



# 7-DAY *Kickstart* **DETOX** PROGRAM

by Brenda T. Bradley, PhD



# Disclaimer

It is important to note that much of this publication is based on personal experience and studies. I ask that you use this information as you see fit and at your own risk.

Nothing in this document is intended to replace common sense, legal, medical, or other professional advice, and is meant solely to inform you. Information provided in this guide, in no way substitutes your physician's advice. As always, please consult with a medical doctor before starting or conducting any health regimen.

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## **Welcome to the 7-Day Kick Start Detox Program!**

In today's society, it's all but quite impossible to prevent waste and toxins from accumulating inside the body. If left unattended these conditions start to impact your health and quality of life.

Daily life stressors, poor air quality, sedentary lifestyles, and poor eating habits essentially turn the body into a dump site for toxins and waste materials. Such conditions can cause you to have low energy levels, digestive problems, and can place you at risk for chronic disease.

The 7-Day Kick Start Detox Program (KDP) is designed to flush out harmful toxins and recharge the body with the nutrients it needs for optimal health. Detoxifying the body on a periodic basis can benefit everyone. To name a few of the benefits experienced are:

- Weight Loss
- Better Immune System
- Increased Energy Levels
- Radiant Skin
- Relief for abdominal issues

I am ready to assist you in this journey. However, you must be willing to commit and to understand this is not an easy journey. When you feel as though you can't make it, think about your reason for wanting a healthier lifestyle.

Much Success....Let's Go....You can do this!!

*Brenda J. Bradley, Ph.D*

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# Juicing

Recently, the National Cancer Institute began a campaign to get people to do one simple thing - EAT MORE FRUITS AND VEGETABLES. Specifically, the recommendation was to eat five servings of fruit and three servings of vegetables a day. Their reasoning was simple: a diet high in fruits and vegetables will prevent or cure a wide range of ailments.

The problem, though, is that most of us don't eat enough fruits and vegetables to reap the benefits. Although the National Cancer institute recommends five servings of vegetables and three of fruits each day, the average American eats only 1-1/2 servings of vegetables and no or very little fruit on any given day.

Juicing could help solve our fruit and vegetable deficient diets.

The vegetables studied at various facilities around the country are often the same vegetables that have been juiced for years. Collard greens, kale, potatoes, mustard greens, rutabaga, peppers, carrots, and cabbage are being studied for their phytochemical content; and are the vegetables that are most commonly juiced.

Researchers are looking into the cancer-prevention capabilities of citrus fruits, grapes, and apples, the fruits most often associated with fruit juicing.

## Why Juice?

Fresh juice has the ability to deliver another important group of nutrients - enzymes. Enzymes are your body's work force. Acting as catalysts in hundreds of thousands of chemical reactions that take place throughout the body, enzymes are essential for digestion and absorption of food, for conversion of digested food into body tissue, and for the production of energy at the cellular level. In fact, enzymes are critical for most of the metabolic activities taking place in your body every day.

Fruit and vegetable juices are good sources of traditional nutrients. Citrus fruits (grapefruit, oranges, etc.) provide a healthy portion of vitamin C. Carrot juice contains large quantities of vitamin A in the form of beta carotene. A number of green juices are a good source of vitamin E. Fruit juices are a good source of essential minerals like iron, copper, potassium, sodium, iodine, and magnesium, which are bound by the plant in a form that is easily assimilated during digestion.

Since juicing removes indigestible fibers, these nutrients are available to the body in much larger quantities than if the piece of fruit or vegetable was eaten whole. Because many of the nutrients are trapped in the fiber, you are only able to assimilate about 1% of the available beta carotene when you eat a raw carrot. When a carrot is juiced, removing the fiber, nearly 100% of the beta carotene can be assimilated.

Fruits and vegetables provide one more substance that is absolutely essential for good health - water. More than 65% of most of the cells in the human body are made of water, and in some tissues, like the brain, the cells can be made up of as much as 80% water. Water is absolutely essential for good health, yet most people don't consume enough water each day. Many of the fluids like coffee, tea, soft drinks, alcoholic beverages, and artificially flavored drinks contain substances that require extra water for your body to eliminate. Fruit and vegetable juices are free of these unneeded substances and are full of pure, clean water.

The National Cancer Institute's attempt to promote the health benefits for fruits and vegetables have only affected a relatively small segment of society. As more and more is written about the long-term health benefits of fruits and vegetables and as more people learn about the possibility of preventing and curing cancer, heart disease, arthritis, and a host of other diseases by making dietary changes, the fruit and vegetables trend and the popularity of juicing will continue to grow.

## Let's Eat

During the next seven days you are allowed to eat! Especially, if it means the difference between you being able to finish this detox or quit because you want to eat something. No worries; however, there are some foods you are asked to avoid:

- Meat (beef, pork, turkey, chicken, etc.)
- Seafood (salmon, tilapia, trout, catfish)
- Dairy (no animal milk)
- Caffeine (coffee, caffeinated teas)
- Alcohol (scotch, beer, vodka, gin, rum, etc.)
- Carbonated beverages (sodas, seltzer water)

In addition to eliminating meat and seafood, you are asked to avoid animal by-products such as eggs, milk, and cheese. For optimal results, the recommended food choices include fresh fruit and vegetables, vegetable soups, salads, nuts and grains.

## Preparation of the detox

It is best to prepare your body for a juice cleanse at least 2-3 days in advance. This means eliminating meat, caffeine, alcohol, and processed sugar. The more you can focus your diet on fruits, vegetables, and whole grains – the better your body will be prepared for the cleansing and the better the results. The day before you start, try to eat fruits and vegetables exclusively as possible. Make sure you own or have access to a juicer not a blender. You will be extracting juice not blending it.

## What to expect during the detox

You may experience a shock as your body will begin to cleanse and rid itself from years of accumulated toxins. All nutrients from the juice will start pushing out toxins that have been accumulating in your body for years. As the toxins are released into the bloodstream, you may experience physical symptoms that may cause some sort of discomfort. For those who do notice any uncomfortable symptoms, this is normal! Smile, your body is releasing any bad stuff from your organs so they can function better. **I urge you to hang in there because it will get better and you will begin to feel so much better.**

Some of the symptoms you may experience as toxins are released include:

- Flu-like symptoms
- Nausea
- Rashes
- Coughing up crud
- Diarrhea or constipation
- Lack of energy
- Feeling under the weather
- Food sensitivities
- Vomiting
- Depression – our brains are very sensitive and toxins get in the tissues of our brain!
- Bad Breath
- Headaches

Usually the reactions are mild enough where you can go on with your day just fine. If stronger reactions occur, it is generally from those whose bodies have large amount of medicine or other toxins.

## GETTING STARTED

**Juicing:** In order to juice, you must use a juicer, not a blender. You are going to extract the juice not blend it. It is recommended that you get a masticating juicer; they have the ability to juice leafy greens. If you are unable to find a masticating juicer, a centrifugal juicer will work. The best juicer for you will be a personal choice based on your needs and wants. Bottom line, you will be on your way to a healthier you.

**How to Clean Your Vegetables and Fruit:** Fill kitchen sink or bowl with cold or room temperature water. Add 1/3 cup Apple Cider Vinegar and 1 tablespoon of baking soda. Allow to soak for 5 to 10 minutes, then, drain and rinsed. For vegetables such as carrots, potatoes, and celeriac that come from the ground, you may want to lightly scrub with a brush while rinsing.

**Preparing Juices:** Depending on your preferences, you can make your juices ahead of time or right before consuming them. All juices will last 3 days in the fridge, in an airtight mason jar. Although, some nutrients are lost, it's a slow process. Always use mason jars to store the juice and be sure to fill the jar to the top and then put the lid on. You could also prepare all your juices each morning.

**Unlimited Water and Herbal Tea:** During the cleansing, you can drink as much water and natural herbal tea as you like, such as, chamomile, ginger, lemon balm, peppermint, etc. Carbonated water isn't recommended because it can cause bloating.

**Exercise:** Limit yourself to light exercise, such as walks, yoga, and stretching. Your energy levels will change while on a juice cleanse, so pay attention to what your body needs before exercising.

**MEDICATION:** Please do not taper or stop taking prescription medications without your physician's consent.

# On Your Mark...Get Set....Let's Go!

For the next seven (7) days you will be juicing and are allowed to eat. Try to eat only one meal a day, either for lunch or dinner. Remember juicing is an easy way to consume more nutrients. And since it's from raw whole foods, your body can assimilate it completely. Enjoy the following juice recipes and feel free to make your own juice recipe. Decaffeinated herbal teas, such as lemon ginger, green tea, etc. are ok.

Start each morning with a cup of warm lemon water or room temperature water. Squeeze the juice of one-half of a lemon and add water. I usually sip a cup while getting dressed for work. If you didn't prepare the day before, this would be a good time to make some juice. I usually drink 8 to 10 ounces for breakfast, lunch, and dinner. In between breakfast, lunch, and dinner, drink water or hot herbal tea.

## Here's an example of what my plan looks like:

### DAYS 1 - 7

#### **Morning:**

- A cup of warm lemon water (1/2 fresh squeezed lemon & 8oz water)
- 8oz glass of prepared juice

#### **Mid-morning:** 2 hours after breakfast

- Herbal Tea

#### **Lunch**

- 8oz glass of Glorious Turmeric juice
- A small Garden Salad

#### **Mid-day:** 2 hours after lunch

- 8oz glass of Glorious Turmeric juice
- 8 -16 oz. of water
- A cup of herbal tea

#### **Dinner**

- 8oz glass of Pineapple Cucumber Beet Juice

#### **Evening Snack:** 2 hours after dinner

- Water or Tea

## Juice Recipes

The following juice recipes are quick and easy! **Put ingredients in a juicer (not blender)** and ENJOY! You may need to add more than what the recipe calls for and that's okay!

### **Glorious Turmeric**

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- Apples - 2 medium
- Carrots - 3 medium
- Celery - 3 large stalks
- Ginger Root - 1 thumb
- Lemon – 1 lemon (peeled)
- Pears - 2 medium
- Turmeric Root - 6 thumb

### **Sunset Passion**

- Apples (golden delicious) - 2 medium
- Beet Roots - 2 beet
- Carrot - 1 large
- Orange (optional) - 1 fruit
- Pepper (sweet red) - 1 medium
- Sweet Potato - 1 sweet potato,

### **Green Beauty**

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- Apples - 2 medium
- Celery - 4 stalk, large
- Cucumber - 1 cucumber
- Ginger Root - 1 thumb
- Kale - 6 leaf
- Lemon - 1/2 fruit

## **Ginger Beet**

- Orange - 1 medium
- Kale leaves
- Green apple - 1 medium
- Carrot-1 large
- Beet, 1 large
- Ginger - 1 inch piece of peeled fresh

## **Rooty-Tooty**

- Celeriac Root– 1 medium
- Apples – 2 medium
- Carrots – 3 large
- Ginger Root – 1 thumb

## **Pineapple Refresher**

- Beet– 1 medium
- Apples – 1 medium
- Cucumber– 3 large
- Pineapple – 1 cup

## **The Beet Goes On**

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- Beet Root - 1 beet
- Cabbage (red) - 2 leaf
- Carrots - 3 medium
- Lemon - 1/2 fruit
- Orange - 1 fruit
- Pineapple - 1/4 fruit
- Spinach - 2 handfuls

## **Heart Beet**

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- Apple - 1 medium
- Beet Root - 1 beet
- Carrots - 12 medium
- Lemon - 1/2 fruit
- Oranges (peeled) - 2 each

## **Kidney Delight**

- 1 Sprig Fresh Parsley Leaves and Stems
- 1/2 Bunch fresh Dandelion leaves
- 1 whole organic cucumber or 1/2 celery stalk
- 2 Limes
- Ginger Root – 1 Thumb
- Turmeric - 1 tsp powder

## **Carrot-Ginger Calmer**

- Carrots – 2 carrots
- Celery – 1 celery stalk
- Potato – 1 potato medium
- Ginger-root – 1 Thumb

## **Make it Green**

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- Apples - 2 medium
- Celery - 3 stalk, large
- Cucumber - 1 cucumber
- Ginger Root - 1/2 thumb
- Lemon - 1/2 fruit
- Lime - 1 fruit
- Parsley - 1 bunch
- Spinach - 2 cups

## **Kale Yeah**

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- Apple - 1 medium
- Bell Pepper (red) - 1 medium
- Carrots - 3 medium
- Cilantro - 1 handful
- Collard Greens - 1 cup
- Kale - 4 leaf

## **True Green**

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- Granny Smith Apples - 2 medium
- Green Bell Pepper - 1 medium
- Carrots - 3 medium
- Cucumber - 1 medium
- Spinach - 2 cup
- Tomato - 1 medium whole

## Wonderful Ginger Ale

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- Apples - 3 medium
- Celery - 2 stalk, large
- Cucumber - 1 cucumber
- Ginger Root - 1 thumb
- Lime - 1 fruit

## Green Lemonade

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- Apples - 2 medium
- Cucumber - 1 cucumber
- Kale - 4 leaf
- Lemon - 1 fruit
- Spinach - 2 cups

## Incredible Hulk

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- Apples - 2 medium
- Cucumber – 1 medium
- Celery - 3 stalk, large
- Grapes - 15 grapes
- Lime - 1 fruit
- Spinach - handful

## The Roots

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- Beet Root - 1 medium
- Sweet Potato – 1 medium
- Carrots - 10 medium

## **Call Me Pretty Red**

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- Apples - 2 medium
- Beet Root - 1 beet
- Carrots - 4 medium
- Cucumber - 1/2 cucumber
- Dandelion Greens or Spinach- 1 cup, chopped
- Ginger Root - 1 thumb
- Kale (optional) - 2 leaf
- Orange (peeled) - 1 fruit

## **Orange Delight**

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- Apples - 2 medium
- Celery - 3 stalk, large
- Orange (peeled) - 1 fruit
- Pears - 2 medium
- Sweet Potato - 1 sweet potato

## **Detoxifier**

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- Beets – 2 medium
- Carrots – 5 large
- Ginger Root - 1/4 thumb
- Lemon - 1/2 fruit
- Apples – 2 medium

# Salad and Soup Recipes

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## **Simple House Salad**

### **Ingredients**

- Romaine lettuce - 1 cup chopped
- Cherry tomatoes – ½ cup sliced in halves
- Cucumbers – ¼ cup chopped
- Red Onion – 1 slice chopped
- Vinaigrette salad dressing

Place ingredients in a medium bowl and toss with vinaigrette. Serve immediately unless you're taking salad to work, keep dressing separate.

## **Spinach Salad**

### **Ingredients**

- A handful baby spinach
- Strawberries – ½ cup sliced
- Carrots – 1/2 cup shredded
- Cucumbers – 1/4 chopped
- Vinaigrette salad dressing

Place ingredients in a medium bowl and toss with vinaigrette. Serve immediately unless you're taking salad to work, keep dressing separate.

## **Kale Salad**

### **Ingredients**

- Kale – 1 cup chopped
- Sunflower seeds – ¼ cup
- Red Cabbage – ½ cup shredded
- Carrots – ½ cup shredded
- Lemon Vinaigrette dressing

Place ingredients in a medium bowl and toss with vinaigrette. Can be made ahead of time and stored in refrigerator for up to 24 hours.

## Broccoli Salad

### Ingredients

- Broccoli Crowns – 2 large chopped
- Cherry tomatoes – 1½ cup sliced in halves
- Red Onions – ¼ cup chopped
- Dried Raisins or Cranberries – ¼ cup
- Walnuts – ½ cup chopped

### Dressing

- Raw Cashews (unsalted) ¾ cup soaked
- Water – ¼ cup
- Agave – 1 tablespoon
- Garlic – ½ teaspoon minced
- Celtic Sea Salt – ½ tsp

1. Place cashews in a bowl and soak for 2 to 3 hours or overnight. Drain cashews. Add to blender with the rest of the dressing ingredients. Blend until smooth and creamy.
2. Place salad ingredients in a medium bowl and toss with dressing. Serve immediately or later when chilled.

## No Lettuce Salad

### Ingredients

- Orange Bell Pepper – 1 cup chopped small
- Yellow Bell Pepper – 1 cup chopped small
- Radishes – about 5 each sliced thin
- Broccoli Crown – 2 cups chopped small
- Cucumber – 1 small to medium chopped small
- Red seedless grapes – 1 cup halves
- Fresh Parsley – 2 tablespoons chopped

### Dressing

- Garlic clove, minced
- Red wine vinegar – 2 tablespoons
- Apple cider vinegar – 1 tablespoon
- Lemon Juice– 1 tsp
- Dijon mustard – 1 tablespoon

3. Mix all dressing ingredients together and set aside.
4. Combine all salad ingredients; pour dressing over salad and mix well.
5. Cover and store in refrigerator for an hour or two.

# Garden Vegetable Soup

## Ingredients

- Vegetable broth - 3 tablespoons
- Yellow onion - 1 1/2 cups, chopped
- Carrots - 2 cups, chopped
- Celery - 1 1/4 cups chopped
- Garlic - 4 cloves, minced
- Vegetable Broth - 4 cups
- Diced Tomatoes - 2 (14.5 oz.) cans (undrained)
- Potatoes 3 cups peeled and 1/2-inch thick chopped
- Green Beans - 1 1/2 cups chopped frozen or fresh
- Corn - 1 1/4 cups frozen or fresh (optional)
- Peas - 1 cup frozen or fresh
- Fresh Parsley - 1/3 cup chopped
- 2 bay leaves
- 1/2 tsp dried thyme
- Salt and freshly ground black pepper

## Instructions

1. Heat 3 to 4 tablespoons vegetable broth in large pot over medium heat.
2. Add onions, carrots, and celery and sauté 4 minutes then add garlic and sauté 30 seconds longer. You may need to add more broth. Make sure broth doesn't dissolve.
3. Add in 4 cups broth, tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste (for more flavor add in more dried herbs as desired).
4. Bring to a boil, and then add green beans.
5. Reduce heat to medium-low, cover and simmer until potatoes are tender, about 20 - 30 minutes, then add corn and peas and cook 5 minutes longer.
6. Serve warm and enjoy!

## **Brown Rice Veggie Soup with Chickpeas**

### **Ingredients**

- Vegetable broth - 5 cups
- Brown Rice - ½ cup cooked
- Chickpeas, 1 (15 oz.) can drained, and rinsed
- Carrot -1 medium, sliced or chopped
- Broccoli - 1 cup chopped
- Spinach - 1 cup
- Tomatoes - 1 (15 oz.) can chopped or diced
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

### **Instructions**

Add broth to large saucepan and bring to boil. Add chickpeas, carrots, broccoli, tomatoes, basil, and oregano and simmer for 20 to 25 minutes.

Next, add the cooked brown rice and baby spinach. Reduce the heat to low, cover and simmer for 5 to 10 minutes. Add salt and pepper to taste (optional)

Enjoy!

## TYPES OF JUICERS

Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor



Cold Press Juicer Machine - Masticating Juicer



Jack LaLanne MT-1020 Compact Express Power Juicer



# CONGRATULATIONS

**Change is inevitable!**

I want to take this time to congratulate you on taking this amazing journey in an effort to take control of your health. The main reason for the 7 Day Kick Start Detox Program is to educate and show you ways to eat healthier and to feel good about the choices you make. You now have the tools needed to help you change your life for the better.

I am so proud of you and you should be especially proud as well. Now that you have experienced this journey, be sure to share your positive testimony with others and help them to take control of their health as well.

In closing, I would like to leave you with one of my favorite bible verses:

***And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable and perfect Will of God***

*(Romans 12:2)*

Here's to good health,

*Brenda J. Bradley, PhD*

## About the Author



### Certified Integrative Nutrition Health Coach

Brenda T. Bradley, PhD is an engaging and compassionate certified health coach. Through her work and passion for healthy eating and living, she decided to answer the call to become a certified health coach. Determined to break free from the Standard American Diet (SAD) which is known to do more harm than good, she set out on her journey to research food, diseases, and fitness. Her drive and determination led her to become more involved in health and fitness.

After struggling with her own health goals and learning about the body and what it needs to perform optimally, she made the switch to a plant-based diet. This diet she credits for helping her not only to lose weight, but has improved her overall quality of life. In 2016, she developed a new program, *The 21-Day Vegan Challenge*, and has recommended that clients and those struggling with weight or health issues give it a try. The 21-Day Challenge is a vegan-only food challenge that stresses the healing power of food and how its proper use can restore the body to a natural healthy state. Dr. Bradley's goal is to inspire others to lead the charge for healthy eating and exercise. She leads workshops on nutrition, essential oils, and offers individual health coaching, motivational speaker, and best-selling author.

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