DeTox Living Food List

FORMULATED BY
DR. AMUN

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TheDeToxNow.com
In partnership with:

DR. AMUN
COOKING:

- DON'Ts:
  - Fry – cook food in, or on the surface of, an extremely hot grease solution. This destroys all its vital components.
  - Barbecue – grill food over a charcoal-based fire toxified by gasoline fuel. The fire is fine without the gasoline on it.

- DO’s:
  - Airfry
  - Bake/Roast – cook in an oven at low or medium temperatures.
  - Boil – cook food in boiling water in stews with vegetables and when consuming the liquid but not on a high fire or long duration of time (more than 30 minutes)
  - Dehyrdrate
  - Grill – cook over an open fire — no gasoline
  - Marinate – immerse a vegetable food into a liquid for a certain period of time
  - Sautee’ – fry on the surface of a pan with small amounts of oil, at a moderately hot temperature.
  - Simmer – heat foods below the boiling point at the lowest possible fire setting.
  - Steam – prepare food in a pot with holes at the bottom, that’s placed within another pot filled with water, forcing steam upward partially cooking food.

- When cooking any and all beans/legumes—lentils, black turtle beans—please make sure to SOAK them for 12 to 24 hours in spring (not distilled) water. This will remove the nitrogen from the beans or grains and turn it into nitrates. Then strain and rinse with spring water and proceed with cooking instructions. You will note that you won’t have to cook the bean/grain as long as if you had not soaked them because they will sprout in the soaking process.

- Please cease to use the microwave. It leaks toxins into all of your food and removes all the nutritional value!

- Use organic ingredients & distilled water for cooking!

DRESSINGS:

- Fresh Squeezed Lemon & Pepper, EEOV with Fresh Herbs, Homemade Dressings
  An example is below

**Honey Lemon Dressing**

½ Cup Organic Raw Honey
1 Teaspoon Dry Mustard
1 Teaspoon Black or Pink Himalayan Salt
1 Cup Grape Seed Oil

½ Cup distilled Water
¼ Cup Diced Red Onion
¼ Fresh Squeezed Lemon

**INSTRUCTIONS:** Blend all ingredients & refrigerate in glass bottle
Avocado Ranch Dressing/ Mayo
1/2 Ripe Organic Avocado
1/2 cup of avocado oil
1/4 cup Hemp Seeds
2 tbsp of Shallots — usually 1 regular sized shallot equals that
2 tsp of Fresh Dill
2 tsp Fresh Lime Juice — preferable squeezed from Key Limes
1/2 tsp of Pink Himalayan Salt
INSTRUCTIONS: Blend all ingredients

MILKS:

- Coconut Milk—Organic and unsweetened
- Other Nut/Seed Milk—Walnut, Almond, Brazil, Pumpkin
- Oat Milk—Organic and unsweetened
- Hemp milk—unsweetened (in the carton) or make yours at home recipe below

Hemp Milk
4 Cups Raw Shelled Hemp Seeds
4 Cups Distilled Water
4 to 5 Pitted Dates
INSTRUCTIONS: Blend all ingredients and refrigerate in bottle for use

OILS: Only use to sauté, simmer or season after cooked

- Avocado Oil *
- Extra Virgin Olive Oil *
- Grape Seed Oil
- Coconut Oil
- Palm Oil
- Hemp Seed Oil
- * Best for Cooking at high temperatures

SLEEP:

- Your body does its BEST healing when you are in the paralyzed (or REM) state of sleeping. It’s important that you ideally go to sleep by no later than 10:30p to optimize your healing on the program.
- We also recommend sleeping on your left side or back. Sleeping on your left side is best for your cardiovascular, digestive, lymphatic and excretory systems—as long as you don’t have a heart condition or find it hard to breathe (asthma, bronchitis, or other respiratory conditions). It stimulates healthy blood flow to your heart causing it to drive activity to all your other systems and organs while you are sleeping. This will result in an optimized bowel movement in the morning during your elimination cycle. Your body is in a stagnated state when you sleep on your right side.
SNACKS/NUTS: All Organic

- Black Mission Figs
- Dates—After eliminating condition
- Fresh Fruit—blueberries, raspberries, mangos, cantaloupes, honey dews, avocados
- Purple Potato Chips
- Organic Shelled Hemp Seeds—**NOTE:** 3 tablespoons is equivalent to 10g of Protein. These are great to use on salads, on fruit, in smoothies and soups.
- Plantain Chips—Best Cooked in Coconut Oil
- Seaweed—Kelp, Dulse
- Raw Organic Shelled Pumpkin Seeds
- Nuts: Black Walnuts, Brazil Nuts, Pine Nuts

SPICES/FLOURS/OTHER/HERBS:

- Activated Charcoal
- Agar Agar
- Arrow Root
- Basil
- Black Jamaican Castor Oil
- Black Hawaiian or Lava Salt and/or Pink Himalayan Salt
- Black Pepper
- Bladderwrack
- Blue Vervain
- Buckwheat Flour
- Chasteberry
- Chlorella/Chlorophyll
- Cinnamon
- Coriander
- Cocoa Butter
- Coconut Flour
- Chickpea Flour—After Elimination
- Cumin & Black Seed Oil
- Cayenne Pepper
- Chile Powder
- Chipotle Powder
- Cloves
- Curry Powder (With Moderation)
- Dill
- Eucalyptus
- Garlic Chives
- Ginger (Fresh/Powder)
- Green Banana Flour (Organic)
- Milk Thistle
- Mustard Seeds
- Natural Baking Soda (Not Powder)
- Nettle/Stinging Nettle
- Nutmeg
- Oregano & Oregano Oil
- Onions (Red/Green/Yellow)
- Onion Powder
- Paprika
- Pimento
- Red Raspberry Leaf
- Rosemary
- Seaweed (Dulse/Kelp/Seamoss/Wakame)
- Shea Butter
- Teff Flour
- Thyme
- Turmeric (Fresh/Powder)
- Quinoa Flour
- Yellow Dock
- Wild Cherry Bark
SUNLIGHT:

- Vitamin D is commonly associated with being the “sunshine vitamin” since it is produced by the body once exposed to the sun’s rays. Vitamin D3, also known as cholecalciferol, is a biologically active form of the vitamin and what your body naturally produces when your skin absorbs UVB rays. UVB rays are emitted when the Sun’s altitude (not degrees) is above 50 degrees. Unfortunately, you might not get enough sun due to where you might be located, and lack of exposure can become very detrimental to your health. Vitamin D is an essential nutrient, which supports brain function, bone strength and your immune system.

- The darker our complexion, the more length of time you need to spend in the sun for it to be penetrated by the UVB rays. UVC rays are available when the sun’s altitude is above 70 degrees. This is the most powerful sun and is found in locations closer to the equator.

- Do not use sunscreen—Use hemp oil or coconut oil when you go out in the sun. If your skin starts to peel or burn, that is an indication that you have too many white blood cells in your body causing inflammation. The Vitamin C in lemon helps to remove inflammation from the body. Squeeze and take a shot of lemon before going out in the sun.

SUPPLEMENTS:

- Unless your program indicates differently, the dosage for a 2-oz bottle is .75 mls (1/2 the dropper) 3 times a day and 1/3 of a dropper 3 times a day for a 4-oz bottle.

- The supplements do not require refrigeration as long as they are stored in a cool place. This allows you to travel with them. You can carry the 2-oz bottles in your personal or carry-on items in flight.

SWEETENERS:

- Manuka Honey—24+ MGO grade or higher
- Organic Dates/Date Syrup
- Organic Black Currant
- Organic Black Mulberries

**NOTE:** Agave, Maple Syrup, Molasses and anything that is processed into a sugar—even date sugar, coconut sugar—are all toxins
**TEA (IMMUNITY):** Drink 3x a day as needed if feeling a cold coming on.

- 1.5 large piece of Ginger (about 3 inches in total)
- 1 squeezed Lemon
- 3 tablespoons Turmeric Powder in tea bag
- 1 tablespoon Manuka Honey
- 1 teaspoon Cayenne

**INSTRUCTIONS:**
- Peel and cut ginger into chunks
- Place Turmeric Powder in tea bag
- Add Ginger, Lemon and Turmeric in 1/2 gallon of distilled water in a large pot and boil on medium fire covered for 30 to 40 minutes
- Turn off fire, add Cayenne and Honey and let sit covered for 30 minutes
- Put in glass pitcher with ginger pieces in it.

**TEA (GUT HEALER/ANTI-BACTERIAL FORMULA)**

- 1 cup of Coconut Oil
- 1 teaspoon Cloves
- 1 teaspoon Turmeric
- 1 teaspoon Cayenne Pepper
- 1 teaspoon crushed Ginger
- 1 teaspoon Sage
- 1 teaspoon Activated Charcoal
- 1 tablespoon Manuka Honey

**INSTRUCTIONS**
- Mix this concoction and swish 1 tablespoon in afflicted area for 5 minutes at least 3 times per day when fighting infection or working to heal your gut. This is a very powerful natural antibiotic that does not kill good bacteria.

**WATERS:** Each of these should be consumed daily going forward.

- Mountain Valley, Icelandic Glacial, Iceland Spring, EvaMore—get in glass bottles whenever possible
- Pure Organic Coconut Water (Zico is a good brand but whatever brand you choose just ensure it has no sugar or additives). You can add organic lemon to it for taste.
- Structured Water: Distilled Water (with Chloroxygen and add lemon if desired (for 27 ounces / 800 mls, add 1 full dropper of Chloroxygen and one fresh squeezed lemon with pulp)
NEW DIET = NEW LIFESTYLE

Below is Dr. Amun’s Food List. These are the foods that you can eat for the rest of your life, during and after you obliterate your condition, which will ensure your optimum health. We have made this list as extensive as possible, but you can also research the nutritional benefits of other foods to add to your list as you become more experienced in the healthy lifestyle. It’s best all ingredients (even those in the Clean 15) are organic, or organically grown, however, it is of greater importance if the item is a part of the Dirty Dozen. Items marked Wild Grown aren’t generally available organic and should just be washed.

NOTE: Those who are Anaemic, should substitute iron blockers with foods that facilitate iron absorption. See the Anemia Food List for substitutions.

- Acorn Squash
- Agar Agar
- Almonds (Not Bitter)
- Ackerman (Fresh/Not Canned)
- Amaranth (Greens & Grains)
- Apricot Kernels (Organic)
- Apples (Organic Required)
- Artichoke
- Arugula ***
- Asparagus
- Avocados
- Baby Butter Lettuce
- Baby Lettuce (no Spinach)
- Banana Blossoms
- Basil
- Blackberries ***
- Black Cherries ***
- Black Mulberries
- Black Radish
- Black Turtle Beans
- Blood Oranges
- Blueberries ***
- Bok Choy ***
- Bread Fruit
- Broccoli
- Broccolini/Baby Broccoli
- Brussels Sprouts *
- Burdock
- Burro Bananas (Organic Required)
- Butternut Squash
- Cacao
- Cactus (Organic/Wild)
- Callaloo
- Carrots
- Cauliflower *
- Celery
- Chayote (Wild Grown)
- Chia Seeds
- Chives
- Chlorophyll
- Cilantro
- Coconuts
- Coconut Crème & Meat
- Collard Greens ***
- Dandelion
- Dill
- Dragon Fruit
- Eggplant (Chinese/Japanese – Wild Grown)
- Elderberries
- Endive
- Escarole ***
- Fenugreek
- Figs
- Fonio
- Garlic (Must be organic and fresh)
- Ginger
- Goji Berries
- Grapefruits (Ruby Red/Pink)
- Green Bananas
- Green Cabbage *
- Hearts of Palm
- Hemp Seeds
- Jackfruit (Young or Ripe)
- Lambs Quarter Green (Pigweed)
- Leeks
- Lemons/Lemon Zest
- Lemon Balm
- Lentils (Black, Green, Red)
- Limes/Key Limes
- Lucuma
- Lychee
- Kale (Black Dinosaur/Lacinato/Purple) ***
- Kiwi
- Maca Root (Black/Red)
- Mangoes (All Forms)
- Melons (Cantaloupe/Honeydew)
- Miners Lettuce
- Millet
- Moringa
- Mustard Greens ***
- Naseberry (Sapodilla)
- Oats (Organic & Not Oat Bran)
- Okra (Wild Grown)
- Olives
- Onions (Red/Green/Yellow)
- Papaya Seeds
- Passion Fruit
- Pau D’arco
- Pears (Organic Required)
- Persimmons
- Pineapples
- Plantains (Wild Grown)
- Plums
- Purple Cabbage

- Purple Potatoes
- Purple Seeded Grapes
- Purple Sweet Potatoes
- Purslane
- Pumpkin Seeds (Raw & Organic)
- Radicchio Lettuce
- Raspberries ***
- Quinoa (Black/Red)
- Red Musa Bananas
- Romaine Lettuce
- Seaweed (Nori/Wakame/Arame/Seamoss)
- Slippery Elm
- Soursop
- Sweet Peppers
- Sweet Sop/Sugar Apple
- Swiss Chard
- Tamarind (Sweet & Sour)
- Teff Flour
- Tiger Nuts/Tiger Nut Milk (soak to soften/soak for 24 hours if shelled)
- Tomatoes (Grape/Plum/Roma – MUST consume raw not cooked)
- Tomatillos
- Tuna Plant (Prickly Pear/Barbary Fig)
- Turnip Greens ***
- Water Crest
- Water (Distilled)
- Water (Spring) **—Iceland Spring, Icelandic Glacial, EvaMore or Mountain Valley
- Water (Structured)—See page 7
- Watermelon (Black Seeded – Organic Not Required)
- White Navy Beans
- Wild Raspberries
- Wild Black Rice
- Wild Yam
- Yellow Squash
- Zucchini Squash
- **Cruciferous Vegetables:** Rich in Folate Acid, Vitamins C, E and K and Fiber. Foods that inhibit Estrogen and therefore help facilitate elimination.
- **Water Note:** Work to reduce the use of plastic water bottles wherever possible. Store your bottles/gallons in cool or room temperature settings and pour into a glass, ceramic or stainless steel container to drink.
- ***Iron Blockers:** Berries should not be consumed with iron-rich foods if anemic and greens should be soaked for 10-15 mins and steamed before consuming

Below is a list of foods you want to eliminate from your diet. Now...it should be clarified at that not all the foods listed above are “bad,” generally speaking, but are foods that do, however, contribute, in varying degrees, to your exogenous estrogen supply. The temporary elimination of all the foods below, we call an “Estrogen Fast.” Once your conditions have been reversed, you may reintroduce only the foods from this list that have beneficial properties to your health. These have a single asterisk (*) in the list below:

- Alfalfa Sprouts
- All Animal Flesh ***
- Aloe Vera
- Apple Cider Vinegar
- Apricot (Fruit Pulp)
- Anise *
- Antacids
- Anti-Depressants ***
- Baker’s Yeast ***
- Barley
- Bell Peppers
- Bing Cherries
- Caffeine
- Carob
- Cassava
- Chickpeas *
- Clover
- Condiments ***
- Cowpeas (Black-eyed Peas)
- Cucumbers *
- Dairy Foods ***
- Dates *
- Eggs
- Eggplant
- Fennel
- Fermented Food ***
- Flaxseeds
- Green Peas
- Hops (all Beer and Alcohol) ***
- Kale (Conventional Curly Green)
- Licorice
- Matcha Root
- Mushrooms
- Nutritional Yeast
- Pain Killers ***
- Papaya (Fruit Meat)
- Parsley
- Pomegranate
- Prunes (All)
- Pumpkin (Meat)
- Red Beans
- Red Clover
- Rhubarb *
- Rice
- Sage
- Sesame Seeds (All)
- Soybean Sprouts ***
- Soybeans ***
- Soybean Oil ***
- Spirulina
- Spinach
- Sunflower Seeds
- Tomatoes (Vine) *
- Vinegar
- Wheat ***
- Yam
- Water (Frozen/Thawed Water)

- Water (Neglected)
- White Potatoes
- *May be reintroduced after DeToxing/Curing your condition
- ***Most adverse foods/items. Medications should be eliminated with consultation

Commercial condiments are the silent killers. Most so-called “healthy eaters” who haphazardly apply these sides to their dishes, don’t realize the immense damage that sauces, such as ketchup, hot sauce and mayonnaise, inflict upon their systems. They are riddled with neurotoxins, glutamates, yeasts and sugar. Condiments should be omitted at all costs.