

Wild Rose

Instructions & Grocery List

INSTRUCTIONS

- Do **NOT** eat fried foods or items from the 'Not Recommended' list during the cleanse.
- Foods listed under 'Most Recommended' list are especially good for you. Eat as much as you want.
- It is recommended that you use organic foods as much as possible for this program.
- At least 80% of your food intake should come from the Most Recommended (Alkaline Foods Column) and 20% from the Acceptable-Neutral (Slightly Acidic Food Column).
- 1 cheat meal/week (7 days) is allowed (**ONLY for the Gentle Detox Kit & the Liver Support Kit**).

NOTES

- Natural Health Products & Medications** — to be taken 2 hrs before or after taking the products in the Wild Rose D-Tox and Liver Support Programs.
- Protein, Collagen, Greens Powders and Psyllium Husk** — are acceptable but cannot contain sugar, stevia, monk fruit, sweeteners or additives.
- Drink at least **1 to 1.5 litres** of filtered water daily (e.g., pure spring or reverse-osmosis water) to help flush toxins from your system during cleansing.
- Chewing gum** is acceptable in moderation without sugar or artificial sweeteners/chemicals (xylitol sweetened is okay).

WHY AVOID THESE FOODS?

- Dairy** can cause excess mucous production, clogging the lymphatic system and hindering elimination.
- Flour products** form a glue-like substance when mixed with water, which may adhere to the intestinal lining and slow digestion.
- Yeast-containing and fermented foods** may feed unwanted organisms in the digestive system.

✓ MOST RECOMMENDED FOODS — ALKALINE

Proteins

- Fish (Cod, Red Snapper, Sole, Halibut, Sea Bass, Salmon — wild caught)

Fruits

- Berries (blueberries, strawberries, raspberries)
- Cherries
- Lemons / Limes
- Nectarines
- Peaches
- Pears
- Plums
- Tomatoes (fresh only)

Vegetables

- Chives
- Garlic
- Ginger
- Onions (leeks, shallots, green onions)
- Potatoes (baked with skin only)
- Pumpkin
- Squash
- Sweet Potatoes/Yams

Grains & flour alternatives

- Amaranth
- Brown Rice
- Buckwheat
- Millet
- Quinoa

Nuts

- Almonds
- Hazelnuts

Beverages

- Herbal/Green Tea (unsweetened)
- Water

● ACCEPTABLE FOODS — NEUTRAL TO SLIGHTLY ACIDIC

Proteins

- Beef
- Bison
- Dried Beans
- Egg Whites
- Egg
- Lamb
- Pork
- Poultry
- Tofu

Fruits

- Apples
- Apricots
- Coconut
- Kiwi
- Pomegranate

Grains & flour alternatives

- Bean Flour
- Coconut Flour
- Kelp Noodles
- Konjac Noodles
- Oats/Oatmeal (unsweetened)
- Potato Flour

Seasonings

- Mustard Powder
- Vegetable seasoning (without yeast)

Oils & fats

- Butter
- Olive
- Sunflower

Beverages

- Coffee (black, up to 2 cups/day)
- Milk Alternative (unsweetened)

Vegetables

- Artichokes
- Asparagus
- Avocado
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Endive
- Escarole
- Herbs
- Leafy Greens
- Medicinal Mushrooms (shiitake, reishi, lion's mane, etc.)
- Okra
- Parsley
- Parsnips
- Peas (fresh)
- Peppers (green, red, yellow, orange)
- Radicchio
- Radishes
- Rhubarb (cooked)
- Rutabagas
- Seaweed (kelp, nori, hijiki)
- Seeds — Flax
- Seeds — Sunflower
- Sesame Seeds
- Sorrel
- Spinach
- Sprouts
- Tahini
- Tomatoes (cooked or canned)
- Turnips
- Watercress

Fermented foods

- Brine-based fermented foods

⊘ NOT RECOMMENDED FOODS — ACIDIC

Proteins

- All Dairy — cheese, cottage cheese, milk, cream, yogurt, buttermilk
- All Processed Meats
- Shellfish

Fruits (fresh & dried)

- Bananas
- Cantaloupe
- Dried Fruit — raisins, currants, dates, figs
- Grapefruit
- Grapes
- Jackfruit
- Mangoes
- Melons
- Oranges
- Pineapple
- Tropical Fruit

Sugary foods & sweeteners

- Cakes, Pies, Pastries
- Candy
- Ice Cream
- Jams & Jellies
- Honey
- Maple Syrup
- Molasses
- Monk Fruit
- Stevia
- Sugar (White & Brown)

Beverages

- Alcohol
- Black Tea
- Carbonated Water
- Fruit Juice
- Pop (including diet)
- Soy Milk

Vegetables

- Mushrooms (button, crimini, portobello)

Grains & flour alternatives

- Cereal (processed)
- Corn Flour
- Cream of Wheat
- Flour (except approved types)
- Flour Gravy (unless using approved flour)
- Pasta (same rules as flours)
- Rice Flour
- Rice Starch

Fermented foods

- Miso
- Soy Sauce

Nuts & oils

- Peanut Oil
- Peanuts

Seasonings

- Hot Sauce
- Mustard
- Nutritional Yeast





Wild Rose

Herbal D-Tox *Information*

HOW IT WORKS

The liver is involved in hundreds of bodily functions, two of the most important being digestion and the elimination of wastes, including toxins and hormones. Our modern diet and lifestyle can overburden the liver, causing congestion and sluggishness, which can result in an accumulation of waste in the body.

The **Wild Rose Herbal D-TOX Kit** is a 12-day* complete multi-system cleanse designed to support all aspects of metabolism. It emphasizes supporting the function of the liver, small intestine, and bowels to promote proper digestion and the elimination of toxins and waste.

The herbal formulas, combined with the **Simple Cleanse-Enhancing Diet** included in this kit (see reverse side), provide an easy and straightforward dietary outline to encourage continued health, clearing a congested system, or renewal following overconsumption.

**Consult a healthcare practitioner for use beyond 7 days.
For occasional use only.*

DIRECTIONS

Adults, take 2 tablets from each bottle of Biliherb, Clearaherb, and 2 mL of the CL Liquid with both breakfast and supper. During the first week of the program, take 2-4 tablets of Laxaherb every other day at bedtime (2-3 times per week).

- Allow at least 6-12 hours for the laxative effect to occur. If results are not observed with the Laxaherb, the frequency of use may be increased up to once daily.
- Do not take any of the products in the kit with highly acidic foods (e.g. citrus fruits and juice) or medications, which may acidify urine.
- Take a few hours before or after taking other medications or natural health products.

12-Day* Program Includes

BILIHHERB — 48 tablets

CLEARAHERB — 48 tablets

LAXAHERB — 48 tablets

CL LIQUID — 50 mL

CAUTIONS

Consult a health care practitioner if symptoms persist or worsen. Also consult before use if you: Have gall bladder diseases, intestinal obstruction, fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever, a gastrointestinal tract disorder symptoms of intestinal spasms, stomach ulcers or inflammation, painful urination (dysuria), spasms, or blood in urine, a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection or an auto-immune disorder; Are taking medications to suppress the immune system (immunosuppressive medications) or antiarrhythmic medications. Do not use this product if you: Are pregnant or breastfeeding; Are taking products containing diuretics or licorice, thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance; Have bile duct obstruction, hypokalemia, high or low blood pressure, kidney

or liver disorder, cardiovascular disorder, diabetes, or edema (swelling of hands, face and feet), abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn's disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes or diarrhea. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Keep out of the reach of children. Call a Poison Control Center immediately if overdose or accidental ingestion occurs. Stop use if hypersensitivity/allergy occurs. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing. Store away from children. Do not use if seal is broken. Store under normal conditions.