

Seven-Day Raw Food and Juice Cleanse

This seven-day raw food and juice cleanse has been adapted from the [Optimum Health Institute](#), a place where people go to focus on cleansing and to heal naturally from cancer or to detoxify after cancer treatment. Cleansing can be difficult, and this type of intense cleansing is not for everyone. If you are going to embark on this cleanse, you should have already been slowly detoxifying yourself from sugar, alcohol, caffeine, wheat, and dairy to make the transition of eating raw food and juice progress more smoothly. We recommend this cleanse only during the spring and summer months. Use this information below as a guide, not as an absolute, as we like to customize all cleanses to the unique constitution of each client.

PREPARATION:

Purchase raw, organic vegetables: plenty of greens (kale, collards, mustard greens, dandelion greens, romaine lettuce, mixed field greens) along with other non-starchy veggies like radishes, cabbage, broccoli, carrots, red bell peppers, beets, avocados, tomatoes, etc.

Purchase fruit: green apples, oranges, and organic berries. For breakfast, make sure you eat fruit alone and sprinkle with cinnamon to slow down the release of glucose into your bloodstream. For those with blood sugar instability, skip the fruit altogether and eat vegetables for breakfast.

Seeds and nuts (soaked for one hour): raw sunflower and pumpkin seeds, almonds, walnuts, cashews and macadamia nuts. Soaking will take burden off your digestive system and allow for more bioavailability of the protein. Soak only the amount you plan to eat with your meals the next day. This amount should not exceed ½ cup of nuts/day. You can also purchase raw flax crackers to have with your lunch and dinner. Visit our website for many raw [recipes](#) like [Cashew Cake Batter Pudding](#), [Sunflower Paté](#), and [Raw Almond Hummus](#) – all of which are allowed on the cleanse. We suggest 1-2 tablespoons per meal. You may also eat up to one full avocado per day to stave off hunger.

Condiments: powered kelp, dulse, cayenne (for warming), cinnamon, oregano, Himalayan or Celtic salt, parsley, cilantro, garlic, onion, and turmeric to season your food. Should you get nauseous, dizzy, or lightheaded from your cleanse, put one teaspoon of kelp or ¼ teaspoon sea salt into a half glass of water and drink it down to restore your electrolyte balance. Coconut water is permitted on the cleanse as well (12 ounces/day).

Probiotics: Purchase the probiotics of your choice. ([Orthobiotic](#), Bio K, or [PB8](#) are good ones to use during this cleanse).

Wheat Grass: Ideally you will have 2 ounces of wheat grass juice 2x/day. The wheat grass juice should be ingested in the morning and in the afternoon on an empty stomach. You should wait one hour before ingesting anything else, even water, so as not to dilute its powerful detoxifying effects. Wheat grass should be drunk immediately after its juicing to retain optimal health benefits.

Colon Cleansing: If you choose to do colonic hydrotherapy, you should have your colonics scheduled for the first or second day of the cleanse and then again on day 6. The number of colonics you schedule will be up to you. If you choose not to do colonics, then you will either be self-administering enemas or using an herbal bowel cleansing formula like trifala to assist in the release of toxins in your system. The colon cleansing part is essential and will minimize the ill effects of cleansing by flushing the system more quickly. We also recommend electromagnetic lymph detoxification before a colonic which is also offered at many colon hydrotherapy locations.

Water: You should drink 1 liter (34 ounces) of mineralized water for every 50 pounds of body weight to help flush the system of toxins. Drinking plain hot water during the day will flush your lymphatic system more quickly and keep you hydrated, as well.

Supplements and medications: Follow prescribed medications as directed by your doctor. Take a break from all nutritional supplements (with the exception of your probiotics and colon cleansing supplements) during your cleanse, unless otherwise directed for hormonal balance or to deepen the detox process with liver, kidney or lymph drainage support (as directed by your health care professional).

Exercise: Some kind of movement is essential each day of your cleanse. We recommend gentle yoga or pilates, light stretching, and a 1-2 mile walk each day, or whatever you can tolerate. This will help circulate the lymphatic fluid through your body and thus clean the lymph system more efficiently.

Products: Whenever possible, plan to use natural deodorants, toothpaste, skin lotion and oils, body wash, shampoo, conditioner, shaving cream, etc. during your cleanse, as we want your body to have its full chance to release. Make sure none of your products have sodium laureth sulfates (foaming agent) or parabens in them.

Dry Skin Brushing: This is optional. A dry skin brush can be purchased at your local natural health food store. Brushing for 10 minutes prior to showering or bathing will aid detoxification by sloughing off dead skin cells, which is so important given that the skin is our largest eliminative organ. Brush gently with upward strokes toward the heart. This will also improve circulation.

Time off, relaxation, and positive stimulation: If possible, start on a weekend and plan to have time off for the first three days of the cleanse since you will likely feel some discomfort as toxins are being released. This discomfort can include, but is not limited to, headaches, nausea, fatigue, aching joints, mental fogginess, and excessive mucus. Plan to breathe, read, relax, and do things that are soothing to you. Watch upbeat movies, visit with positive, uplifting friends, and hold the intention of having a mental and emotional detoxification as well.

Wash and cut up vegetables that you plan to eat on days 1 and 2. Plan the times that you will be waking up, when you will be having your wheat grass, where you are going to get the wheat grass, and what times you will be having each meal. Meals should be at the same times each day. Plan the time that you are going to exercise as well.

Day 1 and 2 (sample days)

7:00 a.m.	wake up, drink water and take probiotics
7:30 a.m.	wheat grass
7:30-8:30 a.m.	exercise
8:30 a.m.	breakfast (one piece of fruit eaten slowly, chewed thoroughly, and with cinnamon sprinkled on it.) Note: it is preferable not to have fluids with meals and to wait two hours after eating to drink fluids.
12:40 p.m.	probiotics
1:00 p.m.	lunch
3:00 p.m.	wheat grass
4-5:30 p.m.	water/herbal tea, etc.
5:40 p.m.	probiotics
6:00 p.m.	dinner

Day 3, 4, and 5 (if you are participating in the juice-fasting portion)

Follow the same plan as days 1 and 2 except substitute green juices made from celery, cucumber, kale, parsley, etc. in place of meals. See our green juicing recipes or you can order [The Ritual Cleanse](#), [The BluePrint Cleanse](#), or the [Beaming Cleanse](#). You can have two large glasses of juice for each meal if you like. If the green taste is too much for you to palate, add 2 ounces of either carrot or beet juice to sweeten it up. Also, feel free to add any of the condiments mentioned above. If at any time during the cleanse you cannot continue the juice fasting, then go back on the raw food plan.

Day 6 – Resume the raw food plan.

Day 7

Have a mixture of raw and cooked vegetables (50/50 balance) along with a bit of quinoa or brown rice. You can add some healthy oils back into your diet. On the following days, slowly incorporate foods back into your diet. On Day 8, you could add a more complex food like beans, then the next day some light animal protein like white fish (wild-caught) or organic poultry. Follow your intuition and your body signals as you ease back into eating other types of foods.

Remember, this plan is JUST a guide, not a rule book. Cleansing is difficult, and you only have to do the best you can. It does not have to be perfect. You will still get amazing benefits in all your organ systems and functions, even if you do not follow it to the T.

Please watch our video on "[At Home Detoxification](#)."

Note: Before starting any cleansing routine, check with your doctor first.