



*ProActive
Wellness Center*

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Liver Enhancement

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Your First Step

This liver enhancement-eating plan will quickly get your body into fat burning. It is known that only eating protein and fat puts someone in ketosis (fat-burning), however, I have found this eating plan also gets a person in ketosis without stress on the liver, as in high protein and fat diets. Purchase some ketone strips at the drug store and check it out for yourself. All six fat-burning hormones do their work through the liver. In fact, 80 percent of your thyroid function occurs through the liver.

Here's how the plan works:

You will be on this enhancement for fourteen days.

The first three days might be a bit rough for certain people, as your body is switching from sugar fuel to running on fat fuel. But surprisingly most people actually feel very good on this part of the program. Your body's receptors for sugar have to be readjusted; after this program you'll find you will need less sugar, which results in fewer cravings for sweets. Also, coming off caffeine can create some tiredness, which typically lasts up to three days. The fourth day will be easier, and so on. Your energy usually starts to improve as your sleep becomes deeper. You'll find you are not as hungry, but do not skip meals. Other benefits noted are weight loss, inches loss, reduced aches and pains, improvement in skin and nails, and some people experience an increased sex drive. As the liver improves, fat can be made more available for energy.

On the fourteenth day of this program, depending on your results, you will either continue this program longer or start adding protein with each meal. Some people will have to add some protein with each meal throughout the two weeks. We will talk more about that later.

This short program is not just a detoxification cleansing process, as much as a healing process to restore liver function. A healthy liver can greatly enhance weight loss.

GENERAL OVERVIEW

The bulk of the foods should be raw, nutrient-dense, high-fiber vegetables, minus sugars, fats, oils and starchy foods like potatoes and grains. You can have some fruits but only one-third the amount of the vegetables you eat. You will be drinking three 8 oz cranberry drinks each day. You will also take a concentrated greens supplement to build up your potassium reserves and improve liver function. You'll be eating apples between meals and plenty of raw nuts with some fruits and beans. You'll keep animal proteins out of the program unless your blood sugars get too low, in which case you'll need to add a small amount to each meal (fish, sea food or eggs).

Food Intake

You can eat the vegetables listed below in unlimited quantities. Other vegetables not listed are also okay.

Unlimited Vegetables

• alfalfa sprouts	• cauliflower*	• leeks	• sauerkraut
• artichokes	• celery	• lettuce	• seaweed
• asparagus	• cilantro	• mushrooms	• spinach
• avocado	• collard greens*	• okra	• squash
• bamboo shoots	• corn (some)	• olives	• string beans
• beans	• cucumbers	• onions	• sugar snap peas
• beets*	• dill	• parsley*	• Swiss chard*
• bok choy*	• eggplant	• peas	• tomatoes (these are really classified as fruit)
• broccoli*	• escarole	• peppers (all)	• turnips*
• Brussels sprouts*	• garlic	• pickles (w/out sugar)	• water chestnuts
• cabbage*	• ginger root	• radishes*	• zucchini
• carrots	• kale*	• salsa (w/out sugar)	

***Cruciferous:** These are a group of vegetables belonging to the cabbage family, named for their tiny cross-shaped flowers.

- **If you are on thyroid medication, add some iodine foods.** The vegetables marked with an asterisk are cruciferous and they have a very small effect of reducing some iodine that the thyroid needs to make its hormones. However, this would probably occur if you ate only cruciferous vegetables. Raw nuts and other foods put back the iodine back. To be conservative, if you have a known thyroid problem and are taking thyroid hormones, add some sea kelp or alfalfa to the diet daily. Alfalfa is supplied in the Organic Cruciferous Food tablets recommended below. So if you choose this product, described below, for this enhancement, you will not have to worry about adding iodine with the consumption of cruciferous vegetables.
- I recommend consuming as many cruciferous vegetables as possible because of their great ability to improve the liver. The liver is the central hub for all fat-burning hormones.

Kale* is a superior vegetable. This vegetable is my personal favorite. I always mix some raw kale into my salad greens on a daily basis. Because it is slightly bitter, add some dressing with chopped almonds and walnuts on top. I also shave some raw beet over the salad with some broccoli sprouts.

- Kale is one of the best sources of calcium, potassium, manganese and vitamins A and C. It is excellent for the liver and digestive organs. It contains cancer-fighting substances called indoles, which activate detoxifying enzymes in the liver that help neutralize potentially carcinogenic substances. Studies have shown that the plant chemicals in the kale family has a protective effect against the risk of cataracts.*

*<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=38>

*<http://www.arborfood.com/dining-in/eaters-digest/kale.shtml>

As a side note, beets support the second phase of detoxification of the liver allowing the liver to rid excess estrogens. I have gotten feedback from clinic patients eating half a beet per day improving lean body mass as well as increased libido, which occurs when your testosterone comes to a normal level.

One ounce of broccoli sprouts contains the amount of cancer fighting properties (enzymes that detoxify potential carcinogens) as one and one fourth pound of adult broccoli.

<http://www.broccosprouts.com/sprouts/story.htm>

<http://www.brassica.com/sci/patents.htm>

- **The key is to eat as many of these vegetables as you can**, including between meals. Because they are chock-full of nutrition, it is impossible to overeat.

Dairy

Do not drink milk; consume cream cheese or sour cream. However you may include a small (6oz per day) amount of plain yogurt with this plan. Every other day you could also eat some low-fat cheese or low fat-cottage cheese (no more than 3oz per day). You can sprinkle a small amount of feta cheese on your salad as well.

Don't Eat Starches

Don't eat starchy vegetables like potato: French fries, baked potatoes, mashed potatoes, yams and sweet potatoes. Use corn only in very small quantities.

Don't Eat Grains

Don't consume breads, pasta, cereal, crackers, biscuits, waffles, muffins, pancakes, rice, rice cakes, donuts, etc., as they readily turn into sugar and cause fat storage.

Allergies and Food Sensitivities

- Some people are sensitive to sulfur-based vegetables like broccoli. Some people are allergic to peanuts. Avoid any foods you are sensitive to. If you experience bloating or gas, you might need to cook these vegetables more thoroughly or eat vegetables that give you no reaction.
- If you have allergies or bloating with certain vegetables or beans – order this enzyme as it will help with the digestion. <http://www.bean-zyme.com>
- **You can include tomato, even though it is a fruit.**
- **These vegetables may be lightly steamed.** However, it is recommended that you eat at least 50 percent of them completely raw.

Salad Dressings

Use salad dressing very sparingly (just enough to flavor salad). If you use dressing on your salad, go light on the quantity, and, if at all possible, use low-sugar, natural and organic. Try to use dressing that contains no added sugar; avoid high-fructose corn syrup, dextrose and sugar cane. Monosodium glutamate (MSG), also known as modified food starch, must be avoided. Raw honey in very small amounts is an acceptable substitute. The health-food store is your best bet, but Newman's Own has a few good salad dressings, such as Ranch Dressing, Balsamic and Vinaigrette. Other recommendations are Annie's Naturals, 365 Organic, and Organic Ville. As a simple alternative, mix balsamic vinegar and olive oil, or even apple cider vinegar and olive oil, as a dressing.

Turmeric spice is also recommended to sprinkle on your vegetables. Studies have shown that the combination of this spice with cruciferous vegetables had significant tumor-fighting effects in certain cancers. I take cut cauliflower and slightly cook it in coconut oil until yellow, then add Turmeric on top.

You may eat certain fruits (see below) but only at night, with the exception of apples, which can be eaten anytime and in as much quantity as you desire. The reason for eating fruits in the latter part of the day has to do with how fast they breakdown and turn into sugar. People that eat too many fruits for breakfast or even at lunch tend to get tired faster and don't have endurance. They might also crave sweets in the evenings.

Fruits

Eat only a third as many fruits, berries and melons per day as total vegetables. (Example: 1 cup of vegetables—1/3 cup of fruit.)

• apples	• kiwis	• peaches
• apricots	• lemons/limes	• pears
• berries (all)	• melons	• pineapples (small amounts)
• grapefruit	• nectarines	• plums
• grapes	• oranges	• tomatoes (also in vegetable category)

Don't eat the following **fruits**, as they have extra sugar content with lower fiber: bananas, figs, raisins, canned fruit (unless it's pineapple), dried fruits, mangoes and cherries. In addition, definitely avoid juices. The fiber in the whole fruit buffers the fat-making hormone insulin.

The **apple** is the best fruit.

- High in malic acid—a good solvent for stagnant bile in the liver.
- Pectin (gelatinous substance found in apples) helps with cardiovascular and digestive health.
- May lower incidence of cancer.
- In its whole form, it is high in fiber and slows insulin response.
- High in potassium and low in sodium

Even though all fruits are sweet, some have higher fiber content, which slows absorption of sugar.

Animal Proteins

Do not eat animal proteins (meat, chicken, etc.) or fish in the first two weeks; however, if by the third day you are feeling lightheaded or dizzy, or feel brain fog, have cravings for protein, fatigue and/or overall body cold due to low blood sugar, add a small amount of animal protein to your meals. With this program, you are consuming lots of greens, low or little fat and minimal non-animal protein. Since fat readily satisfies hunger and this program is low in fat, in order to avoid hunger you need to compensate by eating more food more frequently. The most important action is to eat enough food to keep your calories up, since low calories will add stress and more weight gain. That is why it's imperative that you eat between meals. If you are a liver type, in parts of my book, I recommend only three meals per day. However when you are on this Liver Enhancement Plan, I want you to eat between meals as well.

If you have to eat proteins as mentioned above:

Below are the Acceptable and Preferred Proteins

Fish	Seafood	Eggs
Tuna, salmon, cod, sushi (without rice), etc.—baked, not deep fried	Squid, shrimp, crab, lobster, etc.	

Start with one egg per meal (it could be hard-boiled) or 2 oz of fish with meals. Sashimi is ideal.

Do not overeat animal proteins—eat just the right amount to satisfy your hunger. It's better to eat frequent small amounts, since overeating will stress the liver and convert protein to fat. Sashimi or cooked fish is the best protein on this program because raw proteins are more easily digested, causing less liver stress.

Raw Nuts and Seeds

You can eat unlimited raw seeds and nuts. Some people are allergic to nuts and will experience bloating if too many are consumed. Hummus (chickpeas) is another possibility. You'll need to eat as many, or as much, of these as possible between meals to prevent hunger.

• Almonds	• Pine nuts	• Sunflower seeds
• Cashews (consume very small amounts, as many people have difficulty digesting these nuts)	• Pistachios	• Walnuts
• Hazelnuts	• Pumpkin seeds	• Peanut butter mixed with tahini butter (raw sesame seeds)
• Pecans	• Sesame seeds	• Hummus

Walnuts*

- Highest omega 3 fatty acids of any nut.
- Nutrient-dense to help satiety (feeling full)
- Decrease bad cholesterol (LDL)
- Nutritional factors in walnuts may prevent cancer cell growth
- Can help patients with Diabetes type II

*http://www.walnuts.org/pdfs/new_release_051215.pdf

*http://www.walnuts.org/news/new_press_full.asp?pid=050913

*http://www.walnuts.org/news/new_press_full.asp?pid=050706

You could also dip apple slices in a mixture of half peanut butter and half tahini (sesame seed) butter.

Beans/Lentils

You could add beans/lentils to this program as well. Make sure that the amount does not exceed one-third the amount of vegetables. Refried beans are not recommended.

Supplement Intake

There is one supplement recommended. It is a greens product. This nutrient will supply the raw material for the liver to heal itself as well as build up your cells' potassium reserves. The dosage can be split up to three times per day or smaller amounts more frequently through the day.

It has been difficult to find a quality greens product, let alone an organic one, so I developed a blend of organic cruciferous vegetables. Since I couldn't locate a product on the market that had most of the cruciferous vegetables in it, I personally created this high-quality organic blend. Of course, you may be able to find an equivalent product at your local health-food store. Any products of similar quality would be acceptable.

Recommended Supplement

Organic Cruciferous Food™—15 per day. There are two sizes: 250 tablets (will last around 15 days) and 500 tablets (will last one month). Don't be shocked at the amount as its only food. One tablet is almost one serving of vegetables, so you will be getting lots of healing foods each day. Many of my patients take this product to supplement their diet, as they don't always include the cruciferous family of vegetables. There are some big advantages to using cruciferous vegetables over just greens, a principal one being they are very beneficial for the liver. Many people don't eat or don't like eating these types of vegetables, but the ironic thing is if they did eat them, they wouldn't be reading this book.

The other advantage of this supplement is that it contains alfalfa grass juice, which has iodine, as cruciferous vegetables do have a tendency to deplete iodine. With this product, you don't have to worry about replacing iodine because there's enough in the alfalfa juice. All the vegetables in this blend are organic. It contains **organic asparagus, alfalfa grass juice, beets, broccoli, Brussels sprouts, cabbage, cauliflower, celery, collard greens, kale, radish, parsley and spinach.**

Cranberry Drink

You will be drinking a mixture containing unsweetened cranberry juice, lemon and apple cider vinegar.

This mixture should be taken three times per day (three 8 oz glasses):

- 1st — first thing in the morning upon rising
- 2nd — before lunch
- 3rd — before dinner

Drink

- spring water (8 oz)
- unsweetened cranberry juice (2 oz or $\frac{1}{4}$ of a glass); make sure you read the label, as many people purchase the sweetened cranberry juice by mistake
- lemon juice (1 tsp), real lemon or lemon powder
- apple cider vinegar ($\frac{1}{2}$ - 1 tsp); adjust amount to your taste as it might be too strong for some people
- apple juice—only use if the drink is unpalatable (maximum amount is $\frac{1}{4}$ cup)

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator or a cooler.

Purpose of Ingredients

Unsweetened Cranberry Juice

This juice helps support normal kidney, bladder and urinary tract functions—the body’s filtration system. It is very high in potassium and low in sodium. Since the liver and kidneys work together, they both need to be supported. This juice can be found at any health-food store. You can use powdered cranberry as well—go to <http://www.usjuice.com/> and click on “Cape Cod Unsweetened Cranberry Juice Powder.”

Lemon Juice

Lemons support normal immune function. Lemon juice also helps contract the liver (astringent). You can use 1/3 of a real lemon, or 1 tsp of lemon powder.

Apple Cider Vinegar

I would recommend Bragg apple cider vinegar. There are many benefits, including balancing the pH of the body, eliminating waste acids, providing potassium, as well as fortifying the friendly bacteria in your intestine. It helps reduce water retention through the normalization of acid and alkaline levels.

A Few Guidelines

1. Refrain from eating anything that is not on the lists given in this Liver Enhancement Plan, other than avocado, raw nuts and animal proteins (only if needed), as mentioned earlier. This especially includes sugar and hidden sugars—juice, sports drinks, protein bars, vanilla yogurt, etc. Consume walnuts, as they are a superior nut.
2. You can drink as much water and herbal tea as you desire. Only drink the amount of water you are thirsty for; don’t ever force yourself to drink too much water. Green tea (naturally decaffeinated) is best.
3. Avoid drinking tap water.
4. Avoid coffee during this phase. If you find this is impossible, gradually cut down and mix decaffeinated coffee for one to two weeks until you are weaned off. Coming off coffee cold turkey will create lethargy for about one to two days. If possible, use organic coffee.
5. This Liver Enhancement Plan can be done every other month to keep the liver in top shape. Some people continue the program until they start craving protein, at which point they introduce an adequate amount to turn off the craving.
6. The exercise program can be combined when doing this Liver Enhancement Plan (keep pulse rate low, below 130).
7. Avoid dairy (cheese, yogurt, etc.). A small amount of butter is acceptable.
8. Avoid anything with MSG (monosodium glutamate); also known as modified food starch, autolyzed yeast, hydrolyzed protein, carrageenan, sodium caseinate, glutamic acid and hydrolyzed vegetable protein. MSG is a flavor enhancer, which not only makes the food taste better than it is but makes you hungrier. This is why you can’t stop eating just one potato chip, and this is also why you get hungry one hour after consuming Chinese food. Many restaurant foods, especially Chinese food, contain this chemical. They might even state they add no extra MSG, yet it’s in their sauces unknowingly as other ingredients. This is a big fluid retainer.

Three-Day Sample of 14-Day Enhancement Plan

Monday	Tuesday	Wednesday
<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Cut vegetables, w/ raw nuts • Apple dipped in peanut butter 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Cut carrots, celery, avocado • 1 apple + raw nuts 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Sautéed mushrooms with onions • Raw pecans
Raw nuts / seeds	1 apple	Peanut butter with celery
<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Salad with almonds, kale, red cabbage and black olives • 1 apple 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Asparagus + butter • Sliced cucumbers • 1 apple + raw nuts 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Green pepper, steamed broccoli w/ butter • 1 apple + raw almonds
1 apple	Grapefruit	Celery and carrot sticks with nuts
<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Kidney beans • Hummus • Avocado 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Fruit salad + raw nuts • Coleslaw 	<i>Drink + Greens Product</i> <ul style="list-style-type: none"> • Cauliflower sautéed in butter until slightly brown + mixed green salad
Black olives and pickles	Bowl of berries	Raw nuts

Quick Healthy Small Meals & Snacks

Button mushrooms sautéed in butter	Cut vegetables dipped in guacamole (avocado, onion, tomato, cumin, mayonnaise, lemon juice and garlic)	Cut apple in hummus (chick peas, garlic, lemon juice and Tahini butter)	Celery dipped in a mixture of peanut butter + tahini butter (sesame seeds)	Low fat cheese melted over broccoli
Apple slices dipped in peanut butter.	Pickles & olives (for people who crave salt)	Cucumber slices in dill dip	Spaghetti squash with tomato sauce (low sugar)	Fried eggplant (in olive oil)
Low fat yogurt with added pecans	Cooked cabbage with garlic and onion	Plain low- fat yogurt with apple sauce	Plain low- fat yogurt with cut pineapple	Slightly cooked cauliflower with Turmeric spice
Bran Crispbread with peanut butter	Bran Crispbread with low-fat cheese (3 oz)	Bran Crispbread with hummus	Plain low- fat yogurt (6oz) with berries	Tomato, basil leaf with low fat cheese (3oz)

Salad Ideas

Tomato Avocado Black pepper Basil leaves	Chickpeas Romaine lettuce Black olives	Pinto beans Tomatoes Avocado Olives Red cabbage	Black-eyed peas Kidney beans Bell pepper Onion Parsley	Cut apple Black olives Celery Lemon juice Mayonnaise
Cabbage Pineapple chunks Almonds Romaine lettuce	Bok choy Asparagus Sugar snap peas Carrots Sunflower seeds	Cooked cabbage Sautéed mushrooms Cauliflower sautéed in butter until slightly brown	Red cabbage Cut pears Shredded carrots Cut apple	Lettuce Honeydew melon Strawberries Mint leaf
Steamed or pickled beets Cucumbers Onion (sautéed)	Cabbage (shredded) Celery Parsley Cashews	Cauliflower sautéed in butter until slightly brown Spinach Carrots Broccoli	Green pepper Cucumbers Carrots Lettuce	Baby spinach Sprouts Celery Beets (canned)
Lettuce Apple Lemon juice Kidney beans	Steamed spinach Peas Ginger root Lentils Lime juice	Cauliflower sautéed in butter until slightly brown	Broccoli with ranch dip Artichoke hearts	Lettuce Papaya Avocado Apple Black olives

What to Expect?

At the end of the two-week program, you should notice that your cravings are gone, your bowel movements should be improved, your energy should be up, and you should be losing weight and/or inches. About 20 percent of my patients didn't lose much weight during this initial cleanse (only 5 pounds) for two reasons: (1) their body was healing and needed more time to regenerate muscle protein, or (2) they were an adrenal or ovary body shape and required more protein. However, just about everyone will experience improved energy, better sleep, fewer cravings, and improvements in hair, nails, skin and sex drive because of the liver's enhanced ability to utilize hormones. People who have a "potbelly" water gut will normally lose many pounds of fluid and have significantly decreased waistlines. Normalization of blood pressure and cholesterol will also be noticed. This is due to the improved liver function. If you are taking medication and these changes occur, consult your doctor so that he or she can adjust the dosage.

It's important to know that water weight comes off before fat weight. This means you might initially lose a lot of weight and then it will slow down when you go into the fat burning phase. Many people get discouraged by this and think the program is not working. It is working; you just have to know that 1 to 2 pounds of fat loss is the maximum possible per week. The determining factor in exactly how much fat is lost will be the level of health of your glands. The worse off the metabolism, the more closely you need to follow the diet.

What Will You Do after the Two Weeks?

If you experience excellent results from the two weeks, you have to make a decision whether to stay on this program longer or start adding some protein. If the liver has been in bad shape, it will take some time to bring it back. Don't expect the liver to regenerate in two weeks; this is just the start. Some of my patients do this liver enhancement every two months.

At the end of the two weeks, if you experienced excellent results and feel like you could go longer, I would recommend continuing as long as you can. Why change a successful action? Some people stay on it an additional one to three weeks; some are ready to come off, as they are craving a steak.

For example, a patient came in with a huge abdomen and did the fourteen-day liver enhancement, lost 15 pounds, and decreased cholesterol and blood pressure. His energy and sleep were great, not to mention improved bowel function. He then stopped the liver enhancement and started with more protein. His results worsened. I told him to go back on the enhancement and ride the wave as long as he could. He did and continued it for another two months, losing his excess stomach. He then added a small amount of protein and continued to lose weight.