

Detoxification

Contributed by Administrator
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A detoxification diet should only be undertaken if the advice of a health professional has first been obtained.

It is strongly recommended that you use only organically grown foods.

There is no calorie counting on this diet and, you can eat as much as you want of all the listed foods.

Detoxification aims to cleanse the system and remove the body of toxins that can contribute to many types of ill-health. Regulating the acid/alkali balance will help regulate the weight and whilst you may lose a few pounds on the diet, you will soon regain them if they are needed.

This detoxification is a Three week programme but you may adapt it to suit your circumstances.

The first week is cleansing, the second to re-educate your appetite and the third to reinforce the new dietary regime. It is necessary to drink at least 6 - 8 glasses of spring or filtered water daily.

It is during the first 3 days that most major detoxification takes place. Toxins stored in the fat cells are released and sent to the liver for deactivation and elimination. Some cleansing reactions may take place during this time, with symptoms such as aching joints, bad breath, dizziness, headaches and spots or boils. Do not concern yourself unduly with these symptoms as they will diminish over the next few days, as the liver cleanses the blood.

You may find that you are depressed, uptight or irritable during this time but remember it will not last for long and the benefits will be worthwhile.

During this detoxification herbal teas like Chamomile, Fennel and Peppermint may be drunk freely. Water is best drunk hot, warm or at least at room temperature and can have a slice of lemon added to it. Avoid, coffee, tea and all stimulants. **DO NOT DISCONTINUE PRESCRIPTION MEDICATION WITHOUT SPECIFIC ADVICE.**

WEEK 1.

Before beginning this detox programme, it is a good idea to prepare your self by eating raw fruit and vegetables for one or two days prior to the start.

Day 1.

Choose one of the following foods and eat as much as you want all day (dont forget the fluids):

Apples:

They can be green or red. Eat the skins as well as the flesh. Eat about 5lbs per day either as the whole fruit or juiced with a little water if required.

Grapes:

They can be green or white. Eat about 5 - 7lbs a day of the whole fruit, pips and skins included, again you may juice them with a little water if required.

Melon:

Any of the types on the market, or a mixture of types, up to 6lbs per day. If you eat water melon you can also juice the rinds. This is a very bitter digestive tonic drink and takes some getting used to.

Tropical Fruit:

Kiwi fruit, mango, papaya and pineapple all contain extremely cleansing digestive enzymes which are good for this type of detox. At least 5lbs of the combined fruits are needed per day.

Vegetables:

A mixture of steamed vegetables, conserving the liquid to be eaten with the vegetables. Use only carrot, swede, and turnip. Eat up to 6lbs of veg per day.

Vegetable Juice:

A very cleansing and alkaline mixture is made from 1 Litre carrot juice plus 1 litre of a mixture of beetroot, celery and parsley. Make it up to 3 litres with water, drinking a cupful every 45minutes and when it is finished complete the day with plain water.

Brown Rice:

This fast is very boring because all you eat is plain rice which I suggest is steamed. It is difficult but often works for people who need a more solid type of food fast. Eat as much as you can consume.

Days 2 & 3.

Use the same food choice as Day 1, but it is also possible to take, for example, grapes on days 1 & 2, apples on day 3, or apples on day 1 and vegetable juice on days 2 & 3, and so on. DO NOT mix fruit and vegetables in one day.

Herbal prescriptions that you have been given can be continued throughout the fast.

You may continue this fast for up to a week, often people find 3 days are all that they can manage.

Day 4.

Assuming you have done a 3 day fast as above, today you may break the fast by introducing fresh raw foods.

Suggested Meal Plan To Break Fast:

Breakfast: Fresh fruit Salad (Any combination) sprinkled with ground almonds.

Fruit juice or herb tea to drink.

Lunch:

A large mixed salad dressed with olive or flax oil and lemon juice. Add seeds and sprouts if desired.

Seaweeds are a good mineral source and help to remove toxins. There are many kinds available now.

Fruit juice or herb tea to drink.

Evening Meal:

Same as lunch.

Snacks:

Fruit, raw veggie sticks, small amounts of nuts and seeds.

DO NOT EAT HEAVY FOODS TOO SOON.

Days 5,6 & 7.

Follow the plan as for day4, taking as many days like this to break the fast as those number of days that you fasted. This should take you to the end of the week.

Second Week (Days 8-14).

The aim of this week is to gradually introduce some cooked foods, but to still totally avoid all foods of animal origin as they are the most toxic and clogging to the system. Still continue to eat at least half of all your food raw . Small amounts of grain may be added, but wheat should be avoided as it is hard to digest even if you are not allergic to it.

If you want you may now add back in any supplements that you have been taking.

Foods To Avoid:

Dairy (Milk, butter, cheese, cream, yoghurt), Meat and all meat products, sugar and anything containing added sugar, salt, coffee, tea (except herbal kinds), soft drinks, chips, sweets, canned foods, cakes, pastries, bread, alcohol and anything that is not completely natural.

Suggested Meal Plan:

Breakfast.

Fresh fruit salad

OR Porridge

OR Muesli

Fresh fruit juice to drink.

Lunch.

Home made vegetable soup sprinkled with ground nuts.

Rice cakes or rye crackers spread with tahini or bean spread.

Mixed salad with an olive oil and lemon juice dressing.

Fruit juice or herb tea.

Evening meal.

A selection of steamed vegetables including at least 2 green leafy ones, one orange one and one red one.

Sprinkle with sesame seeds, herbs and olive or flax oil.

Eat with a mixed salad.

Plain brown rice, millet or buckwheat.

Fruit for dessert.

Fruit juice or herb tea to drink.

Towards the end of the week you may re-introduce well cooked beans.

Third Week.

Repeat week 2 with the addition of a little more protein and if you wish some animal products.

Yoghurt, cottage cheese, tofu, beans, soya milk and a little butter may be added back in.

Still avoid milk, margarine, sugar, salt, coffee, tea, and all processed foods. Meat and meat products are not recommended, but a little fish or corn fed chicken is acceptable. Carry on eating lots of raw foods and lightly steamed ones and steer clear of rich sauces and dressings.

If you are not allergic to wheat, you may re-introduce it but in small amounts.

By the end of this week you should have much more energy and be feeling really good with healthy skin. DO NOT SLIP BACK INTO YOUR OLD WAYS.

clear

Although week 3 is a guideline for healthy eating, it does not mean that you cannot allow yourself treat here and there, as long as it is in moderation and you keep your basic diet healthy.

the odd

If you do have the odd occassion when things go wrong or you have to eat the wrong foods, you adapt the detoxification programme to suit your needs, either one day of fasting once a month, day 4@s or whatever. Use your own judgement as to how much or how often you use programme.

can
or a few
all or part of the

Good Luck.