

AN ALL NATURAL  
PLANT-BASED  
CLEANSE

# Detox in 7 Days

*The Natural Way*



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# About Dr. Nickels

Dr. Nickels has practiced as a Board Certified Nutritionist and Chiropractic Physician in the Jacksonville area for over 32 years. He is currently Owner/Director of Science Based Wellness in Ponte Vedra Beach, where he offers his Nutrition and Wellness Program that benefits people of all ages – from children to those well past their 80's. He is considered a “Concierge Care Doctor” meaning your health care is followed and managed for a desired period of time.

Dr. Nickels graduated Magna Cum Laude with scholastic honors from the University of Florida and also Life Chiropractic University in Atlanta, Georgia with Doctorate degrees in Clinical Nutrition, Chiropractic Medicine, and Nutritional Medicine. He was also awarded Diplomate of the American Clinical Board of Nutrition.



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# What is a detox?

The environment we surround ourselves in is full of toxins, chemicals, x-rays, pollutants, herbicides and pesticides all which cause damage to cells, proteins, and DNA. These free radicals also accelerate aging and are even linked to cancer. It is impossible for us to avoid damage by free radicals since they arise from all sorts of sources inside and outside our bodies..

Of course, the human body has many natural detox pathways via the liver, urine, sweat and feces. While it is a complex process, the liver neutralizes toxic substances, and then releases them from the body. A detox helps the body's vital organs recover, support and increase liver function and gives you a boost of important micronutrients.

Naturopathic Doctors in the United States regularly use food based cleanses and detox diets to treat and support a variety of medical conditions. Cutting out processed and inflammatory foods, refined sugar, alcohol and certain other foods and beverages that are a part of the Standard American Diet, is an incredibly effective detox.

***“A good quality detox plan is necessary given the toxins we are exposed to on a daily basis.”***

When the cells of your body are contaminated with toxins, ACID-SUGAR-MUCUS-PUS-etc., you have no energy, your appetite is poor as is your complexion, you do not sleep well, your eyes are dull, you suffer from aches and pains, you are nervous and irritable, you feel indifferent-everything seems wrong. Life is not as fulfilling as it once was; in fact, you really are ill.

The sensible and logical thing to do is to CLEAN OUT and detoxify not just the digestive tract, liver and kidneys, but ALL the cells. Purge these cells – and get all this accumulated toxic material out. Follow our detox diet for 7 days and get ready to enjoy life again!

As a Naturopathic Doctor, I recommend an organic, chemical-free, plant-based detox. The number one goal of my detox plan is that it should be a long-term, sustainable change. You are not only supporting your body's detoxification process, you will be resetting the way you eat and the choices you make. In other words, an effective detox diet cuts out toxic foods and controls cravings which can significantly help in changing your eating habits in the long run.

# The benefits of detox...

## **Removes Toxins**

Our toxic load (amount of toxins our body is able to handle) is responsible for many diseases in our society. In addition to what we consume, personal hygiene and many home care products are laden with toxic chemicals that can be harmful to our health. Long-term exposure affects our immune system, metabolism, behavior and leads to disease. These toxins are stored in our body's cells and tissues AND our brains for years.

## **Strengthens Immune System**

Regular detoxing helps flush toxins out of our body. It strengthens our immune system and increases our ability to fight off infection. When our immune system is compromised by toxins it makes us vulnerable to colds and flu, which will affect our quality of life.

## **Weight Loss**

Toxins stored in fat cells can affect the body's natural ability to burn fat - which leads to weight gain. Detoxing rids the body of stored fat and increases metabolism.

## **Reduces Inflammation**

While inflammation itself is a normal part of your body's healing process, chronic inflammation affects healthy cells and may lead to disease. With chronic inflammation, your body is on high alert all the time. This prolonged state of emergency can cause lasting damage to your heart, brain and other organs. For example, when inflammatory cells hang around too long in blood vessels, they promote the buildup of dangerous plaque. A detox diet can help remove the buildup therefore relieving inflammation.

## **Resets Our Body's Chemistry**

When we overload our bodies with toxins and unhealthy foods, our systems don't work as well as they should and we get sick. Detoxing brings balance back and helps our body function properly again.

## **In conclusion...**

Millions of us suffer from annoying little symptoms such as achy joints or muscles, brain fog, fatigue, headaches, allergies or gas, or more serious problems such as autoimmune diseases, migraines, asthma, acne, irritable bowel, reflux, arthritis or worse. A detox could be your solution to these and other problems and gives your body a chance to heal on every level.



# The shopping list

- Fresh fruit & berries - ½ lb per day x 7 days (no bananas or avocados).
- Lemons
- Carrots
- Celery
- Spinach
- Parsley
- Beans (dried beans are preferred but canned are permitted).
- Fresh raw vegetables – choose 4 veggies from this list for chopped salad as well as more for your cooked vegetables for 7 days:
  - Asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, cilantro, cucumbers, celery, eggplant, fresh corn, fresh green peas, green peppers, kale, lettuce, red onion, parsley, parsnips, radishes, spinach, squash, swiss chard, tomatoes, zucchini
- Eggs - 2 hard boiled eggs per day x 7 days.
- Carrot juice – 8 oz. per day x 7 days. You may make your own or buy. (Trader Joes has a good one).
- V8 juice \*low sodium
- Extra virgin olive oil
- Balsamic vinegar
- Whole grain bread
- Sea salt

*Tip: Be sure to purchase enough for 7 days and try to include as much organic as possible!*

## Note:

We highly recommend buying fresh, organic ingredients – although it is not mandatory. By using certified organic ingredients you are avoiding putting additional toxins in your body and will receive more nutritional benefits.



# Do's & Don'ts

## DO:

- Keep taking all prescription medications.
- Drink plenty of water (half your body weight in ounces).
- Buy organic if possible.
- Use as many approved ingredients as you wish.
- Follow meal plan exactly as suggested.
- Ask a family member or friend to join you.



## DON'T:

- Take your nutritional supplements during the detox.
- Get discouraged – it's hard but worth it!
- Substitute unapproved ingredients.
- Drink alcohol during the detox.
- Be shocked at how good you will feel!



# Recipes



## Vegetable Broth Ingredients:

- 7 Carrots
- 1 Small Bunch Celery (cut fine)
- 1/3 Bunch Parsley (cut fine)
- Fresh Spinach (cut fine)
- One Quart V8 Juice (Low Sodium)
- Pinch of Sea Salt

*\*Makes about one day's supply. You can make more if you desire and place in refrigerator. You can drink it hot or cold.*

## Vegetable Broth

### Directions

Finely chop carrots and celery. Place in 2 quarts hot water and boil for 15 minutes. Add parsley and large handful of spinach, cut fine. Boil 10 minutes more. Drain off the broth. Flavor with a pinch of salt or garlic. Mix with one quart of V8 juice.

***The purpose of this broth is to FLUSH. Drink lots of it during the next 7 days as it is full of minerals from the vegetables.***

## Salad Dressing

### Directions:

Whisk together vinegar, lemon juice and sea salt. Slowly add olive oil and whisk in or shake all ingredients together in a small jar with a tight lid. **\*Be sure to use at least 8 level tablespoons on your salad.**



## Salad Dressing Ingredients:

- 3 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Lemon Juice
- 1/2 Tbsp Balsamic Vinegar
- Sea Salt

# MEAL PLAN

## *Upon waking...*

**Hot Lemon Water** - 15 minutes before you eat breakfast, squeeze the juice of a lemon in a medium cup of hot water and drink.

## Breakfast

**Carrot Juice** - 8 oz.

You may have more if you you desire, but make sure you have at least 8 oz.

**2 Hard Boiled Eggs**

**Fresh Fruit**

Eat ½ pound fresh fruit/berries (no bananas or avacados). You may eat more, but be sure to eat at least ½ lb.

## *Between breakfast & lunch...*

**Vegetable broth, raw vegetables and fruit -**

Drink as much broth as you can (recipe on page 8). It is full of nutrients! You may also eat fresh fruit and raw vegetables. The more you consume, the more thorough the cleansing will be.

## Lunch

**Vegetable Broth – 2 cups**

**Salad**

Make a chopped salad using 4 of the fresh, raw vegetables listed on the shopping list on page 6. Use 8 level tablespoons or more of the prepared salad dressing (recipe on page 8).

**Fresh Fruit**

Eat ½ pound fresh fruit/berries (no bananas or avacados). You may eat more, but be sure to eat at least ½ lb.

## *Between lunch & dinner...*

**Vegetable broth, raw vegetables and fruit -**

Drink as much broth as you can (recipe on page 8). It is full of nutrients! You may also eat fresh fruit and raw vegetables. The more you consume, the more thorough the cleansing will be.

## Dinner

**Vegetable broth – 2 cups**

**Cooked vegetables**

Select 2-3 of the vegetables listed on page 8. Saute' them in extra virgin olive oil. Eat a generous portion (no potatoes).

**Bread**

One slice of whole grain bread (no butter).

**Fresh Fruit**

Eat ½ pound fresh fruit/berries. You may eat more, but be sure to eat at least ½ lb.

*If you feel hungry after dinner, eat fresh fruits and vegetables and drink as much vegetable juice or water as you would like!*





### **What to expect...**

The first day you may feel slight discomfort by having changed your regular mode of eating, but do not allow this to discourage you – it is natural! On the 3<sup>rd</sup> or 4<sup>th</sup> day the bowels and kidneys will begin to move freely and toxic materials will be passed. You may experience headaches, nausea, gas and a few aches and pains but do not be alarmed. Nature is merely cleaning you out. These symptoms are natural and to be expected. About the 5<sup>th</sup> day you should start feeling a surge of energy. Keep going...continue on until the end of the 7<sup>th</sup> day.

***“When you start this program **STICK TO IT!** Don’t try it for one day and quit. Follow the instructions and reap the wonderful reward of health.”***



*Take the road to better health...*