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THE GREEN BODY CLEANSE DIET

An excerpt from Dr. Edward E. Group III's book, The Green Body Cleanse

Revisions by Dr. Caleb P. Suci, DC

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

- Thomas A. Edison

Balanced and healthy food choices, getting regular sleep and sufficient exercise, reducing your daily toxin threshold, and maintaining a positive state of mind are required to create a GREEN and healthy body. This may seem overwhelming at first, but we're here to help you every step of the way.

The Green Body Cleanse Diet is based on the foods that nature provides us and the body's natural biorhythms. Understanding and following these principles is critical for first improving and then maintaining your health and vitality. Although this diet may seem tough at first, this is what your body wants and needs to function properly.

The Human Body's Natural Biorhythms

All creatures on this planet, including human beings, are naturally attuned to three daily body cycles. These cycles have precise and established times set by the laws of nature. By following these cycles, you will understand what your body is working on at any given time. No matter what time zone, or part of the world you are located in, the times and cycles are the same for everyone.

Body Cycle #1: The Elimination Cycle

Begins around 4:00am and ends around 12:00pm

During this cycle, the body naturally tries to purge itself of toxic waste materials and unnecessary salts, proteins, and acids. During the hours of the elimination cycle, you should consume adequate amounts of fresh fruit. This supplies the body with living matter to draw out unwanted substances and ensures the body remains well hydrated and nourished.



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Body Cycle #2: The Energy Cycle

Begins around 12:00pm and ends around 8:00pm

During this cycle, food and nutrients are processed and stored to provide you with energy for the day. The best way to support your body during this cycle is to eat plenty of raw vegetables (such as salad) raw nuts, and seeds to provide your body with the energy it needs to maintain its natural biochemical balance.

Body Cycle #3: The Regeneration Cycle

Begins around 8:00pm and ends around 4:00am

This is an opportunity for your body to heal and regenerate. This is when the body should get quality sleep. During this cycle, the body assimilates all the foods that were consumed during the day and then processes the nutrients to regenerate itself. If the sleep cycle is disrupted by irregular work patterns, night feeding of infants, travel across many time zones, or other factors, the body loses its ability to regenerate cells, which leads to their degeneration instead of regeneration.

The GREEN Body Cleanse – Diet Recommendations

For optimal health, all recommended foods should be certified organic, locally or home grown. This will help ensure their purity and nutritional content hasn't been compromised by toxins such as pesticides, antibiotics, hormones, and other chemicals.

Raw organic fruits, vegetables, seeds, nuts, nut and seed milks, natural oils and sprouted grains provide the most nutrition to the body. Because they are not processed or treated (just gathered and cleaned), they provide the natural enzyme necessary for healthy digestion. If you were not raised on raw organic vegetables or foods, it may be difficult for you to make the transition from cooked, fried, or processed foods. Take it slowly and start by eating fresh fruit for breakfast every morning. After you've done that for a week or so, start eliminating one toxic food plus one toxic beverage every week until you have accomplished the goal of reducing your daily "toxic threshold." This process might take you three to six months, depending on how strict you are in following the plan.



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Drinking water or beverages with meals dilutes the digestive juices, which slows down the digestion process. Try to drink water between meals. If this doesn't suit your lifestyle, limit your water intake during meals to fewer than eight ounces. Drink only water with meals instead of milk, juices, soda, etc.

Eating five small meals daily helps regulate your metabolism.

This might sound difficult, but when you think about it, it takes just a minute to peel and enjoy a banana or eat a handful of seeds or nuts.

Eat slowly and chew your food until it is a liquid-pulp before swallowing. This will allow your stomach to signal your brain “Hey, I’m full now,” so you avoid taking in excessive calories. You produce up to thirty-two ounces of saliva every day. Chewing your food will help your body absorb vital nutrients more thoroughly and rapidly due to the enzymes secreted in your saliva. After food is liquefied in the mouth, the tongue will recognize the various flavors of each food and then send messages to the brain (which in turn orders production of the corresponding digestive juices needed to break down that food). Chewing your food well ultimately leads to more effective digestion, better taste, and – one of the best kept secrets – quicker weight loss.

Does Any Combination of Organic Foods Create a “Perfect” Meal?

Consuming organic foods is a step in the right directions, but your body depends on the correct balance of food types. It's important to know how foods react with one another once they are inside the body. Many competing theories exist about the best food or diet combination to follow regularly. In this chapter, the recommendations are based on what has been found to provide results in our practice and based on the biochemistry of the body. The next few pages cover the most damaging combinations of food, then suggestions are presented for five balanced meals that you are sure to enjoy.



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What Happens When Proteins and Starches are Consumed in the Same Meal?

Example of meals containing proteins and starches:

Breakfast: Eggs, bacon, milk, sausage, or cheese (proteins), combined with bread, potatoes, or tortillas (starches).

Lunch/Dinner: Red meat, sandwich meat, or chicken (proteins), combined with a baked potato, French fries, pasta, or bread (starches).

When animal proteins and starched are metabolized, the end products are normally acidic. Your body should actually be slightly alkaline, not acidic. Your gastric juices contain three enzymes that act on proteins, fats, and milk; they are pepsin, lipase, and rennin, respectively. Protein digestion required an acid environment initiated by the secretion of pepsin into the stomach. Pepsin splits the protein molecule to form hydrochloric acid.

As the stomach becomes more acidic while digesting protein, starch digestion ends. Those conditions which are optimum for protein digestion, then, exclude starch digestion. Worse, the introduction of the starch almost neutralizes the acid, thus deactivating the enzyme and creating the climate for putrefaction and fermentation. Non-starchy vegetables make for the best combinations with proteins. Refer to the food chart on the following page.

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Combine proteins with non-starchy vegetables.

Starchy Vegetables and Grains	Non-Starchy Vegetables (Best Combination with Proteins)	
<ul style="list-style-type: none"> • Bagels • Beans • Bread • Corn • Lentils • Muffins • Pasta • Potatoes • Tortillas • White Rice • Winter Squash (butternut, acorn) • Yams 	<ul style="list-style-type: none"> • Alfalfa Sprouts • Artichokes • Asparagus • Bamboo Shoots • Broccoli • Brussel Sprouts • Cabbage • Carrots • Cauliflower • Celery • Green Beans • Leafy Lettuce • Leeks • Mushrooms 	<ul style="list-style-type: none"> • Okra • Onions • Peppers • Radishes • Rutabaga • Sauerkraut • Snow Peas • Spinach • Summer Squash • Tomatoes (fruit) • Turnips • Water Chestnuts • Zucchini

What Happens When Acid Foods and Starches are Consumed in the Same Meal?

Example: Bread, pasta, rice, etc. + any acid fruit or fruit juice

The digestion of starches begins in the mouth with an enzyme called ptyalin (pronounced tie-ul-lun). The salivary glands secrete saliva, which is high in ptyalin and reduces starch to maltose, which in turn is reduced in the intestines to dextrose. Ptyalin will not activate in a mildly acidic or strong alkaline environment. The acid in regular vinegar, grapefruit, lemon, or other sour fruits will completely stop the action of ptyalin, resulting in a poorly digested meal. These meals will likely ferment, producing toxic by-products as well as decreasing the nutritional value of the meal. You should not mix acids and starches during meals.

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What Happens When Acid Foods and Proteins are Consumed in the Same Meal?

Example: Meat + any acid fruit or juice

Pepsin (an enzyme that digests protein) acts favorably in an acid environment. Therefore, you might think the addition of more acids, such as citrus fruits, might improve the digestive process, but the addition of citrus or other acids stops the secretion of the gastric juices necessary for protein digestion. Either the pepsin will not be secreted in the presence of an acid, or the acidic environment will destroy the pepsin. Any acid (say, vinegar or lemon) on a salad, when eaten with a protein meal, stops the production of hydrochloric acid since the pepsin interferes with protein digestion. An exception to this rule is that you can combine acids with nuts and seeds because the high fat content in these foods will postpone the gastric secretion until the body assimilates with the acids. Therefore, use raw nuts or seeds (not roasted or salted) with salads to neutralize the acids typically found in salad dressing.

What Happens When Meat, Cheese, and/or Milk is Consumed in the Same Meal?

If two different types of high proteins are eaten together, the amount of the digestive secretions for each might stop the action of the other. In other words, your body cannot modify the digestive process to accommodate each food. Suppose milk – or milk products – are consumed with meat: this would initiate a highly acidic reaction and upset the proportions of pepsin and lipase acting on the meat. The body cannot fully digest both proteins which leads to the development of toxins.

What are Some Alkaline Foods for Neutralizing Acid-Forming Foods?

Eighty percent of the time, you should consume alkaline producing foods. These foods aid in digestion, neutralize acids, and help restore the body's natural alkaline state. You should always eat the following foods fresh, raw, or slightly steamed and they should be locally or organically grown. (Although some fruits are classified as acid fruits, once they are broken down in the body, they convert the body fluids to an alkaline state).

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Highly Alkaline Fruits & Vegetables (Best Option)	Other Alkaline Fruits & Vegetables	
<ul style="list-style-type: none"> • Avocados • Blackberries • Carrots • Celery • Chives • Cranberries • Currants • Dates • Endive • Figs • Grapes (sour) • Kale • Plums • Pomegranates • Prunes • Raisins • Raspberries • Romaine • Spinach 	<ul style="list-style-type: none"> • Alfalfa Sprouts • Apples • Apricots • Artichokes • Bamboo Shoots • Beans (snap, string, wax, navy) • Beets & Beet Leaves • Berries (most) • Bok Choy • Broccoli • Cabbage (red, white, savoy, Chinese) • Cantaloupe • Cherries • Chicory • Coconuts • Cucumbers • Eggplant • Grapefruit 	<ul style="list-style-type: none"> • Honeydew • Horseradish • Kelp Leeks • Lemon • Mangoes • Nectarines • Okra • Onions • Oranges • Organic Apple Cider Vinegar • Papayas • Parsnips • Pears • Pineapples • Pumpkins • Tangerines • Tomatoes • Turnips • Watermelon

The GREEN Body Cleanse – Sample Daily Menu

Now that you’ve learned the basics about food mixing and optimal combinations. Read on to find a ready-made diet plan that you can start today. This is no bland, uninspiring diet either. The foods that are included (if prepared properly) are so loaded with energy and flavor, you won’t ever want to return to eating the high-fat, processed foods which we’ve become so accustomed. Eating five balanced meals at the recommended times each day can help restore the health of your body, reduce the carbon footprints on the environment and, consequently, restore and enhance your overall well-being.



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Meal #1 of the day: BREAKFAST

Time: Between 4:00am – 9:00am

Eat Organic fresh fruit or drink freshly squeezed fruit juice. Eat or drink only fruit. Try to mix up the fruits during the week. For example, do not eat bananas every morning. Try Melons now and then, as they are one of the easiest foods to digest. Melons proceed directly to the intestines when consumed. If they are held up in the stomach by other foods, they will decompose quickly and ferment. A melon is a great way to start the day. You can eat a different variety of fruits throughout the who morning, but never mix sweet fruits with acid fruits. It's okay to mix sweet with subacid or acid with subacid (see below). Eat as much as you want until you are full.

Remember, you are supporting your body's Elimination Cycle.

Acid Fruits (These fruits have the greatest detoxification power): lemons, oranges, pineapples, strawberries, grapefruit, kumquats, tomatoes, tangerines, limes, sour grapes, and sour apples.

Subacid Fruits: apricots, apples, pears, nectarines, sweet plums, cherries, mangoes*, raspberries, kiwi, blackberries, blueberries, and cranberries.

Sweet Fruits: bananas, papaya, dates, prunes, sweet grapes, cantaloupe, coconuts, mangoes*, peaches, pears, watermelon, figs, pomegranates, honeydew melon, and persimmons.

*Mangoes are both sweet and subacid.

Meal #2 of the day: MID-MORNING SNACK

Time: Should be eaten halfway between breakfast and lunch

For a nice brunch, you can snack on one of the following items.

Choose A, B, C, D. (For example, you might eat A on Mondays, B on Tuesdays, C on Wednesdays, etc.) Remember to chew your food well before swallowing.

A – Raw Nuts or Seeds: It's said that a handful of seeds will provide the body with 12-14 hours of energy. Many people have reported that after eating seeds for their mid-morning snack for 3 months, they noticed 300-400% increase in their energy levels. Make sure your



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seeds are raw – roasted seeds have lost their life force. For more flavor, you can mix in some hempseed oil, garlic juice, balsamic vinegar, or organic apple cider vinegar. Choose: almonds, cashews, Brazil nuts, pistachios, sunflower seeds, flax seeds, hemp seeds, chia seeds, wheat berries, grape seeds, hazelnuts, pine nuts, squash seeds, sesame seeds, macadamia nuts, and walnuts. Siberian cedar nuts have one of the highest life force energies and are one of the most nutritious and medicinally valuable pine nuts in the world.

B – Organic Super Green Food Supplement: Supplement your morning snack with a high-quality green powder mix (wheat grass or a chlorella supplement) or organic blue green algae in a 21oz glass of purified water and add one teaspoon of organic apple cider vinegar. This is fast and easy and provides your body with the nutritional value of five full salads.

C – Organic Goji Berries: If you're not familiar with the remarkable health benefits of Tibetan goji berries, do yourself a favor and try them. They pack more nutritional value into each bite than just about any other food.

D – Organic Avocado: Cut your avocado and sprinkle with fresh ground black or white pepper and squeeze fresh lime juice over it before eating. The pepper will speed up your metabolism and the avocado contained the enzyme lipase. Foods containing lipase are the ones with naturally occurring “good fat”. Research from UCLA indicates organic avocados are the highest fruit source of lutein (a carotenoid that helps prevent eye disease) among the twenty most frequently eaten fruits. In addition, researchers found that avocados have nearly twice as much vitamin E as previously reported, making them the highest fruit source of this natural antioxidant. Avocados, also contain four times more beta-sitosterol than any other fruit, and that, combined with their monosaturated fat content, helps to lower cholesterol levels.



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Meal #3 of the day: LUNCH

Time: 11:30am – 1:30pm

Vegetables + Starches Choose 2-3 alkaline vegetables* (no acidic ones) and combine with a salad of fresh spinach, mixed lettuce, and greens (such as arugula, beet greens, or kale). Organic salad dressing or a mixture of oil (organic hempseed or olive oil) and organic apple cider vinegar are excellent complements. Select only the red or dark-green leafy types of lettuce. Iceberg-type lettuces are usually hybrids and contain virtually zero nutritional value. Spinach and baby spinach are excellent sources of nutrients and besides that, they taste great in salads. Mix some raw seeds or nuts into the salad for taste.

Choose 2-3 starchy foods from below to accompany your salad: potatoes (red, baked) cooked barley, beans, pumpkin, squash, Ezekiel bread, sprout bread, seven grain bread, whole grain pasta, lentils, millet, oatmeal, sweet potatoes, rice (brown or wild), rye, chickpeas, beets, or cauliflower. It's best to eat your food of choice raw, otherwise slightly steam, boil, or bake. The more you cook food, the less healthy it becomes.

Meal #4 of the day: MID-AFTERNOON SNACK

Time: Halfway between lunch and dinner.

These options will be the same as your mid-morning snack. Choose A, B, C, D. (For example, you might eat A on Mondays, B on Tuesdays, C on Wednesdays, etc.)

Meal #5 of the day: DINNER

Time: Between 6:00 – 8:00pm

Vegetable + Protein + Fat

As with lunch, eat a large fresh vegetable salad (with only alkaline vegetables) before anything else. Mix two tablespoons of organic flaxseed oil, cold-pressed olive oil, hempseed oil, or grape seed oil into your salad. This dressing will provide more flavor as well as the essential fatty acids your body needs. You need to pick one protein source for dinner, and it is best if it is organic. Meat



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should come from animals without harmful antibiotics and hormones. Meat is recommended, but there are other sources of protein:

- Cold water fish (cod, halibut, sole, haddock)
- Cottage cheese (and other organic cheeses)
- Eggs
- Fermented soy
- Hemp milk
- Legumes*
- Rabbit
- Range-fed beef or buffalo
- Veal
- Wild game (deer, squirrel, duck, quail, etc.)

*Legumes include beans and peas and can be a good source of protein if eaten with mixed vegetables (in a salad) or with a complete protein (seeds, nuts, meat, and eggs). On their own, legumes are an incomplete protein and only contain certain amino acids.

If you want a little extra seasoning for your meal, Himalayan Crystal Salt is an excellent substitute for regular table salt and Braggs Liquid Aminos can perk up any dish.

Make sure you don't overdo eating at dinnertime. Let your appetite be your guide and, again, chew your food thoroughly. It's best to never eat past 8:00pm.