

Liana Shanti's

**FOUR DAY  
LIVER AND KIDNEY DETOX**



the **RAWGANIC LIFE.COM**



## Personal message from Liana

Hi and welcome to my **Four Day Detox**. As a clinical nutritionist who specializes in detox and cleansing, I do many different types of detoxes including candida, full liver cleanses, parasite cleansing and juice fasting, gallbladder detoxes and many others. Some include gently cooked vegetables and soups, others are all liquid, and still others include a variety of foods, herbs and supplements. This particular detox is designed to allow your liver and kidneys to have a break, while being supported by some of the most healing foods for those organs. **This detox is 100% raw**, and includes both solid foods and liquids. It is a perfect plan to reset your body in preparation for a longer cleanse, juice fast or healing program.

I also designed this detox with **user-friendly principles** in mind, so you wouldn't have to go out and shop for too many diverse ingredients for four completely different days' worth of meals. This detox contains **2 main days, which will alternate with one another**. See complete meal plan below for specifics.

Cleansing and detoxing are health promoting practices that should become a part of your life on a regular basis, when done correctly. Our bodies are asked to work so hard every day in the process of digesting all of the foods we take in. We expose our bodies to many toxins when we eat, where we live, when we breathe, through our water supply, and in addition, through medications – either over the

counter or prescription. All of those toxins place a burden on our organs of digestion, especially the liver and the kidneys.

My concern with many cleanses and detoxes available today is that they are promoted as quick fixes, and as a way to make up for really bad eating the rest of the time. That is not the case. To have a healthy body, you must choose healthy actions most of the time. That doesn't have to mean ALL of the time, but what it means is that 7 out of 10, or 8 out of 10 choices you make about what to put in your body, are fresh whole foods, plant based, and raw. I truly hope that this 4 day cleanse sets you off on a path of healthy eating and cleansing as a lifestyle. NOT as a diet, not as a quick fix, but as a step in your journey towards wellness.

I am thrilled at the number of people joining my Rawganic Wellness movement, and I am passionate about offering programs like this that ANYONE can do because cost is NOT an excuse.

**If you would like to take your healing further, and join our fast growing Eat Juice Thrive family, we would love to have you. Our program contains a thriving support group that is ongoing.**

**You can find out more information here:**

**[www.66dayhealthmastery.com](http://www.66dayhealthmastery.com)**



*NOTE: Pregnant and nursing women, children, and those with chronic diseases can certainly consume a completely plant-based diet and include the foods indicated in a mild detox in their daily plan. However a full detox is not recommended for those people. Anyone on medication, who has any known medical condition, or is under the supervision of a doctor should check with their health care provider to insure that this plan is ok for you. I cannot answer questions as to whether this is appropriate for you, only your health care provider can do that.*



# Simple Elements of This Four Day Detox:

Water

Juices

Smoothies

Whole Fruit Mono Meals

Raw Soups

Tea

## What is a mono meal and why are we eating them?

A "Mono Meal" is very simple: It is when you eat only one type of whole food in a meal and you don't do any food combining. For people who are used to eating meals that involve a lot of ingredients the idea of eating nothing but apples might seem odd. But adding in mono meals is particularly helpful during a detox or a cleanse because you are allowing your body to do minimal internal processing, while still being able to eat solids.

Also, when you eat only one type of fruit or vegetable per meal and you are mindful of chewing, taste, smell and texture, your body will let you know when it is no longer hungry and when it is time to stop eating, and it will do this by causing your taste buds to shift in a way that will cause the delicious foods that you are eating to become unappealing, making it almost impossible to overeat.

Important: Eat as much as you need to during your mono meals. If you find you are hungry an hour later, you did not enough so make sure at your next mono meal you eat a large portion.

# Guidelines For the Four Day Detox

~ **No Vigorous Exercise.** Walking, rebounding, yoga are all great during these four days. Vigorous exercise produces free radicals, which are toxins in the body. During a period of cleansing, when we are trying to support the body in removing toxins, we don't want to create a situation that increases our toxic load. Exercise is critical to long term health, when done the right way. However, this is only four days. If this bothers you greatly, perhaps you may choose to examine if you have an unhealthy relationship with addictive exercise. Cleansing and detoxing can bring many issues to the surface, in perfect timing for you to address them and move onward and upward in your life.

~ **No coffee, alcohol or supplements of any kind**

~ I recommend going on a **television and media detox** during these four days, it will radically improve your mood, your state of well-being, and allow you to journal, relax and take care of yourself during this time.

~ **Helpful Detox Practices:** Massage, sauna, tongue scraping, rebounding, warm herbal baths, deep breathing outside in nature, and dry skin brushing are all extremely beneficial practices that will stimulate lymph flow and assist your body in removing toxic waste, including fat. If you have done my juice fast and parasite cleanse, or are in the 66 Day Family, you are already familiar with coffee enemas and I highly recommend you continue with them. If you are not familiar with these, you may choose to do some additional research, they are highly beneficial, particularly during a cleanse or detox.

# Your Liver

Your liver is the primary filtration organ in your body and is bombarded, DAILY, with toxins from food, air, environment, medications, alcohol, skin lotions, and many other waste products taken into our bodies. Of course the best way to keep the liver healthy is to live a healthy lifestyle that includes a high raw, plant based diet, sufficient pure water intake, and abstinence from over the counter medications and alcohol.

Liver dysfunction leads to chronic poor health, disease and potentially death. Symptoms of a toxic and sluggish liver can be hard to distinguish, but chronic fatigue and irritability are good indicators of liver toxicity.

A FULL and COMPLETE liver cleansing takes more than four days, and involves supplementation and herbal preparations. However, EVERYONE will get liver detoxification when following this program. Your liver has two main jobs:

1. It is the body's main blood filter.
2. It is the body's primary fat metabolizer.

When the liver becomes overloaded with toxins it becomes sluggish and begins to accumulate fat. This has nothing to do with whether you are overweight. Although many overweight people do have what is referred to as “non-alcoholic fatty liver”, many regular weight people have this condition as well. It is becoming extremely common.

A sluggish and impaired liver creates a chain of negative processes within the body, including inability to lose weight, personality and mood problems, sluggishness, inability to filter toxins, headaches and other symptoms of a body not working efficiently.

**Signs of a burdened liver include:** Bad breath, skin rashes, itchy skin, excessive sweating, offensive body odor, dark circles under the eyes, red swollen and itchy eyes, acne, rosacea, pale stool, easy bleeding, itching, small, spider-like blood vessels visible in the skin, enlarged spleen, fluid in the abdominal cavity, chills, and many more. Non-physical indications may include nervous system disorders include depression, mood changes, especially anger and irritability, poor concentration and foggy brain, overheating of the body, especially the face and torso, and recurrent headaches (including migraines) associated with nausea.

# Liver and Kidney Cleansing Foods

## Apples

Apples and apple juice are one of the best foods for liver cleansing. Apples assist liver function because their pectin reduces the concentration of cholesterol in the liver. This eases the liver's function during the cleansing process.

## Beets and Carrots

Both are extremely high in plant-flavonoids and beta-carotene. Eating beets and carrots can help stimulate and improve overall liver function. The liver converts beta carotene and flavonoids into vitamin A, which, in turn, helps to eliminate carcinogenic free radicals throughout the body. Nutrients in beets and carrots also thin bile, which allows for more efficient waste removal. Betaine compounds in beets can protect the liver when it is under duress. Beets are among the most detoxifying foods you can eat, so reduce the load on your liver by eating and juicing them regularly!

## Black Cherries

More than fifteen antioxidants are contained in black cherries. Anthocyanins and melatonin are examples of these antioxidants. Another very important health benefit of black cherries is that they help to reduce the levels of uric acid in the body. Elevated levels of uric acid lead to deposits of uric acid crystals in the joints of the body, which causes considerable pain and inflammation. Uric acid levels are kept in check due to the anthocyanins which are present in black cherries.





## Cranberries

These little miracle berries raise the acidity levels in the urine and kill off any bacteria in the urinary tract flushing it out of the body. When juiced, cranberries are considerably more effective. They are also believed to be effective at dissolving kidney stones. (I did not include cranberries in this detox as many people have difficulty locating organic cranberries at this time of year. If you are lucky and can find them, please add some to your smoothies or juices during the four days).

## Cruciferous Vegetables

Cruciferous vegetables, such as broccoli, cauliflower, kale, watercress, daikon radish and bok choy produce glucosinolate, a sulfur and nitrogen compound. Glucosinolates increase the liver's enzyme production, protect the liver from damage and improve its ability to eliminate toxins and excess hormones.

## Garlic

A very small amount of garlic has the ability to activate liver enzymes that help your body flush out toxins. Garlic also contains allicin and selenium, two natural compounds that aid in liver cleansing.

## Grapefruit

High in both vitamin C and antioxidants, grapefruit increases the natural cleansing processes of the liver. Fresh grapefruit juice helps boost production of the liver detoxification enzymes that help flush out carcinogens and other toxins.

## Green Tea

This liver-loving tea is full of antioxidants known as catechins, a compound known to assist liver function.

## Leafy Green Vegetables

Leafy green vegetables like kale, spinach and arugula support the liver because they are high in oxygen rich chlorophyll, which assist in the removal of chemicals, pesticides and heavy metals from the blood. Leafy greens increase bile, which is your body's digestive fluid that removes waste from the blood and organs.

## Melon

Melons contain nutrients that are very helpful in cleansing toxic deposits in the kidneys. Melons can also help reduce the concentration of uric acid in the blood, thereby reducing the chances of kidney damage. Seeds of some melons, like watermelon, contain unsaturated fat which is healthy and helps control blood pressure. They are also a good supply of minerals especially iron, magnesium, and zinc.

# Your Kidneys

According to the National Institutes of Health, chronic kidney disease is reaching epidemic proportions, with as many as 26 million Americans suffering from some form of kidney disease. The high amount of toxins in the environment and food supply that is causing the kidneys to work harder has been noted as a reason for the huge increase.

The kidney filtration and detoxification pathway is one of the primary filtration systems in the body to clear toxins and water, regulate blood cell production, and regulate blood pH.

The kidneys are located near the middle of the back, just below the rib cage, one on each side of your spine. Every single day, your kidneys process about 200 quarts of blood simply to filter out 2 quarts of waste products and excess water, which then is stored in the bladder until being excreted as urine.

The actual removal of wastes occurs in very small nephrons which exist inside of the kidneys. Each kidney has about one million nephrons! Within EACH of these millions of nephrons exists something called a glomerulus— a teeny tiny blood vessel—that interconnects with a tiny urine-collecting tube called a tubule. The glomerulus is a mini filter that keeps normal proteins and cells in the bloodstream, allowing wastes to pass through. It is somewhat of a complicated chemical process that is taking place, but ultimately, the bottom line is that healthy kidneys are CRITICAL to a detoxed and healthy body.

One of the top contributing factors to underperforming, or even sick, kidneys -- besides diabetes and high blood pressure -- is the excessive protein consumption of most people. Unfortunately, mass media, the animal eating industry, the dairy industry and some other very powerful big money lobbies have done a superb job of convincing people that they need excessive and in fact, dangerously high, levels of protein.

The kidneys also release three important hormones:

- **erythropoietin**, which stimulates the bone marrow to make red blood cells
- **renin**, which regulates blood pressure
- **calcitriol**, the active form of vitamin D, which helps maintain calcium for bones and for normal chemical balance in the body

**Signs of congested kidneys:** Loss of Hearing or Ringing in the Ears, Low sex drive, Infertility, Thin Skin, Weak Nails, Foggy Head, Low Back Pain, Low Energy, Edema, Terrible Balance, Feelings of Fear, Excessive Anger, Bladder Issues.

**A word on salt:** Processed table salt is very damaging to the kidneys so it is vital to avoid all table salt or salt in processed foods. Unprocessed sea salt or Himalayan salt will actually assist your kidneys in proper functioning and maintenance of fluid balance, although we will be avoiding all salt and condiments during this four day detox.



## 1-2-3 Go!

1. **Join** our online detox group for **DAILY** updates and helpful information that I will be posting.

<https://www.facebook.com/groups/178036239051318/>

2. **AVOID** everything on **TOXINS** list below
3. **CONSUME** everything on **Four Day Plan** below



# Toxins List

**Artificial sweeteners:** Artificial sweeteners poison liver and kidneys. Your body knows how to digest food sugars but artificial sweeteners are chemicals that bypass normal digestive stages and as a chemical are immediately taken to the liver. The liver then has to shut down all other metabolic processes, including metabolizing fat, to process the invading poison. The unprocessed fats in the liver are either released into the blood stream to be stored in fat deposits of unprocessed material or they bind to the liver.

**Alcohol:** A big culprit behind a fatty liver is excessive alcohol. Fatty liver is only the beginning which culminates in cirrhosis.

**Over-the-counter Meds:** All medications, including prescription and over-the-counter, have major adverse effects on the liver. ***But do not ever consider stopping any prescription medication without discussing it with your prescribing doctor and obtaining her approval.*** All drugs are damaging to the liver and the kidneys. Drugs work in the body in part by causing disruption in BOTH the disease and the healing pathways. This is why drugs ultimately cause dysfunctions, weight gain, cirrhosis and liver failure. A high raw plant based lifestyle is a great place to begin to support the cause of the problem, rather than treating symptoms.

# Shopping List

4 Green Tea Bags

8-10 lb. bag of carrots

4-6 beets (4 if large, 6 if small)

4 medium sized zucchini (6-8 if they are very thin and small)

1 large head of Bok Choy (you might need 2, you need at least 12 large leaves)

1 very large head cauliflower or 2 small heads

1 large bunch kale

20 ribs of celery

2 cups of tomatoes (chopped)

1 bunch parsley

1 bunch fresh dill (you need one cup total)

10 red or green apples ( or more)

1 onion

10 garlic cloves

1 whole very large watermelon (may substitute with any type of melon, at least 4)

4 lemons

4 cups cherries (fresh or frozen)

14 Medjool dates

½ cup hemp seeds

2 Tbsp. chia seeds

4 oranges

6 ripe pears

2 tablespoons mellow white miso paste (organic, found in refrigerated section)

Cayenne pepper

# Day One Detox Plan

DAY 1	Your Food	Notes
8:00am 	8 oz. Pure Water	You want to flush out your system first thing in the morning to remove any toxins.
8:15am 	Liver Detox Tea	1 cup warm water 1 green tea bag 2 teaspoons lemon Dash Cayenne pepper
9:00am 	24 oz. Carrot Juice	15 Carrots 1 small handful parsley 1 lemon, no rind 1 red or green apple
10:00am 	20 oz. Pure Water	
12:30pm 	Cherry Kale Smoothie	2 cups frozen cherries ¼ cup Hemp Seeds 2 large handfuls Kale 2 oranges, peeled
1:00pm 	20 oz. Pure Water	
3:30pm 	Apple Mono Fruit Meal	Apples. Eat as many apples as you are hungry for. This is a meal, not a deprivation. At least 4 or more.
5:00pm 	20 oz. Pure Water	
6:00pm 	Raw Cauliflower Soup	half head of cauliflower 2 apples 2 large dates, pitted 1 tbsp mellow white miso 2 tbsp lemon juice 1 cup water 2 Tbsp chopped onion

# Day Two Detox Plan

DAY 1	Your Food	Notes
8:00am 	8 oz. Pure Water	You want to flush out your system first thing in the morning to remove any toxins.
8:15am 	Liver Detox Tea	1 cup warm water 1 green tea bag 2 teaspoons lemon Dash Cayenne pepper
9:00am 	24 oz. Kidney Cleansing Juice	8 carrots 5 sticks organic celery 2-3 beets ½ onion 2 cloves of garlic
10:00am 	20 oz. Pure Water	
12:30pm 	Pear Bok Choy Smoothie	2 cups water 3 ripe pears, any kind 6 large bok choy leaves 1 tbsp chia seeds
1:00pm 	20 oz. Pure Water	
3:30pm 	Melon Mono Fruit Meal	Melon, any type. You can eat one ½ or whole watermelon, one or two cantaloupe, honeydew. Choose only one.
5:00pm 	20 oz. Pure Water	
6:00pm 	Raw Zucchini Soup	2 cups zucchini, chopped 1 cup tomatoes, chopped 1 cup of celery, chopped 1/2 cup fresh dill, chopped ½ onion, chopped 5 dates, pitted 1/2 lemon, juiced 4 garlic cloves

# Day Three Detox Plan

DAY 1	Your Food	Notes
8:00am 	8 oz. Pure Water	You want to flush out your system first thing in the morning to remove any toxins.
8:15am 	Liver Detox Tea	1 cup warm water 1 green tea bag 2 teaspoons lemon Dash Cayenne pepper
9:00am 	24 oz. Carrot Juice	15 Carrots 1 small handful parsley 1 lemon, no rind 1 red or green apple
10:00am 	20 oz. Pure Water	
12:30pm 	Cherry Kale Smoothie	2 cups frozen cherries ¼ cup Hemp Seeds 2 large handfuls Kale 2 oranges, peeled
1:00pm 	20 oz. Pure Water	
3:30pm 	Apple Mono Fruit Meal	Apples. Eat as many apples as you are hungry for. This is a meal, not a deprivation. At least 4 or more.
5:00pm 	20 oz. Pure Water	
6:00pm 	Raw Cauliflower Soup	half head of cauliflower 2 apples 2 large dates, pitted 1 tbsp mellow white miso 2 tbsp lemon juice 1 cup water 2 Tbsp chopped onion



# Day Four Detox Plan

DAY 1	Your Food	Notes
8:00am 	8 oz. Pure Water	You want to flush out your system first thing in the morning to remove any toxins.
8:15am 	Liver Detox Tea	1 cup warm water 1 green tea bag 2 teaspoons lemon Dash Cayenne pepper
9:00am 	24 oz. Kidney Cleansing Juice	8 carrots 5 sticks organic celery 2-3 beets ½ onion 2 cloves of garlic
10:00am 	20 oz. Pure Water	
12:30pm 	Pear Bok Choy Smoothie	2 cups water 3 ripe pears, any kind 6 large bok choy leaves 1 tbsp chia seeds
1:00pm 	20 oz. Pure Water	
3:30pm 	Melon Mono Fruit Meal	Melon, any type. You can eat one ½ or whole watermelon, one or two cantaloupe, honeydew. Choose only one.
5:00pm 	20 oz. Pure Water	
6:00pm 	Raw Zucchini Soup	2 cups zucchini, chopped 1 cup tomatoes, chopped 1 cup of celery, chopped 1/2 cup fresh dill, chopped ½ onion, chopped 5 dates, pitted 1/2 lemon, juiced 4 garlic cloves

# Preparations:

**Juices:** Put all ingredients through a juicer. If you don't have a juicer, put all ingredients in a blender with about a cup of water, and strain through a nut milk bag.

**Smoothies:** Blend all ingredients in your blender until smooth. Don't over-blend.

**Soups:** Put all ingredients in high speed blender and puree. Eat as much as you need to until you are no longer hungry. Don't stuff yourself.

**Tea:** Make sure you use pure water for the tea, not tap water which contains toxins. Make tea using water and tea bag and steep for only 2 minutes. Be sure to use only organic tea as regular tea has many toxins such as pesticides. Add lemon juice and cayenne after tea steeps.

## Additional Snacks to have at any time

If at any time you are hungry, you may consume mono snacks of:

~ Green lettuce salad with squeeze of lemon

~ Grapefruits (check with doctor if you are on medications)

~ Carrot sticks    ~ Celery sticks    ~ Cucumber Slices    ~ Zucchini Slices

~ Apples    ~ Cherries    ~ Melon    ~ Pears    ~ Berries

Do not combine the foods, or eat them too close to your meal times. With any of the blended soup recipes, smoothie recipes, or juice recipes, **you can make and eat/drink more that the recipe provides** for if you find you are still hungry. I do not want you to deprive yourself while on this detox, so **feel free to eat liberally from any of the foods on the list above.**

**IMPORTANT DISCLAIMER:** Any statements expressed in Liana’s Four Day Liver and Kidney Cleanse Program are for informational purposes and self-help only and are not intended to be a substitute for professional medical prevention, diagnosis or treatment. *Please consult with your health care provider before making any changes to your diet or exercise program, as only your health care provider can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history. Be sure to check with your health care provider regarding taking any supplements or herbs. Pregnant and breastfeeding women should never undergo a fast or detoxification program. If you currently take any prescription medications, be sure your prescribing physician approves any eating plan you undergo, as some foods (such as grapefruits and grapefruit juice) can interfere with the effectiveness of the medication.*

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