



ORASANA<sup>®</sup>

MOUTH | FOOD | BODY  
REIMAGINED

# 14 DAY DETOX

A Plant Based Program

GUIDE BOOK

# The Importance of Detoxification

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*The goal of this program is to gently and slowly support the process of metabolic detoxification. We live in an ever-increasingly toxic environment. Many of the toxins, also known as Persistent Organic Pollutants (POPs), are abundant in the environment today and did not exist 30 years ago. These new toxins include certain pesticides, herbicides, and industrial chemicals that can enter the body through food, water, and air supplies. These toxins can and often do become trapped in the body's organs and tissues, which over time can negatively impact health, vitality, and overall wellness, and may contribute to the development of chronic illness. A detoxification program should be simple to complete, effective in outcome, and without concern for safety. By supporting the body's natural two-phase process of detoxification, toxins can safely and effectively be cleansed from the body.*



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*Doing a cleanse was a great experience. I was amazed how easy it was. The cleanse was actually fun to follow and the shakes taste great! I felt great both physically and mentally and had a lot of energy throughout the cleanse.*

**-Terri (Novato, CA)**

# Frequently Asked Questions (FAQs)

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## **Will it be uncomfortable?**

*There are bound to be differing opinions about the change in diet, but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, both of which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant-tasting. You may feel slight withdrawal symptoms in the first few days if you are giving up a lot of caffeine or sugar. This program is a comprehensive formula which is meant to assist you through the challenging days. Be patient, the symptoms will pass, and it will all be worth it!*

## **Will I be in the bathroom all day?**

*It is very important to consume extra water while on this program to help flush out toxins. Therefore, most people urinate more often than usual on this program.*

## **Will I lose weight?**

*This is not designed to be a weight loss program. However, many people do lose weight during the course of this detox program. Some reasons for weight loss include: lower than usual caloric intake due to replacing meals with shakes, removing sugar from the diet, releasing toxins from fat stores, and decreasing consumption of allergenic foods such as wheat and dairy.*

## **Will I get headaches?**

*Some people experience headaches during the first few days of their detox due to sugar and caffeine withdrawal. You may want to gradually decrease the intake of these substances one week prior to detoxification to minimize discomfort. The drink mix powder is designed to assist your body in this process as quickly and efficiently as possible.*

## **Can I exercise?**

*You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movements such as walking, stretching, yoga, etc.*

## **Should I continue with my regular vitamins?**

*This program contains a variety of vitamins and other nutrients to help meet your daily requirements. You may suspend other natural supplements during the detox under the guidance of your health care practitioner, but continue to take any medically prescribed pharmaceuticals. If you have any specific questions please consult with your healthcare practitioner.*

## Should I choose organic produce?

*Organic is preferred, but not mandatory, to obtain the benefits of this program. When possible, choose the organic variety of the following fruits and vegetables:*

- Celery
- Apples
- Peaches
- Blueberries
- Strawberries
- Nectarines
- Bell Peppers
- Spinach
- Cherry Tomatoes
- Kale/Collard Greens
- Potatoes
- Grapes (Imported)
- Onions
- Avocado
- Sweet Corn
- Pineapple
- Mangos
- Sweet Peas
- Asparagus
- Kiwi
- Cabbage
- Eggplant
- Watermelon
- Grapefruit
- Sweet Potato
- Honeydew Melon

# The Vegetarian Cleanse Difference

## Featuring Organic Pea Protein

### Veggie Meal

*This proprietary detoxification powder is a unique and advanced combination of nutrients, antioxidants, fiber, fruit and vegetable extracts, and pure herbs that support the overall metabolic detoxification process while balancing Phase I and Phase II detoxification pathways.\**

**Dose:** *Take 1 single serving drink of the Veggie Meal once daily, or twice a day if you desire a deeper cleanse.*

### Supplements:

*The supplements on this detox include Orasana's Botanical Cleanse, Metal Detox, and Enzyme Support. These supplements effectively support the detoxification process by supporting Phase II activity and ensuring proper protein digestion.\* These supplements contains proprietary protein digestive formula that helps eliminate gastrointestinal discomfort that may be associated with other detoxification programs.\**

*Additionally, these supplements are effective in helping protect the liver while chemicals and other toxins are mobilized for excretion.\* The supplements are designed with specific nutrients that assist in the avoidance of toxic overload and the re-absorption of harmful toxins back into the blood stream.\**

### Recommended Dosege:

- 1. Botanical Cleanse:** *take one to two capsule three times daily, depending on how constipated you are. Ideally to be taken before food.*
- 2. Metal Detox:** *take two tablets three times a day. Ideally to be taken before eating.*
- 3. Enzyme support:** *take two tablets twice daily with or without food.*

# Program Guidelines

## 14 Day Detoxification Program

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### Follow these guidelines throughout the 14 Day Detoxification Program

*Focus on whole and seasonal foods. This usually means shopping the outer aisles of your grocery store or visiting your local farmers' market. Avoid processed and packaged foods whenever possible.*

## Eliminate

- *Sugar in all forms, including sucrose, fructose and high fructose corn syrup. Natural low-impact sweeteners such as stevia & polyols (e.g., xylitol & erythritol) are allowed.*
- *Artificial sweeteners (sucralose, maltodextrin, saccharin, aspartame, Sweet 'n' Low, Splenda, Equal)*
- *Gluten-containing grains: avoid foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable during the detox program.*
- *Dairy products including milk, cheese, yogurt, and ice cream*
- *All alcohol and caffeine-containing beverages including coffee, tea and soda*
- *Soy protein, including tofu and tempeh*
- *Desserts (chocolate, candy, cakes, cookies)*
- *Fried foods, hydrogenated oils, margarine*
- *Peanuts/peanut butter (high allergen legumes)*

## Important:

*Drink 1/2 oz. per pound of body weight of purified water each and every day for the entire 14 day program.*



# Vegetarian Cleanse

## 14 Day Simple Schedule

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### Directions:

Option 1:

*Consume one serving of the Orasana Veggie Meal and two healthy meals.*

Option 2: ( more intense, for those who want more weight loss)

*Consume two servings of the Orasana Veggie Meal and one healthy meal at a time that is most convenient to your daily schedule.*

**An example if you choose lunch as your meal:**

**Drink one veggie meal shake  
Breakfast + recommended supplements**

**Meal for Lunch  
pick from optimal food choices**

**Dink one veggie meal shake  
Dinner + recommended supplements**

## Snacks

*This is not a calorie-restrictive program. If you feel hungry between meals, you can snack on healthy whole foods in moderation. However, tune in to your body and make sure that you are truly hungry and not just bored, tired, or stressed!*

# Healthy Food and Snack Options

Follow for the entire 14 day detoxification program

## Optimal protein choices:

- Organic/hormone-free chicken
- Turkey
- Lamb
- Grass-fed beef
- Cold water fish (salmon, cod, sardines, pacific flounder/sole, butterfish, and trout— choose wild ocean fish over farm raised fish)
- Organic eggs
- Organic legumes (acceptable as a vegetarian protein)

## Optimal fat choices:

- Flaxseed
- Walnut oils
- Extra virgin olive oil
- Hempseed oil
- Avocado
- Raw, sprouted, or dry roasted nuts and seeds
- Organic cultured butter
- Ghee
- Coconut oil for higher heat cooking

## Low glycemic index fruit choices:

- Berries (blueberries/raspberries/strawberries)

## Moderate glycemic index fruit choices: (fresh or frozen):

- Cherries
- Pears
- Apricots
- Melons
- Plums
- Oranges
- Peaches
- Grapefruit
- Apples
- Prunes
- Kiwi
- Nectarines
- Tangerine

## Beverages:

- Herbal teas
- Naturally decaffeinated green tea
- Spring water
- Vegetable juices
- Coconut water

## Vegetable choices:

You can eat an unlimited amount of vegetables from the list below.

- Salad greens
- Cruciferous veggies
- Carrots
- Cucumbers
- Sweet peppers
- Raw sauerkraut

Limit starchy veggies such as potatoes.

## Condiments:

- Lemon
- Lime
- Cayenne pepper
- Sea salt
- Garlic
- Fresh herbs and spices
- Flax/olive oil & raw apple cider vinegar for dressings

## Misc. snack choices:

- Nuts (raw are best)
- Hummus
- Raw or steamed vegetables
- Low glycemic fruit
- Almond butter with apple slices



## Alkaline broth – a great way to add vegetables to your program

Choose a combination of the following vegetables equaling approximately 1 - 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want during the 14 Day Detoxification Program with a minimum of 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive GI system you may purée the vegetables and broth together in a blender and consume as a heartier soup.

# Sample Detox Menus

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## Sample Breakfast Menus

- 2-3 hard boiled eggs with ½ grapefruit
- 2/3 cup hot quinoa cereal or gluten-free steel cut oats (1/3 cup uncooked), 1/2 cup berries, 1 tsp. chia or flax seeds, and a small handful of walnuts or pecans
- Sulfur Detox Scramble: 2-3 eggs scrambled with onion and/or garlic and/or broccoli
- Add leftover salmon from night before to sautéed veggies, stir to heat up, add condiments/spices
- 2 to 3 poached eggs over a bed of fresh spinach and sliced tomato
- 2 to 3 slices turkey bacon with leftover veggies from night before or sliced tomato and avocado

## Sample Lunch and Dinner Menus

### Option one

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, 1/2 cup red onion, add 1/2 cup capers (drained), 1/4 cup fresh cilantro, 1/2 tsp. cumin, 1/8 tsp. cayenne and 2 tablespoons lime juice

### Option two

- 1 cup black bean soup
- Chopped cabbage with chicken and apple cider vinegar (can use leftover grilled chicken)



### Option three

- Organic vegetable broth
- Shrimp and vegetables: Sauté fresh tail-on shrimp and chopped garlic in a pan with coconut oil, over moderate heat. Roughly chop 5-10 different vegetables and lightly stir-fry with freshly grated ginger and 1/2 cup cooked buckwheat noodles, lightly drizzle sesame oil.

### Option four

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts

### Option five

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)

### Option six

- Mixed greens salad with extra virgin olive oil or lemon flavored flax seed oil
- Broiled chicken with peppers: Roughly chop: green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic
- 1/2 cup wild brown rice

### Option seven

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steamed.
- Baked cod topped with tomato pesto

### Option eight

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 baked sweet potato

### Option nine

- Baked sole with lemon
- 1/2 cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

### Option ten

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

### Option eleven

- 1 cup hearty vegetable soup
- Grilled salmon
- Steamed artichoke with lemon

### Option twelve

- 3-4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggies of your choice.

### Option thirteen

- Large mixed green salad with veggies of your choice, 3-4 oz grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs of your choice.



## Family Friendly Menu Ideas

- *Brown ground turkey, sauté veggies, add tomato sauce and heat through, serve with spaghetti squash or quinoa spaghetti noodles*
- *Mashed sweet potato or parsnips with or without olive oil and cut up chicken*
- *Grilled chicken or fish and cut up mango in small corn tortillas. (May add chopped onion, tomato, and cilantro if tolerated.)*

## Healthy Snack Options

- *1 piece of fruit and 10 to 12 almonds, walnuts or pecans*
- *Cut up carrots or bell pepper with 1 to 2 Tbsp hummus*
- *Apple slices or celery sticks with 1 Tbsp almond butter*
- *Turkey Roll Up: Chop up tomato, cucumber, and 1/4 avocado, grate a carrot, and add to the middle of a slice of nitrate-free turkey. Roll the turkey around the ingredients and you have a turkey roll up. Variation: add salsa or hummus*



# Living a Detox Lifestyle

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*Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. This program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.*



## Notes on Plastic

*Never heat food in plastic, as this process releases harmful chemicals that can seep into your food. Use glass or ceramic instead.*



## Skin Brushing

*To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub, using circular motions toward your heart.*



## Clean Water

*Public tap water is often contaminated. Drink and cook with only pure, filtered water and consider adding a filter to your shower.*



## Microwave Ovens

*Although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and can decrease their nutritional value. Heat on a stovetop or in an oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings.*



## Exercise

*One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass, which helps you burn more calories at rest. Consider jumping on a mini trampoline for 3-5 minutes a day to boost your health and vitality. Sweating also releases toxins.*

# FUN AND EASY TIPS FOR ENHANCING DETOXIFICATION

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1

*Drink 1 cup of hot water with 1/4 lemon and 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!*

2

*Take a warm bath with Epsom salt added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in the bath or shower—very rejuvenating.*

3

*Try your own 'hydrotherapy' in the shower by alternating hot/cold water. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. This is not for the squeamish, but it is very invigorating! You'll feel like a million bucks when you're done. Of course, just a sauna and a shower are beneficial as well.*

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