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NATURAL HEALTH



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QUICK CLEANSE
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QUICK CLEANSE[®]

15
DAY

INTERNAL CLEANSING
DETOX PROGRAM



Please read this guide
carefully before starting
the Quick Cleanse 15 Day
Internal Cleansing Detox
Program!

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QUICK CLEANSE®

INTERNAL CLEANSING DETOX PROGRAM

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What is Detoxification?

The purpose of detoxification is not just about emptying your bowels, which it will do quite well, but rather to draw into your intestines any toxins, impurities, unwanted waste and pollutants from every part of your body and eliminate them through your bowel. This is a natural process of elimination, removal and neutralisation of toxic substances from your body via the liver, kidneys, bowels and to a lesser extent, the skin and lungs. Detoxification is one of the oldest known methods for cleansing the body. It has been used traditionally by many cultures around the world for hundreds, if not thousands of years. Medical records dating as far back as 1880 refer to the use of detoxification and fasting as a treatment for various conditions. The body has an exceptional capacity to heal itself, if it is given the opportunity to do so. Detoxification gives your body that opportunity.

Important Information Please Read!

When doing the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program, the release of toxins into your blood stream may cause you to experience some mild reactions or unpleasant symptoms, particularly in the first few days of doing the Program (see pages 5 and 6 for a list of reactions).

The following are the most common symptoms you may experience while on the Program; headaches, tiredness, muscle and joint pain, flu-like symptoms, stomach cramps, wind pain and diarrhoea. These symptoms may be experienced over the first few days and are generally mild. Stop the Program if you experience abdominal pain, nausea, vomiting or any severe symptoms and call our Customer Service on 02 8818 0100 during business hours (Eastern Standard Time). Or if you are calling from outside Australia +612 8818 0100 during business hours (Australian time).

People with allergies and/or sensitivities are advised to check the ingredients thoroughly before commencing the Program. Anyone taking medication is advised to consult with their doctor/ Healthcare provider before commencing the Program.

The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program

The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program consists of 27 specially selected herbs and nutrients along with 3 strains of probiotics which have been carefully blended and formulated to support your digestive organs. Combined, these nutrients, herbs and probiotics optimise the detoxification process during and after completing the Program.

What Does The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program Contain?

The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program consists of four herbal and nutritional products: Stomach Clear 30 tablets, Liver Detox 15 tablets, Bowel Clear 30 tablets and Alive Probiotic 20 capsules. Stomach Clear, Liver Detox and Bowel Clear are designed to detoxify your body. These are to be used during the Program. Alive Probiotic has been designed to replenish the natural flora in your entire digestive system for optimal health, and should be taken at the completion of the Program. Each product is designed to focus on different digestive organs, which means that each product can also be used individually for specific problems after completing this Program.



Stomach Clear

30 Tablets

Each tablet contains: Paw Paw 250mg, Psyllium 100mg, Ginger 100mg, Fennel 100mg, Gentian 100mg, Globe Artichoke 100mg, Cat's Claw 100mg, Black Walnut 100mg, Peppermint 50mg, Clove Oil Powder 50mg, Citrus Bioflavonoids 50mg, Magnesium Chloride 10mg.

Focus: Stimulate Digestion

Liver Detox

15 Tablets

Each tablet contains: St Mary's Thistle 15,000mg, Dandelion 500mg, Bupleurum 250mg, Schisandra 250mg, Astragalus 100mg, Barberry 50mg, Inositol 250mg, Choline 250mg, Taurine 150mg.

Focus: Liver Repair and Rehabilitation

Bowel Clear

30 Tablets

Each tablet contains: Cascara 500mg, Sage 500mg, Calendula 500mg, Black Walnut 350mg, Rhubarb 200mg, Wormwood 100mg, Elecampane 100mg.

Focus: Cleanse Large Bowel and Rid Your Body of Waste

Alive Probiotic

20 Capsules

Each capsule contains: Lactobacillus acidophilus 7.5 Billion CFU, Lactobacillus rhamnosus 8.75 Billion CFU, Bifidobacterium lactis 8.75 Billion CFU

Focus: Flood Your Large Bowel with Beneficial Bacteria

The Quick Cleanse Nutritional Eating Plan

The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program also includes a nutritional 'Eating Plan', which is detailed in the following pages. The Eating Plan is designed to take a load off your digestive organs and give them a well deserved rest throughout the 15 day cleansing and detox period. This sets up the perfect environment for the special herbs and multi fibres within the Program to do their work, so you get maximum results.

The Quick Cleanse Nutritional Eating Plan (Page 9) is based on natural unprocessed foods, which are rich in vitamins, enzymes, minerals, Essential Fatty Acids, proteins and complex carbohydrates. These foods increase gastric secretions and restore your body's ability to digest more efficiently and eliminate quickly. This is important to ensure sufficient nutrients are consumed whilst on the Program. This helps you maintain high energy levels throughout the day while working, or doing your normal daily activities.

Please be aware the Eating Plan may be very different to your normal diet and it may take a few days for your body to adjust. If this is the case for you, we recommend you start making changes to your diet the week before you start the Program. (See Caffeine Withdrawal next page).

The Quick Cleanse Nutritional Eating Plan helps to speed up the cleansing and elimination process while at the same time supplying your body with essential nutrients for tissue and cell nourishment. Please follow the Quick Cleanse Nutritional Eating Plan guidelines as closely as possible.

Please note: It is very important that you take each of the Quick Cleanse herbal formulas at the scheduled times detailed in the suggested Quick Cleanse Nutritional Eating Plan. Shift workers please note: Adjust scheduled times for taking herbal formulas around your meal times.

What You Can Expect On A Detox Program

The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program is formulated and designed to suit most people. However, each one of us is unique and as a result our bodies respond differently when undergoing internal cleansing. We have found the following symptoms are the most commonly experienced while on the Program. Please note however, while the majority may not experience any of these, it is a good idea to be aware of them. Not long after you begin the Program, enzymes enter your intestines and break down all sorts of waste matter. The release of toxins into your bloodstream may cause a variety of unpleasant symptoms in the first few days. The reality is, the more

toxic your tissues, the more likely you are to feel worse in the first 2-4 days. But don't give up, this means the detox is working and your body is doing its best to cleanse itself. You'll feel better in a few days.

The most commonly experienced symptoms in the first few days include: muscle aches, joint pain, headaches, tiredness, stomach cramps, wind pain, flu-like symptoms and skin eruptions. It is also not unusual to experience soft stools and/or 3 bowel movements daily, however, some people may only have one good bowel movement daily, even after 15 days of cleansing.

Caffeine Withdrawal Symptoms

Caffeine is found in chocolate, tea, coffee and some soft drinks. Unfortunately, caffeine places an extra load on your liver and adrenal glands. For this reason, foods and drinks containing caffeine are not recommended during the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. When you stop taking caffeine your body may experience one or more of the following withdrawal symptoms: headaches, migraines, nausea, low energy, or feeling unwell. The amount you consume may not be indicative of the withdrawal symptoms you experience, so it is strongly recommended you wean yourself off caffeine before commencing the Program. This may take anywhere from a few days to a week or so.

Short Term Constipation

Some people may experience short-term constipation while on the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. This is mainly due to the introduction of high amounts of dietary fibre into their digestive system. If this happens to you, please make the following changes to the Program: Increase the dosage of Bowel Clear to two tablets daily for those who were taking one previously. Please make sure you are taking Quick Fibre Plus at the recommended dose of two heaped tablespoons daily. Over the first seven days your body will adjust to your new diet and you should feel fine. Always drink plenty of water throughout the Program.

Foods And Drinks You Can Have While on The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program

All sprouted seeds and grains - Mung, Alfalfa, mixed salad etc. All legumes (best to soak overnight before cooking). All raw and steamed vegetables (including potatoes). All fresh fruits except oranges. Grilled or steamed fish (deep sea fish is best and tuna in spring water is allowed). All nuts and seeds; almonds, sunflower seeds, pumpkin seeds and sesame seeds are best. All whole grains including rolled oats, rye, barley, buckwheat, linseed meal, millet, spelt etc. Wholemeal bread, wholemeal and spelt pasta and brown rice. Sun dried fruits - Apricots, figs, dates, peaches, sultanas etc. Tamari (reduced salt), tofu, tahini - use as a spread in place of butter. Raw honey, rice bran syrup - use in place of sugar. Herbal seasoning, sea salt - use in place of table salt. Cold pressed extra virgin olive oil, lemon juice and apple cider vinegar (unfiltered) - Mix together, use as salad dressing. All fresh vegetable and fruit juices. Herbal teas with pure water (do not add milk or sugar). Filtered water (drink 8 glasses of unchilled water daily). Goat, sheep, soy, rice or almond milk. Cheese and yogurt made from soy, goat or sheep's milk.

Foods And Drinks You Should Avoid While on The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program

Sugar, salt, animal meats (including pork, beef, lamb, chicken) , eggs, all shellfish, dairy products including butter and milk, coconut oil, coconut milk, refined (white) flour products, white rice, white pasta, white bread, processed foods including canned foods, packaged foods, frozen foods, chips, chocolate, donuts, cakes, biscuits, jams, fruit spreads, margarine and peanut butter. Polyunsaturated oils and spreads, including cold pressed oils (except for the ones listed in the Quick Cleanse Nutritional Eating Plan). Avoid all Caffeine drinks - coffee, tea, cola with caffeine etc. All alcoholic beverages - wines, beer and spirits etc. All drinks containing added sugar and artificial sweeteners, soft drinks, flavoured drinks, cordial drinks etc.

Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program Shopping list

The items listed below are the recommended foods you will need to complete the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. Most of these items can be found at your local health food shop or at your local grocer.

- Quick Fibre Plus Carob or Natural (375g tin)
- Soy, rice, or almond milk (total 1.5 litres)
- Raw muesli or rolled oats with no flavouring or dried fruit (½ kilo)
- Sun dried fruits (select variety of fruits ½ kilo)
- Green tea and herbal tea (28 tea bags)
- Raw almonds, pumpkin seeds or sunflower seeds (mixed ½ kilo)
- Raw honey (100g)
- Sea salt (to taste if desired)
- Cold pressed extra virgin olive oil (125ml)
- Fresh fruit (up to 6 pieces daily - no oranges)
- Fresh vegetables (up to 3 serves daily)
- Alfalfa or mixed sprouts (3 small tubs)
- Fresh lemons (4 lemons)
- Wholemeal or spelt bread (up to 6 slices day - yeast free if possible)
- Wholemeal or spelt pasta (no more than 6 serves over 15 days)
- Brown rice (½ kilo)
- 100% Fruit and vegetable juice (not orange) (total 1½ litres)
- Filtered water (2-3 litres daily)
- Fresh fish (no more than 6 serves over 15 days)
- Tofu, lentils or beans for evening meals

We have included many delicious and nutritional recipes starting on page 21 in this booklet.

Getting Started: The Quick Cleanse Detox Program

Quick Cleanse Nutritional Eating Plan

Please Note: If you are generally sensitive to herbal formulas, please start with HALF the recommended dose for the first 2 to 3 days. So instead of having one Bowel Clear tablet after breakfast please have half a tablet (break in half) and so on. If feeling well, you can increase to the full dosage. This will help to ease you into the detox and help prevent and reduce detox symptoms.

It is suggested to start out on one Bowel Clear and then increase to two if you feel comfortable. This aids to prevent diarrhoea in the initial stages of the Program. For best results please follow the 'Eating Plan' below while on the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. Please avoid eating any of the foods on the 'Foods to Avoid' list on page 7, while on the Program.

On Rising:

Drink a glass of warm water (150mL) with a dash of fresh lemon juice (this kick starts your digestion). Wait 20 minutes and then drink 200mL of fresh vegetable juice - carrot, celery, beetroot etc. Alternate every other day with fresh fruit juice - apple, pear, prune, apricot, watermelon, pineapple, paw paw etc. Swish the juice in your mouth to provide needed saliva for proper digestion. If you don't have time to prepare fresh juices, please use only bottled organic fruit juices which contain 100% juice and 'NO ADDED ANYTHING'.

Please Note: If you suffer from constipation drink 300mL of 100% prune juice (bottled) every morning instead of the above juices.

***Take one Stomach Clear tablet before breakfast**

Breakfast:

Medium serve of natural, raw muesli (no added sugar and organic if possible), add fresh pear, ripe banana, stone fruits in season or your favourite sun dried fruits, sprinkle two heaped tablespoons of (15g) Quick Fibre Plus Carob Flavour or Natural Flavour (For more information on Quick Fibre Plus please see page 20). Add soy, goat, rice or almond milk (not cow's milk). An alternative to raw muesli; medium serve of rolled oats (porridge)

with mixed fresh or sun dried fruits and sprinkle two heaped tablespoons of Quick Fibre Plus Carob or Natural flavour. Quick Fibre Plus is generally available from where you purchased the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program.

***Take one Bowel Clear tablet after breakfast.**

Mid Morning:

One to two pieces of fresh fruit and one cup of green tea or herbal tea of your choice (do not add sugar or milk).

Lunch:

One or two sandwiches (please don't use white bread) filled with salad, mixed sprouts, use avocado or tahini as a spread for taste (No Butter). Always include heaps of fresh sprouted seeds, grains or legumes with all salad mixes. Please try to choose a good quality wholemeal or spelt bread (yeast free if possible) with lots of fibre.

Mid Afternoon:

One or two pieces of fresh fruit followed by a cup of green tea or herbal tea. If you feel hungry, you can nibble on raw almonds, walnuts, raw pumpkin seeds, sunflower seeds or more fresh fruit.

***Take one Stomach Clear tablet before dinner.**

Dinner:

Include any of the foods on the 'FOODS YOU CAN EAT LIST'. Brown rice, steamed vegetables, wholemeal pasta etc. On every 2nd, 4th and 6th day you can include a SMALL portion of steamed or grilled fish. We have included a section of tasty recipes, which can be found from page 21 of this booklet.

***Take one Liver Detox tablet and one Bowel Clear tablet after dinner.**

After completing the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program, take two Alive Probiotic Capsules daily – see checklist overleaf

Quick Cleanse Tablet Checklist

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| Before Breakfast 1X Stomach Clear | | | | | | | | | | | | | | | |
| After Breakfast 1X Bowel Clear | | | | | | | | | | | | | | | |
| Before Dinner 1X Stomach Clear | | | | | | | | | | | | | | | |
| After Dinner 1X Liver Detox 1X Bowel Clear | | | | | | | | | | | | | | | |
| After completing the Quick Cleanse 15 Day Detox Program take two Alive Capsules daily for 10 days | | | | | | | | | | | | | | | |
| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | | |
| Alive Probiotic | | | | | | | | | | | | | | | |

Tips - Please read before starting the Caruso's 15 Day Internal Cleansing Detox Program

1. Avoid eating animal products immediately after you have completed the Program. Introduce these gradually over a few days.
2. Repeat the Program every 3 to 6 months or whenever you feel your body needs a good cleanse.
3. Never over-eat.
4. Do not eat late at night or within 2 hours of retiring.
5. Drink at least 8-12 glasses of pure unchilled water daily (2 litres).
6. Always chew your food slowly and thoroughly before swallowing.
7. Use organically grown foods wherever possible.
8. Include large portions of sprouted foods (seeds, grains, legumes) to meals, salads and sandwiches. Sprouts are also rich in Vitamin C and the B group vitamins and provide an excellent source of protein.
9. Continue to include the foods listed in the 'Eating Plan' on a daily basis.
10. If you are a smoker, please try not to smoke, or at least cut down while on the Program.
11. Do not use the Program (discontinue) if abdominal pain or vomiting are present and please contact us on 02 8818 0100.
12. If you are generally sensitive to herbal formulas please start with half the dosage of each product. If you feel fine after 3 days then increase to the recommended dosage.
13. It is important to exercise regularly. Exercise stimulates the circulatory and lymphatic system building muscles and maintaining the health of your nerves, blood, glands, lungs, heart, brain and mind. Lymphatic fluid (circulation) depends solely on exercise. Lack of exercise lowers metabolic efficiency and without circulatory stimulation, the body's natural cleansing systems are weakened. So please find at least 15-30 minutes a day for light exercise such as walking and stretching. Consult your Healthcare Professional before embarking on an exercise regime.

Frequently Asked Questions

If you have any questions or concerns regarding the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program please do not hesitate to contact our advisory line during office hours 9am-5pm (Eastern Standard Time) on 02 8818 0100. Alternatively email your questions to advice@carusos.net.

Q. When is the best time to begin the Caruso's Quick Cleanse Detox Program?

A. It is recommended you start the Caruso's Quick Cleanse Detox Program on a Friday so you can have the weekend to take it easy. If a reaction occurs it is usually on day 2 or 3.

Q. How long can I stay on the Caruso's Quick Cleanse Detox Program?

A. Anywhere from 15 to 30 days, depending on your goal. If you simply feel sluggish and would like to give your insides a good clean out, the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program will usually be enough. A feeling of good health and wellbeing (both body and mind) is the sign you've accomplished your goal.

Q. Will it interfere with my medication, including The Pill?

A. Anyone on medication needs to check with their Healthcare Professional. We usually ask that people start on half dosages of Quick Cleanse supplements and leave at least 2 hours between their medication and the supplements. Women on The Pill are advised to commence the Program on the days that fall on the 'sugar pill' just in case a rare occurrence of diarrhoea is experienced, as a result of the internal cleansing taking place.

Q. Can I do the Program if I am pregnant or breastfeeding?

A. No! We don't recommend pregnant or breastfeeding women go on the Program. If in doubt, always check with your Healthcare Professional.

Q. I take vitamins and other herbal supplements daily. Can I continue taking these while doing the Program?

A. It's best if you stop taking your vitamin and herbal supplements while on the Program. Throughout the 15 days your body will go through what we call a 'cleansing phase' and some of your supplements may be eliminated.

Q. Can children do the Caruso's Quick Cleanse Detox Program?

A. Quick Cleanse is not suitable for children under 18 years of age.

Q. Do I have to take all 4 products?

A. Yes! The combination of 3 cleansing supplements during the Detox and 1 replenishing supplement following the Program, have been formulated for optimum results.

Q. Does the Caruso's Quick Cleanse Detox Program contain gluten?

A. No, the Quick Cleanse Herbal Formulas within this Program do not contain gluten. Please note however that the additional recommended product Quick Fibre Plus does contain gluten.

Q. Do I have to follow the Quick Cleanse Nutritional Eating Plan for the Program to be effective?

A. If you want to get the benefits we claim in our educational material, then the answer is yes. For maximum results and benefits please follow the suggested Eating Plan. The Eating Plan is designed to take a load off your digestive system, to maximise the effectiveness of the herbal supplements and improve elimination.

Q. Do I have to eat everything that is included in the Quick Cleanse Nutritional Eating plan?

A. No, if there are foods you do not like, you do not have to eat them. They are suggestions. You can select any of the other foods from the 'Foods You Can Eat' list!

Q. Can I eat foods other than those listed in the Quick Cleanse suggested 'Eating Plan'?

A. Yes. However, it is really important you don't eat or drink anything from the 'Foods and Drinks to Avoid' list in order to gain the maximum benefits from doing the Program. Make sure to eat a varied diet of natural foods. Those listed on the 'Foods You Can Eat' list will ensure you get enough vitamins and minerals and also to maintain adequate energy levels while on the Program.

Q. This is my 2nd day on the Program and I feel tired and have no energy?

- A.** Most people find they feel quite well on the Program. However, everyone is unique and our bodies do respond differently when undergoing internal cleansing. The most common symptoms experienced while on the Program, if any, are; headaches, lethargy and tiredness, muscle and joint pain, flu-like symptoms, slight stomach cramps and wind pain. These may be experienced during the first 2 days on the Program and are generally very mild. Be sure to drink plenty of water. Symptoms normally subside within the first few days. Some people find it useful to reduce the dosage of the supplements by half in order to continue with the cleansing benefits but at a much slower pace. If in doubt, stop taking the Quick Cleanse supplements and contact us directly on 02 8818 0100 or you can contact us direct via email: advice@carusos.net. If symptoms persist please seek the advice of a Healthcare Professional.

PLEASE REMEMBER: If you are sensitive, have been run down or have health conditions you can start at half the dosage and increase it to the full dose after 3 days or when you're feeling better. Detoxification can affect people in different ways and it is important to remember that it is a normal process and the unpleasant symptoms will pass. Always drink plenty of water.

Q. I'm on the Caruso's Quick Cleanse Detox Program and I'm still constipated, why?

- A.** Sometimes when we change our eating patterns and increase the amount of fibre we are consuming, we notice our bowel motions change slightly for a while. If constipation occurs, we recommend to increase the dosage of Bowel Clear to two tablets for those who were only taking one previously and make sure you are taking Quick Fibre Plus at the recommended dose of 2 heaped tablespoons with your breakfast daily. You can also drink 300mL of prune juice daily. Make sure you drink 2 litres of filtered water daily, as not enough water can often be the cause of the problem.

Q. Will I lose weight on the Caruso's Quick Cleanse Detox Program?

A. Many people do lose weight however, the Caruso's Quick Cleanse Detox Program is not intended to be a weight loss Program. People who are already at a healthy weight for their body size will not find much of a fluctuation, if any at all. If you are overweight and adopt a healthier diet low in fat, exercise daily and take herbal supplements which speed up waste removal, this will naturally help you shed excess weight.

Q. What if I don't want to lose weight?

A. The Caruso's Quick Cleanse Detox Program is not a weight loss program as such. If you are of normal to low weight you will not shift weight too much, and if a slight drop occurs you should regain it when you have completed the Program and return to your regular eating habits.

Q. How often should I do the Caruso's Quick Cleanse Detox Program and can I continue taking it indefinitely?

A. You can stay on the Caruso's Quick Cleanse Detox Program for a period of up to 30 days at any time. The Program can be used every 3 to 6 months depending on the individual. Stomach Clear, Liver Detox and Alive Probiotic capsules can be taken daily over a long term basis. However, we recommend you don't use Bowel Clear for more than 30 days without having a break for about 4-6 weeks.

Q. I'm on the Caruso's Quick Cleanse Detox Program and have diarrhoea, what should I do?

A. Sometimes when we are cleansing our bodies, the body can increase our bowel motions to help us eliminate waste out of our body. If your motions are very runny and you are going more than four times a day (with a sense of urgency), we recommend you try the following: make sure you are drinking at least 2 litres of water a day and are having Quick Fibre Plus in the mornings. Stop the Bowel Clear tablets for 2 days, and then recommence at half the dosage (half a tablet in the morning and half at night). If symptoms persist, consult your Healthcare Professional.

Q. What should I do if I experience nausea/vomiting?

A. Detoxification, particularly of the liver, can excrete toxins into the body which may

result in some people feeling nauseous. The best way to relieve this is to drink at least 2 litres of filtered water daily. Ginger and peppermint tea can also help to settle nausea.

Q. Can I drink decaf coffee?

A. We recommend no coffee be taken during the Program, including decaffeinated coffee. The process to remove caffeine from coffee beans involves chemicals and some residue may remain in the coffee. You can drink dandelion root tea, cereal coffee substitutes, green tea or herbal teas. If your coffee and tea intake is usually high, we recommend you slowly wean yourself off it before starting the Program. Caffeine drinks put a load on your liver!

Q. Why should I avoid oranges and orange juice?

A. Oranges have a low pH (high in acid) and during the Program we try to maintain a diet that is low in acidity, and gentle on the digestive tract. Lemons are acceptable because they stimulate the liver adequately to aid the cleansing process. After completing the Program, you can re-introduce these foods into your diet.

Q. Can I take pain killers (Panadol, Nurofen etc.) while on the Program?

A. If at all possible, we recommend you don't take pain killers while you are on the Program. For headaches we recommend White Willow bark tablets (available at your local Health Food Store). The tissue salt Magnesium Phosphate (Mag Phos) is also suitable for relieving headaches. If the headache is from caffeine withdrawal, try and have a few cups of green tea throughout the day to help with the headache.

Q. What if I miss a dose of Caruso's Quick Cleanse tablets?

A. Don't worry about it, just continue with the Program as if you did not miss a dose. Please do not take a double dose!

Q. I know you say that we can't drink coffee or tea throughout the Program, but can I just have one cup a day. Surely one won't hurt?

A. No. One of the main functions of the Program is to cleanse your liver. Unfortunately, caffeine puts a load on the liver which can undermine your body's capacity to cleanse. If you suffer from caffeine withdrawal symptoms (severe headaches, unable to

concentrate or migraines) stop the Program and wean yourself off coffee over a 5 day period and then start back on the Program once your symptoms have reduced.

Suggestion: Increase green tea to 5 cups a day throughout the Program.

Q. Why is green tea allowed on the Caruso's Quick Cleanse Detox Program when it contains caffeine?

A. Green tea is highly recommended during the Program because of the vast health benefits. Green tea helps digestion, may alleviate constipation and diarrhoea and may help inhibit bad bacteria to name a few. The caffeine in green tea is about 15mg per cup compared to instant coffee which is between 65-100mg and instant black tea, contains 30mg of caffeine.

Q. What do I do once I have finished the Caruso's Quick Cleanse Detox Program?

A. Once you have finished the Program, your meals should be small and at frequent intervals. Gorging or eating highly refined foods may upset your stomach. Continue eating easy to digest foods for at least another day and then on the second day start introducing small portions of meat, chicken and other foods. Remember to continue drinking plenty of water, lower your intake of animal fats like milk, butter and cheese and eat at least three varieties of coloured seasonal vegetables and a piece of fruit everyday.

Q. Do I need to take any other supplements after I have completed the Caruso's Quick Cleanse Detox Program?

A. It is important you support your digestive system with a Probiotic after you have completed the Program. Alive Probiotic is a high potency 25 Billion Multi-Probiotic blend of live friendly bacteria, containing 3 specially selected strains of bacteria in every capsule. Alive Probiotic is designed to flood your small and large intestine with friendly bacteria and is included within the Program for you to start after your 15th day.

Alive Probiotic

It is important that you nourish your digestive system with a Probiotic immediately after you have completed the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. This is why we have included Alive Probiotic within the Program.

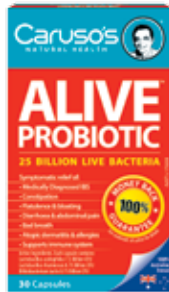
Alive Probiotics contains 25 Billion friendly bacteria including Lactobacillus acidophilus, Lactobacillus rhamnosus and Bifidobacterium lactis, which are specific strains for maintaining a healthy digestive system and balancing gut flora. When your digestive system is deficient in friendly bacteria, you may experience constipation, flatulence, bloating, diarrhoea, bad breath or other uncomfortable digestive health problems.

Different factors such as antibiotic use, high stress levels, poor lifestyle habits (smoking, alcohol consumption etc.), poor digestion, slow elimination or Irritable Bowel Syndrome all increase your body's need for additional probiotics.

Full of health giving Probiotics

Lactobacillus acidophilus may support immunity and may assist in the relief of; bloating, flatulence and stomach cramps. Lactobacillus rhamnosus may assist in the relief of Medically Diagnosed Irritable Bowel Syndrome. Lactobacillus rhamnosus has also been shown to effectively reduce diarrhoea, particularly traveller's and antibiotic associated diarrhoea. Because Alive Probiotic doesn't require refrigeration, it is the ideal traveller's companion! Also if you have taken antibiotics, Alive Probiotic may assist in maintaining normal, healthy gut flora. We recommend you take Alive Probiotic everyday on a long term basis.

For more information please visit our website www.carusoshealth.com.au or call us on 02 8818 0100. Alive Probiotic is available in 30 and 60 capsules sizes from your local Health Food Store or Pharmacy. Use only as directed and always read the label. If symptoms persist, consult your Healthcare Professional.



Quick Fibre Plus

Keeping regular is essential while Detoxing!



Keeping regular is essential while Detoxing! We have included Quick Fibre Plus within the Quick Cleanse Nutritional Eating Plan because it is loaded with multiple fibres and special herbs which are important for bowel health.

One 30 gram serve, supplies a child over 12 years of age with 100% of their daily fibre requirements (an adult with 1/3) plus providing an excellent source of Calcium, Potassium and Omega 3 and 6 Essential Fatty Acids. One of the primary causes of constipation is insufficient fibre in your diet. Fibre absorbs water in the intestines, thereby bulking up the stool, lubricating it and making it softer and easier to expel. Fibre isn't only roughage, it is a combination of insoluble and soluble fibres. Consuming 30 grams of both insoluble and soluble fibres daily will, in most cases, prevent or relieve constipation and decrease the risk of other associated bowel problems.

Important Message:

It is important that you nourish your digestive system with a Probiotic immediately after you have completed the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. For this purpose we have developed a unique product called Alive Probiotic. Alive Probiotic is a high potency 25 Billion Multi-Probiotic blend of live friendly bacteria containing 3 specially selected strains of bacteria in every capsule. Alive Probiotic is designed to flood your small and large intestine with friendly bacteria and is included within the Program for you to start immediately after your 15th day.

A diet high in fibres such as psyllium also helps to lower and maintain healthy cholesterol levels. Other beneficial fibres useful for cholesterol levels include: rice bran, oats and flaxseed all of which are found within Quick Fibre Plus. A great breakfast drink for all the family! We recommend you continue taking Quick Fibre Plus after completing the Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program. Quick Fibre Plus was first introduced on the Australian market in 1989 as a high fibre nutritional breakfast for all the family. Manufactured in Australia from local and imported ingredients, it comes in delicious flavours: Carob, Chocolate and Natural. It's available from all leading Heath Food Stores and Pharmacies. For more information on Quick Fibre Plus please visit www.carusoshealth.com.au.

Delicious Recipes You Can Eat While On The Caruso's Quick Cleanse 15 Day Internal Cleansing Detox Program.

Please note: tsp = teaspoon and tbsp = tablespoon

MUSHROOMS ON TOASTED RYE Serves 1

Ingredients:

- ¼ medium chopped onion
- ¼ clove of garlic crushed
- 50gm chopped flat mushrooms
- ¼ tsp mustard seeds
- 1 slice of rye bread
- ½ tsp cold pressed olive oil
- 50gm sun dried tomatoes

Method:

- Heat in a pan the olive oil.
- Add the onion and garlic and cook until the onion is soft.
- Add the mushrooms and mustard and cook until the mushrooms are soft.
- Toast the rye bread.
- Place the mushroom mixture on top and top with tomatoes.
- Grill to warm the mixture.
- For a different variation roast avocado, tomato and basil on rye.

PEACH MUESLI Serves 4

Ingredients:

- 2 cups uncooked rolled oats
- 2 cups coarsely chopped fresh peaches, partially peeled

- 1 ½ cups apple juice
- 220gm soy or goats yogurt
- ¾ tsp nutmeg

Method:

- Combine all ingredients. Cover and refrigerate for 8 hours or overnight.
- Serve muesli cold and uncooked, topped with fresh berries of your choice. Can be stored covered in the fridge for up to three days.

STRAWBERRY SMOOTHIE Serves 1

Ingredients:

- 1 cup of soy or goats yogurt
- 1 tsp of raw honey
- ½ cup of sliced strawberries
- 1 tsp of flaked almonds
- Sprinkle of cinnamon, nutmeg and vanilla

Method:

- Place all of the ingredients into the blender or use a mixer and blend until smooth and enjoy chilled.
- Variation: Try adding different combinations of fruits to the smoothie such as paw paw, passionfruit, apple, melon or blueberries.

Breakfast

PANCAKES Makes 4

Ingredients:

1 ½ cups wholemeal self raising flour

1 cup soy/rice milk

3 tsp lemon juice

For a sweeter alternative add banana, apricots or lime zest

For a savoury alternative add freshly chopped herbs and/or crushed garlic

Method:

- Slowly blend the milk into the flour, adding a little at a time.
- Add the lemon juice and blend in. For savoury pancakes add; herbs, garlic, vegan stock powder, or toasted crushed seaweed to the mix. For sweet pancakes add; honey, cocoa, raisins, chopped apricots or zest of lime to the mix.

- In a very hot non-stick frying pan put a dribble of olive oil and enough mixture to barely cover the bottom of the pan. Swirl the mix around in the pan to get an even thickness and wait for bubbles to rise and the mix to start to set. Then toss and cook the other side.

BREAKFAST COOKIES Makes 24 Cookies

Ingredients:

3 cups oats

2 medium bananas

Just under 1/3 cup olive oil

1/3 tsp sea salt to taste

1/3 to ½ cup dates (pitted)

2/3 cup toasted almonds or any other nut you like (optional)

Method:

- Mix oats and sea salt. Add olive oil and mix well.
- In a blender, mix bananas and dates until well blended and smooth. You can add a little brown rice syrup or maple syrup if you want them sweeter.
- Add banana mixture to the oats and blend well. Add nuts and carob if you like. Let it stand for half an hour.
- On an ungreased cookie sheet, form cookies (they will not spread or change at all with baking, so make them nice!).
- Bake in a preheated 180 degree oven for 12-15 minutes.

OATMEAL CRUNCH Serves 1

Ingredients:

1 serving of oatmeal (or you can add half a chopped banana to a regular serving of oatmeal)

¼ cup or 75g of chopped walnuts (or any nuts available like almonds or pecans)

¼ or 75g of dried apricots or raisins (chopped into small bits)

Method:

- Make oatmeal as usual but add half of the ¼ (75g) dried fruit and walnuts. Then stir in the rest of the dried fruit and nuts. Eat warm.

Lunch and Dinner

CHILLI OR HERB VEGETABLE KEBABS

Serves 4

Ingredients:

- 2 baby eggplants - sliced
- 2 small zucchinis - sliced
- ½ red capsicum - cut into 2 ½ cm chunks
- ½ green capsicum - cut into 2 ½cm chunks
- 250gm cherry tomatoes
- 1 small pineapple - cubed
- 1 tbsp olive oil
- 1 tbsp of fresh ground chilli or freshly chopped herb of your choice

Method:

- Soak the skewers in water for about 20 minutes (you'll need about 12).
- Thread the vegetables and pineapple onto the skewers.
- Lightly brush the kebabs with olive oil then sprinkle with chilli or herb.
- Then BBQ or grill them until lightly browned on both sides and cooked through.
- Serve with brown rice or a garden salad.

SWEET POTATO AND CUMIN SOUP Serves 4

Ingredients:

- 1 large onion, chopped
- 1 tbsp olive oil
- 1 small clove of garlic, minced
- 750gm sweet potatoes
- 3 carrots
- 1 tbsp cumin seeds (toasted and ground)
- 1 tbsp coriander seeds (toasted and ground)
- 3 cups of Massel vegetable stock
- 1 tbsp freshly squeezed lemon juice
- ¼ cup of chopped coriander
- 3 tbsp roasted peanuts, chopped

Method:

- Combine the onion and garlic in large pan and cook over a moderate heat until the onion is soft.
- Add the carrots, sweet potato, cumin and coriander and stir for 1 minute.
- Add stock, salt and pepper.
- Bring to boil. Reduce heat and simmer gently for 1 hour or until the carrots are soft.
- Blend the mixture, add lemon juice, check seasoning.
- Serve hot or chilled with chopped coriander and peanuts.

Lunch and Dinner

PASTA TWIRLS WITH BLACK OLIVES AND ROASTED GLOBE ARTICHOKE Serves 4

Ingredients:

- 200gm wholemeal pasta
- 400gm of artichoke hearts
- 1 tbsp olive oil
- 400gm of roma tomatoes
- 12 black olives, stoned and roughly chopped
- 2 tbsp pesto (optional – recipe available on page 34)
- Freshly-ground black pepper
- A few fresh basil sprigs, to garnish (optional)

Method:

- Put the pasta on to cook in plenty of boiling water following directions given on the back of packet for that particular pasta.
- Carefully rinse and drain the artichoke hearts, gently squeezing out any liquid trapped between the layers, but being careful not to squash them. Cut into quarters, put into a grill pan or baking dish, drizzle with the olive oil, and mix gently with your hands, at all times being careful to keep the pieces from falling apart.
- Put under a grill and roast, stirring once or twice, until golden. It doesn't matter if they're done before the pasta; just turn off the grill and leave them there to keep warm.

- When the pasta is done, drain it well in a drainer or sieve, leaving the pasta in the drainer for now.
- Return the empty pasta pan to a low-medium heat and add the chopped tomatoes, olives and pesto. Mix well and heat through for 2 minutes.
- Return the pasta to the pan and mix well, then gently stir in the roasted artichoke hearts. Heat gently for a further 30 seconds or so, until heated through, then serve, garnished with fresh basil sprigs if you wish.

CHILLI BEAN HOT POT Serves 4

Ingredients:

- 2 brown onions (sliced or diced)
- 4 cloves of garlic (finely chopped)
- 1 tin of organic tomatoes
- 400gm of red kidney beans
- 2 red chillis seeded and diced (or to taste)
- ½ tsp of sea salt
- Handful of basil leaves
- 2 tsp olive oil

Method:

- Heat 2 teaspoons of olive oil in a large pan and sauté the onions.
- Add 4 cloves of garlic, tin of tomatoes, red kidney beans and the chilli.
- Add ¼ tsp of sea salt to taste and a handful of basil leaves. Put lid on and simmer for 30 minutes.
- Serve with brown rice.

Lunch and Dinner

PUMPKIN SOUP Serves 4-6

Ingredients:

- 1kg pumpkin chopped, peeled and seeded
- 1 large finely chopped carrot
- 1 large onion - finely chopped
- ½ cup red lentils
- 1 tbsp tamari (salt and yeast free soy sauce from health food store)
- Salt and pepper to taste
- 1 litre of water
- ½ Massel vegetable stock cube (optional)

Method:

- Sauté onion in a little olive oil until golden brown. Add carrot and fry a little longer.
- Add remaining ingredients and cover with water (approx. 1 litre).
- Bring to boil and simmer for 20 minutes or until lentils are soft.
- Taste and add ½ Massel vegetable stock cube if desired.
- Let cool, then place in food processor and blend.
- Place back on heat, to simmer for a minute, and serve.

VEGETABLE TORTILLAS

Makes 4 vegetable wraps

Ingredients:

- 4 - 8-inch wholemeal or corn tortillas
- 4 leaves of loose leaf lettuce or lettuce of choice, washed and patted dry
- 3 roma tomatoes, each sliced into pieces
- ¾ cup zucchini sliced
- ¾ cup summer squash sliced
- ¾ cup carrot, shredded
- 1 cucumber, peeled, and sliced thin

Method:

- Place the tortillas; flat on a cutting board; place 1 lettuce leaf in the center of each tortilla so that a little of it hangs out the top edge.
- For each tortilla; on top of the lettuce place 3 slices of tomato, 3 tbsp sliced zucchini, 3 tbsp sliced summer squash, 3 tbsp shredded carrot, and in rows, 6 slices of cucumber.
- Fold the bottom of the tortilla up to the center of the tortilla, then fold in each side, one overlapping the other to enclose the vegetables, and secure the wrap with a toothpick.
- Wrap the vegetable wraps in aluminium foil, waxed paper, or plastic cling film, or place in an airtight container.

Variation - substitute any of the suggested vegetables for some of your other favourite vegetables, such as beetroot, sweet potatoes, radishes, fresh sprouts or beans, etc.

Lunch and Dinner

MUSHROOM, ASPARAGUS AND PEA RISOTTO Serves 4 (main dish) or 6 (side dish)

Ingredients:

3 ½ - 4 cups Massel vegetable stock
500gm asparagus, ends trimmed
1 cup onion, diced
2 tbsp olive oil
1 ½ cups mushrooms, de-stemmed, cut in half lengthwise, and sliced
2 tbsp garlic, minced
1 cup brown rice
¼ tsp saffron threads
Sea salt and freshly ground black pepper, to taste
1 cup fresh peas
¼ cup freshly chopped parsley
2 tbsp freshly chopped dill
2 tsp finely grated lemon zest

Method:

- In a medium saucepan, place the vegetable stock, and bring to a boil. Slice the asparagus spears diagonally into 1 inch pieces and place them in a fine mesh strainer.
- Place the strainer in the boiling vegetable stock and cook the asparagus in the stock for 2 minutes to blanch them. Remove the strainer from the stock and set the asparagus aside.
- Reduce the heat of the stock to low. In a large saucepan, sauté the onion in the olive oil for 3 minutes to soften. Add the

mushrooms and garlic and sauté the mixture for an additional 3 minutes.

- Add the rice, stir well to coat it with the sautéed vegetable mixture, and cook for an additional 2 minutes while stirring constantly or until rice turns opaque. Add saffron threads, season to taste with salt and pepper and stir well to combine.
- Reduce the heat to low and cook the mixture while stirring occasionally until all of the liquid has been absorbed. Add ½ cup of the simmering vegetable stock and continue to cook, while stirring occasionally, until all of the stock has been absorbed. Repeat the procedure of adding a ½ cup of simmering stock, stirring and cooking until fully absorbed before adding additional stock, until all but a ½ cup of stock remains.
- Add the blanched asparagus, along with the remaining ingredients, and stir well to combine. Cook the mixture for an additional 2-3 minutes while stirring constantly, adding the remaining stock as needed so that the rice is tender and the risotto has a creamy consistency. Taste and adjust the seasonings as desired.

Lunch and Dinner

MUSHROOM AND SPINACH SAVOURY RICE

Serves 2

Ingredients:

- 1 cup brown rice
- 2 cups water
- ½ tsp sea salt
- 1 medium onion chopped
- 2 cups sliced mushrooms
- 2 cups chopped spinach
- ½ cup chickpeas, soaked and drained
- 2-3 saffron threads
- Sea salt and pepper to taste
- Olive oil

Method:

- In a medium saucepan, combine rice, water, salt and bring to boil. Stir once, cover, reduce heat and simmer for 20 minutes.
- While rice is cooking, sauté onions in a little olive oil. Add mushrooms and continue to sauté mixture. Add salt and pepper to taste. When onions and mushrooms are cooked, add the spinach and chickpeas and continue to sauté until the spinach is wilted. Remove from heat.
- Stir the mushroom and spinach mixture into the cooked rice. Add the saffron and mix well. This can be served as a side dish, or a main meal with salad.

VEGETARIAN BOLOGNAISE Serves 4

Ingredients:

- 1 medium eggplant diced
- 1 carrot grated
- 6-8 mushrooms chopped
- 1 onion diced
- 5 tomatoes
- ½ tsp basil
- ½ tsp oregano
- ½ tsp parsley
- ½ Massel vegetable stock cube
- 1 tbs olive oil
- ½ cup of water

Method:

- Sauté eggplant, mushrooms and onion in oil until soft. Add carrot and water, simmer for 10 minutes.
- Add tomatoes, vegetable stock cube and herbs. Bring to boil then simmer for 20 minutes until cooked. Enjoy with your wholemeal pasta.

EASY STIR FRY Serves 4

Ingredients:

- 1 baby squash diced largely
- 1 zucchini diced largely
- ½ medium onion
- 1 cup sliced mushrooms
- 2 tbs tamari
- 4 tbs Massel vegetable stock
- 2 cloves crushed garlic
- 2 cups brown rice

Lunch and Dinner

Method:

- Sauté all ingredients in the vegetable stock, starting with onions and garlic then add the rest of the ingredients. May need to add a further splash or two of tamari for taste and consistency.

VEGETABLE STEW Serves 4

Ingredients:

- 2 onions
- 2 carrots
- 2 red peppers
- 2 celery stalks
- 1 cup mushrooms
- 2 zucchini
- 2 tomatoes
- 1 cup organic, salt free tomato paste
- 1 cup water
- ¼ tsp sea salt
- ¼ tsp of chilli flakes

Method:

- Cut onions, carrots, red peppers, celery, mushrooms and zucchini into bite-size pieces. Sauté in vegetable broth for 5 minutes until still slightly crunchy. Cut tomatoes into bite-size pieces and add with the rest of the ingredients. Cover and cook for 20 minutes on simmer. This is delicious served over roasted potatoes.

TASTY GREEN RICE DISH Serves 2 - 3

Ingredients:

- 1 tbsp cold pressed extra virgin olive oil
- 1 medium onion
- 4 cloves of garlic
- 1 bunch chopped fresh spinach
- 1 cup brown rice (soaked overnight)
- 4 cups purified water
- 1 cube Massel vegetable stock
- 1 pinch cayenne pepper

Method:

- Peel and chop the onion and garlic finely.
- Place in a saucepan with a small quantity of water and slowly cook until transparent.
- Mash up the stock with your fingers and add to the pot.
- Add the olive oil and spinach, allowing it to cook further. Stir in brown rice, and add the 4 cups of water.
- Turn the heat up until it begins to boil, then reduce and simmer until all the water is absorbed.
- Make sure you stir occasionally so it doesn't stick to the bottom.

Lunch and Dinner

PASTA WITH VEGETABLE SAUCE

Serves 4 - 6

Ingredients:

1 tbsp cold pressed extra virgin olive oil
1 small chopped zucchini
1 small eggplant chopped into small cubes
1 large tomato chopped
1 garlic clove
¼ cup of fresh parsley
(and a bit for garnishing)
Cayenne pepper to taste and
salt-free seasoning to taste (optional)
1/3 cup of purified water
250gm wholemeal pasta in purified
boiling water

Method:

- Place saucepan with water to boil for the pasta.
- Brush fry pan with olive oil.
- Place the eggplant and cook until soft, about 1-2 minutes.
- Add zucchini, tomato and garlic.
- Add ¼ cup parsley and a pinch cayenne pepper.
- Stir ingredients and add the water, simmering for 10 mins.
- Add pasta to boiling water, cook for approx. 5-10 minutes. Strain.
- Serve vegetable sauce onto cooked wholemeal pasta and garnish with remaining parsley.

BEAN & LENTIL STEW Serves 3 - 4

Ingredients:

2 litres purified water
100gm soya beans (or any other variety eg: red kidney beans, chickpeas etc.)
100gm raw lentils
2 medium chopped onions
4 tbsp cold pressed extra virgin olive oil
4 cloves crushed garlic
1 finely chopped chilli pepper
50gm rinsed raw brown rice
1 tsp cumin spice
1 tsp oregano
½ tsp freshly ground black pepper
3 tbs finely chopped fresh coriander leaves

Method:

- To prepare beans beforehand: In a pot, cover the amount of beans with 3 times as much water in volume. Cover the pot and bring to a rapid boil. Reduce the heat and allow to simmer 5-10 minutes. Take off heat and allow to stand still covered for about 2 ½ hours. At the end of that time, drain the beans and discard the water.
- Sauté onions in oil until light brown. Add garlic and chilli and stir fry for 1-2 minutes.
- Combine onion to lentils and beans, adding rice and all the dry spices.

Lunch and Dinner

- Cover and simmer over a low heat for 30 minutes or until legumes and rice are cooked, stirring occasionally to prevent sticking to the pot. Just before serving, adjust seasonings and stir in coriander. Accompany the dish with a garden salad and if desired some extra steamed brown rice.

ITALIAN STYLE BEANS Serves 3 - 4

Ingredients:

250gm dried haricot beans (or any other beans of your choice)
2 cloves of crushed garlic
2 medium finely chopped onions
1 medium green capsicum, cored, seeded and thinly sliced
2 medium ripe tomatoes, roughly chopped
1 tbsp tomato paste
2 tbsp cold pressed extra virgin olive oil
2 tbsp fresh parsley
1 tsp dried sage
Black pepper, freshly ground to taste
450mL Massel vegetable stock using purified water
Salt-free seasoning to taste (optional)

Method:

- Combine all ingredients, except seasoning, in a heavy casserole dish.
- Cover and bring to the boil on top of the stove. Transfer to the pre-heated oven (180°C) and bake for 2 hours.

- Stir in seasoning (optional), and bake uncovered for another 30 minutes. Serve with wholegrain yeast free bread and green salad.

MINISTRONE SOUP Serves 6 - 8

Ingredients:

2 cups diced potatoes
2 chopped tomatoes
2 cups chopped celery
1 cup sliced pumpkin or carrot
1 cup sliced zucchini
1 cup chopped onion
¼ cup cold pressed extra virgin olive oil
1-1 ½ cups cooked kidney beans
2 tsp salt-free seasoning
12 cups cold water or Massel vegetable stock
100gm wholemeal macaroni
½ cup chopped parsley or chives for garnish

Parsley Sauce

1 cup fresh parsley
1 ½ tbsp dried basil
½ tsp salt-free vegetable seasoning
2 tsp crushed garlic
2 tbsp pine nuts

Method:

- Dice the potatoes and chop the rest of the vegetables.
- Heat saucepan, add half the oil and the vegetables, beans, seasoning and water.
- Bring to the boil, cover and simmer for 40 minutes. Alternatively, pressure cook for 15 minutes.

Lunch and Dinner

- Combine all ingredients for sauce and blend until smooth. Set aside.
- Add the macaroni and cook till tender (about 10 minutes). Stir in sauce, remaining oil and serve with garnish.

TOMATO & LENTIL SOUP Makes 4 ½ cups

Ingredients:

- 1 large onion
- 810gm tomatoes
- 125gm red lentils (dry weight)
- 2 cups Massel vegetable stock
- Freshly ground pepper to taste
- Fresh basil leaves

Method:

- Peel and finely chop the onion.
- Simmer the onion until just softened in a little water.
- Add the tomatoes and break them up slightly.
- Rinse the lentils, drain and add to the tomatoes.
- Stir in stock and season with pepper to taste.
- Bring to the boil, cover and simmer for 30 minutes or until the lentils are tender.
- Remove from the heat, tear the basil leaves into small pieces and add to the soup. Blend until smooth.
- Return to the pan and heat through for a few minutes.
- Serve garnished with basil leaves.

GARDENER'S PIE Serves 6

Ingredients:

- 1 cup brown lentils
- 1 tsp onion powder
- 1 tbsp cold pressed extra virgin olive oil
- 1 large onion, finely chopped
- 1 garlic clove, crushed
- 1 cup mushrooms, sliced
- 1 stick celery, sliced
- 1 cup carrot, finely sliced
- ½ cup broccoli florets
- 1 tbsp salt-free vegetable seasoning
- 1 tbsp salt-free tamari
- ¾ cup Massel vegetable stock
- 1 tsp mixed herbs
- ½ tsp oregano
- 3 tbsp tomato paste
- 2 ½ cups mashed potato

Method:

- Soak the lentils for 2 hours or overnight, drain and rinse.
- Add fresh water and bring to the boil in a large saucepan with the onion powder.
- Simmer for 15 minutes or until tender. Drain.
- Heat oil in a large saucepan and sauté onion, garlic and mushrooms for 5 minutes.
- Add remaining vegetables and sauté for a few minutes.
- Add lentils, seasoning, tamari, vegetable stock, herbs and tomato paste.
- Stir over heat until combined and simmer for 5 minutes. Mixture should be fairly thick.

Lunch and Dinner

- Turn into a 5cm deep dish, top with mashed potato.
- Mark attractively with a fork and brown in a hot oven for 15 minutes. Serve with side salad or vegetables.

SPICY BROWN RICE Serves 4

Ingredients:

- 2 tbsp cold pressed olive oil
- ½ tsp yellow mustard seeds
- ¼ tsp black onion seeds
- ½ tsp of masala
- 6 cloves garlic, finely crushed
- 600gm brown rice, washed and drained
- 1.5 litres water
- ¼ tsp salt-free vegetable seasoning
- 100gm shelled pistachio nuts
- Fresh coriander leaves to garnish

Method:

- Heat olive oil, add mustard and black onion seeds, fry briefly.
- Add masala followed by garlic.
- Stir in the rice for a couple of minutes, then add water and seasoning.
- Bring to the boil, stir then reduce heat slightly, cook for 30 minutes or until all the liquid has evaporated.
- Leave it to sit covered for 5 minutes.
- While the rice is cooking, place pistachios in a heavy base frying pan, on medium heat, stir frequently to avoid burning.

- Mix most of the pistachios into the cooked rice, leaving the remaining to garnish the top of the rice.
- Add the final garnish of the fresh coriander leaves, then serve.

SWEET & SOUR SNAPPER Serves 4-6.

Ingredients:

- 1kg whole snapper
- 2 stalks shallots and 2 slices ginger root
- 1 tbsp salt-free vegetable seasoning
- 2 tbsp shredded ginger root
- 2 tbsp shredded spring onion
- 1 tbsp shredded chilli
- 2 tbsp shredded capsicum
- 5 tbsp cold pressed extra virgin olive oil
- 10-15 cups purified water
- 4 tbs of sesame seeds
- 6 tbsp brown rice vinegar
- 6 tbsp barley malt
- 1 tsp mustard powder
- 1/2 tsp arrowroot flour
- 1-2 tbs purified water and 2-3 Coriander sprigs

Method:

- Rinse fish.
- Rub the fish with the first five ingredients inside and out. Let stand for 20 minutes.
- Meanwhile, shred all the vegetables.
- Drain off fish, combine in the pot 1 tbsp oil and water. When it reaches boiling point, place whole fish in. (Water should cover fish).

Lunch and Dinner

- Cover and when the water boils again, turn off heat. Let sit covered for 15 minutes.
- Remove fish to a serving platter.
- Spoon sesame seeds over the fish.
- Heat the wok, add remaining 4 tbsp of olive oil and stir fry vegetables.
- Add the next 3 ingredients and cook until the mixture boils.
- Dissolve the arrowroot in water, stir in wok and mix till thick and clear.
- Pour sauce over fish and garnish with coriander.

Dips, Spreads and Sauces

ZESTY MANGO DIP

Ingredients:

- 2 large tomatoes, chopped
- 1 medium white onion, minced
- 2 medium mangos, cut into fine dice
- 1 jalapeño pepper, seeds removed, minced
- Juice from ½ lime
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp honey, or to taste
- ¼ cup coriander leaves, minced

Method:

- Mix all ingredients together and allow to sit, refrigerate for several hours before serving.
- Use toasted wholemeal bread to dip.

QUICK PASTA SAUCE

Ingredients:

- 1 tin of organic, salt free chopped tomatoes
- 1 large chopped onion
- 2 garlic cloves
- 1-2 tbsp fresh basil
- 2-3 dried bay leaves
- 100g red kidney beans raw and soaked
- 1 cup pumpkin, cooked
- ½ jar commercial pasta sauce (sugar, salt and preservative free)

Method:

- Heat ingredients together over a medium heat and simmer for 40 minutes. Serve as you would other sauces.

HOMMUS

Ingredients:

- 2 cups boiled chickpeas (which were soaked overnight) and cooked until tender
- 4 tbsp unhulled tahini paste
- Juice of 1 lemon
- 3 garlic cloves, crushed
- 1 pinch cayenne pepper and salt-free vegetable seasoning to taste, purified water to dilute if needed

Method:

- Place cooked chickpeas and crushed garlic cloves in the electric blender/ food processor and blend until it is a thick, powdery consistency.
- Add the tahini, lemon juice, cayenne pepper and vegetable seasoning to taste.

Dips, Spreads and Sauces

- Continue to blend until the mix becomes a smooth, creamy paste. If it is too thick, add the water to dilute and continue to mix.

GUACAMOLE

Ingredients:

- 1 avocado, large
- 1 garlic clove
- 1 onion, brown, small
- 1 tbsp coriander, chopped
- Juice of ½ lemon
- 1 pinch sea salt, to taste
- 1 pinch pepper, ground, to taste

Method:

- Mash all ingredients together, either by hand or very briefly in a blender or food processor. It should have some texture and not be processed into a smooth paste.
- As an alternative, add 1 small, very ripe tomato and/or 1 small chopped chilli for variation.
- Can be used as a salad dressing or added to sandwiches or tortillas.

CHILLI SAUCE

Ingredients:

- 4-5 tbsp cold pressed extra virgin olive oil
- 3 red chillies, de-seeded and chopped
- 4 shallots, chopped
- 2 cloves of finely crushed garlic

- 2 tbsp freshly chopped parsley
- Salt-free seasoning to taste (optional)

Method:

- Heat the oil, add chillies, shallots and garlic. Cook for 2 minutes.
- Add parsley and seasoning. This sauce goes well over wholegrain pasta and rice, or with steamed cauliflower, broccoli or green beans.

DELICIOUS PESTO SAUCE

Ingredients:

- 1 tbsp cold pressed extra virgin olive oil
- 2 tbsp pine nuts
- 2 cups fresh basil leaves without stems
- 2 garlic cloves
- Salt-free seasoning to taste
- Black pepper, freshly ground
- ¼ cup cold pressed extra virgin olive oil

Method:

- Heat 1 tbsp of oil and on a gentle heat toss the pine nuts until lightly brown. Drain and discard the oil.
- Process the basil leaves in blender/ food processor together with the pine nuts, garlic, seasoning and pepper.
- While still processing, pour the rest of the oil in slowly until incorporated. This is lovely on pasta and steamed vegetables like cauliflower and zucchini.

ROASTED CORN AND MUSHROOM SALSA

Ingredients:

- 5 cobs fresh corn
- 2 tomatoes finely diced
- 1 cup fresh shiitake or other wild mushrooms, cleaned and diced
- ½ green capsicum finely diced
- 2 medium red chillies, peeled, deseeded, roasted and diced
- 1 tsp minced fresh marjoram
- 2 clove roasted garlic, peeled
- ½ tsp apple cider vinegar
- 1 tsp fresh lime juice
- 1 tsp sea salt
- 1 tbsp olive oil

Method:

- Cut corn kernels from cobs. Heat a non-stick pan over high heat until almost smoking. Add one layer of kernels and cook in pan without oil, tossing constantly, until corn is smoky and dark for about five minutes. Place in large bowl and repeat until all the corn is cooked.
- Heat olive oil in sauté pan over medium-high heat. Add mushrooms and sauté until tender for about 5 minutes. Add corn. Add remaining ingredients and mix well. Season with additional sea salt, if needed.
- Serve at room temperature. Store, refrigerate in an airtight container, and store for up to 2 days.

BRUSCHETTA Serves 4 – 6

Ingredients:

- 5 fresh tomatoes
- 1 spanish onion
- 2 peeled and diced cucumbers
- Lots of fresh chopped basil
- A loaf of wholemeal vienna bread
- Olive oil
- Sea salt
- Apple cider vinegar (suggestion)

Method:

- Finely dice the tomatoes, onions, cucumbers.
- Combine the diced tomatoes, onions and cucumbers with a bit of apple cider vinegar in a bowl. Season to taste with sea salt, pepper and the basil.
- First toast the thick slices of wholemeal vienna bread in the toaster. Then brush the slices with a bit of olive oil and grill until nice and crusty.
- The tomato mixture can be put on the grilled hot slices as a cold mixture, or you can slightly grill the topped slices again.

CASHEW CREAM MAKES 2 ½ cups

Ingredients:

- 1 cup cashews, raw and unsalted
- 1 large ripe banana
- ¼ cup soy/rice milk
- 200gms of seasonal fruits such as; strawberries, apricots, peaches and pears

Snacks

Method:

- Blend all ingredients until the mixture reaches a uniform smooth consistency.
- The amount of milk may need to be increased depending on the strength of your blender or your own personal preference.
- This base can then be used to make fruit dips or even bake 2 halved pears in an oven for 10 minutes at 150°C, allow to cool and serve with Cashew Cream.

SWEET POTATO CHIPS

Ingredients:

Several sweet potatoes (depending on how many chips you would like to make)
Olive oil
Sea salt

Method:

- Preheat the oven to 200°C.
- Peel the potatoes and slice thinly.
- Line a baking tray with bake proof paper and thinly spread a small amount of olive oil.
- Lay the potato pieces on the tray, lightly sprinkle with sea salt and bake for 20 minutes or until crisp.
- Serve hot or cold.

POPCORN Serves 1 – 2

Ingredients:

¼ cup of kernels
1 tbsp olive oil
Sea salt

Method:

- Heat 1 tbsp of olive oil in a medium pan.
- Test the heat of the pan by putting in 1 kernel and when it begins to spin add the remainder of the kernels.
- Put on the lid and occasionally shake on the hot plate without taking off the lid, after a minute or two the popping will stop, take the pan off the heat.
- Sprinkle lightly with sea salt and serve hot or cold.

WATERMELON SURPRISE

Ingredients:

4 large pieces of watermelon
1 ripe banana
1 cup of raspberries, blueberries or boysenberries
4 ice cubes

Method:

- Place all ingredients in a blender and blend well.
- Serve immediately.

Snacks

FROZEN FRUIT TREAT

Ingredients:

- 4 Strawberries
- 1 Banana
- Bunch of grapes
- ½ a small pineapple

Method:

- Dice all ingredients and mix well.
- Place mixture in lined muffin tins, sprinkle with cinnamon and place in freezer leaving overnight to freeze.
- Drizzle a small amount of honey on the top before serving.

YOGURT DELIGHT

Ingredients:

- Tub of soy yogurt
- 1-2 tbsp of Quick Fibre Plus
- 4 strawberries, diced
- 1 kiwi fruit, diced

Method:

- Mix it all together
- Can also be used as a breakfast alternative.

AMAZING APPLE

Ingredients:

- 1 green apple
- 1 heaped tbsp of raw honey
- 1 tsp cinnamon
- 1 tbsp of crushed peanuts

Method:

- Pre-heat oven to 180°C.
- Slice apple (and peel if desired) and place on baking tray. Drizzle with honey, sprinkle with cinnamon and peanuts.
- Bake for 15 minutes.

COCONUT/NUT/DATE ROLLS

Ingredients:

- 200gm of pitted fresh dates
- 100gm roasted/non-salted mixed soft nuts
- 500gm shredded coconut.

Method:

- In a large bowl mash dates (with potato masher). If mashed dates seem too dry add just enough hot water to moisten them.
- Crush mixed soft nuts and mix into the mashed dates.
- Roll the date/nut mix into balls.
- Spread out shredded coconut on a pan and roll the date/nut balls around until they are all coated.

BANANA SORBET

Ingredients:

- 2 cups mashed bananas
- 1 cup fresh apple juice
- 2 tbsp fresh lemon juice
- Dash of sea salt
- 2 tbsp of raw honey

Snacks

Method:

- Combine in a medium bowl.
- Pour into cellophane lined muffin tins. Freeze overnight.
- Wearing a pair of rubber dish gloves protects the sorbet from the warmth of your hands. The gloves also protect your hands from the cold of the sorbet, and helps you to grip the sorbet.
- Grate each frozen cup into a bowl. Scoop into serving cups.

MARINATED MUSHROOMS

Ingredients:

- 100gm of button mushrooms
- 1 spring onion
- 2 tsp of lemon juice
- 1 clove of garlic
- 75mL of Massel vegetable stock
- Salt and pepper to taste

Method:

- Chop the onions and cook gently in a small amount of the stock.
- Add the mushrooms, juice and seasoning, cook gently until liquid has evaporated.
- Add garlic and the rest of the stock, bring to a boil and then leave to cool before serving (preferably a few hours).

TASTY TOASTED SEEDS

Ingredients:

- 1 cup or 100gm mixture of pumpkin, squash and sunflower seeds
- Olive oil
- 1 tsp sea salt
- ½ tsp paprika
- ½ tsp garlic, crushed

Method:

- Pre-heat oven to 180°C. Prepare a foil lined pan or baking tray.
- In a bowl toss seeds with olive oil until lightly covered followed by the above spices (approx. 1 tsp of each sea salt and garlic and ½ tsp of paprika for 1 cup of seeds).
- Spread seeds evenly on dish and bake for 20 minutes, stirring half way through.

Some of these recipes have been kindly supplied by:

The Vegan Society of NSW.

Phone: (02) 9905 7562

www.vegansocietynsw.com

Australian Vegetarian Society.

www.veg-soc.org

For more recipe ideas please contact these organisations directly.

Important Information Please Read

If you have any medical problems please consult with your doctor or Healthcare Professional before embarking on a Detox Diet or exercise program.

If symptoms persist, see your Healthcare Professional. Do not use if you are pregnant or breastfeeding. Whenever suffering from constipation, increase fibre in your diet and drink plenty of water. You should be aware that prolonged use of laxatives is undesirable and may lead to dependence. Do not use Quick Cleanse products when abdominal pain, nausea or vomiting are present.

The information in this booklet is provided for health educational purposes and is not intended as medical advice. Vitamin supplements can only be of assistance if the dietary vitamin intake is inadequate. Use only as directed and always read the label.

If symptoms persist, consult your Healthcare Professional. For more information on Quick Cleanse products please contact Caruso's Natural Health on 02 8818 0100 or visit www.carusoshealth.com.au.





For more information on Quick Cleanse® please contact:



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