

Your Summer Detox with Dr. Elson Haas

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Lose 10 lbs a Week!

It's summertime, and it's not just the living that's easy. "People tend to release excess fat most easily at this time of year," reveals Elson Haas, M.D., author of the landmark natural-health guides *The Detox Diet* and *Staying Healthy with New Medicine*. "Sunny days give us energy and lift our moods, so we're more active. And by August, there's a bounty of fruits and vegetables in gardens and at local farmers' markets and farm stands." That bounty, he says, includes virtually all of Mother Nature's best aids in detoxing our bodies and infusing our systems with nutrients "to achieve optimal health and an optimal weight." No wonder his signature detox menu, *below*—emphasizing locally grown produce—has been getting speedy results for decades. "I've often seen seven 7-10 pounds in a week, 15 pounds in two weeks," Dr. Haas reports. "If you're carrying extra pounds, just focus on fresh veggies, and weight loss will be one of the primary wellness benefits."

Why it works wonders

Sure, the switch from a typical not-so-healthy diet to Dr. Haas' produce-based meals will cut calories. But it's about far more than that. You also "enhance the natural process by which the body expels toxins," Dr. Haas explains. Why is this key? Toxins—from junk food, pollution, mold and more—can trigger internal inflammation that causes fluid retention and stalls body systems. "Inflammation is linked to health problems in general and weight problems in particular," Dr. Haas cautions. Making matters worse, "the liver is the organ responsible for filtering toxins *and* breaking down fat and sugar. It often can't handle its huge workload all at once." So toxins are temporarily stowed in our fat tissue, where they instantly inhibit fat burning.

Dr. Haas' number-one weapon against toxins: Produce—especially the locally grown kind, which is freshest and thus has the most nutrients. He calls for 10 or more servings daily to be sure you really flood your body with antioxidants, which "neutralize toxins and have a soothing effect that reduces inflammation." Bonus: Various antioxidants—including ones found in yummy summer picks like watermelon, corn, beets and potatoes—have been shown to offer benefits like boosting metabolism and improving liver function. For even more benefits, Dr. Haas has you reduce sugar and saturated fat intake, so your liver has less to process and can spend a lot more time eliminating toxins. The result: You feel amazing and lose weight with ease!

"It'll change your life!"

Woman's World readers testing Dr. Haas' plan shrunk by up to 7 pounds in a week. And over 10,000 other folks have had success, too. That includes Roxanne Mosley. After stocking up on detox supplies at a local farmers' market, "I lost 10 pounds that first week, and I'm down 18 pounds so far," says the California attorney, 49. "I feel better

than I have in years. If you're considering Dr. Haas' plan, go for it. It will change your life!"

Here's how to use summer's bounty of fruits and veggies to whisk off weight with ease!

Farmstand detox menus!

This summer-ready version of Dr. Haas' signature detox is designed to be customized with your favorite seasonal fruits and veggies—especially produce from local growers. You can even enjoy sweet fruit like watermelon and cherries and starchy favorites like corn and potatoes! To speed initial results, Dr. Haas calls for only anti-inflammatory fats (olive oil, organic butter) and protein (plant protein, seafood). While using this plan, drink plenty of good clean spring water and/ or herbal tea—preferably two glasses before each sitting. Season meals with herbs, spices, vinegar, lemon juice, and mustard as desired. A little stevia is fine, but avoid other sweeteners. This plan may not be right for those with certain health conditions. Always get a doctor's okay to try any new plan.

Upon rising - 2 glasses filtered water with juice of 1/2 lemon

Morning fruit - 1 small bowl fresh fruit, such as watermelon, cherries, berries and peaches.

TIP! *"Fruit sugars don't digest properly when eaten with heavier foods, so I recommend eating fruit alone and early in the day," says Dr. Haas.*

Breakfast (enjoy 15-30 minutes after your morning fruit)

1 bowl of cooked oatmeal, prepared with water and 2 Tbs. 100% fruit juice; if you prefer cold cereal in the summer, oatmeal is tasty prepared ahead of time and enjoyed chilled.

Lunch

1 bowl raw salad, drizzle olive oil vinaigrette; top with a sprinkle of raw sunflower seeds, if desired.

1- 2 bowls steamed seasonal vegetables (include a serving of potatoes or corn, if desired; beyond that, go for a mix of colors and of roots, stems and greens); top with a drizzle of olive oil or a little detox butter (recipe below) plus any lemon, vinegar, herbs or spices you desire.

Detox butter! *My yummy topping delivers a range of healthy fats plus an antioxidant kick from spice. Just mix equal parts softened organic butter and extra-virgin olive oil with a pinch of cayenne or any spice you enjoy.*

Dinner (aim to finish this meal before sundown)

1 bowl raw salad, drizzle olive oil vinaigrette; if desired, top with 3 oz. fish or beans.
1- 2 bowls steamed seasonal vegetables (same guidelines as for lunch) topped with a little detox butter (or drizzle of olive oil) plus any lemon, vinegar, herbs or spices you desire.

Evening

Herbal tea, any variety

After 14 days or so . . .

your body should be detoxed and ready to handle greater food variety. In general, Dr. Haas suggests eating light meals of raw and gently steamed vegetables, whole grains, lean protein, olive oil and fruit most of the time. His daily recommendations:

- **5-10 servings of vegetables**
- **2-4 servings of fruit**
- **3-6 servings of whole grains**
- **1-2 Tbs. good oils**
- **2 -3 servings of a variety of lean protein, with emphasis on fish and beans**
- **1 handful of nuts or seeds per day**

Enjoy the Summer and Stay Healthy!