

Detox Steps and guidelines

———— By Dr, Gavish ————



Step 1. Use a pH testing strip to test your pH balance.



For the first 2 days, test your urine in the morning only and record your results below.
 In the second week, test your urine 60 minutes before eating a meal and again 2 hours after eating.
 This will give you the best range of pH. Test twice a week.

WEEK 1



Day 1 First thing in the morning before brushing your teeth: pH Level

Day 2 First thing in the morning before brushing your teeth: pH Level

WEEK 2



Before eating: pH Level

After eating (2 hours later): pH Level

Before eating: pH Level

After eating (2 hours later): pH Level



Important Note: For accurate results, use the same brand of pH strips and follow the instructions on the packaging.
 Record your results consistently to identify your optimal pH range.



Step 2. Eat a variety of alkaline foods.

Include green juice, vegetable juice, fruit juice, garlic, berries, oranges, bananas, kale, pumpkins, squash, peas, green tea, eggs, and most other fruits and vegetables. These foods help reduce acidity in the bloodstream and play a key role in supporting and maintaining pH balance.



Step 3. Change your diet.

Eat more alkaline foods and fewer acidic foods.

Examples of Common Food Types that have a Strongly Acid pH (Avoid)	Examples of Common Food Types that are Mildly Acidic	Examples of Common Food Types that are Mildly Alkaline	Examples of Common Food Types that are Strongly Alkaline (Best)
Red meat	Grains	Tofu	Soy
Alcohol	Legumes	Vegetables	Vegetables
Eggs	Most nuts	Olive oil	Real salt
Dried fruit	Canola oil	Goat's milk	Sprouts
Sugars	Fruit juice	Almonds	Garlic
Hard cheese	Milk, rice / soy milk	Buckwheat	Alkaline water

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STEP 4 Check your medications, as certain medications can cause your pH balance to be acidic.

If you are not sure, speak to your doctor. If the medication is necessary and you cannot avoid it, you may help combat the acidic pH by eating alkaline foods.



STEP 5 Monitor your stress level, as stress can be a cause of acidic pH balance.

If you make dietary changes and include less acidic foods in your diet and still notice a high acid pH balance, stress could be the culprit. Utilize stress reduction techniques to help reduce acidity.

Support your detox

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1. Food acidity vs. blood acidity:

The acidity of a food does not always reflect how it affects the acidity of your blood. For example, highly acidic lemon actually helps the bloodstream become more alkaline.



2. Aim for an alkaline balance:

Most people benefit from a diet that is approximately 75% alkaline-forming foods and 25% acid-forming foods.



3. Drink alkaline, ionized water:

Alkaline, ionized water from a quality water ionizer can be beneficial. It helps neutralize excess acidity and provides hydroxyl ions (OH^-) that support the removal of excess oxygen and free radicals in the body.



4. Avoid substances that increase acidity:

Refrain from smoking, excessive alcohol, caffeine, and unnecessary supplements, as these can increase acidity and place extra stress on the body.



5. Exercise daily:

Aim for at least 30 minutes of physical activity each day. Activities such as running, walking, cycling, swimming, or dancing help improve circulation, support detoxification, and eliminate residual toxins.

Tips to Support the Detox Therapy

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1. Start your day with an empty stomach:

Once a day, mix and drink the following on an empty stomach. Do this for at least 7 days.

- 8 ounces of purified, clean water
- ½ tsp. baking soda
- Juice from 1 organic lemon



2. Stay well hydrated:

Drink a minimum of 40 ounces of water with lime daily.



3. Eat a nutrient-rich, balanced diet:

Focus on fresh fruits and vegetables.
Avoid chicken and meat for the first 2 weeks.



4. Reduce intake of substances that increase toxicity:

Limit or avoid caffeine, tobacco, and alcohol.



5. Prioritize quality sleep:

Ensure you get adequate and restful sleep each night.



6. Exercise regularly:

Engage in physical activity such as walking, dancing, swimming, or yoga to support circulation, reduce stress, and enhance detoxification.



Continue with these healthy habits after your detox therapy to reduce your toxin exposure and support long-term wellness.

Package by Point Count and Toxic Level

 Package	 Sessions	 Toxic Level %	 Point Counts
1	5	1–20%	0–50
2	7	21–40%	51–100
3	10	41–60%	101–150
4	15	61–80%	151–200
5	20	81–100%	201–252