

Baritz Wellness Center, P.C.

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10 Day Cleanse

08/02/10

Supplement	Amount	Frequency
SP Complete	1 shake	2-3/day
SP Cleanse	7 capsules	3x/day (for the first seven days)
Whole Food Fiber	1 tablespoon	3x/day (mix with shake or water)

Eating and living for success

- Keep a daily record of food intake; a recent study showed keeping a record increases weight loss
- Eat a variety of food; choose from a rainbow of colors
- Eat frequently throughout the day
- No canned or dried fruits or vegetables, frozen are okay, choose organic whenever possible.
- Fresh juices made from vegetables are allowed.
- Vegetables may be steamed for 4 minutes or stir fried over low heat; however, for best results consume ½ of your vegetables raw.
- Fresh herbs, spices are optional.
- Drink a minimum of 8 glasses of spring water a day; herb tea is fine
- Walking or other mild aerobic exercise, for 30-45 minutes, at least every other day to facilitate the removal of toxins and help manage your weight.

Vegetables (unlimited)

Artichokes	Cabbage	Eggplant
Asparagus	Carrots	Kohlrabies
Beets, Red (steam till soft)	Cauliflower	Leeks
Bok Choy	Celery	Onions
Broccoli/brocciflower	Chives, garlic	Peppers
Brussels sprouts	Cucumbers	Radishes

Lettuce & Greens (unlimited)

Arugula	Escarole	Romaine
Beet greens	Kale	Spinach
Collard greens	Mustard greens	Swiss chard
Dandelion greens	Radicchio	Watercress
Endive	Red and green leaf	

Oils (cold pressed & unprocessed)

Four to seven teaspoons per day of: coconut oil, extra-virgin olive oil, fish oil, flax seed oil (keep refrigerated) and/or grape seed oil

Fruit

Any fruit you like. Keep in mind that you should eat twice as many servings of vegetables as fruits – fresh or frozen only, no dried or canned fruit (use organic whenever possible).

Lentils or Rice

Average serving size = ½ cup cooked

1 – 2 servings of lentils or 1 serving of wild or brown rice per day.

Lentils are recommended over rice because they have higher protein content.

To have a custom program created for you or for a free consult call 508 583-2565

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