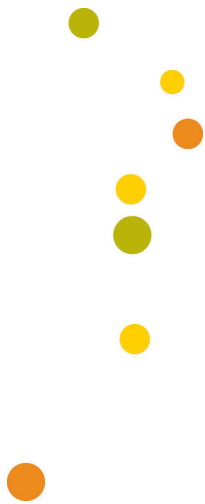


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SEXI JUICING POST-DETOX



Dr. Etti
South Florida's Leading Detox Doctor



CONGRATULATIONS

Dear Beautiful Souls:

I am so *proud* that you have completed this amazing journey. I admire your commitments to make the change in your life and the power you have demonstrated to stay committed. I congratulate you on your accomplishment.

You experienced amazing energy, love and connection, the sense of peace and lightness through this journey. *Remember* how it feels and create it **EVERYDAY** in your life. This 7-day journey has come to its end, but it's only the *beginning* of your life long journey towards a healthy and happy life.

Breaking the fast is one of the most important elements of the fast. To properly and *safely* get off the fast is vitally important. Please carefully read and follow the post-detox protocol I'm including in this manual. This information is critical to your health.

The period immediately following the fast is the *best* time to form and maintain the habits that will give you the feeling of having been born again. The change of living habits that you will make *after* the fast is the key to permanent good health. You should keep the momentum and let the *transformation* begin.

Now you know how *far* you can go. Please use all the tools you have learned to *continue* evolving. The sky is NOT the limit!

Love & Light,

Dr. Etti
Doctor of Holistic Nutrition

COMING-OFF-FAST PROTOCOL

1. DON'T EAT TOO MUCH

Normally the body absorbs 35% of the food, while after fasting the body digests **85%** of the food. Therefore it is obviously better to eat less. Although digestion may return in a day, it may take 3-4 days for the digestive fire to be fully activated. Over-eating in this phase may disrupt the system.

Some people soon demand large quantities of food to compensate for previous restrictions. Those who have a tendency to overeat after the first few days of eating should be restrained. Constant overeating will again **distend** the stomach, after which the person does not feel satisfied unless he eats to fill the distended stomach. Those who are allowed to eat too much may find that the overeating may delay the restoration of the body's normal ability to digest the food comfortably.

So make sure you take only very **small** quantities of food for several days. You should be able to take normal amounts of food by the end of the first week when you come off the fast.

2. EASING INTO A REGULAR EATING PATTERN

The wise person **eases into** a sensible refeeding program. Easy does it if you want to continue feeling wonderful... In effect, the body is reeducated by a fast. It "unlearns" habits of overeating and "polluting." It is "born again." It wants only as much food as is required for maintenance. It prefers the kinds of food that are natural to the taste and harmonious to the digestive system. You should adhere to a **careful** refeeding schedule for the same number of days you fasted. If you do this, you will be eating more selectively and austerely, which is all to the good when you return to a regular eating pattern.

Careful management of the food program should continue for at least **two to three** weeks after breaking the fast. The fragile situation in the body is only gradually eliminated, as the digestive system slowly returns to its normal efficiency.

3. EAT 80% RAW FOOD AS LONG AS POSSIBLE

An optimal diet of whole, unprocessed foods is especially important for the first, few weeks (or even months) after the fast, when the body is regaining normal weight, and new protoplasm is being built.

After the fast, the body needs whole, raw food, and will not welcome cooked food, in which all of the **enzymes** have been destroyed, along with many of

the vitamins and minerals. In addition, the amino acids and fats have been changed and made less digestible and sometimes toxic, and the balance of nature has been altered.

Remember that the nutrients available in raw food exceed those in cooked food by *several hundred* percent, and after a 7-day fast, this is a critical time to decide— with what quality of tissue will you replace the tissue you have discarded?

4. EAT SLOWLY

Avoid talking while eating – focus on eating and on the food being absorbed into your body.

5. CHEW YOUR FOOD WELL

Chewing activates the digestive process. It is best to chew the food 20-30 times per bite.

6. BUILDING HEALTHY EATING HABIT

- Do fire breath before each meal for a few days to build the digestive fire.
- Make breakfast and lunch the main meal of the day.
- Eat dinner early. No later than 8:00pm.
- As you resume eating, please exercise portion control.
- Stay on vegetarian diet for at least 2 weeks post fast. (no dairy, no red meat)
- Drink plenty of water (2 quarts) throughout the day.

7. PRACTICE MODERATION

Do everything in moderation. Be *gentle* with yourself. After breaking the fast, you should not be in too much of a hurry to return to the full schedule of responsibilities and obligations. You should resume activities gradually; get plenty of *rest* and eat carefully, so as not to dissipate the benefits that have been achieved. The investment in health will not pay off if one does not "follow through."

8. TAKE SUPPLEMENTS

– PROBIOTICS –

Good bacteria that is normally in the bowel. It supports food digestion. Because of enemas, the pathogenic as well as, the healthy bacteria are washed out off the colon. By taking probiotics we plant totally healthy colon bacteria, and in this way prevent the pathogenic bacteria from taking hold. It is generally good to take probiotics throughout your entire life, because of environmental stresses that destroy healthy bacteria.

Dosage: Take twice the normal dosage written on the box, for at least *3 days* on empty stomach in the morning.

– DIGESTIVE ENZYMES –

During the fast the enzymes leave the digestion system and help heal the body. Normally it takes 1-4 days until the enzymes come back to the digestion system. This additive helps renew the digestive enzymes and activate the system.

Dosage: Take for at least 3 days after the fast at twice the dosage written on the box. Recommended for *1 month* after the fast. Take with food.

– TRIPHALA –

Contains Ayurvedic herbs. Provides a gentle stimulation to renew the bowel activity after the fast.

Dosage: Take 2 in the morning and 2 in the evening *until* normal bowel movement has been established.

– GOLDEN FLAX SEEDS –

What Do Enzymes Do For Your Body?

Enzymes are particularly sensitive to the molecular destruction of cooking. Unfortunately, each of us is given only a limited supply of enzyme energy at birth that must work to keep every body system in working order throughout our lifetime. The only other backup source we have comes from the food we eat. But food cooked above 115° F. kills enzymes! So what happens if you make some big enzyme withdrawals when you catch a virus, do something physically strenuous, face an emotional crisis, breath unclean air, get extremely angry, and then eat cooked and processed foods? The balance is your enzyme account drops low, is not replenished, and your body faces enzyme bankruptcy.

When this happens, the body puts out an emergency call to enzymes throughout the body. The body will rob enzymes from glands, muscles, nerves and blood to help in the demanding digestive process. Eventually there is a deficiency of enzymes in those areas, and this, many scientists throughout the world believe, is the real cause of various allergies and diseases. According to medical research compiled by the pioneering enzymologist, Dr. Edward Howell, enzyme shortages are commonly seen in a number of chronic illnesses such as allergies, skin disorders, obesity, and heart disease, as well as in aging and certain types of cancer.

The healing power of enzymes is absolute and proven. Almost every regulatory system in our body depends on enzymes and suffers by their depletion: coagulation, inflammation, wound healing, and tissue regeneration, to name just a few. The enzyme account throughout the body is replenished by the living foods we eat as the enzymes are absorbed into the blood to reestablish normal blood-serum enzyme levels. To track the whole-body value of an enzyme-rich diet, researchers have tagged enzyme supplements with radioactive dye and traced them through the digestive tract. They discovered that the tagged enzymes could be found in the liver, spleen, kidneys, heart, lungs, duodenum and urine.

Flax contains omega 3 and nutritional fiber. It is a super-conductor of energy, and helps renew bowel activity.

Dosage: Take 3 tablespoons of grinded Golden flax seeds per day.

– COCONUT OIL –

Coconut oil contains antiviral, antimicrobial, and antibacterial properties. Health-conscious individuals prize coconut oil for its extremely high flash point (the point at which oils break down during heating), zero trans-fatty acids, and extremely rich source of Medium-Chain Fatty Acids (MCT's)- which are broken down efficiently by the body, providing an immediate source of energy, and do not store as fat.

Dosage: Take 1 tablespoon of coconut oil per day – combined with the flax seeds. Together they help create long chains of omega 3. The combination of 1 tablespoon of flax seeds and 1 tablespoon of coconut oil a day is highly recommended to take for your entire life.

– GINGER –

Perhaps the best herb for *digestion*, ginger root prevents indigestion and abdominal cramping. Ginger also helps break down proteins, aiding the digestion process.

Dosage: Take 1/2 teaspoon fresh ginger juice before meals.

Please see attached post-detox supplement form for a detailed and complete intake schedule. You can also purchase Dr. Etti's *Post-Sexi Juicing Body Cleanse Kit* (\$209).

Darya Pino's "How to get started eating healthy" is a great reference for you to reestablish a healthy eating habit after you cleanse your body. You can download her guide at <http://summertomato.com/wp-content/uploads/How-To-Get-Started-Eating-Healthy.pdf>

POST-DETOX RECOMMENDATIONS

During the first week of your post-detox period, it is extremely important to maintain lymph low as you start eating again. It will re-establish better digestion and increase metabolic functioning.

Dr. Etti **HIGHLY** recommend to have 5 sessions of LBG (Light Beam Generator) machine and CHI machine treatments within 7 days after you come off the 7-day fast.

LBG (LIGHT BEAM GENERATOR) MACHINE

The LBG is a valuable tool for restoring proper functioning of the body's immune system defense. The light beam generator works by presenting a flood of photons that target the unhealthy, random protein structures, causing them to release the water they were holding.



Significant improvement in a wide range of conditions:

- Sciatica
- PMS and Inflammation
- Gastrointestinal Tract Inflammation
- Acne & Skin Problems
- Allergies
- Bursitis, Fibromyalgia
- Edema & Cellulites
- Respiratory Ailments
- Weight Gain

Some Benefits of Lymphatic Drainage:

- Detoxification of the entire body
- Relief of chronic pain
- Minimizes lines and wrinkles
- Restores hydration of the skin and Stimulates the overall skin
- Promotes the healing of fractures, torn ligaments, sprains, and lessens pain.
- Reduction in fluid retention and edemas (swelling) of various origins
- Helps with post-cancer treatments including Radiation therapy
- Regeneration of tissue, including burns and wounds

- Enhances body contouring and reduces cellulite
- Reduces swollen ankles and legs during pregnancy.
- Aids in stress reduction by causing deep relaxation
- Aids in the reduction of insomnia
- Relieves congestion, for those who suffer sinus and allergies
- Helps with some forms of constipation
- Reduces puffy eyes and “bags” under the eyes
- Before and after facial surgery (including cosmetic surgery)
- Builds and strengthen collagen fibers and increases tone and enhance facial contouring
- Rids the face or body of excess fluids and/or toxins

CHI MACHINE

The Chi Machine was invented by the chairman of Japan's oxygen health association, Dr. Shizuo Inoue, to improve blood flow, as well as the oxygenation and transportation of nutrients to the lower limbs, while increasing lymph flow throughout the body.



The Chi Machine blends the ancient art of massage with modern technology for a unique experience. The Chi Machine maximizes the movement of the body, which helps to provide prompt relief from fatigue, excess physical exertion, muscular aches and pains.

Dr. Inoue says, "it improves the basic metabolism of the body, increases our energy, adds flexibility to our lives, and improves our attitude."

Chi Machine may benefit you if you experience:

- | | |
|----------------|---------------------------|
| - Fatigue | - Pain in lower back |
| - Irritability | - Headaches |
| - Insomnia | - Lack of concentration |
| - Bloating | - Pressure in lymph nodes |

Dr. Etti offers a special 5-session package discount to congratulate all sexi juicers who successfully complete the 7-day fast. It will only be **\$82.50 per session when choose 5-session package (regular session costs \$150 per session).**

**Submit the order form on page 21 or CALL TODAY for
your treatments.
855-955-8423**

POST-DETOX GROCERY LIST

PRODUCE

First thing you should focus on is the produce section. You should have in your cart 70% fresh fruits and veggies and 20% of dairy and meats and 10% food in boxes and cans. But fruits and vegetables that are in season and I recommend that you buy *organic* berries and leafy greens. Every time you go shopping be a "*Food Detective*" - find one fruit and vegetables that you never tried before and buy it, experiment with it, cook it or just have it raw. You can go on Google and find a recipe that will give you several options of what to do with your NEW veggie or fruit. You can also check out the *resource page* on my website at <http://DrEtti.com> to try out the local vegan chefs and/or restaurants that I highly recommended.

MEAT

Make sure that the meat you're buying has NO probiotics, hormones, steroids and was NOT given grain feed. Go on line and find a farm that provides sanitary and human conditions to its animals, and that the cows are allowed to roam and eat *grass*. Use my resource page to find a reliable organic meat vendor as well.

DAIRY

Buy raw whole fat milk, or lightly pasteurized and very little homogenized. Wild Oats on Alton and 10th has raw milks and cheeses. Try to replace cow milk with rice milk, hemp milk or almond milk. I make the *best sesame* and *pumpkin milks* - yhaaameee ! Good cheeses are the raw goat, sheep and Feta.

OIL

Good oils to cook with are oils that do NOT get burned when you heat it. *Coconut oil* and *Ghee* are the best alternatives in my opinion. Almond oil can also be used for high temperatures. Coconut oil is more *heat stable* than other plant based oils, and so does not create trans fatty acids when cooked at higher temperatures. Olive oil should be used on top of salads. Get either flax seed oil or hemp seed oil or salba oil to get your essential fatty acids.

BREADS

Choose gluten free and/or yeast free bread. Buy EZIKIEL bread in the refrigerator section. You'll also find spelt breads and other sprouted grain breads that are tasty and healthier for you. Do NOT buy breads that are in plastic bags that are not stored in the refrigerator because it accumulates fungus and bacteria, and then you become a LOAF !

SNACKS

Choose healthy snacks including raw nuts, dried fruits, veggie chips, corn chips, healthy bars, nut butters with crackers, raw chocolate, 100% cacao. Make sure that your snacks and food are not GM - genetically modified, has NO hydrogenated fats and NO MSG - monosodium Glutamate.

JUICE

Get a juicer and start juicing whatever fresh fruits and vegetables you have at home. No need for specific recipe. Be creative and let your imagination flow.

POST-DETOX SAMPLE MEAL PLANS

DAY 1

Breakfast

Fruit Salad Sprinkled with Hemp Seed

Lunch

Nori Quinoa Roll With Citrus Cilantro Sauce

Dinner

Carrot Soup

Dessert

Banana- Carob cake

DAY 2

Breakfast

Dr. Etti's Apple and Carrot Pulp Muffin

Lunch

Sautéed yam and Vegetables with Coconut Sauce

Dinner

Brown Cilantro Jasmine Rice

Sautéed Collard Green

Dessert

Indian Brown Rice Pudding

DAY 3

Breakfast

Gluten-free Cinnamon French Toast with Tahini Spread

Lunch

Cauliflower Pancake

Spinach Salad

Dinner

Lentil Soup

Dessert

Live Strawberry Cream Crepe

DAY 4*Breakfast*

Live Crispy Buckwheat Granola with Raisin & Seeds
Fresh Coconut Milk

Lunch

Healthy Corn Cake
Mixed Baby Spring Salad

Dinner

Miso Soup with Julianne Vegetables

Dessert

Carrot Cake with Pineapple Sauce

POST-DETOX RECIPES

DR. ETTI'S SEXY LEMONADE OR "LIMONADE"

INGREDIENTS:

2 lemons/limes – peeled without rind
 2 cups of mineral water
 3 tbsp. of Xylitol or 1 tbsp. of agave
 3 fresh mint leaves (Optional)
 4 large ice cubes

DIRECTIONS:

Put all ingredients in a blender on high speed for 30 seconds

DR. ETTI'S LOVE CHOCOPOTION

INGREDIENTS:

1 tsp. of raw cacao powder
 2 cups of water
 1 tbsp. of Agave/ Xylitol/Stevia
 A pinch of salt
 ¼ tsp of cinnamon

DIRECTIONS:

Put all ingredients in a blender for 30 seconds. It can also be served cold by adding 4 large ice cubes

DR. ETTI'S APPLE AND CARROT PULP MUFFIN

Serving: 24 medium size muffins

INGREDIENTS:

Pulps:

1 ½ lb carrot pulp (fiber leftovers separated by juicer)
 ½ lb apple pulp (fiber leftovers separated by juicer)

Dry ingredients:

½ cup hemp seeds
 ¼ cup coconut flakes
 1 tsp baking soda
 1 ½ tsp baking powder
 1 cup dried blueberries/cranberries/raisins (depends on your own preference)
 Some orange zest
 1 ½ cup of spelt or buckwheat flour

1 ½ cup of coconut or dark rye flour

½ tsp of sea salt

1 ¼ tsp of cinnamon

Wet ingredients:

2 organic eggs

2 tsp of vanilla extract

1 cup of extra virgin coconut oil

2 cup of almond milk (optional)

1 ½ cup of Agave Nectar

DIRECTIONS:

1. Mix the pulps and bake it at 360° for 15-20 minutes (convection oven*) or till they dry
2. Mix all the dry ingredients above and add them to the baked pulp mix.
3. Make sure to break all the big clumps.
4. Mix all the wet ingredients above and make the dough by mixing the pulp mix.
5. Put medium size muffin baking (parchment) paper cup in the muffin tray; portion the dough and fill up the tray
6. Bake at 350° for 15 minutes (convection oven*); then lower to 325° and bake for 10 minutes; then lower to 300° and bake for 5 minutes
7. (Use a stick to test if the inside is still moist.)

*Adjust the baking time accordingly if use a regular oven.

SAUTÉ JAPANESE YAM AND VEGETABLES ON COCONUT SAUCE

INGREDIENTS:

1 Yam

¼ cup scallions or yellow onion (optional) or

3 chard leaves (or baby bock choy)

1 red or yellow bell pepper

2 cups coconut milk

1 tbsp thyme and basil

1 tbsp rosemary

2 tbsp Thai curry paste (red)

DIRECTIONS:

1. Peel and cut and boil in water till they are soft
2. Dice onions, scallions and yellow peppers
3. Caramelized onions and peppers in a pan with coconut oil on medium heat
4. Chop rosemary, basil and thyme. Add to the pan.
5. Add the yam to the pan; then add coconut milk and Thai curry paste until simmer.

BROWN CILANTRO JASMINE RICE**INGREDIENTS:**

- 2 bunch fresh cilantro
- 1 Cups of brown organic rice or jasmine rice
- 1/2 green pepper
- 1 fresh celery stalk
- 1 tsp of olive oil
- 1/4 cup chopped mint for garnish
- Pinch of sea salt or Herbamare
- 3 tsp of miso paste to mix with 3 cups of water to make the miso stock

DIRECTIONS:

Cut the cilantro and put in the vita-mix or food processor with 1/4 cup of fresh water

Dice green bell pepper and celery

In a large pan add peppers, celery and cilantro.

Add the miso stock to the pan and add the rice

Add the olive oil and salt to taste.

Stir and cover until cook.

When serve garnish with a mint leave or alphalfa on top.

CAULIFLOWER PANCAKE**INGREDIENTS:**

- 1 head of cauliflower
- 2 organic eggs
- 1/4 cup of spelt flour
- 1 tsp of masala
- 1 tsp of cumin

DIRECTIONS:

1. Boil the cauliflower and drain with colander.
 2. sauté 4 cloves of garlic(chopped), add cumin, masala, and pepper
 3. pour the mix over the cauliflower
 4. Mix the drained cauliflower with eggs, flour, salt.
 5. On medium heat use a small non-stick pan to heat the almond oil. Lower the heat when pan fry the mix. Use a plate to flip the pancake after 4 minutes, then fry the other side for another four minutes.
- If you prefer, you can bake the mix for 30 minutes

HEALTHY CORN CAKE**INGREDIENTS:**

- 2 cups of fresh organic corn kernels or 2 bags of organic frozen corns
- 2 organic eggs
- 1 onion
- 2 wedges of garlic (minced)
- Salt/pepper/cumin to taste
- ½ package of raw feta cheese (add a pinch of Himalayan salt if the cheese is not raw)
- 2 tbsp of spelt flour

DIRECTIONS:

Mix all ingredients in Vitamix then pour the mix into a baking pan (whatever shape you like!) and bake at 350° for 30 to 45 minutes in a convection oven or till the top is brown.

NORI QUINOA ROLL WITH CITRUS CILANTRO SAUCE**INGREDIENTS:**

- Seaweeds (1 Nori sheet per person)
- 1 cups of white quinoa (cooked/steamed)
- 1 tbsp of rice vinegar
- 1 tsp stevia
- 1/2 mango
- 1 cucumber
- 1 cups alphalfa
- 1/2 Zucchini
- 1/2 carrots
- 1/2 tsp of fresh ginger (minced)

DIRECTIONS:

1. Cook quinoa in a regular pan. Don't add salt or olive oil.

2. Let quinoa rest and cool.
3. Thinly Julienne the mangos, zucchini, carrots, and cucumbers.
4. In a different bowl, mix rice vinegar and stevia. Add vinegar to the quinoa and work with your hands.
5. Before you start to make the sushi, prepare a bowl with fresh water and 1/3 of cup of rice vinegar. Use this water to wet your hands every time you need.
6. Put the Nori sheet on a dry surface or cutting board, take a handful of quinoa and spread on the first quarter of the Nori sheet.
7. Put 4 pieces of each vegetable and mango on top of the quinoa; add a little of minced ginger and top with alphalfa.
8. Start to roll using the bamboo sushi mat.

CITRUS CILANTRO SAUCE:

INGREDIENTS:

Fresh squeezed juice from 1 orange

Fresh squeezed juice from 1 lemon

1 bunch of fresh cilantro

1 tsp of orange zest

1 tsp of lime zest

1 tbsp of agave

Olive oil and Sesame oil to taste

DIRECTIONS:

1. Mix vinegar, agave and citrus juice, zest, and chopped cilantro in the blender.
2. Using vita-mix slowly add olive oil then sesame oil until creamy
3. Season with salt and pepper to taste

BANANA-CAROB CAKE

INGREDIENTS:

3 cup of buckwheat flour or buckwheat flour for pancakes

4 tbsp of arrowroot or tapioca starch

2 tsp of baking soda

1 tsp of salt

2 cups of carob

2 tsp of stevia

7 to 9 ripe bananas (mashed)

2/3 cup of olive oil (can be substitute with 2 tbsp of flax seeds grounded)

2/3 cup of agave or maple syrup (can be substituted with 1 cup of apple sauce)
2 tbsp of raw cocoa powder

DIRECTIONS:

1. Mix 2 cups of all purpose gluten -free flour with 1 cup of flaxseed meal.
2. Add baking soda, salt , stevia, starch and carob and cocoa.
3. Mash 9 ripe bananas with a folk .
4. Add olive oil, agave syrup and mix with the flour mixture.
5. Add mashed bananas to all ingredients.
6. If you prefer sweeter taste, add 1cup of apple sauce.
7. Place in baking mold and top with the cocoa nips
8. Bake at 350°for about 25 minutes.
9. Slice 2 or 3 bananas in quarter size then put in a cookie sheet cover with a 2 tbsp of liquid agave. Bake for 15 minutes until caramelized. Take out of the oven and let them cool.
10. Cool the cake on a rack. Unmold and decorate with the banana slices.

POST-DETOX RAW SMOOTHIE RECIPES

As I mentioned in the coming-off-fast protocol, you should try to eat 80% raw food as long as possible. Raw food doesn't mean you have to chew on pieces of kale or celery stalks. An easy and delicious way to incorporate raw foods into your everyday life is to make raw smoothies. The recipes listed below are packed with live enzymes and essential nutrients that will continue benefit your body after your fast.

BASIC GREEN BERRY SMOOTHIE

1-2 cups of mixed frozen berries
 2 cups of mixed baby greens (baby spinach, baby romaine, baby salad mixes)
 Water (depends on preference of consistency)
 Optional: Extra healthy sweetener to taste
 Blend and enjoy

POM ALOE MORNING ELIXIR

Water
 2 ice cubes
 4 frozen strawberries
 1-2 oz pom juice
 1 tbsp bee pollen
 1 tbsp flax or coconut oil
 1 dropper of vanilla stevia
 1/2 lemon
 1 heaping tsp of tocos
 1 heaping tsp of maca

MORNING POWER SMOOTHIE

1 banana
 1/2 cup of frozen organic blueberries
 About 1 head of butter or red leaf lettuce (or a whole bag of baby lettuce/mesclun mixes)
 1 tbsp of organic raw almond butter
 1/3 to 1/2 cup of unsweetened vanilla almond milk
 1/2 cup or more of water (depends on preference of consistency)
 2 heaping tsp of green powder
 1/2 tsp of maca powder
 1/8 tsp of Himalayan sea salt
 Stevia or your favorite health sweetener to taste

MORNING BANANA START SMOOTHIE

1 banana
 1-2 cups of water or raw seed milk as a base
 1 tsp of maca
 ½ tsp of mesquite
 1 tbsp of bee pollen
 1 cup of baby spinach leaves
 Dash of sea salt
 Optional: Sweeteners such as coconut nectar or vanilla flavored stevia, cacao powder, green powders, hemp protein powder, cinnamon, cayenne, ice

CHOCOLATE-BANANA SUPER PUDDING

1 small or medium frozen banana
 2 tsp of raw cacao
 1/2 tsp of maca
 1 tsp of green powder
 1/8 tsp pf Himalayan sea salt (optional)
 1/4 cup of water or nut milk (starts with less and plays with consistency...)
 Stevia or other healthy sweetener to taste
 Blend till smooth and enjoy (1 serving)

BEE BERRY MORNING ZINGER

2 cups of water
 Juice from 1-2 limes
 1 orange
 1 heaping tsp of bee pollen
 1 inch of ginger
 ½ tsp of coconut oil
 1-2 tsp of goji berries
 Sweetened to taste with coconut nectar or stevia
 2-3 cubes of ice

Begin by peeling ginger and putting it in blender to grind. Add the rest of ingredients and enjoy!

BERRY PEARY GREEN SMOOTHIE

1 apple
 1 pear
 1/2 cup blackberries
 1 cup of water
 2 ice cubes

2 cups of spinach
 1 tbsp of ginger
 Freshly squeezed juice of 1 lime
 Add to taste: mint, cilantro, stevia, spirulina and cayenne pepper

APPLE BERRY GREEN SMOOTHIE

1 apple
 1/3 cup of frozen blackberries
 Juice of 1/2 to 1 lime
 2-3 kale leaves
 small handful of cilantro
 1 tbsp of coconut oil
 1 tsp of spirulina powder
 Cayenne to taste
 A few drops of stevia or sweeten to taste with your sweetener of choice
 Blend well and drink!

VERY BERRY CHOCOLATE SMOOTHIE

5 oz of plain organic yogurt
 2 tsp of organic raw cacao
 1/8 tsp organic maca
 1/2 tsp organic vanilla extract
 About 1/2 cup of organic frozen blueberries
 A few ice cubes and water (about 1/8 of a cup for a thick smoothie, add more to make it more watery)
 Pinch of Himalayan sea salt

COCONUT CITRUS GREEN SMOOTHIE

1 cup of light coconut milk
 Half a large cucumber
 Juice of 1 large lemon
 2 cuties
 1/2 a bag of organic herb mix salad
 1 heaping tsp of green powder
 About 5 cubes of ice

SLUSHIE SWEET ENERGY SALAD SMOOTHIE

1 small head of lettuce, chopped into a couple sections
 1 banana, ripe
 1 cup blueberries, frozen

1/2 cup mango, frozen

1 tbsp of chia seeds

1 1/2 cup of water

Pour the water into the blender with the lettuce and banana. Blend. Then add frozen fruit and chia seeds. Blend until completely smooth. Serves 1-2

VEGETABLE SMOOTHIE

2 medium tomatoes

1/2 medium avocado

6 pieces of romaine lettuce leaves

1/2 medium cucumber

2 tbsp of lemon juice

1/2 cup water

Blend all ingredients until completely smooth. Serves 1-2

COOL GREEN SMOOTHIE

2- 3 cups of spinach

About 6 stalks of dandelion greens tops and bottoms

Juice of 1/2 lime

1 inch piece of ginger

Several ice cubes

A cup of water

A nice bunch of mint leaves

Vanilla stevia to taste

GREEN PAPAYA SMOOTHIE

1/2 cup of water

2 -3 cups of papaya

1/2 cup of frozen strawberries

2 bananas

3 large pieces of Swiss chard leaves without stem

Blend papayas with water, and add other ingredients progressively. Blend until smooth.

THE GREEN HORNET

6 leaves of spinach

2 cucumbers

Half bunch of celery

1 bunch of mint

1 bunch of flat leaf parsley

2 green apples

4 slices of pineapple

Put all the ingredients through a juicer and add whatever supplement you feel you need for the day then blend in a blender.

Grab a large glass and pour it over ice and sip.

RAW SEED MILK

2 ½ cups of soaked raw, organic seeds (pumpkin, sesame or hemp seeds.

Soak them overnight)

Water

Stevia or Coconut Nectar (or healthy sweetener of choice)

Himalayan Sea Salt

Place seeds in a large blender. Fill with water till about the 6 or 7 cup line (depends how light you like your milk). Blend for a good couple minutes. Pour milk through a strainer bag into a container (pitcher or bowl). When all liquid has gone through the bag, squeeze out any excess and place pulp in bag aside. Add a dash of Himalayan sea salt. This is your basic nut milk recipe that will keep 2-3 days in the fridge. At this point you have the option of leaving as is or sweetening/flavoring. To flavor, pour back in blender and add sweeteners/flavors of your choice to taste. My favorites: Vanilla, cinnamon, cardamom & nutmeg.

SPIRULINA SMOOTHIE

If you are new to spirulina and superfoods in general, I suggest adding them to a smoothie, and drinking that each day. Use clean spring water if you can.

To that add 1 ripe organic banana as a base. Then add the following:

- Starts out with 1 tablespoon of spirulina. Increase as you get use to the taste.
- 1 tablespoon of organic raw cacao nibs
- A handful of raw organic goji Berries (soak them in water overnight if you want them to blend more smoothly),
- 1/2 to 1 tbsp of organic raw maca powder
- 1/2 to 1 tbsp of lucuma powder
- 1 tbsp of fresh bee pollen whole granules
- 1/2 to 1 tsp of organic ginger root powder (that will help with your digestion of the other goodies).

This recipe is for about a quart (1 liter) of drink so use 1 quart of water. Blend them up in a blender, and enjoy.

KAVI'S SPECIAL GREEN DRINK

Hemp seed milk

Some soaked cashews and Brazil nuts

1 apple

1 tsp of ground flax seeds, vanilla powder, green powder, maca powder, bee pollen

Spinach and kale

A dash of agave syrup

VANILLA NUT SMOOTHIE

1 cup of young coconut water

1/2 cup of packed young coconut pulp

1/3 cup of macadamia nuts

1/2-3/4 cup of ice

1/4 tsp of pure vanilla extract

1/4 tsp of lucuma powder

1/8 tsp of mesquite powder

Vanilla stevia to taste (or other sweetener)

Blend all ingredients until smooth and creamy.

POST-DETOX JUICES

Classic Green Drink

Carrots 4
 Celery 2 Stalks
 Parsley 1 Handful
 Spinach 4 Leaves

CBS Tonic

Carrots 3
 Beets 1/2
 Spinach 3 Leaves

Citrus Delight

Orange 1
 Lemon 1/4
 Grapefruit 1/4 (W/O peel)

Tip Top Tonic

Apple 1
 Carrots 4

Carrot Cleanser

Carrots 3
 Beet 1/2
 Cucumber 1/2

Ginger Zinger

Apple 1
 Carrots 4
 Ginger 1 inch

Fab Fruit Cocktail

Apple 2
 Cranberries 1 cup
 Grapes 1 Bunch

Fred & Ginger

Apple 1
 Carrots 2
 Celery 1 Stalk
 Ginger 1 inch

Veg-Tang Tonic

Carrots 3
 Celery 1 Stalk
 Parsley 1 Handful
 Garlic 1 Clove

Green Apple Drink

Apple 1
 Carrots 3
 Parsley 1 Handful
 Spinach 3 Leaves

Grape Delight

Grapes 1 Bunch
 Apples 3
 Lemon 1/4 (W/O peel)

Liver Cleanse

Apple 2
 Grapefruit 1/4 (W/O peel)
 Grapes 1 Small Bunch
 Lemon 1/4 (W/O peel)
 Beets 1/2

Tomato Surprise

Tomato 1 Large
 Carrots 2

Tomato Salad Drink

Tomato 1 Large
 Parsley 1 Handful
 Spinach 2 Leaves
 Bell Pepper 1/4

Tropical Envy

Beets 1/2
 Carrots 2
 Celery 1 Stalk
 Cucumber 1/2
 Ginger 1 inch
 Parsley 1 Handful
 Pineapple 2 Rounds

Ruby Begonia

Apple 1
 Beets 1/4
 Carrots 2
 Raspberries 8

Maui Wowie

Ginger 1 inch
 Pineapple 2 Rounds
 Sparkling 1/4 cup
 Water

Mondo Berry

Apple 1
 Blueberries 10
 Strawberries 10
 Raspberries 8

Celery 1 Stalk
 Cucumber 1/2
 Spinach 3 Leaves

Rise and Shine

Carrots 4
 Oranges 2

Earth Goddess

Carrots 2
 Celery 1 Stalk
 Beets 1/2
 Parsley 1 Handful
 Lemon 1/4 (W/O peel)

Waldorf

Apple 1
 Celery 1 Stalk
 Ginger 1 inch
 Parsley 1 Handful
 Lemon 1/4 (W/O peel)

Strawberry Fields Forever

Apple 2
 Carrots 2
 Strawberries 8

Red Eye

Carrots 3
 Beets 1/2
 Garlic 1 Clove
 Ginger 1 inch
 Scallions 2

POST-DETOX RAW RECIPES

In addition to the raw smoothies, there are millions of ways to make raw food easy, fun and tasty. I'm sharing some of my favorite raw recipes to help you get the most benefits of the raw food while enjoying their delicious flavor. In this case, you don't have to compromise.

GINGER-NUT RAW SUSHI

FOR "RICE":

1/2 cauliflower

1/2 carrot

1 heaping tsp grated ginger

Pinch of salt

Juice of 1/2 lime

1 heaping tsp of almond butter

1 heaping tsp of sunflower butter

1 heaping tsp of tahini

Place cauliflower and carrot in food processor until it is finely chopped into a "rice" texture. Place in a bowl and blend in the rest of ingredients. Set aside.

FOR DIPPING SAUCE:

1/8 cup of lime juice

1/8 cup of coconut aminos

A few drops of stevia or some raw honey/coconut nectar

1 garlic clove minced or garlic powder

FOR RAW SUSHI:

Nori sheets

Sprouts

Julienned cucumber

Sliced avocado

Baby spinach leaves

Whatever other veggies you like and other seasonings you feel called to add such as dulse, coriander, herbs, sliced fruit such as mango, use your imagination.

INSTRUCTIONS:

To roll sushi, place nori sheet down. First, put a nice layer of alfalfa sprouts, covering nearly half of the nori sheet. Spread 4-5 tbs. of the rice mixture along the edge, on top of the sprouts. Make a little indent in the rice and put

veggies on top. Top that with a few pieces of avocado. Finish off with some sunflower or radish sprouts (optional). Then roll it up! You can roll the sushi with a sushi mat or use your fingers. Use your thumbs and fingers and roll it up, tightening the roll as you go. Wet the top part of the nori sheet with a little water so as to seal the sushi. Let the roll sit for 5 minutes before cutting. Using a sharp knife, cut the nori roll into 5-6 equal parts. Use a see-saw motion to make it a perfect smooth cut. Voila! Serve with dipping sauce.

KELP NOODLES WITH CREAMY ALMOND SAUCE

3 tbsp of raw almond butter
 2 tbsp of tahini
 2 garlic cloves
 1 tbsp coconut oil
 2 tbsp of coconut aminos
 Juice from 1 1/2 limes
 1 tsp of Himalayan sea salt
 6 drops of stevia (or small amount of sweetener of choice)
 1 tsp of coconut vinegar
 1 tsp of brewer's yeast
 1/2 - 1 tbsp of grated fresh ginger
 Cayenne or chili pepper flakes to taste
 1/2 tsp of cinnamon (or more to taste)
 1/2 tsp of ground coriander
 1/4 - 1/2 cup of water (depends on consistency desired)
 1 package of kelp noodles
 Chopped fresh veggies to blend in such as baby bok choy, pea greens, carrots, daikon, bean sprouts, etc.

INSTRUCTIONS:

1. Rinse noodles and place in bowl with water and lemon to soak for at least 15 minutes
2. Put all ingredients except noodles and chopped veggies in blender and blend till creamy. Add water till you reach desired consistency.
3. Combine noodles, chopped veggies and sauce in bowl and allow to sit for 10 - 20 minutes before serving.

RED PEPPER-PISTACHIO BISQUE

FOR BISQUE:

- 1 cup of unsweetened almond milk
- 1 cup of filtered water
- 1 tsp of lemon juice
- 1 shallot, peeled and chopped
- 2 red bell peppers, stemmed, seeded, and chopped
- 1 serrano pepper, stemmed, seeded, and chopped (optional)
- 2 tsp of sweet Hungarian paprika
- 1 tsp of sea salt (or to taste)
- ½ tsp of ground cumin
- ½ tsp of ground cardamom
- ¼ cup of raw pistachios, soaked
- ¼ cup of raw cashews, soaked
- 1 small or ½ large ripe avocado, pitted and peeled

FOR PISTOU:

- ½ cup of packed fresh flat-leaf parsley
- ¼ cup of dry raw pistachios
- 1 tbsp of nutritional yeast
- 1/8 tsp of sea salt (or to taste)
- 2 tsp of extra-virgin olive oil

INSTRUCTIONS:

I like to make the pistou first: combine the parsley, pistachios, nutritional yeast, and sea salt in the bowl of a food processor. (A mini one works best here). Pulse until coarsely chopped. Add the olive oil, and process until the mixture is finely chopped. Set aside.

To make the bisque, combine all ingredients except avocado in a high-speed blender. Blend to combine, add the avocado, and blend again until very smooth. You can either serve the bisque room-temperature, or chill it for a few hours before serving, or even gently warm it on the stove over low heat* or in a dehydrator. Top each serving of soup with ¼ of the reserved pistou. I also added some freshly ground black pepper. The nutty, herby pistou gives the bisque just the right amount of texture. This smooth soup makes a great pre-dinner appetizer or a perfect light lunch. Enjoy!

* Heating the soup over a stove is not a truly raw process because it is difficult to ensure the food is not heated too much – for that, you'll definitely want to warm the soup in your dehydrator rather than on the stove.

NEW GAZPACHO

2-3 ripe medium tomatoes, or 1 and 1/2 pint of cherry tomatoes
5-6 sun-dried tomatoes (soak 1-2 hours in advance)
1/2 red bell pepper
1/2 cup fresh basil, chopped
1 cup cucumber
Juice from 1 lime
1/2 clove garlic (optional)
Pinch cayenne pepper (optional)
1/4 cup of chopped red onion

INSTRUCTIONS:

First blend the tomatoes and sundried tomatoes. Then add in the other ingredients in the order listed, except for the red onion, which you'll use to garnish your soup. Try to blend the last ingredients (after you've blended the tomatoes and sundried tomatoes) just enough so it's liquid, but still chunky.

Zucchini SPAGHETTI WITH CREAM CHEEZE AND CHIA GREEN SALAD

FOR SPAGHETTI:

Use a Spirooli slicer to julienne zucchinis into spaghetti

FOR CREAM CHEESE:

1 cup of pre-soaked cashew nuts
1 clove of garlic
Half a small onion
Half a whole lemon (peeled)
A little rock salt, paprika and a little water
Mix all ingredients in a blender and blend until smooth and thick.

FOR SALAD:

Mixed lettuce leaves
Chopped fennel, red and yellow bell peppers.
Make a dressing in blender with olive oil, cider vinegar, raw tahini, a little water, miso paste, half a clove of garlic, a pinch of coriander powder and curry powder. Pour over salad and sprinkle liberally with chia seeds.

Place all above on a plate and garnish with alfalfa/radish/broccoli sprouts.

VEGGIE CRACKERS!

These are so crunchy and awesome.

1 cup of carrots

1 cup of zucchini

1 small onion

1 small red pepper

1/2 small green pepper

3 cloves garlic

1 cup soaked almonds

1 cup grounded flaxseeds (golden)

Salt to taste (about 2 teaspoons)

Chop all veggies with almonds in the food processor until very small. In a bowl mix them with flax seed. Hand mixes everything until smooth. Spread onto dehydrator sheets. After a couple of hours, cut rectangles with a pastry wheel and put back in the dehydrator for the remaining of the 24hs.

CHOCOLATE PUDDING

1 very ripe avocado

2-4 tbsp of raw cacao

Sweetener of choice to taste (I recommend coconut nectar, stevia or maple syrup)

Himalayan sea salt to taste

Water or a little seed milk as liquid base

Optional: Ginger, cayenne, mesquite, maca, soaked raw nuts, shredded coconut, etc.

Mix everything in the blender. Starts with less liquid base and liquid sweetener to ensure you don't turn this into a smoothie. You want it nice and thick and it will only take a little of each (1 or 2 tbsp of each). Remember, you can always add but you can't take it out. I'm crazy with my cacao recipes and add all kinds of super foods including green powders, maca, etc. The amount of cacao depends on how dark tasting you like your chocolate. If you prefer more of a milk chocolate taste, definitely use a seed milk base. If you add whole nuts to the blender they will get blended in. You can also add whole nuts after for a crunch.

THOUGHTS ON FOOD

My teacher Gabriel Cousins says the food is “*A love note from God*”. WE all have different notes. Because we are bio-individual. Each and every one of us has a unique make up – physically, emotionally and spiritually. One man’s food is another’s poison. We need to recognize what is our “*love note*”. What is written and follow that. You need to respect your love note and connect with it. When you connect to your love note you become LOVE.

The whole ritual around food, needs to be where you take time to connect with whatever you are becoming. If you take time for yourself-no cell phone, no newspapers, no TV, eat with ease, chew your food at least 15-20 times, you allow the digestive process to start correctly. You will digest, assimilate and discard of your food the right way; if on the other hand you eat on the run, you most likely in a flight-or-fight reaction, your body’s energies are not in the digestive track, they are either in your brain or your feet. You will not be able to digest your food properly. You will develop constipation, gas, bloating, acid reflux etc. so with your next meal.

Prepare a nice table, light a candle if you wish, prepare your love note from god and sit down to connect and respect it. Say a blessing or a mantra, raise the vibration of the food to your body and eat slowly. Take time to chew. Put your fork down between bites, and if you with people connect with them heart to heart. When you chew well your food you will recognize your body’s signals that you are getting full and you will *stop*. You will eat less as a result of it. Remember that quality food will be satisfying for your body resulting in consuming smaller quantities of food. So always ask your self is this quality food or quantity food. Stop supersizing your food you are overwhelming your body and enlarging your organs, making you age faster. You ARE quality and what you deserve is quality. Do not be satisfied with less than that. You are the best so have the best!

Eat breakfast like a king or a queen, lunch like a prince or a princess and dinner like a college student with a maxed out credit card.

The yogis say that your stomach should be divided into three parts. First part should be filled with luke warm water sipped throughout the meal, the second part with food and the third part should remain empty. You should always ask yourself while you eat, am I satisfied, hungry or full?

You should be able to stop anywhere between satisfied and full, never get to a situation where you are stuffed; stuffed people are the ones who get sick and old prematurely.

When you eat slowly, calmly, savor every bite, appreciate the food, you will be able to shift your life from focusing on your obsession to finding your passions. It will happen organically. As a result you will find your higher purpose. For me, higher propose is being of service to other people. By giving you reach beyond yourself, beyond your personal needs, and focusing on the community and world around you. By giving you actually are receiving so much in return.

As Bhavani said "*We truly experience love when we can fully, openly, unconditionally, and without limitation let ourselves be loving.*" We have it all within us. And the greatest gift anyone can give us is welcoming and receiving our love. It's an almost miraculous transformation, the magic that happens, when you turn any situation around and concentrate on loving. Just on loving, not on needing or wanting or longing to be loved. Love is in the loving, and I wish with all my heart that if you haven't yet discovered this, you will. And if you did, then you already know what an ever-deepening, glorious, and boundless expansion love is.

I wish you all peace, happiness, health and an open loving heart.

Love & Light,

Dr. Etti
Doctor of Holistic Nutrition

LYMPHATIC TREATMENT ORDER FORM

etti: *treatments*

Name: _____ Phone #: _____

Your program date: _____ Email: _____

Treatment	Price	Quantity	Total \$
Lymphatic treatment: 5-session package	\$412.50		

Grand Total: \$ _____

Credit Card #: _____

Exp. Date: _____ Billing Zip code: _____

Please email your order to Etti@DrEtti.com or fax to 305.867.0053

APPENDIX

POST-DETOX RESOURCES

RESTAURANTS

Giardino Gourmet Salads

1444 Alton Road
Miami Beach
(305) 673-9001
www.giardinosalads.com

Om Garden

379 SW 15th Road
Miami, FL 33129
(305) 856-4433
www.omgardenonline.com

Lifefood Gourmet

1248 SW 22 Street
Miami, FL 33145
(305) 856-6767
www.lifefoodgourmet.com

Sublime Restaurant

1431 N Federal Hwy
Fort Lauderdale, FL 33304
(954) 539-9000
www.sublimeveg.com

La Vie en Raw

3808 SW 8th Street,
Coral Gables, FL 33134
305.444.3826
www.lavieenrawcafe.com

CHEFS

Amarylis Guindin

Galerie Gourmet
138 NW 37 ST
Miami, Florida
(305) 914-5317
galeriegourmet@gmail.com

Mariela Rodriguez

(786) 543-5574
Veggimunn@aol.com

Zellie Kitchen

(305) 949-4487
imaginepeace2@aol.com

FOOD CO-OPS

Bee Haven Farms

www.redlandorganics.com

Joseph and Gloria Cosmano

Sea Breeze Organic Farm
Fort Pierce, FL
(772) 489-7905
seabreezeOF@aol.com

ORGANIC MARKETS

Glaser Organic Farmer's Market

3300 Grand Ave
Coconut Grove, FL
Opens every Saturday
www.glaserorganicfarms.com

Josh's Organic market

Harrison Street and the Boardwalk
Hollywood, FL 33019
(954) 456-FARM (3276)
Opens every 9:00 am - 5:30 pm

HOLISTIC MEDICAL CARE AND THERAPIST**Dot Fleisher Miami Colonics**

Dot Fleisher L.M.T.,L.C.T.
861 North Venetian Drive
Miami, FL 33139
(305) 374-8240
helthqueen@bellsouth.net
www.dotfleishermiamicolonics.com

Gravity Colonics-GRD HEALING

Diane Fragale
(305) 538-5267
grdhealing@earthlink.net
GrdHealing.com

Dayton Medical Center

Dr Martin Dayton
18600 Collins Ave
Sunny Isles Bch, FL 33160-2489
(305) 931-8484
mddomddo@pol.net
www.daytonmedical.com

Regina Francois -Colonic Therapist

1239 Alton Rd. Miami Beach
(305) 992-4663

Therapy and Natural Health Center

Natalia Lanza-Colonic Therapist
2124 Northeast 123rd Street
North Miami, FL 33181-288

Dr. Andrew M. Levinson, MD

Psychiatrist
410 Meridian Avenue, Suite 101
Miami Beach, FL 33139
(305) 466-1100

Dr. Enrique Barreto, DMD

Suite 214, 8740 North Kendall Drive,
Miami
(305) 271-8321

FITNESS AND WELLNESS ACTIVITIES**David Barton Gym**

1685 Collins Ave
Miami Beach, FL 33139-3136
(305) 674-5757
www.davidbartongym.com

Kundalini Yoga of Miami

<http://www.kundaliniyogamiami.com>

OM GYM: Yoga Inversion Therapy

(305) 318-3907
www.omgym.com

Biotonic Featuring Power Plate

1517 Alton Rd
Miami Beach, FL 33139

Shin Wellness Center

4500 Biscayne Boulevard Suite
202
Miami, Florida 33137
(305) 571-9090
<http://www.shinwellness.com>

I love Yoga

41 N.W. 20th Street
Miami, FL 33127
(305) 571-9642
www.iloveyoga.com/newsletter/nl7/index.html

PUBLICATIONS

Natural Awakening
www.naturalawakeningsmag.com

Holistic Health Magazine
www.holistichealthmagazine.com

SoBeFit Magazine
www.sobefitmagazine.com

ONLINE RESOURCES

The World's Healthiest Foods
<http://whfoods.org/>

Institute for Integrative Nutrition
www.integrativenutrition.com/

Tree of Life Rejuvenation Center
<http://www.treeoflife.nu/>

ECO PRODUCTS

Glass jars and bottles
<http://www.uline.com>

Corn Cups
http://www.ecoproductsstore.com/cold_cups_and_lids.html

Biodegradable Cups
http://www.f-k.com/index.php?option=com_content2&task=view&id=185&Itemid=74&cat=74

DrEtti.com 855.955.8423



*“Do not go where the
path may lead. Go
instead where there is
no path and leave a
trail...”*

--Emerson

Dr. Etti

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