

General detox program



Why would I want to detox?

In Western society, general diet and lifestyle is usually imperfect. We eat many things which are unhelpful to our health, including toxic chemicals in medications, or artificial food additives such as sweeteners, preservatives, or colours. Fast foods are high in sugar, salt and saturated fats. All of these, plus stress, pollution, environmental heavy metals, petrochemicals in toiletries, hormones in animals, plastics residues, environmental poisons and more, build up in our bodies and cause disease. This can range from fatigue right through to major diseases, skin problems, infertility, hormonal imbalance, asthma, allergies etc. Toxicity affects every system and organ in our body.

Is it hard or painful to detox? How long does it take?

No, but it might be slightly uncomfortable at various stages, and you'll need to go on a restrictive diet for a while. There may also be some tests, as determined by your practitioner. The detox will take several weeks. Detoxing too quickly can lead to illness as your body is overwhelmed by toxin release.

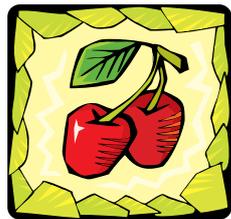


Is all the rubbish in my gut?

No, though a lot will be. Mercury can end up in the brain and other tissues, as can lead which also displaces calcium from your bones. Your liver may be overloaded, and unable to completely detox what you ingest, so there may be toxins present in your blood. But much of the rubbish will be in the gut. Ideally one should have easy bowel motions (not diarrhoea) 2 or 3 times a day, but many people are constipated, and their bowel motions may range from every 36 hours to almost a week. In that time, toxins are reabsorbed from the large intestine and this adds to the load on the liver.

Why do you keep mentioning the liver?

Our liver is a wonderful organ which acts as a filter and helps us deal with everything that goes into our body, including through our skin. It has over 1500 different functions, metabolising all our food and drink, processing alcohol, deactivating drug toxins and hormones, dealing with dead cells and pathogens, yeasts, viruses and so on. Once neutralised, all these wastes are carried in bile to our intestines, and are excreted in our faeces. But the liver isn't the only detox organ we have. Our lungs, kidneys, skin and lymph system all help in removing rubbish from our bodies.



What sort of tests might I have?

Every person is biologically individual, so your practitioner will assess what is needed. There could be tests to see if you are deficient in particular minerals. A Comprehensive Stool Digestive Analysis can determine how well you digest food, if you have parasites, or any occult blood in your stool. There are also tests for gut permeability, liver health, and live blood analysis where you can see your own red blood cells and how they look and work. All of these tests cost money, but make your treatment more efficient, and pick up health problems early, saving you pain later.

Do I have to take supplements?

There'll be a number of supplements, depending on your needs. You might be given an antimicrobial tablet for a few months to kill any parasites or bad microbes in your gut. Concurrently probiotics, to introduce good gut flora and help you digest food better. You may also be prescribed herbs for various reasons, eg. liver or lymphatic support. Digestive enzymes and gut repair powders which will help your absorption of nutrients and heal and seal your whole tract. Some vitamins and minerals may be added too.



What about the detox products you buy at the chemist?

These are not individually tailored to your needs, and I'd advise against using them.

Where can I get more info?

This website has some good info: http://www.nutri-notes.com/marapr98_simple.htm

General detox program



Pre-program guide:

- Cut down on caffeine, alcohol, cigarettes, fast food, dairy products, sugary stuff
- Have a look at your environment and toiletries. Is there anything toxic that you can work on eliminating or replacing? eg. finding non-petrochemical shampoos and creams
- Seek the help and support of your family/friends
- Stock your pantry with fresh veg and fruit, including lemons and foods from the list below
- If you haven't got one, buy a water filter
- If you are on lots of medications, or have a serious illness, speak to your doctor before undertaking this program, and get their permission, advice and support

Foods to be eliminated for 3-4 weeks:

- gluten-containing foods (wheat, rye, barley, oats, malt and any processed foods which use it). Thicken soups with arrowroot, not cornflour.
- dairy foods (milk, cheese, butter, yoghurt, cream)
- caffeine (coffee, cocoa, chocolate)
- sugars (cakes, biscuits, sweets, etc.; use maple or rice syrup, or stevia if sweetening is needed)
- yeasts and moulds (all leavened breads, mushrooms, etc.)
- all artificial colours, preservatives, flavour enhancers (like MSG)
- alcohol and cigarettes



General advice:

- Start each day with a glass of warm water with a squeeze of lemon
- Daily exercise: walking, swimming, yoga, gardening - stay within your limits
- Drink 8 glasses of filtered water each day
- Try to avoid stress; think positively. Stress will send you back to bad habits
- If you can't take leave from your job during this period, take your snacks and lunches to work and do meditation/ exercise if you have a stressful time
- If you become constipated, eat more salad/fresh fruit, or contact your practitioner

Sample meal ideas:

- Breakfasts:** Fresh fruit (pears, pawpaw, banana, melon, apples) raw unsalted nuts, stewed fruit, rice crackers, cooked brown rice or millet
- Lunches:** Salads with fresh greens, carrots, beans, cabbage or sprouts; home-made vegetable soups, boiled eggs, grilled fish or chicken with salad, lentil, bean and rice salad with greens etc.
- Dinners:** Grilled lean meat or oily fish (not if eaten at lunchtime), salads as for lunches, steamed or stirfried veg
- Snacks:** Fresh fruit, rice cakes, hommous, nut butter spreads, celery or carrot sticks, protein powder smoothies with flaxseed oil and fresh fruit
- Drinks:** Filtered water, herb teas,



Coming off the restricted diet:

The timing of this needs to be discussed with your practitioner, but for most people, 3 to 4 weeks on this programme plus supplements will be enough to begin repairing the gastrointestinal tract and improve general health markedly. If you are subject to anaphylactic reactions, keep an epipen handy and discuss with your practitioners. Many people are sensitive to dairy, wheat, gluten, yeasts, moulds and other fairly normal food constituents, and they are not aware of them. This detox programme may uncover some of these sensitivities as foods are reintroduced, so it is essential to do this slowly and to note any effects and discuss with your practitioner. Begin to reintroduce dairy foods. If there is no adverse reaction, continue reintroducing grain products slowly. Discuss an appropriate long-term diet with your practitioner to ensure optimum health.

