

# Transformational Cleansing™

DETOX YOUR BODY, MIND, & SPIRIT

with Dr. Tom Francescotti

May 8-15, 2015

*“Let food be your medicine.” Hippocrates*

## Detox: Eating Guidelines

**Low-Glycemic, Anti-Inflammatory, & Detoxifying**

**Free of Sugar, Artificial Sweeteners, Hydrogenated oils, Toxic Additives**

**Free of Gluten, Dairy, Soy, Corn, Egg, Legumes, Most Nuts, GMOs**

This menu of cleansing foods provides the **foundation for the week** and the **platform for transformation.**

This **detox program gives your body a rest** from common food allergens, numerous chemicals & toxins, and stress on the system.

- We have a **special section of the dining hall** for our own cleanse menu. Start there (as you enter the dining hall its straight ahead on the back wall under the large quilt. Look for the **signs for “ Dr. Tom’s Cleanse”**).
- There will be designated **“mindful eating” tables in dining hall** to eat in silence. Enjoy your **social eating** time as well but balance with silent meals, noticing how it is to eat relaxed, quietly, and slowly.

Our special menu is all you need for the week. If you wish to explore more options, consider:

- **Steamed greens** from the “Omega Plain Bar” (**also on the back wall of dining hall**)
- **Acceptable raw vegetables** from the “Omega” main salad bar (see food menu)
- **Sea vegetables & herbs/spices** that promote detox including cayenne pepper, garlic, ginger, turmeric, green tea

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## Detox Food Groups List

FOOD GROUP	ALLOWED FOODS	AVOID THESE
<b>Vegetables</b> Available at breakfast, lunch, and dinner <i>As fresh juices, steamed, or sautéed dishes, salads, or gf/soy free miso soup.</i>	All vegetables (except nightshades, corn) <i>Emphasis is on low glycemic vegetables for optimal blood sugar balance</i>	Nightshades (tomatoes, white potatoes, green bell green pepper, eggplant).
<b>Fruits</b> Available at Breakfast and Snacks, and in some salads <i>As fresh juices, fruit salad, in salad</i>	Fresh, frozen, or fresh juiced (organic when possible) <i>Emphasis is on low glycemic fruits for optimal blood sugar balance</i>	Fruit juice that is not freshly juiced, orange, grapefruit, fruit drinks, fruit flavored water, flavored iced teas, most tropical high glycemic fruits.
<b>Fresh Juices</b> <i>Available at breakfast, lunch, and dinner</i>	Any provided fruit & vegetable combination. <i>Emphasis is on a 75% Vegetable to 25% Fruit ratio</i>	Nightshade vegetables, orange, grapefruit.
<b>Oils</b> <i>Available with shakes, lunch, and dinner</i>	Olive, Coconut, tahini, organic butter, avocado.	Canola, commercial salad dressings, peanut, hydrogenated oils
<b>Fats</b> <i>Available with shakes, breakfast, lunch, and dinner</i>	Tahini, avocado, omega-made salad dressings, flax oil ( <i>added to shakes</i> ), coconut flakes, chia	Margarine, shortening, mayo, commercial non-organic butter
<b>Protein Foods</b> <i>Available as shakes and vegetables</i>	Proteins in allowed vegetables and " <b>Core Daily Cleanse Detox Shake</b> "	All meat, fish, eggs, and legumes especially beef, pork, cold cuts, sausage, tuna, shellfish, soy products (soybeans, edamame, tofu, tempeh, soy sauce, tamari)
<b>Nuts/Seeds</b>	Flax, Chia, and Sesame Seeds. Cashews & Almonds (included in small amounts)	All others

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FOOD GROUP	ALLOWED FOODS	AVOID THESE
<b>Grains/Starches</b> <i>To maximize blood sugar balance and reduced inflammation, and healthy digestion and flora balance, we eliminate most all grains as they disturb the system greatly.</i>	Starches such as sweet potato, yams, squash, beets, carrots (in limited amounts during cleanse)  Rice & Quinoa (in limited amounts)	<b>Avoid all</b> grain products, especially corn, gluten containing grains such as wheat, rye, oats, barley, spelt.  Avoid all grain products such as bread, cereals, pastas, crackers, tortillas
<b>Dairy Products</b>	None, Dairy-free alternatives if necessary (i.e. rice, almond, or coconut milk)	<b>All</b>
<b>Soup</b> <i>Available with breakfast, some lunches, and dinner</i>	Vegetable-based broths, vegetable soups, miso soup (gluten & soy free)	All canned or creamed soups, any soup with grain. Avoid high-salt soup.
<b>Beverages</b>  Drink a minimum of 8 glasses of water daily. Hydration is extremely important.	Pure filtered water, coconut water, organic herbal, medicinal, green & Yerba mate teas.	Coffee (caffeinated or decaf), black tea, chocolate, milk, dairy-based drinks, alcohol, soft drinks, sweetened drinks, citrus.
<b>Sweeteners</b>	Stevia	All added sugar, natural sweeteners such as honey, maple syrup, brown rice syrup, raw agave, molasses, corn syrup, all refined & artificial sweeteners.

## **Free of Genetically Modified Ingredients (GMOs):**

GMOs are found in most **wheat, corn, soy, cotton, canola, sugar beets, papaya, some zucchini and alfalfa**. Also, most if not all conventionally grown animals are fed GMOs in their feed (usually soy or corn/other grains) so all meats including beef, poultry, pork would have GMOs. Also, organic and free range eggs are a must to avoid GMOs.