

28-DAY LYMPH & HORMONE CLEANSE

TYPE B NUTRITION GUIDE

Each of these recommendations is based upon your *ABO blood type, your metabolic type and special considerations regarding hormone balance*. If you do not know your blood type please order an [Eldoncard Blood Type Kit](#).

Reactive/inflammatory issues are related to the lectins found in foods. Lectins are sugar-loving molecules that attach to your blood type antigens found all over your body! Some lectins are beneficial for certain blood types, but most are not! They cause gut lining irritation that can lead to food sensitivities, gas, bloating, irritable bowel syndrome, reflux and other digestive complaints. Lectins that are bad for your blood type can also make your blood thicker and more sticky, having effects on circulation, heart health, memory, your overall rate of aging, and even your hormones!

Thrifty/metabolic challenges are also related to some lectins (particularly WHEAT!) but more so related to the health of your gut flora and the ability of your body to regulate blood sugar and insulin properly. You are a **TYPE B** but you may have more issues with one or the other of these patterns and metabolic tendencies. This cleanse will help with both sets of issues but when it's time to resume a normal diet you should be aware of your biggest challenges, if any!

Ok, here's what to do if you are a **TYPE B**:

UPON WAKING

Drink 8 ounces of pure water (non-tap water) with the juice of ½ a lemon squeezed in it. If you take medications, please wait 20 minutes to take them after this morning beverage.

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BREAKFAST

BREAKFAST SMOOTHIE AND/OR SOUP

You can enjoy either OR both a smoothie and soup in the morning if you need more food to feel full and properly nourished.

Type B Smoothie Recipes:

(more options can be found in the RECIPES section of the cleanse portal.)

Option 1: (fresh or frozen fruit is fine)

- ½ cup banana OR
- 1/3 of a whole pineapple,
- HepataGest powder (if you are using it),
- Handful of parsley and/or dandelion greens
- Water or unsweetened almond milk OR organic milk to preferred consistency

Option 2: (getting pre-squeezed organic fresh juice is fine)

- ½ cup beet juice AND
- ½ cup carrot juice
- HepataGest powder (if you are using it)
- handful of parsley and dandelion greens and if you like it 1 tsp. Spirulina powder as well
- 1 TBSP turmeric root or ginger root, grated

Type B Breakfast Soup Options:

(recipes are under RECIPES in the cleanse portal)

- Beiler's Broth
- Dr. Ginger's Veggie Puree
- Connie's Broccoli Garlic Soup
- Carrot-Turmeric-Ginger Soup

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MID-MORNING SNACK

Cup of green tea and ½ cup nuts and seeds (beneficial and neutral nuts and seeds are listed in the vegetable protein chart at the end of this guide).

LUNCH AND DINNER

Consume 4-5 cups of vegetables daily between these 2 meals. Eat ONLY the vegetables on the following list. If there is a **diamond(◇)** next to the food, it is a super-duper beneficial food and will boost metabolism, help with fatigue and generally be anti-aging. If it's not either of these lists, don't eat it!

There should also be a protein consumed at both lunch and dinner. Animal proteins should be about 6 ounces and vegetable proteins are simply a hearty serving that fills you up. These foods are calorie-intelligent and you should not go hungry!

HEALTHY FATS. Please use only olive oil (light variety for some dishes) and ghee for cooking and adding to veggies, quinoa, etc. You can use spices plentifully and in fact turmeric, ginger, cinnamon, basil, dill, thyme, savory, saffron, etc. will add to the medicinal value of this cleanse.

BEVERAGES. Beverages you can enjoy during the cleanse include mineral water, seltzer, and unsweetened iced tea (especially herbals). Beverages to stay away from during the cleanse include any diet beverage, soda or kombucha.

APPROVED MILK OPTIONS: Almond, Rice, Oat

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FIVE HORMONE-BALANCING SUPERFOODS FOR TYPE B:

- Cruciferous Veggies
- Yogurt (no sugar added)
- Spinach
- Beets
- Walnuts

You may have noticed this cleanse means no sugar, no red meat, no bread, no pasta, no grains, at all! You can use some quinoa and sweet potatoes for starches. Also, zucchini and squash are high in starch if you are feeling very hungry. But most Type Bs will NOT feel hungry on this type of diet. There are lots of vegetable proteins to keep you satisfied. You can have an additional cup of green tea in the afternoon if it won't disrupt your sleep.

You should notice an increase in energy, loss of at least a few pounds (many women say 4-5lbs). Be sure to drink plenty of pure water.

You can use the essential oils for fat-burning (grapefruit, black pepper), blood sugar balance and improving insulin issues (cinnamon and ginger) and sugar cravings (lemon, dill) if you have those available. Almost every woman can benefit from a good B-vitamin supplement.

The most important thing is to realize that **there is no such thing as a "perfect diet" or a "perfect way to eat."** The guidelines we have set will be tremendously helpful if you follow them even 80% of the time during this cleanse (Specifically the final three weeks of the 28-day cleanse. The first week was designed for you to meal prep and shop.)

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If you are someone who likes more structure then you can certainly plan to follow the diet 100% of the time but if you go astray once or twice please don't beat yourself up about it. The nutrition portion of this cleanse is one part of the overall program and we will be teaching and incorporating many tools that will support your lymph system and your hormones to come into balance.

Type B Foods to Avoid:

- Pork
- Corn
- Soy
- Grains (Quinoa is a seed not a grain)
- Chicken

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IMPORTANT FAQs:

Do I have to follow the dietary recommendations 100%?

No! If you follow the dietary guidelines 80% you will get a tremendous benefit from the recommendations. Simply put, 8 out of every 10 foods you eat are either beneficial or neutral.

Do I need to give up coffee entirely during the 28 days?

If you want to consume one 10-ounce cup of coffee daily, that is fine, especially if you are Type A or Type AB. If you are Type O or a Type B, we would suggest drinking tea instead of coffee.

Do I need to give up alcohol entirely during the 28 days?

No, but we are strongly recommending that you consume no more than 2 alcoholic beverages per week, and preferably not 2 drinks in one night.

Do I need to be concerned about portion sizes?

No, these dietary recommendations are based on supporting your system and nourishing you!

Please note: We want you to feel good about eating and not feel a sense of restriction every day. Food is medicine so let's figure out what your body thrives on!

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I am worried that there are no grains in this diet.

You can use some quinoa and sweet potatoes for starches. Also, zucchini and squash are high in starch if you are feeling too hungry. But most Type Bs will NOT feel hungry on this type of diet. There are lots of vegetable proteins to keep you satisfied.

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TYPE B VEGETABLE & PROTEIN LIST

VEGETABLES

SUPERFOODS	NEUTRAL
Alfalfa Sprouts	Arugula
Asparagus	Balsam Pear, Bitter Gourd
Asparagus Peas	Bamboo Shoot
Beet Greens ♦	Borage
Beets ♦	Broccoflower
Bok Choy, Pak Choi	Broccoli Leaves
Broccoli ♦	Canistel
Broccoli Raab, Rapini	Caper
Broccoli, Chinese	Celtuce
Brussels Sprout ♦	Chicory
Cabbage	Chicory Root
Carrots ♦	Collard Greens
Cauliflower ♦	Daikon Radish
Celeriac	Dandelion Greens
Celery	Endive
Chayote, Pipinella, Vegetable Pear	Escarole
Chinese Kale, Kai-lan	Fennel
Cucumber	Fiddlehead Fern
Eggplant	Grape Leaves
Garlic ♦	Jew's Ear, Pepeao
Ginger ♦	Jicama
Horseradish	Jute, Potherb
Kale ♦	Kanpyo, Dried Gourd Strips
Leeks	Kohlrabi
Lettuce, Green Leaf, Iceberg	Mamey Sapote, Mammy Apple
Lettuce, Romaine	Mountain Yam
Mushrooms, Black Trumpet	Mushrooms, White, Silver Dollar
Mushrooms, Enoki	Okra
Mushrooms, Maitake	Parsnips
Mushrooms, Oyster	Pimento

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(Superfoods continued)

Mushrooms, Portobella
Mushrooms, Shiitake ◊
Mushrooms, Straw
Mustard Greens ◊
Onion, all types ◊
Peppers, Bell
Peppers, Chili, Jalapeno
Rutabaga ◊
Sauerkraut
Sea Vegetables, Kelp, Kombu, Nori,
Bladderwrack
Sea Vegetables, Spirulina
Sea Vegetables, Wakame ◊
Spinach
Squash
Sweet Potato ◊
Swiss Chard
Turnip Greens ◊
Watercress
Yam ◊
Zucchini

(Neutral continued)

Pumpkin Flowers
Purslane
Radicchio
Rowal
Scallion
Sea Cucumber
Shallots
Swamp Cabbage, Skunk Cabbage
Sweet Potato Leaves
Taro Leaves, Shoots
Turnips

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ANIMAL PROTEINS

SUPERFOODS	NEUTRALS
Beef, Liver ◊	Beef
Bone Soup (allowable meats)	Beef, Tongue
Calf, Liver ◊	Buffalo, Bison
Goat ◊	Caribou
Lamb ◊	Kangaroo
Mutton ◊	Marrow Soup
Rabbit ◊	Moose
Venison ◊	Veal
Ostrich	
Pheasant	
Turkey	
Carp ◊	
Catfish	
Chub	
Cod ◊	
Croaker ◊	
Cusk	
Drum	
Grouper ◊	
Haddock ◊	
Hake ◊	
Halfmoon Fish	
Halibut	
Harvest Fish ◊	
Herring	
Mackerel, Atlantic ◊	
Mackerel, Spanish	
Mahi-mahi ◊	
Monkfish ◊	
Mullet	

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(Superfoods continued)

Muskellunge

Ocean Pout

Opaleye Fish

Orange Roughy

Parrotfish

Perch

Perch, Ocean ◊

Pickrel, Walleye ◊

Pike

Pilchards ◊

Pompano

Porgy ◊

Red Snapper

Rosefish

Salmon, Atlantic, wild

Salmon, Chinook

Salmon, Sockeye

Sardine ◊

Scrod ◊

Shad ◊

Shark

Smelt

Squid, Calamari

Sturgeon ◊

Sucker

Sunfish, Pumpkinseed

Swordfish

Tilapia

Tilefish

Tuna, Bluefin

Tuna, Skipjack

Tuna, Yellowfin ◊

Whitefish

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VEGETABLE PROTEINS

SUPERFOODS	NEUTRAL
Almond Butter	Cannellini Beans
Almond Cheese	Carob
Almonds	Chestnuts, Chinese
Beechnuts	Copper Beans
Brazil Nuts	Kidney Beans
Butternuts	Litchi Nuts
Chestnuts, European	Lotus root
Chia Seeds, Pinole	Soybean Granules, Lecithin
Flax Seeds	White Beans
Great Northern Beans	
Hemp Seeds ◇	
Hickory Nuts	
Macadamia Nuts	
Navy Beans	
Peas	
Pecans	
Snap, String, Beans	
Soybean, Sprouted	
Tamarind Bean	
Walnuts ◇	

* Quinoa is also approved for all blood types.