

General detox diet! Note, everyone needs a specialized plan. Ask your health care professional their opinion before beginning any program.

Contact Jocelyn Hoch ~Holistic Nutritionist for professional counseling & nutritional sessions! jocelynhoch@yahoo.com or call 610-621-0401

Four R's: Remove, Repair, Replace, Reinoculate & Repair.

1. Reduce EMF exposure- unplug your WiFi at night for deep sleep(power strip shut off). Allows for deeper sleep biorythms.

Remove all toxins in the home : BPA's, Scented candles, unnatural scented products of any kind. Limit exposure to Phosphates & sulfates: Sodium Lauryl sulfate, found in dish soaps. Cook ONLY on stainless steel pans or glass. Ditch the toxic teflon releases cadmium into the food, no food coloring or artificial flavors.

Remove Environmental toxins and don't expose yourself to these toxins during cleansing. Paint mix, exhaust, household bleach or chemicals, lead. Intermittent fasting in the morning until 10am. Clean with 50% peroxide 50% water mixed in spray bottle add 10 drops of essential oil of each : peppermint, lemongrass, eucalyptus or citrus any or all or just one oil in the mix is great.

2. Diet change!! Organic ONLY!! 4 MONTH VEGETARIAN DIET TO LONG TERM CLEANSE THE BODY. Then monitor adding foods back in 1 at a time to see how you feel.

3. Elimination & digestive health. Slow cleansing. Start with diet change, after 1 month add herbs. Castor oil hot packs are great for the digestive health to remove toxins in the body.

Supplements: Medi Clay, fulvic acid, Pectin, silica(removal of heavy metals)

Supplements & herbs:

14 mushroom blend 1TB daily

NAC: N-acetyl cystine: cellular detox. 1 daily

Aloe ferox: South Africa medicine to heal the gut 1 chip daily not taken every day, just when needed.

Blueberry with probiotics taken daily(blueberry skins are a substrate for probiotics.

Organic Ferments

Chia seeds

flaxseeds

Marshmallow Root tea: drink often as possible

Psyllium husk

Essica tea

Kelp: Larch Hansen: Maine Seaweed Co Maine. Laminara Digitata

detox herbs: milk thistle, burdock, slippery elm, dandelion, yellowdock. tincture or raw

Cleanse for 1 solid month intense yet slow cleanse with soft foods and mucilag foods and Toxin

Binder mix and consume 30min before eating Earth ball & food.

Earth Ball recipe: Pysllium, chiaseed, & or flaxseed (grind in coffee grinder) cacao powder, coconut oil, honey, maple syrup or stevia, raw ground seeds, add water to achieve cookie dough consistancy. Roll into balls. No nut butters during cleansing.

Eliminate from diet to cleanse:

Artificial flavors etc, chicken. turkey, corn, dairy mix, sugar, wheat/gluten, caffiene, cheese, citrus, tomatoes, nightshades: white potato, tomato, peppers, eggplant, sulfites, vinegar, whey, yeast, meat, melons, & Soy.

MEAL PLAN

Shopping lists:

Vegetables & fruits are based on clients likes and allergy concerns. 90% of diet
Beets, Kale, collards, lettuce, okra, olives, onions, parsnips, peas, pumpkin, radish, rutabaga, shiitake mushrooms (seasonal mushrooms when available), string beans, summer squash, sweet potato, swiss chard, turnip, watercress, winter squash, mustard greens, broccoli, cauliflower, Brussel sprouts, asparagus, cucumber, zucchini, apples , kiwi, lemon, limes, papaya, pears, pomegranate, raspberry, strawberry, blueberry, avocado, spring mixed salad greens, arugula.

Dairy: Eggs & Organi Butter small amounts.

Oils: Olive oil, coconut, avocado

Nuts & seeds: Raw organic: Almonds, Pumpkin seeds, sunflower seeds, flaxseed, chia seeds, hemp seeds.

Grains: Buckwheat, amaranth, barley, millet, teff, quinoa, wild rice, oats.

Herbs: Burdock, dandelion, red clover, nettles, purslane,

Spices & culinary herbs: Basil, cardamon, coriander, caraway, celery seed, cinnamon, cumin, fennel, garlic, ginger, horseradish, Rosemary, thyme, tarragon, turmeric, miso, nutmeg, lecithin, oregano, oregano, paprika, parsley, pepper Celtic Sea salt or pink Himalayan.

Sweetener: stevia, honey

fermented foods: sauerkraut, kimchi

Sea vegetables: Kelp & nori.

Proteins: Wild caught Fish, Sprouted Organic tofu, almond butter, tahini. After 1st month.

Dried fruit: Dates, Apricots, Raisons.

Nuts & seeds: Raw only sunflower seed, Pumpkin seeds, Almonds, Cashews.

Other supplements needed : Chlorella, trace minerals, magnesium, acerola cherry, spirulina, 14 blend medicinal mushrooms, Quicksilver scientific- Ultra Toxin Binder, essiac tea.

No pain medicine: NSAIDS: chemicals and damage the liver.

Cruciforous brassicas kills cancer cells with the natural chemical sulforaphane.

No gluten:causes leaky gut y rupturing the segments between the lining of the intestine.

Daily breakfast choices:

- Oatmeal, buckwheat(sprouted /soaked overnight) with choice of apple, blueberry, strawberry.
- Chia seed pudding w blueberries.
- Bowl of fruit with Flaxseed on top, grind flaxseeds in coffee grinder and mix with raw fresh almond milk(homemade from soaked almonds) & fresh fruit mixed. Sprinkle with cinnamon & a couple drops of liquid stevia.

Or

Smoothie after 1st month.

- Almond milk (sprouted almonds & 1 date) homemade with blueberries & strawberries. 4 drops stevia extract.
- Green vibrance blend or chlorella & spirulina, chia seeds, flaxseeds(grind 1st) blend in fruit from list.
- Veggie & tofu(sprouted only, after month cleanse) scramble with flaxseed flatbread.
- pouched eggs with veggie scramble steamed 1 piece of flaxseed flatbread.
- Fruit bowl with sugar free granola-sunflower seeds, pumpkin seeds, cashews- homemade baked recipe no oil.

Teas: Nettles, Red clover, essiac tea 1x/day empty stomach

- Turmeric & ginger lemonade.

Snacks:

- fruit: strawberries, blueberries(**take probiotics with blueberries it bonds with the skins carrying them to the lower gut**), apples, pears.
- flaxseed flatbread

Lunch choices:

- White northern Italian bean salad, sauerkraut, chopped salad, olive oil, Italian herbs, finely shredded zucchini.
- Pinto bean & cooked greens, with brown rice.
- Spaghetti squash tomato sauce, crumbled sprouted tofu & mushroom medley.
- Steamed veggies.
- Salad with shredded zucchini, wild rice, shredded carrots, sauerkraut, Turmeric salad dressing.
- Zucchini noodles with pumpkin seed fresh green herb pesto.
- Kelp noodle salad Vietnamese style-all veggies you have chopped in.
- Tofu meatloaf(meatless) mushroom, chopped veggies, flaxseed, walnuts ground, nutritional yeast.
- Broccoli no chaz soup with cashews & nutritional yeast.
- Carrot & root veggie soup with cashews & nutritional yeast.
- Massaged kale salad. With ground almonds, chopped mixed greens, shredded carrots, radish, shredded zucchini, season with garlic & onion powder sea salt.

****Only use Olive Oil fresh. All meals are prepared/cooked in water steamed and cooked in segments according to length of cooking time for each vegetable. Then topped with sauce or light olive oil & herbs or garlic for flavor. Never cook garlic first ruins the garlic, making it acrid.**

Dinner Choices:

- Kale or collards w cashew cream sauce. Finely chopped greens, grind 1/4c cashews in coffee grinder w Italian herbs.

- Sweet potato baked or steamed.
- Wild rice with 14 mushroom blend mushrooms.
- Split pea soup.
- Red lentil curry(no spice) turmeric ginger coconut milk.
- Forbidden rice.
- Steamed veggies.
- Seedy vegan burgers- brown rice, shredded carrots, Italian herbs, nutritional yeast, flaxseed, sunflower seed, pumpkin seed.
- Steamed seasonal Organic veggies.
- Steamed swiss chard.
- Savory winter squash baked.
- Poached salmon with ginger almond sauce(after cleanse).
- Miso and kelp soup with seasonal mushrooms.
- Roasted veggie medley(seasonal root veggies)
- Winter squash.
- Quinoa with fresh veggies & green beans.
- Gluten free flaxseed flatbread pizza topped with roasted tomatoes, raw pumpkin seed crumble and a little goat cheese.
- Sweet potato

Flaxseed flatbread recipe: Grind flaxseeds in coffee grinder 1 cup ground, 1 cup sunflower seeds, 1 cup pumpkinseeds, mix with water until cookie dough consistency, add 1 TB of favorite herbs , garlic powder , onion powder 1 teas each, 1 TB sea salt. Spread on parchment paper and bake in oven.