

# *Soul Essence*

## *Fact Sheet – 10–14 Day Cleansing Diet*

To gain the real benefit from this cleansing diet it must be adhered to for at least 10-14 days.

We recommend you plan ahead before starting to be able to do the appropriate shopping.

It is also of benefit to work up a mild sweat each day by exercising or sauna.

On the fourth or fifth day (or sooner) some people experience 'hangover' type symptoms, this is a normal part of the detoxifying process and will pass in a day or two. If this happens then drink extra water.

### **FOODS THAT CAN BE INCLUDED**

50% raw food.

All fruit

All vegetables – lots of greens. Potatoes can be included.

Sprouted pulses and seeds

Millet, Quinoa (the only alkaline grains)

Lots of fun and rest

Herbs, esp. Parsley

Herb teas, barley cup, carob etc.

Fresh fruit and vegetable juice (without sugar)

Superfoods and natural supplements (not synthetic)

Minimum of 4 pints water daily, (preferably filtered or bottled)

All food should be fresh and preferably organic.

### **FOODS NOT TO BE INCLUDED**

All meat and poultry

All dairy produce, including eggs. Soya or rice milk can be substituted

Oils and fats (including margarine) and all food cooked in them.

Nuts and Seeds

Grains including rice, oats, and rye.

Wheat in all forms including bread, cake pasta, noodles, cous cous etc.

(check labels on foods as wheat is often added as a thickener)

Sugar, artificial sweeteners (again check labels) RAW honey or molasses can be substituted.

Chocolate. (Fresh or dried fruit makes a satisfying snack)

Worry and Stress

Spices, pepper, and vinegar

Salt keep checking those labels.

Coffee, tea, and soft drinks.

Alcohol and cigarettes

Food additives like flavouring, colouring, and preservatives

Avoid tins, packets, frozen and pre-prepared.

Avoid frying, boiling and microwaves. Steaming, grilling, and baking are best.

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