

Anti-Inflammatory Food List with Blood Type Modification

Blood Type AB

Summary

Iyasu's Intentional Cleanse is very flexible and user friendly! There are 4 tiers of foods to choose from. If you want an intense cleansing experience, eat from the Tier 1 column for the first week and then add in Tier 2 the second week, Tier 3 the third week and Tier 4 the fourth week. If you prefer a gentler cleanse, you can eat from the entire list right away and ignore the tiers. As far as this anti-inflammatory cleanse goes, if it isn't on the list, it isn't part of the cleanse. Please be very kind and gentle with yourself as you cleanse. Rest when tired and drink plenty of water. A good rule of thumb is 1/2 your body weight in ounces per day. So if you weigh 100lb. you would drink 50 ounces of water per day of the cleanse.

Note on Intention

I ask you to please take a moment now and choose an intention with which to focus on during your cleanse. When we remove foods that keep emotions suppressed within us, those emotions begin to rise to the surface to be released. As this happens, it can get intense so setting a strong intention can help move things along, figuratively and literally!

Tier 1 - Eat for the 1st week

HIGHLY BENEFICIAL

FATS:

Nuts/Nut Butters
(raw, unroasted, unsalted)

- Walnuts

Oils

- Olive Oil

Tier 2 - Add in the 2nd week

NEUTRAL

FATS:

Nuts/Nut Butters
(raw, unroasted, unsalted)

- Almonds
- Brazil Nuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Cashews

Fruits

- Green Olives

Cod Liver Oil

Tier 3 - Add in the 3rd week

HIGHLY BENEFICIAL

FATS:

NONE

Tier 4 - Add in the 4th week

NEUTRAL

FATS:

Oils

- Ghee



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PROTEINS:

Seafood & Fish

- Cod
- Grouper
- Mackerel
- Mahi Mahi
- Pike
- Salmoni
- Sardine
- Snapper
- Tuna

Poultry (organic)

- Ground Turkey
- Turkey

Dairy (organic)

- Goat Cheese

PROTEINS:

Seafood & Fish

- Herring
- Catfish
- Orange Roughy
- Perch
- Scallops
- Tilapia
- Pollack

Wild Game

- Ostrich
- Rabbit
- Pheasant

Whey Protein Powder

PROTEINS:

Dairy (organic)

- Greek Yogurt

PROTEINS:

Dairy (organic)

- Eggs
- Swiss Cheese

Lamb

- Chop, Leg, Roast

- Feta Cheese
- Egg Whites

SEEDS:

NONE

SEEDS:

NONE

SEEDS:

NONE

SEEDS:

NONE

CARBOHYDRATES:

Vegetables

- Broccoli
- Cauliflower
- Celery
- Cucumbers
- Collard Greens
- Mustard Greens
- Kale
- Mushroom (Maitake)

CARBOHYDRATES:

Vegetables

- Arugula
- Asparagus
- Bamboo Shoots
- Bok Choy
- Cabbage
- Chives
- Cilantro
- Fennel

CARBOHYDRATES:

Vegetables

- Eggplant
- Parsnip
- Sweet Potato

Fruits

- Grapes
- Plums
- Cherries

CARBOHYDRATES:

Vegetables

- Peas
- Carrots

Fruits

- Apples
- Apricots
- Blueberries

- Parsley
- Sprouts (Alfalfa)
- Sprouts (Broccoli)

- Leeks
- Endive
- Lettuce (exc. iceberg)
- Mushroom (Oyster)
- Mushroom (Portobello)
- Snow Peas
- Seaweed
- Green Beans
- Kohirabi
- Scallions
- Okra
- Onions
- Rutabaga
- Radicchio
- Brussel Sprouts
- Chard
- Spinach

- Kiwi

Legumes

- Navy Beans
- Lentils

- Peaches
- Pears
- Raspberries
- Strawberries

Grains

Long Grain Brown Wild Rice

(Roast first - Measure rice and put in a dry pan with no water or olive oil and cook on low-med heat for about 5min stirring constantly. Cool and cook as normal.)

- String Beans
- Turnip
- Water Chestnuts
- Watercress
- Zucchini

**CONDIMENTS, SPICES,
SEASONINGS**

- Curry Powder
- Garlic (fresh)
- Lemon
- Oregano

**CONDIMENTS, SPICES,
SEASONINGS**

- Basil
- Cardamom
- Cumin
- Dill Weed
- Cinnamon
- Fennel
- Mustard (no wheat/vinegar)
- Ginger
- Lime

**CONDIMENTS, SPICES,
SEASONINGS**

NONE

**CONDIMENTS, SPICES,
SEASONINGS**

- Local Honey
- Stevia
- Molasses (blackstrap)



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- Nutmeg
- Paprika
- Rosemary
- Tarragon
- Thyme
- Tamari
- Vanilla

BEVERAGES:

- Water (bottled/filtered)
- Tea (green/herbal)

BEVERAGES:

NONE

BEVERAGES:

NONE

BEVERAGES:

NONE