

THE FUNDAMENTALS

EIGHT ESSENTIAL PROPERTIES OF CLEANSING FOODS

The realities of modern living require anyone who wants to escape the quicksand of cellular deterioration to eat a clean diet. That means reaching for whole, fresh, unadulterated foods with natural healing powers. By our estimation, there are eight properties that qualify foods as cleansing and revitalizing for the body. Every recipe in this book seamlessly incorporates all of these properties, so you don't have to try to keep track of them unless you want to. In previous books, I have written extensively about each of these properties in the context of larger detox lifestyle principles. For our purposes here, I will briefly list and define them in the context of Chef Doris Choi's masterful creations. Ready? Here we go.

1. Easy to digest (aka “quick exit”)

The less time a food or combination of foods spends being broken down in the stomach and moving through the length of the alimentary canal, the better. Substances take more or less time in the digestive tract based on several factors, such as how water-containing or dense, how alkaline or acidic, and how gluey and mucus-forming they are.

Another very important factor in determining digestive transit times is food combinations. For example, combine a baked sweet potato, which is very easy to digest, with other cooked and raw vegetables, even add an avocado to that meal, and it will take about three hours to exit the stomach. Now, take that same sweet potato and combine it with fish, and that combination could well stay in the stomach for over eight hours. You might think: *What's the big deal if it's in there for three hours or eight? Isn't it just the calories and fat grams that matter at the end of the day?* Not remotely! What actually matters most is how efficiently the body is able to assimilate energy from the food and then eliminate what it

can't use. (We will discuss proper food combining further in the next chapter.)

Foods that sit in the stomach for too long require a tremendous amount of energy to digest. This is why you will feel exhausted after an overly large and/or poorly combined meal. Now, imagine that slow-moving food being baked at the body's internal temperature of about 98.6°F. The longer it takes to digest, the more dehydrated it becomes, making it slower and denser still. The dryer it gets, the less likely it will ever fully exit the body. Meanwhile, more food is being tossed down the hatch. This is how meals really start to pile up in the digestive tract, as excess food and miscombined meals rarely exit the stomach before the next one enters. This generates a lot of carbonic gas and reverse pressure in the stomach and the rest of the digestive tract. Acids in the stomach are often pushed up into the esophagus, a condition commonly known as acid reflux. There are countless medications for indigestion, but it is entirely preventable.

Poor food choices, overeating, and miscombined meals are the harbingers of great intestinal havoc—not to mention embarrassing gas, bloat, and putrid bacterial growth. By contrast, easy-to-digest foods and smart food combinations move through the body smoothly and quickly, energizing the body rather than slowing it down. Are you prone to indigestion? Well, you can put an end to the embarrassment and discomfort. Fix it with quick-exit foods!

2. Non-yeast-feeding

We are far more vulnerable to yeast overgrowth today than we've ever been before, thanks to higher levels of acidity (both in and outside the body) and constant exposure to environmental estrogens. The combination of acidity and excessive amounts of estrogen creates the perfect breeding ground for yeast and fungus (yeast is a single-celled fungus). So all of us, but especially women, need to be vigilant against developing and feeding an overyeasted system.

For many people, this means creating a very yeast-sensitive diet—by eliminating almost all sugars and starches. This may sound really daunting, but it doesn't have to be. First



of all, you can start starving off your yeast colonies immediately just by consuming fewer sugars and starches than you typically consume. However, if you are really struggling with yeast-related symptoms (such as excess weight, bloat, moodiness, and skin issues), you will want to cut way down on sugars and starches until you've eradicated those yeast colonies.

Unfortunately, fruit is a yeast feeder, because as far as yeast is concerned, sugar is sugar. In an ideal environment, fruit would be an ideal food for humans; but in the modern environment of high acidity and excess estrogens, fruit can perpetuate the yeast problem. Also, the way fruits are grown and prematurely picked today, they are often more acidic than they should be for human consumption, and many fruits are becoming yeasted themselves due to soil imbalances and pesticides.

The recipes in this book have been created for yeast-minded individuals. With very few exceptions, Chef Doris's creations are grain-free and use only stevia as a sweetener. So welcome to the easy way to slay yeast and keep them away forever.

3. Alkaline and water-containing

You've probably heard a lot about the virtues of an alkaline diet. Well, have you ever paused to think about why? As you might recall from high school chemistry (don't worry, we'll keep this lesson review short!), alkaline substances carry a negative ionic charge, and acidic substances carry a positive ionic charge. What determines whether a substance is alkaline or acidic depends on whether there are more or fewer electrons in the outer shell of the atom than there are protons in the nucleus. Believe it or not, cleansing the body is all about harnessing the electromagnetic energy of negatively charged atoms. Substances made up of these healthy, electron-rich atoms have the power to magnetize acidic, positively charged substances (waste) up and out of the cells and intestines for removal. This makes them essential little helpers when detoxing.

By contrast, when there are more protons in the nucleus than electrons on the outer shell, you have an acidic substance, which sticks magnetically to alkaline human tissue—in this case, the intestines. Too much acidity in the intestines leads to an overaccumulation of waste, which leads to obstruction of the body's vital pathways and eventually to major physical problems.

Practically all our modern diseases start in the digestive system due to all the acidic substances we typically consume.

Alkaline foods are also water-containing. Their electromagnetic power and the high water content combined creates the best possible biochemical scenario for lifting up old intestinal waste and keeping it hydrated enough for removal. Thus, the electromagnetic power tools that are the most cleansing for the human body are raw vegetables, raw fruits, and their juices. However, because of the yeast-feeding property of fruits and fruit juices, we reach mainly for raw vegetables and raw vegetable juices—the greener and more water-containing, the better. (As you'll notice from the Food Combining and Alkalinity Index on page 34, the most water-containing substances are also the most alkaline, so these two factors almost always coincide in the same foods.)

4. High-vibration (rich in life force energy)

In the modern age, with so much conflicting information, it can be misleading to categorize foods as either healthy or unhealthy. What truly determines whether a food has a high health quotient is how much natural vitality that food has, combined with how it reacts once it enters the body. A food's vitality is equal to its life force energy quotient, measured by how harmoniously and rapidly it vibrates on the subatomic level.

Typically, the more water-containing the food, and the more directly it derived its energy from the sun, the more life force energy it contains. So what are the most high-vibration foods that work in harmony with the human body? For the committed detox dieter who is no longer acidic, yeasted, or intestinally impacted, organically raised fruits grown in full sun are extremely high on the life force scale and the ideal high-vibration food. For the rest of you, whose acidity and yeast levels are high, the ideal foods are organic leafy greens and other organic raw vegetables. (However, if you have serious, chronic intestinal imbalances such as diverticulitis and Crohn's disease, you should have cooked or blended vegetables until you are healed enough to digest raw vegetables normally.)

Organic raw vegetables are our greatest catalysts to healing. Notice that I say catalysts, because foods in and of themselves are not healers; rather, it's the body that does the healing. All we can do is cultivate the right

environment—that is, a healthy internal ecosystem—with high-vibration alkaline foods to help continually remove blockages and infuse our blood, cells, tissues, and organs with life force energy.

When we give the body the chance to rebalance and heal itself, it begins the work of cellular renewal, and it will continue to do so for as long as we let it. That's why a detox diet, for Chef Doris and me, is not merely a stopgap for short-term weight loss. Rather, it is a way of life that continually heals and reenergizes the body, as the body has been designed to do all along.

Never forget that all life is an energetic system. That's why the body responds so well to living foods with harmonious high vibrations. So the next time you eat a scrumptious raw salad, savor the sensation of supercharging every cell in your body.

5. Organic (free of hormones, antibiotics, chemicals, and genetic modification)

There are not many things in the modern world as acidic and poisonous to the human body as artificial hormones and antibiotics, which are commonly used in animal farming today to ramp up production. These alien hormones and antibiotics create imbalances great and small, depending on source, quality, and quantity. They are used because the animals' internal systems and external environments are rife with horrific bacteria. When you consume inorganically farmed animal flesh, you may as well be injecting yourself with these hormones and antibiotics.

Here's how it works. Whatever an animal is exposed to becomes part of its biomass—the biochemical substance of all its cells, tissues, and organs. When you consume this animal flesh, its biomass becomes your biomass. Hence, we can understand the adage “You are what you eat” to be literal. These alien hormones wreak havoc on your hormone balance and contribute to an already overly estrogenic system (which, as you'll recall, is the foundation for yeast overgrowth). The antibiotics, meanwhile, kill off your good bacteria, which are already dramatically weakened by preexisting microbial imbalances. In short, continuing to consume inorganic animal products makes a bad situation exponentially worse.

I'm not saying that you must become a vegetarian; you can still eat carefully cultivated animal products and avoid these dangerous hormones and

antibiotics. I'm merely pointing out that the substances used in the majority of animal farms are hugely detrimental to your health. I believe it's possible to consume some animal products if desired and maintain a great level of health if they come from trusted organic sources that comply with honorable farming practices (for example, grass-fed cows, free-roaming chickens, and organically fed fish). Just don't confuse animal products with essential or ideal human food. Even the highest-quality ones are acidic, mucus-forming, and hard to digest.

Genetically modified foods come from genetically modified organisms, which are created by transferring genes across species through genetic engineering. This is how viruses and bacteria are often introduced to foods that would not normally contain them. Nature has structures in place to prevent such "infection" from another species' DNA. Science uses highly questionable methods to override these protections, methods that are largely unregulated, despite what the US Food and Drug Administration (FDA) and food industry giants would like us to believe. Instead of waiting for an official research paper to report on the full depth and breadth of damage that such practices are causing our internal and external ecosystems, I recommend using common sense before it's too late. We can bet that GMO (genetically modified organism) foods trigger frightening mutations, cellular damage, and energetic dissonance in our bodies. Avoid these foods at all cost.

The use of chemical fertilizers and pesticides is commonplace in industrial farming. However, we humans have only been exposed to them since about the mid-nineteenth century and know very little about how they may be affecting our physiology over the long term. What we do know is that these manufactured, synthetic chemicals are foreign to our systems, making them difficult, if not impossible, to metabolize. This means they are accumulating in our cells and tissues. We must consider the accumulation of these industrial chemicals over decades to be a contributing factor in degenerative diseases, autoimmune diseases, infertility, and chemical imbalances in general.

6. Non-gluey and non-mucus-forming

Foods that are of a gluey consistency or generate lots of mucoid matter when consumed should be avoided. The body creates mucoid matter (not to be confused with the mucus of a healthy mucous membrane) to line its intestinal

tract and defend itself from highly acidic alien substances. Consuming gluey, mucus-forming substances increases acidity and slows digestion. These include all packaged processed foods, pasteurized cow dairy, animal flesh, inorganic poultry, soy products, and all manner of fake meat products.

7. Grain-free

While grain has been heralded in our culture as a key food group, even the whole-grain variety is not very good for us. With a few exceptions (which I'll get to in a moment), most grains are inflammatory in the body, acidic, gluey, yeast-feeding, and difficult to digest. They agitate the intestine, resulting in inflammation, bloating, and fluid imbalances, and contribute greatly to weight gain. They also reduce mental clarity.

how long do i detox?

THIS WAY OF EATING IS AN AFFIRMATION OF LIFE, NOT A CRASH DIET OR A QUICK FIX. WE EAT THIS WAY BECAUSE WE LOVE IT! WE BELIEVE THAT HARMONIZING THE BODY WITH ITS OWN NATURAL RHYTHMS AND WITH THOSE OF THE NATURAL WORLD IS THE MOST PROFOUND AND EFFECTIVE WAY TO ATTAIN BALANCE, ENERGY, AND JOY. HOW COULD ANYONE PUT AN END POINT ON AN EXPERIENCE LIKE THAT? IF THE PRINCIPLES OF THE DETOX DIET APPEAL TO YOU, AND IF YOU WOULD LIKE TO UNDERTAKE A MORE STRUCTURED, WEEK-BY-WEEK DETOX, CONSULT MY PREVIOUS BOOKS. IF YOU WOULD LIKE TO UNDERGO A FAST TO HELP CLEANSE AND RESET YOUR BODY MORE DEEPLY, I RECOMMEND A GUIDED THREE-DAY JUICE FAST, EITHER WITH OUR TEAM AT DETOXTHEWORLD.COM OR WITH ANOTHER TRUSTED DETOX GUIDE. BUT WE DESIGNED THIS COOKBOOK WITH AN EVEN LOFTIER GOAL IN MIND—TO INSPIRE YOU WITH KNOCKOUT RECIPES AND SET YOU UP FOR A LIFETIME OF CONTINUAL DETOXIFICATION AND REGENERATION.

Thus, generally speaking, grains are not an ideal go-to food in the modern diet. If you love grains and must have them, that's okay. But if you want superior health, energy, and weight loss, you should avoid a grain-based diet. Also, keep in mind that sprouted grains are far superior to regular whole grains. The highest-quality grains are the ancient pseudo-grains, which are gluten-free and easier to digest than cereal grains but do have a similar nutritional profile. These include millet, quinoa, buckwheat, and amaranth. Typically, some grains can be included with successful detoxification results, but it is best to avoid them whenever possible and to find nongrain options for your favorite grain-based foods. Fortunately for all of us, Chef Doris has discovered many brilliant and satisfying ways of doing this in her recipes.

8. Low-density

People often confuse dense foods, such as oatmeal, nuts, and chicken, with being nutritionally dense and more satisfying. Well, I'm here to say the opposite is actually true. We gain the most nourishment from high-vibration, life force energy-rich foods, not heavy, dense ones that move sluggishly through the body.

With so much accumulation in the typical modern intestine already, it is inadvisable to consume dense foods (even raw ones, such as raw nuts and cold-pressed oils) unless used only occasionally in small quantities, and then ideally consumed with leafy greens or other water-containing raw vegetables to ease their passage. Many meats, grains, processed soy products, and nut-and-seed-based foods (even raw and organic ones) are very dense. You will find some egg and fish recipes in this book because eggs and fish are the least dense and the easiest to digest of the flesh foods. There is room in the modern detox diet for nonvegan foods. In fact, foods such as fish and eggs are much less dense and more detox-diet-friendly than many vegetarian, vegan, and raw food staples, such as wheat, soy, and nut-based foods.

SNACKS

“Yes, but what about snacks?” my clients often ask me. They tend to do well with the detox meals but hit a wall when it comes to snacks. Although resting the digestive system between meals is important, allowing it to do some much-needed housekeeping, snacks provide emotional support, especially when transitioning into this lifestyle. If you need snacks as a part of your daily routine, raw vegetables are the best option. Keeping in mind that conscious eating (not mindless grazing) is important, you can still enjoy alternative snacks, such as kale chips, seasoned Kamut puffs, and baked starchy vegetables.

Raw vegetables are the most ideal snack: They are alkaline, water-containing, quick exit, neutral food for combining between meals, and they leave you feeling refreshed rather than temporarily stimulated and then wanting more. Common snacks such as energy bars, crackers, and other packaged snack foods are dense and addictive and will clog the body, contributing to weight gain and disease. By trading in your old snack foods for these snacks, you'll get to enjoy snack time while you elevate your mood, energy, and blood chemistry. What's up now, Doc?

—NATALIA



Coconut Yam “Cookies”

You can bake the yam “cookies” without any coconut or agave nectar, if preferred.

- 2 Korean yams, scrubbed clean, sliced ½-inch thick
- 2 tablespoons agave nectar
- 2 tablespoons raw unsweetened coconut flakes

Preheat the oven to 375°F. On a parchment-lined baking sheet, place the yam slices in a single layer. Drizzle with agave nectar and sprinkle with coconut flakes. Bake for 25–30 minutes until the centers are soft and chewy.

MAKES ABOUT 12 COOKIES

Spiced Sweet Potatoes

These make a great nutritious snack when your raw vegetables won't do.

- 2 sweet potatoes, scrubbed clean, sliced ½-inch thick
- 1 tablespoon Pumpkin Pie Spice (see page 60) or Chinese Five-Spice Powder (see page 60)

Preheat the oven to 375°F. On a parchment-lined baking sheet, place the potatoes in a single layer and sprinkle with spices. Bake for 25–30 minutes until the centers are soft and chewy.

MAKES ABOUT 12 COOKIES



Coconut Yam “Cookies”