

Baritz Wellness Center, P.C.

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Cleanse Tips

08/02/10

Salad Dressing

Make your own: Extra Virgin Olive Oil and Balsamic Vinegar or Un-pasteurized Apple Cider Vinegar
Bottled dressings: avoid ones with corn syrup, dairy products, fructose or processed sugar.

Condiments

Fresh garlic, fresh squeezed lemon juice, sea salt, black pepper, basil, oregano, parsley, thyme and cayenne.
Butter is ok especially organic butter.

Beverages

Spring water, herb tea, green tea and sparkling mineral water (mix with unsweetened fruit juice)

Vegetable Preparation

Most of your vegetables should be raw, if not raw it should be lightly steamed or stir-fried over low heat.
Homemade vegetable soup is fine and one baked sweet potato is fine.

Troubleshooting

You may try the remedies below, if trouble persists please call our office.

Sugar cravings

- Be sure you are eating frequently throughout the day, you can have up to 5 shakes a day.
- Try adding ¼ to ½ teaspoon of cinnamon to your shakes
- Use Stevia as a sweetener
- We have Standard Process® health food bars that can substitute for a shake (ask for a free sample)
- Try “Gymnema” 1 tablet 3 times a day. Gymnema is an herb that has a long history of helping balance blood sugar. You can purchase Gymnema at our office, \$17 for 40 tablets.

Constipation

- Make sure you are drinking at least 8 glasses of water each day
- Try Smooth Move Tea or Senna tea (available at most Shaws and Stop & Shops)
- Try Prunes (pour hot water over dried prunes, wait ten minutes, eat the prunes and drink the juice)

Headaches

- Headaches can occur during the first few days of the program, if you get headaches be sure you are drinking enough water. Also see remedies for constipation above. Headaches usually pass after the first few days and you should experience a new level of wellness.

Resources

- *Athena International Food*, 753 Pleasant St, Brockton: olive oil, herb tea, spices and natural foods
- *Whole Foods Market*, 15 Westland Ave, Boston near Symphony Hall, 617 375-1010: organic foods
- *Trader Joes*, 1175 Washington St., Hanover, 781 286-5389: organic foods
- *GNC*: Smooth Move Tea, Flax Seed Oil, Braggs Apple Cider Vinegar (un-pasteurized)
- *Shaws, Market Basket, Stop & Shop*: their tea, health and natural foods sections carry useful products