



Elimination Diet

Brown Rice & Quinoa Cleansing Diet

The cleansing diet outlined in this handout originates from a macrobiotic diet which is believed to be both nutritive and restorative to the body and balancing to the mind. All the required nutrition will be provided to the body while it removes accumulated toxins and heals itself from the damage associated with living in a semi-synthetic environment.

The macrobiotic philosophy respects the yin/yang compliment in all aspects of living, including food and food combinations. Three principles are followed:

The Primary food to Humankind is whole grain	To the extent possible, vegetable foods should be locally grown and eaten in season	Animal foods should be regarded as supplemental
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The Elimination Diet helps the body to eliminate accumulated toxins, improve digestive functions, decrease symptoms of disease, and control cravings. Feeling of renewal, vitality, and heightened awareness often follow completion of the detoxification process.

General Instructions

This is a **whole foods** diet. That means **no refined or processed** foods are to be eaten. Brown rice is a whole grain that is hypoallergenic to most people and provides important detoxification enhancing substances such as gamma-oryzanol and fibre in the rice bran, which binds to toxins and decreases transit time. The nutritional value of each meal will be enhanced by consuming locally grown produce and seasonal foods. Organically grown foods should be eaten as much as possible to minimize introduction of new chemicals into the body.

- ☒ **Water is necessary for maintaining the body's basic physiological functions and for the detoxification process itself.** Elimination of toxins is mediated by continuously voiding and replenishing body fluids. **Every morning should begin with a glass of warm water with the juice of half a lemon squeezed into it.**
- ☒ **Eat as much as you want whenever you feel hungry but do not overeat.** It is better to eat 5 or 6 small meals throughout the day rather than a few large, thereby maintaining blood sugar levels. If mal-digestion occurs while following the sample diet consider separating the consumption of different food groups, such as eating fruit on its own, eating rice or starchy vegetables separately from legumes or meat proteins. Non-starch vegetables can be eaten with meat or rice.
- ☒ **As your body's cells and tissues release toxins you may experience some "side effects" such as headaches, bloating, gas, nausea, or fatigue.** Please keep track of all of your symptoms (physical, mental, and emotional) and inform your clinician.

Foods Allowed on The Elimination Diet (Note: organic is best)

<p>Brown Rice and/or Quinoa To prepare, rinse and place in a pot with twice the amount of water as the rice. Bring to a boil, then turn down to a simmer with the lid on for 45-60 minutes. Do not stir. You may add spices or herbs such as rosemary, oregano and thyme, or onions while it is cooking.</p>	
<p>Vegetables -Any fresh vegetables (raw, steamed or baked)</p>	<p>AVOID -Corn, mushrooms, or any known allergens -Canned or jarred vegetables</p>
<p>Fruits -Any fresh fruits -Dried fruit is allowed if it is non-sulphurated (will look brown in colour)</p>	<p>AVOID -Banana, oranges, or any known allergens -Canned or jarred fruits</p>
<p>Protein Sources -Organic free-range chicken or turkey -Ocean-going fish -Tofu, Tempeh -Beans and legumes (aduki, black-eyed peas, lentils, chickpeas, navy, romano, kidneys and soybeans)</p>	<p>AVOID -Shellfish (shrimp, lobster, mussels, clams, oysters, scallops, etc...) -Bottom feeding fish (catfish, etc...) -Eggs, dairy (cow, goat, sheep) -Red meat (beef, pork)</p>
<p>Nuts and Seeds -Sesame, pumpkin, sunflower, flax seeds (raw/unsalted)</p>	<p>AVOID -Peanuts, almonds, cashews, walnuts, brazil nuts, pistachios, etc...</p>
<p>Condiments, Herbs, Spices and Sweeteners -Olive oil, flax oil, lemon, Bragg's liquid amino acids, wheat-free tamari, herbs and spices with no MSG or salt -Fresh onions, garlic, and ginger add a lot of flavour and aid with detoxification</p>	<p>AVOID -Pickled foods, fermented, preserved, or sugar containing foods (such as jams) -Refined/processed foods -Refined sugars and honey</p>
<p>Beverages -Filtered, distilled, or spring water are best -100% fresh fruit or vegetable juices diluted with water -Pineapple, carrot, beet, parsley, apple, papaya are all good -Herbal teas (chamomile, peppermint, fennel, licorice, dandelion, burdock, fruit) are all allowed</p>	<p>AVOID -Dairy milk, caffeine containing drinks, soda pop, sweetened juices -<i>Green tea is allowed!</i></p>

MENU PLANNING FOR THE BROWN RICE CLEANSE

Snacks: hummus and rice crackers, dried fruits, fresh fruits or fruit salad, rice cakes, raw/steamed veggies, protein shakes

Every morning: Begin with a glass of warm water with ½ a lemon's juice. This helps to cleanse the blood, tonify the liver, and therefore improves its metabolic processing.

Sample 7-day menu: Use this sample menu as a starting point for ideas! Adjust according to your preferences. Try to get variety!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Shake with berries, soy/rice milk, flax oil, protein powder	Scrambled tofu c/ herbs, garlic, Bragg, cayenne	Brown rice cereal c/ dates, soy or rice milk, sesame	Shake, with apple and seed butter	Fresh fruit salad	Scrambled tofu with fresh herbs, garlic and Bragg or cayenne	Shake
Lunch	Brown rice Vegetables and tofu, curry	Stuffed peppers c/ rice, zucchini, tomato, hummus	Blended creamy soup (rice, ginger, celery, carrots and onions)	Brown rice Vegetable or tofu/veggie chilli	Brown rice Bean and vegetable stew	Brown rice, cream of vegetable soup, steamed onions	Vegetable Salad (lettuce, cucumber, avocado, beets, sesame, lemon, oil, herbs)
Dinner	Chicken, fish or tofu stir-fry, and brown rice	Lentil soup, steamed spinach and broccoli, brown rice	Brown rice, grilled fish or chicken or tofu, baked sweet potatoes, grilled red/yellow peppers	Brown rice, black bean soup, steamed veggies, sweet potato	Brown rice, fish with dill and lemon, leeks, cauliflower	Brown rice, ginger and garlic, tofu and leafy greens (kale, swiss chard)	Brown rice with basil, garlic, olive oil, chicken or tofu and vegetable kabobs
Snacks	Fresh fruit	Hummus, rice and crackers	Veggies c/ babagnoush and tahini	Fruit and vegetables	Hummus and rice crackers	Dried fruit rice crackers	Hummus and vegetables

Breakfast Shake

1-2 scoops rice/soy/hemp protein powder
1 cup frozen/fresh fruit or berries
1 Tbsp ground flax seeds
1 Tbsp cold pressed flax oil



Food Recommendations:

- Warm rice cereal - Bob's Red Mill
- Rice cereal- Nature's Path
- Soy sauce - Braggs non-fermented

Re-introduction Schedule

Finishing the Brown Rice Diet requires some attention to what foods you re-introduce. It is recommended that you re-introduce one new food every two days. This will ensure you don't shock your system and will help determine if there are any foods that cause some unwanted symptoms.

Here's a general guideline to follow while re-introducing foods:

1. Milk 2. Oranges 3. Beef 4. Whole Wheat 5. Eggs 6. Oats 7. Corn 8. Coffee 9. Peanuts