

*Lifestyles*  
Of the  
Spiritually Rich  
and Faithful

The instructions for detoxification laid out in this book do not require a physician's prescription. Results may vary depending on a participant's current health condition and eating habits. We urge you to use common sense. Serious injuries or persistent problems require a physician's consultation.

**If you are pregnant beyond your last trimester, do not engage in the 21-day detox.** Anytime before the last trimester, it is safe to detox while pregnant and it may even help in alleviating morning sickness.

If you are taking medication, consult with Dr. Masoud before engaging in the 21-day detox.

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**21 Day Detox—Week 1**

*Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food"; and it was so.*

## INTRODUCTION

Congratulations on your decision to take steps towards detoxification. The following suggestions will help you prepare for the following 21 days.

1. Surround yourself with supportive relationships. A detox is a physical, mental & spiritual endeavor. We encourage you to rely on the group for support. We are all doing this together! We want you to be set up for success.
2. As much as you can, create a harmonious and peaceful environment at home. You will need space for preparing food, quiet meditation, exercise and relaxation.
3. Accept that there will be a “healing crisis” The release of toxins will bring up physical and emotional changes as the body purges. You may experience flu-like symptoms, head or body aches, and mood changes. These symptoms may last hours or days. Do not cover up the symptoms with medication. It is important to let the body release the toxins.
4. Drink no less than 2 liters of water a day. Drink more if you can. Natural, fresh squeezed juices are even better.
5. Rest as needed. You may feel fatigued due to the release of toxins. This is a normal reaction of the body. Because this will be a time of regeneration, your body will need energy to renew. **If you are able to take time off from work for day 19 of the detox, it will be most helpful to you.**
6. Work closely with Dr. Masoud and discuss with him specific health conditions or concerns you may have before beginning the detox.
7. The detox is a general cleanse and will catalyze regeneration of the intestinal tract, liver, gallbladder, skin, lymphatic system, lungs and kidneys.
8. Keep your exercise level to a minimum. Walking and gentle stretching is best.
9. As much as possible, buy organic produce.

## CONGRATULATIONS!

**You have made it through the first 7 days of the 21 day detox. This is a major accomplishment.**

You may want to reflect on what has happened by asking and answering these questions for yourself.

1. What did you experience this week?
2. How do you feel about what you experienced?
3. What is changing for you right now?

Remember that the detox gets progressively difficult, but no worthy endeavor is ever without it’s challenges. This is a time of perseverance and dependence on God.

### PREPARING FOR WEEK 2

For the next week, we will begin eating 100% live food; that means raw food. All common fruits and vegetables, nuts, seeds, beans and grains are alive, full of enzymes and can be eaten raw with the proper preparation. Grains and beans often require some soaking, but everything else can be eaten raw.

Live foods are full of enzymes, vitamins, and minerals necessary to optimize healing. Every reaction in our bodies requires enzymes. These complex proteins are the foundation from which every function of the body begins, without them the body is overworked. Research has proven that enzyme deficiencies are the most common factor that contributes to accelerated aging and dis-ease.

When food is cooked at a temperature of 115 or more, 50% of the proteins, 80% of the vitamins and 90% of the enzymes are destroyed. Eating practically “dead food” day in and day out takes a toll on the body. Live food will restore the enzyme banks of your body and allow the intestines, liver, and pancreas to get some rest.

Eating live foods may seem a bit out of the comfort zone but as you continue, your body will welcome the change. The water and fiber you will get from live foods will lubricate & sweep the intestines clearing the way for better assimilation.

## DAY 7

### Breakfast—Berry Shake

4 oz berries of choice. Fresh or frozen  
1/4 c almonds  
1 banana  
1 1/2 c Rice or almond milk  
3 tbsp Flax seed oil

Sweeten to taste with stevia or dates. Blend until smooth and drink immediately.

### Lunch—Sweet & Summery Spinach Salad

1 1/2 c. baby spinach leaves  
1/2 carrot shredded  
5 fresh green beans, chopped in half  
1/5 c. dried cranberries  
1/2 orange, separated and cut in half  
1/4 avocado, peeled and sliced  
4 cherry tomatoes, sliced in half  
2 radishes, sliced  
3 tbs. ground pecans  
2 tsp. cold pressed olive oil                      2 tsp lemon juice  
1 tsp. red wine vinegar                              1/2 tsp. cranberry juice  
Combine the first nine ingredients to make the salad. Combine the last four ingredients to create the dressing and serve immediately.

### Dinner—Lentils

1c. lentils red or green  
1 large or 2 medium sweet onions chopped  
2 tbs. coconut oil  
1tsp cumin  
Celtic sea salt to taste  
Steamed spinach or kale  
Sauté onion with cumin and salt with coconut oil. Add lentils & 2 cups water. Bring to a boil. Lower heat and simmer, stirring occasionally until lentils are soft. Top lentils with greens. Add a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.  
Colossians 2:6-7

## 21 Day Detox Precepts

Following the detox takes resolve. We suggest following the precepts below to maximize your results:

1. I will refrain from all intoxicants during the three weeks of the detox. This includes: over the counter medications, sugary foods, artificial sweeteners, soda, cigarettes, caffeinated drinks, marijuana, alcohol, and any other recreational drug. These substances cause hormonal imbalances that interfere with the body's ability to regenerate.
2. I will refrain from all animal products during the three weeks of the detox. Animal products are a common source of toxic exposure.
3. I will refrain from the use of harsh chemicals for the three weeks of the detox. The kitchen sink, the tool shed, the garage and medicine cabinet are common household poison zones. Others include cologne, perfumes or fragrance. It is not wise to use chemical agents during the detox.
4. I will refrain from dramatic interactions during the three weeks of the detox. A detox is a physical, mental and emotional experience. It is wise to avoid stressful situations. This is a good time to become aware of toxic relationships and how we deal with challenging situations.
5. I will reserve from being judgmental for the three weeks of the detox. Anxiety is created when we consistently critique our own performance. Vital healing energy is expended when we assume we know best for another person.
6. I will listen to my intuition and rest as needed for the three weeks of the detox. This is the most important healing tool during a detox. Regeneration can only take place in a body that is not overworked. It is important to rest whenever necessary.
7. I will, to the best of my ability, give the detox a fair trial.

## DAY 1

### Breakfast—Berry Shake

4 oz berries of choice. Fresh or frozen  
1/4 c almonds  
1 banana  
1 1/2 c Rice or almond milk  
3 tbsp Flax seed oil

Sweeten to taste with stevia or dates. Blend until smooth and drink immediately.

### Lunch—Portobello Sandwich

1 Portobello mushroom (or other meaty mushroom)  
3/4 c. red bell pepper  
1/4 c. diced onion  
1 sliced tomato

Gluten free bread or 2 dark green lettuce leaves

Eggless mayo or Nayoonnaise

Sauté mushroom, bell pepper and onion in 1tsp of coconut oil. Serve in bread or lettuce with eggless mayo. Serve with cut veggies of your choice—carrot, celery, broccoli, cucumbers, etc.

### Dinner—Vegetable Strew

1 onion  
1c. Broccoli  
1c cabbage  
2 celery stalks chopped  
1 c yam  
1/2 c parsley  
1 c. kale  
2 garlic cloves  
1 tbs. fennel seed  
1 tbs. bay leaves

Add ingredients to 4 cups of water. Cook until veggies are soft. Add Celtic sea salt to taste. Serve with a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." Mark 10:27

**Remember, it's only 21 days**

## DAY 6

### Breakfast—Strawberry Banana Smoothie

3c fresh or frozen strawberries  
2 bananas  
1 c. coconut water  
1/2 c. coconut meat  
3 tbsp Flax seed oil  
Blend all ingredients well. Drink immediately.

### Lunch—Almond Butter Wrap

1 gluten free tortilla or pita  
2-4 tbs. almond butter  
1/2 carrot, grated  
1/2 banana cut to slices  
Small handful of raw, unsalted sunflower seeds  
Spread almond butter onto tortilla, top with carrots and bananas. Sprinkle sunflower seeds. Fold tortilla.

### Dinner—Risotto

1 onion  
8 oz mushrooms  
Half a red pepper  
5 oz brown rice  
1 oz sunflower seeds  
3/4 c. vegetable stock  
Coconut oil

Chop and fry onion in coconut oil. Add rice and fry for a few minutes. Pour in about 3/4 pint of vegetable stock and simmer for 20 minutes. Add chopped mushrooms, salt and pepper. Simmer for 5 minutes until rice is cooked. Mix in sunflower seeds and chopped pepper. Cook a few more minutes.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength. 1 Cor. 1:25

**It is key to depend on God for strength and determination.**

## DAY 5

### Breakfast—Banana Milkshake

1 c soaked almonds  
3 small bananas or 2 big ones  
8 dates  
3 tbsp Flax seed oil  
Water to desired consistency  
Blend ingredients well. Drink immediately

### Lunch—Zucchini Surprise

3 shredded zucchini      2 red apples chopped small  
1 avocado diced      Cumin and salt to taste

Mix all ingredients and serve.

### Dinner—Chickpeas & Spinach

1 onion, chopped      3 tomatoes, chopped  
2 cans chickpeas      8oz spinach  
Cumin seeds      Lemon juice  
Coconut oil  
Chilli powder, ground coriander, cumin powder

Boil water and cook spinach until soft. Drain and chop. Heat some coconut oil and fry 1 tsp. cumin seeds. Add chopped onion and cook until brown. Add cooked spinach and chopped tomatoes. Add some salt, 1/2 tsp. chilli powder, 2 tsp. coriander, 2 tsp. cumin, 1 tsp. sugar, 1 tbsp. lemon juice. Stir in chick peas and 6 fl. oz. water. Cover pan and simmer for 10 minutes. Add a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones. 1 Thess 3:13

**Surrendering to the process is part of detoxing emotionally & spiritually. If you haven't already, it's time to let**

## DAY 2

### Breakfast—Banini Shake

1 apple and 1 banana  
1 1/2 c rice or almond milk  
1 tbs. Raw sesame tahini  
3 tbsp Flax seed oil  
Sweeten to taste with stevia or dates. Blend until smooth and drink immediately.

### Lunch—Black Bean Burrito

1 c. black beans      1/2 c. red onion  
1 corn tortilla      1 tsp. cumin powder  
1 tsp garlic      Celtic sea salt to taste  
Cook beans in enough water to cover them until soft. Reduce heat, stir in cumin, onion, garlic & salt. Layer beans in the tortilla and add shredded lettuce, tomato & salsa. Serve with avocado salad.

### Dinner—Pasta Marinara

3/4 c. pasta noodles made from brown rice or quinoa  
1/2 c. pasta sauce  
4 oz. eggplant cubed  
1 zucchini in slices  
2 oz. onion slices  
Sauté eggplant, zucchini and onions in 1 tbs. of coconut oil until brown. Stir in pasta sauce. Serve over a plate of pasta. Add a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

I can do everything through him who gives me strength. Philippians 4:13

**If you are able, take a shot of wheat grass juice daily before breakfast.**

## DAY 3

### Breakfast—Cinnamon Apple Shake

1 tsp cinnamon  
1 banana  
1 apple  
1/4 c almonds  
1 1/2 Rice or almond milk  
3 tbsp Flax seed oil

Blend all ingredients together and drink immediately.

### Lunch—Hummus Wrap

6 oz. cooked garbanzo beans  
1 tbs. coconut oil  
2 tbs. sesame tahini  
4 tbs. lemon juice  
1 tbs. garlic  
1/2 tsp. cumin  
Celtic sea salt to taste  
Blend all ingredients until smooth. Serve on gluten-free pita bread or gluten-free bread with shredded greens, olives, tomato & avocado.

### Dinner—Veggie Chili

Saute 1 1/2 cups of mushrooms with coconut oil. Add:  
1/2 c. chopped celery      1 c. diced red onion  
1/2 c. chopped parsley      1 pack chili seasoning  
2 cloves garlic              1 can organic tomato sauce  
1 c. diced red bell pepper   1 can organic black beans  
Water to desired consistency  
Stir and let simmer for 1/2 hour. Serve with a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

Growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience.. Colossians 1:10-11

## DAY 4

### Breakfast—Cherry Apple Shake

4 oz cherries fresh or frozen  
1/4 cup almonds  
1 apple  
1 1/2 cup rice or almond milk  
3 tbsp Flax seed oil  
Blend well. Drink immediately

### Lunch—Veggie Wrap

1 can chick peas (about 15 ounces)  
1 teaspoon coconut oil  
2 tablespoon Dijon style mustard  
Your choice of veggies:  
cucumber sliced, tomato sliced, fresh mushrooms, shredded lettuce, alfalfa sprouts  
    gluten-free wrap of your choice or hearty, dark green lettuce leaves  
    salt and pepper  
    dash of hot sauce  
    Kosher dill pickle, chopped finely  
Drain chick peas. Mash with a potato masher or food processor, until mashed but still chunky. Add mustard, and as much hot sauce as you'd like until smooth. Add chopped dill pickle to mix. Layer some mixture onto the wrap, top with your veggies. Top with Celtic salt and pepper. Wrap up.

### Dinner—Sun-dried Tomato Pesto Pasta

3/4 c. pasta noodles made from brown rice or quinoa  
1 c. sun dried tomatoes  
2 c. basil  
1 c. coconut oil  
3 garlic cloves  
Celtic sea salt to taste  
Blend all ingredients until smooth. Serve pesto over a plate of pasta with fresh tomato, black olives, shredded spinach. Add a salad.

### Daily Habits

Drink 2 liters of water throughout the day  
Get 1/2 hour exercise  
20 minutes quiet meditation or prayer

### Focus

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being. Ephesians 3:16

**Sharing a time of prayer with someone who is also detoxing can be of encouragement.**