

# 10 WORST FOODS TO EAT WHILE ON A CLEANSE



## 1 WHEAT & GLUTEN

Gluten products are pretty much anything made with white or whole grain flour. Avoiding food with gluten will reduce the workload on the liver and help your digestion. This makes it easier for your body to eliminate toxins. Example: Breads, Crackers, Cookies, Donuts, Bagels, Pasta



## 2 STARCHES & REFINED CARBS

Avoid eating refined carbohydrates and starchy vegetables. Studies show that people who eat refined grains have more heart attacks, insulin resistance, and high blood pressure. Example: White rice, pasta, potatoes, chips



## 3 DAIRY PRODUCTS

Even if you are not lactose intolerant, digesting dairy products places a heavy burden on your body's detoxification system. Example: Milk, cheese, yogurt



## 4 SODA & COFFEE

Soda should be completely eliminated due to the high sugar content and caffeine. Not to mention it has no nutritional value. Avoid drinking more than one cup of coffee a day.



## 5 ALCOHOL

Even small amounts of alcohol put a heavy detoxification burden on your body, especially your liver. Avoid drinking any alcohol to give your liver a much needed break.



## 6 PACKAGED FOODS

Most processed foods are laden with sweeteners, salts, gluten, artificial flavors, factory-created fats and preservatives, and stripped of healthy nutrients. Example: Cereals, sodas, canned soups, cookies, crackers



## 7 TRANS FATS

Trans fatty acids impede your body's ability to burn fat, hinder detoxification, increase fatty deposits within the liver and thicken bile. Example: Baked goods, snacks, fried food, refrigerator dough, creamer, margarine



## 8 PESTICIDES RESIDUES ON FOOD

Thoroughly wash your fruits and vegetables before cooking or eating them, and peel your fruits and vegetables. Buy organic products wherever possible.



## 9 RED MEAT

Avoiding red meats during your cleanse will allow your body to divert its energy to eliminating toxins from the body. Examples: Beef, lamb, venison, buffalo



## 10 ADDED SUGARS & ARTIFICIAL SWEETENERS

Added sugars inhibit your body's ability to produce certain enzymes needed in the detoxification process. Examples: Aspartame, Equal, Splenda

If you choose to do the Doctor Detox program you will follow our easy to use program guidebook. You will be provided with a simple schedule, healthy food and snack options and sample menus.

Our products are extremely convenient with single serving powder packets, supplement packets and a blender bottle. You can easily do the program at home, work, or anywhere!