

Brown Rice Cleansing Diet

The brown rice cleanse, 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 brown rice cleansing diet helps the body to eliminate accumulated toxins, improve digestive functions, and 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 *fiber* 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.** Water should not be consumed with meals as it may interfere with digestive enzyme functioning. Wait about 15 minutes after a meal before drinking anything.

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. It is important to be supportive, not stagnating, as the toxins are removed from the body. If maldigestion occurs while following the sample diet, consider separating the consumption of different food groups, for instance, eat fruit on its own; 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).

× *Foods to Avoid:*

- ⊗ All wheat containing bread products including: pitas, wheat tortillas, pasta, pastries, bagels, cakes, cookies, and crackers.
- ⊗ Dairy products including milk, fruit bottom yogurt, sour cream, cheese
- ⊗ Sugar and products containing sugar and artificial sweeteners
- ⊗ Alcohol, coffee, caffeinated beverages
- ⊗ Oranges and orange juice, bananas, dried fruit
- ⊗ Processed foods

This diet can be a very difficult venture. The more you stick with it, the better you will feel. Try your best and concentrate on what you are able to do, not what you aren't able to.

√ *EAT ONLY THESE FOODS: (and as much as you like!)*

* ORGANIC BROWN RICE

Rinse the rice first. Bring to a boil 2 to 2¼ cups of water per 1 cup of rice. After bringing it to a boil, turn down to low for **45-60** minutes (20-30 minutes for brown basmati rice). Keep pot covered and do not stir while cooking. Onions, herbs or spices can be added if desired during the last 15-20 minutes of cooking time. Other allowable grains include: buckwheat ("kasha")*, millet*, quinoa*, amaranth*.

VEGETABLES (organic preferably, but these are difficult to find)

All kinds of whole vegetables can be eaten (except for corn and mushrooms). Make sure to wash them very well. They can be eaten raw, steamed or baked. Combine them with rice if you wish. No frozen, canned or jarred vegetables should be eaten.

FRUITS (organic preferably, but these are difficult to find)

All kinds of whole fruits can be eaten (except for oranges, orange juice, bananas and dried fruit). Make sure to wash them very well. Eat fruit raw. Eat fruit by itself: ½ hour before or 2 hours after a meal.

CONDIMENTS

Olive oil, lemon, * herbs and spices that contain no salt or MSG, *flaxseed oil (this oil must be refrigerated, never heated and used within 3 weeks of opening it), fresh garlic and ginger, cayenne pepper, tamari*, Celtic sea salt*

BEVERAGES

Filtered distilled or spring water, *herbal teas, such as chamomile, mint, lemon, etc., *vegetable and fruit juices – preferably freshly made. However, if they are from jars

or cans, make sure
they contain nothing other than 100% juice (read your labels). Dilute
juices half and half with
water.

Drink liquids ½ hour before or 1 hour after eating; they dilute the enzymes in
the stomach needed to digest food.

OPTIONS

Free-range chicken, ocean-going fish, eggs, tofu, legumes (chickpeas,
lentils), beans, rice cakes, sesame/ flax/ pumpkin/ sunflower seeds, almonds,
walnuts (NO peanuts), humus and tempeh. Butter is allowed in moderation.

*ABSOLUTELY NO SHELLFISH, RED MEAT, PORK, CATFISH,
MARGARINE*

*These foods can be found at your local health food store

**NOTE: After the 7 days, it is important to come off the diet gradually.
Don't overeat or
splurge on junk food.**

© MENU PLANNING FOR THE BROWN RICE CLEANSE

Snack ideas: hummus, fresh fruits or fruit salad, rice cakes, raw/steamed veggies, 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 t/f improves its metabolic processing.

Sample 7 day menu: just 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
Break-fast	Shake with berries, rice milk, flax oil, protein powder	Scrambled tofu c/ herbs, garlic, Bragg, cayenne	Br. Rice cereal c/ berries, soy or rice milk, sesame seeds	Shake	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, zuchinni, tomato, chickpeas	Blended creamy soup (rice, ginger, celery, carrots and onions)	Br. Rice Vegetarian or chicken chili	Br rice Bean and vegetable stew	Br rice, vegetable soup	Br rice Salad (lettuce, cukes, avocado, beets, sesame, lemon, oi herbs)
Dinner	Chicken, fish or tofu stirfry, and brown rice	Lentil soup, steamed spinach and broccoli, brown rice	Br. Rice, grilled fish or chicken or tofu, baked potatos, grilled peppers	Br rice, black bean soup, steamed veggies, yams	Br rice, fish with dill and lemon, leeks, cauliflower	Br rice, ginger and garlic, tofu and leafy greens	Br rice with basi garlic, olive oil, chicken c tofu and veg. kebobs
Snacks	Fresh fruit	Hummus, rice and crackers	Veggies c/ eggplant and tahini	Salad c/ flax/lemon	Hummus c/ carrot sticks	Rice cakes and nut butter	Hummus and vegetable