

Khalsa Chiropractic Center
Santokh Singh Khalsa, D.C.
2801 E. Foothill Blvd., Pasadena, CA 91107
(626) 345-9750
www.khalsachiropracticpasadena.com

SUGGESTIONS FOR CLEANSING DIETS

At some point in your healing, it will be useful to put yourself on a more intensive cleansing program. You may also find that it is useful to do some type of cleansing or fasting on a regular basis, like once or twice a year. The spring time is a very good time to plan a cleanse. Just as we are motivated to do a deep cleaning of our homes and closets in the spring, it is also very important to do a “spring cleaning” on our bodies.

Here are several different suggestions for a cleanse. Talk to Dr. Khalsa about which cleanse would be the best for you.

BASIC CLEANSING DIET: This is an excellent diet that is not too difficult, but will promote a powerful cleansing of your entire body. The diet consists of fruit, vegetables, nuts and seeds. No dairy, grains, bread, legumes, meat, or processed foods. You can eat as much of these foods in the raw or cooked state as you like. You can make juices as well. This cleanse works best if done for one to two weeks. When you end the cleanse you can slowly add other foods one at a time and see how you react to them. If you find that a certain food causes a drop in energy or mental clarity and focus, you may want to avoid that food. Foods to add slowly are dairy, wheat, soy, corn, meat, etc.

DETOX JUICE: Any vegetable or fruit juice will have a cleansing and detoxifying effect. This specific formula is very powerful. You can add this juice to the basic cleansing diet above, do it alone for several days, or just add it into your regular diet.

- Option 1 50% carrot, 20% apple, 20% pear, 10% grape
- Option 2 50% apple, 50% pear

RAW FOOD DIET: This diet consists of all foods that have not been cooked or heated in any way above 105 degrees. This preserves the natural enzymes in the food. Remember that we are the only species on the planet that eats anything cooked. And for hundreds of thousands of years before we figured out how to use fire, we also ate a completely raw diet. This diet may take a little time for your body to adjust to. You may want to gradually work your way into this type of eating. Also you will need to make sure that the iliocaecal valve between your small and large intestines does not get irritated from all of the raw roughage. Have Dr. Khalsa check this. You can always do this diet for a couple of days to a week. If you want to do it longer, be sure to check with Dr. Khalsa.

MONODIET: One way to do a simple cleanse is to eat only one food for three days. This food will usually be a fruit or vegetable. You can pick any one that appeals to you and eat only this food for 3 days. If you like this idea, but have no idea what to choose, ask Dr. Khalsa.

MASTER CLEANSE: This is a very powerful and cleansing diet. The diet consists of drinking spicy lemonade made with water, lemon or lime juice, maple syrup and cayenne pepper. This drink balances acidity in the body and creates a powerful cleanse. You can do this for anywhere from 1 to 40 days, but a week to ten days is a good length of time. You can find out more by googling this diet on the internet and by asking Dr. Khalsa.

BOWEL AND LIVER CLEANSING: There are herbs and other supplements that stimulate the body to cleanse. Two important areas that often need occasional clearing are the bowel and the liver. Please ask Dr. Khalsa if one of these is appropriate for you.