Brown Rice Diet (seven days)


Foods Allowed On This Diet:

1) Brown rice, preferably organic.
2) Fresh vegetables, raw or lightly steamed (no corn or mushrooms).
3) Fresh fruits (no oranges, orange juice and bananas).
4) Fresh garlic, ginger, chili peppers, any herb.
5) Homemade fruit and vegetable juices.
6) Organic juices from a health food store are okay, without additives.
7) Lentils, rice cakes, sesame seeds.
8) Tofu, tempeh, hummus.
9) Free-range chicken and ocean-going fish.
10) Extra virgin olive oil for cooking and dressing the vegetables.
11) Uncaffeinated herbal teas, boiled ginger with lemon.

What Is Not Allowed On This Diet:

1) Frozen or canned food
2) Shellfish: shrimp, clams, oysters, mussels, lobster, scallops, etc.
3) Catfish, octopus, squid
4) Corn and mushrooms
5) Oranges, orange juice, bananas
6) Milk, yogurt, butter
7) Sugar and artificial sweeteners
8) Soft drinks, coffee, alcohol, commercial juices
9) Wheat (rice pasta is okay)

General Instructions: On this cleansing diet, you may eat as often as you are hungry. Don’t worry about counting calories and grams. Just eat until you are 80% full. Chew slowly and thoroughly. Stick to it for 7 days and you'll get some great results, including weight loss if you need it.

Food Combining: Food combining is based on the discovery that certain combinations of foods may be digested with greater ease and efficiency than others. You must combine foods that digest at approximately the same rate to avoid putrification, gas, indigestion and poor nutrient absorption.

Do not drink with your meals as this dilutes the stomach enzymes needed to digest the food. Have your beverage at least 20 minutes away from food, either before or after.

Avoid eating the brown rice with protein. You can have rice with vegetables. You can have vegetables with protein.
Avoid eating fruit with any other food. Fruit takes virtually no time to digest, and if it’s eaten with other foods, the fruit will putrify in the gut, causing gas and malabsorption of nutrients in the least. It is believed that putrified, undigested food in the intestines is the cause of many diseases. Fruit eaten with meat is especially bad.

**Helpful Tips:**

- Onions are especially good for cleansing and very sweet when steamed. Try some with garlic.

- Buy organic produce if possible. If not, wash them with a fruit and veggie wash to remove pesticides and waxes.

- An alternative to commercial fruit and veggie wash is a peroxide bath. Put produce in a large bowl. Fill with water. Add one or two capfuls of hydrogen peroxide to the water. Let them soak for at least ten minutes. When you see a film on the water or residue on the side of the bowl, the job is done. Rinse produce very well, dry and store in the refrigerator.

- A tasty dressing for the steamed vegetables is freshly-squeezed lemon juice with extra virgin olive oil and fresh herbs of your choice (parsley, dill, oregano, rosemary, cilantro, basil, etc.). Also works as chicken and fish marinade.

- Never use aluminum pots and pans, or any black non-stick coating like Teflon. They are toxic. Highly toxic if the coating is scratched. The natural ceramic (light gray) non-stick pans are fine.

**Cooking Instructions For Brown Rice:**

You may soak the rice in water overnight. This will soften the fibres, making it easier to digest. Otherwise, rinse it well – five or six times – in warm water. One part brown rice to 2 or 2.5 parts water. Bring water to a boil, add the rice, stir, cover and reduce heat to simmer for 45 minutes, or until all the water is absorbed.

Alternate method: bring a pot of water to a boil as when cooking pasta. Add desired amount of rice. Allow to boil with lid off until rice becomes soft. Drain water, cover with lid and allow to steam 5 minutes.