

# After The Master Cleanse

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Well, you've finished the Master Cleanse, now where do you go from here?

You already cleansed your body and probably feel terrific for having done so... but some of those old (bad) habits might still be lurking and you don't want to fall back into a regular cycle of unhealthy living.

The good news is that the moment you finish the Master Cleanse is the perfect time to start eating and living a healthier life.

I say that for a couple reasons:

1. After you've finished the cleanse, you'll likely have little or no desire to eat fatty or sugar- filled foods. For some people just the smell of fast food will make their stomach queasy.
2. You'll probably notice how light and energized your body feels when it's not burdened with junk food. When you feel like this, you usually feel a strong desire to keep that feeling.
3. After you finish the Master Cleanse, you'll likely find that you have the ability to better control your eating.
4. The Master Cleanse is not easy. It takes discipline and internal strength. If you can make it through the cleanse, you'll find that making other improvements in your life will come easier. Not many people talk about this one, but it's actually one of the biggest benefits of doing the Master Cleanse.

Okay, let's go over some of the different ways you can "keep a good thing going" and maintain, or in many cases improve your health after you finish the Master Cleanse.

This report will talk about using a simple combination of three different diets:

1. Raw foods diet
2. Alkaline diet
3. Anti-inflammatory

Before we get into these three I want to share a few things I've learned about leading a healthy lifestyle.

First of all, whatever type of diet you choose to follow make sure it's not too complex.

I've tried a lot of diets, and the ones that require complex meal preparation, scheduled eating, and spending hours a day in the kitchen preparing food are the ones that never work out.

Imagine you're hungry... really hungry. So hungry it's driving you crazy...

Will you spend the next 2 hours chopping, slicing, dicing, boiling, and baking or just toss a frozen pizza into the oven?

Convenience and the need to immediately satisfy an urge will usually win out.

Next, stay away from diets that don't allow any flexibility in your eating.

A rigid diet is fine when you're trying to lose weight as quickly as possible. The Keto Diet is a good example of a strict diet that works great for shedding weight, but I think would be kind of miserable to spend the rest of your life doing.

The 3 different diets we're going to talk about are easy, fairly flexible, and require almost no special preparation for the foods you'll eat.

You don't have to choose just one of the diets. In fact, it's best to use a combination of all three.

Take the things that will work best for you from each of these, and apply it to your diet.

We'll get started with the easiest one - The Raw Food Diet...

## The Raw Food Diet

The Raw Food Diet is simple to follow and it's very good for you.

Basically, you eat raw fruits, nuts, and vegetables.

The average person who's currently living off junk food can have a hard time with the Raw Food Diet, but after you finish the Master Cleanse you'll naturally crave this type of

healthy food - you'll have a much easier time following the Raw Food Diet than the average person.

Any fruits, nuts, and vegetables are fine, but try to use organic, and always be sure to thoroughly wash the produce (using filtered water) before you eat it. Even if it's organic you never know who or what has touched it.

The foods should be fresh if you want to get the maximum benefit.

Frozen fruits and vegetables are okay, and you can use canned as long as it's packed in water not syrup, but whenever possible use fresh fruits and vegetables.

Remember when I told you about how I felt easy preparation was important to a successful diet? Well, this one's about as easy as it gets. Grab it - wash it - eat it!

## **How I use the Raw Food Diet**

I use raw foods for snacking and side dishes.

- Instead of a candy bar have some watermelon
- Instead of potato chips have some almonds
- Instead of macaroni and cheese have green beans

There's not much to cover with the Raw Food Diet. Your local grocery store is stocked with a variety of raw foods to choose from so you shouldn't get bored with this way of eating.

## **Raw Food As A Meal**

I prefer to use raw foods as snacks and side dishes, but in the past couple years, the foodie community has developed many tasty raw food meals.

This does kind of go against my easy preparation rule because raw food meals can be difficult to prepare, but it's worth trying out if this way of eating excites you. A simple Google search will give you lots of recipes to try out.

The next diet is a little more complicated, but it's recommended by nutritional experts from around the world as a way to energize your body and help prevent disease. It's called the Alkaline Diet...

## The Alkaline Diet

Most people probably haven't put a great deal of thought into what I'm about to tell you, but it's something that affects almost every bodily process. It's your body's ph level.

Picture a scale. Starting at zero you have acid. Moving up the scale to 14 you have alkaline, or base as it's sometimes referred to.

A healthy ph level for your body is between 7.36-7.4 which is slightly alkaline.

What does this have to do with you?

If you're like most people you're likely consuming many acidic foods, and keeping your body in a slightly acidic state. I say slightly because your ph levels will not vary much because your body will buffer the excess acid, but this can lead to other problems which I'll cover in a bit.

Why is acid bad for you?

Many of the things that can compromise your health thrive in an acidic environment. Things like bacteria and other microforms flourish in acid.

Having too much acid can also prevent your body from absorbing vitamins, protein, and other vital nutrients which can lead to fatigue

### **Your Body's Natural Defense Against Acid**

I get worried anytime I hear someone say that what you put in your body doesn't make a difference because your body will naturally balance itself out.

This is what opponents of the Alkaline Diet claim.

While they're right about your body having mechanisms to neutralize acid in your body, they're wrong about the process having no effect on your health.

To deal with excess acid your body tries to buffer the acid (neutralize it). It does this by stealing important minerals from your bones and other places. When it adds these minerals to the acid, the acid becomes neutral.

That takes care of the acid but causes other problems...

Your body takes the calcium out of your bones and moves it into your blood to get your pH more alkaline. Then your bones don't have enough calcium and they can get brittle which can lead to osteoporosis.

This calcium can also build up in different parts of your body and cause problems. For example, some of it can build up in your joints causing painful arthritis. Calcium can also end up in the liver and gall bladder. That may cause liver stones and gallstones.

Another buffer your body uses to neutralize acid is cholesterol.

Your body DELIBERATELY makes extra cholesterol to bind with the acid and protect the rest of your body from it. The extra cholesterol is actually protecting you, but theoretically, it could cause strokes and heart attacks.

Another type of buffer your body uses is hemoglobin.

Unfortunately, the hemoglobin comes from your red blood cells, and this can cause anemia.

Your body may also use magnesium as a buffer.

Pulling the magnesium out of your muscles can make you feel weak.

So you can see that even though your body has a system in place to deal with acid, you should still try to prevent your body's pH level from getting to the point where it has to use it.

Here's how you can do just that:

- Reduce that amount of acid-forming foods in your diet
- Increase the number of alkaline foods in your diet

Sounds easy enough right?

Before we get into that let's look at the benefits of the Alkaline Diet.

Most people notice an immediate increase in energy when they follow the Alkaline Diet:

- Skin conditions like acne go away. The bacteria that cause acne thrive in an acidic environment. By following the Alkaline Diet acne can be significantly reduced or even cured
- Weight Loss. The Alkaline Diet can also be used for reducing weight
- Less sickness and quicker healing. As I mentioned above a lot of the viruses that cause you to be sick flourish in an acidic environment

By following the Alkaline Diet your body will be better able to defend itself from sickness and disease.

## **Acid Forming Foods**

To start with, acid forming foods are not the same as foods with an acidic pH. Some foods that contain lots of acid—such as lemons—are alkalizing!

How can this be?

When your body burns food for energy, “ash” is left over. The leftover ash is either acid or alkaline. Alkaline ash is easy for your body to use and it alkalizes your blood.

Acidic ash isn't easy for your body to use, and it makes your blood more acidic.

Foods That Leave Acidic Ash:

- Meats
- Milk, cheese, and most other dairy products
- Soft drinks
- Sugar

- Most bread and other things made from flour
- Other white starchy foods like potatoes and rice
- Coffee and tea
- Fried food

#### Foods That Are Alkalizing:

- Green foods (spinach, lettuce, bean sprouts)
- Most vegetables, except starchy ones
- Lemons, oranges, and grapefruit
- Watermelon
- Cucumber
- Almonds
- Spirulina, chlorella, and other blue-green algae
- Grasses (wheat grass, barley grass), alfalfa

Looking at these two lists you're probably thinking that almost everything the average American eats is acid-forming, and there's no way you could eliminate all those foods from your diet!

I agree, it would be a very difficult for the average person to go without all acidic foods, but cutting back on some acidic foods and eating a few more alkaline foods can make a big difference.

One more thing about the Alkaline Diet...

Stress levels also affect your body's pH level. Negative emotions and high stress can cause your body to be acidic. It shouldn't surprise you that these things have a very real physical impact on your health.

On the other hand, positive emotions such as happiness can keep your body more alkaline.

## Anti-Inflammatory Diet

This brings us to the final recommendation for your post-Master Cleanse diet, the anti-inflammatory diet. Here is an excerpt from my e-book "The Quick Start Guide To The



Dr. Venus Diet" to explain it further. (If you would like a FREE copy of the full e-book, go to <https://doctorvenus.com/diet/> )

## 1. Why Do The Dr. Venus Diet?

Inflammation is a natural process in the human body. It helps the body heal from injury or illness. It is the immune system, the body's response to a threat. However, sometimes it can get have undesirable effects when it's in response to toxic foods. When inflammation becomes chronic due to repeated exposure to such toxins, it can lead to weight gain, worsen insomnia, cause digestion problems, and increase the risk of conditions like cancer, arthritis, diabetes, and heart disease. By adopting the right diet, removing the foods that can trigger inflammation, you can do a lot to optimize your health. This is not just a diet, but a lifestyle change which focuses on decreasing chronic inflammation. The primary goal is not to lose weight. The true objective is to get healthy. There just happens to be the added benefit of a lean physique!

Moreover, the Dr. Venus Diet is not a plan that you stay on for a short duration, then toss aside once you've achieve a weight loss goal. It involves eating food that maintains your health by regulating the inflammation in the body. Weight loss diets will come and go, and while some may work temporarily to lower the number on the scale, many create larger problems over time due to the fact they rob the body of nutrients and may even contribute to inflammation. Because the Dr. Venus Diet aims to reduce chronic inflammation, your results can be life-changing.

Anyone who suffers from stress or exhaustion, has trouble shedding unwanted fat, or perhaps experiencing joint pain or digestive problems may be victims of inflammation and could greatly benefit from adopting this diet.

## 2. What Does The Gut Have To Do With It?

60 to 70% of the body's immune system is located in the gut. So if the gut is not healthy, then the immune system can go awry and then inflammation can become a problem. When restoring or maintaining gut health, a key factor to address is the balance of "good bacteria" and bad bacteria" in the gut.

Probiotics are the beneficial bacteria that make up the naturally occurring flora of the digestive tract. These "good bacteria" work to prevent invasion by harmful organisms, boost the immune system, maintain the gut lining, and increase the absorption of various amino acids, vitamins, and minerals. When there is an overgrowth of "bad bacteria" in the gut, these bacteria produce substances that can increase inflammation throughout the body. Causes of this overgrowth can be stress, alcohol consumption, processed foods, and excess carbohydrate intake.

To restore or maintain the balance of "good" versus "bad" bacteria, you can consume probiotic foods. Look for fermented foods like kimchi, sauerkraut, green olives (that are salt water- brined), and kombucha. You can also eat prebiotics which are indigestible dietary fibers that nourish the "good bacteria" of the gut.

Examples of prebiotic foods:

- Onions
- Leeks
- Radishes
- Carrots
- Tomatoes
- Coconut meat
- Jicama
- Asparagus
- Yams
- Flaxseed
- Chia seeds
- Bananas
- Garlic
- Chicory root
- Dandelion greens
- Jerusalem artichoke

Great tip: Dark chocolate is a source of both prebiotics and probiotics. The recommendation is to limit dark chocolate to 3/4 ounce per day and to choose varieties that are at least 70% cacao content.

### **3. What's In The Dr. Venus Diet?**

The main components of The Dr. Venus Diet are the following:

- Plenty of fruits and vegetables

- Lean protein (poultry and fish)
- Healthy oils/fat
- Herbs and spices with anti-inflammatory properties
- Whole grains, like oats and brown rice
- Prebiotic and probiotic foods

These are the general guidelines:

1. Consume at least 25 grams of fiber every day to reduce inflammation. More specifically, it should be 14 grams of fiber per 1000 calories eaten.
2. Consume at least 9 servings of veggies and fruits each day.
3. Eat a serving of legumes like lentils, chickpeas, and black beans 2-3 times a day. As they are rich in folic acid, magnesium, Potassium, and soluble fiber.
4. Pack into your diet plenty of vegetables. Include alliums (like garlic and onion) and cruciferous vegetables (like broccoli and cauliflower). Other great choices are broccoli, kale, Swiss chard, Brussels sprouts, and bok choy. Rich in flavonoids and carotenoids, they help to fight inflammation. They can be eaten both raw as well as cooked (however, note that frying often destroys nutrients).
5. Limit sugar consumption. If you have a strong sugar craving, try an 3/4 ounce of dark chocolate (at least 70% cacao) or a piece of fruit. Here's one tip about dark chocolate - check if your dark chocolate is "processed with alkali." Processing with alkali reduces the amount of flavanols which are the substances responsible for dark chocolate's healthy benefits.
6. Whole fruit is allowed. Avoid fruit in jam or pureed form (that includes a dehydrated puree like a fruit "roll-up"). Fruit is a natural source of sugar in the form of fructose. Fruit has a lot of fiber, water, and significant chewing resistance, so it takes time to digest fruit. Since the fructose is absorbed slowly, it does not cause the sugar spike that can lead to inflammation.
7. Eat a serving of berries (like raspberries, strawberries, blueberries, cranberries, and cherries) 2-3 times a day. You may also choose fruit like pears, apples, peaches, and pomegranates that are rich in flavonoids and carotenoids which show anti-inflammatory properties. Choose fruit that is in season, and it is best if the fruit is organic.
8. Limit red meat. When you do eat it, choose organic meats that are grass fed (if beef) or pasture-raised (if pork or poultry).
9. Consumption of saturated fats should be kept 10% of your daily calories.

10. Consume food rich in omega 3 fatty acids like salmon, mackerel, walnuts, and ground flaxseed.
11. Eat fish at least three times in a week. Choose fish that is high in omega 3 fatty acids and low in mercury like salmon, freshwater trout, tuna (bluefin or albacore), and mackerel (Atlantic or Pacific).
12. Consume oils that are rich in healthy fat like olive, avocado, and coconut.
13. Use phytonutrient-rich herbs and spices like garlic, ginger, turmeric, oregano, cinnamon, rosemary, and parsley.
14. Eat a serving of whole grains like oats, buckwheat, and brown rice 2-3 times a day. As they digest slowly, the spike in carbohydrates is gradual which reduces the inflammatory potential. Eat it in whole grain form, not the flour products of it.
15. Consume at least 1 serving of prebiotic food daily. (Foods like oats, apples, garlic, onions, leeks, asparagus, bananas, and seaweed.)
16. Enjoy organic fermented soy products like miso, natto, and tempeh. Soy contains isoflavones which have an antioxidant property helping to fight inflammation.
17. Don't forget to drink plenty of water. Water is an essential part of your body, and can be ingested in the form of plain water, fruit-infused water, unsweetened tea, or sparkling water. If you want an estimate of what is appropriate for you, a range of ½ ounce to 1 ounce of water per pound of your body weight is a good place to start. My best advice is to check when you empty your bladder - if you "pee" clear, then you're drinking enough water.
18. It is estimated that one in four adults have been confirmed to have some sort of difficulty digesting any kind of milk, reacting to either the lactose, casein, or whey. So it's best to avoid dairy products like cheese, butter, and animal milk.
19. Avoid gluten. Gluten intolerance appears to have increased in the past 50 years. By one estimate as many as 18 million Americans have some form of gluten intolerance.
20. Avoid processed food at all costs.
21. Stay away from items which are made up from processed oils (like soybean oil and corn oil). Commercially-bought french fries are often cooked in processed oil.
22. Limit alcohol. Although red wine is good for your health in limited quantities, some people can develop a dependence problem with alcohol. Alcohol does have anti-inflammatory effects, but findings from research studies showed the benefit with 5 to 10 grams of alcohol daily. That is less than 1 glass of wine per day.

## How To Use These 3 Diets In Combination

These 3 diets are just examples. You should do whatever works best for you.

### Sample diet for long-term use:

Start every day with a glass of water and a plant-based protein smoothie.

It's a delightful way to start your day.

- It's light on your stomach
- It's satisfying
- There's a nice balance of carbs, protein, vitamins, and minerals
- It's only about 300 calories
- It tastes good and it's quick, even faster than the drive-through window at a fast-food restaurant

Here's a sample smoothie recipe:

#### BLUEBERRY-BANANA SMOOTHIE

1 cup unsweetened almond milk

1 tablespoon almond butter

1 scoop plant protein powder

½ banana

1 teaspoon cinnamon

½ cup frozen blueberries

Throughout the day, drink plenty of water. If you want a snack, have a piece of fruit, some veggies, or nuts.

Lunch and dinner should be healthy and sensibly portioned – usually a lean protein with raw food sides.

Pay attention to carbs but don't deprive yourself of them. Instead, choose the healthiest version of the carb you want to eat. For example, go with brown rice instead of white rice, and sweet potatoes instead of regular potatoes.

You may even have a wholesome fruit dessert every once in a while.

That's all there is to it.

When you follow this plan you should never be hungry or feel in any way deprived. The biggest change is switching to a liquid breakfast, but once you see how satisfying it really is you won't miss the 1500 calorie bacon/eggs/toast/pancakes breakfast.

**It is VERY important that you do not go right back to eating the way you were before you started the Master Cleanse.** If you do you will most likely feel worse than when you started and/or get VERY sick and erase any progress you made towards a healthier body.

WHY? When you eliminate inflammatory foods that may be causing a reaction in your body the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminating them these antibodies gang up on the foreign particles causing an inflammatory reaction.

Healing your body can take months if not years...REMEMBER you did not get to the place you are overnight; you can't expect to return to optimal health in 10 days.

## My Best Advice for AFTER THE MASTER CLEANSE

I recommend re-introducing a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing different foods. You will introduce the food on a particular day first thing in the morning on an empty stomach. Do not eat more than 1 serving of a particular food and wait 3 days before reintroducing another food. If you don't experience a reaction you may want to try eating the food again on the second and third day to see if a reaction appears after multiple servings.

Symptoms can occur anywhere from a few minutes to 72 hours later. They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, acne digestive upset (bloating, gas, constipation, diarrhea), sleep problems, rashes,

joint pains, fluid retention, and more. Another way to track is to monitor your weight, if a food is inflammatory you will be retaining more fluid and that can make the number on the scale go up.

## **DO NOT IGNORE SYMPTOMS SIMPLY BECAUSE YOU WANT TO EAT A SPECIFIC FOOD AGAIN!**

### **Reintroduction**

1. **Day 1:** Dairy (cow, goat, & sheep). Keep everything else the same, but eat 1 serving of dairy first thing in the morning. If possible, consume your choice of dairy by itself and eat your regular meal 20-30 minutes later. That way if you have a reaction you will know that it was the dairy and not the combination of the dairy and whatever else you eat. For example, eat an ounce of grass-fed organic cheese. Test dairy separately as you may react to milk but not cheese or yogurt. You may also discover that you can handle goat or sheep products but not dairy from cows. If you have a reaction right away then stop eating dairy. You may need to cut it out completely for 3-6 months and then only eat it every 4-5 days. If you do decide that dairy works with your body opt for raw grass-fed dairy products. Remember Organic DOES NOT mean grass-fed. Or you may decide that how you feel after you consume dairy isn't worth it to you and you choose to make it part of your supportive nutrition plan.
2. **Day 4:** Non-gluten-containing grains. Keep everything else the same, but eat a serving of a non-gluten containing grain first thing in the morning. An example may be some cook quinoa sprinkled with cinnamon. As with the dairy, then eat your meal 20-30 minutes later. Track how you feel after consuming a non-gluten containing grain and decide if or how much you want it to be part of your nutrition plan. (If you are still experiencing symptoms of leaky gut or anything else I would encourage you to stay away from grains.) Any grain, gluten containing or not can be an irritant to our system (gut) or hinder our ability to manage blood sugar because there can be some cross-reactivity with gluten. I have found I can manage my blood sugar much better by avoiding ALL grains.
3. **Day 7:** Gluten containing grains. Keep everything else the same but eat a serving of gluten first thing in the morning. An example may be a slice of Ezekiel bread with ghee or oatmeal. As before, eat the rest of your meal 20-30 minutes later. Evaluate how you feel (gas, bloating, foggy head, drop in energy) as well as how your digestion is for the next 3 days. Decide, how often or if you will incorporate gluten into your nutrition plan. I don't feel as if eating gluten is worth all of the long-term adverse

effects on your body and health. However, that is a personal decision you need to make for yourself.

4. **Day 10:** Legumes. Keep everything else the same but eat one serving of legumes first thing in the morning. Have some peanut butter, lentil soup, or a side of black beans. As with the other reintroductions consume the legume by itself and eat your meal 20-30 minutes later. Evaluate how you feel and look to decide, how often or if you will incorporate legumes into your nutrition plan.

**Caffeine & Alcohol:** These substances can be used from time to time but be cautious as they are, in a basic sense, drugs and need to be used moderately and wisely. Most individuals feel better and have more energy once they no longer have coffee daily. Regular use of coffee can increase your cortisol levels and deplete your adrenals over time. Alcohol may also be enjoyed in moderation, 1 to 3 drinks per week.