

# THE SECRETS OF DETOX – YOUR KEY TO VIBRANT HEALTH AND REJUVENATION

By Sandy Halliday SRN Dip ION

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The links provided in this report are designed to eliminate the work and effort involved in searching for effective resources to improve your health. They are included on the understanding that to the best of my knowledge they are genuine and reputable.

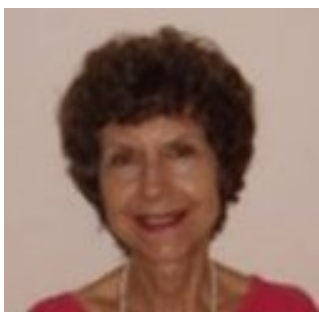
## **Glossary**

A glossary is included at the end for some terms that may be new to you.

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## Who Am I To Write This Report?



I have been fascinated by how the body works for as long as I can remember. I originally went into nursing but subsequently became interested in nutrition because I had some health problems that puzzled the orthodox medical profession.

I became an avid reader of numerous nutrition and other health books. I wanted to understand nutrition at a deeper level so since 1982 I have completed 3 different types of nutrition diploma courses. I was interested in so many aspects of health and healing that I ended up training in several other complementary therapies as well but nutrition remains my number one passion.

I have spent a considerable amount of time researching and have experienced many types of treatments and detox in my quest to improve my health. I attend seminars given by some of the top nutritional biochemists and keep in touch with the latest research in functional and integrated medicine. I would like to share some of my knowledge with you.

I have heard many accounts from people who have vastly improved or cured their chronic health problems by changing their diets and lifestyles and cleansed their bodies with determination and motivation. I hope that you too will be motivated to embark on periodic cleanses to stay healthy or improve your health. I have no doubt that it works!

## **Introduction**

Today we are exposed to thousands of never seen before untested toxic chemicals in our water and food that work their way into our tissues faster than we can eliminate them. Each poses a health risk but little is know about how they interact and impact our health.

Heavy metals and environmental chemicals that mimic the action of some of our hormones are trapped within the human body in greater concentrations that at any other time in history. Blood and fat samples taken by researchers have verified this fact. Every system of the body can be affected.

Detoxification as a method to restore health uses a number of techniques to expel toxins from the body, clean the blood and rebuild healthy tissue.

## **What is Detox?**

Detox or detoxification is the normal body process of eliminating or neutralising toxins that come from the food, water, the contents of the bowel, air, and the things we put on our skins, through the liver, kidneys, lungs, lymph and skin.

It should be one of our body's most basic automatic functions but in today's world our body systems and organs that were once capable of cleaning out unwanted substances are now often completely overloaded. Many unwanted substances stay in our tissues contributing to many symptoms and diseases.

## **Why Detox?**

As toxic matter saturates our tissues antioxidants and minerals are reduced so our immune systems are thrown out of balance. This results in problems such as arthritis, inflammatory bowel conditions, asthma, lupus, fibromyalgia, chronic fatigue, digestive problems, multiple allergies, candida (yeast) overgrowth, Gulf War Syndrome and reactions to drugs. Hormone disrupting pesticides and pollutants are linked to hormone problems, low sperm count, birth defects, stillbirth, breast cancer and psychological disorders.

It is estimated that 125 million Americans have at least one chronic condition while 60 million suffer from multiple chronic conditions. Medical Science has advanced significantly in treating acute conditions but treatment for chronic conditions is lagging far behind.

Many researchers and natural health practitioners have shown that assisting the body's natural detoxification systems can result in great improvements to many chronic health problems. Some recent research proved that toxins cause inflammation in the body which makes the symptoms worse.

## **Does Detox Work?**

Media reports of recent research have suggested that detoxification does not work. But the detox regimes they used only lasted 7 days. It takes much longer than this to get rid of accumulated chemicals that have built up over years.

Firstly, the researchers took only 10 healthy volunteers. The numbers have to be larger than this for the research to have any statistical significance. Secondly, they only tested one known detox pathway in the liver and all of the volunteers had normal function to begin with. It is hardly surprising then that the detox diet did nothing to improve this pathway.

Thirdly, they tested kidney function by using the measurement of the substance creatinine that is excreted routinely by the kidney. Again none of the subjects had any abnormalities so an improvement is not expected.

Fourthly, they measured aluminium (spelt aluminum in the USA) levels in the blood both before and after the so called detox which consisted of avoiding tea, coffee, sugar, processed foods, wheat and dairy products. Metals like aluminum may decrease in the blood only after the avoidance of it in food and drink that has been in contact with aluminium foil or specific supplements have been taken that are known to help lower aluminum levels in the body.

Again, you would not expect the diet that the volunteers adhered to make any significant difference in only 7 days. To sum it up, it was simply not a good piece of research.

Specialized laboratories in the USA that are used by Functional Medicine doctors and practitioners use liver detoxification profiles which measure the detoxification ability of several detox pathways of the liver. Many times these pathways are found to be malfunctioning. Researchers have proved beyond doubt that they can be improved by food and supplements supplying nutrients known to be involved in these pathways or routes.

The success of the detox programme to help the New York rescue workers who were poisoned by the toxicity released after the 9/11 terrorist attack proves that detox does indeed work.

## **The Liver –The Powerhouse of Detoxification**

The liver is the major organ of detoxification that depends on an intricate system of chemical pathways that recycle toxic chemicals by turning them into harmless substances that can safely be excreted. About one quarter of detoxification occurs in the cells of the intestines. Each pathway is dependant on a number of nutrients to enable it to function efficiently.

If you lack the key nutrients or take in too many toxic substances the liver may fight a losing battle trying to make them safe. Toxic overload leads to symptoms of fatigue and poor health. Toxins affect the way we think as well as the way we feel. But the way we think and feel can also affect the way we detoxify. Stress hormones for example disrupt the body's biochemical balance and slow down detoxification in the liver.

Detoxification in the liver is controlled by two major phases known as Phase I and Phase II. The first phase converts or modifies toxins to intermediary substances so that they can then be processed by Phase II. They can then be excreted by the kidneys in the urine or by the liver through the bowel via the stools. This is sometimes referred to as Phase III.

If Phase II is not functioning well or if you are exposed to a large amount of toxins then there may be a build up of modified toxins which are often more toxic than the original substance. The production of free radicals is a result of all the activity in the liver which can then cause damage to the liver cells if not adequately protected by antioxidants. The nutrients needed for the function of the liver detox pathways include Vitamins B2, B3, B5, B6, B12, C, folic acid, zinc, magnesium, selenium, copper, iron, sulphur and some amino acids.

Many diseases including cancer, autoimmune diseases such as lupus and rheumatoid arthritis, neurological diseases like Alzheimer's and Parkinson's and lowered immunity have been shown to be linked to a poorly functioning detoxification system. Up to 90% of all cancers are thought to be due to chemicals from the environment combined with deficiencies of nutrients needed for the efficient function of the detoxification and immune systems.

A detox programme aims to remove the cause of disease before it makes us ill. Detoxification through special cleansing diets, herbal supplements and colonic hydrotherapy may help to prevent diseases as well as improve conditions like cancer, arthritis, diabetes, chronic fatigue as well as many others.

Nearly every condition can be helped by a treatment that clears the body's main sewer. Our food laden with chemicals, too much fat, animal protein, caffeine, nicotine and alcohol radically

alters our internal systems. Even if your diet is good, a cleanse can restore body vitality against environmental toxins that pave the way for bacterial, viral and parasitic infections.

## **The Bowel – Often Neglected Key Organ**

The bowel is another key organ involved in detoxification. Foods, however healthy, may become toxic if not digested properly. The process of digestion normally breaks our food down to simple molecules which are absorbed into the bloodstream through the cells lining the intestines.

If food is not digested properly either from lack of chewing or digestive enzymes it can encourage an overgrowth of the wrong sort of bacteria and lead to a condition known as ‘leaky gut’. This is an increase in the permeability of the gut lining.

Alcohol and aspirin are known to irritate the delicate gut lining and can lead to a leaky gut. Food sensitivity or allergy such as gluten intolerance; [yeast overgrowth](#) (candida) and parasites as well as lack of nutrients needed for the cell renewal process such as Vitamin A, zinc, glutamine, essential fats and ageing can also lead to an increase in permeability.

Larger food molecules which are regarded as unwanted invaders by our immune system can leak through and set up an immune reaction. Toxic chemicals are released in the ensuing battle between the immune cells and the ‘foreign’ food molecules.

Your bowels should be working well before you attempt any sort of detox programme or the toxins may be re-absorbed into the body. Some programmes include [colon cleansing](#) with herbal or fibre products. This can be combined with [enemas](#), colemas or colonic hydrotherapy.

## **Detox Diets**

A good detox programme involves cleansing, rebuilding the cells and tissues, the restoration of energy, and lastly maintaining what you have achieved. Detox diets reduce the intake of toxins and congesting foods by excluding caffeine, alcohol, tobacco, sugar, refined foods, additives, fats, red meat (some exclude all meat & poultry), dairy products while increasing pure water, fresh fruit and vegetables.

The foods that are known to help Phase 1 and Phase II detoxification are the cruciferous vegetables (so called because their flowers form the shape of a cross), also known as brassicas, which include broccoli, cabbage, Brussels sprouts, cauliflower, kale, swede (rutabaga), turnips, collards; foods rich in Vitamin B such as whole grains, vegetables and pulses, Vitamin C rich foods like peppers, cabbage, tomatoes, oranges, tangerines. Grapefruit contains a substance called naringenin which has an inhibiting effect on Phase 1.

To get the full benefit of the phytonutrients, the natural plant chemicals, the plant enzymes must be preserved. Cooking destroys them. Using vegetables raw, quickly stir steam-fried or lightly steamed are the best methods to retain their potency.

Bioflavonoids, close relatives of carotenes, that are found in citrus fruits, onions, garlic and buckwheat act as anti-oxidants and work alongside other more familiar anti-oxidants like Vitamins C, E and carotenes to help defend our liver and body cells against the free radicals produced in the effort to detoxify pollutants.

Some detox programmes recommend a fruit only diet. But high fruit cleansing diets may not be suitable for people with poor blood sugar regulation, [yeast overgrowth](#), chronic fatigue, and arthritis but most vegetables should be fine.

## **Detox for Weight Loss**

While many people decide to detox to lose weight it is not the prime purpose of a detox diet. Scientists are now unravelling how man made chemicals can poison your weight control mechanism preventing you losing weight or making you put it on again.

Researchers have shown that:

1. Synthetic chemicals damage the appetite centre in the brain so you end up eating more to feel satisfied
2. They damage your body's mechanism to burn foods efficiently for energy production.
3. They interfere with the way the body burns stored fat.

Combining a detox programme with a low chemical toxin diet will bring permanent weight loss and better health.

Of course, if you lose weight on a detox plan and then go back to your old eating habits or eat more than you need and do not exercise then you will pile weight back on. Following a detox diet may help a weight problem by getting rid of harmful chemicals.

## **Do You Need It?**

Some common symptoms of toxicity are:

- Fatigue and lethargy
- [Constipation](#) and diarrhoea
- Excess weight gain
- Stomach bloating and gas
- Bad breath, coated tongue
- Body odour
- Skin problems
- Lower back pain, joint pains
- Depression, poor memory
- Weakened immune system, frequent colds
- Food intolerance, environmental sensitivity
- Headache and migraine
- Anxiety
- Dizziness

## **Benefits To Expect From A Detox**

- More energy
- Clearer skin
- Better digestion

- Weight loss
- Clearer mind
- Better mood
- Better sleep
- Less joint and muscle problems

## **Tips To Help You Detoxify**

- Avoid chemicals including household cleaners in the home and workplace as much as possible.
- Use only natural products on your skin.
- Avoid tea and coffee. Expect withdrawal symptoms if you drink a lot of these.
- Avoid alcohol and tobacco.
- Avoid red meat unless you are a fast metaboliser – beef, lamb, pork, bacon and ham.
- Avoid dairy products and eggs (live yoghurt may be beneficial for some).
- Avoid smoked foods and shellfish.
- Avoid all processed and salty foods, additives and artificial sweeteners.
- Avoid all hydrogenated fats and fried foods.
- Avoid wheat. ( it is good to avoid all gluten grains if you can)
- Avoid nuts. (some detox diets allow some nuts but they can be hard to digest.)
- Avoid all sauces, commercially prepared dressings, relishes.
- Eat mainly fresh fruit and vegetables – organic is best.
- Chew well and eat slowly in relaxed conditions.
- Eat moderate amounts, not huge meals.
- Reduce stress in your life. Learn and practise relaxation.
- Do some exercise such as brisk walking, yoga, Tai Chi, rebounding at least three times a week.
- Practice deep breathing.
- Drink at least 1½ - 2 litres of pure water a day – filtered, good, neutral pH, still bottled. Herb teas are also good.
- Dry brush your skin daily with a long handled natural bristle brush always towards the heart.

## **Food Choices for Detox Include:**

**Green Leafy Vegetables:** lettuce, spinach, chard, kale, endive, bok choy, escarole, rocket, (arugula), watercress, collards, mustard greens.

**Root vegetables:** radish, mooli, carrots, potatoes, sweet potatoes, beet, celeriac (celery root), turnips, swede (rutabaga).

**Other vegetables:** Broccoli, cabbage, Brussels sprouts, cauliflower, courgette (zucchini), asparagus, celery, aubergine (eggplant), cucumber, squash, green beans, peppers, garlic, onions, leeks.

**Carbohydrates:** Brown rice, brown basmati, quinoa, amaranth, millet, buckwheat.

**Legumes:** Mung beans, thread noodles made from beans or miso. Some detox diets also avoid all other beans and bean products as they can create a lot of wind (gas).

**Seeds:** Linseeds, pumpkin seeds, sunflower seeds, hemp seeds, sesame seeds.  
Have 1 Tbsp mixed freshly ground seeds a day and 1Tbsp cold pressed oil or a balanced oil blend.

**Fruit:** Most fruit except grapefruit can be eaten. Grapefruit contains a substance that inhibits one liver detoxification pathway.

**Animal Protein:** There is much controversy about the inclusion of animal protein in a detox diet. People with a fast metabolism or who are parasympathetic dominant are unlikely to do well on a detox diet that excludes meat. To find out your metabolic type visit [www.metabolytypingonline.com](http://www.metabolytypingonline.com) or [www.healthexcel.com](http://www.healthexcel.com)

People with poor blood sugar regulation will usually feel better if they eat some protein with carbohydrate (starch) based meals. Protein stimulates the release of a hormone from the pancreas which counteracts the lowering effect of insulin produced in response to carbohydrate.

**Fats & Oils:** Virgin olive oil, cold pressed flax seed oil, good balanced oil blends.

**Condiments:** A little natural sea salt such as Celtic Salt, culinary spices and herbs, a little naturally fermented tamari soy sauce, miso.

**Beverages:** Herbal teas, green or white tea in moderation, filtered pure water, pure water with a little fresh squeezed lemon juice, vegetable juices, diluted fruit juices. Some people may not be able to tolerate carrot or fruit juice as they are too high in sugar.

## **Food Allergy and Intolerance**

Avoid any fruit or vegetable that you are allergic or intolerant to or react to in any way.

For example, some people with yeast or bacterial fermentation in the gut may not be able to tolerate grains, specific carbohydrate vegetables such as potatoes, corn, sweet potato, swede (rutabaga), parsnips, squash as well as dried or fresh fruit.

### **The following can cause upsets for some people:**

Apples, tomatoes carrots, onions, garlic, eggplant, peppers, cucumbers, raspberries, strawberries, plums, melons, papayas, mangoes, fresh figs, oranges.

There are many types of detox plans. Which one you choose will depend on whether you have ever done a detox of any sort before or not, what level of cleansing you want to do, how much time you have, whether you will be working during it, what type of work you do etc.

## **Here is a Typical Menu Plan**

**Morning:** (upon arising) Two glasses of pure warm water, one glass with half a lemon squeezed into it. Drink slowly.

**Breakfast:** Half cup diced papaya or fresh fruit salad or a green smoothie. Add 2 tsp mixed ground seeds. Thin with almond or rice milk if liked.

**30 mins or more later -** ½ cup gluten free cereal such as millet, quinoa, amaranth or buckwheat or a combination with some rice or nut milk. Flavour with two tablespoons of fruit juice for sweetener and cinnamon.

**Snack:** 1 fresh pear or apple.

**Lunch:** 1 – 2 medium bowls of raw or lightly steamed mixed vegetable salad, with a little dressing of fresh lemon juice and virgin olive oil with some fresh chopped herbs. Chew really well to help digestion.

**Snack:** 1 oz shelled sunflower or pumpkin seeds or 1 cup of water left from steamed vegetables or make some vegetable broth.

**Dinner:** 4 oz broiled (grilled) small white fish (low mercury)  
1½ cups steamed whole grain rice  
Steamed vegetables  
1 cup diced fruit salad

**Snack:** Fruit.

Drink at least 8 large glasses of non chilled filtered water or good mineral, neutral pH (around 7- usually stated on the label) water and herbal teas such as peppermint, chamomile, Pau d'Arco or blends. Look for herbal or fruit teas that do not contain any artificial flavours or caffeine.

**Other meal options:**

1. 1 cup well soaked and well cooked mung or other beans  
½ cup water chestnuts (not a real nut)  
½ cup steamed snow (sugar snap) peas  
½ cup steamed carrots
2. Turkey Soup made with rice and vegetables.
3. 4 oz Chicken with steamed vegetables
4. Home made vegetable soup thickened with lentils

**Some alternative snacks:**

1. Half an avocado with a little lemon or lime juice
2. Raw vegetable sticks with humus or guacamole dip
3. Handful of seeds

If you are vegetarian or would like a detox diet that does not include any animal protein then try this 3 Day Day Detox Diet Plan

### **3 Day Detox Diet Plan**

Start the count down two weeks or more before you plan to do the detox. Gradually wean yourself off coffee, caffeinated and fizzy drinks, processed, sugary and junk foods, fatty meat, microwave and other ready meals.

Start to eat more fresh fruit, vegetables, salads, fresh juices and green smoothies to prepare your body.

Make a list of everything you will need for the 3 day detox and buy everything before you start. Choose organic where you can. They will be free of chemical residues that are often on conventionally grown produce.

Get out that book that you have been meaning to read and find some relaxing music. Gather together essential oils for a long relaxing bath or Epsom Salts to help with the detox.

Do not attempt the detox if you are pregnant, breast feeding, very frail or underweight. If you have any serious illness you should take the advice of a doctor or other practitioner who is experienced in detox.

There are many plans for 3 day detox diets but this one is suitable for spring and early summer when the new season's vegetables and fruit are plentiful.

Make sure your bowels are moving well before you start the detox. Take 1 - 2 tablespoons whole or freshly ground linseeds every morning. Continue to take them during the 3 day detox if necessary.

#### **Day 1**

On rising: Drink an 8 oz glass of room temperature water with 1 - 2 tablespoons freshly squeezed lemon juice.

Breakfast: Eat enough raw fruit to satisfy your appetite. Choose from apples, mango, melon, grapes, peaches, kiwi fruit, pears. Avoid bananas and oranges and dried fruit.

Mid morning: drink herb tea, fresh vegetable juice, or a cup of potassium broth. (Recipe below) Add a teaspoonful or 2 of your favourite green food to the juice if you want.

Lunch: Eat a vegetable salad. Choose from lettuce, other green leaves, cucumber, celery, beet, carrots, hard cabbage, tomatoes, peppers, radish, fennel and dress with a little virgin olive oil and lemon juice. Add some garlic if you like it.

Mid afternoon: Drink herb tea, fresh vegetable juice, or a cup of potassium broth.

Evening meal: Mixed vegetable salad with a little dressing as lunch.

#### **Day 2**

Drink only fresh vegetable juices, potassium broth and pure water. Aim to drink at least 6 - 8 glasses. Choose from green leaves, carrots, beets, celery, asparagus, cucumber, radish. You can use an apple to sweeten the juices.

### **Day 3**

As day 2, but you can add a small portion of steamed vegetables to the evening meal. Try broccoli or cauliflower.

### **Rest of the week**

Gradually ease back onto more foods such as live yogurt, oatmeal, brown rice, quinoa or millet, steamed vegetables, beans and lentils and some organic chicken or turkey.

### **Potassium Broth**

There are a number of recipes for this. The basic idea is to simmer the vegetables long enough to draw out the potassium and other minerals so that you have a mineral rich liquid to help the body cleanse. It does not have to be exact. Try to use organic vegetables. Make it to your taste.

2 large potatoes unpeeled  
8 oz carrots  
8 oz beet (beetroot)  
8 oz celery with leaves  
Dark greens  
1 onion chopped

Place all vegetables in large saucepan. Add 3 pints water or enough bring to the boil, to cover vegetables, bring to boil, put on lid and simmer gently for 1 hour. Strain and drink only the broth. Put the vegetables in your compost. Broth can be stored in the fridge for 2 days.

### **Effects of a Detox Programme**

You may feel a little weak or have some withdrawal and detox symptoms the first couple of days. These may include:

- tiredness
- headache
- skin eruptions or itches
- digestive problem
- sinus or bronchial mucus discharge
- loose bowels or constipation
- irritability, anxiety
- bad breath
- dark urine
- poor concentration, confusion
- joint or muscle pain

These should pass in 2 or 3 days. Feeling good should appear by day 3 or 4, if not before.

If you start to feel weak or hungry, assess your water intake and elimination.

## **Levels of Cleansing**

There are many levels of cleansing that can take place on a detox plan. The most obvious is the release of toxins on a physical level. But many people have experienced mental, emotional healing as well. Sometimes old memories and feelings can be released which can be very frightening if you are not prepared for this to happen.

A ten day detoxification plan is a good way to start. This may include 2 days juice fasting. Continuing with a well balanced diet following the detox will bring about the biggest improvements to your health.

Generally the body responds best to gradual changes rather than drastic ones. Pace yourself. Do not be too extreme unless you have a life threatening illness and are being advised by a experienced health care practitioner.

If you have been on a junk food diet, a standard American diet or one full of processed foods and take-aways it would be a good idea to make some changes in your diet before embarking on any detox regime.

Preparation is the key to successful detox. Take time to plan and collect everything you need in advance. Pick a quiet time to do the detox. It's no good trying to do it if you have a hectic lifestyle.

Take a week or two to reduce and gradually eliminating the unhealthy foods in your diet following the recommendations already stated above

Take steps to make sure your bowels are working well. This means having at least 2 good bowel movements a day. This is very important as toxins that remain in the bowel for too long can get reabsorbed back into the system.

Consider booking a relaxing massage or some other relaxing therapy that can help you detox. Alternatively, buy a long handled natural bristle body brush and dry brush your skin daily to stimulate the lymph circulation.

Waste material is carried away from the cells by the lymph. Brush before you shower. Use long sweeping strokes starting at your feet working your way up the body, always brushing towards the heart. Start with gentle pressure and increase it when your skin becomes more used to it. Brush for 5 minutes daily.

Balance, moderation and persistence are the keys to successful cleanses.

## **Juice Fasting**

This is not a true fast but does not allow any solid food. Six or more 8oz juices may be taken over the course of 2 -7 days or more. The juices are made from fresh vegetables or fruit and sometimes a combination. For example apple juice is often used to sweeten a green juice made from lettuce, celery, spinach, watercress, cucumber and green peppers. 1 -2 teaspoons of powdered green food can be added to the juices.

It is better not to mix any other fruit and vegetables. Some acceptable combinations are:

<http://www.TheDetoxSpecialist.com>

Carrot, apple and ginger  
Apple and carrot  
Celery, cucumber and apple  
Fennel, celery and apple  
Carrot, beetroot and celery with parsley

Fresh juices are rich in easily absorbed nutrients and enzymes. This type of detoxification can be used once you have had some experience in following a basic detox diet. I would not advise doing a juice fast if you have never done any sort of detoxification programme before. Some programmes combine 2 days juice fasting with 5 or 7 days detox diet.

If you suspect you have [yeast overgrowth](#) I do not recommend juicing with fruit until you have resolved the problem.

## **Water fasting**

Many nutritional biochemists and naturopathic doctors agree that water fasting is not advisable these days due to the large amounts of chemicals people have stored in their tissues. The body can be re-poisoned as chemicals are released into the blood stream. Researchers have shown that glutathione, an important detoxification molecule in the liver, declines considerably during a water fast.

Some therapists who supervise long fasts disagree with this view and have seen remarkable recoveries from illness after fasts lasting a month or more. During water fasts the body breaks down damaged and diseased tissue to use for energy. Accumulated wastes can be released in a rush making the person feel very unwell and often referred to as a 'healing crisis'.

It may well be that we do not fully understand how the body works during water fasts but there is no doubt that water fasting is very demanding and stressful on the body. It takes a lot of commitment and determination to undertake a long water fast.

Some people find short water fasts of 1 – 2 days beneficial. I would not recommend doing anything longer than this without expert supervision.

## **Supplements**

When undergoing a detoxification programme you will most likely feel better and be more successful if your body is supported with good quality nutritional supplements. The toxins that are released during the detox can make you feel unwell, causing headache and nausea.

Supplements may have to be reduced or avoided during juice fasts as taking them without food makes some people feel nauseated. Vitamin C and a probiotic should be tolerated. A baseline supplement programme should include:

- A good quality multivitamin and mineral supplement that contains the optimum levels of the following nutrients:

Vitamin A (retinol or beta carotene) 5,000 – 10,000 IU  
Vitamin D 400 – 800 IU  
Vitamin E 400 -800 IU  
B1 (Thiamine) 3 – 25mg

B2 (Riboflavin) 18 – 25mg  
B3 (Niacin) 25 -50mg  
B5 (Pantothenic Acid) 25 -50mg  
B6 5 -25 mg  
Folic Acid 400 – 1000 mcg  
B12 2 – 50mcg  
Biotin 50 – 300mg  
Calcium 500 – 1000mg  
Magnesium 200 – 400mg  
Phosphorus 350 – 1000mg  
Zinc 15 – 30 mg  
Copper 1 mg – 2mg  
Selenium 200mcg – 400mcg  
Manganese 30mg  
Iron 15 – 18 mg (only supplement iron if proven deficient)  
Chromium 100 – 400mcg

- Vitamin C, 3 – 6 grams of a neutral pH C such as Ester C taking it 3 times a day.
- Milk Thistle (Silymarin), 200mg 3 times a day. A good antioxidant and liver support.
- N-Acetyl-cysteine (NAC), 500mg 3 times a day. Helps to increase glutathione which aids detox.
- A good high potency multi strain probiotic containing at least 3 billion organisms per capsule. Take 2 – 6 caps a day.

Note: IU = International Units

Mg = milligrams

Mcg = micrograms

1000 Mcg = 1mg

Specially formulated powdered multi nutrient rice protein based powders such as Metagenics UltraClear, Biotics Research NutriClear and Thorne Mediclear are often recommended by doctors and Natural Health practitioners. They have been specifically formulated to support liver detoxification pathways as part of a cleansing programme.

## **Herbal Cleansing**

A detox diet is a great way to help the body detox but to increase the value of a detox diet even further many practitioners recommend combining it with herbal cleanses.

Nature's plants have been used for their potent healing and regenerative powers from the earliest times. Herbs can be used in many ways to treat conditions without the side effects of drugs.

There are hundreds of medicinal herbs that help eliminate toxic substances and wastes from the blood, lymph and tissues. Herbal detox products are formulated with herbs that are known to support or have an affinity to a specific organ.

They are aimed at making sure the main routes of elimination are functioning. They usually include herbal formulations to cleanse the bowel, kidneys, liver, lymph and blood systems.

The use of herbs to cleanse and support the bowel is usually included in most detox programmes. Some of the rice based detox support powders and detox nutritional supplements include herbs that are known to support liver detox function.

The nutrients contained in the detox diet outlined in this report together with the bowel cleanse and detox supplement support should be sufficient to help detox your body without further herbal cleanses.

If you want to use more herbs for a particular problem, have a serious illness, have been ill for a long time, are very weak or on prescription drugs you should seek the advice of a medical herbalist before using herbal cleanses.

## **Mental Attitude**

Detox includes the brain and mind. Preparing your body and mind for a cleanse is important once you make the decision to do it. You should have a goal in mind to work towards and positive feelings. Clinical research clearly shows that mental and emotional states affect the production of brain chemicals and hormones and the outcome of treatments.

There are many techniques and programmes available that help change negative emotions, reduce stress and aid relaxation.

Decide how long you can focus on a detox programme. Sit down, make a plan, choose a date to start and go for it. Sticking to a plan needs discipline but planning will help. Make a shopping list and get everything ready before you start so there will be no excuses. You may have to make temporary changes to how you live. Ignore people who think you are mad or try to dissuade you. It is well worth the effort.

If you are pregnant, have any serious illness, are very frail, underweight, on medication, or have doubts about doing a detox programme you should consult your doctor or be guided by a naturopath or nutritional therapist who is experienced in detoxification and will tailor a programme to suit your needs.

Don't forget balance, moderation and persistence are the keys to successful cleansing and detoxification which will give you good health and rejuvenation.

Just go for it!

## **Want to know more?**

My eBook goes into much more detail and provides you with a **three level detox plan** that fits in with your lifestyle.

I include plenty of information about Candida, Parasites, Leaky Gut, Fertility Detox, Thyroid Function, Chemical Detox for Weight Loss, Recipes for Detox and Cleansing and much, much more.

## **[The Definitive Detox Diet – Insider Secrets to Radiant Health](http://www.TheDetoxSpecialist.com)**

## Resources

[Natural Cancer Treatments](#)  
[Colon Cleansing](#)  
[Candida and other yeast problems](#)  
[Metabolic Typing](#)

## Glossary

**Antioxidant:** any substance that reduces oxidative damage (damage due to oxygen) such as that caused by free radicals.

**Bioflavonoids:** also called flavones are a group of plant pigments that are largely responsible for colours of many fruits and flowers. They are found in citrus fruits, berries, onions, parsley, legumes, green tea, red wine. They act as antioxidants.

**Carotenes:** are a large group of intense red and yellow pigments found in all plants that photosynthesize. They are vital for the process of photosynthesis and also protect the plant against damage from the free radicals produced during photosynthesis. Beta carotene is a well know one that is found in carrots and lycopene in tomatoes.

**Free radicals:** are highly reactive chemicals that attack molecules by capturing electrons and thus modifying chemical structures. They are thought to be responsible for cancer and ageing. They are produced everyday in the body as a result of normal metabolism as well as by toxins. The body has its own antioxidant system but it can become overwhelmed so antioxidant support is important.

**Lymphatic System:** consists of a fluid called lymph that flows within lymphatic vessels (lymphatics), several structures and organs made up of lymph tissue and bone marrow which produces the lymphocytes, the white cells of the immune system. The lymph fluid takes wastes away from the cells and nutrients to them.

**Metabolic Typing:** is the science of discovering the fundamental way in which your body produces energy from your food, in other words, the explanation of why "one person's medicine is another's poison."

**Phytonutrients:** also called phytochemicals are natural plant compounds which are thought to have health-protecting qualities.

## The Detox Specialist Free Newsletter

**Detox News** will expand on many of the concepts of this report, discuss and review different detoxification programmes and supplements in more detail, bring you the latest research and answer your most pressing questions.

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Sandy Halliday SRN Dip ION

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