



Mardian Natural Medicine

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The Brown Rice Cleanse

General Instructions

This diet will give you all the nutrition that you will need while your body cleanses and heals itself. You won't go hungry, and you don't have to count calories, or weigh food. You can eat whenever you are hungry, and as often as you like. While on this diet, you may experience some weight loss.

Eat until you feel full, but not engorged. It is better to eat several small meals each day rather than three large ones. Avoid drinking with your meals, as this will reduce the effectiveness of the enzymes required to digest your food. Wait at least 15 minutes before or 1 hour after eating to drink.

How much Water?

For maximum cleansing, drink half your weight in ounces every day.

For example: 160 lb. person / 2 = 80 ounces (8oz. in 1 cup) = 10 cups of water daily

Cooking Instructions for Brown Rice

Rinse the rice well, five or six times in warm water. Proportions of water to rice for cooking are 2-2 ½ cups of water to 1 cup of rice. Bring water to a boil, add the rice, stir, cover and reduce heat to simmer for 45 minutes, or until all the water has been absorbed. Do not lift the lid until cooking is finished, after which the rice will double in volume and be fluffy-looking.

Alternate Method:

Rinse rice as above. Bring pot of water to a boil, as when cooking pasta. Add desired amount of rice. Allow to boil with lid off until rice becomes soft. Drain water, cover with lid, and allow to steam five minutes

Foods to Avoid on the Brown Rice Cleanse

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| <ul style="list-style-type: none"> * Alcohol * Caffeine and decaf products * Chocolate * Dairy * All Shellfish * Citrus (lemon okay) * Peanuts * Corn * Sugar | <ul style="list-style-type: none"> * All refined foods * Regular Soy Sauce * Pork * Pop/diet soda * Beef * White/Red Potatoes * Wheat * Regular Salt |
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Foods to Include on the Brown Rice Cleanse

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| Protein Sources | Chicken, turkey (best if organic or free-range), peas, nuts & seeds, beans (kidney, pinto, lima, navy, adzuki), chick peas, split peas, lentils, cold water fish (salmon, mackerel, herring) |
| Grains & Alternatives | Brown rice, wild rice, buckwheat, millet, quinoa, teff, amaranth, tapioca, acorn squash, spaghetti squash, sweet potato, butternut squash, yams |
| Vegetables | All vegetables especially beneficial are cruciferous vegetables (e.g. broccoli, cauliflower, brussel sprouts) and greens (spinach, kale, collards) |
| Fruits | Most with the exception of citrus (orange and grapefruit) and dried fruit containing sulphites. Limit to 1 banana per day |
| Cold Pressed Oil | Flaxseed, olive, sesame, sunflower, coconut |
| Sweeteners | Blackstrap molasses, brown rice syrup, stevia, maple syrup, honey in small amounts (maximum 1 tsp. per day) |
| Salt | Sea Salt, tamari sauce - okay |
| Spices | All including: ginger, garlic, oregano, basil, cilantro, parsley, clove, dillweed and other fresh or dried herbs |
| Juices | Any from listed fruits and vegetables. Should be fresh or frozen and unsweetened, avoid those from cans. |
| Milk | Rice milk, almond (unless allergy to nuts), no soy. |
| Sprouts | Mung bean, lentil, alfalfa |
| Nuts | Raw: cashews, almonds, hazelnuts, walnuts, pine nuts |
| Seeds | Pumpkin, sunflower, sesame, poppy |
| Beverages | Water (reverse osmosis, spring, mineral, or distilled) Herbal teas (any except citrus based) Green tea -okay |

One Month Cleanse

| Days | Foods to Include | Foods to Exclude |
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| 1-14 | <ul style="list-style-type: none"> * Fresh fruits and vegetables * Nuts & Seeds * Chicken/Turkey/Ocean Fish * Olive Oil, flax seed oil * Small amounts of apple cider vinegar * Brown Rice in any form * Peas, beans & legumes * Non-gluten grains: wild rice, buckwheat, millet, quinoa, teff, amaranth, tapioca, arrowroot * Sulfite-free dried fruits * Sprouts * Tofu/tempeh (not soy-milk) * Herbs & spices, sea salt * Black strap molasses, honey, brown rice syrup, stevia * Fresh fruit & vegetable juices * Herbal teas & WATER | <ul style="list-style-type: none"> * Caffeinated beverages and decaf products * Alcohol * Chocolate * Sugar and artificial sweeteners * Cow's milk products * Wheat, spelt, kamut, oats, rye, barley * Shellfish * Beef, lamb, pork, processed meats * Salt & soy sauce * Potatoes & corn * Oranges/grapefruit * White Vinegar * (Eggs) * Peanuts & Pistachios |
| 15-20 | <ul style="list-style-type: none"> * Potatoes * Eggs (if previously left out) | As Above |
| 21-23 | <ul style="list-style-type: none"> * Beef, lamb, shellfish * Corn | As Above |
| 24-26 | <ul style="list-style-type: none"> * Gluten grains except wheat (rye, oats, spelt, barley, kamut) * Oranges & grapefruit White vinegar | As Above |
| 27-30 | <ul style="list-style-type: none"> * Salt in moderation, soy sauce * Dairy products in moderation * Peanuts & Pistachios | As Above |
| <p>Cleanse is Over !</p> <p>Only add back at this point if you desire</p> | <ul style="list-style-type: none"> • Slowly add back alcohol and caffeine in moderation • Slowly add wheat in moderation • Slowly add sugar in moderation (includes chocolate) | <p>Pork, shellfish, processed meats, artificial sweeteners</p> |

Healthful Additions to the Brown Rice Cleanse

Skin: *Dry skin brushing* - towards the heart before bed, small circular motion, helps to improve lymphatic circulation while sleeping
Saunas - dry or wet, helps to cleanse pores and remove wastes through the skin

Lungs: *Deep belly breathing 10x before bed* and often throughout the day - cleansing breaths help improve removal of wastes through the lungs, improves digestion by strengthening the diaphragm
Exercise - improves oxygen flow to all tissues in the body, increases lymphatic circulation

Bowels: *Ground Flax seeds - 2 Tbsp./day* mixed with food or water
Fiber acts like a sponge to mop up waste in the colon and improves elimination of wastes through the stool
Can also use *psyllium* seed fiber 1-2 tsp./day

Liver: Herbal preparations & teas improve the liver's ability to detoxify and remove wastes, stimulate bile flow and support the gallbladder
Teas: Dandelion or burdock or milk thistle - 1-2 cups daily
Morning drink: squeeze ½ fresh lemon in warm water, drink on an empty stomach

Apple Cider Vinegar - add 1-2 tsp. to water and drink before meals
- helps curb sugar cravings, high in potassium, good for cleansing the blood, helps with joint pain and stiffness, helps eliminate extra water weight

Master Cleanser - if you are doing the cleanse for 1 week or longer, you may want to do one day of fasting with only consuming the "master cleanser".

Master Cleanser - 1 L of spring or reverse osmosis water

- 2 TBSP. grade 'C' maple syrup (dark variety)
- juice of ½ to 1 fresh lemon
- pinch of cayenne pepper
- Mix all ingredients together, drink a minimum of 3 liters throughout the day

When you break the fast the following day, start off with a bowl of fresh fruit.