

“Where’s the Beef?” It’s stuck in your colon.

The average American over the age of 35 years of age has 5 to 7 pounds of putrefied red meat stuck in their colon. This not only blocks the proper absorption of nutrients and re-absorption of water in the digestive track, but is extremely toxic. It also creates a breeding ground for parasites.

For those with self-discipline and a willingness to feel hungry for a couple of days while they naturally ‘clean the pipes,’ I suggest my TEN-DAY CLEANSE.

*For those of you who want a deeper cleaning than just 10 days, I would suggest an all-natural product with a system to help you cleanse. I personally have tried a few. I have received patient feedback following some others. May I suggest www.drnatutura.com They offer a great one month to 90 day cleanse. If you do the cleanse from drnatutura.com, don’t short change yourself, give it at least 30 days but I recommend 6 weeks to 90 days. This one is easier than the 10 day cleanse because you can eat what you want while using the product. **HOWEVER, the closer your eating habits reflect a vegetarian diet, the better results you will get!***



Dr. Shetlin’s Ten-Day Cleanse

A fruit fast or fruit and vegetable cleanse is quite healthy and can be done regularly throughout the year. Up to three days can be done often. Ten days or longer should only be done with the right combination of other healthy nutrients.

Gold Star Day:

All the fresh fruits and veggies you can eat. Drink plenty of water. Drink natural “Green Drinks” not the ones containing sugar or High Fructose Corn Syrup.

You can be very creative with “smoothies.” In the blender add ½ cup of fresh squeezed orange juice one banana, some frozen

strawberries, blueberries or other frozen mixed fruit, 2 or 3 baby carrots, and some “green drink powder” or some leafy spinach. (Be creative) A small amount of pure Aloe Vera juice is great for the colon as well.

Veggies through the day can be raw or steamed.

Silver Star Day:

All the fresh fruits and veggies you can eat. Drink plenty of water. Drink natural “Green Drinks” not the ones containing sugar or High Fructose Corn Syrup. Small amounts of nuts or trail mix (without sugar or candy like M&M’s). Soy or Rice milk are both great. Virgin olive oil and virgin coconut oil (www.tropicaltraditions.com)

Again, smoothies are great! Just a touch of vanilla soy milk really adds to the flavor and gives some protein. A tablespoon of virgin coconut oil is fantastic in the smoothies as well. [Fruit smoothie recipes](#). – look under coconut oil.

Virgin coconut oil can be taken a tablespoon in the morning, everyday. Just take it straight if you can handle it. If you can work up to taking in 3 tablespoons a day either in your smoothies, cooking with it or taking it straight it will be very beneficial.

Nibbling on a little trail mix through the day will help satisfy mild hunger with good proteins and fats.

With the oils you can make healthy salad dressings to flavor up all the veggies you are eating. Spices and herbs are fine to use to add flavor.

Bronze Star Day:

All the fresh fruits and veggies you can eat. Drink plenty of water. Drink natural “Green Drinks” not the ones containing sugar or High Fructose Corn Syrup. Small amounts of nuts or trail mix (without sugar or candy like M&M’s). Soy or Rice milk are both great. Virgin olive oil and virgin coconut oil ([Tropical Traditions](#)). Use real butter in small quantities. You can use some pasta, grains, and oats.

Same as the above days but you can add things like malt-o-meal, oatmeal for breakfast and pasta with veggies for lunch and dinner. This may be the low day on our three choices but it remains a nutritional day far better than the average American diet.

Vanilla soy milk and rice milk are great on morning cereal...oatmeal, malt-o-meal, granola, fiber, etc.

Look up some vegetarian recipes on-line or check out a cookbook. There are many fantastic vegetarian recipes with pasta that are out of this world.

Sweeteners: Use only Honey, Fruit, and real Fructose (from the health food store) if possible, organic brown sugar. NOTE: Fructose looks like table sugar (sucrose) but is sweeter, requires less and is better for your body.

When you start “the cleanse”, the second and third day are usually the most difficult. Your body is changing gears and adapting. Sometimes you may feel like you can’t get full. Eat all the fresh fruits and veggies you want. If you continue to struggle to feel full, drop down to the “Silver Star” plan. The longer you can stay on the “Gold Star” plan the better but all of these days are fantastic dietary habits so don’t feel guilty using any of them.

When you are finishing up with your cleanse, ease back into other foods. Don’t go out for a big steak, potato and cream pie the last day or you will feel awful! I am not just saying that. Your body is very adaptive and as it changes gears to this lighter, more healthy diet. To bombard your digestive system with heavy proteins or creams and sugars after it has shifted gears to a much healthier diet you will really feel it. It is a pretty clear sign of how we should be eating all the time.

Have fun with your cleanse!

Dr. Shetlin