

Anti-Inflammatory Food List with Blood Type Modification

Blood Type B

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!



Questions? www.iyasucolonics.com
stephanie@iyasucolonics.com
(310) 207-7772

Tier 1 - Eat for the 1st week

Tier 2 - Add in the 2nd week

Tier 3 - Add in the 3rd week

Tier 4 - Add in the 4th week

HIGHLY BENEFICIAL

NEUTRAL

HIGHLY BENEFICIAL

NEUTRAL

FATS:

Nuts/Nut Butters
(raw, unroasted, unsalted)

- Walnuts

Oils

- Olive Oil

FATS:

Nuts/Nut Butters
(raw, unroasted, unsalted)

- Almonds
- Brazil Nuts
- Macadamia
- Pecans

Oils

- Cod Liver

FATS:

NONE

FATS:

Oils

- Ghee

PROTEINS:

Seafood & Fish

- Cod
- Flounder
- Grouper
- Halibut
- Mackerel
- Mahi Mahi
- Perch
- Pike
- Salmon (Wild Alaskan)
- Sardine

Wild Game

- Rabbit

Dairy (organic)

- Goat Cheese
- Feta Cheese

PROTEINS:

Seafood & Fish

- Herring
- Snapper
- Orange Roughy
- Scallops
- Solt (grey)
- Tilapia
- Tuna

Poultry (organic)

- Egg Whites
- Turkey
- Ground Turkey

Wild Game

- Pheasant
- Ostrich

Whey Protein Powder

PROTEINS:

Lamb

- Chop, Leg, Roast

Dairy (organic)

- Greek Yogurt (plain)

PROTEINS:

Dairy (organic)

- Eggs

SEEDS:

NONE

SEEDS:

NONE

SEEDS:

NONE

SEEDS:

NONE

CARBOHYDRATES:

Vegetables

- Broccoli
- Brussels Sprouts
- Cauliflower
- Collard Greens
- Kale
- Mustard Greens
- Parsley
- Sprouts (Broccoli)

CARBOHYDRATES:

Vegetables

- Arugula
- Asparagus
- Bamboo Shoots
- Bok Choy
- Celery
- Chives
- Cilantro
- Fennel
- Cucumber
- Endive

CARBOHYDRATES:

Vegetables

- Carrots
- Bell Peppers
- Eggplant
- Parsnip
- Sweet Potato

Fruits

- Grapes
- Plums

Legumes

- Navy Beans

CARBOHYDRATES:

Vegetables

- Peas

Fruits

- Apples
- Apricots
- Blueberries
- Cherries
- Kiwi
- Mango

- Lettuce (exc. iceberg)
- Mushroom (Oyster)
- Mushroom (Portobello)
- Mushroom (Shiitake)
- Mushroom (Maitake)
- Green Beans
- Kohirabi
- Leeks
- Okra
- Onions (raw)
- Sprouts (Alfalfa)
- Radicchio
- Rutabaga
- Scallions
- Seaweed
- Snow Peas
- Swiss Chard

- 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.)

- Spinach
- Turnip
- Water Chestnut
- Watercress
- Zucchini

**CONDIMENTS, SPICES,
SEASONINGS**

- Curry Powder
- Ginger

**CONDIMENTS, SPICES,
SEASONINGS**

- Basil
- Cardamom
- Cumin
- Dill Weed
- Lemon
- Lime
- Mustard (no wheat/vinegar)
- Nutmeg
- Oregano

**CONDIMENTS, SPICES,
SEASONINGS**

- Molasses (blackstrap)

**CONDIMENTS, SPICES,
SEASONINGS**

- Local Honey



Questions? www.iyasucolonics.com
stephanie@iyasucolonics.com
(310) 207-7772

- Paprika
- Rosemary
- Tarragon
- Thyme
- Vanilla

BEVERAGES:

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

BEVERAGES:

NONE

BEVERAGES:

NONE

BEVERAGES:

NONE