

Lifestyles
Of the
Spiritually Rich
and Faithful

You may experience some discomfort as your body goes through the detoxification process. It is common to experience flu-like symptom, aches and pain, lethargy, fatigue and skin break outs. These conditions may disappear in 1-2 days. If symptoms persist consult Dr. Masoud.

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 2

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.

THE LIVE FOOD DIET

**“Let food be thy medicine, and medicine thy food.”
-Hippocrates**

Live food is any fruit, vegetable, nut, seed or legume that has been germinated and has not been put through heat of more than 115 degrees. Dead food is anything that has been processed, cooked, grilled, or fried; even steamed vegetables lose a great deal of their enzymes even if they are not completely cooked.

Last week you learned that enzymes are a vital part of every reaction in our bodies. The natural occurring enzymes in live food are intended to help the digestion of our food. When we consume mostly processed, or “dead” food, we overwork our gallbladder, liver and kidneys which have to produce extra enzymes to compensate for the lack of them in the food; this is the beginning of dis-ease. In addition, the consumption of processed and cooked food increases white blood cells in the blood and therefore weakens the body’s immune system, this phenomenon is called leukocytosis. On top of all that, we are not getting the vital nutrients our bodies need to survive.

The goal this week is to explore the possibilities with live food. It is possible to eat nutritious, delicious, satisfying live food without meat, dairy, caffeine, sugar or flour.

You can follow the “Live Food” Meal plan to the letter or get creative; it’s your choice. There are only three commitments necessary for week two:

1. Avoid all animal products.
2. Eat uncooked food all day—two blended meals a day
3. Keep an open mind.

Week two will be more challenging, but not impossible. Adjust the menu to your needs. There are no calorie restrictions and you are allowed to have uncooked snack as well. Seven days of the detox are now over. Enjoy the process and realize your body is tuning itself.

CONGRATULATIONS!

You have made it through the first 14 days of the 21 day detox. You are on your way to breaking free of toxins.

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 3

Now it is time for serious determination. Week three is a 100% liquid diet. Blended fruits and vegetables are the cornerstone of the final phase of the detox. When we consume a liquid diet, the body responds with full healing potential.

The liquid diet is proof of the powerful medicinal value of food. Blended foods are concentrated vital nutrients that will support the body’s ongoing functions while simultaneously allowing eliminatory organs to rest.

Week three is a seven day liquid diet, a fast. Fasting is a universal remedy for many common illnesses. All animals instinctively abstain from eating when they are sick. Our bodies intrinsically accept fasting as a healing tool. Our metabolism switches gears when we alter our food intake. The body will move into a catabolic (dismantling state) cycle to make room for new growth.

Be prepared to change physically, emotionally and spiritually over the next seven days. The fast will create an internal environment for the release of traumatic issues. With each fast, personal values can change. Allow yourself to surrender to this process and also to be supported by those of us around you who love you and are praying for you.

DAY 14

Breakfast—Berry Shake

4 oz cherries
1-2 bananas or apples
1/4 c soaked almonds
1 1/2 c purified water
1/2 tsp vanilla extract
2 dates or stevia
3 tbs. Flax seed oil
Blend until smooth.

Lunch—Miso Apple Spinach Salad

Dressing

1 tsp miso 3 tbs. cold pressed olive oil
1 apple diced Dash of cayenne
Place all ingredients in blender and liquefy. Add Celtic sea salt to taste.

Salad

Spinach, diced apple, diced pear, shredded carrots, finely cut broccoli and radish. Top with dressing and serve.

Dinner—Red Pepper Soup

2 red peppers, remove seeds & stem 1 tomato
1 avocado 1 garlic clove
1 tbs. raw apple cider vinegar 1 tbs cilantro
2 c water Celtic sea salt & hot pepper to taste
Blend everything and top with additional cilantro.

Daily Habits

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

Focus

The whole assembly then agreed to celebrate the festival seven more days; so for another seven days they celebrated joyfully. 2 Chronicles 30:23

Let's celebrate for seven more days! You can do it!

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 8

It is vital that during week 2 you keep adding avocados or flax seed oil to your smoothies and soup recipes. If you had omitted them last week, it is crucial that you add it back to your recipes during week 2 & 3.

Breakfast—Vanilla Smoothie

1-2 Bananas
4 oz Soaked almonds*
1 1/2 c Purified water
1/2 tsp Vanilla extract
2 Dates or stevia to taste
3 tbs. Flax seed oil

Blend until smooth. * Cover whole raw almonds with purified water for 8 hours. Rinse thoroughly. Unused portion will store in refrigerator for up to three days.

Lunch—Date Mustard Spinach Salad

Dressing

1/2c cold pressed olive oil 3 dates
1 tbs. mustard 4 tbs. raw apple cider vinegar
1 garlic clove 3 tbs. Flax seed oil
Place all ingredients in blender and liquefy.

Salad

2c spinach 1 small red onion sliced
1 apple, diced 1/2 c red bell pepper, chopped
1/2c walnuts

Mix ingredients and add salad dressing.

Dinner—Energy Soup

1 apple, cucumber or papaya
1/2 avocado or 3 tbs. Flax seed oil
1c spinach or sunflower greens
1 carrot or root vegetable
1 tsp Dulse seaweed or spirulina
1-2 c. Purified water. Adjust to preferred consistency

Daily Habits

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

Focus

May the Lord direct your hearts into God's love and Christ's perseverance. 2 Thessalonians 3:5

DAY 13

Breakfast—Purple Power Smoothie

4 oz. blueberries
2 bananas or apples
4 oz. soaked almonds
1 1/2 cups purified water
1/2 tsp. cinnamon
2 dates or stevia
Dash of nutmeg
3 tbs. Flax seed oil
Blend until smooth.

Lunch—Jerk Plantains

1 plantain sliced 1 red bell pepper diced
1 tbs. mint leaves chopped 1 sm. red onion chopped
1 lime juiced Nama shoyu to taste
Combine all ingredients in a bowl.

Dinner—Carrot Curry Soup

1 1/2c carrots chopped 1 avocado
1 garlic clove 1 tbs. lemon juice
1 tbs. miso paste 1/2 c tomato
1/2 tsp curry powder 1 1/2 c. water
2 tbs. cilantro chopped sea salt & pepper
Blend everything and top with cilantro

Daily Habits

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

Focus

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first. Revelations 2:19

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

DAY 12

Breakfast—Mango Smoothie

1 mango
 1 banana or apple
 4 oz. soaked almonds
 1 1/2 cups water
 2 dates or stevia
 3 tbs. Flax seed oil
 Blend until smooth.

Lunch—Broccoli Salad

1 bunch broccoli with stem	1 carrot grated
1/2 c. walnuts chopped	1 beet grated
1 tbs. dulce	1 medium red onion
1 red bell pepper sliced	3 tbs. tahini
2 cloves garlic minced	Juice of 1/2 lemon

Mix all ingredients thoroughly add sea salt to taste.

Dinner—Cucumber Dill Soup

1 medium cucumber	2c water
2 garlic cloves	juice of 1 lemon
1 tbs. fresh dill	1 tbs. fresh oregano
1 avocado	Celtic sea salt to taste

Blend everything and top with more chopped oregano and dill.

Daily Habits

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

Focus

A cheerful look brings joy to the heart, and good news gives health to the bones. Proverbs 15:30

Share good news with someone today.

DAY 9

Breakfast—Carob Smoothie

1-2	Bananas or apples	4oz.	Soaked almonds
1 1/2 c	Purified water	2	Dates or stevia
1	Dried fig	1 tbs.	carob powder

3 tbs. Flax seed oil
 Blend until smooth.

Lunch—Beet Salad

Dressing

1/2c.	Cold pressed live oil	1/2 small beet
1	date	1 tbs. ginger
3	cloves garlic	1/2 tsp. sea salt
1/2 c	raw apple cider vinegar	dash of cayenne

3 tbs. Flax seed oil
 Blend everything until liquefied.

Salad

Mixed greens	Shredded beet
Cherry tomatoes	diced avocado
Chopped pecans	

Mix all ingredients and add dressing.

Dinner—Green Soup

1 cucumber	1/2c herbs (cilantro, basil, mint, dill)
1 1/2 stalks celery	1/4 c whole leaf dulce
1/2 green apple	1/4 c. fresh lemon juice
1/2 peeled carrot	3 tbs. Flax seed oil
1/2 avocado	1-2 garlic cloves
1 c. greens (spinach, kale)	1/2 tsp. cumin

Blend all ingredients with water to desired consistency.

Daily Habits

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

Focus

They ate and drank with great joy in the presence of the LORD that day. 1 Chronicles 29:22

To climb steep hills requires a slow pace at first.
Shakespeare

DAY 10

Breakfast—Strawberry Smoothie

4 oz strawberries	1 banana or apple
4 oz. soaked almonds	purified water
2 dates or stevia	1/2 tsp. vanilla extract
3 tbs. Flax seed oil	

Blend until smooth.

Lunch—Chef Salad

Dressing

1/2 avocado	1 tsp. dulce seaweed flakes
2 garlic cloves	1 tbs. cold pressed olive oil
1 tbs. nama shoyu sauce or Celtic sea salt to taste	

Blend until liquefied

Salad

Romaine lettuce, diced tomatoes, shredded carrot, sliced cucumber, sprouts, and chopped nuts of choice.
Mix all ingredients and add salad dressing.

Dinner—Tomato Gazpacho Soup

3 medium ripe tomatoes	1 carrot
1/2 chopped cucumber	1 diced avocado
1 garlic clove	2 tsp miso paste
1/4 c. chopped cilantro	

Blend tomatoes, cucumber, garlic, carrot cilantro and miso paste until smooth. Pour soup in a bowl and add diced avocado. Celtic sea salt & pepper to taste

Daily Habits

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

Focus

As you know, we consider blessed those who have persevered. James 5:11

DAY 11

Breakfast—Raspberry Smoothie

4 oz raspberries	1 banana or apple
4 oz. soaked almonds	purified water
2 dates or stevia	1/2 tsp. vanilla extract
3 tbs. Flax seed oil	

Blend until smooth.

Lunch—Caesar Salad

Dressing

1/2c olive oil	3 garlic cloves
1 tbs. shallots	1/4 c lemon juice
1/4 c nutritional yeast	1/4 c dulse
1 tbs. capers	1 tsp. oregano
1 tbs. nama shoyu or Celtic sea salt	

Blend until liquefied.

Salad

Romaine lettuce, spinach, cherry tomatoes, sunflower sprouts and halved walnuts. Dash of sea salt.

Dinner—Sweet Borscht

1 1/2 c carrot juice*	1 avocado
1 medium beet	1 garlic clove
1 tbs. dill	sea salt to taste

Blend the carrot juice, avocado, beet and garlic. Top with dill. *If you do not have a juicer, you can buy carrot juice at a local juice bar or health food store.

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.