

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

THE 7 DAY BROWN RICE CLEANSING DIET

SOMETIMES OUR DIGESTIVE ORGANS NEED A BREAK FROM THE ONSLAUGHT OF AGGRAVATING FOODS AND JUNK WE PUT INTO THEM. "CLEANING" THESE ORGANS ALLOWS THEM TO FUNCTION BETTER AND TO ABSORB NUTRIENTS MORE EFFICIENTLY, THUS MAKING OUR BODIES STRONGER AND HEALTHIER.

EAT AS MUCH OF THESE FOODS AS YOU LIKE

* ORGANIC BROWN RICE

Rinse the rice first. Bring to a boil 2 to 2 1/4 cups of water per 1 cup of rice. After bringing it to a boil, turn down to low for **45-60** minutes. Keep pot covered and do not stir while cooking.

Onions, herbs or spices can be added if desired during the last 15-20 minutes of cooking time.

VEGETABLES (organic preferably, but these are difficult to find)

All kinds of whole vegetables can be eaten (except for corn and mushrooms). Make sure to wash them very well. They can be eaten raw, steamed or baked. Combine them with rice if you wish. No frozen, canned or jarred vegetables should be eaten.

FRUITS (organic preferably, but these are difficult to find)

All kinds of whole fruits can be eaten (except for bananas and dried fruit). Make sure to wash them very well. Eat fruit raw. Eat fruit by itself: 1/2 hour before or 2 hours after a meal.

CONDIMENTS

Olive oil, lemon, * herbs and spices that contain no salt or MSG,

*Flaxseed oil (this oil must be refrigerated, never heated and used within 3 weeks of opening it)

BEVERAGES

Filtered distilled or spring water. *Herbal teas, such as chamomile, mint, lemon, etc.

*Vegetable and fruit juices – preferably freshly made. However, if they are from jars or cans, make sure they contain nothing other than 100% juice. (Read your labels). Dilute juices with water half and half.

Drink liquids 1/2 hour before or 1 hour after eating

OTHER INSTRUCTIONS:

*These foods can be found at your local healthfood store

NOTES: After the 7 days, it is important to come off the diet gradually. Don't overeat or splurge on junk food.

This diet can be a very difficult venture. The more you stick with it, the better you will feel. Try your best and concentrate on what you are able to do, not what you aren't able to.

GOOD LUCK AND GOOD EATING!

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SEVEN DAY BROWN RICE DIET

General Instructions:

This diet will give you all the nutrition that you will need while your body cleanses and heals itself. You don't have to go hungry, and you don't have to count calories, weigh food, or pay attention to the selection of food. You eat whenever you are hungry, and as often as you like. While on this diet, you may experience some weight loss. Eat until you feel full, but not engorged. It is better to eat several small meals per day rather than 3 large ones. Do not drink with your meals, as this dilutes the enzymes in the stomach needed to properly digest the food eaten. Wait about 10 to 15 minutes before or after eating to drink. Try to keep the consumption of fruits, vegetables and rice separate. Food combining is based on the discovery that certain combinations of foods may be digested with greater ease and efficiency than others. Therefore, eat only fruits at one time, vegetables at another, and rice at another time. This goes for fruit and vegetable juices as well.

What's allowed on the diet?

- 1) Brown rice, preferable organic
- 2) Fresh vegetables, any kind you like, lightly steamed. Onions are especially good for cleansing and are very sweet and tasty when steamed. Try a plate full with some fresh garlic.
- 3) Fresh fruits, any kind, except oranges and orange juice. With fruits and vegetables, it is best to consume only organic produce whenever possible. However, as this is not always possible, buy in season and locally grown fruits and vegetables, and wash them thoroughly before eating. When buying dried fruit, purchase only unsulphured dried fruit.
- 4) Fresh garlic and ginger
- 5) Cayenne pepper and/or non-salt herbal seasoning (e.g. "Vegit")
- 6) Vegetable and fruit juice – the best is fresh pressed from a juicer, otherwise juices with no additives, sugar, chemicals, and little or no salt (can be found in health food stores)
- 7) *Other foods allowed are lentils, rice cakes, sesame seeds, ocean-going fish, free-range chicken, humus, tofu, and tempeh*
- 8) Absolutely no shellfish (i.e. shrimp, oysters, scallops, clams, lobster, etc.) or catfish

Cooking Instructions for Brown rice:

Rinse the rice well, 5 or six times in warm water. Proportions of water to rice for cooking are 2-2 1/2 cups of water to 1 cup of rice. Bring water to a boil, add the rice, stir, cover and reduce heat to simmer for 45 minutes, or until all the water has been absorbed. Do not lift the lid until cooking is finished, after which the rice will be doubled in volume and fluffy looking.

Alternate Method:

Rinse rice as above. Bring pot of water to boil, as when cooking pasta. Add desired amount of rice. Allow to boil with lid off until rice becomes soft. Drain water, cover with lid, and allow to steam 5 minutes.

COMING OFF THE BROWN RICE DIET

IT IS IMPORTANT TO ADD FOODS BACK INTO YOUR DIET GRADUALLY. THE FIRST REASON IS THAT YOU DON'T WANT TO SHOCK YOUR SYSTEM INTO FEELING UPSET AGAIN. THE SECOND REASON IS

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THAT THIS IS A PERFECT OPPORTUNITY TO REINTRODUCE OTHER FOODS INTO YOUR DIET AND OBSERVE HOW THEY REACT IN YOUR SYSTEM.

THE KEY POINT TO REMEMBER IS TO INTRODUCE ONLY ONE SUBSTANCE AT A TIME AT ANY GIVEN MEAL. AFTER YOU HAVE FOUND THAT A SUBSTANCE IS AGREEABLE WITH YOU, IT MAY BE COMBINED WITH OTHER FOODS YOU ARE TOLERATING WELL

CONTINUE TO DO THE FOLLOWING:

- > No canned products.
- > Eat raw fruit. Eat fruit by itself: 1/2 before or 2 hours after eating.
- > Drink liquids 1/2 hour before or 1 hour after eating for better digestion

YOU MAY CHOOSE TO ADD ANY OF THESE INGREDIENTS IN THE FOLLOWING TIME FRAMES. ONCE YOU FIND THAT YOU TOLERATE THEM WELL YOU MAY CONTINUE TO USE THEM.

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| DAY 1-4 | bananas dried fruit honey (raw unpasteurized) mushrooms tomato sauce(without sugar and preservatives) avocados (great with sandwiches) Wheat-free/gluten free bread 100% yeast free rye bread Rice pasta/rice noodles (no hydrogenated oils) | Dairy-free ice-cream (e.g. rice dream) Wheat free soya sauce Millet Amaranth Quinoa and quinoa pasta Corn, corn oil Safflower oil Sunflower oil Canola oil Sesame oil | |
| DAY 5-7 | Brazil nuts Walnuts (no peanuts, peanut butter, cashews or pistachios) | Pecans Hazelnuts Sesame seeds Tahini spread | Almonds Almond butter Almond mild |
| DAY 8-10 | Salmon Mackerel (no shellfish), if it is necessary to have tuna and salmon from cans use fish canned in water | Trout Herring Sardines Cod | Halibut White fish |
| DAY 11-14 | Chicken (organic meats and free-range eggs are preferred) | Turkey Duck | Lamb Eggs |
| DAY 15-18 | buckwheat barley oats kamut (make sure to soak and rinse your beans, peas before cooking) | Lentils Chickpeas Split peas Black-eyed peas | Beans: lima navy kidney fava pinto mung white black adzuki red black |
| DAY 19-20 | Gee Yogurt | Feta Cheese | |
| DAY 21 | Whole grain products | | |
| DAY 22 | rennet-free whole raw mild cheese | | |

>Now you are ready to test your most favorite foods and dishes and see how you tolerate them.