

7-Day EcoTox Program

Overview: This program is a detoxification program designed to clean, nourish, and rest the body, from the inside out. It is based on the book, 7-Day Detox Miracle, by Peter Bennett, N.D. and Stephen Barrie N.D.

By addressing the needs of the individual cells in the body, and by giving the body a chance to naturally heal and cleanse the important organs of the body, such as the liver, cellular function in the body will be improved. Disturbed cellular function is the basis of disease, poor health, and lowered physical and mental performance. The 7-day program is an excellent way to begin to implement a healthy, balanced lifestyle.

The Approach: The approach expresses a “global”, inclusive whole-body perspective. It is a form of medicine that replaces the reductionist model of treating single body parts or organs separately with an ecosystem view of human health, a synergistic web of mind, body and spirit.

Results You Can Expect to See:

- Increased vitality, energy and stamina
- Reduction of allergic symptoms
- Improvement of digestive functions
- Better concentration, clarity, and mental focus
- Enhanced mental performance
- A sense of calm and ease
- Increased resistance to illness
- Reduction in risk for many chronic diseases
- Reduced symptoms of chronic toxicity
- Weight loss

The Six Steps of Detoxification:

1. Remove the obstacles to Health
 - Removing all foods from the diet except organic fruits and vegetables, brown rice, and rice protein.

- Removal of family or social situations that make you feel tense and anxious.
 - Remove exposure to heavy metals, pesticides and environmental toxins.
2. Improve circulation
 - Hydrotherapy to encourage the flow and filtering of blood and lymphatic fluid.
 - Dry brushing lymphatic therapy.
 3. Enhance Elimination
 - High intake of fiber, charcoal, and vitamin C to clear the colon.
 - High intake of purified fluids to flush the kidneys.
 - Diaphoresis (sweating therapy) to flush toxins out through the skin.
 - If constipation occurs, an herbal cathartic is recommended.
 4. Repair the Gastrointestinal System
 - Supplementing with Lactobacillus acidophilus and L. Bifidus.
 5. Stimulate the Liver
 - Amino acids
 - Antioxidants
 - Vitamins
 - Herbs
 - Jump rope or trampoline rebounder
 - Yoga exercises
 6. Transform Stress
 - Breath-training and stress reduction techniques to lower the biochemical toxins released into the bloodstream through mental and emotional stress.

Days 1 and 2

1. Consume only water, herbal tea, and lemon water. Distilled, filtered or spring water only.

Days 3–7

1. Carbohydrates. Use brown rice, Thai (jasmine) rice, wild rice, basmati rice, rice-based pancake mix, rice cakes and rice crackers. Grains of quinoa, amaranth and millet can also be used.
2. Protein. Use rice protein powder.
3. Legumes. Use mung beans, garbanzo beans, bean thread noodles and miso.
4. Vegetables and fruits. All varieties of fresh, organic produce with the exception of grapefruit. They may be steamed, baked, lightly sautéed in a small amount of virgin olive oil, eaten raw or juiced.

To reduce gas, use ginger root and powder, cardamom, and cinnamon to season food.

5. Fats and Oils. Use olive oil (extra virgin) or unheated flaxseed oil (only 2 table-spoons daily).
6. Beverages. Use herbal teas, green tea, water, lemon water, diluted fruit juices, vegetable juices, water (only filtered, spring, or distilled).
7. Condiments. Use vegetable salt, sea salt, vinegar, naturally fermented soy sauce or tamari, any culinary spices, and miso.

Recommended foods with additional healing benefits:

- Beets – good for blood, intestines and liver.
- Broccoli – improves liver's ability to detoxify drugs, chemicals and pollutants.
- Green barley powder – Intestines
- Artichokes – kidneys and immune system
- Rice protein – tissue detox

Common Problems with Detox Program

1. Dizziness. Cause: low blood sugar. Antidote: increase fluids and rice intake.
2. Nausea. Cause: bile stagnation. Antidote: strong lemon and water with a pinch of cayenne pepper on waking.
3. Constipation. Cause: lowered food intake. Antidote: increase flaxseed powder in rice protein shakes.

4. Excessive weight loss. Cause: lowered calorie intake in individuals with high metabolic rates. Antidote: increase oil (olive/flax) intake.
5. Diarrhea. Cause: dehydration, caffeine withdrawal, liver congestion. Antidote: increase water intake and hot and cold showering on the back of the head.
6. Headaches. Cause: dehydration, caffeine withdrawal, liver congestion. Antidote: increase water intake and hot and cold showering on the back of the head.
7. Insomnia. Cause: low blood sugar and liver congestion. Antidote: fruit shake before bed.
8. Hunger: Cause: low calorie intake. Antidote: rice protein shakes two or three times a day.
9. Intestinal gas. Cause: increased vegetable fiber intake. Antidote: one charcoal tablet after each meal.
10. Irritability/fatigue/dullness. Cause: low calorie intake. Antidote: rice protein shakes two or three times a day.

Supplementation

On days 3–7, Morning/Noon/Evening: Multivitamin, milk thistle, antioxidant, acidophilus.

Hydrotherapy

Morning and evening

Sweat therapy

Daily or when possible on days 3–7

Breath-Training

Morning/Noon/Evening

Chi-Gong or Yoga

Add to breath-training morning/noon/evening

Cardiovascular Exercise

Walking, jump rope, and or trampoline daily on days 3–7 for minimum of ½ hour

Shopping List

- Distilled, filtered or spring water.

- Fresh fruits and vegetables, organic.
- Organic lemons for lemon water
- Brown rice, or others from list.
- Rice cakes, rice pasta, rice flour bread, rice flour pancake mix.
- Organic tomato sauce.
- Herbal teas (nonmedicinal) and green tea
- Bottled organic fruit and vegetable juices
- Rice protein powder
- Vitamin C, 1,000 mg tablets or capsules
- A multivitamin, containing at least the daily recommended allowance for vitamins A, E, and B-complex and the minerals magnesium, zinc, selenium, and manganese.
- Probiotics (Lactobacillus acidophilus or L. bifidus)
- Milk thistle (200 mg capsules or standardized extract)
- Dry skin brush (made from animal hair)

Activities to do while on EcoTox program:

- Exercise (Yoga, jump rope, walking and hiking outdoors, trampoline, chi gong, tai chi)
- Reading positive, uplifting or entertaining material (avoid reading “toxic” news, magazines, ect.)
- Writing in a journal
- Visit a museum
- Go fishing
- Non-competitive golfing or driving range, short game practice
- Visit Japanese tea gardens (San Mateo, San Francisco, San Jose)
- Take kids or grandkids to children’s park
- Conversation/socialize with family and friends, especially those invested in your health and who support you on your EcoTox program.

- Visit a massage therapist (no oils or lotions)
- Visit an acupuncturist
- Replace toxic cleaning products, soaps and shampoo's with organic ones
- Replace chlorinated spa water with non-chlorinated water, look for alternative spa solutions
- Go to an opera, ballet, or symphony
- Listen or play soft music (folk, classical, bluegrass, light rock)
- Play a drum
- Meditate
- Rest
- Read the 7-Day Detox Miracle book
- Laboratory testings (see chapter in 7 in book)

Things to Avoid:

- T.V.
- Anything that causes stress or anxiety
- Environmental pollutions or pesticides
- News
- Strenuous work or exercise

Disclaimer: This is a limited overview of the EcoTox program. When following the program in full, it is recommended that you purchase the book, 7-Day Detox Miracle. Although it is advised that you consult your doctor whenever making a change in diet or exercise, be advised that the views of Western medical doctors sometimes do not coincide with natural, alternative and preventative medical treatments (in Europe they are much more popular and accepted). Please consult your doctor if you are currently taking any prescription medications before starting this, or any other health program.