

# Dr. Elson Haas' 7-DAY LIVER CURE

Unclog your body's "filter" to ignite fat burning and drop 15 lbs this week!

## Cures chronic tiredness too!

Maybe you've been too exhausted to notice, but we're in the midst of a dual epidemic of tiredness and sleeplessness—one that's wreaking havoc on our waistline and health. "Millions now rely on caffeine and sugar to battle fatigue during the day, then turn to heavy meals, wine and sleep aids to relax at night," notes Elson Haas, M.D., a leading practitioner of integrative medicine. "I call it the Stimulation Sedation Syndrome. We're using stimulants and sedatives in an effort to keep up with the fast pace of life, but we unwittingly bombard our systems with toxins that make matters worse." To the rescue: Dr. Haas' new seven-day detox that gives your body (and especially your toxin-clogged liver) exactly what it needs to heal and reinvigorate. "I see people losing up to 15 pounds in a week as energy is restored and insomnia and a host of health problems disappear."

**D**r. Haas' detoxers temporarily go cold turkey on caffeinated coffee, added sugar, alcohol and other substances driving Stimulation Sedation Syndrome. At the same time, they swap in foods and habits "that give the liver and the entire body a little bit of a spa vacation," he says. "Within days, your body

starts to respond. And this isn't just about weight loss. The difference between natural energy and chemical energy is astounding, so people stick to better habits after the detox ends. They can't believe how amazing they feel!"

### Why liver TLC is key

Your liver has dozens of crucial jobs, including filtering away all harmful impurities and

turning all the sugar and fat we eat into energy. In fact, virtually every substance that enters our systems makes its way to this vital organ. "Too much of anything can overload the liver, but the worst culprits are sugar, ultra-processed foods, caffeine, alcohol, chemicals, fried oils and meats," notes Dr. Haas. He explains that the organ often can't keep up with the demand put on it, becoming clogged and sluggish and allowing inflammatory compounds to accumulate. Eventually, intense inflammation sets in that slows down metabolism and many other body systems. It's a root cause of fatigue, weight gain—even high blood pressure and diabetes. The great news: Your liver is easy to rejuvenate and can even *regenerate* if necessary.

### Detox made easy

What does Dr. Haas' detox entail? First, you take a break from sugar, chemicals and all liver stressors Dr. Haas just mentioned. Worried a hankering for sweets, fast food or alcohol will derail you? Taking the mineral chromium or the amino acid l-glutamine twice daily can reduce cravings. (Talk to your doctor about the right dose for you.) Dr. Haas also has you shift emphasis to veggies. "They should be 50% of your diet," he says, noting that, every variety contains powerful antioxidants that fight inflammation, break up liver clogs and help eliminate toxins. Round out meals with moderate amounts of fruit, liver-friendly protein like fish and beans, fiber-rich starch and good fat. Also key: You'll start each day with lemon water.

**Fact!**  
"Excess sugar and processed foods are linked to anxiety and depression. So as you detox from them, your mood often soars," reveals Dr. Haas.

"Lemon has an astringent quality that causes tissues to contract and tighten, loosening up and clearing trapped toxins," says Dr. Haas, who has coached thousands through detox regimens. "You may feel funky for a couple of days as the stimulation-sedation cycle is broken, but after that your sluggishness and irritability lift, your metabolism picks up, and you're moving rapidly toward an optimal weight and optimal health."

### Real-world wow

When Angela Murphy decided to try Dr. Haas' *Regain Your Natural Energy* program, she switched to decaf tea, used chromium and l-glutamine to tame cravings and traded processed food for veggie-loaded meals. Withdrawal symptoms lasted a few headachy days. "But it was worth it," insists the California filmmaker, 62. "Over the years, I've tried many detoxes and

cleanses. I never felt the surge of energy I did with Dr. Haas' plan. I thought I was just getting old and wasn't going to feel energetic anymore, so it was eye-opening." Another bonus: Angela lost three sizes and dramatically lowered her blood pressure. "Now I can enjoy a treat, but I'm not using sugar and caffeine to stay awake. I start the day refreshed, and I have more energy to take care of clients and play with my grandkids. The changes I made were simple and really helped me feel better. I encourage everyone to try it!" **WW**

To learn more about Dr. Haas' *Regain Your Natural Energy* program, go to [ElsonHaasMD.com](http://ElsonHaasMD.com)



### Detox Pasta!

About 75% veggies and with no added sugar, this quick-cooking dish really satisfies

- 1 (12 oz.) pkg. cauliflower gnocchi, frozen (available at Whole Foods Market and Trader Joe's)
- 1 Tbs. olive oil
- <sup>2</sup>/<sub>3</sub> cup no-sugar-added marinara, such as Rao's brand

Heat oil in a skillet over medium-high heat. Cook frozen gnocchi in a single layer until firm and golden brown on bottom; flip with a spatula and continue to cook, occasionally shaking pan, until golden brown all over. Add sauce. Enjoy as dinner with grilled chicken or fish. Serves 2

## This detox makes energy surge Transform your health + shrink your waist with nutrient-dense, liver-friendly meals

### Lynne lost 125 lbs!

Diagnosed with a slow thyroid and pre-diabetes, "I thought I had to accept that I was often tired and couldn't take off weight," recalls Lynne Silverstein, 63. Then she made an appointment with Dr. Haas. As she first adopted his strategies, "I had so much inflammation I felt like the Pillsbury Dough Boy," recalls the California therapist, who ate her fill of salads, lentils, fish and more. Her swelling quickly subsided. "The first month, I lost 38 pounds!" Her prediabetes soon reversed, and all her bloodwork improved. "My energy lifted too. I don't even need caffeine or sugar for an energy boost anymore. Eating Dr. Haas' way makes you feel so good!"

IT WORKS!



BEFORE



AFTER

While using Dr. Haas' detox there are no set portions to worry about, but overeating stresses your liver, so listen to your body and stop eating when lightly full. If desired, enjoy decaf coffee and herbal tea. Avoid sugar, caffeine and alcohol until you feel your natural energy restored, then experiment to see how much you can tolerate while still feeling great. As always, get a doctor's okay to try any new plan.

### Breakfast



First thing, sip water with the juice of half a lemon. Later, enjoy fruit with yogurt; wait 30 minutes and have whole-grain cereal with almond milk.

### Lunch



Chicken or fish over a large mixed salad. Add a handful of olives or a sprinkle of nuts/seeds, if desired. For dressing, mix olive oil and herbs with lemon juice or vinegar.

### Snacks



At midmorning, have nuts and veggie juice. Midafternoon, go for veggie soup. If desired after dinner, enjoy veggie slices and popcorn.

### Dinner



Pair a large serving of steamed mixed veggies with either a serving of whole-grain pasta or a serving of chicken or fish. Add olive oil, lemon juice and herbs.