Levels of Detoxification

Water Fasting

> Mono Fruit Juice

Fruit Juice

Fruit Smoothie

Accelerates
Detoxification

100% Fruits, berries and melons

Breakfast: Fruits, berries and/or Melons Lunch and Dinner: large salad

Slows

Detoxification

Green smoothies or juices

Raw fruits and vegetables

Nuts, seeds, cooked vegetables, leafy greens

Animal protein, fish, dairy, eggs, cheese, grains, refined/processed starches and sugars (avoid ALL of these toxic foods)