

10 day cleansing diet

10 day cleansing diet programs have gained popularity as a method to reset the body, improve digestion, and promote overall well-being. This dietary approach focuses on eliminating toxins and processed foods while emphasizing whole, nutrient-rich ingredients that support natural detoxification processes. A well-structured 10 day cleansing diet can offer benefits such as increased energy, clearer skin, and better digestion. However, understanding the principles, planning meals carefully, and knowing both the benefits and potential risks are essential for a safe and effective cleanse. This article explores the fundamentals of a 10 day cleansing diet, including what to eat, the science behind detoxification, tips for success, and considerations for different individuals.

- What is a 10 Day Cleansing Diet?
- Benefits of a 10 Day Cleansing Diet
- Essential Components of the Diet
- Sample 10 Day Cleansing Diet Plan
- Tips for Maximizing Results
- Potential Risks and Who Should Avoid It

What is a 10 Day Cleansing Diet?

A 10 day cleansing diet is a short-term nutritional regimen designed to eliminate toxins and impurities from the body. It typically involves consuming whole, unprocessed foods, plenty of water, and sometimes specific cleansing beverages like herbal teas or fresh juices. The goal is to support the liver, kidneys, and digestive system in flushing out harmful substances accumulated through diet, environment, and lifestyle factors. Unlike longer detox programs, a 10 day plan is more manageable and can serve as a reset to improve long-term dietary habits.

Definition and Purpose

The primary purpose of a 10 day cleansing diet is to enhance the body's natural detoxification capabilities.

This is achieved by removing foods that are difficult to digest or that contribute to toxin build-up, such as refined sugars, caffeine, alcohol, and processed foods. Instead, the diet emphasizes nutrient-dense fruits, vegetables, whole grains, and lean proteins that nourish the body and reduce inflammation.

How It Differs from Other Detoxes

Compared to extended detox diets or fasting regimens, a 10 day cleansing diet is moderate in duration and intensity. It avoids extreme restrictions or complete fasting, making it more sustainable and less likely to cause nutrient deficiencies. The focus is on gradual improvement through clean eating and hydration, which can be a stepping stone to healthier lifestyle changes.

Benefits of a 10 Day Cleansing Diet

Undertaking a 10 day cleansing diet can offer several health benefits, both physical and mental. These benefits stem from the reduction of harmful substances and the increased intake of vitamins, minerals, and antioxidants.

Improved Digestion and Gut Health

Cleansing diets typically remove irritants like processed foods and artificial additives, which can disrupt gut flora and cause digestive discomfort. By consuming fiber-rich fruits and vegetables, the diet promotes regular bowel movements and supports a healthy microbiome.

Increased Energy and Mental Clarity

Many individuals report enhanced energy levels and improved focus during and after a 10 day cleanse. This may be due to stabilized blood sugar levels, reduced inflammation, and the elimination of substances like caffeine and alcohol that can cause energy crashes.

Weight Management

While not primarily a weight loss diet, a 10 day cleansing diet can aid in shedding excess water weight and reducing bloating. The emphasis on whole foods and portion control can also promote gradual fat loss.

and healthier eating habits beyond the cleanse.

Enhanced Skin Appearance

Detoxification often leads to clearer, more radiant skin. Hydration and the intake of antioxidant-rich foods help combat oxidative stress, reduce inflammation, and support skin regeneration.

Essential Components of the Diet

A successful 10 day cleansing diet relies on specific food groups and hydration strategies that facilitate detoxification and nourishment.

Foods to Include

The diet focuses on whole, natural foods that are easy to digest and rich in nutrients. Key inclusions are:

- Fresh fruits such as berries, apples, and citrus
- Vegetables, especially leafy greens, cruciferous vegetables, and root vegetables
- Whole grains like quinoa, brown rice, and oats
- Lean proteins such as legumes, tofu, and fish
- Healthy fats from sources like avocados, nuts, seeds, and olive oil
- Herbal teas and plenty of filtered water

Foods to Avoid

To maximize the cleansing effect, certain foods should be eliminated or minimized during the 10 day period. These include:

- Processed and packaged foods with additives and preservatives
- Refined sugars and artificial sweeteners
- Alcohol and caffeinated beverages
- Red meat and high-fat dairy products
- Fried and heavily salted foods
- Excessive salt and spicy foods that may irritate digestion

Sample 10 Day Cleansing Diet Plan

Below is a general outline to guide meal planning during a 10 day cleansing diet. Individual preferences and dietary needs should be considered for customization.

1. **Breakfast:** Smoothie with spinach, banana, berries, flaxseeds, and almond milk
2. **Mid-Morning Snack:** Fresh fruit or a handful of raw nuts
3. **Lunch:** Mixed green salad with quinoa, chickpeas, cucumber, and lemon-tahini dressing
4. **Afternoon Snack:** Carrot sticks with hummus or herbal tea
5. **Dinner:** Steamed vegetables with grilled salmon or baked tofu, and brown rice
6. **Hydration:** At least 8 glasses of water daily, including herbal teas like dandelion or ginger

Adjusting portion sizes and ingredients can help accommodate caloric needs and dietary restrictions while maintaining the cleanse principles.

Tips for Maximizing Results

Implementing a 10 day cleansing diet effectively requires attention to lifestyle factors and mindful practices that support detoxification.

Stay Hydrated

Water is essential for flushing out toxins and maintaining optimal organ function. Aim to drink water consistently throughout the day and include herbal teas known for their cleansing properties.

Get Adequate Rest

Sleep supports the body's natural healing and detoxification cycles. Prioritize 7-9 hours of quality sleep each night during the cleanse.

Engage in Light Physical Activity

Gentle exercise such as walking, yoga, or stretching can enhance circulation and lymphatic drainage, aiding the detox process without overtaxing the body.

Plan Meals Ahead

Preparation reduces the temptation to stray from the diet and ensures access to appropriate foods. Meal planning also helps maintain balanced nutrition throughout the 10 days.

Potential Risks and Who Should Avoid It

While a 10 day cleansing diet can be beneficial for many, certain individuals should exercise caution or consult healthcare professionals before starting.

Possible Side Effects

Some people may experience headaches, fatigue, or digestive changes as the body adjusts to the cleanse. These symptoms usually subside within a few days but should be monitored.

Individuals Who Should Avoid or Modify

- Pregnant or breastfeeding women
- People with chronic health conditions such as diabetes or kidney disease
- Individuals with eating disorders or a history of restrictive dieting
- Those taking medications that require consistent food intake

For these groups, a modified cleanse or consultation with a healthcare provider is strongly recommended to ensure safety.

Frequently Asked Questions

What is a 10 day cleansing diet?

A 10 day cleansing diet is a short-term eating plan designed to detoxify the body by eliminating processed foods, sugars, and toxins, often focusing on whole, natural foods like fruits, vegetables, and plenty of water.

What are the main benefits of a 10 day cleansing diet?

The main benefits include improved digestion, increased energy levels, clearer skin, reduced bloating, and a reset of unhealthy eating habits.

Can I lose weight on a 10 day cleansing diet?

Yes, many people experience weight loss during a 10 day cleansing diet due to reduced calorie intake and elimination of processed foods, but the primary focus is detoxification rather than long-term weight loss.

Is a 10 day cleansing diet safe for everyone?

While generally safe for healthy individuals, it may not be suitable for people with certain medical conditions, pregnant or breastfeeding women, or those with eating disorders. It's best to consult a healthcare professional before starting.

What foods are typically allowed on a 10 day cleansing diet?

Allowed foods often include fresh fruits and vegetables, whole grains, lean proteins, nuts, seeds, and plenty of water. Processed foods, caffeine, alcohol, and added sugars are usually avoided.

Can I exercise while on a 10 day cleansing diet?

Light to moderate exercise is usually encouraged during a cleansing diet to support detoxification and energy levels, but intense workouts might be challenging due to reduced calorie intake.

How do I prepare for a 10 day cleansing diet?

Preparation involves gradually reducing intake of processed foods, caffeine, and sugar a few days before starting, stocking up on fresh and whole foods, and planning meals to stay on track.

What should I expect during a 10 day cleansing diet?

You might experience increased energy, improved digestion, and mental clarity, but some people may also face temporary side effects like headaches, fatigue, or irritability as the body adjusts.

How can I maintain results after completing a 10 day cleansing diet?

To maintain results, gradually reintroduce foods, continue eating a balanced diet rich in whole foods, stay hydrated, and maintain regular physical activity.

Additional Resources

1. *The 10-Day Detox Diet: Reset Your Body and Boost Your Energy*

This book offers a comprehensive 10-day plan designed to eliminate toxins and jumpstart your metabolism. It includes meal plans, recipes, and tips for maintaining energy levels throughout the cleanse. The author emphasizes whole foods and hydration to support natural detoxification processes.

2. *Cleanse Your Body in 10 Days: A Step-by-Step Guide to Health*

Focused on simple, natural ingredients, this guide walks you through a gentle yet effective 10-day cleansing diet. It provides practical advice on preparing meals and managing cravings while improving digestion and overall well-being. Readers will find motivational tips to stay committed to the cleanse.

3. *The Ultimate 10-Day Juice Cleanse*

Ideal for those interested in liquid nutrition, this book centers around a 10-day juice cleanse using fresh fruits and vegetables. It includes detailed juice recipes designed to nourish and detoxify the body, along with guidance on transitioning back to solid foods. The author discusses the benefits of juicing for optimal health.

4. *10 Days to a Healthier You: The Complete Cleansing Diet Plan*

This book combines a 10-day cleansing diet with lifestyle changes to promote lasting health improvements. It covers nutrition, exercise, and mindfulness practices to enhance the detox process. Readers can expect to learn how to reduce inflammation and increase vitality.

5. *The 10-Day Clean Eating Challenge*

Offering a clean eating approach, this book encourages readers to eliminate processed foods for 10 days to reset their system. It provides recipes free from common allergens and artificial additives, focusing on nutrient-dense, whole foods. The challenge format helps readers build healthier eating habits.

6. *10-Day Sugar Detox and Cleanse*

Targeting sugar addiction, this guide outlines a 10-day program to remove added sugars and refined carbs from the diet. It explains the effects of sugar on the body and offers strategies to curb cravings and improve mood. The book includes meal plans and snack ideas to support the detox.

7. *Reset and Recharge: A 10-Day Cleanse for Mind and Body*

This holistic approach combines a 10-day dietary cleanse with stress reduction and mindfulness exercises. It aims to refresh both body and mind by eliminating toxins and promoting mental clarity. The book features recipes, meditation practices, and tips for better sleep.

8. *The 10-Day Gut Healing Cleanse*

Focusing on gut health, this book presents a 10-day cleanse designed to repair the digestive system and reduce inflammation. It includes probiotic-rich recipes and advice on avoiding gut irritants. Readers will learn how to improve digestion and boost immunity through targeted nutrition.

9. *Quick Start 10-Day Detox: Jumpstart Your Weight Loss and Health*

Perfect for beginners, this book provides a straightforward 10-day detox plan to kickstart weight loss and improve overall health. It offers easy-to-follow meal plans, shopping lists, and tips for staying motivated. The author emphasizes sustainable habits to maintain results beyond the cleanse.

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10 day cleansing diet: *10 Day Green Smoothie Cleanse* J.D. Rockefeller, 2015-10-30 What is the green smoothie cleanse all about? What do you need to do for 10 days? What does it involve? What are the basic principles of the cleansing? Are there certain foods that you are supposed to avoid? What foods will help do the cleansing and get you started on getting back your health? Find the answers to all these questions and much more in this guide. So, let's get started and find out more about the 10-day green smoothie cleanse!

10 day cleansing diet: Lose up to 10-15 Pounds in Only 10 Days with the Green Smoothie Recipe Diet J.D. Rockefeller, The 10-day green smoothie cleansing plan is a ten-day detox diet that consists of green leafy veggies, water, and fruits. Anyone who wants to enjoy the rich benefits of this program can choose between two options: full (consisting of green smoothies and some light snacks), modified (consisting of green smoothies, snacks, and one non-smoothie meal a day), all for ten days. This is followed up with a life-long diet plan. This book is broken down into seven chapters that each address one aspect of the green smoothie detox.

10 day cleansing diet: *10-Day Green Smoothie Cleanse: by JJ Smith | Conversation Starters* dailyBooks, 2016-09-12 10-Day Green Smoothie Cleanse: by JJ Smith | Conversation Starters A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to.. Create Hours of Conversation: • Foster a deeper understanding of the book • Promote an atmosphere of discussion for groups • Assist in the study of the book, either individually or corporately • Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource to supplement the original book, enhancing your experience of 10-Day Green Smoothie Cleanse. If you have not yet purchased a copy of the original book, please do before purchasing this unofficial Conversation Starters.

10 day cleansing diet: *The Maker's Diet Revolution* Jordan Rubin, 2017-12-19 "There are many items in our modern diet that are made of laboratory-created chemicals. These are clearly not part of the Creator's eating plan."

10 day cleansing diet: *The 10-Day Belly Slimdown* Kellyann Petrucci, MS, ND, 2018-02-20 This isn't another gimmicky diet—it's a powerful eating strategy that will take your extra pounds off quickly, safely, and permanently. —Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 New York Times bestselling author of *Eat Fat Get Thin* The best gift you

can give yourself is a slim, beautiful, healthy belly—and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it. —Mehmet Oz, M.D. The New York Times bestselling author of Dr. Kellyann's Bone Broth Diet reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days! Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20 years showing people how to do the impossible: take off stubborn belly fat. After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly—deprivation not included! In *The 10-Day Belly Slimdown*, you will learn the #1 biggest secret to rapid belly-blasting: mini-fasting. This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and slim-gestion foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely. *The 10-Day Belly Slimdown* includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

10 day cleansing diet: The Detox Diet, Third Edition Elson M. Haas, Daniella Chace, 2012-06-05 This fully updated edition of *The Detox Diet* guides readers through the detoxification process and follow-up cleansing programs developed by Dr. Elson Haas for those struggling with addictions to sugar, caffeine, nicotine, and alcohol. ■ Do you overeat? Or are you overweight without overeating? ■ Are you often tired or fatigued without knowing why? ■ Do you consume caffeine and sugar to get through the day? ■ Do you suffer from sinus headaches or chronic nasal congestion? ■ Do you experience constipation, heartburn, or indigestion? ■ Do you have high blood pressure or elevated blood cholesterol? ■ Do you smoke and have you tried unsuccessfully to quit? ■ Do you consume alcohol daily or in large amounts? ■ Do you use nonprescription, prescription, or recreational drugs regularly? If you answered yes to any of these questions, Dr. Elson M. Haas can help you regain vitality and start you on a new path to lifelong vibrant good health with his safe, effective detoxification and cleansing program. Fully updated and expanded, the third edition of *The Detox Diet* offers a variety of fasting and juice-cleansing options, fifty deliciously satisfying follow-up recipes, and specially designed menu plans, whether you're struggling with sugar, caffeine, nicotine, alcohol, or common chemical sensitivities. Dr. Haas has added an important new chapter dedicated to teens about simple detox activities plus guidelines for dealing with weight and blood sugar issues, eating disorders, body image concerns, and substance abuse. He also answers the most frequently asked question from parents: "Is fasting safe for my teenage daughter or son?" Also included is a fast-food replacement chart; an elimination regimen that zeros in on specific dietary culprits; easy-to-follow detoxing directions that maintain teen-essential protein; and a modified juice-cleansing program developed for this age group. This practical, authoritative book provides valuable help for anyone who wants to improve their health and lower their need for medications. As Dr. Haas explains, "Detoxification is the missing link in Western nutrition."

10 day cleansing diet: 10-Day Detox Diet Journal Speedy Publishing LLC, 2014-04 The 10-Day Detox Diet as seen on the Dr. Oz show is the most intense diet recommended for immediate weight loss by Dr. Mark Hyman. The diet involves the conversion of protein-based fats and oils to plant-based sources. Throughout the entire 10-Day Detox journey, dieters should keep a journal of everything they consume. This includes solid foods and liquids. This diet is not a one-time regimen. It is useful any time there is a need to get back-on-track nutritionally. Detailed journal entries outlining the elements of meals should be recorded on the 10-Day Detox Diet. Along with to-the-ounce descriptions of approved foods consumed; body weight, overall personal feelings and exercise regimens should be recorded. Each time the 10-Day Detox Diet is used, journal entries from previous diets can be utilized to refine and improve aspects of the diet that can be customized to the

individual.

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10 day cleansing diet: Modalities for Massage and Bodywork Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice, *Modalities for Massage & Bodywork*, 2nd Edition presents 23 modalities of bodywork, their history, development, effects, benefits, contraindications, basic curricula and certification requirements. Updated photos and illustrations, critical thinking questions, and flash cards give you a better picture of today's massage best practices. Evolve companion website provides matching activities, flash cards, answers to multiple-choice questions, weblinks and video demonstrations of various modalities covered in the text to make learning more interactive. - Case histories in each chapter illustrate the effects of the modality within a therapeutic context, creating the opportunity for integrative, clinical reasoning that helps prepare you for work in the various modalities. - Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter. - In My Experience boxes provide personal insights about specific techniques from experts in the field. - Full-color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality. - Multiple-choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales. - Suggested readings, resources and references in each chapter offer robust resources for you to further research each modality. - Clinically relevant boxes and tables highlight important information. - NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work. - NEW! Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text. - 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques. - More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective. - NEW! Updated content, photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students. - NEW! Critical thinking questions added to each chapter actively engage and challenge your reasoning skills. - NEW! Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge.

10 day cleansing diet: Detox for the Rest of Us Carole Jacobs, Patrice Johnson, 2010-04-18 Sure, you've heard about detox diets—and you'd love to realize the weight loss and cleansing benefits you've been reading about. But you want to do it safely and healthfully. Now you can. With

Detox for the Rest of Us, you'll learn how to use the various diets, plans, and recipes to lose weight and cleanse the system from head to toe—without compromising your health. You'll find out: Which detox plans eliminate what toxins from your body How to create delicious detox meals—from almond pancakes with blueberries to vegetarian meatloaf—that taste great and aid digestion How to choose the right detox plan for your individual body type—and your goals Written by noted fitness and wellness writer Carole Jacobs, Detox for the Rest of Us is all you need to detox your way to looking and feeling fabulous.

10 day cleansing diet: Yoga Journal , 2002-03 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

10 day cleansing diet: Basic Body Detoxification and Cleansing Anthony Parkinson, 2007-04 Dr. Anthony Parkinson has dedicated his life to getting people well. He is a chiropractic physician located in Jackson, MS and has patients from around the world who seek his advice and treatments. Dr. Parkinson focuses on nutrition and the detoxification process. This book is intended to give the reader basic information concerning detoxification and how to cleanse the body of toxins.

10 day cleansing diet: 1 Minute a Day to a Healthier You Dr. Robert DeMaria, 2024-02-20 Daily gems to revolutionize your health! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Are you caught in a tug-of-war between pursuing a healthier lifestyle and settling for average? Did you know that you can build a better you by making a series of simple daily choices? In these 1-minute daily devotionals, Dr. Bob DeMaria offers bite-sized Scriptural insights on how to improve your health and transform your life in the comfort of your own home. Get advice on topics like trans fats, diabetes, hidden pain triggers and even fasting. This journey will equip you with priceless information, empower you to make necessary improvements, and enable you to be a good steward of the body God has given you. Day 47 - EXERCISE FOR LIFE Regular exercise promotes efficient burning of blood sugar. Muscles need fuel to perform their purpose. You can help control your blood glucose by simple activities, including walking, bike riding, and jogging. Choose a regular activity with motion. Ships in the harbor attract rust and barnacles. Don't go down with the ship! Keep moving! Day 104 - CHICKEN SOUP FOR THE SOUL As fire burns brushwood, as fire causes water to boil.... —ISAIAH 64:2 Real chicken soup starts with fresh organic chicken, especially thighs and legs. There are natural ingredients in animal protein that stimulate the immune system. Start with quality water, filtered with reverse osmosis. The only time you want to boil anything is when making soups. Use fresh, organic ingredients to enhance the results of your cooking effort. Use rice noodles instead of wheat noodles.

10 day cleansing diet: Future Health: Solving The Health and Wealth Conundrum Dr. Jay Shetlin, 2021-05-21 Health is a journey. However, we often desire instant gratification and expect results as soon as we put any effort. A muscle isn't strengthened by inactivity, our health is the same, it has to be challenged, allowed to respond, adapt and then become stronger through the process. When we decide to make our health a priority, we think differently, we act differently and our potential increases. Our relationships are deeper and longer lasting, our energy improves, the connections we make are greater and our life experiences are richer. Use this book as a guide, a resource, for motivation and for implementation. Successful people do what unsuccessful people do not want to do. So be successful, be consistent, be focused and achieve what you deserve. You are amazing, you are capable of great health and a great life; decide now to improve your health, your life and your legacy. And, enjoy the journey!

10 day cleansing diet: The Human Body Instruction Manual Michael Wright, 2019-09-09 This manual is provided when you purchase your first human from us at Human Inc. Humans are very fascinating creatures, but understanding what a human requires and how they function can be very strange. This manual is designed to help our species understand how to take care of a typical human. We believe if you are good to your human it will be good to you. We hope you and your

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10 day cleansing diet: Healthy Healing Linda G. Rector-Page, 1998 The latest information on preventive therapies and natural healing. Over 1/2 million copies sold.

10 day cleansing diet: Lose Weight, Have More Energy & Be Happier in 10 Days Peter Glickman, 2015-04-15 More than 130,000 copies sold. Translated into eight languages. The modern addition to Stanley Burroughs' original lemon juice, maple syrup & cayenne pepper Master Cleanser. This addition contains answers to the 90 most common questions, personal experiences from dozens of people, and indexes to allow you to instantly find your answers. The Master Cleanse is simple and combines & surpasses many other detox methods. It literally has been a God-send to my practice. I am grateful to Peter for seeing, loving and promoting the values of this cleanse. James F. Coy, MD, Past President, American Academy of Environmental Medicine. The Master Cleanser is a valuable healing tool when used in the right ways. I have worked with thousands of people in overseeing their detoxification programs. Peter Glickman's book is a useful guide filled with anecdotes, experience and guidance for those wanting to learn more about cleansing. Elson M. Haas, MD, Integrated Medicine Physician, Author of The New Detox Diet.

10 day cleansing diet: The New Detox Diet Elson M. Haas, Daniella Chace, 2004 Dr. Elson Haas has helped thousands recover from chemical dependency through what he calls the missing link in the American diet: detoxification. His tried-and-true program set forth in THE DETOX DIET shows how to cleanse your body of sugar, nicotine, alcohol, caffeine, and other harmful toxins for improved health, energy, and well-being. For those who have experienced the diet's benefits and would like to make detoxification a lifestyle choice, THE NEW DETOX DIET presents a comprehensive plan for lifelong vitality. Dr. Haas has teamed up with nutritionist Daniella Chace to provide 50 all-new recipes and menu plans to nourish your body and help you detoxify with minimal side effects. THE NEW DETOX DIET includes tasty, nutritious recipes like Baked Apples, Smoked Wild Salmon Salad, and Mango Salsa. Dr. Haas and Ms. Chace also share case studies and personal stories of triumph over toxic substances. Even after years of a damaging lifestyle or bad eating habits, you can break the cycle of addiction and achieve greater vitality and improved overall well-being. An expanded edition of the best-selling THE DETOX DIET, featuring 50 new recipes and menu plans not available in previous editions, written for those who would like to make detoxification a lifestyle choice. Each chapter ends with a summary of the most important rules for detoxification from each substance. THE DETOX DIET has sold more than 100,000 copies.

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