

List of Foods to Avoid During the First 10 days

(They should also be avoided in days 11-30 for best results)

1. **Sugar:** Refined sugar and mixtures containing refined sugar, including sucrose, dextrose, corn syrup, brown sugar or turbinado. Avoid artificial sweeteners completely.
2. **Dairy Products:** Milk, butter, cheese & other dairy products should be used minimally. It is best for detox purposes to abstain from dairy for 30 days to determine allergens.
3. **Wheat and Yeast:** Wheat and products containing wheat. Any products containing yeast. You may include a limited amount of brown rice pastas and brown rice cakes during the first 10 and days.
4. **Gluten:** All gluten-containing grains, including barley, rye, spelt and kamut. Some people are sensitive to gluten, a protein fragment in these grains. It is also best to abstain from gluten for 30 days to determine allergens.
5. **Caffeine:** Coffee, both regular and decaffeinated, black tea, and other drinks containing caffeine should be reduced. Green tea and Arbonne energy fizz tabs are a great substitute to regular coffee.
6. **Animal Products:** Anything that comes from an animal or is made by an animal should be reduced during this time.
7. **Processed Foods:** Any food made by man should be reduced or eliminated. This includes pasta, breads, chips, crackers, etc.
8. **Other Foods to Avoid/Reduce:**
 - Highly Processed Soy Products
 - Alcohol
 - Food additives and preservatives
 - Chocolate
 - High-Fat Foods