

# Chapter 8

## The Ultimate Weight Loss Weapon

### Would You Like to Speed up Your Weight Loss by as Much as 10 Times?

You probably wouldn't be reading this book unless you had a stubborn weight problem. And whether you're 10 pounds overweight or 210, know that this defiance from your body to give up its excess fat is related to the relative condition of the body's organs and hormonal system. These glands, like the liver for instance, directly control body-fat content and distribution. In fact, the liver is a key factor in weight loss - whether it is easy or almost impossible to lose body weight by fat.

There is a special diet for sluggish livers and, even if your body type quiz did not result in your being a liver body type, you may want to strongly consider doing this program. Why? Because if your metabolism is sluggish, your liver is damaged despite any other glandular problem you may have. And in some cases this will prevent you from losing weight big time. It is the hidden barrier to weight loss.

The chemicals in our foods, growth hormones in our meats and milk, alcohol, caffeine, refined sugars, refined carbohydrates, refined and artificial fats, past infections, cigarette smoke and toxins in our water supply have altered your liver.

As we now know, normally, the liver is supposed to break down and eliminate these chemicals and microbes, but it can become overwhelmed to the point where your liver becomes dysfunctional. This alters the way you deal with sugars, proteins and fats. A damaged liver is behind fluid retention problems, especially in the stomach area. If the liver can't break down chemicals, these chemicals can re-circulate and end up shutting down the thyroid or adrenal glands.

You have the option of going straight to your appropriate diet in this book and start it or to do this cleanse first. It will give you a big jumpstart on your program if you choose to run the cleanse first and you *will* lose weight faster.

The basic theory is to not only give the liver a rest from these chemical insults but to give it the nutritional support and the detoxification it needs to return to normal function. Simply put, you need to reverse the damage that has been done and Dr. Berg's Diet Enhancement Cleanse does this in a short period of time.

The goal is to bring the liver back to its normal production rate, and by doing this, eliminate a great deal of the difficulty behind burning fat.

## Basics about Dr. Berg's Diet Enhancement Cleanse

Dr. Berg's Diet Enhancement Cleanse uses the practical means of eating only those foods that do not stress out and overwork the liver while allowing it to purge itself of toxins. Vegetables will be the lion's share of this diet. You can eat fruits, but only in the evening. Apples (especially organic) can be eaten anytime and as many as you want. Eat them in between meals as well.

Along with a proper diet, key supplements will be taken - some to strengthen the body and others to cleanse and heal.

An important point is to never become hungry on this cleanse because as soon as the body goes into starvation mode, stress kicks in and this opposes the goal of giving the body, in general, less stress. Also a properly fed body allows the cleanse to take its course and attain the best results.

You will be eating vegetables or fruits as meals, and to inhibit hunger, you can add some fats - avocados and raw nuts. The liver needs raw proteins. Cooked proteins are prohibited. The only animal protein that is allowable for this cleanse is raw fish (sushi).

# Dr. Berg's Diet

## Enhancement Cleanse

Going at weight loss with a strong liver will make all the difference in the world. Here's how it works:

You will be on this cleanse for 14 days.

After that you will make the transition to your appropriate diet in this book, based on your body type and symptoms found in your test results. This transition phase will last for 8 days. During this time, you will continue to eat the same way but stop taking the supplements.

On the 15<sup>th</sup> day you will add some protein in the morning only for two days with the rest of the day eating vegetables. Then you can add in protein for lunch for another two days and after that you will be able to go fully on the diet in the book.

## Food Intake

You can eat the unlimited vegetables listed below.

### Unlimited Vegetables:

- alfalfa sprouts
- artichokes
- asparagus
- bamboo shoots
- beans
- beets
- bok choy\*
- broccoli\*
- brussels sprouts\*
- cabbage\*
- carrot
- cauliflower\*
- celery
- cilantro
- corn
- cucumbers
- dill
- eggplant
- escarole
- garlic
- ginger root
- kale\*
- leeks
- lettuce
- mushrooms
- okra
- onions
- parsley
- peas
- peppers (all)
- radishes\*
- red potatoes
- snow peas
- spinach
- squash
- seaweed
- string peas
- sweet potato
- swiss chard
- turnips\*
- water chestnuts
- yams
- zucchini

\* **Do not consume** if you have a true full blown thyroid case. These vegetables may be lightly steamed. Use salad dressing very sparingly (just barely enough to flavor salad). If possible try to use dressing that contains no added sugar - avoid high fructose corn syrup, dextrose and cane sugar). Honey is an acceptable substitute.

You may eat fruit but only at night, with the exception of apples which can be eaten any time and as many as you desire. If you use dressing on your salad, go light on quantity and use natural and organic if at all possible.

## Fruits:

Only eat a third as many as total vegetables per day (Example: 1 cup vegetables - 1/3 cup of fruit).

- apples
- mangoes
- pineapple
- apricots
- melons
- plumbs
- banana
- oranges
- tomatoes
- berries
- peaches
- grapes
- pears

## Supplement Intake

There are three supplements you will take that include all of the nutrients you need for the cleanse. These nutrients will help the liver heal itself. The supplements can be taken all at once or split up to three times per day, whichever is preferable.

## Supplements Needed:

1. **Springreen Fortified** - 30 per day (take 10, three times per day). One bottle of 500 tablets will last 14 days.

This product provides a well-balanced natural WHOLE FOOD SUPPLEMENT from "greens" and other natural sources, supplying enzymes, minerals, amino acids and every essential vitamin.

### It contains the following:

- 52% Springreen [extracted cereal grass juice, dried, extracted juices of organically grown cereal grasses: barley, oats, rye and wheat. Every

possible precaution is taken to preserve vitamin, mineral and enzyme factors. No chemical fertilizers or poisonous insecticides are used. The grasses are cut at the young, rapidly growing stage just as the first joint emerges through the ground and when the maximum nutrition is in the blade. The grass is ground, the juice is extracted, most of the fiber is removed, then it is chilled. In this cold state, the grass is dried by a special process, then made into tablets and bottled in nitrogen to prevent spoilage. No binders, fillers or drying agents (such as maltodextrin - a concentrated sugar) are used in this product.]

- 4% beets and sea kelp
- 40% fish liver oil (Vitamins A and D)
- brewers yeast (Vitamin B complex)
- papain (from papaya) which aids in digestion
- bone meal (bovine source) to furnish additional calcium and phosphorous
- lecithin (from soy beans)
- protein (bovine source)

2. **Springgreen Whole Beet Plant Juice** - 9 per day (take 3 tablets, three times per day). Two bottles of 150 will last 14 days.

This product contains beets which are organically grown with compost and sea kelp. No chemical fertilizers or insecticides are used.

The whole beet is used, (leaves, stem and root) and its juice is evaporated to dryness under high vacuum with infinite care and at low temperature to retain a maximum of enzymes, vitamins, and mineral factors.

One TON (2000 lbs) of beets produces less than 20 pounds of powder, which is then compressed into tablets. Beets have a high iron content, which rejuvenates and activates the red blood cells. Beets contain potassium, phosphorous, calcium, sulfur and iodine, many trace minerals - all extremely valuable to the body's proper function.

3. **SUPER SEED™ Beyond Fiber** (by Garden of Life) - This will be added to the shake you drink 3 times per day. 1 heaping tsp with each shake mixture. One container will easily last you through the 14 days.

Super Seed is a rich source of flax seed, chia seed, sprouted quinoa, sprouted amaranth, pumpkin seed, sunflower seed, sesame seed, millet, buckwheat, fiber from garbanzo, red lentil, kidney and adzuki beans, and cinnamon, a potent harmonizer with considerable digestive value. Formulated with Garden of Life's exclusive Poten-Zyme™ fermentation process, Super Seed delivers maximum bioavailability and absorption. While the Poten-Zyme probiotics (friendly bacteria) and enzymes work on breaking down the raw materials, they also interact with the whole food substrate to create new nutrient combinations or compounds. These beneficial compounds include numerous nutrients that would otherwise not exist, such as additional enzymes, antioxidants and vitamins. For example, the main by-product compound of the process, lactic acid, promotes the growth of healthy flora throughout the intestine. (Lactic acid is bad when in the muscles but a good thing when in the stomach.)

## Shake

This mixture should be taken 3 times per day (total 12 oz.):

- 1<sup>st</sup> – first thing in the morning upon rising
- 2<sup>nd</sup> – before lunch
- 3<sup>rd</sup> – before dinner

## Shake Mixture

- spring water (8 oz.)
- apple juice (2 oz.)
- intestinal fiber & friendly bacteria product (1 heaping tsp.) – SUPER SEED™ Beyond Fiber (by Garden of Life™ is recommended)
- unsweetened cranberry juice (2 oz.)
- lemon Juice (1 tsp) or True Lemon™ (1 packet)
- apple cider vinegar (1/2 tsp,)

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator or a cooler.

## Making a Daily Supply (3 Servings):

- spring water (24 oz. – 3 glasses of water)
- apple juice (10 oz. – a large glass full)
- intestinal fiber & friendly bacteria product (5 tsp.) – SUPER SEED™ Beyond Fiber (Garden of Life is recommended)

- unsweetened cranberry juice (6 oz. - small glass)
- lemon juice concentrate (5 tsp.) or True Lemon (5 packets) or 2 squeezed lemons
- apple cider vinegar (1½ tsp.)

## Purpose for Ingredients

### Apple Juice

Apple juice softens gallstones and liver stones making them easily passable.

### Intestinal Fiber & Friendly Bacteria Product

Super Seed (Garden of Life) is a powerful whole-food formula that supplies your body with a highly usable, nutrient-dense vegetarian source of dietary fiber. Super Seed is a whole-food blend of certified organic and chemical-free seeds, sprouted grains and legumes. Each of the ingredients in Super Seed supplement was specifically chosen for its exceptional ability to enhance and support bowel health.

The role fiber plays in a healthy diet became startlingly apparent in the late 1800s, when processes for refining sugar and milling flour were introduced. As people began consuming new "wonder foods" void of dietary fiber, they simultaneously started suffering from digestive and bowel disorders. Now, after three generations raised on processed foods, up to 100 million Americans suffer some form of digestive disease.

### Unsweetened Cranberry Juice

This juice helps clean out the kidneys, which are the body's other filtration system. It can be found at any health-food store.

### Lemon Juice

Lemons have an immune stimulant to help fight against infection. Lemon juice also helps contract the liver (astringent). You can use 1/3 of a real lemon, lemon juice or a product called True Lemon™ (look in your grocery store or supermarket).

### Apple Cider Vinegar

I would recommend Bragg™ apple cider vinegar. There are many benefits including balancing out the pH of the body, eliminating the waste acids, providing potassium as well as fortifying the friendly bacteria in your intestine. It helps reduce water retention through the normalization of acid and alkaline levels.

## Liver enhancement program

The purpose of the liver enhancement program is to cleanse the liver, kidney and large intestine. The liver produces all six fat burning hormones and is usually congested when you're overweight.

Do the program for two weeks the first month and one week every month after that until you have reached your goal weight.

I. Eat salad with one or more of the following items:

1. Avocado
2. Raw, organic, unsalted nuts and seeds
3. Hummus
4. Raw sashimi grade fish
5. Smoked salmon

II. Fruit-eat only at night

1. Fruit salad- applesauce topped with fresh fruit in three different types of dried fruit soaked overnight in water.
2. Fresh low glycemic index fruit in season
3. Apples eaten as in between meal snacks, as many as you like.  
Apple's help to cleanse cholesterol from the large intestines.

III. Ra roll- make a roll for any meal

- 1 sheet of nori seaweed
- arugala or lettuce
- green seaweed salad or soaked dried wakame with olive oil, lemon juice, garlic and ginger
- half an avocado sliced thinly
- 1/3 package of ikura and/or raw fish or smoked salmon.

IV. Before each meal

1. Drink 8 ounces of the cranberry juice mix or freshly juiced vegetables.
2. Take 3 perfect food tablets. Take more if you're hungry
3. Takes 3 beet tablets

V. Items to buy before the cleanse:

1. Spring water
2. Unfiltered organic apple juice
3. Trader Joe's "100% Cranberry juice" or Knudsen's "Just Cranberry" from Whole Foods.
4. Lemons or lemon juice concentrate
5. Apple cider vinegar

VI. Foods to completely avoid on the cleanse:

Cooked meat, fish and eggs, grains (bread, crackers) coffee, caffeinated drinks (tea, soda), sugar and alcoholic drinks (beer, wine etc.)