

Luke Adler's

BORN TO HEAL

GUIDE TO
NUTRITION AND CLEANSING



HEALER PRESS

Born to Heal: Guide to Nutrition and Cleansing

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Case Studies reflect actual patient experiences. Names and pertinent details have been changed to protect the identity of individuals.

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NUTRITION AND CLEANSING

Food is delicious. I love to eat good food and really enjoy the distinct flavors, textures, tastes, and temperatures in a meal. Like food, the body comes from the earth and is eventually transformed by and back into the earth. In all the modalities of healing, from East to West, how you nourish yourself is believed to be fundamental to your healing. You can receive the best health care in the world, but if your diet is filled with toxins that create free radical stress, any treatment is, at best, only temporarily life sustaining.

One of the primary keys to longevity and quality of life is nourishment, not only in the foods you choose, but in the intention behind how you prepare food and how you eat it. Even if you indulge in a hamburger and fries, if they are prepared with love, and if you enjoy each bite with gratitude to the earth that provides you with nutrients to fuel your body, you will digest the meal well.

Just as you are dependent on the earth for everything in the physical world, so are you dependent on the spleen and stomach to digest and assimilate nutrients in order to provide structure and context to live. The spleen and stomach represent the earth element within the body. As I shared in the Spleen chapter, what makes this organ system unique is that, unlike the lungs that operate involuntarily and without awareness, the spleen and stomach require a degree of consciousness to function. It's an act of volition you contribute to every time you take in food. The quality of your consciousness profoundly impacts your state of health with regard to how, what, and where you eat. Therefore, in order to really heal, you have to come into a balanced relationship with food. How you

nourish yourself with food is reflective of your mood and relationship to yourself. How you eat is just as—if not more—important than what you eat. Of course, fresh and in-season, locally grown, organics are better than imported processed foods.



NOURISHMENT EXERCISE

- *Do I love myself?*
- *Do I respect myself?*
- *How do I show myself love?*
- *How do I show my body love?*



Emotional eating, binge eating, orthorexia—the obsession with clean eating—are several examples of imbalanced expressions around self-nourishment. Self-love and self-nourishment go hand and hand. How and what you eat reflect this relationship. You practice self-love with the thoughts you think and the words you create, all fueled by the foods you eat.

I've worked with nutrition for more than a decade and found it accelerates the healing of seeming unrelated symptoms, like back and neck pain, for example. This chapter presents various cleanses I've researched and prescribed to my self and my patients. The best times of the year to cleanse are around the spring equinox, as Nature prepares for new life and the fall equinox, as Nature begins to turn Her energy within to restore. The body naturally follows this same cycle as you emerge from the hibernation of the winter in early spring and prepare to store your energy for winter in the early fall. Nutrition and cleansing are essential for vibrancy of cellular life, longevity of the body, and aid in the blossoming of the Spirit.

QUICK NUTRITION COACHING

Chew your juice, drink your food. Think of your mouth as your stomach. You don't have teeth in your stomach. The bulk of the digestive workload occurs in your mouth. Spare your stomach, intestines, pancreatic and hepatic enzymes hours of breaking down food into nutrients that you could break down in three minutes of active chewing. Chew your food until it becomes liquid; then, drink it down. Chew liquids to mix your salivary and parotid enzyme to aid in their absorption in the lower gastrointestinal tract.

Reread the paragraph above. Resolve to make this one change in your eating life. Focus on it at the beginning of each meal (and then try to pay attention to how quickly you revert to old habits). It's hard not to talk to other people, read a book, or watch something entertaining when you eat. But if you simply focused on the life-giving and life-nourishing power of what you eat, and chew while giving gratitude, you will accelerate your healing beyond measure.

Most people spend more money on their car than on their body. Tell me, which mode of transportation is more fun? Do you want your body to feel like a Ferrari or a Dodge Gremlin? Think about it next time you choose a place to eat or a meal to prepare.

Unconsciousness craves food that reinforces itself. Your eating habits are reinforced by the foods you crave and desire. That's good news because increasing your awareness can happen more easily by shifting your diet.

If you tend to be fiery and emotional, alcohol, spicy and fatty foods will only exacerbate your nature. Try cooling foods like cucumber, red and yellow bell peppers, and neutral proteins like turkey, salmon and halibut. Transform your self, and your behavior by shifting your food choices to ones that stabilize and balance your energy and mood. If you tend to be slow and sluggish, have

foods that invigorate your blood and antioxidant levels like bitter leafy greens, green tea, and blueberries. If you tend to be very active and anxious, have foods that are calming and relaxing, like chamomile tea and root vegetables.

The feeling of the craving of a particular food is actually the addictive component of the food you crave dying off inside you. When you crave something, it is an indicator of that food being eliminated from your system. Yeast is a prime example. Candida or yeast feeds off sugar. After a satiating dinner many people crave sugar. The yeast loves a nice cookie or ice cream; that's true no matter what you've eaten, from fish to fries. Drink a glass of water with lemon instead, and the craving for sugar will vanish because the acidity of lemon helps the yeast die off faster. Add cinnamon to your meal or take a capsule with dinner because it balances your blood sugar and curbs the late night urge for sweets.

Like anything dying off, during its final moments, it gives off a surge of power, grasping to stay alive. In Chinese medicine we call this false yang and it is a phenomenon seen at the very end of life. Often in the final days or hours of a person's life the fundamental forces of yin and yang begin to separate. When this occurs, the individual becomes incredibly lucid and clear, and sometimes family members and health care people think the person dying is coming back. This is followed by death, as yin and yang separate completely.

When your cravings hit, feel empowered that it is a sign that they are leaving, and let them do so.

Raw food is an incredibly important area of focus because raw foods are rich in enzymatic nutrients. By raw food I mean food that is completely uncooked.

You should only consume raw food if you have a strong digestive system, since raw food has to be cooked, or heated up by your stomach in order to be digested. In short, raw food is packed

with enzymes, vitamins, and vital force. The most important of the three is vital force. The fresher the vegetable, honey, or meat, the more vital force it has. Likewise you imbibe more vital force when you consume particular foods.

People with chronic illness should consider raw food if they have the digestive strength. The vital energy in uncooked food is purifying and energizing. Sprouted grains, like alfalfa or sunflower sprouts, are great places to begin with raw food as they are easy to digest for people with weaker digestive systems. I have seen many people transform and overcome serious illness from the regular consumption of raw food and juice. Avoid raw food if your digestion is severely weakened. Instead, try steaming or lightly cooking raw food to aid in digestion, as well as to receive some of the enzymatic benefit from the food. Food producers sometimes consider food heated to less than 104 degrees raw. Become a label reader.

Whole Foods. The idea behind whole foods is to select food that is unprocessed, free from preservatives, nitrates, hormones, pesticides, and excitotoxins—chemicals that enhance taste, overstimulate the brain, and release huge amounts of free radicals, for example, the common preservatives aspartame and monosodium glutamate (MSG). Eat food exactly the way it was harvested. In general you'll find whole foods on the three edges or sides of your supermarket and processed food in the middle. The processed foods have all been made using the whole foods on the periphery of the market, but they have been chemicalized or preserved to keep the fresh taste without the original vitality of the plant or animal.

Change it up. A harmful thing to do is to become too rigid about your diet. Every once in a while change it up. It's good for your immune system to be tested every once in a while with some comfort food, and it is good for your liver to learn to be flexible.

Note on supplements, vitamins and herbs. If you chew your

juice and drink your food, and eat whole foods, you don't need general supplementation, because you will be getting all the vitamins, minerals, amino acids, fatty acids, and carbohydrates you need. If your lifestyle and priorities don't lend themselves to care for your body with food alone, then supplements, vitamins, and herbs will be useful and essential to nourish your body properly.

The Big Green Smoothie

This smoothie will reorient you to choose healthy foods throughout the day. The smoothie has a balance of alkalinizing anti-inflammatory ingredients that cleanse the blood, dissolve phlegm, eliminate yeast, and support the healthy metabolism of fat. If you feel like you need a more astringent phlegm-dissolving smoothie, add lemon. If you feel you need more blood sugar support, use a banana and one teaspoon of cinnamon. If you feel like you need both, use both.

The Big Green Smoothie is a great addendum to a cleanse, weight loss regime, or general wellbeing. You can drink the smoothie daily. It's incredibly convenient because you use a blender, rather than a juicer, making clean up and prep time a breeze. You get all the benefits of juicing, plus all the fiber from blending whole foods. Expect an extra bowel movement within an hour of drinking the smoothie. Enjoy!

Ingredients:

- 5-6 medium kale leaves or other green leafy veggies
- 1/4 -1/2 an avocado for essential fatty acids. You can

substitute, almond, olive oil, or coconut oil

- Juice of half a lemon and or half a banana,
- tsp. cinnamon — blood sugar stabilization
- ½ a semi-peeled cucumber
- 1 packet of Sun Chlorella or 1 rounded tablespoon of Vitamineral Green from Healthforce Nutrition or your favorite green powder.
- 12 ounces of water

Optional ingredients:

- Ice — It tastes better cold.
- 1 rounded table spoon Bee pollen for a raw B vitamin complex
- 1 tsp of Maca powder for adrenal support.
- 1 tsp of cacao nibs for energy.
- Heaping spoonful of almond butter.

In a blender, mix all ingredients together until consistency is smooth and free from any vegetable chunks. Split smoothie into two servings. Take initial dose first thing in the morning. Take second dose between 2:00 p.m. and 3:30 p.m. or when you feel a drop in energy in the afternoon. Also drink a glass of water within a half hour of each dose.

THE SINISTER 7 + 1

Here is the Sinister 7: gluten, dairy, alcohol, caffeine, sugar, corn, nightshades. I promise that any change you make will be helpful,

even if you do not eliminate all of these from your diet.

Alternative health care providers and a growing number of allopathic practitioners agree that the Sinister 7 are some of the most challenging foods to digest. Most of them cause immune reactions, others are inflammatory, and some deplete vital hormone secretion. You should avoid eating these foods, especially if you are ill. If you are in relatively good health, enjoy some of these foods on occasion. Often the enjoyment associated with these foods is due to the acute inflammatory response, where blood pressure rises creating a sense of alertness and energy. Anywhere from a half-hour to an hour after ingesting one of the Sinister 7, some kind of immune response likely presents such as sneezing, coughing, itching, bloating, gas, or fatigue, any of which can be mild or quite prominent.

I guarantee if you remove some or all of these foods from your diet for a period of time you will lose weight, increase your immune response, gain mental clarity and feel better all around. Eliminate the Sinister 7 for one month to see the full benefit. If the entire list is too intimidating, then take one step for a month to see the impact. Start by eliminating gluten from your diet, which includes products made of wheat, rye, spelt, kamut, triticale, and barley. Wheat became a problem beginning nearly fifty years ago, when the grain became hybridized to grow faster and stronger in order to harvest sooner and withstand wind storms and severe frosts. As a result, today's grain is hardy but difficult to digest. The heirloom variety of wheat, which is easier on digestion, is difficult to find, that is, if it even exists anymore. The onset of autoimmune and inflammatory gastrointestinal tract conditions is correlative with the change in the grains' cultivation. Even if you are not gluten sensitive or don't have a formal Celiac disease diagnosis, this newer version of the grain is very likely adding some degree of inflammation to your system.

As I said earlier, the argument of experience trumps all other arguments. If you really want to see the benefit for yourself, remove all gluten products from your diet for one month. At the very least, you will notice less stiffness and joint pain—especially in the morning—and improved digestion as whole. You will be surprised by how good you feel.

Here's what the Sinister 7 do:

1. **Gluten** is first and foremost a neurotoxin, believed to inflame the brain and contribute to diseases like Alzheimer's and Parkinson's. It has been linked to manic depression and personality disorders. Gliadin is a protein found in gluten. When combined with water, it causes cytokines to be released into the blood stream and is inflammatory to the gastrointestinal tract. More information below.
2. **Dairy** for many people is very difficult to digest, mucous forming, and immune reactive. Think of it as glue sticking to the GI tract.
3. **Alcohol** is cirrhotic to the liver and is now recognized by the FDA as a carcinogen. It also destabilizes blood sugar metabolism because its glycemic index (or rate of metabolic uptake) is quite fast, hence the beer-belly weight gain.
4. **Caffeine** drains the adrenals of cortisol and adrenaline, signaling the flight or fight nervous system response which tells the body to store fat. If you insist on having your coffee in the morning, eat first to stoke your metabolism, otherwise the body goes into fat storage mode and your metabolism slows down. One of the keys to weight loss is to quit caffeine. You'll feel awful for a few days maybe a week or more if you're really hooked, but within a month (if you're not severely depleted) your thyroid and adrenal glands will come back online and you'll burn calories like

a race horse.

5. **Sugar** destabilizes blood sugar, draws and depletes pancreatic enzyme output and weakens your digestion. The Surgeon General will likely label sugar like tobacco and alcohol within the next few decades because of its harmful effects.
6. **Corn**, for many people, is nearly indigestible. It's been hybridized to hold increased sugar content (like Sugar, above). Often given to livestock a few weeks before slaughtering to fatten them up.
7. **Nightshades**, such as eggplant, tomatoes, potatoes, and green bell peppers are also very inflammatory for the GI tract.
8. **Soy** is nearly indigestible, unless fermented like miso and tempeh. Soy is also xeno-estrogenic meaning it boosts estrogen—contraindicated for perimenopausal women, as well as for women with estrogen positive markers for breast cancer.

Now let me be the first to admit, I eat all of the above foods in moderation when I'm feeling strong. None of them are a regular part of my diet. I'm not afraid of the foods. I know they won't affect my system negatively if my digestion is already feeling good. If I'm feeling sensitive, I'll take a break from these foods. I used to be very restrictive with the Sinister 7. After my wife and I had a baby and our stress levels went up, I stopped worrying about them and found that most, but not all, had very minor effects on my well-being. I was too stressed managing my new life to be worried about food. Be mindful not to be obsessive with your diet. Worry weakens the spleen. Self-love strengthens it.

If you are energized by the challenge, then make a plan. Start with gluten, and then systematically omit (or reduce) one more

item each month. The more you do, the better you will feel. And that will sustain and support the changes. Trust me on this one. And yes, coffee can be the last to go. Try the mellow buzz, green tea.

CLEANSING

Cleansing is a very powerful way to shift the landscape of the body into vibrancy and wellness. It is very important that you consult with a healthcare provider versed in nutrition and cleansing before you do any of the cleanses below. Cleansing is very personal and specific to your body's needs. It is not an off-the-rack-health-food-store answer in a box or a bottle. Cleansing can be depleting and harmful to your health if it's not the right cleanse for you.

If you have no experience cleansing, professional guidance is essential to help you interpret your body's needs and the changing needs you will experience as you start a cleanse. My staff and I are available to guide you through any of the below cleanses. Please call our office at (541) 465-9642 if you would like to schedule a consultation, or if you have any questions or comments. You can feel better and enjoy your life more. My team and I are more than happy to help.

The Luke Adler Healing Soul Food Cleanse

Many years ago, while I interned with a naturopathic physician in Tacoma, Washington, I learned about a cleansing regime that resets the gastrointestinal tract and lays down essential minerals and vitamins into the blood stream. This cleanse is perfectly balanced in protein, carbohydrates, and fats and will not leave you panging for sugar and caffeine. I call it the Soul Food Cleanse because the majority of the cleanse is chicken soup. What did you eat when you got sick as a little kid? Chicken soup, right?

The Soul Food Cleanse is a great way to introduce yourself to the world of cleansing because the soup tastes delicious and very gently cleanses your body with little to no detox reactions. When in doubt as to whether cleansing is appropriate for you, start with this cleanse and then consider doing a stronger cleanse. This cleanse is safe to do without the supervision of a knowledgeable healthcare provider.

Use a different protein base depending on your blood type. If you do not know your blood type, you can buy a home test kit from Amazon online. The test you want is called the Eldon Card Typing Test Kit. All you do is prick your finger, mix a few drops of blood with the test card, and in less than a minute, you'll know your blood type. Choose the appropriate blood type protein for you.

A: Chicken or Turkey

O: Beef or Buffalo

B: Beef, Lamb, or Turkey

AB: Lamb or Turkey

Soup Ingredients:

- Chicken thigh and breast or 1-2 pounds of chosen protein—best if you can find something on the bone
- 2 yellow onions (quartered)
- 6 celery stalks (chopped in crescent moons)
- 3 medium carrots (chopped)
- 2 medium beets (chopped)

Add cumin or rosemary and sea salt, to taste, or other spices and herbs you enjoy.

Optional Ingredients:

You can use chard, kale, cilantro, and leeks, as well. Do not use potatoes, eggplant, tomatoes, or green bell peppers. These vegetables inflame in the GI tract and blood stream for most people.

Directions:

1. In a large pot, add in protein source and 2 quartered onions with 2 tablespoons of olive oil. Lightly brown the outside of the meat and onions for 5 minutes. Meat should be lightly cooked only on the outside.
2. Then, add 2 liters of water and bring to a light simmer. Add in 4 tablespoons of apple cider vinegar to extract marrow from the bones. Let the soup simmer/light boil for about 40 minutes. Protein should be soft and falling off the bone. At this point most of the protein will have been absorbed right into the water, making it easy to digest.
3. You can either remove the meat from the soup or leave it in the pot. Consult a trusted health care provider what would be best for you. Taking the meat out of the soup will make the cleanse more drawing. I would only remove the protein if I can take it easy and rest. If I am cleansing during the work week, I would need the meat to keep me grounded.
4. Now add chopped veggies and continue on a simmer for 20 minutes.
5. Finally add sea salt, herbs and spices, to taste, in your individual bowl.

6. When combined with sufficient rest, exercise, and awareness, the Soul Food Cleanse elicits magnificent results in improved quality of energy, sleep, and mental clarity. This cleanse trains you to become aware of how food affects every facet of life, from mood, physical energy, mental clarity, and your sense of connection in relationships. Try this regime for one week. Eat the soup as your main meal, three times a day. After a few days, you will be amazed at how great you feel.

“What else can I eat?” you ask:

- Fruits and vegetables. Focus on broccoli, artichokes, cilantro and beets. They detoxify your Liver.
- Apples contain malic acid, and can alleviate joint pain
- Juicing is highly recommended on this cleanse. Here are a few choice recipes:
- 5 apples, 2 thumbs of ginger (immunity and joint pain)
- 10 carrots, 2 beets, and 1 bunch of parsley (blood builder and cleanser)
- 4 cucumbers, 1 bunch celery, and 2 carrots (mineral replenisher)
- Green tea, or Yerba mate. Be judicious with these mellow forms of caffeine. Like anything, too much can over stimulate the adrenal glands.
- A half handful of almonds, walnuts or pecans, twice

a day, are a good source of omega—3 fatty acids, but limit these because they are generally more difficult to digest. Make sure you chew well.

Master Cleanse

If appropriate for you, after a week of the Soul Food Cleanse, you may want to do a deeper cleanse. A few days of the master cleanse will work wonders for your liver and kidneys. Do not do this cleanse without supervision from a knowledgeable health care provider. The master cleanse is simple and can be a challenge because it is a liquid-only cleanse. I recommend you do it on a weekend when you can lay on the coach and read and relax.

Here is all you need

- The juice of 2-3 lemons, depending on the flavor and taste.
- Lemon juice helps with liver detoxification and eliminates mucous.
- 14 Tablespoons of Grade B Maple Syrup.
- Grade B maple syrup or higher is harvested later in the season and contains higher levels of essential nutrients than grade A. The syrup is used to maintain blood sugar on this liquid-only cleanse.
- 1/2 Teaspoon cayenne pepper—or to taste (as much as you can stand. If your blood type is A, use ¼ teaspoon)

- Cayenne pepper is used to keep your body temperature up, something that can be hard to maintain on a liquid-only cleanse.
- 2 Liters/quarts of water

Mix all the ingredients together and put into large containers that you can take with you throughout the day. Do not leave home without enough of the Master Cleanse elixir to sustain you. You will have hunger pangs from this cleanse and possibly headaches and lightheadedness. Any time you feel low or strange, take a swig of your elixir. The purpose of this cleanse is to flush out the liver, kidneys, and intestines, so it is important that you take a bowel stimulator at night to clear out accumulated toxins in the lower gastrointestinal tract.

Bowel Stimulator There are lots of ways to cleanse your bowels, so if you have a favorite way, please use that. I recommend a supplement called Swiss Kriss. Take tablets as directed on the bottle before bed, and you will have a movement in the morning to help clear extra debris from the gastrointestinal tract.

The Luke Adler Healing Cleanse

There is much debate on which diet is most useful. It seems a new trend of diet emerges every six months or so. I remember reading a *New York Times* article a few years ago written by a physician whose stance was simple. He said something to the effect of, “Eat a lot of

vegetables, a little fruit and protein. Avoid everything else, except on occasion.” In general, I agree with his advice.

Based on my research of a multitude of health-oriented diets, I have distilled some universal principals of nutrition that remove toxicity and restore a sense of thriving health and wellbeing. Much of my research pertains to the blood type diet by Dr. Peter D’ Adamo. In practice, I like to start people on the blood type diet because it is easy to follow and always yields positive results.

Most people react to inflammatory foods in the same way, though everyone has a unique orientation to which foods are most digestible during a given season of health. One of the most important factors regarding digestive assimilation is the strength of the gastrointestinal tract. Someone with robust digestion can eat and absorb almost anything, whereas someone with a weak digestion may not be able to digest much of anything. Your digestive strength ebbs and flows given your energy demands and stresses. Your body has a great biofeedback mechanism. It tells you when you don’t have much digestive strength through symptoms like gas, bloating, belching, ulcers, acid regurgitation, fatigue after you eat, and so on. When your system is weakened, it needs foods that are easy to assimilate. That is one reason why your nutritional needs change over time. Cleansing is a great way to give your body easy-to-digest nutrients, giving your digestive tract a much needed reprieve.

I continue to study raw food, both vegetarian and omnivorous diets, the RAVE diet, the Atkins diet, the Paleolithic diet, the whole foods diet, Alkaline diets and the nutritional principles of Ayurvedic and Chinese medicine. Through a thorough review of the aforementioned diets, along with trying them out myself and guiding countless people through nutritional cleansing regimes, I have found specific foods that, when avoided, aid the body to repair and rejuvenate stagnant tissues regardless of blood type. (And yes, these foods comprise the Sinister 7.) When combined with sufficient rest, exercise and awareness, the following eating regime yields magnificent results in the quality of energy, sleep, and mental clarity.

The Luke Adler Healing Cleanse helps you become aware of how food affects every facet of your life, from mood, to mental clarity, to physical energy, and even to your a sense of connection in relationships. Try this regime for one month with coaching from myself and staff or your trusted health care provider and you will be amazed at how great you feel.

The Gist

- No Dairy, cheese, milk, yogurt, eggs
- No Gluten, wheat, crackers, bread, pasta, fried food
- No Refined Sugar; you may have fruit, but not tropical fruit, e.g., bananas, mangos, pineapple
- No Caffeine
- No tomatoes, potatoes, eggplant, or green bell

peppers

- No Alcohol

You will most likely deviate from the above list over the course of the month. That's fine. Cleansing is not about being perfect. It is simply an exercise that helps you notice how you feel when you eat off your regime. If you've built up a lot of alkaline reserves in your blood, you won't be as affected by some of the foods above. The trick to getting back on track after deviating from your cleanse (e.g., after going out for a pizza and a beer), for your very next meal, get back on salad and soup, etc. This way of eating makes your energy purr like a lion.

Note: Buy organic food when possible from your local farmers to avoid industrial pesticides.

Exceptions (You can find these products at a whole foods or local health food store.)

- Mary's Gone Crackers – brown rice and flax seed or gluten free crackers. Be conservative with gluten free products, most are made with potato flower or garbanzo flower, which convert into sugar rapidly like gluten.
- Raw goat's milk, raw cheese, dry curd. Dairy is an inferior source of nutrition because it has been pasteurized. All of the innate enzymes in dairy die off during pasteurization, making it very difficult to digest. Raw dairy has all of the naturally occurring living enzymes and probiotics still intact. **Caution: Do not add this dairy in without consulting Luke**

or your healthcare provider.

- Green Tea. If you are a coffee connoisseur, then it might be very challenging to give up your daily brew. I've found a few green teas that will knock your socks off. They are also loaded with antioxidants (avoid milk in your tea because it negates the antioxidant, or cancer fighting, power of the leaf. The following teas are awesome: Tropical Green Tea from Mighty Leaf, J-Tea Green, Kombucha green tea from Yogi Tea.

What you will eat:

- Fruits and vegetables
- Meat: chicken, fish, turkey
- Whole grains: brown rice, quinoa, amaranth
- Black beans, navy beans
- ¼ cup of almonds, walnuts, pumpkin seeds, or pecans a day

See beneficial blood type list for more choices. You can now download the blood type diet app right onto your smart phone.

Supplements (Purchase at your local health food store).

- Probiotics Mega Flora or Florastor – These high quality probiotics infuse the GI tract with healthy flora and bacteria that aid in the digestive process. It is good to change your probiotic every few months.
- Hawaiian Spirulina or broken-cell-wall sun

chlorella - These nutrients heal the walls of the intestines. The wall of the intestines are as thick as your eyelids and regenerate every three to five days. Leaky Gut Syndrome is a disorder in which small microscopic tears in the gastrointestinal tract allow matter such as toxins, microbes, undigested food, or other substances to leak into the blood stream. This leads to fatigue, arthritic symptoms, circulatory issues, and many more problems. I believe that most people live with a certain level of leaky gut. My cleansing regime reverses this process by removing the inflammatory stressors from your body.

- Dandelion Root Tea - targets the second liver detoxification pathway. Available at your natural grocer.
- Himalayan Sea Salt - the complete salt molecule. It actually helps hydrate you by maintaining bio-hydro-availability, that is, water absorbed into your cells. Drinking lots of water can actually deplete you of minerals and nutrients because water is a binding agent that adheres to whatever it is exposed to. Himalayan Sea Salt carries water into your cells before the water is eliminated.

Exercise: Walking, yoga, tai chi, gentle trampolining, and other easy forms of exercise, stimulate lymph drainage during a cleanse to further the release of latent toxicity. It is best to avoid strenuous exercise and work during any cleansing regime. Cleansing communicates to the body that it is safe to release stored toxins. If you push your stress response, the release of toxins will slow

down, thereby impeding the detox process of the cleanse.

Luke's Juice Cleanse

Inspired by Dr. Max Gerson, Luke's Juice Cleanse is a variation on the famous physician's healing therapy for curing chronic and deadly disease. Luke's Juice Cleanse is powerful in that it cleanses the body and restores energy by clearing toxicity by drinking delicious fresh juices throughout the day. Dr. Max Gerson (who practiced in the 1920's and 1930's!) believed that disease occurred for two reasons: deficiency and toxicity. The Standard American Diet (SAD) and workaholic standards for which Americans strive in their lifestyle and careers contribute to these two factors immensely. After learning about Dr. Max Gerson's breakthrough therapy, my first question was, how would anyone have the time to juice for two hours without quitting his or her job? My solution is to have someone do it for me. Organic vegetables are expensive. When I calculate the time and cost, I found it more cost effective to have my local organic market juice for me than to do it myself. When I'm on this cleanse, I'll call in my order before work and pick up my juices on the way to the clinic. I recommend you do the same.

Capella Market on 26th and Willamette in Eugene has a fantastic juice bar and a great vegetarian food bar. For less than \$20 a day you can get enough nutrition to keep your blood sugar stable, fulfill your daily responsibilities and nourish and cleanse your body. All

you have to do is leave your house twenty minutes early to go to the market and get your food for the day. If you live outside of Eugene you can do this cleanse at your local health food store. It may be a bit more expensive or less expensive, but definitely worth the benefit to your health.

Luke's Juice Cleanse consists of drinking fresh squeezed vegetable juice, eating fresh, raw, and cooked vegetables, and optional coffee or saline enemas. Eating such a pure diet causes the liver and kidneys to release toxicity that can make you feel irritable, nauseous, and tired. Enemas are important because they trigger the liver to open detoxification pathways that otherwise remain closed. The cleanse is as follows:

At your local juicing market:

- Order two 16 ounce juices:
- Red juice: carrot, beet, apple and half a lemon or ginger. If your palate is not ready for the sour or spice then stick with the first three ingredients.
- Green juice: spinach, cucumber, celery, parsley or cilantro and half a lemon.
- Avoid any other fruit juices except apple.
- Drink the red juice through the morning, diluted with equal parts water or have a few swigs of water in conjunction with a few swigs of juice. For lunch have a protein source and vegetables or stick with a vegetarian diet for breakfast, lunch and dinner to make the cleanse more powerful. Drink the green

juice starting an hour after lunch through out the afternoon and dilute with equal parts water.

COFFEE AND SALINE ENEMAS

I know I'm going out on a limb here for some of you. My experience with enemas and colonics, both as a patient and practitioner is so powerful, I feel I have to share this knowledge for your benefit. Colon hydrotherapy is a fantastic way to cleanse the lower gastrointestinal tract. Coffee enemas not only cleanse the lower gastrointestinal tract, but stimulate a powerful blood cleansing agent via absorption through the hemorrhoidal vein, which connects to the portal vein of the liver. The Gerson Institute describes the mechanisms of action of coffee enemas:

Caffeine travels via the hemorrhoidal vein and the portal system to the liver; opens up the bile ducts and allows the liver to release bile, which contains toxins. The theobromine, theophylline, and the caffeine in coffee dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow... (Coffee) stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract.

My experience, along with those of colleagues and patients,

attest to the power of coffee enemas. After about ten minutes, I begin to feel refreshed. As the high levels of glutathione are released through my system, it is as if my blood is being scrubbed clean. Rather than feeling buzzed by the caffeine, I feel alert and refreshed. You can take glutathione as supplement, but it is difficult to absorb at high levels. When the liver releases its own store of glutathione, the body receives a tremendous boost of free radical neutralization, which leaves you feeling amazing.

You can buy an enema bag from your local medical supply store or online. Purchase organic coffee from your local grocer. Either grind the coffee yourself or get it ground at the market. Upon waking, attempt to have a bowel movement. If you are doing your first enema, start with dissolving a teaspoon of Himalayan salt into a quart of warm water, place water in the enema bag, and then hang the bag upside down with the hose and stopper blocking the flow of water. Apply Vaseline to your rear, and to the enema applicator. Lie on your left-hand side, and gently insert the applicator until the enema applicator is fully inserted. Then, slowly release the valve on the enema hose allowing the warm water to fill your descending colon. Close the valve after five seconds. Pause here for thirty seconds, and take several deep breaths; you may experience cramping or discomfort. Try to relax muscle tension locally and throughout your body by continuing to breathe. If you feel okay, open the valve again for another five seconds and open and close the valve again for five-second intervals. Do this several more times. Then gently remove the enema hose. Spend another three minutes lying on your left side, breathing and relaxing. Then rotate on to your back and elevate your hips on folded towels (at least four inches off the ground). After five minutes rotate on to your right side and lay there for another three to five minutes if possible. After lying on your right side, slowly come to a seated position and make your way to your toilet for a full evacuation of

the liquid.

If you are familiar with enemas, repeat all the steps above with organic coffee. You can brew 16 ounces of organic coffee, then dilute it with another 8 ounces of filtered water. Make sure the coffee is at room temperature before pouring it into the enema bag. After the coffee enema you will feel invigorated. You may not be able to retain the coffee or saline your first attempt at an enema. Just do your best, you will gradually get the hang of it.

METABOLIC CLEANSING

Metabolic cleansing is, at the heart, naturopathic medicine's approach to profoundly rehabilitate the body to its optimal health. Dr. Owen Miller, who is now going on nearly thirty years of practice, first introduced me to metabolic cleansing and guided me towards my career path after I finished my undergraduate degree. He is a brilliant physician and educator. I have put into practice his teachings on cleansing over the last ten years, the heart of which you will read about here.

Metabolic Cleansing is an ancient practice, scientifically supported to clear out stagnant accumulated waste from the system and infuse the body with nutrients and nourishment. When the digestive tract becomes inflamed and layered with toxins, its ability to absorb nutrients is impaired, which robs your body of energy. Over time, you will increasingly look to stimulant foods like caffeine and sugar for a quick energy boost. The glandular system, namely, the adrenal and thyroid glands, get a quick throttle from stimulants like caffeine or taurine. Although you may feel more alert, your glandular system will become increasingly depleted. It will begin to borrow hormones from other systems; for example melatonin that alters your circadian rhythm; DHEA, estrogen, and progesterone, which impair fertility and sex drive; or serotonin or dopamine, which modifies mood.

The downward spiral of stimulants and sedatives, like sugar and caffeine, deprives you of nutrients and depletes your glandular system of hormones. Sooner or later, these stimulant foods will leave you feeling totally depleted, and will seriously undermine your constitutional strength. Fatigue, irritability, weakness, a lack of concentration and memory, low motivation, and cravings for stimulant foods are common symptoms of toxicity in the body.

It is imperative to break the stimulant/sedative cycle, and it must be done with care and specificity to your body's unique state. For the Metabolic Cleanse, you must work with an expert who can determine whether a stimulant/sedative cycle should be interrupted immediately, or whether gradual reduction in stimulants and sedatives should take place prior to the full cleanse. As vitality returns, you will embrace and enjoy the natural flavors of foods, free from stimulant and sedative properties. You will enjoy the natural flavors in meat and vegetables without extra spices and flavor enhancers. You will naturally be drawn to eat foods that nourish you and allow your health to flourish. That will take time, but it will also be a self-generating shift. The healthier you get, the more you will want to be healthy.

The Metabolic Cleanse is designed for you to resolve symptoms of toxicity and help you reach your health goals. The Metabolic Cleanse clears toxins that interfere with healthy cellular function to create a comprehensive approach to health revitalization. The focus is cleansing and supporting the organs of elimination, especially the liver. This process creates a powerful rest and recovery experience. As a result, Metabolic Cleansing participants experience a significant reduction in unwanted symptoms and are moved to integrate these invaluable healing skills into their lives.

Because this cleanse is so powerful, and because it should not be undertaken unless one is working directly with a medical professional, I am excluding its core components from the content of

this book. If you would like the entire cleanse protocol I am happy to review it with you during a consultation.

Nutritional Supplements:

You will receive personalized recommendations for special nutrients that nourish, protect and stimulate the organs of detoxification and elimination.

Metabolic Cleansing Shake:

The Metabolic Cleansing Shake is a solid nutritional foundation that, when combined with fresh fruits and vegetables, provides essential nutritional needs, as well as extra support to enhance liver and intestinal detoxification function. I have not included the ingredients or instructions for the shake due to the need for individualized guidance.

Self Care While Cleansing:

Be mindful of your wellbeing as you cleanse. Cleansing is like an archeological dig. You are peeling back layers of physical stress, toxins, and suppressed emotions that have congealed and have been compressed within the structures of your body that store latent pathology.

Proceed with care and caution to enjoy your cleanse and minimize overwhelming your system from detoxifying too quickly. Take care of yourself. Be gentle and nurturing. Work if you must, but do so with a relaxed attitude. During a cleanse, you communicate to your body to release stored toxins. Engaging in stressful activities while you cleanse sends the body a mixed message. Avoid starting new projects. Instead, complete your to-do lists. Clean out closets both physically and metaphorically. Trust that what comes up for you is part of your healing process. Most of all, be resilient with your self-care.

The list below offers some tips to support your cleanse:

1. **Exercise:** Be gentle rather than aggressive. Focus on breathing, and practice full and even respiration. Exhalations are detoxifying. Walk 15 minutes/3 times per day. Enjoy rhythmic movement to music, like ecstatic dance or free-form dance. Share your experience with a walking partner. Detoxify your mind by lifting the weight of worries off your chest.
2. **Detox from screen time.** One of the busiest surgeons in Los Angeles specializes in removing benign tumors just above the ear. His largest demographic is teenagers. He postulates that excess cell phone use is the cause of this epidemic. Limit your screen time during the cleanse, or better yet, give it up completely.
3. **Water:** Drink 1-2 cups per hour to help your kidneys flush out toxins. You can also add lemon to your water for a more astringent affect on your GI tract.
4. **Home spa treatment:** a hot shower for 5 to 10 minutes, followed by a cold rinse for 5-15 seconds (not on the head or back of the neck). Repeat this cycle two more times for best results. Immediately following the shower, lie down, wrap up in sheets and a blanket, and rest for 30 to 60 minutes. This is a very important daily treatment.
5. **Colon hydrotherapy:** using water to cleanse the bowels—the main source of toxins—and to stimulate liver detoxification.
6. **Massage therapy:** to move water-soluble toxins out of your muscles, lymphatic system and surrounding tissues. This also induces a state of relaxation.
7. **Dry skin brushing:** After a hot shower, scrub the entire surface area of your skin to slough off dead skin cells. The

skin is one of the principle organs of detoxification.

8. Alternate nostril breathing: With your ring finger, cover your left nostril, and inhale through your right for a count of six. At the top of your inhalation, cover the right nostril, and exhale through your left. At the bottom of your exhalation, inhale through your left nostril for a count of six. Cover the left nostril, and exhale through your right. You can experiment with how long you hold your breath between inhaling and exhaling, and how long you actually breathe in and out. This method is very helpful to balance out the nervous system and helps get you to sleep.

Note: *Detox symptoms like headaches, gas, bloating, diarrhea, neck and shoulder tension, or nausea are often relieved by an increase in your water, fiber, or protein intake. Also give yourself a home spa treatment, or go for a long walk and/or take a nap to alleviate discomfort. If you are gentle the first few days of the cleanse, you should be able to avoid any of the above symptoms.*

BUILDING IMMUNITY, THE CHINESE MEDICAL PERSPECTIVE

A strong immune system is vital to maintaining health during the winter months. In Chinese medicine the immune system is related to a specific form of energy flow known as the *Wei Qi* (pronounced “way chee”). *Wei Qi* emanates from the lungs via the center of the chest along the sternum. When your *Wei Qi* is strong, you feel a sense of protection from external pathogens. When your *Wei Qi* is weak, you feel vulnerable to the elements, and susceptible to too much exposure to heat, cold, dampness, and wind. When you open your eyes in the morning, the *Wei Qi* begins to circulate on the exterior of the body. Its role is to defend against any exogenous pathogens from penetrating your system.

When you go to sleep at night, the Wei Qi switches its flow to the interior of the body to help create a deep state of rest, so that the body can repair and regenerate tissue. When sleep cycles are interrupted, the Wei Qi is compromised and weakened, leaving you vulnerable to bacteria and viruses. Strong emotional reactions also weaken immune function. When you feel strong and healthy, your Wei Qi is powerful, and keeps noxious pathogens at bay.

Envisioning a strong Wei Qi circulation will strengthen your immune response. To experience this healing force, try this exercise:



WEI QI CIRCULATION EXERCISE

- *Stand with your feet hip distance apart, parallel to each other, with your knees slightly bent. You can do this seated if it is more comfortable for you.*
- *From the center of your chest, feel a current of energy emanating and spreading in all directions. Feel the energy actually moving inside and all around you.*
- *Experience the energy moving down your ribs and legs to the bottom of your feet and into the earth a few feet below you.*
- *Feel the energy flowing up to the crown of your head and moving down your back.*
- *Now allow all the energy to coalesce behind the center of your chest, along your spine.*
- *Take a deep breath, hold it for three seconds, and exhale slowly.*
- *Mentally, slowly repeat three times, “Every cell in my*

body is vibrant and strong.”

Try this in the morning before you start your day. After 5 days of this immune building exercise you will notice a difference in your strength and energy level.



Tips to avoid the flu

1. Frequent hand-washing
2. “Hands-off-the-face:” Resist *all* temptations to touch any part of the face.
3. Gargle twice a day with warm salt water.
4. Clean your nostrils at least once every day with warm salt water. You may try a neti pot, available online or at your local health food store. Blow your nose hard once a day and swab both nostrils with cotton buds dipped in warm salt water is very effective to bring down viral population. Saline spray also is very effective.
5. Boost your natural immunity with foods rich in Vitamin C (like Amla and citrus fruits, kiwi). If you have to supplement with Vitamin C tablets, make sure that it also contains Zinc to boost absorption.
6. Drink as much warm liquids as you can. Warm liquids have the same effect as gargling, but in the reverse direction. They wash off proliferated viruses from the throat into the stomach where they cannot survive, proliferate, or do harm.
7. If you are attuned to your body’s symptoms, you can stop a cold within the first 24 -36 hours with my *Hanuman Fortifier* formula. Hanuman is a powerful blend of anti-viral

and antibacterial herbs, which are best taken at the onset of a cold or flu.

LUKE ADLER HEALING SNACKS & QUICK EATS

It can be a challenge to eat healthy with a busy life full of important responsibilities. Here are a few, easy-to-put-together, snack and lite meal ideas to help you on your journey.

Gluten Free Tabbouleh

1. 1 cup of Quinoa with 1½ cups of water or chicken broth. Bring to a boil and let simmer 10 to 15 minutes. Quinoa should be light, fluffy, and chewy.
2. Mix with the juice of three lemons.
3. Chop up a head of Italian parsley and a bunch of mint
4. Add any other veggies you like. Serve over a bed of mixed greens.
5. Dress with olive oil, vinegar, and sea salt

Red Quinoa and Black Beans

1. Cook red quinoa in the same way as the previous recipe
2. Heat a can of organic black beans
3. Steam a bunch of asparagus and kale
4. Serve quinoa and beans on top of veggies, and add Bragg's liquid amino acids and olive oil to taste.

Snacks (from your local natural foods grocer):

- Ariel raw, flax seed granola
- Raw granola
- Sliced red, yellow, and orange bell peppers
- Sliced fruit, kiwi, pears, apples, berries.
- If digestion is strong, try a few thin slices of tofu with shredded ginger, diced scallions, and tamari—served cold. (I know tofu is one of the sinister 7+1. If you are estrogen sensitive, definitely avoid this recipe. Otherwise, the ginger helps breakdown the unfermented soy, and makes it easier to assimilate.)
- Sliced apples and cheddar cheese
- Perfect Foods Bar made with almond or peanut butter
- Juice 12 ounces of raw carrots, and combine with two hand-shaken farm fresh raw eggs. This power blend tastes delicious and has the perfect balance of protein, carbohydrates, and fat.

Breakfast on the Go

- Gluten-free granola—with raw goat's milk, rice milk, or a favorite nut milk—with hemp nuts.
- Kale, carrots, 2 ounces of water in a frying pan with two eggs. Cover and place heat on medium high. This will steam and poach the eggs in about 5-7 minutes. Place on a bed of greens and add Bragg's liquid amino acids for flavor.
- Breakfast Smoothie. Great for warm weather months. Avoid during cold weather months.

½ cup of frozen blueberries, raspberries, and or blackberries.

1 scoop of Vanilla Warrior protein powder from Health

Force Nutritionals

1/4 of an avocado (for essential fatty acid and creamy texture)

1 cup of your favorite nut milk.

1 tablespoon of bee pollen.

Blend until smooth and creamy. Add more nut milk or water for desired consistency.

FINAL THOUGHTS ON CLEANSING

If you would like to feel truly amazing in your body, try some of the above cleanses. Every time I cleanse, I marvel at how incredible and rejuvenated I feel. No matter what I'm dealing with, cleansing brings clarity and peace to my mind and body. The hardest part of a cleanse is always the first few days, as the body shifts from a state of storing to releasing toxicity. If you can endure the initial change, you will be thankful you did.

I like to always start and finish cleanses gently. When I first started cleansing, I would follow everything to the letter. After a few years of cleansing this way, I realized it put a lot of stress on my body to shift dramatically from one way of self-nourishment to another. The purpose of cleansing and burning nutrition cleanly is first and foremost to be loving, respectful, and gentle with your self. It is counterintuitive to stress your self out by cleansing. Cleansing is an act of self-love, not self-flagellation. Ease into and out of your cleanse. I hope you enjoy your cleanse. Cleansing is a power life tool that, once you learn, you will own and have the means to transform illness into wellness on demand.

Let me know how I can help. Much love ... Luke