

WILD ROSE

SINCE • DEPUIS
1975

Simple Cleanse-Enhancing Diet Recommendations

REMEMBER

- It is recommended that you use organic foods as much as possible for this program.
- If the food is not on the recommended diet - do not eat it!
- Eat 20% or less from section 1 & 80% or more from sections 2 & 3.
- Do not eat any foods that are listed as NOT RECOMMENDED.
- Foods listed under Most Recommended are especially good for you.
- Take the supplements in this program at the beginning of breakfast & supper, eat a few mouthfuls of food, take the supplements, then enjoy the rest of your meal.
- 1 cheat meal/week (7days) allowed.

NOT RECOMMENDED AT ANYTIME

Cakes	Jams & jellies
Candy	Peanuts
Cereal (processed)	Pies & pastries
Flour gravy	Soda/pop
Fruit juices with sugar	Sugar (white or brown)
Ice cream	

Section 1

Protein Foods / Acid Forming Foods

Eat Less Than 20% Of Your Diet From This Section

MOST RECOMMENDED

Fish (Cod, Red Snapper, Sole, Halibut, Sea Bass, Salmon, etc); wild caught best. *Note: you can eat all you want even if over 20% of total diet*

ACCEPTABLE DURING PROGRAM

Beans (dried) & 'flours' of, <i>fresh see Section 3</i>	Lamb, lentils, liver	Rice (white) brown rice 80%, <i>see Section 2 Most Recommended</i>
Beef, Bison	Nuts most, except peanuts, almonds 80%, <i>see Section 2 Most Recommended</i>	Sauerkraut (brine-fermented)
Coffee (black, maximum 2 cups/day)	Oatmeal, <i>see Grains</i>	Seeds (sunflower, flax, etc)
Eggs (whole)	Olives (brine-fermented)	Soy Beans
Grains (whole) most - barley, kasha, bulgur, spelt, kamut, oats, rye, wheat berries (<i>except brown rice, buckwheat, millet, quinoa - see Section 2 Most Recommended</i>)	Peas (dried) fresh, <i>see Section 3</i>	Tofu (plain, unsweetened)
	Pork, Poultry	Tomatoes (cooked, canned), fresh, <i>see Section 2</i>
	Prunes (cooked)	Wheat Germ
	Rhubarb (cooked)	

NOT RECOMMENDED DURING PROGRAM

Buttermilk	Fermented Foods (including vinegar, soy sauce & miso)	Soy Milk
Cheese (of any kind)	Shellfish	Tea (black), herbal & green tea, <i>see Section 3 Most Recommended</i>
Dairy (including milk, cream & yogurt)		

Section 2

Starch Foods / Alkaline Forming Foods

Eat More than 80% of your diet from this section

MOST RECOMMENDED

Almonds, Hazelnuts (including their 'flours')	Buckwheat, Amaranth Millet, Quinoa (these are cereals not grains)	Rice (brown) white 20% <i>see Section 1 Acceptable</i>
--	---	---

ACCEPTABLE DURING PROGRAM

Apples	Nut & Seed Milks (unsweetened)	Popcorn
Apricots	Nuts (including their 'flours', brazil, pecans, pistachios, walnuts) <i>except peanuts</i> <i>Not Recommended any time,</i> <i>almonds 80%</i> <i>Most Recommended</i>	Potatoes (baked)
Berries (blueberries, strawberries, raspberries etc.)		Pumpkin, Squash
Cherries		Sweet Potatoes, Yams
Coconut (including its 'flour')		Tahini, Sesame seeds
Lemons, limes (as seasoning)		Tomatoes (fresh) <i>cooked/canned, see Section 1</i>
Nectarines		

NOT RECOMMENDED DURING PROGRAM

Bananas	Honey, Malt	Pasta (i.e., macaroni, spaghetti - from grain flours)
Cantaloupe	Mangoes	Raisins
Currants	Maple Syrup	Soups (usually thickened with flour or cream)
Dried fruit (dates & figs)	Melons (including honeydew)	Tropical fruit
Flour (of any grain)	Molasses	
Fruit Juice	Oranges	
Grapes	Pineapple	

Section 3

Bulk Forming Foods / Neutral Foods

Eat More than 80% of your diet from this section

MOST RECOMMENDED

Chives	Onions (includes leeks green onions, shallots etc.)	Tea (herbal or green tea only without milk or sweeteners)
Garlic	Water	
Ginger		

ACCEPTABLE DURING PROGRAM

Arugula, Artichokes	Dandelion, Eggplant	Peas (fresh) <i>dried see Section 1</i>
Asparagus, Avocado	Endive, Escarole	Peppers
Beans (fresh), <i>dried</i> <i>see Section 1</i>	Herbs (culinary for seasoning)	(green, red, orange, yellow)
Beets & Beet Greens/Tops	Kale, Kohlrabi, lettuce	Radicchio, Radishes
Bok Choy, Broccoli	Medicinal Mushrooms (oyster, shitake, maitake, chaga, reishi, cordyceps, lion's mane, coriolus)	Rutabagas
Brussels sprouts	Mustard Greens, Okra	Seaweeds (kelp, nori, hijiki)
Butter	Oils (all oils except peanut oil) olive, sunflower etc.	Sorrel, Spinach, Sprouts
Cabbage, Carrots	Peppermint	Turnips
Cauliflower, Celery	Parsley, Parsnips	Vegetable Seasoning (without yeast in ingredients)
Chard, Collard		Watercress
Corn, Cucumbers		

NOT RECOMMENDED DURING PROGRAM

Cottage cheese
Mushrooms (button, crimini, portobello) <i>Medicinal Mushrooms acceptable</i>



WILD ROSE

SINCE • DEPUIS
1975

Herbal D-Tox Information

How It Works

The liver is involved in hundreds of bodily functions, two of the most important being digestion and the elimination of wastes, including toxins and hormones. Our modern diet and lifestyle can overburden the liver, causing congestion and sluggishness, resulting in an accumulation of wastes in the body.

The Wild Rose Herbal D-TOX kit is a 12-day* complete multi-system cleanse designed to support all aspects of metabolism. It places emphasis on supporting the function of the liver, the small intestine and the bowels to promote proper digestion and elimination of toxins and wastes.

The herbal formulas combined with the Simple Cleanse-Enhancing Diet included in this kit (see back side of this page) provide an easy and simple dietary outline to encourage continued health, clearing of a congested system or renewal following over-consumption.

Directions: Adults, take 2 tablets from each bottle of Biliherb, Clearaherb, and 2 ml (40 drops) of the CL Liquid with both breakfast and supper, and 2-4 tablets of Laxaherb at bedtime. Take a few hours before or after taking other medications or natural health products. Do not take with highly acidic foods (e.g. citrus fruits and juice) or medications, which may acidify urine. Allow at least 6 to 12 hours for laxative effect to occur. Take Laxaherb two to three times per week. If results are not observed, the frequency of use may be increased up to once daily. *Consult a health care practitioner for use beyond 7 days. For occasional use only.

12-Day* Program Includes

Promotes healthy bowel movements, improves constipation, supports circulation, and relieves minor urinary tract infections.

BILHERB (48 tablets; 2 tablets 2 times a day)

LAXAHERB (48 tablets; 4 tablets 1 time a day)

CLEARAHERB (48 tablets; 2 tablets 2 times a day)

CL LIQUID (50 mL; 2 mL (40 drops) 2 times a day)

Food Recommendations

There are no breads or other flour products (i.e: pasta, buns, cakes, pancakes, crackers, flour in sauces or gravy), dairy products (except butter) or tropical fruits allowed.

Dairy products cause excess mucous production which can clog the lymphatic system and further hinder elimination.

Flour products (from grains) are not recommended during this program because, when mixed with water, flour forms a glue-like substance. This glue-like substance has a tendency to stick to the lining of the intestinal tract and 'plug-up' the system.

Peanuts must be avoided as they contain naturally-occurring yeasts and molds. The rest of the nut family is acceptable.

Fermented foods are to be avoided as yeast is a major ingredient in these foods. This means no wine, beer, vinegar, soy sauce, black tea or miso. It is strongly recommended to not consume alcohol of any type during this program.

Foods which naturally contain yeast on their outer skins are also not recommended: this means no mushrooms, grapes (including raisins) or oranges. Sugar and dried fruit are not permitted because these are foods which yeast thrives upon.

While on the Herbal D-TOX, a little fresh fruit may be enjoyed. Tropical fruits, bananas, melons and pineapples should not be eaten during this program. Apples, pears, peaches, plums and berries are considered domestic fruits and are acceptable. Fruit juice should be avoided.

A small amount of black coffee (max. 2 cups daily) may be consumed during this program. Herbal tea and green tea are acceptable. While both black and green tea come from the same plant, black tea is fermented whereas green tea is not.

Water is extremely important while on this program. We recommend consuming at least 1 - 1.5 litres of clean, healthy water such as pure spring water or reverse-osmosis. Water will help flush toxins from your body, especially while you are cleansing.

Cautions

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have gall bladder diseases, intestinal obstruction, faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever, a gastrointestinal tract disorder, symptoms of intestinal spasms, stomach ulcers or inflammation, painful urination (dysuria), spasms, or blood in urine, a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection or an auto-immune disorder. Consult a health care practitioner prior to use if you are taking medications to suppress the immune system (immunosuppressive medications) or antiarrhythmic medications. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhoea. Keep out of the reach of children. Call a Poison Control Center immediately if overdose or accidental ingestion occurs. Do not use this product if you are pregnant or breastfeeding; if you are taking products containing diuretics or licorice, thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other

medications which may aggravate electrolyte imbalance; if you have bile duct obstruction, hypokalemia, high or low blood pressure, kidney or liver disorder, cardiovascular disorder, diabetes, or edema (swelling of hands, face and feet), abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn's disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes or diarrhoea. Stop use if hypersensitivity/allergy occurs. Stop use and seek medical attention immediately if you experience dizziness, confusion, muscle weakness or pain, abnormal heart beat and/or difficulty breathing.

