Dr. Nuzum’s 2 Week Detox Program Overview

A comprehensive program for those ready to take their health to the next step! This program is all about eliminating junk food, processed and inflammatory foods. Using Fulvic Acid and Turmeric (Curcuminoids) to help the body Detox and supercharge the body at the same time as you cleanse your Colon, Liver and Kidneys. This program is a good place to start if you are looking to balance hormones, enhance thyroid function and feed your brain with power foods.

During the 2 weeks by following the nutritional guidelines your body will have a chance to eliminate waste build up in your entire system, starting in your colon. This program helps to balance gut bacteria as you change your nutrition and as your body eliminates toxicity, fungus and unhealthy pathogens. It gives your body a reboot, a break and a fresh start.

A few words from Dr. Nuzum,

I have been using this Detox Program in my clinic for over 10 years with excellent results. I consider detoxing a crucial step to laying down a solid foundation to harmonize the body. Understanding Detoxification is very important when making the decision to follow any detox program. In a few words, we know that overtime toxins accumulate in our body, many of these are hormone disruptors and even cancer causing. As our body absorbs these toxins, it becomes irritated and here is where the “crazy, I don’t feel well cycle begins”

Toxicity causes irritation, turning into inflammation. Inflammation will disrupt the endocrine system and cellular function, among many other organs, causing fatigue and imbalances in the entire system. I have never seen a patient that didn’t have irritation or inflammation, no matter what their condition was! There is a cycle that happens. Toxicity causes irritation, irritation causes inflammation which opens the path for Infection. This cycle sets the stage for disease to happen.

This Detox Program was designed to help break this cycle by helping your body detoxify in a safe and gentle way. As you cleanse, your body organs will begin to improve and stabilize better health.

As the liver improves, fat will be burnt as an energy source, and your metabolic functions will improve. This is not a weight loss program, it is a Detox for Health Program that most of the time brings on weight loss if you have weight to lose. If you are thin, you already have a fast metabolism but remember we all have toxins, thin or not. Thinner people happen to have their toxins stored more in their muscles joints and organs, versus in their fat cells. Detoxification is important for everyone to have a healthy body.
Breaking the “I don’t feel well cycle”

We break this cycle by removing the irritation. If you have a splinter in your body, it will always be an irritant causing inflammation and periodically infection, so that splinter must be removed in order for your body to begin to heal.

When you don’t feel well, your body is communicating with you, letting you know something is off. Listen to your body and work with it.

Good nutrition is essential for healthy organ development and functioning, it affects many aspects of health, which is why this program comes with diet changes and is a must for breaking the cycle and picking up healthy nutritional habits.

Food Irritants to be removed:

Refined Sugar: Sugar is toxic and most addicting! Sugar suppresses your immunity, disturbs mineral balances in the body. Sugar feeds cancer cells, fungus, bacteria and unhealthy pathogens.

Gluten: It is often GMO and causes inflammation. It gives the body that full feeling while in fact it is causing your system to overwork and it affects many auto immune, thyroid and inflammatory conditions.

Processed and Junk Foods: These are not real foods anymore! Your body organs spend a lot of their energy trying to process them. And in turns they cause irritation and inflammation systemically. They irritate your stomach, liver, kidneys, colon and in time end up destroying a healthy metabolism.

Foods to incorporate:

Real food, raw and alive; foods that actually provide nutrients and nourish your body. Fresh, Homegrown, Organic and Non GMO as much as possible. Food that uplift you and give you health benefits. (find a list on page 7 and recipes)
Nourish your body with Healthy Foods by following Dr. Nuzum’s Program, this will set your body into Detox mode.

What you need:

- **Motivation:** you are the only one that can do this for yourself!
- **Dr. Nuzum’s 2 Week Detox System:**
  Fulvic Acid Equalizer Concentrate, Super Curcuminoids, Digestive Detox and Dr. Nuzum’s 18 page guidelines that comes when your purchase your program.
- **Follow the nutritional plan** (see pages 5to 8)

From the store:

1 bottle of Bragg Raw Apple Cider Vinegar, Cold Press Aloe Vera Juice, 3 Lemons every two days, making a total of 21 lemons for the Program. Shop clean, fresh, Organic and non GMO Foods! Or pick from your garden!

Nourish | Detox | Reboot
--- | --- | ---
1. Nourish your body with Healthy Foods by following Dr. Nuzum’s Program, this will set your body into Detox mode. 
2. Eliminating irritation, Reducing Inflammation and allows the body to Reboot. 
3. Rebooting harmonizes the body.
Dr. Nuzum’s Formulas used on this 2 Week Detox Program

**Super Curcuminoids:** 4 capsules daily, preferably with a meal. Anti Microbial, Anti Parasitic, Anti Fungal. Acts as a natural anti-inflammatory which aids in the elimination of swelling and pain while enhances the healing process. It also increases circulation and mental clarity. It enhances Lymph drainage and Detoxifies the lymphatic system.

**Equalizer Concentrate (Liquid Fulvic Acid):** 4 sprays, 3 times a day before meals with juice, tea, or water. This is essential for the overall health and well-being. It is known to aid the body to dissolve toxins while enhancing nutritional absorption and cellular function. Fulvic Acid helps the body to detoxify from heavy metals and other toxic chemicals. It absorbs harmful free radicals in the body and aids the Liver, Kidney and Lymphatic System to detoxify. Promotes a healthy immune system response and supports the body by enhancing all aerobic (oxygen breathing) microbe activity while “suffocating” anaerobic microbes.

**Dr. Nuzum’s Digestive Detox:** 4 capsules per day (take in evening before bed). This product contains Fennel Seed, Cascara Sagrada, Ginger, Goldenseal, Pumpkin Seed, Buckthorn Root, Licorice Root, Rhubarb, Citrus Pectin, Acidophilus, Acai, Cape Aloe, Bentonite Clay, Aloe Vera, Cayenne Pepper, Senna, Oat Bran, Prune Juice, and Flaxseed Oil.

*The benefits of these products are unique in that they are highly beneficial in increasing the liver’s ability to detoxify. This aids in the detoxification and the elimination of waste from the liver, gallbladder and the intestines.*
Supplements and cocktail Routine

During this program you will be eating small meals but more frequently, about every 2 to 3 hours. You will take 3 supplements at different times of the day to aid in detoxification. This is a low protein, low sugar and low fat program. Besides taking your supplements, pick from the food options given on page 5 “Allowed Foods”.

**Morning**
You should drink 8 oz. of water right after you wake up. The cleansing cocktail should be taken before breakfast as well as 4 sprays of the Equalizer Concentrate. You may spray the Liquid Fulvic Acid Equalizer straight into your mouth or into juice, tea, or water. 1 oz. of cold pressed Aloe Vera juice should be taken every morning.

**Noon**
The cleansing cocktail should be taken before lunch, along with 4 sprays of Equalizer Concentrate. Also take 4 Super Curcuminoids with your meal.

**Snacks**
Dr. Nuzum recommends any fruits, vegetables, sea weed chips, kale chips, nuts, etc. Keep in mind your vegetables to fruit ratio. You need to be eating 3 times as many vegetables as fruit and mostly raw.

**Evening**
The cleansing cocktail should be taken before dinner, as well as the 4 sprays of Equalizer Concentrate. Try to avoid eating dinner after 7 pm.

**Before bed**
Take 4 capsules of Digestive Detox. If you are feeling hungry a kiwi or a handful of almonds is allowed. Chamomile tea is also a good evening drink.

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**Organic Cold Press Aloe Vera Juice**

You can find this at your local health food store. This is an anti-inflammatory and aids in digestion, healing the leaky gut and intestinal membranes. It also helps with lowering cholesterol, lubricates the intestinal tract facilitating detoxification and acts as a prebiotic.
Cleansing Cocktail Recipe and Directions

**Cocktail Drink:**

This drink should be taken before each meal during the 2 Weeks on the Detox Program.

Mix:
- Distilled or Reverse Osmosis Water (hot or cold)
- 1 tsp. Organic Fresh Lemon Juice
- 1 tsp. Organic Raw Apple Cider Vinegar (Look for “Bragg’s brand, with the Mother” at your Health Food Store)
- 1 tsp. Honey (raw or unfiltered)

If this is not palatable you may add ¾ cup of organic apple juice. You may drink it cold, if preferred.

**Purpose of Ingredients:**

Lemon juice is High in vitamin C, which supports a healthy immune system. It helps to thin bile coming out of the liver and is also an astringent which reduces swilling in the liver.

Apple Cider Vinegar will balance the body’s pH, it aids electrolyte balance, enhances intestines, neutralizes acid waste and normalizes acid alkaline balance.

Honey is a natural antibiotic that contains small doses of local pollen that enhances the immune system’s tolerance to these pollens, thus helping alleviate allergies. It also provides vitamins, minerals and cofactors.
Allowed Foods

**Lentils/Beans:** These are allowed on this program, but do not consume more than 1/3 the amount of vegetables. We do not recommend refried beans or any highly processed bean foods. Soybeans should be avoided due to their estrogenic properties.

**Seeds:** Almonds, Chia, Cashews, Pecans, Walnuts, Flaxseed, Macadamia, Pine nuts Pistachios, Pumpkin, Sesame, Sunflower, Hemp, pretty much all seeds, but low Peanut consumption or none. Activated is best for the gut, see page 10.

**Quinoa:** Quinoa is considered an ancient grain but it is actually a seed. It taste great on it’s own, unlike other grains. Quinoa has a high protein content so it’s perfect for vegetarians and vegans. It provides all 9 essential amino acids and is cholesterol and gluten free whole grain seed.

**Fruits/Berries/Melons:** Only consume 1/3 the amount of fruit as your total vegetables (1 cup of veggies to 1/3 cup of fruit a day).

**Vegetables:** 50% of the vegetables should be consumed raw and you may lightly steam the other 50%.

**Animal Proteins:** Consume 1/3 the amount of protein as you do vegetables. You can have 4 to 6 oz of protein three times a day. Bone Broth Protein, Organic eggs, Wild Caught Atlantic Salmon (not farmed), Wild Caught Sturgeon (not farmed), Chicken and Turkey, Organic, and free range.

**Cheese/Dairy:** Raw and unpasteurized is best because they have active enzymes and will not clog the liver as pasteurized dairy products do. You want to keep your raw dairy intake to a minimum or non.

**Cooking Oils:** Avocado oil can be heated up to 520°F. Coconut Oil can be heated up to 350°F not higher. To use cold in salad dressings and such, use olive oil, almond oil, and grapeseed oil, best if it is Cold pressed.

*All Herbs and spices!*
Cruciferous Vegetables

- Cruciferous vegetables are key for detoxing the body. These vegetables are cancer fighters, rich in vitamins and minerals as well as in sulfur containing compounds called glucosinolates. This compounds are what give cruciferous vegetables their cancer fighting qualities. A diet without cruciferous vegetables is not nutritionally complete for optimal health.

- **Glucosinolates in Cruciferous Vegetables with Known Health Benefits:** Erucin, Glucoallyn, Glucobrassicinanapin, Gluconapin, Gluconasturtin, Glucophanin, Iberin, Progoitrin, Sinigrin, 4-methoxyglucobrassicin

- Cruciferous vegetables can promote Iodine depletion, which is required for normal Thyroid Function (This is why cruciferous vegetables are sometimes called Goitrogens). If you are sensitive to vegetables like broccoli, Brussel Sprouts, Cauliflower, etc. and experience gas or bloating steam them lightly to keep some of their nutrition. Cooking vegetables takes out the live enzymes out of them, making it dead food, this is why raw vegetables are highly nutritious when raw, they are alive. Anytime you have the opportunity to eat live food, go for it! There is a lot of information on Cruciferous Vegetables and how they can adversely affect your thyroid. Dr. Nuzum’s point of view on this subject is that Cruciferous Vegetables increase your requirements for Iodine, if you are already deficient in Iodine, eating these vegetables can affect your Thyroid. The answer, in his opinion is to NOT stop eating these vegetables since they are so good for Liver function and metabolization of Thyroid hormones in the Liver. The answer is to increase your Iodine consumption through an iodine supplement since it is very hard to get enough Iodine in our food chain. (Look for Super Fulvic Iodine and learn more about this on our web site.)

<table>
<thead>
<tr>
<th>Arugula</th>
<th>Brussels sprouts</th>
<th>Chinese cabbage</th>
<th>Horseradish</th>
<th>Land cress</th>
<th>Rutabaga</th>
<th>Watercress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bok choy</td>
<td>Cabbage</td>
<td>Collard greens</td>
<td>Kale</td>
<td>Mustard greens</td>
<td>Shepherd’s purse</td>
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<tr>
<td>Broccoli</td>
<td>Cauliflower</td>
<td>Daikon radish</td>
<td>Kohlrabi</td>
<td>Radish</td>
<td>Turnip</td>
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</tbody>
</table>
Other Foods You Can Have:

Bee Pollen: Super food, add it to your smoothies, fruit bowls and chia puddings. High in protein, increases energy and stamina. It has antibiotic properties that help prevent colds and flus. Supports cardiovascular system, helps muscle recovery.

Spirulina: Super Food, rich in vitamins, minerals and phytonutrients. Anti Inflammatory food, high in protein and Omega 3 fatty Acids. (You can find it at your health food store)

Butter in small amounts. Recommend Grass feed

Oils: Avocado Oil for salads, cooking and baking. Cold Press Olive Oil (not heated only for salads), Coconut Oil for salads, cooking and baking.

Butters: Organic Peanut, Almond and Cashew Butter. Sprouted Seed Butters are best, but sometimes hard to find.

Drinks to Replace Milk: Coconut Milk, Almond Milk and Cashew Milk

Baking: You can bake a paleo style pastry using Coconut Flour, since Coconut is a Fruit, sweetened by Organic Maple Syrup, Local Honey, Coconut Sugar or Agave Nectar.

Allowed Sweeteners: Honey, Organic Raw Maple Syrup, Stevia, but do keep your sweet intake into a minimum.

You can do a baked item on the weekend, but don’t start the week baking, remember this is a Detox! Example: No more than 3 to 4 TBSP of Honey a day.

Chocolate: you can have pure raw Dark Chocolate Chips mixed in with your Nuts and you may also use raw Cacao Powder but not any processed chocolate containing, soy, sugar, etc.
## Sample Meal Combinations

**Breakfast** | **Snack** | **Lunch** | **Snack** | **Dinner**
--- | --- | --- | --- | ---
A berry smoothie with Spinach | Cucumber slices or 1 pear and pecans or 1-2 hard boiled eggs | Homemade Cole slaw with Lentil vegetable Soup | Avocado Walnuts and apple Smoothie | Vegetarian Chili and a garden salad
Or Bone Broth protein Shake | With carrots | Or Quinoa rainbow salad | Or Baked sweet potato with side of salad
Quinoa, avocado and Tomato breakfast bowl with feta | Homemade Hummus with carrots and celery | Vegetable soup with salad topped with avocado | Celery with peanut butter or almond butter | Garden salad with steamed broccoli or asparagus with Salmon
Scrambled Eggs with Tomatoes, Sautéed Kale in Coconut Oil, Salt and Pepper to top | Banana, mixed berries bowl with seeds | Lettuce wrap with kidney beans, Chicken or turkey, tomatoes, cucumbers, and feta with Pesto Paste | Cottage Cheese topped with fresh Fruit Ex: Pineapple or pear | Zucchini noodles with chicken and spinach salad
Green juice or smoothie Or Bone Broth Protein Shake Or Power seed granola with Coconut milk | Handful of almonds with strawberries | Tuna salad with cucumbers and Hummus | Fruit salad with honey and Cashews or Chia Pudding with berries | Steamed Quinoa with sauté and fresh vegetables
Phytic Acid is an Enzyme Inhibitor that is found in all plants, at some level, however this acid is mostly found in higher levels in fresh nuts, seeds and grains. Its job is to protect the seed but as we ingest them it can have a harmful effect in our digestion, causing inflammation and not allow our body to absorb all the nutrition available in the seed or nut.

By soaking seeds and nuts, we reduce the phytic acid content and make the nutrients more available the body.

The warm water neutralizes most of the enzyme inhibitors and increase the bioavailability nutrients, especially b-vitamins. As you can see this is an important nutritional step that has been lost in our culture, but it’s never too late! So, soak those seeds and nuts!

### Nuts

<table>
<thead>
<tr>
<th>Nuts</th>
<th>Soaking time</th>
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<tbody>
<tr>
<td>Almonds</td>
<td>12 Hours</td>
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<tr>
<td>Chia</td>
<td>2 Hours</td>
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<tr>
<td>Cashews</td>
<td>2 Hours</td>
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<tr>
<td>Flaxseed</td>
<td>2 Hours</td>
</tr>
<tr>
<td>Macadamia</td>
<td>2 Hours</td>
</tr>
<tr>
<td>Pecans</td>
<td>8 Hours</td>
</tr>
<tr>
<td>Pine Nuts</td>
<td>2 Hours</td>
</tr>
<tr>
<td>Pistachios</td>
<td>4 Hours</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>6 Hours</td>
</tr>
<tr>
<td>Sesame</td>
<td>4 Hours</td>
</tr>
<tr>
<td>Sunflower</td>
<td>4 Hours</td>
</tr>
<tr>
<td>Walnut</td>
<td>8 Hours</td>
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<tr>
<td>Peanuts</td>
<td>8 Hours</td>
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### Grains/Beans

<table>
<thead>
<tr>
<th>Grains/Beans</th>
<th>Soaking time</th>
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<tbody>
<tr>
<td>Quinoa</td>
<td>3 Hours</td>
</tr>
<tr>
<td>Lentils</td>
<td>7 Hours</td>
</tr>
<tr>
<td>Mung Beans</td>
<td>8 to 12 Hours</td>
</tr>
<tr>
<td>Black Beans</td>
<td>8 to 12 Hours</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>8 to 12 Hours</td>
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<tr>
<td>Garbanzo Beans</td>
<td>8 to 12 Hours</td>
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Foods to Avoid during the program

- All Grains- including wheat, buckwheat, bulgur, rice, oatmeal etc. (I) (HS) Ex: Breads, Pastas, Muffins, Cakes, Donuts, Cereal etc.
- Coffee, Caffeinated products (NotAF) (Except Green Tea)
- Processed Chocolate (HS), however you can use Raw Cacao and make yourself something paleo style
- Vegetable oil, safflower oil, or corn oil
- Potatoes (all together mashed, or French fries) *Starchy food
- Processed Foods (T) (LQF) (C)
- Figs and Raisins (HS)
- Red meats (H2P)
- Soda (I) (T)

- Most Fish (C) Farmed
- Pig products (CP)
- Canned foods (not even vegetables or fruits) (BPA+) (LQF)
- Corn and Soy products (SD) (LQF)
- Processed Sugar (T) (I) or Regular Sugar (I)
- (You can use Honey, Raw Maple Syrup and Stevia in moderation)

MSG (E) (FA), Maltodextrin (AF), Carrageenan (T)(I) (found in many nut milks)

I= Irritant  HS= High in sugar  H2P= Hard to Process  SD= Strogen Dominant  C=Contaminated  T=Toxic  R=They go rancid in the body and are processed in an unhealthy way
E=Excitotoxin, it overexcites your cells and damages them
NotLF =Not Liver Friendly  NotTF= Not Thyroid Friendly  NotAF= Not Adrenal Glands Friendly  FA=Food Additive  AF=Artificial Sugar
NotSH= Not Stomach Friendly, Cause Leaky Gut, Welcome Unfriendly Bacteria  LQF=Low Quality Foods
CP=Carry Parasites and feeds Parasites and Fungus  BPA+= Canned Foods expose your body to BPA, Aluminum leaking and preservatives
Nourish your Body and Detox for Health

- Nourish your body with healthy foods and enjoy it.
- Learn new healthy eating habits and break the “I don’t Feel well Cycle”
- Embrace the process and give back to your body.
- Make your health a priority!
# Foods/Grocery List

## Vegetables
- Alfalfa
- Sprouts
- Asparagus
- Bamboo Shoots
- Broccoli*
- Brussel Sprouts*
- Avocadoes
- Bok Choy*
- Beets
- Kohlrabi*
- Cauliflower*
- Celery
- Cabbage*
- Greens
- Green Beans
- Spinach
- Sweet Peas
- Yams
- Peppers
- Mushrooms
- Turnips*
- Arugula*
- Horseradish*
- Watercress*
- Zucchini
- Tomatoes
- Unsweetened Pickles
- Kohlrabi*
- Snow Peas
- Chinese Cabbage*
- Collard Greens*
- Dill
- Onions
- Okra
- Rutabaga*
- Pumpkins
- Sea Weed
- String Beans
- Eggplants
- Peas
- Parsley

## Fruits
- Apples
- Berries
- Kiwis
- Plums
- Apricots
- Melons
- Grapes
- Oranges
- Pears
- Peaches
- Lemons
- Limes
- Tangerines
- Pineapple
- Strawberries
- Cherries

## Nuts and Seeds
- Almonds
- Pumpkin
- Walnuts
- Sunflower
- Cashews
- Chia
- Flaxseed

## Animal Proteins
- Eggs (Organic/FR)
- Tuna
- WCA *Salmon
- Chicken (Organic)
- Turkey (Organic)

## Legumes
- Lentils
- Kidney Beans
- Black Eyed Peas
- Quinoa
- Garbanzo Beans
- Pinto Beans
- Split peas

## Heated Oils
- Coconut Oil
- Avocado Oil

## Cold Dressings
- Olive Oil
- Almond Oil
- Grapeseed Oil

* = Cruciferous
Gina’s Cilantro Turmeric Hummus Recipe

- 2 Cups of fully cooked chickpeas, also called garbanzo beans. Soak the day before and boil in water for proximally 1-2 hours, adding salt in the last 30 min of boil or use a slow cooker
- 1/4 cup (59 ml) fresh lemon juice, about 1 large lemon
- 1 to 1 ½ of a large garlic clove, minced depending on your desired garlic level
- 2 tablespoons olive oil, plus more for serving (Cold Press Olive Oil)
- ½ tsp pink Himalayan salt, depending on taste. (Don’t overdo it on salt) your chickpeas may have enough salt from when they were boiling.
- Bunch of cilantro
- 1 tsp of turmeric
- 2 to 3 tablespoons water
- Dash of ground pepper for serving

Blend cooked garbanzo beans with the rest of the ingredients in a high speed blender or food processor. Once you blend, it’s ready for you to enjoy!

You can make changes to this recipe and give it your own flavor, for example if you don’t like cilantro replace it with fresh parsley. It makes a great dip to your fresh veggies, very filling.

Tip: Make a lettuce wrap with it, adding hummus, sliced carrots and alfalfa sprouts.

~Great for a snack, make it ahead to have in the refrigerator all ready for those busy days.

Fresh cilantro is great for the liver, kidneys and detoxing from heavy metals! Turmeric is a liver protector and an ancient Anti-Inflammatory.
For those days where you feel you didn’t have enough protein

Gina’s No Bake Energy Bites

- 1 Cup of Raw Quinoa
- 1/2 C Almond Butter
- 1/3 C Coconut oil
- 2/3 C Coconut Flakes Unsweetened
- 1/2 C Ground Flax Seeds
- 1 Tbsp. Chia Seeds
- 1 tsp Vanilla Extract
- 2 Tbsp. Honey
- 1/4 tsp of pink Himalayan Salt

Mix well in a bowl until all ingredients are well combined, put in the fridge for 30 min to 1 hour so it’s easier to form balls. In a small bowl place some coconut flakes and cover each ball. You can keep the extra balls in the refrigerator and have 1 to 3 as a snack. They are very filling.

Quinoa Powers:
- Rich in Vitamins
- Rich in Protein
- Rich in Minerals
- Low Glycemic index
- Rich in Antioxidant
- Prevents Gall stones

Almond Butter Powers:
- High in Fiber and Vitamin E (Twice as much Vitamin E as in Peanut or Cashew butter)
- Good for the Heart
- Improves Brain Power
- Rich in Omega 3’s
- Lowers Blood Pressure
- Rich in Antioxidants
- Improves Sleep
- Rich in Potassium, Magnesium, Iron, Calcium and phosphorus.

Coconut Oil Powers:
- Healthy Fat
- Boost Metabolism
- Aids with Digestion
- Rich in Vitamins C, E, B1, B3, B5, B6
- Rich in Iron, Calcium, Magnesium and phosphorus
- Kills candida and fungus
- Provides Energy
- Helps Thyroid Conditions
Smoothies for Health

Apple Almond Glory:
1 apple
¼ Almonds (preferably soaked for 12 hours)
1 C Hemp Milk
½ C water
¼ tsp cinnamon
¼ tsp vanilla
Pinch of pink Himalayan salt
4 Ice cubes
Top with Bee Pollen

Combine and blend all ingredients in a high speed blender, serve, top with Bee pollen or Chia seeds and Enjoy!

Apple Powers:
Rich in Antioxidants
High in Fiber
Anti-Inflammatory
Blood Regulator
Lower Cholesterol
Alzheimer’s Prevention
Improve Brain Health
Reduce the risk of Colon, Lung and Prostate cancer

Blueberry Blast:
1 Cup of frozen Blueberry
Bunch of fresh basil leaves
1 Cup of Hem or Almond Milk
3 Ice cubes
1 tsp Honey or Raw Maple Syrup or Stevia
Optional: Top with Chia Seeds and unsweetened coconut flakes

Combine and blend all ingredients in a high speed blender, serve, top with Bee pollen or Chia seeds and Enjoy!

Blueberry Powers
Rich in Vitamins
Improves Cardiovascular Health
Rich in Antioxidants
Supports Digestion and UT Health
Improve Insulin and Glucose Levels
Boost Brain Health
## Detox Smoothies

<table>
<thead>
<tr>
<th>Detox Smoothies</th>
<th>Fiona:</th>
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<tbody>
<tr>
<td><strong>Berry Green and Happy:</strong></td>
<td>• Bunch of Spinach and Basil around 1 and 1/2 Cups</td>
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<tr>
<td></td>
<td>• 1 C Frozen Berries plus 4 to 6 Ice cubes</td>
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<tr>
<td></td>
<td>• 1 C Almond Milk or Coconut Milk and 1/2 C Water.</td>
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<td></td>
<td>• Top with Bee pollen or Chia Seeds</td>
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<td></td>
<td>Blend all in a high speed blender. May add some liquid Stevia</td>
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<tr>
<td><strong>Fiona:</strong></td>
<td>• 1 Pear</td>
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<tr>
<td></td>
<td>• 3 Celery Stalks,</td>
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<td></td>
<td>• bunch of Cilantro</td>
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<tr>
<td></td>
<td>• Bunch of Spinach</td>
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<td></td>
<td>• 1 ½ C Water or Coconut Water plus 4 Ice Cubes</td>
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<td></td>
<td>• 1 tsp Honey</td>
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<td>Blend all in a high speed blender. May add some liquid Stevia</td>
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<tr>
<td><strong>Hulk:</strong></td>
<td>• 1 C Coconut water</td>
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<tr>
<td></td>
<td>• 1 Green Apple</td>
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<td></td>
<td>• ½ C Water plus 4 Ice Cubes</td>
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<td></td>
<td>• 2 Kale Leaves</td>
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<td></td>
<td>• 1 C Spinach</td>
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<td>• Fresh lemon juice from one big lemon</td>
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<td></td>
<td>• 3 Celery Stalks</td>
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<td>• Bunch of Parsley</td>
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<td>• ½ Cucumber</td>
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<td>Blend all in a high speed blender. May add some liquid Stevia</td>
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<td><strong>Watermelon Ginger Mint Delight:</strong></td>
<td>1 1/2 C watermelon cubes</td>
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<td>1/2 C Water 5 Ice cubes</td>
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<td>1 bunch of Mint</td>
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<td>½ Cucumber without the edges but with the peal</td>
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<td>Small piece of Ginger</td>
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<td>Blend all in a high speed blender. May add some liquid Stevia</td>
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3 Color Cole Slaw:

½ Purple Cabbage Finely Sliced
2 C Baby Arugula
1 C Shredded carrots
1 C Raw Walnuts (Soaked) to top at the end

Mix all ingredients, add dressing, let it sit for 30 minutes and serve.

Homemade Pear Cole Slaw dressing
1/2 c Homemade Mayo
2/3 C Coconut Milk
1 Tbs Raw Apple Cider Vinegar
1 Tbs Honey
1 small pear sliced
1/2 tsp pink Himalayan Salt
Pepper to taste

Blend all ingredients in a high speed blender and refrigerate. Adjust salt, pepper or vinegar for your desire taste.

Homemade Mayo
You would need a small food processor or Blender for this. If you have a large food processor or blender, you may want to double the recipe.

- 1 Large Egg at room Temperature
- 1Tbsp. Dijon Mustard
- 1 Tbsp. Raw Apple Cider Vinegar
- ¼ tsp Pink Himalayan salt
- 1 Cup of Cold press Avocado
- 1 tsp Fresh Lemon juice

Add the first 4 Ingredients into your food processor or high speed blender for 20 to 30 seconds. With a spatula clean off the edges pushing them down. Start adding the oil in tiny drops. You will begin to see this take shape and thicken at about ¼ C of Oil. Once you begin to see this happen you can relax a bit, but continue to drop the oil small amounts until is all in there. Stop the blender or food processor and scrape sides to incorporate and blend for another 10-15 seconds. Taste and adjust salt, pepper and lemon to your liking.

Stored covered in the refrigerator as long as your eggs would be good for. Use Fresh, Organic and Free Range eggs.
Eating the Rainbow is all about having a colorful diversity of fruits and vegetables on a daily basis for health. Our body needs nutritional variety as there isn’t one single food that can give our body everything we need.

**Chicken Rainbow Salad:**

**For the Salad:**
- ¼ to ½ Purple cabbage chopped
- Bunch of parsley finely chopped
- 1 Green onion chopped
- 1 large carrot shredded
- 1 C Cherry tomatoes cut
- 2 Kale leaves chopped
- 4 Romain lettuce chopped
- 1 Raw beet, peeled and shredded or spiraled
- ½ Yellow bell pepper
- ¼ C Pepitas

**For the Chicken:**
- 2 Chicken breast
- ¼ onion chopped
- 2 Tbsp. Avocado Oil
- 1 Minced Garlic

Sauté Chicken in Avocado Oil, until is well cooked, with Garlic, onion, pink Himalayan salt and pepper. Put aside and cut into slices.

add Chicken at the end with a Vinaigrette.

Mix all chopped vegetables in a bowl, top with sauté chicken and dressing and Enjoy the Colors of Life!

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**Simple Vinaigrette**

- ¼ C Cold press Olive Oil
- 1 Tbs. Apple Cider Vinegar
- 1 Tbsp. Lemon juice
- 1 ½ Tbsp. Honey
- 1 clove of garlic cut into 4 pieces
- Salt and pepper to taste

Add all ingredients into a small jar and shake. Adjust Honey or salt to taste.

**Strawberry Poppy Seed Vinaigrette**

- 1 C Strawberries with leaves and all
- 2 Tbsp. Honey
- 2 Tbsp. Raw Apple Cider Vinegar
- ¼ tsp Pink Himalayan Salt
- 1/8 tsp Black pepper
- ¼ tsp poppy seeds

Put all ingredients in a high speed blender and blend until smooth.
Cauliflower

Cauliflower-Broccoli Salad with Garbanzo Beans.

- 2 C Cauliflower Chopped in very small pieces
- 2 C Broccoli Head chopped in very small pieces
- ¼ purple small onion chopped
- 2 tomatoes chopped
- 1 bunch of fresh parsley chopped
- Fresh Lemon juice
- 3 TBS Olive Oil
- Salt and pepper to taste
- Add 1 ½ C Cooked Garbanzos

- Mix all ingredients and enjoy!

Soak Garbanzo Beans overnight before cooking to activate their nutritional value.

Garbanzo beans Health:

- Rich in Calcium
- Boost Immune System
- Sulphite Detoxifier
- Reduces Cholesterol
- Enhances Sleep
- Eases Inflammation

- Rich in Fiber and Protein, helping to regulate sugar levels
- Good source of B vitamins, thiamine, folate, niacin and riboflavin which prevent cardiovascular and neurological disorders.
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This program is not intended for anyone who is pregnant or nursing. It is best to detox after nursing.

Important: Do not consume any food you are allergic or intolerant to.