their work. A diet rich in fresh fruits, vegetables, nuts, seeds, grains and legumes contains hundreds of special compounds that promote good health and are associated with a lowered risk of heart disease, diabetes, high blood pressure, obesity and cancer."²
- "Britain's Imperial Cancer Research Fund and the Medical Research Council finds after 17 years of research that people who eat fresh fruit daily are 24 percent less likely to die from a heart attack; strokes decrease by 32 percent, and 21 percent are less likely to die in any given year."³
- "The intestinal tract can be healed by adding more raw food to the diet, especially fresh vegetable juices. Fasting on vegetable juices will help to repair and provide enzymes necessary for health and digestion.
- A diet consisting of 60-70 percent raw food will help reverse the degeneration that has occurred in the gut lining, as well as improve energy and vitality."⁴
- "Interestingly when cooked foods are eaten, large amounts of mucus are secreted. We are learning that when cooked food is

² Berry, "Internal Cleansing," p. 208.

³ Berry, "Internal Cleansing," p. 209.

⁴ Tenny, "The Natural Guide to Colon Health," p. 91.

eaten, the T-cells, which are so vital to immune function, increase in the gastrointestinal tissue to protect our system from certain foods which are interpreted as foreign matter.”⁵

- “Continually eating “lifeless” foods - cooked, refined or processed foods devoid of fiber and enzymes - over stimulates the immune system in a way that compromises its function. As a result, we become susceptible to every virus and bacteria, constantly coming down with sore throats, colds, flu or other more serious conditions we may not think to relate to our digestive systems.”⁶

⁵ Tenny, “The Natural Guide to Colon Health,” p. 49.

⁶ Tenny, “The Natural Guide to Colon Health,” p. 50.

75 Recipes for “The Optimal Colon Cleansing Diet”⁷

All of the recipes here can be used on the optimal colon cleansing diet as described in the previous chapter.

Remember to eat nuts, seeds and grains sparingly - at most, one serving per day.



Although I maintain a 95% raw vegetarian diet and feel it to be the best cleansing diet possible, I’m aware that many cleansers find it easier to eat some cooked foods as they cleanse.

For that reason I’ve divided dishes in certain categories into raw and cooked. If you’re interested in learning more about raw foods and how to prepare them get a copy of my book: “The Complete Guide to Raw Vegetarian Cuisine.” E-mail me at service@safecoloncleanse.com.

Tips for preparing foods for cleansing:

1. Be prepared. Clear out your refrigerator and your cupboards of all the foods you won’t be eating. Restock with fresh fruits and vegetables. (see lists below for suggestions) Think about and plan when and where you will get your food
2. Pre-wash all your vegetables before you put them away
3. Make large enough quantities to have leftovers for the next day
4. A long list of ingredients doesn’t mean that the dish will be hard to prepare
5. Keep your knives sharp

⁷ Some of these recipes I’ve developed myself and some I’ve taken from or adapted from other books. I’d like to acknowledge the following sources: Berry, “Internal Cleansing,” Cousens, “Rainbow Green Live-Food Cuisine,” Elliot, “The Ultimate Cleanse.” Jubb, “Lifefood Recipe Book,” Olgren and Tomasulo, “The 28-Day Cleansing Program,” and Tenny, “The Natural Guide to Colon Health.”

6. Keep it simple. Some meals can be a simple salad with olive oil and organic apple cider vinegar
7. Be flexible and creative. If you don't have all the ingredients try substituting

Kitchen Equipment:

You can complete a great colon cleanse with minimal equipment. In fact a sharp knife will do most of the preparation you need. However, there are some kitchen tools that will enhance your food preparation. I've listed them in order of importance.

A powerful blender (600 watt minimum)

The best is "Vitamix" brand. You'll be using this daily for smoothies and juices.

A good vegetable juicer

not a centrifugal juicer, but a single auger or twin gear juicer. Green Star is the brand I prefer, Omega and Samson are also good.

Healthy cookware

Get rid of all aluminum and Teflon coated (non-stick) kitchen ware. Both aluminum and Teflon are toxic. Use only stainless steel, cast iron or glass.



Food processor

to make chopping and cutting vegetables much easier and quicker

Salad spinner

for drying greens after washing them

Coffee grinder

for grinding nuts, seeds, herbs and coffee

Grain cooker

This can be a helpful time saving tool for preparing grains

Stocking your pantry and refrigerator:

Here is a list of helpful ingredients to have on hand. All of these are easy to find at a good health food store:

Pantry items:

Raw apple cider vinegar

the only type of vinegar that should be consumed. All others contain acetic acid which deplete alkaloid bases from the body. Raw apple cider vinegar contains malic acid and can alkalize the body.



Braggs liquid aminos

Delicious alternative to soy sauce/tamari

Celtic sea salt

grey mineral salt with over 70 minerals. Contains magnesium which is involved in over 300 detox pathways in the body.

Dr. Bronner's mineral bouillon

rich flavorful vegetarian bouillon used for soups and dressings

Unpasteurized miso

concentrated, fermented paste made from soybeans

Great as a soup or in sauces in dressings

Oils

cold pressed only and in dark bottles only

- Coconut oil
- Olive oil
- Flax seed oil
- Hemp seed oil

Sea vegetables

many times more nutritious than regular vegetables

Rich in vitamins and minerals:

Arame, Dulse, Kelp, Kombu, Hijiki, Nori, Karengo

Olives

naturally fermented

Sweeteners

Agave syrup, Honey, Maple syrup, Stevia

Nuts and seeds

Raw - not roasted or heat treated

- Pumpkin
- Almonds
- Walnuts
- Sesame
- Brazil nuts

Grains

- Brown rice
- Amaranth
- Quinoa

- Corn meal
- Buckwheat
- Millet
- Kamut

Dried herbs

Dill, basil, thyme, rosemary, lemon grass, cilantro, cayenne pepper, cumin, coriander, curry, ginger, cinnamon, nutmeg, cardamom

In the refrigerator

Vegetables

buy organic whenever possible

- Onions
- Garlic
- Ginger
- Carrots
- Cabbage
- Leafy greens
- Celery
- Broccoli
- Cucumber
- Burdock
- Daikon
- Beets
- Parsley
- Kale
- Mustard greens
- Endive



- Fennel
- Arrugula
- Watercress
- Spinach

Fruits

- Citrus - always have some lemons on hand
- Avocado
- Tomatoes
- Apples/pears/plums
- Melons
- Other fruits in season

Dried fruits - only organic not treated with sulfur

Raisins, Dates, Apricots, Figs

A. Rejuvenating Drinks

Brazil Nut Milk

250gm (1 cup) brazil nuts
2 l (2 qt.) pure water
Honey or agave syrup to taste
Pinch of celtic sea salt



Pre-soak nuts for 30 minutes.
Drain, them, rinse well and discard the soak water. Blend all ingredients in a blender until smooth, about 2 minutes. Strain liquid well through a mesh bag or a fine stainless steel strainer.

Note: You can make this recipe with other nuts and seeds as well. Almonds and sesame seeds are two of my favorites. You can also use nut milks as a base for smoothies.

Electrolyte Lemonade

3 lemons with outer, yellow peel taken off
15 ml (1 T) flax, olive or coconut oil
pear, cored
60 ml (1 T) honey or agave syrup
5 gm (1 t) celtic salt

Blend all ingredients well and enjoy. This drink helps detoxify while boosting the immune system. Citrus pectin helps the body to absorb fats. Add other fruits to change the flavor. Add cayenne pepper to spice this drink up.

Ginger Tea

1.5 cm (2 in.) fresh ginger root
1 l (4 cups) pure water
2 slices of lemon
Honey or agave to sweeten

Cut ginger into small pieces, grate it or pass through a ginger press. Warm water in a small pot, add other ingredients. Do not boil. Pour liquid through a strainer. Serve and enjoy.

Ginger has a warming effect on the body. It strongly stimulates digestion and circulation. Keep this tee in a thermos during the winter. Also nice with some cinnamon or cloves.

Papaya Cooler

1/2 ripe medium papaya, peeled
15 ml (1 T) coconut or flax oil
Lemon juice to taste

Chop papaya into chunks. Add all ingredients to a blender and blend until smooth. This makes a thick, filling drink.

Papaya juice is great to drink between meals as it provides a protective coating for the stomach. It can also ease digestion.

Prune Juice

10-15 organic prunes, pitted
500ml (2 cups) pure water

Soak prunes in water overnight. Blend prunes with soak water for 2 minutes until liquid. This prune juice will help the bowels to move. It is a safe laxative. No need to buy bottled prune juice.

Sesame Seed Milk

250gm (1 cup) sesame seeds
2 l (2 qt.) pure water
Honey or agave syrup to taste
Pinch of celtic sea salt
5 gm (1 t) cinnamon

Pre-soak seeds for 8 hours. Drain them, rinse well and discard the soak water. Blend all ingredients in a blender until smooth, about 2 minutes. Strain liquid well through a mesh bag or a fine stainless steel strainer.

Sesame seeds are a great source of calcium.

Spicy Blood Booster

2 lemons with the yellow peeled off
cm (1 in.) ginger root
1 hot pepper or 2g (1/4 t) cayenne pepper
500 ml (2 cups) pure water

Peel ginger and chop into chunks. Place all ingredients in the blender and blend well. Drink 60 ml (2 oz.) first thing in the morning to clear the throat and get the blood moving.

Watermelon whip

1/2 medium watermelon, peeled and cut up

Simply blend the watermelon until smooth. Add lemon juice if desired. Watermelon supports the kidneys and is cooling to the body. It's a great way to start the morning.

B. Fresh Juices

Drinking freshly made fruit and vegetable juices is one of the healthiest ways to start your day. If you decide to buy juices in a store, make sure they are organic and unpasteurized.



In general juices with a large content of leafy greens will help speed up cleansing.

Fruit juices tend to elevate the blood sugar quickly, so go lightly on sweet fruits.

Some people say to avoid mixing fruits and vegetables. I have no problem taking them together. If you find that you do, try keeping them separate.

Fruits and Vegetables to juice:

Vegetables:

carrots, cabbage, beets, celery, cucumber, burdock root, ginger, radish, onion, chive

Greens:

spinach, kale, collards, parsley, wheatgrass, lettuces, dandelion, watercress

Fruits: apple, lemons, oranges, watermelon, grapes, pears

Some healing fruits and vegetables for juicing:

Apples:

contain malic acid which can soften gall stones and reduce other calcifications in the body.

Beets:

for cleansing the blood and strengthening the liver and gall bladder.

Cabbage: excellent for repairing the lining of the stomach

Celery: a tonic for stimulating the nerves

Collards and Kale: high in calcium

Cucumber:

thought to improve kidney function and to improve skin problems

Parsley:

high in chlorophyll which is great as a general detoxifier. Excellent for the kidneys.

Juicing tips:

1. You can add a pinch of cayenne pepper to any of these juices. Remember cayenne stimulates peristaltic action in the bowel.
2. For drinking juices: hold the juice in your mouth and swish it around for 10 seconds before swallowing. This will make sure that digestive enzymes from your mouth get into the juice.
3. Wash and chop your ingredients all at once to cut down on preparation time.
4. Juices are best consumed immediately after making them. Many enzymes and other nutrients are lost as the juice oxidizes. If you must wait before drinking your juice, try make it less than 2 hours.

Sweet Juices

Apple, Carrot, Celery

4 carrots

4 apples

4 stalks of celery (make sure it's organic - as conventional celery has high levels of pesticides)

2.5cm (1 in.) ginger root

Wash and chop carrots and apples, if necessary, to fit into the juicer. Juice all ingredients. Add a tablespoon of lemon juice if you like and enjoy immediately.

Kiwifruit Cooler

4-6 ripe kiwifruits peeled
15 spinach leaves
2.5cm (1 in.) ginger root

Peel and wash ingredients. Juice and enjoy immediately.

Raspberry Peach

small tray of raspberries
peaches

Wash all fruit, stone the peaches, juice and drink immediately. This is a thick, sweet and restorative juice. Great if you feel over-tired.

Wheatgrass Hopper

1 lemon
1 ounce of wheatgrass juice
10 fresh mint leaves
3 apples

Peel lemon, wash and chop apples. Juice all ingredients and enjoy immediately. This makes wheatgrass taste great.

Savory Juices

Cabbage Elixir

1/2 cabbage
2 cucumbers
1 stalk celery
2 limes

Peel limes and chop cabbage and cucumbers. Juice all ingredients and enjoy. Add carrot or apple to sweeten.

Green Power Juice

1 cucumber
10 leaves of kale
2 stalks celery
cm (1 in.) ginger root
5 springs parsley

Wash, chop and juice all ingredients. This juice will be a little bit bitter. Add apple or carrot to sweeten.

Tomato juice with spring onions

8 large tomatoes
2 spring onions (green onions)
4 large sprigs of basil
1 small glove garlic
6 sprigs of oregano
1 Pinch of celtic sea salt

Roughly chop the tomatoes and spring onions and then put all ingredients in a blender. Blend until smooth and enjoy immediately.

C. Smoothies

A smoothie is a liquid meal. They tend to be more filling than a juice or a nut milk alone. There are many variations of smoothies.

The basic ingredients are

Fats: coconut oil, flaxseed oil, avocado

Fruits: apple, orange, mango, papaya dried fruits

Superfoods: green food powder (barley grass, wheat grass). spirulina, bee pollen

Other: leafy greens - kale, spinach, celery



Blueberry smoothie

1 l (4 cups) brazil nut milk
1 apple, cored and cut into chunks
500 gm (1 pint) fresh blueberries
1/2 avocado
60 gm (1/4 cup) ground flax seeds
60 ml (2 T) honey or agave sweetener

Blend all ingredients on high for 2-3 minutes until smooth. Serves 2-4.

Greenfood smoothie

1 l (4 cups) fresh apple juice
250 gm (1/2 pint) fresh berries
2 pears, cored
30 gm (1 T) greenfood powder
(spirulina, barley grass)
60 ml (2 T) flaxseed oil

Blend all ingredients on high for 2-3 minutes until smooth. Serves 2-4

Passionfruit smoothie

4 passion fruit
250 ml (1 cup) sesame seed milk
3 kiwi fruit, peeled

Cut the passion fruit in half and rub through a strainer to extract the juice and pulp, discarding the seeds. Put all ingredients in the blender and blend until smooth.

Simple fig smoothie

5 fresh or dried figs, soaked at least 2 hours
1 l (4 cups) raw apple juice
1/2 avocado
60 gm (1/4 cup) ground flax seeds
30 ml (1 T) flax seed oil
1 drop essential oil of lemon

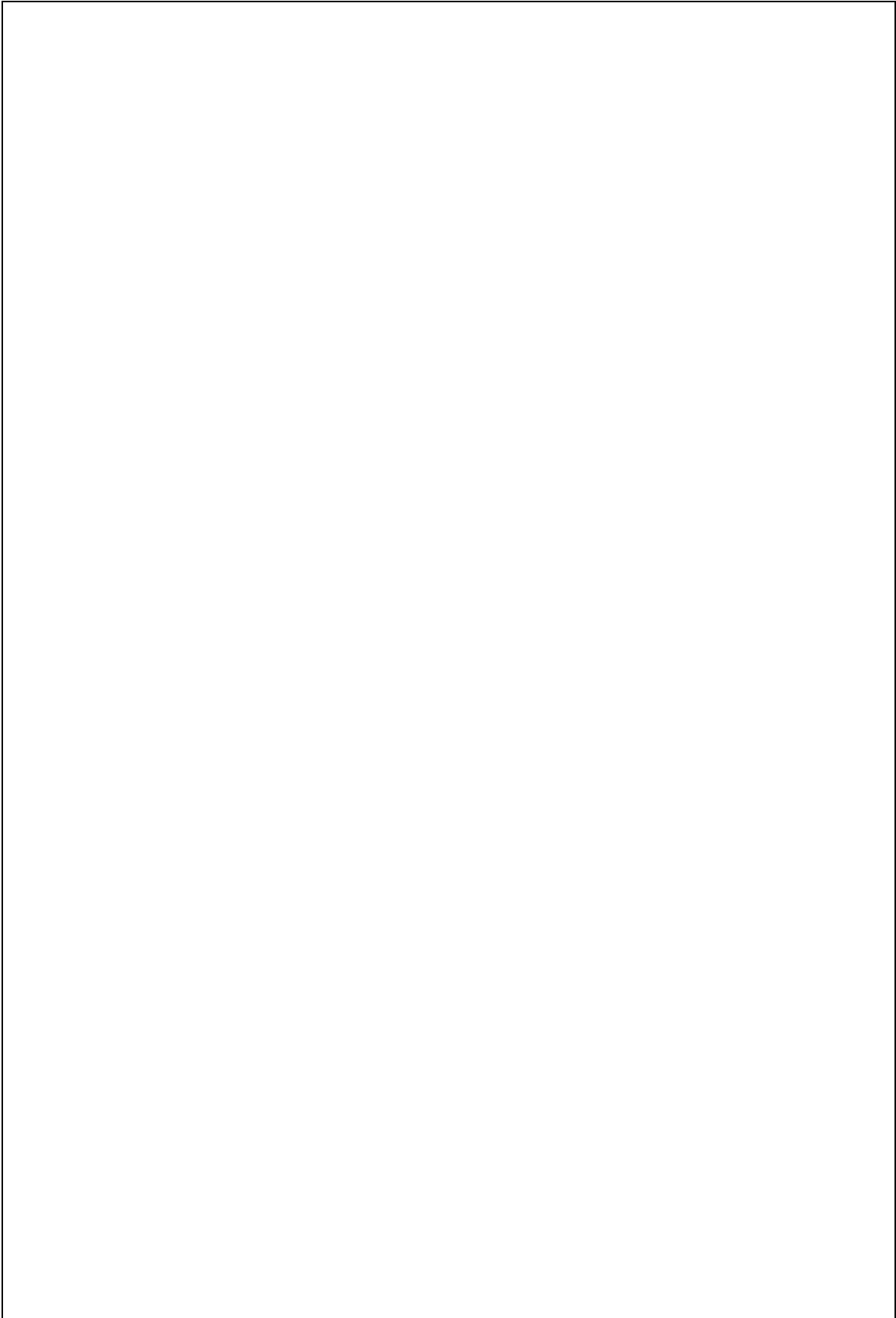
Add all ingredients to the blender and blend until smooth. This is a big meal and will serve at least 2. Be sure to use all within 24 hours.

Yogurt smoothie

250 gm (1 cup) unsweetened, RAW yogurt
10 prunes with stones removed, soaked 2 hours
1/2 fresh mango, peeled

Blend all ingredients until smooth. You can vary the fruits according to what is in season. I use yogurt made with young coconut flesh (see fermented foods) as I don't eat any dairy products.

All of the benefit of eating yogurt comes from the active bacteria in it. If your yogurt has been pasteurized those bacteria have been killed. Only buy raw yogurt.



D. More Breakfast foods

During your cleanse I recommend that you start the day with liquids - lemon juice with water, fresh juices, smoothies, or rejuvenating drinks.

This is to ease the body into digestion. For variety or if you feel like you need something more to digest at breakfast try one of these recipes.

Cooked

Blueberry oatmeal

500 ml (2 cups) apple cider or juice
250 ml (1 cup) pure water
250 gm (1 cup) rolled oats
50 gm (3 T) flaxseeds, ground
50 gm (3 T) short grain rice, ground
Large handful blueberries or other fresh fruit



Cook all ingredients except blueberries on medium heat for 15 minutes. Stir in blueberries.

Creamy rice cereal

250 gm (1 cup) short grain rice
1 liter (4 cups) pure water
Honey or agave syrup to taste

Rinse and drain rice thoroughly. Cook rice at a simmer for 75 minutes. Remove and blend until creamy. Add honey, cinnamon or fresh fruit as you like.

Easy hot cereal

500 ml (2 cups) pure water or apple juice
30 gm (2 T) sunflower seeds
30 gm (2 T) raisins
250 gm (1 cup) ground buckwheat groats, amaranth or oat groats

Cinnamon and fresh fruit to taste

Heat water or juice and add grains, simmering for 5 minutes. Stir in raisins, sunflower seeds and fresh fruit. Top with a little flaxseed oil if desired.

Note: it's best to grind your own grains in a coffee or seed grinder. Pre-ground grains have lost much of their nutrition through oxidation.

Muesli

50 gm (1/2 cup) cooked oat groats
100 ml (1/2 cup) nut milk
30 gm (2 T) raisins
1/2 apple, diced
Cinnamon and nutmeg to taste

Place oats, nut milk and raisins in a bowl overnight. Add apples and cinnamon before serving

Raw

Thermos cooking:

you can create great tasting grain and seed breakfasts by "cooking them" in your thermos. Before you go to bed put ingredients in a thermos with warm (not boiling) water.

In the morning, you'll have breakfast waiting for you. You can use almost any combination of grains, seeds and dried fruits.

Here are a few suggestions:

"Oat Meal"

1/2 l (2 cups) pure warm water
250 gm (1 cup) oat groats
gm (1/2 cup) raisins
Cinnamon to taste

Put all ingredients in the thermos before bed.

Quinoa Porridge

.5 l (2 cups) pure warm water
250 gm (1 cup) kamut or quinoa
75 gm (1/4 cup) flax seeds, ground
10-15 dates, pitted and chopped

Put all ingredients in the thermos before bed.

Buckwheaties

.5 l (2 cups) pure warm water
250 gm (1 cup) buckwheat groats
75 gm (1/4 cup) sunflower seeds
10-15 dried apricots, pitted and chopped

Put all ingredients in the thermos before bed.

Pecan porridge

500 gm (2 cups) pecans, soaked 2-3 hours
250 ml (1 cup) young coconut water or pure water
2 gm (1/2 t) celtic sea salt
2 gm (1/2 t) cinnamon
1/2 vanilla bean

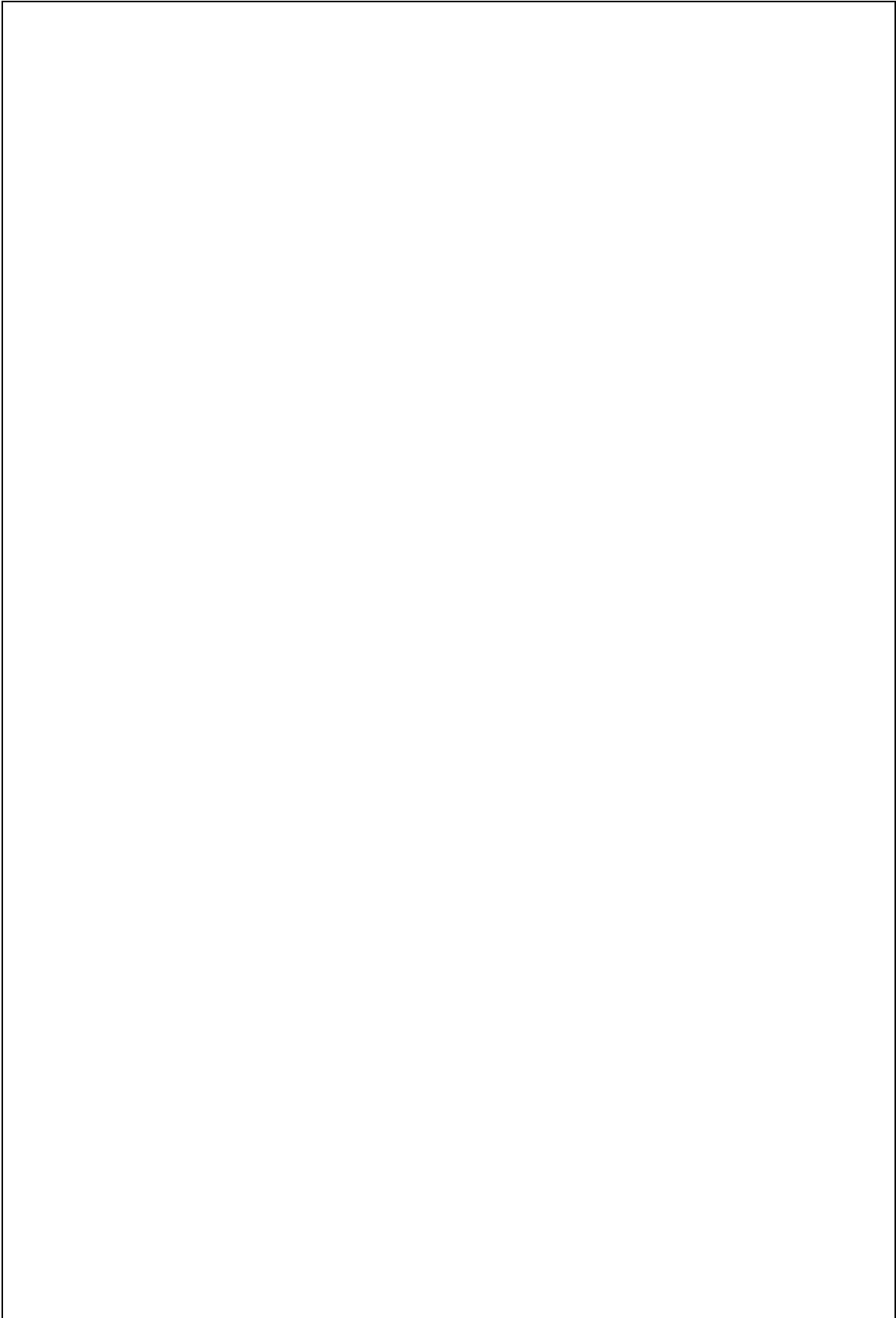
Discard soak water from pecans. Blend all ingredients in a blender until smooth and creamy. Add chopped fresh fruit as desired.

Sprouted buckwheat cereal

250 gm (1 cup) sprouted buckwheat
250 gm (1 cup) fresh fruit, chopped
100 ml (1/2 cup) fresh brazil nut milk

Soak buckwheat in water for 15 minutes. Rinse 2-3 times and then put into mesh covered mason jar (sprouting jar). Set the jar upside down to drain.

Allow to sprout for 2-3 days until the buckwheat starts to grow tails. Rinse daily. When ingredients are ready, blend all ingredients for 2 minutes and serve. Add more chopped fruit if desired. A sprouting jar can be found at most health food stores.



E. Fermented Foods

Eating fermented foods during a cleanse helps to restore positive intestinal bacteria. People who regularly eat fermented foods tend to have a longer life span.

Fermented foods are great for healing the skin, lungs and digestive tract. They also balance the pH of the body.



Note: while doing an herbal colon cleanse or an enema/colonic these foods are to be eaten in addition and not instead of taking a probiotic.

Cabbage lemon elixir

- Small cabbage, cored and chopped
- Whole lemon, yellow peeled off
- Pure water

Fill blender jar 1/3 full with cabbage. Add 1/2 of the lemon and pure water until the blender is 1/2 full. Pulse to blend. Repeat as necessary. Transfer to a glass gallon jar. Put in a warm place, covered for 24-36 hours. Strain and drink. Keeps in the refrigerator up to 3 days.

Coconut Yogurt

Flesh of 3-5 young coconuts (available at Asian grocery stores)
1/2 contents of an acidophilus capsule
fresh fruit as desired

Open young coconuts and save the water. Remove flesh from the shells, making sure to clean all bits of the shell from the flesh.

Blend flesh either with a little coconut water or alone (depending on how thick you want your yogurt) on high for 1-2 minutes until smooth. Add contents of an acidophilus capsule and blend for 10 more seconds.

Place mixture in a glass jar covered with a fine mesh sprout bag. Leave the jar on the kitchen counter for 12-24 hours to activate the culture. Yogurt will ferment more quickly in higher temperatures.

Refrigerate when you're satisfied with the taste. Enjoy within 2 days.

Note: You can save 1 T of yogurt to use as a starter for you next batch.

Miso soup

30 ml (2 T) unpasteurized miso (Hatcho is my favorite)
1 l (4 cups) warm water
2-4 scallions (spring onions), chopped
Seaweed, rinsed

Mix miso and water in a blender to achieve a smooth consistency. Add scallions and seaweed. Serve immediately. Avoid exposing the miso to boiling water as this will kill friendly bacteria.

Rejuvelac

750ml (2 1/2 cups) pure water to
250 gm (1 cup) whole wheat berries or millet.
1 capsule of probiotics

Add all ingredients to a blender and pulse. Cover and leave at room temperature for 36 hours. Strain off liquid (this is the Rejuvelac) and refrigerate. Immediately add 400ml (1 1/2 cups) more water to the grain, cover and leave at room temperature for 24 hours. Each day for 10 days, pour off the liquid and add another 400ml (1 1/2 cups) of water to the grain. Drink 125 ml (1/2) cup with meals.

F. Soups and Stews

During your cleanse make sure NOT to add potatoes, barley or split peas to your soups as these slow the cleansing process down.

Make your soups fresh, don't compromise with soup mixes. Most raw soups are made in the blender in less than 10 minutes.

Cooked Soups

Alkalizing vegetable broth

- 3 zucchini, chopped
- 10 stalks celery, chopped
- 2 beets, chopped
- 8 leaves swiss chard, chopped
- 5 medium carrot, chopped
- 50 gm (1 cup) spinach chopped
- 10 sprigs parsley chopped
- Fresh or dried herbs to taste



Place all ingredients in a large pot, cover with pure water, and simmer. For a stew, cook 10 -15 minutes. For a broth, cook for 60 minutes and strain vegetables from the broth. Sip the broth throughout the day.

Easy vegetable soup

- 1 large onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 large carrots, diced
- 3 leeks, thinly sliced
- 4 peeled zucchini, thinly sliced
- 2 medium tomatoes, finely chopped
- 1 bunch parsley, finely chopped
- 15 ml (1 T) olive oil
- Celtic salt to taste
- 1-1.5 l (4-6 cups) pure water

Sauté onions and garlic in olive oil and salt for five minutes. Add carrots, leeks, zucchini and stir for 5 more minutes. Add water and tomatoes and simmer until ingredients are soft. Add parsley 5 minutes before removing from the heat.

Harvest stew

- 2 leeks, chopped
- 1 turnip, chopped
- 250 gm (1 cup) squash, chopped
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 2 parsnips, chopped
- 1/2 burdock root, chopped
- 250 gm (1 cup) mushrooms, sliced
- 15 gm (1 T) sage
- 15 gm (1 T) oregano and thyme, mixed
- 15 ml (1 T) Bragg's liquid aminos
- 15 ml (1 T) olive oil
- Celtic salt to taste
- Seaweed
- l (6 cups) pure water

Sauté onions in olive oil for 3 minutes. Add carrots, burdock root and celery. Continue to sauté for 2 more minutes. Add all other ingredients and simmer for 25-30 minutes until all vegetables are soft. Garnish with seaweed.

Lentil soup

- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1 large carrot, chopped
- 250 gm (1 cup) brown or green lentils
- 15 ml (1 T) Bragg's liquid aminos
- 15 ml (1 T) olive oil
- Celtic salt to taste
- l (6 cups) pure water

Sauté onions and garlic in olive oil. Add celery, carrot and garlic. Cover and simmer for 5 minutes. Add vegetables, water and tamari and cook on low for 45 minutes.

In a separate pot, cook the lentils:
500 ml (2 cups) water to 250 gm (1 cup) lentils

Add cooked lentils to the vegetables

Pumpkin soup

- 1 small pumpkin, peeled and diced
- 2 carrots
- 2 large onions, finely chopped
- 6 cloves garlic, finely chopped
- 15 ml (1 T) olive oil
- Cayenne pepper to taste
- Celtic sea salt to taste
- 1-1.5 l (4-6 cups) pure water

Cut pumpkin and carrots into small pieces. Sauté garlic and onions in olive oil, add spices. Add the pumpkin and carrots, stirring well for 5 minutes. Add water and simmer until the pumpkin is soft. Mash or blend to create a creamy soup. Can also be made with squash.

Tomato and leek soup

- 2 large onions
- 1 large leek
- 6 cloves garlic
- 4 tomatoes, blended
- 2 tomatoes, chopped
- 15 ml (1 T) olive oil
- 30 ml (2 T) raw miso
- 5 gm (1 t) turmeric
- 5 gm (1 t) paprika
- 5 gm (1 t) caraway seeds

Sauté onions leek and garlic in olive oil over low heat until soft. Add blended tomatoes and chopped tomatoes plus spices. Add water if necessary and simmer for 10 minutes. Before serving, as the soup cools down, add miso.

Raw Soups

Note: all raw soups can be made with warm (not hot) water if desired. Raw soups keep 24 - 36 hours in the refrigerator.

Creamy tomato soup

- 5 medium tomatoes
- 1 red pepper, seeded
- 2 spring onions
- 1 large avocado
- 2 stalks celery
- 30 ml (2 T) lemon juice
- 2 cloves garlic
- 1/2 bunch parsley
- gm (1/2 t) celtic sea salt
- 15 gm (1 T) powdered kelp
- 1 liter (4 cups) nut milk or pure water

Wash and chop all vegetables and blend. Add more or less liquid to desired consistency. Add hot pepper or cayenne to spice this soup up.

Tomatoes and peppers are part of the nightshade family and should be used sparingly by anyone with arthritis.

Chili

- 250 gm (1 cup) broccoli, chopped
- 1 cucumber, unpeeled and chopped
- 1 tomato, chopped
- 1 red pepper, seeded and chopped

2 sprigs parsley
1.5 cm (1 in.) ginger root
3 cloves garlic, peeled
1 small red onion, chopped
10 gm (2 t) cumin
45 gm (3 T) spirulina
30 gm (2 T) unpasteurized miso
45 gm (3 T) sesame seed, freshly ground
750 gm (3 cups) sprouted quinoa

Chop all vegetables and then blend gently in the blender. Grind quinoa in a food processor with the "S" blade and stir into liquid vegetables. Gently warm and garnish with tomato and parsley before serving.

Cucumber sesame soup

1 cucumber with peel
1 red pepper
2 stalks celery
1 medium tomato
125gm (1/2 cup) sesame seed, freshly ground
45 ml (3 T) lemon juice
3 cloves garlic
1/4 red onion
45 gm (3 T) cilantro (coriander)
30 gm (2 T) unpasteurized miso
65 ml(1/4 cup) Braggs liquid aminos
65 ml(1/4 cup) flax or olive oil
Cayenne to taste
500 ml (2 cups) water

Cut all vegetables into chunks and blend. Add all other ingredients. Garnish with spirulina flakes. Will keep in the refrigerator for 24-36 hours.

Spinach soup

- 500 gm (2 cups) spinach leaves
- 3 cloves garlic, peeled
- 65 gm (1/4 cup) white onion, diced
- 30 gm (2 T) unpasteurized white miso
- 1.5 cm (1 in.) ginger root, peeled
- 65 ml (1/4 cup) olive oil
- 1/2 hot pepper

- 1/2 red pepper, chopped
- 45 ml (3 T) Braggs liquid aminos
- 4 gm (1/2 t) turmeric powder
- Arame seaweed to taste
- 1 liter (4 cups) pure water

Soak seaweed for 10 minutes. Blend all vegetables until smooth. Add Arame.

Millet chowder

- 500 gm (2 cups) sprouted millet or quinoa
- 500 ml (2 cups) water or rejuvelac (see recipe)
- 2 spring onions, chopped
- 1 avocado
- 500 ml (2 cups) fresh tomato juice
- 30 gm (2 T) unpasteurized miso
- 45 gm (3 T) sesame seed, freshly ground
- 30 gm (2 T) Dr. Bronner's mineral bouillon
- 500 gm (2 cups) zucchini, tomato and mushroom, diced

Liquefy all ingredients, except diced vegetables, in a blender. Stir vegetables with blended ingredients. Garnish with finely chopped spinach or parsley. Warm if desired.

Gazpacho

- 4 medium tomatoes, chopped
- 1 cucumber, peeled and finely chopped
- 1 small sweet onion, finely chopped
- 1 red pepper, cored and seeded
- 2 cloves garlic, minced
- 1 avocado or 50 ml (3 T) Olive oil
- 50 ml (1/4 cup) fresh lemon juice
- 1 small hot pepper, seeded
- 15 ml (1 T) Braggs liquid aminos
- Celtic sea salt to taste

Chop all vegetables and put into a bowl. Blend half of them into a smooth liquid. Mix the remaining vegetable in the liquid. Serve chilled, garnished with lemon slices and parsley. Keeps up to 2 days in the refrigerator.

Green power soup

- 1 small cucumber with peel
- 1 peeled lemon
- 1/4 bunch dandelion greens
- 2 sprigs parsley
- 5 cm (2 in.) burdock root
- 2 apples
- 30 ml (2 T) olive oil or flaxseed oil
- 30 ml (2 T) raw apple cider vinegar
- 30 ml (2 T) Braggs liquid aminos
- 2 gm (1/4 t) cumin
- Cayenne to taste
- Celtic sea salt to taste
- 750 ml (3 cups) pure water

Blend all ingredients until smooth. Dandelion is an excellent liver tonic.

G. Salads and Dressings

Salads

Asian cole slaw

- 1/2 head cabbage, thinly sliced
- 3 carrots, grated
- 15 gm (1 T) raw sesame seeds
- 1 green onion, thinly sliced
- 30 ml (2 T) olive or flaxseed oil
- 15 ml (1 T) Braggs liquid aminos
- 1 clove garlic, minced
- 45 ml (3 T) raw almond butter



Blend oil, Braggs, and almond butter until creamy almond butter. You may need to add a touch of water. Add to other ingredients, stir and enjoy.

Fennel and Citrus salad

1 grapefruit, cut in 1/2 sections
2 bulbs fennel, sliced thinly
15 ml (1 T) fresh lemon juice
30 ml (2 T) olive oil
Celtic salt to taste

Mix all ingredients and serve

Guacamole

2 large avocados
2 cloves garlic, minced
1 bunch fresh cilantro, chopped
30 ml (2 T) fresh lemon juice
Celtic salt to taste
Chili powder to taste

Remove avocado flesh. Combine all other ingredients mixing well with a fork. Guacamole should be a little chunky.

Israeli Salad

4 radishes diced
4 tomatoes diced
3 cucumber peeled and diced
1 C parsley finely chopped
1 C olive oil
45 ml (3 T) lemon juice
15 gm (1 T) onion finely chopped
Celtic sea salt to taste

Combine all ingredients in a large mixing bowl and let sit for one hour before serving.

Raw cous cous

1 head cauliflower
50 ml (1/2 C) lemon juice
60 ml (3 T) olive oil

Celtic salt to taste
1 bunch cilantro, finely chopped
1 bunch mint, finely chopped
1 bunch parsley, finely chopped
20 cherry tomatoes quartered
20 olives seeded and chopped

Cut cauliflower and place in food processor with "S" blade and blend until a cous cous like texture is achieved. Mix cauliflower in large bowl with the remaining ingredients. Serve chilled.

Sea vegetable salad 1

2 cups soaked seaweed (arame or hijiki)
30 ml (2 T) raw apple cider vinegar
45 ml (3 T) raw sesame seed oil
45 ml (3 T) Braggs liquid aminos
50 gm (1/2 cup) raw sesame seed, ground

Blend together all ingredients except seaweed. Pour sauce of the seaweed and serve. Try adding 15 ml (1 T) honey or agave syrup for a sweet variation.

Sea vegetable salad 2

1 cup dulse or karengo, soaked
1 cup kelp, soaked
45 ml (3 T) flax seed oil
15 ml (1 T) lemon juice
5 ml (1 t) ginger juice)

Combine all ingredients in a mixing bowl.

Taboule

50gm (3 cups) parsley finely chopped
2 tomatoes finely diced
50 gm (1 1/2 cups) broccoli
4 lemons or limes
50 ml (1/2 C) olive oil

2 cucumber finely chopped
Dried mint to taste
1 t dried oregano to taste
Celtic sea salt to taste

Process broccoli in food processor with the s-blade until finely chopped. Place in a large bowl with tomatoes cucumbers, and parsley. In a blender process lemon juice, olive oil, mint and salt until smooth. Pour over salad and allow to marinate at least 1 hour before eating.

Dressings

Use dressing over leafy greens of your choice, lettuces, kale, spinach, watercress., arugula, sprouts, fresh herbs... Add salad fruits like tomatoes, cucumbers and avocados, and seaweeds as desired.

Avocado dill dressing

1 avocado
30 ml (2 T) olive oil
15 ml (1 T) lemon juice
6 sprigs dill
Celtic salt to taste

In a blender, process all ingredients until smooth and creamy. Makes 125 ml (1/2 cup).

Creamy almond dressing

250 gm (1 cup) almonds soaked 1 hour and drained
1/2 red pepper
Juice of 1 lemon
1 clove garlic
 cm (1 in.) ginger root, grated
15 ml (1 T) unpasteurized miso
15 ml (1 T) raw tahini
30 ml (2 T) raw honey or agave syrup
Celtic sea salt to taste
Rosemary to taste
50 ml (1/2 cup) pure water

In a blender, process all ingredients until smooth and creamy. Makes 125 ml (1 cup).

Creamy miso dressing

65 ml (1/4 cup) flaxseed oil
65 ml (1/4 cup) fresh lemon juice
30 ml (2 T) pure water
15 ml (1 T) unpasteurized miso

In a blender, process all ingredients until smooth and creamy. Makes 125 ml (1/2 cup).

Garlic lemon dressing

Juice of 2 whole lemons
65 ml (1/4 cup) flaxseed oil
65 ml (1/4 cup) olive oil
65 ml (1/2 cup) fresh apple juice
3 cloves garlic
45 ml (3 T) raw honey or agave syrup
45 ml (3 T) Bragg's liquid aminos
Ginger root to taste
Celtic sea salt to taste

In a blender, process all ingredients until smooth and creamy. Makes 250 ml (1 cup)

Raw gomasio salad sprinkle

50 gm (1/2 cup) raw sesame seeds
2 gm (1 t) Celtic salt
Optional:
2 gm (1 t) spirulina flakes
Spices to your taste

Grind sesame seeds, salt and other ingredients. Sprinkle over salads. Serve within 2 days. This makes a great topping for salads.

Tomato basil dressing

3-4 ripe tomatoes
15gm (1 cup) fresh basil
1 clove garlic
15 ml (1 T) honey
15 ml (1 T) lemon juice
15-30 ml (1-2 T) Olive oil

In a blender, process all ingredients until smooth and creamy. Makes 250 ml (1/2 cup)

Zesty herb dressing

50 ml (1/2 cup) olive oil
45 ml (3 T) raw apple cider vinegar
2 sprigs basil and parsley
Juice of 2 lemons
1/2 stalk celery
1/4 red pepper
5 ml (1 t) Braggs liquid aminos
5 gm (1 t) kelp powder

In a blender, process all ingredients until smooth and creamy. Makes 250 ml (1 cup).

H. Main dishes

Remember that these are main dishes for cleansing. You are likely not to be as hungry as



normal during a cleanse, so you may find that you eat less than you're used to.

Cooked Main Dishes

Roasted root vegetables

- 2 medium carrots
- 1 medium sweet potato
- 2 medium parsnips
- 1 medium onion
- 10 mushrooms
- 1 celery root chopped
- 45 ml (3 T) olive oil
- Fresh parsley, rosemary and thyme to taste
- Celtic salt to taste

Cut all vegetables into 2.5 cm (1 in.) chunks. Toss with herbs and salt. Spread vegetables on a dish and bake for about 50 min. Stir every 15 min.

Roasted squash

- 1 squash, cut in 1/2 and seeded
- 30 ml (2 T) olive oil
- Celtic salt to taste

Cut squash in half length wise and then into 1/2 moon shapes. Rub the squash with olive oil. Bake until tender. Add celtic salt to taste.

Sesame bok choy

- 1 head bok choy, thinly sliced
- 15 ml (1 T) sesame oil
- 30 gm (2 T) sesame seeds
- 15 ml (1 T) olive oil
- 45 ml (3 T) Braggs liquid aminos or tamari

Heat oil and then sauté bok choy for 3 min. As it wilts add Braggs and sesame seeds. Serve immediately.

Zucchini and leek sauté

30 ml (2 T) olive oil
5 ml (1 T) Braggs liquid aminos
1 large leek, cut into 1cm (1/2 in.) slices
2-3 zucchini, cut into 1cm (1/2 in.) slices
Celtic salt to taste

Sauté leeks in olive oil for 5 min until soft and golden. Add zucchini and salt and sauté for another 5 min. Add Braggs and serve.

Raw Main Dishes

Mashed "Potatoes"

1 head cauliflower
250 gm (1 cup) pine nuts or cashews unsoaked
45 ml (3 T) olive oil
Italian seasoning (basil, rosemary, oregano, thyme, marjoram)
to taste
1 clove garlic, minced
Celtic sea salt to taste
Fresh ground black pepper to taste

Process in a food processor with the s blade until all ingredients are smooth and creamy. Add a little water if needed to achieve consistency. Keeps in refrigerator for 2 days maximum.

Nori sandwiches

Sunflower seed "cheeze" (see below)
Nori sheets
Leafy green vegetables
Chopped tomatoes

Spread sunflower seed "cheeze" on a nori sheet, add greens, tomatoes and any other vegetables. Roll and close the wrapper by moistening the nori. This is easy travel food.

Spinach cream curry

300 gm (3 cups) spinach, chopped in fine strips
1 head cauliflower, cut into small florets

Sauce

45 ml (3 T) olive oil
4 gm (1 t) celtic salt
2 cardamoms, crushed
1 cm (1/2 in.) ginger, grated
1 large tomato, chopped
5 gm (1 t) cumin
5 gm (1 t) curry powder
10 sprigs coriander, chopped

250 ml (1 cup) coconut water or pure water

Blend all sauce ingredients until smooth and combine with vegetables.

Stir raw vegetables

1 head broccoli, finely chopped
2 zucchini, cut into thin rounds
2 yellow squash, cut into thin rounds

Sauce

10 sprigs cilantro, finely chopped
50 ml (1/2 cup) olive oil
15 ml (1 T) turmeric juice
15 ml (1 T) ginger juice
10 gm (2 t) cinnamon
10 gm (2 t) allspice
Cayenne to taste
Celtic salt to taste

Blend all ingredients in the sauce until smooth. Mix sauce with vegetables thoroughly. Optional: warm in the oven at low temperature (less than 47 C / 118 F) or dehydrate for 1 hour.

Sunflower seed "cheeze"

250 gm (1cup) sunflower seeds soaked 4-6 hours
2-3 spring onions
2 t rosemary
Celtic salt to taste
juice of 2-3 limes
Turmeric juice or ground turmeric to taste

Combine all ingredients in a food processor with the "S" blade and process until smooth. Can be eaten immediately or allowed to sit at room temperature for 2 hours to enhance flavor. Keeps in refrigerator for 2 days maximum.

I. Desserts

Eat desserts sparingly during a cleansing program.

Cooked Desserts

Baked peaches and blueberries

50 gm (1 pint) blueberries
5 peaches, sliced
Zest of 1 lemon
125 gm nuts, chopped
125 ml (1/4 cup) honey

Toss fruit with honey and lemon zest. Place in baking dish and sprinkle with nuts. Add cinnamon if you like. Bake for 30 minutes.



Raw Desserts

Almond Date Balls

250 gm (1 cup) almonds soaked 2-4 hours
10-15 dates soaked 1 hour
1 drop tangerine essential oil
70 gm (1/4 cup) raw sesame seeds

Combine all ingredients in a food processor with the "S" blade and process until smooth. Form into balls and refrigerate before eating. Roll balls in sesame seeds.

Applesauce

8 apples, peeled and sliced
15 ml (1 T) raw honey or agave syrup
Juice of 1 orange
Cinnamon to taste

Blend all ingredients together until smooth.

Brainpower dessert

45 gm (3 T) bee pollen
45 ml (3 T flaxseed oil
45 gm (3 T) hempseeds

Mix ingredients in a small bowl, eat with a spoon. All three of these superfoods feed the brain. This is also a great energy pick up during a cleanse.

Chocolate Superfood Cookies

50 gm (1/2 cup) almonds
125 gm (1/2 cup) brazil nuts
125 gm (1/2 cup) ground cacao
(raw chocolate beans)
125 gm (1/2 cup) raisins
15 gm (1 T) carob powder

Combine all ingredients in a food processor with the "S" blade and process until smooth. Form into balls and refrigerate before eating. Balls can be rolled in sesame seeds or cacao powder. Optional - add 1 drop of orange essential oil.

Note: Also add Maca, Bee Pollen, Barley Grass, Goji Berries or other superfoods for a nutritional powerhouse cookie.

Raw Chocolate Mousse

2-3 Avocados
1/4 cup cashews
3/4 cup ground cacao beans
1/4 cup carob powder
1/2-1 cup agave or honey
1/2 drop peppermint essential oil

Peel and remove stone from avocados. Grind raw cacao beans into a fine powder with a grinder. Combine all ingredients and blend on high until a very smooth texture is achieved. Add more sweetener to taste. Top with grated coconut if desired

GETTING EVEN MORE OUT OF YOUR CLEANSING

Now that you have these recipes, I urge you to go out and try at least them. As they say, the results come from “doing” not “thinking about doing.”

AND remember we’ve got lots more great resources and programs for you on www.safecoloncleanse.com. Here are a few of them:

The Dangers of Colon Cleansers – Hidden Ingredients that Can Harm Your Health

18 toxic ingredients in some cleansing products you need to avoid.

The Colon Cleanse Calculator

Find out in 10 minutes how toxic you are and what the safest cleansing method is for you right now, in your current state of health.

What Kinds Of Internal Body Cleansing Are There?

Besides colon cleansing there a 4 major types of cleansing that you can do to restore health and vitality.

What Medical Doctors Say about Cleansing

All the most relevant research from the past 120 years on colon health and colon cleansing. Find out why one doctor calls the colon “The gateway to health or disease.”

A Powerful Herbal Colon Cleanse Recipe- That Will Save You Money

Don't buy an expensive herbal colon cleanse kit when you can make one on your own for just about \$12.

AND MUCH MORE

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