

## THE HARLEM PEARL - 4 DAY DETOX

### The Plan for Day One

Day One is the most basic day on The Plan and incorporates only the least reactive foods.

#### Upon awakening

- Weigh yourself and record the results in your journal
- Drink 16 ounces of fresh water with lemon juice (after you weigh yourself).

#### Water

Be sure to drink your recommended daily water intake throughout the day, ending by 7:30 p.m.

### The Inside Scoop on Day One

I include the flax granola every morning during the cleanse for a few reasons. Flaxseeds are rich in omega-3s and calcium. They are also loaded with protein—they pack 40 grams into just one cup—which is an important component of breakfast for satiety, energy, and repair.

As you'll probably find out very quickly, the flax granola is pretty magical. It is excellent for digestion and even better for elimination. Whole flaxseeds are soaked overnight so they can release mucilage (a tasteless gel-like substance); this is what does an internal sweep in your intestines. If constipation has traditionally been a problem for you, this will be your best friend and especially helpful since you're eliminating coffee, which increases peristalsis (the contraction of muscles through the digestive tract that stimulates elimination).

Most people like the nutty taste of the granola, but if it doesn't quite resonate with your palate at first, give it a few days. You'll be amazed at how quickly your taste buds will change and adjust to foods that are healthier. Adding some extra raisins or cinnamon can boost the flavor, as does using vanilla-flavored rice milk or coconut milk. And by the way, cinnamon is excellent for aiding digestion, controlling type 2 diabetes, lowering cholesterol, and helping decrease arthritic pain, so there's an added health benefit to sprinkling it on.

The first day of your cleanse, you may feel a little fatigued. Yes, repair can start this quickly! This is a good sign. If your body is trying to make you shut down and sleep, it's communicating with you loud and clear to hit the hay and let it do some deep repair work. It's amazing how badly your body wants to heal, so let it.

Day One is a great time to schedule a little personal pampering to help your body in its restoration process. If you can, go for a long walk, meditate, schedule a massage, take a sauna, or just make a plan to watch a favorite movie, read a good book, or enjoy

some quality time with people who matter to you. The goal is to restore and nourish yourself, inside and out.

### **The Plan for Day Two**

Day Two incorporates your first “test,” which is almonds. It’s essential that you choose raw, unsalted almonds to get the most accurate reading. Roasted nuts, while delicious, are much higher in reactivity, so for now we’ll stick with raw to determine how your body responds. If you find you gain weight or are reactive to almonds in any way, you’ll omit them from your menu going forward. You can always try low-reactive nut butters instead, such as sunflower butter.

#### **Upon awakening**

- Weigh yourself and record the results in your Plan Journal.
- Drink 16 ounces of fresh water with lemon juice (after you weigh yourself).
- Take your liver support supplement and/or drink a cup of dandelion tea.

#### **Water**

Be sure to drink your recommended daily water intake throughout the day, ending by 7:30 p.m.

### **The Inside Scoop on Day Two**

Rice is a very low-reactive grain, which is why we introduce it so early on in The Plan. Brown rice is high in fiber; for people with weakened digestion, basmati rice is always an excellent option.

### **The Plan for Day Three**

Today you’ll be introducing chickpeas which are a nice source of protein and an easy gateway test for the legume family. Canned chickpeas are fine; just be sure to choose the low-sodium variety that has less than 100 milligrams. Remember that sodium exacerbates reactivity and impedes weight loss, so this is important. Simply getting the regular kind and rinsing them, as many people do, won’t work because the chickpeas are permeable and are submerged in the salty solution for months.

#### **Upon awakening**

- Weigh yourself and record the results in your Plan Journal.
- Drink 16 ounces of fresh water with lemon juice (after you weigh yourself).
- Take your liver support supplement and/or drink a cup of dandelion tea.

### **The Inside Scoop on Day Three**

There are a few things worth knowing about chicken as it relates to The Plan. The first is that it's universally the least reactive animal protein, which is why we include it so early on and it doesn't count as a "test." While I don't like to make absolute statements, I can say that pretty much everyone loses weight on chicken.

The regular portion size for animal protein on The Plan is 4 to 6 ounces for women and 6 to 8 ounces for men, which is about the size of the palm of each gender's hand, respectively. On Day Three, we reintroduce animal protein slowly to ease out of the detox, which is why we do a half portion of chicken. Going forward, you'll increase to the larger portion size, and then if you want to test a bigger portion at some point, you can do so. Again, everything is a test—including larger portion sizes than we include during these four days.

In warmer weather, you may be able to eat just raw vegetable salads alone, but once we get into winter, too many cold, raw vegetables in your system will hamper digestion (which is why so many people who are eating just salads all winter long are wondering why they feel bloated). As a general rule of thumb, in colder temperatures, aim to keep a good ratio of cooked and raw vegetables on your plate. Once summer rolls around, you can feel free to cut back on the cooked vegetables and see how you do.

### **Day Four: Cheese**

If coffee, chocolate, and wine were a part of your life, as of today they are happily back in your repertoire. And on Day Four we test one of life's greatest pleasures, as far as I'm concerned: cheese.

#### **Upon awakening**

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- Drink 16 ounces of fresh water with lemon juice (after you weigh yourself).
- Take your liver support supplement and/or drink a cup of dandelion tea.

#### **Water**

Be sure to drink your recommended daily water intake throughout the day, ending by 7:30 p.m.

### **The Inside Scoop on Day Four**

Here's everything you might want to know about Day Four's new foods:

#### *Coffee*

For all you coffee lovers: enjoy!

A cup of coffee in the morning can be very emotionally satisfying. I do find, however, that any coffee not drunk as morning coffee can show up as weight gain, so it's best for The Plan's purposes to stick to a cup just in the morning. Avoid decaf if you can and go for darker-roast coffee, like French Roast which has less acid.

If you would like to add sugar to your coffee, that's perfectly fine. Same with agave nectar and honey. Please continue to avoid artificial sweeteners, however; they are highly toxic, impede weight loss and damage your health. My experience with clients has shown that Stevia also impedes weight loss, so best to avoid that as well.

For now, until we test milk (which is highly reactive), please stick to either Silk coconut creamer, rice milk, or half-and-half. Why half-and-half over milk? Because the reactive and allergenic potential of milk comes from the milk sugars and proteins, and fat buffers the sugar absorption. The more fat a milk product contains, the less these substances can affect our health and weight. Heavy cream would be even less reactive. Ideally, you always want to have fat along with sugar, to mitigate the glycemic rush. Skim and low-fat milk are harder to digest and actually hinder weight loss; removing the fat leads to sugar spikes, which eventually leads to weight gain. In fact, low-fat dairy products have been linked to the rise in type 2 diabetes.

Plus, because the brain is 60 percent fat and our cell walls have a phospholipid barrier (which is composed of fatty acids), we want to make sure to get enough fat in our diet for brain function and immune enhancement. That doesn't mean having heavy whipped cream all day—we want healthy fats like olive oil, avocado, nuts, and seeds—but using half-and-half is a good start to the day, and the fat will also buffer the acidity of the coffee.

### *Cheese*

Milk, yogurt, and cheese all test differently in terms of reactivity. We start with cheese because it is the least reactive—and goat cheese is less reactive than cow's cheese, which is why we test that first. Many people think goat cheese is just the soft, white kind, but just about any cheese you like as a cow's cheese you can now get as goat cheese. Goat Cheddar and goat Gouda are delicious and widely available. I'm telling you, even your kids will like goat Cheddar; they'll never know the difference!

### *Wine*

Ah, wine!

A glass of wine is a wonderful way to wind down and relax. Red wine, which is what we include on The Plan (white wine is more acidic, so for right now we'll avoid it; remember, you can always test it later), has terrific health and weight loss benefits. At the end of a long day, many people can feel wound up and tense, which hampers digestion. Stress is a big factor in our society, and the stress hormone cortisol is notorious for impeding weight loss. Wine decreases our stress, and in turn, that lowers cortisol. When

our systems are at ease, we digest better; and when we ease digestion, we lose more weight. Wine is also a diuretic that helps flush excess water from our system. And according to a study published in the *American Journal of Clinical Nutrition*, red wine may even benefit digestive health—much like a probiotic—by improving the balance of good bacteria in the gut. It has also been proven to kill bacteria such as E coli, Salmonella, *Staphylococcus aureus*, and *Klebsiella pneumoniae*. When you put all those things together, you're going to get good results.

I've had people say that they love wine, but they want to lose more weight so they skip it while on The Plan. But that my friend is a mistake! Repeatedly I've seen wine enhance clients' weight loss once they start to include it. Certainly if you're dining out, you're going to benefit from having a glass, because its diuretic effects will counteract any excess sodium in the restaurant food and the potential weight gain you might see as a result.

Even beyond the physical benefits, wine is a great joy. Happiness offsets inflammation. Seriously. I'm not kidding. The whole philosophy of The Plan is that you can lose weight in a joyful manner. Wine is a very pleasurable part of our culture that encourages us to slow down, linger at the end of a meal (which of course aids digestion), and enjoy good company and happy times. On The Plan, you are creating a lifelong blueprint for your lifestyle and way of eating, and as far as I'm concerned, relishing the good things in life should be a significant part of that.

### *Chocolate*

Speaking of the good things in life...

I love how happy people get when I tell them they can enjoy dark chocolate—every day! We start with an ounce, and then later you can test larger portions. The interesting thing is that when you can have chocolate daily, you don't feel the need to overindulge. My only qualifier is to please make sure that it is 65 percent cacao or less. Higher than that and the chocolate gets too acidic, this can trigger inflammation and acid reflux. If you want to have chocolate with nuts in it, please stick to almonds until you have tested other nuts later on.