Herbal D-Tox Information

The Wild Rose Herbal D-Tox Program consists of four herbal formulas: three in tablet form, and one in liquid form.

Take two (2) tablets from each bottle and 20 drops (1 squrt) of the liquid with both breakfast and supper, preferably at the beginning of the meal. The tablets last 12 days. Continue taking CL Extract drops until finished. CL Extract drops may be taken with water.

If after 3 days this program is too laxative, lower Laxaherb dosage to 1 tablet twice daily.

The diet associated with this program is extremely important. During the cleansing period, you may eat as much as you want, but your choice of foods is very significant. Referring to the chart on the other side of this sheet, we see that less than 20% of your diet should come from foods in Column 1, and 80% or more of your diet should come from foods in Columns 2 and 3 combined. The column headings (acid, alkaline and neutral) refer to the nature of each food once it has been digested in your body.

IF THE FOOD IS NOT LISTED ON THIS CHART, YOU CANNOT EAT IT!

There are no breads or other flour products (i.e., pasta, cakes, pancakes, crackers, flour in sauces or gravy), dairy products (except butter) or tropical fruit allowed.

Flour products are not recommended during this program because, when mixed with water, flour forms a glue-like substance. This glue-like substance has a tendency to stick to the lining of the intestinal tract and 'plug-up' the system. During a cleanse (especially), one should eliminate those foods which place an extra burden on elimination.

Peanuts must be avoided as they contain naturally-occurring yeasts and molds. Ridding the body of excess yeast is one of the functions of the Herbal D-Tox. The rest of the nut family is acceptable, and many people who enjoy peanut butter on toast find almond butter or rice cakes to be a good substitute.

All fermented foods are to be avoided due to the fact that yeast is a major ingredient in these foods. This means no wine, beer, vinegar, soy sauce, black tea, miso or tofu. It is strongly recommended to not consume alcohol of any type during this program.

Foods which naturally contain yeast on their outer skins are also not recommended: this means no mushrooms, grapes (this includes raisins) or oranges. Sugar and dried fruit are not permitted because these are foods which yeast thrives upon.

While on the Herbal D-Tox, a little fresh fruit may be taken (see under individual Columns). The sweeter the fruit is, the worse it is considered to be. Tropical fruits are sweeter than domestic fruits, which means that bananas, melons and pineapples should not be eaten during this program. Apples, pears, peaches, plums and berries are considered domestic fruits and are acceptable.

Whether fruit juices are 'natural' or whether they are made with refined sugars, they all contain large amounts of simple sugars. Natural fruit juices are allowed, but you should avoid those with refined sugars. Instead, try making your own juice from carrots, beets or celery (dilute half-and-half with purified water). Add a little fresh ginger root to 'spice' things up!

If you are a regular coffee drinker, you may still have a small amount of coffee during this program (max. two cups daily). Large amounts of coffee weaken the immune system and place additional stress upon the adrenal glands: herbal tea and green tea are acceptable. Though both black and green teas come from the same plant, black tea undergoes a fermentation process whereas green tea does not— and remember, yeast is a major ingredient present in fermented foods.

Water is extremely important while on the Herbal D-Tox program. Either pure spring water or reverse-osmosis (not tap water) is recommended. We do not suggest a minimum number of glasses per day; however, we do recommend that you drink more than just when you are feeling thirsty (thirst is not the best indicator of how much water your body requires). At least two 8-oz. (250 mL) glasses per day will help to flush toxins from your body, especially while you are cleansing.

Because we recognize that not everyone is vegetarian, the Wild Rose Herbal D-Tox Program includes meat in its meal plan. We recommend fish and chicken as your first choices for meat, with wild fish, organic chicken and organic beef preferred over farmed and medicated sources. Vegetables may be cooked (lightly steamed is preferable) or eaten raw. A good salad dressing can be prepared by mixing fresh lemon juice, olive oil, herbs and spices. The addition of spices to the diet is encouraged, but commercial condiments such as ketchup should be avoided. See also the Wild Rose Cookbook for additional easy-to-prepare, healthy and tasty recipes.

Your diet does not have to be mundane—remember, over 95% of the world's population eats foods similar to the diet outlined in this program, everyday. Humans have consumed these types of foods for over 99% of their history, and even today, most people in the world would consider this diet a feast.

Experimenting with foods from other lands can make your diet delicious and even gourmet!

REMEMBER:

- If the food is not on the diet list - do not eat it!
- Eat 20% or less from Column 1 and 80% or more from Columns 2 and 3.
- Do not eat any foods that are listed as "Not Recommended".
- Foods listed under "Most Recommended" are especially good for you.
- Take the tablets and liquid supplied in this program before each breakfast and supper.
### Wild Rose Meal Plan

**Foods with Acid, Alkaline or Neutral Properties**

**COLUMN 1**

**Protein Foods**

- **Most Recommended:**
  - Fish (eat all you want even if over 20% of total diet)

- **Acceptable during program:**
  - Beans (dried) fresh beans; see column 3
  - Beef
  - Coffee (Black- maximum two cups per day)
  - Eggs (whole)
  - Grains (whole) most: barley, rye, wheat berries - brown rice, millet & buckwheat are 80% - see column 2
  - Lamb
  - Lentils
  - Liver
  - Nuts (except almonds & Brazil nuts are ~80%: see column 2)
  - Oatmeal (also see grains above)
  - Peas (dried) fresh peas; see column 3
  - Poultry
  - Pork
  - Prunes (cooked)
  - Rhubarb (cooked)
  - Rice (white)- brown rice is ~80%; see column 2
  - under most recommended
  - Seeds (i.e., sunflower, Flax, etc...)
  - Soy Beans
  - Tea (Black- maximum two cups per day) - herbal tea is ~80%: see column 3
  - Tofu (plain, unsweetened only)
  - Veal
  - Wheat Germ

- **Not Recommended during program:**
  - Buttermilk
  - Cheese (dairy or tofu)
  - Seafood (shell fish)
  - Yogurt

### COLUMN 2

**Starch Foods**

- **Most Recommended:**
  - Almonds
  - Millet, Buckwheat
  - Rice (Brown)

- **Acceptable during program:**
  - Apples
  - Apricots
  - Berries
  - Brazil Nuts
  - Cherries
  - Peaches/Pears/Plums
  - Popcorn
  - Potatoes (baked)
  - Pumpkin-Squash
  - Sesame Seeds
  - Soya Milk
  - Tahini
  - Tomatoes (fresh)

- **Not Recommended during program:**
  - Bananas
  - Cantaloupe
  - Currents
  - Dates & Figs
  - Fruit Juices
  - Flour of any grains
  - Grapes
  - Honey
  - Malt
  - Maple Syrup
  - Melons
  - Molasses
  - Pasta (i.e., macaroni, spaghetti)
  - Pineapple
  - Raisins
  - Soups (thick) usually thickened with flour
  - Tropical Fruit

- **Not Recommended at any time:**
  - Cakes & Candy & Ice Cream
  - Cereal (processed)
  - Flour Gravy
  - Fruit Juices with sugar & pop/soda
  - Jams & Jellies
  - Olly nuts & Peanuts
  - Pies & Pastries
  - Sugar (white or brown)

### COLUMN 3

**Bulk Forming Foods**

- **Most Recommended:**
  - Chives
  - Garlic
  - Ginger
  - Onions (includes leaks, green onion, shallots, etc.)
  - Tea (herbal); without milk added
  - Water

- **Acceptable during program:**
  - Arugula
  - Artichokes
  - Asparagus
  - Avocado
  - Beans (Green) dried beans see Col 1.
  - Beets or Beet Tops
  - Broccoli
  - Brussel Sprouts
  - Butter
  - Cabbage, Carrots, Cauliflower
  - Celery, Collards, Corn
  - Cucumbers
  - Dandelion
  - Eggplant, Endive, Escarole
  - Herbs for seasoning; (i.e., basil, oregano, thyme, coriander, etc...)
  - Kale
  - Kohlrabi
  - Lettuce
  - Mustard Greens
  - Okra
  - Oils: all oils except: peanut oil (i.e., olive oil, flax oil, sunflower oil)
  - Parsley, Parsnips, Peas (Green)
  - Peppermint
  - Peppers (Green & Red Peppers)
  - Radicchio
  - Radishes
  - Rutabagas
  - Sorrel
  - Spinach
  - Turnips
  - Vegetable seasoning (without yeast in the list of ingredients)
  - Water Cress

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**Note:** It is recommended that you use organic foods as much as possible for this program.