

DETOX

Theory

Our body is overloaded with toxins from agents such as pollution, cigarette smoke, pesticides, a poor diet, food additives, preservatives, pesticides, herbicides, hormones, heavy metals, medicine, alcohol and caffeine. As these toxins build up in our system, any number of health problems can occur, including weight gain, headaches, dull skin, bloating, fatigue, lowered immunity, aches and pains and a general lack of wellbeing. The process of detoxifying helps to remove these toxins from the body with the aim of improving our body resistance as well as optimum health.

The most important aspect of a detox is to make dietary changes.

Organs involved in the detoxification process

- **Liver** – It is one of the most important organs in our body and makes safe all the breakdown products that result from 'burning' carbohydrates for energy and from utilising proteins as well as all the potentially harmful substances we make and consume on a daily basis. These substances (toxins) are transformed ready to be escorted out of the body. However, if you consume too many substances/toxins, your liver may become overloaded.
- **Gut** – Its aim is to digest the food and drinks you eat and to change their structure into molecules the body can use for energy and many other enzymatic reactions. Our gut can get damaged and inflamed from the consumption of certain foods considered as anti-nutrients (alcohol, coffee, tea, processed foods and trans-fats);
- **Kidneys** – Its aim is to filter toxic wastes out of the blood and eliminate them in urine;
- **Lymphatic System** – Its aim is to absorb dead cells, excess fluids and other waste products from foods and send them to the lymph nodes for excretion;
- **Skin** - The skin is an important organ of detoxification and often called 'the third kidney'. It assists the colon, lungs and kidneys in eliminating waste through skin oils and sweat;
- **The Lungs** – Its aim is to eliminate metabolic wastes that build up in the body. The one most widely known is carbon dioxide, which is removed from the blood and expelled through the breath. In addition, the lungs, like the liver, have the ability to transform toxins into water-soluble forms, which can be processed by the kidneys;

Advantages of detoxing

- Elimination of toxins which can, in the long-term, affect your health;
- Encourages good habits such as eating more fruits and vegetables for optimum intakes of minerals and vitamins;
- Encourages to drink more water for optimum hydration of all cells in the body;
- Encourages to cut down on junk food and processed foods which are empty nutrients and may deplete other essential nutrients;
- Encourages reduction or elimination of stimulants such as caffeine and alcohol (toxins);
- Encourages people to think about what they eat and can be motivating to change eating habits in the long term;

Beware

- One of the problems with a detox diet is that it can be short on many nutrients which may lead to lowered immunity;
- Any weight loss achieved is usually temporary and can be the result of a loss of water;
- You may experience side-effects (tiredness, headaches). Toxins are stored in fat tissues until they are safely released. Women who are breastfeeding or using medical/recreational drugs should be careful and only go for mild forms of cleansing (3 days and skin brushes);



What to eat

- ✓ **Water** – Aim to drink up to 1.5 L of water a day;
- ✓ **Fruits** – Berries, citrus fruits (especially lemon – tonic and cleansing properties), cantaloupe, melon (vitamin C), papaya and mango;
- ✓ **Vegetables** – Broccoli (vitamins B & C), cabbage (natural sulphur compound), onions, garlic, kale, peppers (vitamin C), cauliflower, cucumber, artichokes, spinach (folic acid and B vitamins), carrot (beta-carotene), asparagus (rich in glutathione important for detoxification);
- ✓ **Ginger** – Add fresh grated ginger to smoothies;
- ✓ **Garlic** – rich in selenium and glutathione (antioxidants) as well as methionine needed for detoxification;

In Moderation

- ✓ **Fibre foods** – Beans, lentils, whole grains such as quinoa, amaranth and brown rice. Fibre helps to take water to the bowel and absorb toxins to exit them;
- ✓ **Fish** – Aim at consuming fresh and organic oily fish such as wild trout, salmon, sardines, mackerel, anchovies and halibut;
- ✓ **Oils** – Use extra-virgin olive oil for cooking and in place of butter;
- ✓ **Nuts and seeds** - A handful of raw, unsalted nuts and seeds should be included (almonds, brazil nuts, hazelnuts, pecan nuts and sunflower seeds).

What to avoid or limit

- ✗ Wheat, meat and dairy products, eggs, salt, hydrogenated fats, artificial sweeteners, food additives, preservatives, fried foods, spices and dried fruits;
- ✗ Limit potatoes to one portion every other day and bananas to one every other day;

Pregnant women, breastfeeding mothers and those taking recreational drugs should not follow a detox for more than 3 days and should only go for mild forms with skin brushing to encourage the toxins out of the body;



Standard detox programmes usually last 1 week and can be done twice a year, at the beginning of spring and autumn;



Start at the weekend and do it when you do not have too much going on in your life;

Do not be surprised if you feel worse for a few days before you feel better. Food we are intolerant to tend to release toxins as wear-offs;

Homemade smoothies

- ✓ Ginger, carrot and celery;
- ✓ Watermelon, blackcurrant and lemon;
- ✓ Beetroot, carrot and ginger;



Supplements (all available from Nourish);

- **Nature's Plus Acai Cleanse** – You can do this for two weeks at double intensity or four weeks and be more gentle it has all the components to support a full detox;
- **Milk Thistle** – It is a liver-boosting herb. It does not only detoxify the liver but regenerates damaged liver cells;
- **Higher nature Alka-Clear** – Contains alkalising minerals to help maintain an alkaline balance of the blood and tissues and support removal of waste products from the body. Consult your GP if you are on a low sodium diet;
- **Synergy Chlorella** – particularly effective for heavy metal detoxification
- **Lamberts Artichoke Extract** – Great for getting a sluggish gut moving and for breaking down fat. Very helpful for a fatty liver

1-week Detox Diet

Day 1

Breakfast: Smoothie (carrot, apple, watermelon with seeds, grated ginger). Have one cup of dandelion tea;

Snack: 1 cup of miso soup;

Lunch: Garlic mushrooms (Shitake) on rye toast. Side salad (beetroot, shallots with lemon and flaxseed oil as dressing);

Snack: Beetroot juice diluted in water as it is too strong to drink neat;

Evening: Homemade leeks and sweet potato soup (or organic carton), baked salmon and steamed vegetables (broccoli with tomatoes);

Lifestyle: Walk at least 15 minutes every day between 11am and 3pm, read a book or rest. **No TV;**

Hygiene: Brush your body in the morning with a loofah for 5 minutes;

Water: 2 litres a day;

Day 2

Breakfast: Porridge oats with sheep yoghurt, blueberries, dried raisins and 1 heaped spoon of psyllium husks; 1 cup of fresh dandelion leaves or root (leave to steep for 15 minutes);

Snack: carrot stick with humus;

Lunch: tomato, peppers, grated carrots, spring onions and bean salad. **Dressing:** lemon, flaxseed oil and fresh basil;

Snack: carrot and beetroot juice diluted in water. 1 or 2 cups of nettle tea;

Evening: Multicolour crudité plate: grated carrot, raw beetroot, celery, fennel, cauliflower, salad sprout. Enjoy with homemade guacamole (2 ripe avocados, 2 cloves of crushed garlic, juice of 1 lemon, 2 skinned and chopped tomatoes);

Dessert: baked apple (pulp included), with cinnamon and bee pollen;

Lifestyle: Walk at least 15 minutes, read a book or rest. Use simple daily chores as a source of physical exercise **No TV;**

Hygiene: Cold and hot shower (morning);

Water: 2 litres a day;

Day 3

Breakfast: Smoothie (rice milk, flaxseed oil, mango and papaya);

Snack: cut peppers with fresh tahini;

Lunch: Three ready-made dips - guacamole, salsa and bean to be enjoyed with oat cakes or ryvitta + 1 bunch of grapes;

Snack: 1 miso soup (3 cups of water, 2 tbsps miso, sliced onion/spring onion, ½ cake tofu);

Evening: Millet mash (2 cups of millet, 1 cauliflower cut into florets, 1 onion, ½ cup of chopped parsley and 7 cups of water). You can have a serving of mackerel;

Lifestyle: Walk at least 15 minutes in the day, read a book or rest. **No TV;**

Hygiene: Dry skin brushing in the morning with a loofah for 5 minutes;

Water: 2 litres a day;

Day 4

Breakfast: vegetable smoothie (6 carrots, 1 soft avocado, 10 basil leaves, 1 apple and 1 lemon slice);

Snack: 1 cup of miso soup;

Lunch: Hearty salad (handful of fresh raw organic vegetables such as beetroot, shitake mushrooms, peppers and salad leaves, 1 cup of chickpeas, a handful of bean sprouts, 1 handful of almonds, 5 grapes, 1 mint leave, 2 dessert spoons of hemp seeds to sprinkle). Dressing: ¼ of goats live yoghurt, lemon juice and spring onions;

Snack: 1 cup of detox tea and 2 oatcakes with humus;

Dinner: Wholegrain Brown rice stir-fry - add lots of thinly sliced vegetables and prawns. Add sesame, grated ginger and a splash of tamari sauce;

Lifestyle: Walk at least 15 minutes a day;

Hygiene: *a mineral bath (add to your bath: 2 teaspoons of flax oil, Dead Sea Salts, 1 teaspoons of liquid silica, 4 teaspoons of aloe vera, 1 drop of frankincense or myrrh essential oil);*

Water: 2 litres a day;

Day 5

Breakfast: Watermelon, green apple juice, grated ginger and bee pollen. 1 or 2 cups of nettle, lemon or dandelion tea;

Snack: 1 glass of carrot and beetroot juice + 1 oatcake /ryvitta with almond butter;

Lunch: salad made of bulgur wheat, spring onions, cucumber, grated carrots, handful of walnuts, mango slices and chickpeas. Side salad of artichokes;

Snack: carrot and beetroot juice diluted in water. 1 or 2 cups of nettle or detox tea;

Dinner: Potassium broth (2 large sweet potatoes, 2 carrots, 1 cup of red beets, 4 celery stalks with leaves, 1 cup parsley, 1 cup turnips, a pinch of cayenne to taste). Add quinoa in the soup for protein intake. **Dessert:** strawberries, blueberries and pear with cinnamon;

Lifestyle: Walk at least 15 minutes a day, read a book or rest. Use simple daily chores as a source of physical exercise.

No TV;

Hygiene: cold and hot shower;

Water: 2 litres a day;

1-week Detox Diet

Day 6

Breakfast: 1/2 lemon squeezed into a glass of warm water with 1 tablespoon of ground flaxseeds in a glass of water; Smoothie made with pear, rice milk and rice protein powder;

Snack: 1 bunch of grapes and vegetable broth;

Lunch: chunky vegetable soup made with vegetable stock, broccoli, kale and onions. **Side dish:** brown rice with sesame seeds. Sprinkle sliced beetroot with lemon juice;

Snack: carrot sticks with hummus dip;

Dinner: curried lentils with turmeric and onions. Salad with mixed greens, red peppers, artichokes and sprouts drizzled with salad dressing of garlic, lemon juice and olive oil. Vegetable broth. **Dessert:** baked apple with bee pollen, handful of almonds and one small pot of goat's live yoghurt;

Lifestyle: Walk at least 15 minutes a day, read a book or rest;

Hygiene: body brushing (start with toes and move upwards);

Water: 2 litres a day ;

Day 7

Breakfast: Berry smoothie (blueberry, strawberry and raspberry) with flaxseed oil and hemp powder;

Snack: 1 glass of carrot and beetroot juice with 1 ryvitta and half an avocado;

Lunch: Alkaline broth (2 cup carrot tops, 2 cups celery tops, 2 cups beet tops, 2 onions, 3 cloves of garlic, 2 quarts distilled water, 3 cups celery stalk, 2 cups red skinned potato peeling 1/2 inch thick, 1 small zucchini). Add millet or brown rice to it;

Snack: 1 or 2 cups of nettle or detox tea;

Dinner: A large Rainbow salad of grated red cabbage, grated carrots, grated beetroot, chopped up celery, watercress, cucumber, and red or green peppers. **Dressing:** Put 2-3 tomatoes in a blender, 1 whole peeled large size avocado and a pinch of marigold bouillon powder and 1 teaspoon cold pressed linseed oil or olive oil. Blend the lot and pour it on your rainbow salad and mix thoroughly. Enjoy it with some lettuce leaves. Add 1 handful of nuts (walnuts, almonds, hazelnuts, brazil nuts) and seeds (pumpkin, sunflower and sesame seeds) to your salad;

Lifestyle: Walk 20 minutes a day outside between 11am and 3pm. **No TV;**

Hygiene: *Have a mineral bath (add to your bath: 2 teaspoons of flax oil, squirt of liquid minerals, 1 teaspoons of liquid silica, 4 teaspoons of aloe vera, 1 drop of frankincense or myrrh essential oil);*

Water: 2 litres a day ;

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New Year, New You

