

Chia-Cacao Revitalizing Cleanse

Adapted from, "The Raw Chocolate Diet"



Sky Kubby

Chia-Cacao Revitalizing Cleanse

Feed your potential with the “The Ancient Future of Food”

Get ready to explore the yummiest cleanse of your life. This cleanse will teach you how to lighten your load and free yourself of some extra weight you've been carrying around. Time to honor your body, reclaim your vibrancy and look and feel amazing!



Welcome to the exciting new Chia-Cacao Revitalizing Cleanse!

First of all, I want you to congratulate yourself for showing up for your body, mind, and soul. You truly are ahead of the curve by recognizing that your body needs a little re-charging.

It's a no-brainer for most people that they need to change the oil in their car, *regularly*. So why are we not taught in school that we must cleanse our organs? It's crazy, really, that this stuff isn't common knowledge. I guess it's true what they say, "Common knowledge ain't so common." This cleanse is a fun and easy way to give your body the "oil change" it desperately needs.

The Chia-Cacao Revitalizing Cleanse will help cleanse your colon, so that you may live a long and healthy life. Some people are holding onto as much as 10 pounds of old non-eliminated waste in their colon! It's time to get it out.

By focusing on proper food combining, implementing some simple daily body-care routines, and eating lots and lots of delicious raw cacao, you will feel more vibrant, healthy, and youthful than you ever have before. What's more, this cleanse is so easy and so enjoyable, I hope you incorporate it into your life *at least twice a year!*

By completing this cleanse, you will:

- Discover & experience the secret cleansing power of chocolate. Yes, cleansing can taste this good!

- Cleanse your colon with cacao and other incredible superfoods, and gain access to amazing bonus recipes!
- Learn the essential and highly surprising food-combining rules.. so you can break them the right way.
- Let go of pounds of old colon baggage, reclaim your vibrancy, and feel amazing in your body!

I hope you enjoy this revitalizing journey!



In Radiant Health,

-Sky Kubby, Founder of Medicinal-Foods

*****Please consult your physician before starting any cleanse***

Food Combining

Learn the rules so you know how to break them properly.
-The Dalai Lama

One of the hardest things our body does is digest food. Just imagine what happens when you put food anywhere else- it begins to compost, rot and smell terrible. Our organs are no different- we cram food down our human 'garbage disposal' without thinking about how much stress this puts on our bodies, and it really is a miracle that our body not only goes into instant action, but is also able to glean crucial nourishment from what we feed it. Our goal, then, is to make this process a little easier for our organs, and we can do this by following some simple food combining rules.

First, let's get clear about proper food combining that will work best for your body type and your goals. Once you've got the ground rules, you'll see what you can successfully get away with.

It's important to not get too caught up in food combining. However, it can be extremely effective in helping people with chronic illness, digestive problems or who just want to lose weight.

Just to be clear, there is a bit of controversy on the topic of food combining. It appears some people do better than others. This, of course, has to do with the fact that everyone is different. *Kapha* body types, for example, who have long, slow digestion with the ability to put on extra weight, may have more difficulty with certain food combinations. *Pittas*, on the other hand, who

Honor Your Organs



Digesting foods is the hardest thing your body has to do. It's important to give your organs a little support every now and then.

have more digestive fire, may burn up everything they eat, possibly getting away with looser combining rules.

Either way, try out food combining and see if it works for you- I bet you'll be surprised how good you finally feel.

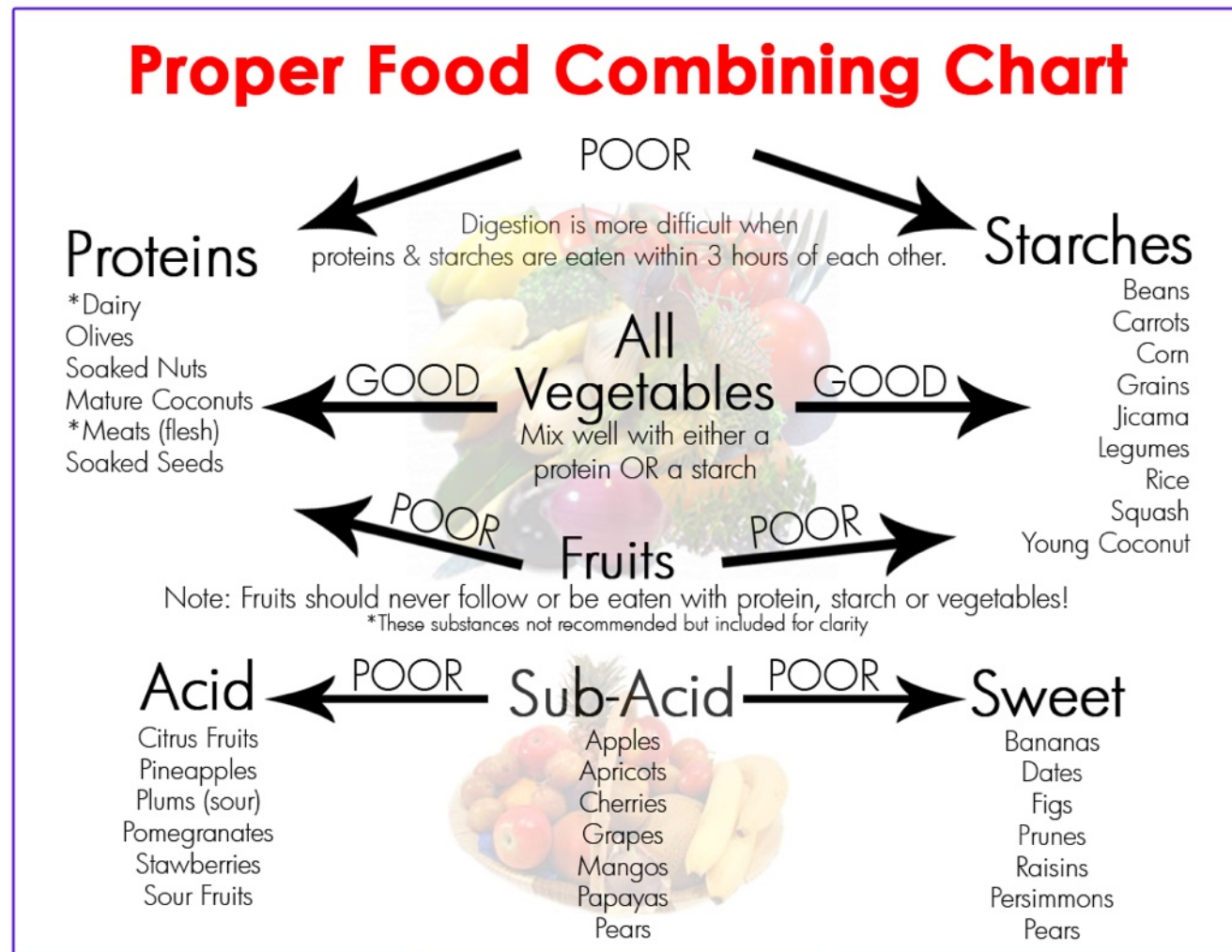
5 Simple Food Combining Rules

1. Eat Starches and Proteins separately.
2. Eat Starches with Vegetables
3. Eat Proteins with Non-Starchy Vegetables
4. Avoid combining anything Sweet with Starches or Proteins
5. Fruit and Melon should be eaten alone
6. Starches and sugars should be eaten first, before oils, with ample time to digest.

Starches and Proteins

It is more difficult for the human body to digest starch and proteins, when eaten together. It is especially true if your constitution is weakened, or if you are dealing with any other health issues.

Take the classic Steak and Potatoes, for instance. Although there's some protein in potatoes, it's only about 8%, while the rest is mainly starch. Digestion of starch begins in the mouth as



your Amalase enzymes from your saliva begins breaking down starch while you chew. (That's why it is so important to chew your food thoroughly, before swallowing.)

Food combining chart from Kim over at Yogitrition.com who has some yummy plant-based recipes over there.

Chew your drink and drink your food -Mahatma Gandhi

The enzyme Ptyalin, a type of Amalase, breaks down starches into Maltose and Dextrose- sugars! Once the steak 'n' taters hits the acidic environment of your stomach, the Amalase stops

working and the Hydrochloric Acid (HCL) kicks in, activating pepsin and then breaking down proteins. The starches move on into your small intestines, while the protein will sit in your stomach for a few hours, or longer, especially if it's meat.

Digestion of starches requires an alkaline environment, so getting mixed up with the protein (steak) in the acidic environment of the stomach isn't going to do your insides much good. Once the starch enters your small intestines, then it begins its real digestion. However if there is some protein mixed in, which is likely with the steak 'n 'taters example, then the protein is bound to remain undigested and rot.

Starches and Sugars

While some schools of thoughts on food combining believe that it's the breakdown of beans or other foods that cause gas and *not* the combination of foods, I have to disagree. If you experience gas or bloating on a regular basis, then I highly encourage you to follow these food combining rules and see if it makes a difference for you.

So, what's wrong with a little gas, you might say? Well, this is the same chemical reaction that makes alcohol. That's why many recovering alcoholics switch to sweets when they get sober. Also, acetaldehyde is created during the formation of gas, which may cause liver toxicity as well as an overall bad feeling like a hangover.

While acting as a home brewery may be enticing to some, in reality, it causes a whole other set of problems. For one, the starch-

sugar combo creates a *feast* for opportunistic organisms, such as Candida (a fungus), Yeast and Myco-Bacteria (a fungus/bacteria hybrid). These organisms can spread throughout the body feeding on the starch, sugars and undigested fats in the blood, skin and organs - leading to many of the *mystery ailments* people experience today.

They can grow roots down into the Lymph and infect the blood. One great product know to eliminate Candida in 3 months, without changing the diet and *killing* these roots is the *Vitae Elixir*, a laboratory extracted concentrate of powerful herbs such as Gravel and Bloodroot. The Synergy of the herbs is gentle and



very effective in eliminating a lot of these mystery ailments and issues with ailments such as Psoriasis, Lyme's and Candida. [Click here](#) to learn more about this Elixir.

Proteins and Sugars

While starches and sugars ferment to make gas, proteins and sugars *putrefy* (rot) to make *stinky* gas! Enough said.

Bottom Line

- Do the best you can to keep proteins and starches away from each other.
- Eat proteins with greens and starches with greens.
- Eat fruit by itself in the morning.
- Eat sweets by themselves not in combination with starches or proteins.

Other Healthy Digestion Tips

1. Wait 3 hours between meals. Wait an hour after eating fruit, preferably your first meal, to eat a meal. Don't eat fruit on top of a meal.
2. Avoid drinking water with meals, especially cold water as it slows digestion and dilutes the digestive enzymes.
3. Sit upright, eat slowly and chew one mouthful thoroughly, before the next is taken.

Your large intestine



Imprint on this image and regularly massage your Large intestine from the bottom right around, clockwise to the left- especially when cleansing!

4. Eat more Whole, Live Raw Foods. They contain the enzymes needed to digest the food.
5. Eat Chocolate Bars away from meals. The sweetener, cacao butter and even the chocolate itself could be binding and inhibit digestion. Raw beans may be consumed and cacao powder, beware, however, Raw chocolate may cause sudden lack of appetite!

Of course, these are general guidelines, and the exact rules are different for everyone. It really depends on the person, *what* and *how much* they are eating. For example following these rules perfectly could be amazing for someone who is eating a majority of cooked foods, has an imbalance of healthy flora (Dysbiosis), has poor nutrient absorption or is overweight.

Other folks eating more of a raw foods diet may be able to handle some of these food combinations, because of the enzymes present in the raw food, and their systems being clean enough to absorb the food. This enzyme availability is another benefit of raw cacao. You see, it really depends on the *what* and the *how* of the combination.

The key to prevention is healthy digestion
-Chinese Proverb

Some people who are looking to lose extra weight could have great success with just the simple practice of not combining proteins and starches, which could really get things moving along in their bowels.. It is reasonable to say that 3-5 extra lbs of undigested colon matter could be shed, especially in combination with Colon Cleansing.

Chia-Cacao Colon Cleansing

If you want to revitalize your organs or lose weight, then in addition to even moderate attention to food combining, cleansing your colon can be easy and in this case, yummy. If you desire optimal health and vitality, follow along with this colon cleansing protocol and you'll feel lighter, healthier and more energized than ever.

Chia Seeds

A member of the Sage family, *Chia* is the Mayan word for strength. Chia has easily digestible protein, vitamins, minerals antioxidants, soluble fiber and is high in Omega 3's.

Referred to as *Indian Running Food* and used by the Inca's and Aztecs, Chia really is a superfood of superfoods!

Chia can build strength, endurance, energy, balance blood sugar and be a great colon cleanser! In *The Magic Of Chia*, James Sheer tell a story of Paul Bragg, fitness Guru who died at age 95 in a body-surfing accident. Bragg tested the power of Chia by climbing Mt. Wilson with a group of people. Bragg and his friend chewed on the seeds, like the Tarahumara tribes that run hundreds of miles, sometimes on only a couple mouthfuls of Chia. Bragg and his friend ended up climbing to the top of the mountain 4 hours and 27 minutes faster than the rest of the group.

Chia is a great fat-substitute that can provide valuable nutrients and fiber. It's amazing "gel-forming" ability is great news for people wanting to loose weight. New research shows that this gel coats your stomach lining, forming a barrier between your enzymes and carbs, inhibiting the breakdown of carbs into sugar—an obvious benefit for diabetics (1).

"Researchers believe this same gel-forming phenomenon takes place in the stomach, creating a physical barrier between carbohydrates and the digestive enzymes that break them down, thus slowing the conversion of carbohydrates into sugar. In addition to the obvious benefits for diabetics, this slowing of sugar conversion aids endurance." (from <http://www.kalyx.com>)

Chia has an incredible source of protein, is a natural colon cleanser, and is extremely hydrating to your colon. The seeds are hydrophilic, meaning they can absorb up to 12 times their size in water!

For an effective chia colon cleanse:

- **Blend your chia seeds when dry and add to water just before ingestion.** Be sure to drink a full glass of water after eating Chia as a colon cleanser if using this method. Hydration is Key to a healthy colon. Although it's generally good to avoid drinking with meals, a little water after a chocolate chia pudding is also advised.
- **Replace one meal a day** with a **Cacao Elixir** or Chocolate-Chia Pudding. You could flush out 2-3 pounds of unwanted

Cacao Elixir



Cacao Elixir contains Maca, Mucuna, Ashwagandha, Spiraling, Chlorella and grounding Hemp Protein.

colon matter *your first week*- or more! Remember that some people are carrying around an extra 10lbs of un-eliminated colon wastes.

- **Substitute your first meal** with the **Chocolate Chia Pudding** (See Recipe on page 9). Replace one meal with this delicious pudding for 2 weeks and you'll be sure to see and feel results.

Chocolate Chia Tapioca Pudding

Chia is incredibly hydrating for your colon, capable of expanding 12-14X its size, together with the omega 3 oils and antioxidants it can really beautify your skin! Also, Chia is pure protein power!

- **Soak a ratio of 1/3 cup of Chia per 1 cup of water. Scale up recipe as desired. Stir.**

Put half the contents in Vita Mix or Nutri-Bullet

Add:

- **1/2 of a Lovers Bar or 4 TBS of Cacao Powder**
- **A Tablespoon of Coconut Oil**
- **1/2 teaspoon Vanilla**
- **A dash of Himalayan Sea Salt**
- **A Pinch of Cinnamon, Cardamom and/or Clove**
- **1-3 TBS of Honey, sweeten to taste**

Raw Chocolate Chia Pudding



Half the chia seeds are blended and half the chia are left whole in this recipe. Minus the chocolate bar, chocolate consumed in this way can be a delicious colon cleanse.

Blend thoroughly, several cycles of 7-10 seconds until smooth.

- **Pour contents of blender into a bowl**
- **Add the Un-blended 1/2 of the soaked Chia on TOP of the pudding. Stir.**
- **Optional Garnish with Lovers Bar Chocolate Shavings**
- **Place in refrigerator to gel up! Enjoy!**

***** Candida Sensitive Variations:**

1. Cacao Powder, No Chocolate, with Coconut Oil and Stevia Sweetened (Fat free and No Sugar)

2. Cacao Powder, no coconut oil, Honey Sweetened (allowing for better absorption of sugar without the presence of fat)

3. Cacao Powder, Cacao Butter, Coconut Oil and Stevia (Fat without the presence of sugar)

Chia Colon Cleanse Substitute to Psyllium

Psyllium can be binding while chia is super-hydrating. However Psyllium is useful if you have a seed allergy or are sensitive to seed due to conditions such as Lymes or Herpes.

Directions:

Pre-blend chia seeds, dry, in a Vitamix or food processor, then mix with water, just before consuming, for a great colon cleanser.

To balance and hydrate your colon try chia 1/2 blended and 1/2 soaked. You can simply take a few tablespoons of dry chia and put them in a jar, stirring occasionally until they gel up. This can be eaten within minutes! Or just have some soaked, in the fridge with a lid on the jar, ready to go whenever you want a snack.

Ideally you drink a cup of water before and after the Chia Colon Cleanse.

Take in-between meals 1-3 X daily. Before bed, after your dinner has digested is a good time.



Give Your Colon Some Love

To take this cleanse to the next level:

- **In the morning, follow the *Awake and Aware* protocol** in described more in Chapter 3 of “**The Raw Chocolate Diet**”. You may still eat fruit as the first meal, as long as you are feeling in balance with Candida or any other infection.

- **Blend your foods for a minimum of 3-4 days, preferably a week.** You can eat anything *smooth* like mashed (blended) potatoes or yoghurt. The idea is to decrease the amount of stress on your digestive system, while providing the ideal environment to release toxins. You are preparing yourself for deeper cleansing such as a Liver/Gallbladder Flush and Colon Hydrotherapy

****Use discretion. This doesn't mean to throw a Big Mac in the Vitamix and call it good! Use the concepts of food combining and be gentle on yourself.*

Enemas and Colonics

Both are ways to flush toxins and old encrusted waste out of your colon. The chis seeds have been a good start, Now your colon can do more of its job of absorbing water and nutrients. Still, the build up over the years can create pockets of waste, toxins and build up sludge from non-eliminated waste. Colonics or even a simple enemas can really set free a lot of this waste that you may be holding. Colonics can go even deeper. S

After a *minimum* of 3-4 days of eating only blended or soft foods, it would greatly benefit you to book some sessions with your local Colon Hydrotherapist. You will be so glad you did!

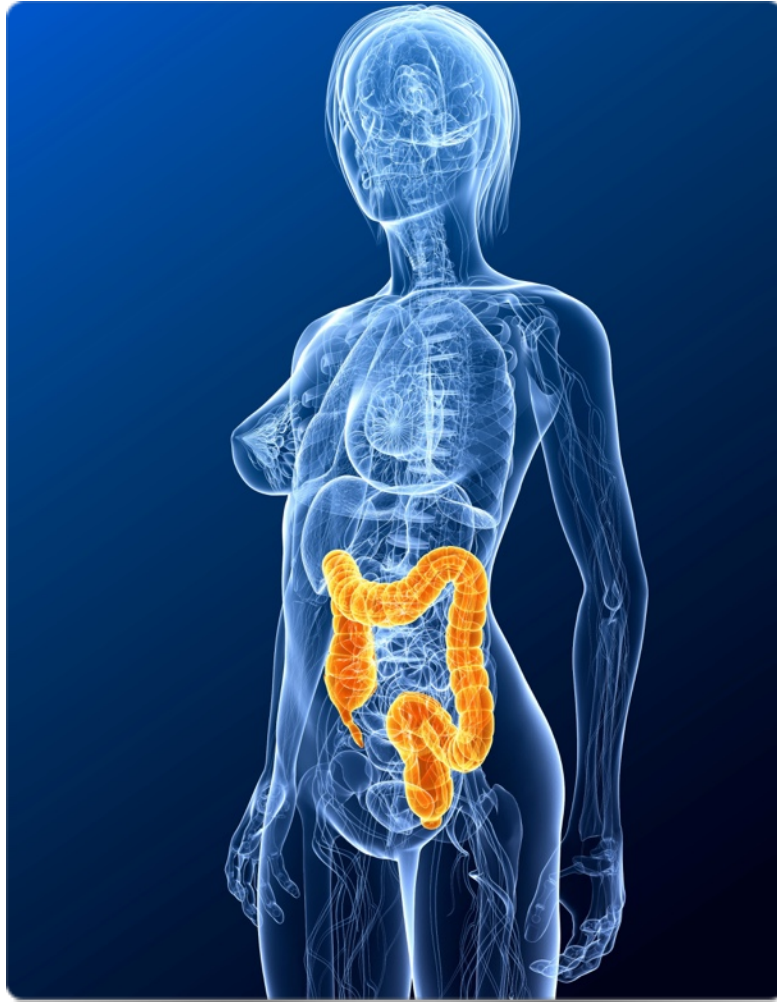
If not, you can do some simple colonics at home using an enema bag or a bulb syringe. You can get an enema bag at your local drugstore or order a large sized one at [The Raw Food World](#). If you've never used an enema bag before *don't be afraid!* After your first flush you will be feeling so good by releasing so much blocked up stuff, that any resistance or fears you had will be a thing of the past.

The Enema: An Internal Bath for your colon.

- Fill up the enema bag with filtered warm water and screw the cap on.
- Hang up the enema bag by its hook on a nail, lay a towel down on the floor.

- Lay on your back or side, put a little coconut or olive oil on the tip and push it a little ways inside your rectum, just past your sphincter and release the flow.
- Just breath slowly as the fluid enters you. You'll see the bag get smaller and begin to feel full. Sometime you may hit a gas bubble. Just breath and the feeling should pass as the water makes its way further up inside your colon. I've found by jiggling the lower right side of the ascending colon, between your right hip bone and your belly button, it can allow more water to make it up there more easily. My Colon Hydrotherapist, Susan calls this *The Washing Machine* as you can hear the fluid squish around while you push and down on the sweet spot.
- Hold the liquid in until you feel the need to 'go', and then release in the toilet.

TIP: You can use cold water, but it will be a strange sensation for the first time. However the benefit is that the cold shocks parasites into dislodging themselves and it is more likely that you will pass a roundworm or tapeworm. Please don't be in denial about the fact that we all have parasites. Be empowered by the idea of regaining sovereignty over them and taking our bodies back!



Pockets may form in compromised colons, trapping debris You'll be surprised how old and dark some of the stuff that comes out from the colon when it's cleanse!

Bulb Syringes and Probiotics

A bulb syringe is like an oversized tennis ball with a plastic tip. It is quick and effective at removing any blockages. If you are constipated and you squirt a bulb syringe or two worth of water up there, just like an enema, you should experience immediate relief. Most headaches and many other ailments are linked to a stuck or dehydrated colon.

One of these little bulb syringes also comes in handy at the end of the colon cleanse to **re-colonize with healthy gut bacteria**. It's crucial to keep your probiotic balance. If the inner ecosystem becomes compromised by antibiotics, GMO foods, artificial foods or gets too acidic, Bacteria, Fungi and Molds can bore down roots here, into your lymph and move to other organs and Systemic Candida overgrowth can occur.

A simple way to recolonize your good gut bacteria, is by using a bulb syringe. Simply getting your favorite probiotic and opening the capsule in a bowl of water, stirring around and sucking up the fluid with the bulb syringe to implant and reset your bio-terrain with healthy intestinal flora. *Primal Defense* is a great product for this purpose.



Bonus Recipes:

These two gems can be incorporated into your two weeks of replacing a meal per day with a tasty chia snack. The latter is a great non-cacao alternative.

Click for the [Mango Chia Seed Pudding recipe](#) and the [Raw Chocolate and Raspberry Chia Seed pudding recipe](#).

Raw Chocolate and Raspberry Chia Pudding



Recipe and image courtesy of Maria Ushakova, Certified Holistic Nutritionist.

Mango Chia Seed Pudding



Recipe and image courtesy of Vegetarian Gastronomy.

Final Aloha

Thanks for reading the Chia-Cacao Revitalizing Cleanse! If you follow the simple guidelines in this cleanse for 2 weeks I truly believe you will feel lighter, more energetic, and more vibrant than ever. You'll probably even shed a few pounds. This is just a sample of what you'll find in my full book, The Raw Chocolate Diet.

I created Medicinal Foods to share what I learned along my quest for health. I'm so happy to share with you these magical medicinal foods - and offer first time customers a discount code -see the opposite page. If you'd like to get some visit medicinal-foods.com/shop. For more delicious superfood recipes, blogs and interviews with leading health experts head over to medicinal-foods.com/blog. Enjoy and Aloha!

In Radiant Health,

- Sky Kubby, Founder of Medicinal Foods



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