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Formulated by
Dr. Terry Willard, PhD
Clinical Herbalist

HERBAL D-TOX

EASY 12-DAY PROGRAM
RECOMMENDED DIET

tank

Épreuve 04

Fichier	3431_AWR_Brand Rejuvenation_Booklet_ana			1 de 23	Dossier	T101015A / 3431		Date	March 17, 2011 3:06 PM	
Desc.	Wild Rose Brand Rejuvenation Booklet An/Fr				Client	Atrium/Wild Rose				
Format	3,75" x 5,5"	Bleed	0,125"	Safety	0,375"	Échelle	100%	Couleurs	 PMS 7527 PMS 205 PMS Black 4 PMS 108	
Première	09/03/11	Livraison	99/99/99	Relecture	1-14/03/11	Livré le	99/99/99			

Production

Dir. artistique

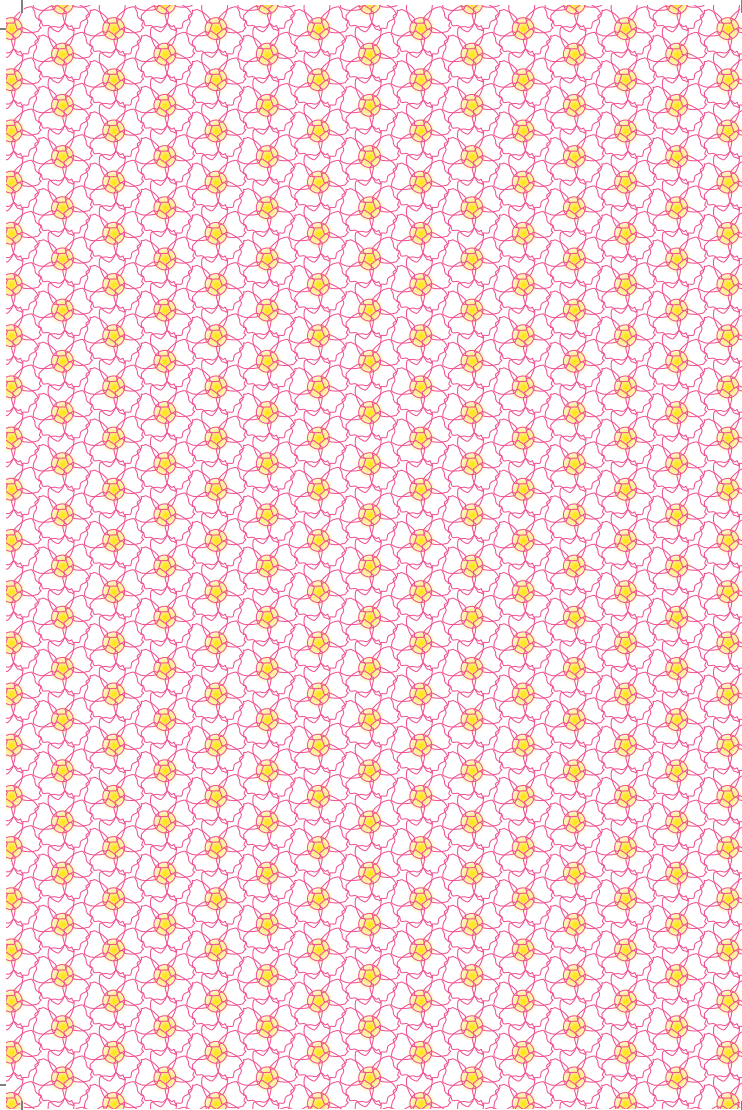
Rédaction

Dir. création

Service client

Approuvé
par le client

Date: _____



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EASY 12-DAY INTERNAL CLEANSING

Pollutants from the environment – in the air, water and foods that we eat – as well as wastes produced from normal bodily processes, can accumulate within the body and lead to a state of congestion. To help maintain a healthy balance of assimilation and elimination, the Wild Rose Herbal D-Tox Program is uniquely designed to enhance all aspects of the metabolism. It is a proven 12-day cleansing program that follows a healthy and satisfying meal plan.

Emphasis is placed on supporting the function of the liver, the small intestine and the bowel (large intestine) to promote proper digestion and elimination of toxins and wastes.

The Wild Rose Herbal D-Tox Program is simple to use! It has excellent benefits for both the young and the old, and it is enjoyed by both the novice and the experi-

enced cleanser as a hearty diet can still be maintained. The experienced cleanser will notice the dramatic health benefits that it offers without the emotional and physical fluctuations that are often caused by fasting.

Internal cleansing is considered to be the cornerstone of good health by many natural healthcare practitioners. Though traditionally done in the spring and fall, today's fast-paced lifestyle affirms the need for regular detoxification; the Wild Rose Herbal D-Tox Program is designed for use on a regular basis or at any time there is the need for additional cleansing, such as after holiday celebrations, for example.

WHEN TO DO A HERBAL D-TOX

Most people can sense when they need to cleanse. They tend to describe themselves as feeling:

- *Heavy and lethargic*
- *Having over-indulged*
- *Wanting to change some minor health aggravations such as skin breakouts or constipation*
- *Ready to make a new start with their health (begin losing excess weight, ridding the body of *Candida albicans*, etc.)*
- *Wishing to break old habits*
- *Wanting to "tune-up" their bodies for general maintenance and regain a feeling of well-being*

As the cleanse comes to an end, an individual usually feels lighter, healthier and "clearer" than they have in a long time. After two or three Herbal D-Tox programs (over a period of several months) the program becomes very simple to use. By cleansing two to four times per year the smaller embedded accumulation of toxins will be removed.



HERBAL D-TOX

INFORMATION

The Wild Rose Herbal D-Tox Program consists of four herbal formulas: 3 in tablet form, and one in liquid form.

Take 2 tablets from each bottle and 40 drops (2 squirts from the dropper) of the liquid with both breakfast and supper, preferably at the beginning of the meal. The tablets last 12 days. Continue taking the CL Extract drops until finished. The CL Extract drops may be taken with water.

If after 3 days this program is too laxative, lower Laxaherb dosage to 1 tablet twice daily.

The diet associated with this program is extremely important. During the cleansing period, you may eat as much as you want, but your choice of

foods is very significant. Referring to the chart on page 11,12 and 13. Less than 20% of your diet should come from foods in Section 1, while 80% or more of your diet should come from foods in Sections 2 and 3 combined. The column headings (acid, alkaline and neutral) refer to the nature of each food once it has been digested in your body.

IF THE FOOD IS NOT LISTED ON THIS CHART, YOU CANNOT EAT IT!

There are no breads or other flour products (i.e.: pasta, cakes, pancakes, crackers, flour in sauces or gravy), dairy products (except butter) or tropical fruits allowed.

Dairy products cause excess mucous production which can clog the lymphatic system and further hinder elimination.

Flour products are not recommended during this program because, when mixed with water, flour forms a glue-like substance. This glue-like substance has a tendency to stick to the lining of the intestinal tract and “plug-up” the system. During a cleanse (especially), one should eliminate these foods which place an extra burden on elimination.

Peanuts must be avoided as they contain naturally-occurring yeasts and molds. Ridding the body of excess yeast is one of the functions of the Herbal D-Tox. The rest of the nut family is acceptable, and many people who enjoy peanut butter on toast find almond butter on rice cakes or corn thins to be a good substitute.

All fermented foods are to be avoided due to the fact that yeast is a major ingredient in these foods. This means no wine, beer, vinegar, soy sauce, black tea or miso. It is strongly recommended to not consume alcohol of any type during this program.

Foods which naturally contain yeast on their outer skins are also not recommended: this means no mushrooms, grapes (this includes raisins) or oranges. Sugar and dried fruit are not permitted because these are foods which yeast thrives upon.





While on the Herbal D-Tox, a little fresh fruit may be taken (see under individual columns). The sweeter the fruit is, though, the “worse” it is considered to be. Tropical fruits are sweeter than domestic fruits, which means that bananas, melons and pineapples should not be eaten during this program. Apples, pears, peaches, plums and berries are considered domestic fruits and are acceptable.

Whether fruit juices are “natural” or whether they are made with refined sugars, they all contain large amounts of simple sugars. Natural fruit juices are allowed, but you should avoid those with refined sugars. Instead, try making your own juice from carrots, beets or celery (dilute half-and-half with purified water). Add a little fresh ginger root to “spice” things up!

If you are a regular coffee drinker, you may still have a small amount of coffee during this program (max. 2 cups daily). Large amounts of coffee weaken the immune system and place additional stress upon the adrenal glands. Herbal tea and green tea are acceptable. Though both black and green tea come from the same plant, black tea undergoes a fermentation process whereas green tea does not – and remember, yeast is a major ingredient present in fermented foods.

Water is extremely important while on the Herbal D-Tox program. Either pure spring water or reverse-osmosis (not tap water) is recommended. We recommend that you drink more than just when you are feeling thirsty (thirst is not the best indicator of how much water your body requires). At least 1.5 to 2 litres per day will help flush toxins from your body, especially when you are cleansing.

Because we recognize that not everyone is a vegetarian, the Wild Rose Herbal D-Tox Program includes meat in its recommended diet. We recommend fish and chicken as your first choices for meat, with wild fish, organic chicken and organic beef preferred over farmed and medicated sources. Vegetables may be cooked (lightly steamed is preferable) or eaten raw. A good salad dressing can be prepared by mixing fresh lemon juice, olive oil, herbs and spices. The addition of spices to the diet is encouraged, but commercial condiments such as ketchup should be avoided. See also the *Wild Rose Cookbook for Cleansing* for additional easy-to-prepare, healthy and tasty recipes!

Your diet does not have to be mundane — remember, over 95% of the world's population eats foods similar to this diet everyday. Humans have consumed these types of foods for over 99% of their history and, even today, most people in the world would consider this diet a feast.

.....
Experimenting with foods from other lands can make your diet delicious and even gourmet!
.....

REMEMBER:

- IF THE FOOD IS NOT ON THE RECOMMENDED DIET - DO NOT EAT IT!
- EAT 20% OR LESS FROM SECTION 1 AND 80% OR MORE FROM SECTIONS 2 AND 3
- DO NOT EAT ANY FOODS THAT ARE LISTED AS "NOT RECOMMENDED"
- FOODS LISTED UNDER "MOST RECOMMENDED" ARE ESPECIALLY GOOD FOR YOU
- TAKE THE TABLETS AND LIQUID SUPPLIED IN THIS PROGRAM AT THE BEGINNING OF BREAKFAST AND SUPPER, EAT A FEW MOUTH FULLS OF FOOD, TAKE THE SUPPLEMENTS, THEN ENJOY THE REST OF YOUR MEAL

**“A HERBAL
D-TOX IS
EASIER THAN
YOU THINK.**

IT SHOULD BE A TIME OF CELEBRATION
AND REDISCOVERY OF YOUR TASTE BUDS.
WHY NOT BE CREATIVE AND EXPERIMENT
WITH FOODS FROM OTHER LANDS?
YOU JUST MIGHT DISCOVER YOU LIKE
EATING THIS WAY.”

Terry Willard

RECOMMENDED DIET

SECTION 1 PROTEIN FOODS / ACID FORMING FOODS

EAT LESS THAN 20% OF YOUR DIET FROM THIS SECTION

MOST RECOMMENDED:

Fish (eat all you want even if over 20% of total diet)

ACCEPTABLE DURING PROGRAM:

Beans (dried) fresh beans
- see Section 3

Beef

Coffee (black - maximum 2 cups per day)

Eggs (whole)

Grains (whole) most; i.e. barley, kasha, bulgur, spelt, kamut, amaranth, oats, rye, wheat berries - brown rice, quinoa, millet and buckwheat are 80% - see Section 2

Lamb

Lentils

Liver

Nuts (except almonds are 80% - see Section 2)

Oatmeal

(also see Grains above)

Peas (dried) fresh peas
- see Section 3

Poultry

Pork

Prunes (cooked)

Rhubarb (cooked)

Rice (white) - brown rice
is 80% - see Section 2 under most recommended

Seeds (i.e. sunflower, flax, etc.)

Soy beans

Tofu

(plain, unsweetened only)

Veal

Wheat germ

NOT RECOMMENDED DURING PROGRAM:

Buttermilk

Cheese (of any kind)

Seafood (shellfish)

Yogurt

RECOMMENDED DIET



SECTION 2 STARCH FOODS / ALKALINE FORMING

EAT 80% OR MORE OF YOUR DIET FROM BOTH SECTIONS 2 AND 3 COMBINED

MOST RECOMMENDED:	NOT RECOMMENDED DURING PROGRAM:	NOT RECOMMENDED AT ANY TIME:
Almonds	Bananas	Cakes, Candy and Ice Cream
Millet, buckwheat	Currants	Cereal (processed)
Rice (brown), quinoa	Dried fruits (dates, figs, etc.)	Flour gravy
	Fruit juices	Fruit juices with sugar and pop/soda
ACCEPTABLE DURING PROGRAM:	Flour of any grains	Oily nuts and peanuts
Almond milk (without sweeteners)	Grapes	Sugar (white/brown)
Apples	Honey	
Apricots	Malt	
Berries (blueberries, raspberries, etc.)	Malt syrup	
Cherries	Melons (cantaloupe, honeydew, etc.)	
Lemons	Molasses	
Peaches/pears/plums/nectarines	Oranges	
Popcorn	Pasta (i.e. macaroni, spaghetti)	
Potatoes (baked)	Pineapple	
Pumpkin/squash/yams/sweet potatoes	Raisins	
Sesame seeds	Soups (thick) usually thickened with flour	
Tahini	Tropical fruit	
Tomatoes (fresh)		

ADDITIONAL RECOMMENDATIONS:

Foods to eat in moderation: salt, tomato or V8 juice

Open up the spice cupboard! Use everything from curry and turmeric to garam masala and cayenne. Plus all your favourite green herbs!



SECTION 3 BULK FORMING FOODS / NEUTRAL FOODS

EAT 80% OR MORE OF YOUR DIET FROM BOTH SECTIONS 2 AND 3 COMBINED

RECOMMENDED:	Herbs for seasoning (i.e. basil, oregano, thyme, coriander, etc.)	Rutabagas
Chives	Kale	Seaweeds (kelp, nori, etc.)
Garlic	Kohlrabi	Sorrel
Ginger	Lettuce	Spinach
Onions (includes: leeks, green onions, shallots, etc.)	Mustard greens	Sprouts
Tea (herbal; without milk added)	Okra	Turnips
Water	Oils: all oils except peanut oil (i.e. olive oil, flax oil, sunflower oil)	Vegetable seasoning (without yeast in the list of ingredients)
	Parsley, parsnips, peas (green)	Water cress

ACCEPTABLE DURING PROGRAM:	Peppermint	NOT RECOMMENDED DURING PROGRAM:
Arugula	Peppers (green and red, orange, yellow)	Cottage cheese
Artichokes	Radicchio	Mushrooms
Asparagus	Radishes	
Avocado		
Beans (green) dried beans – see Section 1		
Beets or beet tops		
Bok choy		
Broccoli		
Brussel sprouts		
Butter		
Cabbage/ carrots/ cauliflower		
Celery/ collards/ corn/ chards		
Cucumbers		
Dandelion		
Eggplant/ endive/ escarole		

RECOMMENDED DIET

NOTE:
IT IS RECOMMENDED
THAT YOU USE
ORGANIC FOODS
AS MUCH AS
POSSIBLE FOR
THIS PROGRAM

QUESTIONS AND ANSWERS

1. "WHAT KIND OF REACTION CAN I EXPECT TO HAVE?"

The Wild Rose Herbal D-Tox Program is designed to help your body eliminate toxic material from the deeper tissue layers where they tend to accumulate over time.

By detoxifying on a regular basis, usually during spring and fall each year, your body's channels of elimination (colon, lymphatic system, kidneys and liver) and metabolic processes are able to function more efficiently.

During the first few days of the D-Tox, most people will start to feel its effects. Remember that months, maybe years, of toxicities are being released and are circulating throughout your body. For this reason, there are some "normal" reactions that almost everyone will notice, which

gradually disappear after four to five days. Some of these reactions may include: increased bowel activity and urination, mild feelings of nausea, mild headache and other flu-like symptoms, muscle aching, irritability, or an existing condition (such as a skin problem or arthritis) may initially get worse before it gets better.

Your cleansing reactions will depend on how much toxin removal occurs. This is individual (for some, the reactions will be very mild) and should lessen every time you cleanse. Once the initial phase of toxin removal has occurred, the rewarding benefits of cleansing will ensue. For most, the end of the 12-day D-Tox marks a dramatic increase in energy and feeling of well-being.

2.
**“WHAT IF I HAVE A
SERIOUS HEALTH ISSUE?”**

While the Herbal D-Tox has been used safely by young and old alike for many years, not everyone is suited to undertake a detoxification program. If you are currently experiencing an acute health condition, recovering from surgery, or currently have a cold or flu, it is not appropriate to use the products inside the Herbal D-Tox at this time. Another way of undergoing a detoxification that is safe and still effective at any time, is to follow the Recommended Diet enclosed within the D-Tox kit for 12 days (or more). If you are unsure whether this program is suitable for you, consult your healthcare practitioner. A naturopathic doctor or qualified Herbalist will be able to further assist you in making the correct decisions about detoxification that are appropriate for you.

3.
**“WHO SHOULD NOT TAKE
A HERBAL D-TOX?”**

Women who are pregnant or breast-feeding, children under 12 years, individuals with inflammatory bowel disease (e.g. Crohn’s disease, ulcerative colitis) or kidney disease.

Adolescents (12 – 18 years old) should only take this D-Tox after consulting with a Nutritionally-minded Healthcare Practitioner.



4.

**“WHAT ABOUT TAKING
MEDICATIONS/DRUGS WITH
THE HERBAL D-TOX?”**

Continue to use any prescription medications you are currently taking. The formulas in the D-Tox may increase your rate of absorption and elimination. If you are taking a drug with very specific dose range, see your healthcare practitioner before implementing any detoxification program.

If using insulin, be sure to monitor blood-sugar levels at least once per day, as you may need to decrease the amount of insulin required, while taking the Herbal D-Tox.

5.

**“SHOULD I CONTINUE TAKING
MY OTHER SUPPLEMENTS WITH
THE HERBAL D-TOX?”**

As a general rule, we recommend that during the 12 days of the D-Tox, you discontinue the use of vitamins, mineral supplements. In theory, a “detox” is a time to eliminate and flush the body out, whereas most supplements act to build and strengthen.

However if you take herbs for specific therapeutic reasons, you may want to continue taking those supplements. (For example, if you are using any products for menopause or for prostate conditions, you may wish to continue taking these so that you do not lose the therapeutic effect.)

6.

**“IT IS MY FIRST
DETOXIFICATION PROGRAM.”**

The first detoxification regime you try is almost always the most challenging. Food cravings and noticeable effects of cleansing are more apparent. Those who wish can begin the program more gradually, by following the enclosed Recommended Diet for two or more days before taking any of the herbal formulas.



7.
**“CAN I STILL BE
ACTIVE WHILE TAKING
THE HERBAL D-TOX?”**

If you find yourself fatigued during the first days of the program, while cleansing is more intensive, do not deplete your energy at this time with strenuous activity. Once more energy levels are high and stable, feel free to exercise as desired.

8.
**“FINISHING THE HERBAL D-TOX
- WHAT’S NEXT?”**

Completing the 12 days of the Herbal D-Tox can be a milestone in personal health achievements. It may also be a time to consider changes in your lifestyle and regular eating habits, and to think about future goals for personal health management. You may want to continue with the Recommended Diet if you are feeling much improved.

If you wish to reintroduce some of the “Not Recommended” foods, begin to eat each type of food one at a time and on different days. For example, a serving of cake would be introducing flour products and sugar in one day, instead of gradually.

Take note of any food sensitivities you experience when reintroducing



the “Not Recommended” foods, such as flour products, yeast, or dairy products. A food sensitivity may feel like any of the following symptoms: feeling of tiredness/lethargy, headache, bowel changes such as gas, diarrhea or constipation, feeling very thirsty, nauseous or “spacey”. Or an existing condition (such as arthritis, asthma or eczema) may become worse. These symptoms can all be clues of an underlying food sensitivity, and you may wish to eliminate the offending food(s) from your diet. Otherwise, your healthcare practitioner should be able to answer any questions or concerns you may have about food sensitivities.

ABOUT DR. TERRY WILLARD

For over thirty-five years, Terry Willard, Cl.H.,Ph.D., has studied the medicinal properties of plants. He is recognized as one of North America's leading Clinical Herbalists. He appears regularly in the print and electronic media as an exponent of responsible herbal use. He currently serves as the President of the Canadian Association of Herbal Practitioners, a professional member of the American Herbalist Guild and in the Canadian Health Food Association's Hall of Fame.

Dr. Willard is the author of twelve books on the subject of Herbs including the pivotal Wild Rose Herbal Series – a series of three textbooks written to educate herbalists. Two of his books, *Mind-Body Harmony* and *Dr. Willard Flower Essence: Emotional Alchemy and Spiritual Evolution*, have been particularly popular with the general public.

An active practitioner and teacher, Terry has a clinic in Calgary, Alberta. He is also director of the Wild Rose College of Natural Healing, which serves both classroom and correspondence students around the world.

He lectures on the main lecture circuit to trade shows and MLM rallies, training sessions for the Health Food Industry, Pharmacy Industry, Mass Market Industry.

He does many radio interviews and TV spots every year. Terry lives on an organic herb farm on the Eastern Slopes of the Rocky Mountains, outside Calgary, Alberta, Canada.



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HERBAL D-TOX COOKBOOK FOR CLEANSING

by Dr. Terry Willard Ph.D.

The diet associated with the Herbal D-Tox program is of great importance. This cookbook will give you the opportunity to make your meals delicious... even gourmet. To make your cleanse easier and more enjoyable, we included a wide selection of recipes. Many people find they lose weight over the 12-day cleansing period and if they choose to continue the Wild Rose Recommended Diet they will often, continue to lose weight.

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Soft cover, spiral bound, pp. 113*

PRICE: \$16.99 CAN

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VISIT OUR WEBSITE.

*You'll find videos of Terry Willard,
testimonials, new recipes,
and much more.*

WILDROSEPRODUCTS.COM

