

YOUR GUIDE TO

Detox

Renew your health and vitality.



Congratulations on starting your detox program!

What is detox?

Detoxification is a natural metabolic process your body undertakes every day to help eliminate the environmental, dietary and internally created toxins we are all exposed to. This process changes toxins into less harmful substances, which are subsequently excreted from the body. If you feel tired, inflamed, suffer allergies, reproductive issues, or experience difficulty losing weight – these are all signs that your body may be struggling under an increased toxic load, or reduced cellular capacity to resist the damaging effect of toxins. Consequently, supporting healthy detoxification is a cornerstone of contemporary and traditional medicine practice and may be the turning point to getting your health back on track. The four key therapeutic aims of your detox program are outlined in Figure 1.

A key goal of detoxifying is to reduce your toxin burden while improving your toxin resistance in order to create balance (Figure 2). Your Practitioner has tailored a special detoxification program aimed at reducing your toxin burden. Through dietary, lifestyle and supplemental interventions, you will be increasing your toxin resistance and improving your efficiency in eliminating wastes. The ultimate goal of a Practitioner guided detoxification program is to provide you with a personalised approach that is safe and effective, which also enables you to achieve the best possible health outcomes.



Figure 1: The Therapeutic Goals of Detoxification.



Reduce toxin burden

Follow a specialised detox diet and detoxify your environment. Avoid common dietary toxins and allergens such as gluten, alcohol, coffee and cigarette smoke.



Support detox pathways

A comprehensive detox program offers liver, gut, kidney and cellular detoxification support. It also promotes healthy gut flora balance.



Neutralise free radicals

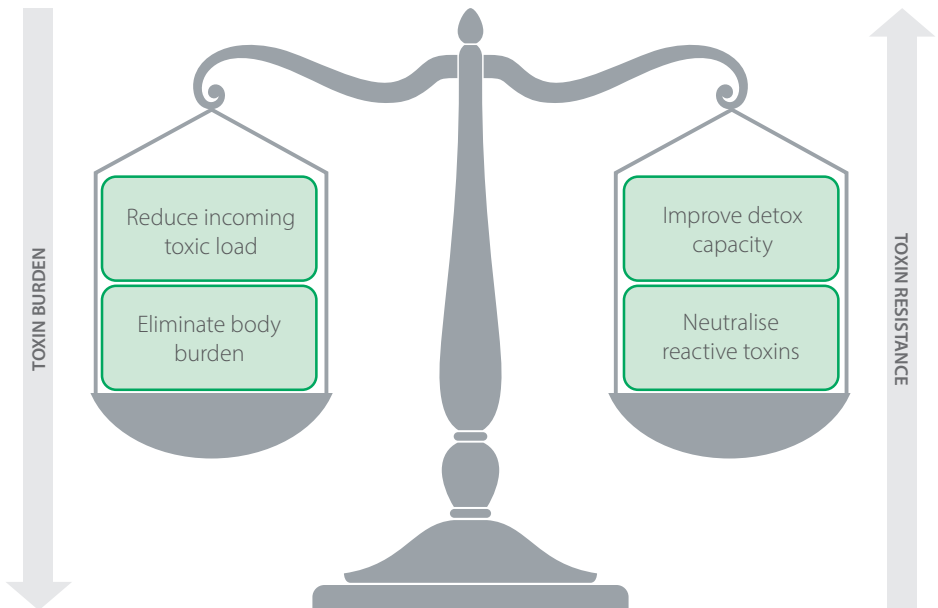
Incorporate a range of antioxidants to protect against potentially harmful free radicals.



Eliminate waste products

Support healthy liver, kidney and gastrointestinal elimination.

Figure 2: Toxin Burden vs. Toxin Resistance.



What will my detox program involve?

Your Practitioner will recommend a detox program specifically for you, taking into consideration your symptoms, health history and any other influencing factors. The program will include carefully selected nutritional and herbal formulas, together with dietary and lifestyle guidelines to enhance your detox efforts, and help you achieve great results. These dietary and lifestyle tips will help you to learn how to decrease your toxin burden over the long-term.

Your Practitioner guided detoxification program will be tailored to your individual needs, and may focus on one of the following health goals:

A health reset:

A foundational, comprehensive detox program may be recommended for individuals in need of 'wiping the slate clean' and returning to an ideal state of health. A program such as this will enable your Practitioner to get you back to a healthy baseline and minimise the broad range of symptoms you might be suffering from. This program will typically be recommended for four weeks and offers a detox solution for those who want to return to wellness and live the healthiest life possible. It is also suitable as a regular 'spring clean' detox or for those who have recently overindulged and are eager to get their energy back; such as following the New Year period or after a decadent holiday.

For gut symptoms or to eliminate pathogens:

While the foundational support provided in a detox program designed to 'reset' your health will support digestion; your Practitioner may choose to make some additional recommendations for those with ongoing or extreme gastrointestinal symptoms. Antimicrobial herbs and essential oils are a welcome addition in these situations to eliminate digestive pathogens that might be contributing to your symptoms, with strain-specific probiotics further assisting to restore healthy gut function and rebuild a healthy intestinal microbial balance. As the gut is 'the seat of health' and has a strong influence over all aspects of wellbeing, a program such as this is often recommended for managing non-digestive related symptoms as well. Depending on the intensity of your symptoms, this program will likely be recommended for four to six weeks in duration.

For liver support or chemical clearance:

Similarly, the foundational support provided in a detox designed to 'reset' your health will optimise liver detoxification; however, some individuals may experience a much higher chemical exposure than others due to their lifestyle habits, or living or working circumstances. As such, additional antioxidants and liver support for chemical clearance and heavy metal chelation may be required. Again, depending on the intensity of your symptoms, this program will likely be recommended for four to six weeks in duration.

Nutritional and herbal support for detoxification

Your detoxification program includes foundational formulas that offer comprehensive support to you, so you can achieve optimal results. Depending upon your recommended detox program, these formulas may be introduced at different stages, with additional herbs and nutrients indicated by your health needs.

Key ingredients for detoxification:

Spirulina

This nutrient-rich sea vegetable has been used in traditional Western herbal medicine to alkalise the body, increasing the detox capacity of elimination organs such as the kidneys, thereby supporting optimal detoxification. Spirulina has also been shown to have a novel ability to promote heavy metal elimination.

Larch arabinogalactans

This soluble dietary fibre has prebiotic activity, supporting the growth of healthy bacterial flora which can neutralise toxins in their own right. Restoring healthy gut flora is also essential to improve gastrointestinal function and minimise digestive symptoms.

Glutamine

Another significant amino acid that helps soothe and protect the lining of the gastrointestinal tract to minimise absorption of toxins, including those created by your own gut bacteria. Improving the integrity of the gastrointestinal lining will also result in reduced digestive symptoms.

Amino acids

A low reactive protein source, such as non GMO pea protein, provides amino acids which are essential components of liver detoxification as they bind to and neutralise toxins, allowing for their removal from the body. Specific amino acids including cysteine and glycine, are also required for the synthesis of glutathione (an important cellular antioxidant).

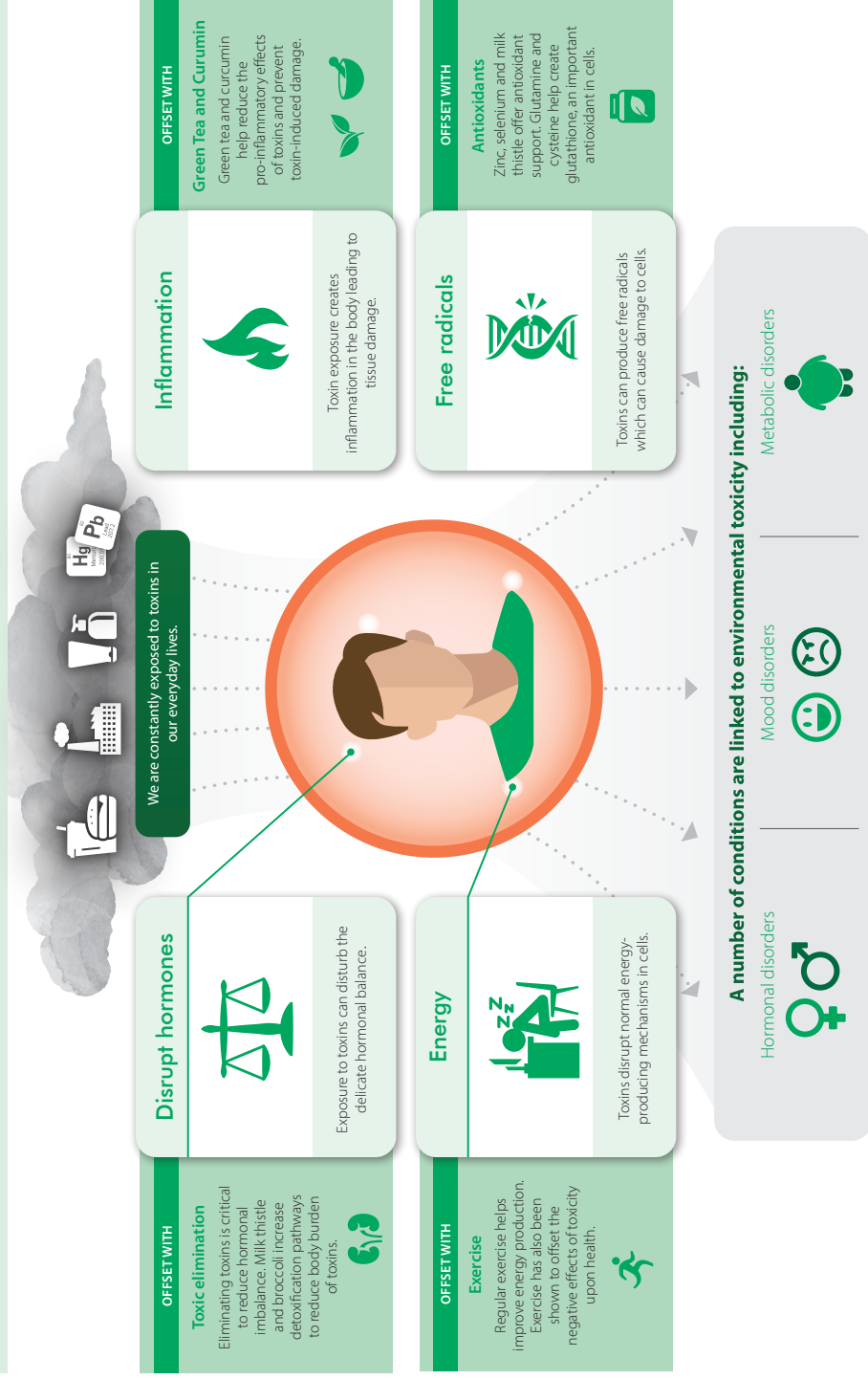
Milk thistle

Used in traditional Western herbal medicine for its role in protecting liver cells and supporting normal liver function, this herb may also support the regeneration of liver tissue.

Green tea

A potent antioxidant to help protect cells against the damaging effects of toxins. It also helps to stimulate enzymes involved in liver detoxification allowing for more effective toxin removal.

Detoxification and Resilience to Environmental Toxicity



The detox diet

A major source of ongoing toxin and allergen exposure can be found in the diet, through the intake of substances such as coffee, alcohol, refined and processed foods containing additives, preservatives, artificial sweeteners and flavours. The combined effects of these substances place additional burdens on your detoxification organs, and therefore should be minimised during your detoxification program. The detox diet reduces these harmful substances and is an easy to follow dietary program. The major principles of the detox diet are outlined in Table 1.

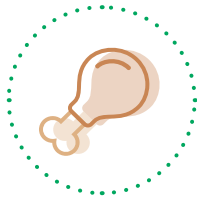
Table 1: Detox Diet Principles.

Plant-based	Encourages liberal amounts of fresh and raw greens, fresh vegetables, fruits and spices, legumes, nuts and seeds, and moderate amounts of wholegrains.
Low saturated fat	Diets that are high in fats have been found to encourage the circulation of components of harmful bacteria from the digestive system into the bloodstream, which contributes to your toxin burden.
Wholefood	Eliminates refined, processed or packaged foods that tend to be high in various chemicals such as additives, preservatives, artificial sweeteners and artificial flavours. These foods also tend to be high in calories but low in essential nutrients. High intake of refined carbohydrates can also negatively impact the balance of digestive flora.
Gluten free and dairy free	Two of the most common allergens, gluten and dairy, increase inflammation and the production of potentially harmful free radicals, which may impact health.
Low fructose	With the exception of fresh fruit, this diet discourages intake of foods sweetened with fructose or high fructose corn syrup, which at certain levels may cause digestive symptoms in sensitive individuals.
Organic	By opting for organic food choices wherever possible, your exposure to insecticide, herbicide and pesticide residues known to impact health will be limited. Organic fruits and vegetables have also been shown to contain higher levels of phytonutrients, which are beneficial for cellular health and offer protection against toxin damage.
Alkalisising	Diets high in refined grains and animal protein, and low in fresh vegetables and greens, can be quite acidic and ultimately impact cellular function and health. A lower intake of these foods and higher ratio of alkaline, plant foods reduces acid load within the body.
Hydrating	Effective detoxification depends upon water. Consuming two to three litres of pure water daily assists the kidneys to remove wastes through this important eliminatory channel.

If combined with appropriate food preparation, storage and cooking methods (refer to page 12), the detox diet is low in established toxins or carcinogens such as nitrates and sulphates. The detox diet can be easily adapted under the guidance of your Practitioner to support fat loss.

The detox diet

Below is a list of foods that you can continue to enjoy throughout your detox, as well as those foods that are best to avoid based on the principles of the detox diet. If there are any foods not on the list, your Practitioner will be able to advise whether they are appropriate for you.



Protein to enjoy	Beans and legumes to enjoy
<p>Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.</p> <div><div><div>✓</div>Chicken</div><div>✓</div>Eggs</div> <div><div>✓</div>Kangaroo</div> <div>✓</div> Tempeh* <div><div>✓</div>Tofu*</div> <div>✓</div> Turkey	<p>Serving size: Limit to 1 to 2 serves per day (1 serve = 30 g cooked). Choose organic where possible.</p> <div><div><div>✓</div>Alfalfa sprouts</div><div>✓</div>Azuki beans (or adzuki)</div> <div><div>✓</div>Broad beans</div> <div>✓</div> Bean sprouts <div><div>✓</div>Black beans</div> <div>✓</div> Borlotti beans <div><div>✓</div>Butter beans</div> <div>✓</div> Chickpeas or garbanzos
<p>* Consume roughly 2 palm-sized portions per meal.</p>	<div><div><div>✓</div>Kidney beans</div><div>✓</div>Lentils</div> <div><div>✓</div>Lima beans</div> <div>✓</div> Mung beans <div><div>✓</div>Navy beans</div> <div>✓</div> Pinto beans <div><div>✓</div>Split peas</div>
Protein to avoid	Beans and legumes to avoid
<div><div><div>✗</div>All mince (unless made at home using meat from the 'protein to enjoy' list).</div><div><div>✗</div>Beef</div><div><div>✗</div>Duck</div><div><div>✗</div>Lamb</div><div><div>✗</div>Pork</div><div><div>✗</div>Sausages</div><div><div>✗</div>Veal</div><div><div>✗</div>Shellfish including prawns, oysters, mussels, crab.</div></div> <div><div><div>✗</div>Cured/smoked meats and deli meats* (i.e. smoked salmon, salami, ham, etc.)</div><div><div>✗</div>Fish susceptible to higher heavy metal content such as tuna, salmon, king mackerel, marlin, swordfish and shark.</div><div><div>✗</div>Tinned meat and fish</div></div>	<div><div><div>✗</div>Flavoured and salted canned* beans or those with additives or preservatives.</div></div> <p>* Canned food products are often combined with additives and preservatives to prolong their lifespan. Cans themselves are also a common source of other chemicals such as BPA known to have adverse effects on health.</p>



Nuts and seeds to enjoy

Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible.

- ✓ Almonds
- ✓ Brazil nuts
- ✓ Chia seeds
- ✓ Coconut
- ✓ Hazelnuts
- ✓ Linseeds/flaxseeds
- ✓ Macadamia nuts
- ✓ Pecans
- ✓ Pepitas
- ✓ Pine nuts
- ✓ Sesame seeds
- ✓ Sunflower seeds
- ✓ Walnuts

* Nut spreads of these nuts and seeds are also appropriate. Limit to 1 to 2 tablespoons per day.

Nuts and seeds to avoid

- ✗ Peanuts (including peanut butter)
- ✗ Roasted and/or salted nuts



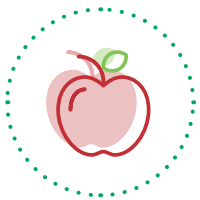
Dairy/dairy substitutes to enjoy

- ✓ Goat's milk products*
- ✓ Organic, unsweetened nut milk (i.e. almond milk)
- ✓ Organic, unsweetened rice milk
- ✓ Organic, unsweetened soy milk*
- ✓ Plain coconut yoghurt
- ✓ Sheep's milk products*

* Some individuals are sensitive to these products and they may therefore not be appropriate as part of a clinical detoxification program. Ask your Practitioner if these foods are suitable for you.

Dairy/dairy substitutes to avoid

- ✗ Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese and ice-cream.



Fruit to enjoy

Serving size: Limit to 3 serves daily due to high sugar content. 1 serve = 1 piece or 1 handful of chopped fruit.

- ✓ Enjoy all fresh fruits
- ✓ Fruits dehydrated at home without additives are permitted.

Note: If fruit is frozen, choose organic with no additives.

Fruit to avoid

- ✗ Canned fruit due to added sugar and preservatives.
- ✗ Crystallised/candied fruit
- ✗ Dried fruit due to high sulphite content.



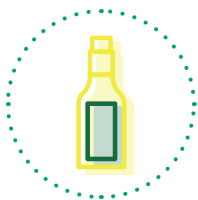
Vegetables to enjoy

Serving size: Minimum of 4 handfuls of salad and 3 handfuls vegetables per day. Choose organic where possible.

- ✓ Enjoy all fresh vegetables
- ✓ Homemade or organic fermented vegetables such as kimchi and sauerkraut.

Vegetables to avoid

- ✗ Avoid canned, dried/dehydrated, frozen and/or pickled vegetables.



Oils to enjoy

Use cold pressed, organic oils where possible.

- ✓ Coconut oil
- ✓ Flaxseed oil
- ✓ Macadamia oil
- ✓ Olive oil
- ✓ Rice bran oil
- ✓ Sesame oil
- ✓ Walnut oil

Oils to avoid

- ✗ Butter
- ✗ Canola oil
- ✗ Duck fat
- ✗ Fried foods
- ✗ Ghee
- ✗ Margarine
- ✗ Peanut oil
- ✗ Vegetable oil

Beverages to enjoy

Serving size: Consume 2 to 3 L of pure water daily.

- ✓ Herbal tea, green tea - not sweetened or flavoured. Choose organic where possible.
- ✓ Juices made from fresh fruit and vegetables.
- ✓ Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)
- ✓ Unflavoured sparkling mineral water
- ✓ Unflavoured kombucha

Beverages to avoid

- ✗ Alcohol
- ✗ Black tea
- ✗ Caffeinated softdrinks
- ✗ Coffee
- ✗ Fruit drinks and cordials
- ✗ Reconstituted fruit juice
- ✗ Soft drink/carbonated beverages





Grains/grain alternatives to enjoy

- ✓ Almond meal
- ✓ Amaranth
- ✓ Brown rice
- ✓ Buckwheat
- ✓ Coconut flour
- ✓ Corn
- ✓ Gluten-free flour
- ✓ Gluten-free natural rice cakes*
- ✓ Hazelnut meal
- ✓ Lupin
- ✓ Millet
- ✓ Polenta
- ✓ Quinoa
- ✓ Red rice
- ✓ Wild rice

* As snack options only.

Grains to avoid

Avoid all gluten containing grains including:

- ✗ Barley
- ✗ Oats
- ✗ Rye
- ✗ Spelt
- ✗ Triticale
- ✗ Wheat

Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, etc.)

Dressings, condiments, sweeteners and seasonings to enjoy

- ✓ All herbs and spices
- ✓ Garlic
- ✓ Homemade dressings and sauces
- ✓ Homemade dips and spreads (i.e. guacamole, hummus, tahini, etc.)
- ✓ Lemon juice
- ✓ Organic tamari
- ✓ Salt – Celtic, sea or Himalayan
- ✓ Stevia and sucralose

Dressings, condiments sweeteners and seasonings to avoid

- ✗ Additives (i.e. MSG)*
- ✗ Artificial colours*
- ✗ Preservatives*
- ✗ Sugar, honey, coconut sugar, rice malt syrup
- ✗ Aspartame, saccharine
- ✗ Commercially made sauces and condiments
- ✗ Spice/herb blends containing added salts, sugars, and artificial ingredients.
- ✗ Wasabi

* Some of the more common and harmful food additives are outlined in the section entitled Food Preparation, Cooking and Storage on the following page.

Additional Practitioner recommendations:

Food preparation, cooking and storage

Cooking methods

Different food preparation and cooking methods can alter the nutrient content you derive from your food; and some have also been shown to be associated with the creation of certain carcinogens which are harmful to health.

The best approach to safe cooking is to cook 'low and slow'. Avoid cooking at temperatures over 100° Celsius. Cooking methods known to deplete nutrients or affect the quality of food you are consuming that are best avoided are outlined in Table 2.

While certain cooking methods are best avoided, your circumstances may occasionally require you to bake or microwave your foods. If so, follow these guidelines to minimise the impacts:

- If baking, keep the oven temperature as low as possible to cook thoroughly (low and slow).
- Avoid dry heat – baking animal protein and vegetables in dry heat can result in harmful inflammatory compound formation. Baking with liquids helps to reduce this.
- Remove any portions of browned, charred food before consuming. Browning food can also form harmful inflammatory compounds, particularly at higher temperatures.
- If you have to use a microwave, avoid using plastic containers, as chemicals may potentially leach from the plastic into the food. Using glass cookware is desirable. Avoid cooking with non-stick cookware as this contains a chemical known as Polytetrafluoroethylene (PTFE).

Table 2: Cooking Methods Suitable for Detox.

Ideal cooking methods	Avoid or minimise these cooking methods
<ul style="list-style-type: none">• Braising• Poaching• Sautéing• Simmering• Steaming• Stewing• Stirfrying with water	<p>Overcooking and losing nutrients in water</p> <ul style="list-style-type: none">• Boiling• High temperature cooking*• Baking (if food becomes browned or crisp)• Barbecuing• Frying• Grilling• Stirfrying with oil• Toasting

* It is ideal to avoid high temperature cooking during detox; however, occasional cooking at higher temperatures may be allowed provided foods are not browned or burnt.

Food storage

Washing and storing food properly is essential to maintaining the nutrient quality and longevity of food. If food is stored properly, it remains fresher for longer. This prevents you having to throw away food unnecessarily, which may be kinder to your budget.

During a detox is the perfect time to do an audit of your fridge and pantry, clearing out any unhealthy or out of date items. When you go to your fridge or pantry, what do you see?

- Are all the packaged or bottled items in date and sealed properly?
- Are your organic vegetables stored in the crisper after being washed? Washing vegetables and fruits before consumption is essential to remove potential toxic residues that may be resting on the surface especially for non-organic foods.
- Store fresh produce in the crisper to prevent it wilting; wrapping in unbleached paper towels or a clean cloth may help absorb extra water.
- Don't pack your refrigerator to the brim. Leave some breathing room to allow the air to circulate.
- If fruit or vegetables have started to deteriorate, you are best to discard the whole item, rather than simply removing the affected part.
- Are there left-overs that have been left a little too long? Avoid eating leftovers, as they are more likely to be contaminated.
- Avoid storing foods in plastic containers or polystyrene containers and covering food with plastic wrap. Instead, opt for non-porous storage options such as glassware, ceramic or stainless steel. Use a plate to cover food if needed, instead of plastic wrap.
- Keep spices, onions, potatoes and oils stored in a cool dark place to prevent spoilage.
- Thawing is most safely done in the refrigerator in a sealed package.
- Freeze foods using glass or enamel containers, butcher's paper, parchment, foil or number 4 freezer bags for freezing. Make sure hot food has cooled before placing it in storage bags.



Reading food labels effectively

Although the majority of food in your diet will come from fresh wholefoods, there may still be some foods that come in a jar or packet. It is important to understand what a food label means to ensure that the foods you select are consistent with the detox recommendations. Food labels contain the following elements:

1. The nutritional information panel:

This is where you will find a breakdown of macronutrients such as carbohydrates, sugars, fats and protein in the product. Comparing the figures in the column per 100 g serve allows you to easily contrast different products.

2. The ingredients list:

This is where you will find a complete list of ingredients used in the product. These ingredients are listed in order of weight. Knowing that ingredients listed first are in the greatest quantities, can help you to avoid products with higher amounts of sugars or other ingredients you want to avoid.

3. Food additives:

Food additives such as colours, flavours and preservatives may have adverse effects on health and are included in the ingredient list by number. Be aware of the main food additives to avoid and choose not to consume products containing these additives during your detox program. Specific additives to look out for include monosodium glutamate (MSG/E621), artificial sweeteners (E950, E951, E954), trans fats, food dyes [blue (E133), red (E124), yellow (E102)], sodium sulphite (E221, 222, 223, 228), sodium nitrite (E251, E250), BHA/BHT (E320), sulphur dioxide (E220) and potassium bromate.



Shopping for healthy produce

There are certain fruits and vegetables that use higher levels of harmful chemicals when grown and should ideally be consumed as organic in order to reduce your toxin burden. Table 3 below lists the fruits and vegetables that use the most, and least, amount of chemicals to grow. When eating fruits and vegetables that may contain higher amounts of chemicals, it is recommended that you choose organic produce. However, if this is not feasible do not avoid this produce, as it is still healthier and more beneficial to consume them in any form possible. Produce that contains the lowest level of chemicals are safe to consume as non-organic without significant exposure to chemicals. The benefits of organic extend beyond their reduction of chemicals. Ideally foods should be consumed as organic as much as possible.



Table 3: Fruits and Vegetables That are Higher and Lower in Chemicals.

Higher in chemical	Lower in chemicals
Apples	Avocadoes
Strawberries	Sweet corn
Grapes	Pineapple
Celery	Cabbage
Peaches	Sweet peas (frozen)
Spinach	Onions
Capsicum	Asparagus
Nectarines (imported)	Mangoes
Cucumbers	Paw paw
Cherry tomatoes	Kiwi fruit
Snap peas (imported)	Eggplant
Potatoes	Grapefruit
	Rockmelon
	Cauliflower
	Sweet potato

* Listed in order of most and least contaminated for the respective lists.

Detox meal planning guide

Detox friendly meals are easy to prepare using foods from the detox diet. Be creative and have fun in the kitchen during your detox, using a wide variety of fresh, healthy foods. Detoxing can be a great opportunity to try using new ingredients and recipes, and escape from regular food ruts. If you need some new ideas, a variety of detox friendly recipes are available to download from www.metagenics.com.au or www.metagenics.co.nz. Click on 'Detox' under the 'Why Natural Medicine?' tab. Here is a sample detox meal plan to assist you with your detox (Table 4).

Table 4: Sample Weekly Meal Plan.

	Day One	Day Two	Day Three	Day Four	Day Six
Breakfast	Berry Smoothie <i>Powdered detox formulas may also be mixed in if desired.</i>	Poached Hoki and Eggs	Fresh Berry and Quinoa Porridge	Chia Pudding Add 1 piece of fresh seasonal fruit to serve.	Zucchini Fritters
Snack	Fruit salad	Homemade Guacamole on gluten-free rice cakes	Small handful of raw mixed nuts	Raw Banana and Almond Cookies	Gluten-free rice cakes with tahini and sliced banana
Lunch	Fresh Garden Salad (add preferred protein from detox diet)	Calamari Treasure Salad	Mediterranean Salad	Quinoa Salad with Shredded Vegetables	Detox Salad with Tahini Dressing
Snack	Homemade Hommus with carrot and celery sticks	Small handful of mixed nuts	Homemade Hommus with gluten-free rice crackers	Garlic and Tamari Chicken Drumstick	Coconut yogurt with fresh piece of seasonal fruit
Dinner	Quinoa and Beetroot Frittata	Chicken or Tofu and Vegetable Stir-fry	Masala Chicken Vegetable Curry served with brown rice	Sauteed Thai Lime Chicken with Sesame	Chicken Salsa

With so many options to choose from, you won't miss out! With additional guidance from your Practitioner, it will be easy for you to choose fresh, healthy options that will keep you feeling energised and satisfied during detox.

Detoxifying your environment

During your detox it is best to avoid unwanted or unnecessary exposure to chemicals, pollutants and other harmful substances. Your detoxification program can help detoxify your internal environment, however it is also equally important to review your lifestyle habits and consider the external environment around you, including your home, workspace and even your car. We spend so much time in these spaces, but how often do we actually stop and consider how toxic our living environment may potentially be?

Avoid recreational drugs



Coffee, alcohol and cigarettes are the most common recreational substances that can impact on your body's capacity to detoxify. During your detox, your Practitioner may request that you reduce your intake or even eliminate these substances completely – there are many alternative choices to caffeine and alcohol. Talk to your Practitioner about how they can support you in quitting smoking or reducing the intake of other recreational drugs.

Appropriate use of medications



The use of prescription medication may be important to manage your health effectively. Please advise your Practitioner of any medications you are taking during detox. Discontinuing your medications without the advice of your primary healthcare professional is not recommended. However, during detox, you may wish to limit the use of non-prescription medications, and only use on an 'as needed' basis. Any additional medications place additional burdens on your detoxification pathways.

Avoid unnecessary chemical exposure



Attempt to minimise exposure to chemicals and pollutants during detox. Opt to use chemical-free dry cleaners and natural insect repellents if required, limit exposure to air and traffic pollution; and avoid solvents and surfactants used in glue, plastic and rubber. If possible, avoiding getting the carpets professionally cleaned or the house painted during your detoxification program.

Recognise bad plastics



Plastics are a common source of well-known toxic chemicals such as BPA, phthalates and diethylstilbestrol, amongst others. These chemicals can leach from the plastics, especially with heating and should ideally be avoided. Plastics are often categorised by numbers and these codes can usually be found displayed on plastic bottles. Numbers 2, 4 and 5 have no known health hazards except if ingested and are the best choices. Table 5 outlines plastic classifications to avoid.



Check your cleaning products





Though useful to clean away dirt and grime, chemical cleaners can also burden our internal and external environment. Avoid cleaning products or air fresheners that are fragranced or made using chemical ingredients, opting for more natural products. Alternatively, make your own natural cleaning products using ingredients such as bicarbonate of soda, vinegar, tea tree and clove oils – all effective at cleaning, and better for you and the environment.



Review your personal care products

Personal care products and cosmetics are another potential source of chemicals that may not be ideal during detox. As many ingredients can be absorbed through the skin, it is important to assess the products you are using and invest in your health by choosing more natural skincare options. Ideally, avoid using products with the following ingredients which may impact upon your health (Table 6).

Table 5: Plastic Classifications to Avoid.

	No. 1 – Often considered ‘safe’, however may leach plasticisers and other chemicals. Single use only. Most commonly made into ‘polyester’ fibres and material; used for many bottles and jars for water, soft drinks, condiments, cleaners.
	No. 3 – May release toxic breakdown products like phthalates into food and drinks. Used in bottles for condiments, window cleaner, detergent, shampoo, cooking oil, teething rings, toys, shower curtains, clear food packaging, electrical wire insulation, medical equipment and plumbing pipes.
	No. 6 – Used in polystyrene or styrofoam and found in disposable plates and cups, meat trays, egg cartons, take away containers and compact disc cases. Styrofoam cups, when heated, release potentially toxic or carcinogenic styrene into the coffee or tea. These plastics are also notoriously difficult to recycle.
	No. 7 – Incorporates miscellaneous plastics that do not fit into other categories: some are safe, some may be suspect. Includes those used in baby bottles, large water bottles, sunglasses, DVDs, phone and computer cases, signs and displays, certain food containers and nylon. These plastics are made up of various resins. Some (e.g. polycarbonate) contain BPA.

If drinking water from a plastic water bottle, ensure the water bottle is used once only and does not contain warm or hot water.

Table 6: Chemicals in Personal Care Products.

Ingredients	Personal care products
Aluminium	Anti-perspirant deodorants.
Benzyl peroxide	Peeling agent found in acne treatment gels, acne face wash, acne face creams and pore cleansing washes.
Bisphenol-A (BPA)	Hardener in nail polish.
Mineral oils	Moisturisers, commercial baby oil.
Phthalates	Used in cosmetics labelled as synthetic fragrance or 'parfum' and hairsprays.
Propylene glycol/Butylene	Moisture carrier used in shampoo, conditioner, after shave, toothpaste, deodorant and mouthwash.
Parabens (methyl, ethyl, butyl, propyl)	Inhibit microbial growth and extend the shelf life of cosmetic products. Found in many moisturisers and cream cleansers.
Sodium lauryl sulphate/ Sodium laureth sulphate	Lathering/foaming agent found in many personal care products including shampoo, conditioner and body washes.
Tolulene and Dibutyl phthalate	Nail polish and nail hardeners.
Triclosan	Antibacterial agents found in cleansers, toothpastes and anti-perspirants.

Why not adopt a detox lifestyle during your detoxification program? Detoxing can be a very motivating time to make positive changes in many areas of your life. The following lifestyle tips can help support your mind and body throughout the detoxification process. While not essential to achieve successful outcomes with your detox, these recommendations are the perfect companion to your treatment program and the dietary changes you are making.

Lifestyle tips

Exercise

The benefits for exercise are endless, particularly during detox. Regular exercise not only helps you feel good; it is also a great way to assist with detoxification, promoting the circulation of blood and lymph throughout the body. This enhances the elimination of waste products and the delivery of nutrients and oxygen to your organs and muscles. Our lymphatic system relies on the movement of muscles during exercise to pump internal waste from the body.

Have fun and get active during detox. Aim for:

- Approximately 30 to 40 minutes of moderate intensity aerobic exercise, three to four times per week. Aerobic exercise is any activity that raises your heart rate, such as brisk walking or swimming.
- One to two sessions a week of strengthening exercise (e.g. yoga, pilates or weights).
- Try something new, whether a dance or fitness class, a team sport such as netball or football, boot camp or whatever makes you move and have fun.
- Exercising in nature is good for the soul – enjoy the green spaces around you and go for a bike ride in the park, bushwalk or run along the beach.
- Talk to your Practitioner before embarking on any new exercise regimen to assess what may be appropriate in your circumstances.



Pure water

An undeniable mainstay of effective detoxification is water! With so much of our body being made up of water, it is no wonder that water helps with the elimination process, encouraging clearance of waste through the kidneys. Drink two to three litres of water daily during your detox, and more if it is hot or when you are exercising. A good rule of thumb is that if your urine is not almost clear, then you need to drink more. One tip to ensure you are drinking enough is to carry a one litre BPA-free plastic, glass or stainless steel bottle with you at all times, and sip throughout the day. Add some interest to your water by adding a little lemon juice or zest, ginger, mint or even frozen raspberries for a cool treat.

Sleep and rest well

Your body uses sleep as an opportunity to heal and rejuvenate. Seven to nine hours of good quality sleep each night will complement your detoxification program. Length of sleep is important, as is sleep quality. Your sleeping environment can impact your sleep. Ensure your bedroom is dark, well ventilated and a comfortable temperature. Keep a regular bedtime routine, turning off the television, computer and mobile phone at least an hour before bed to allow your body time to wind down and prepare for a restorative night's sleep. Talk to your Practitioner if you require further support for improving sleep.

Dry skin brushing

Your skin is a major organ of elimination and as dead skin cells accumulate, they reduce the skin's ability to detoxify effectively. Before your shower, spend five to ten minutes with a firm-bristled brush or loofah and scrub the skin of the arms, legs and back quite briskly; brushing in an upward motion from wrist to shoulder, ankle to hip and down your back. You will know if you are doing it right if it is slightly uncomfortable at first, and your skin is slightly red and tingly when you are finished.

Spa treatments

Spa treatments can be a great addition to your detoxification program. Saunas and skin wraps can be powerful detoxification tools, encouraging your body to sweat and remove wastes through your skin. Massage can also support detoxification by stimulating lymphatic and blood circulation, and enhancing wellbeing.



Avoid toxic emotions and stress

Avoiding toxic emotions and stress for some people may mean making a lot of changes, but these changes are positive contributors to detoxification. Negative energy, emotions and reactions often influence our health more profoundly than we realise. Choosing to be positive and focused presents the opportunity to detoxify your life from negativity. Find positive affirmations or quotes that inspire you to fight off negative thoughts.

Detoxification is not just a reset for your physical body, but for your mental health and wellbeing too. In some individuals, cleaning up their diet and lifestyle may result in past thoughts and emotions resurfacing. A useful tool in this instance is the process of journaling and reflection, which may help you identify any emotional stressors that you are 'detoxifying' from, so you can process these and clear them from your consciousness. If you feel you need additional support during this time, speak with your Healthcare Practitioner who can refer you to a suitably qualified mental health professional.

Tips for staying on track and socialising

- Plan your meals in advance. Being organised with your meal plan will help to avoid impulse purchases of non-allowable foods.
- When shopping, always look for fresh seasonal fruit and vegetables. You may be able to get some great bargains at local farmer's markets or the nearby fruit shop.
- Avoid packaged and processed foods.
- Avoid foods containing artificial colours, flavours, additives, stabilisers, flavour enhancers and hydrogenated fats.
- Read the ingredients carefully to ensure the food does not contain high levels of fats, gluten and/or sugar.
- Fresh vegetable juices can help support your detoxification capacity and are a good addition to your detox diet, especially when out and about or short on time at home. Try to have combinations that include more vegetables and herbs rather than just fruits. Common vegetables and herbs that are beneficial to include are carrots, beetroot, celery, cucumber, spinach, fennel, ginger, mint and parsley. Juices which preserve the pulp are best as this retains more nutrients and enzymes from the fruits and vegetables as well as the fibre.
- Before you start your detox, remove as many of the 'avoid foods' from your home as practical. Remember, if it is in your pantry, it is too easy to eat it. Give food to charity, friends, and neighbours or pack long-life foods out of sight until you have reached your goal and finished the program.
- When eating out, order meals that do not contain any avoid foods. It is easier to avoid these if they are not on your plate. Familiarise yourself with the allowable food list so that you can easily recognise what is appropriate on the menu.

Testing for toxicity

Your Practitioner may conduct some or all of the tests below to effectively assess your detoxification capacity, before beginning the program and to monitor your progress.

- **Detox Questionnaire** – Your Practitioner may request you to complete this short survey which will provide information about your level of heavy metal, chemical and allergen exposure in order to determine the most appropriate detoxification program for you.
- **Zinc Test** – A simple taste test to evaluate your zinc status. Zinc is involved in over 300 reactions within the body and adequate levels are required for effective detoxification.
- **Bioelectrical Impedance Analysis** – This simple test allows your Practitioner to review changes in your body composition or cellular health.
- **pH Test** – These urinary detection strips can provide a convenient indicator of the acid-alkaline status of the body.
- External pathology testing as required, or other in-clinic screening tools.

Safety



Pregnancy: Detoxification should not be attempted during pregnancy. If you fall pregnant while doing a detox you should stop the program and contact your Practitioner. However, if you are planning to conceive, it is a very good idea for both partners to detoxify before pregnancy. Eggs and sperm take three to four months to develop, so you should aim to have completed your detox at least four months prior to conception.



Medication: Many prescription medications can be affected by the detoxification process. However, it is unusual that you will need to alter the dosage of the medication you are taking; you may just need to separate the doses away from your detox supplements. Your Practitioner will be able to advise you if the medication you are taking will be affected by your detox, and if this is the case, will provide recommendations on what to do. Be sure to inform your Practitioner of any medication you are taking before you start.



Side effects: Occasionally people may experience adverse symptoms during a detoxification program, such as nausea, changes in bowel function or headaches. Generally these are short-term and will resolve without need for intervention; however, you should discuss them with your Practitioner if they are severe or last more than a few days.

Completing the symptom tracker each week allows you and your Practitioner to monitor your progress throughout the detox program, highlighting the positives changes and therapeutic benefits of your detox.

[illegible]

<div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div> <div>Never/Not At All</div> <div>Some Of The Time/Mild</div> <div>Often/Moderate</div> <div>Always/Severe</div> </div>													
WEEK 3							WEEK 4						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
Symptoms:													
Abdominal distension/ bloating and/or fullness													
Excessive flatulence and/or burping													
Irregular bowel motions													
Nausea and/or vomiting													
Gastrointestinal discomfort/ pain/spasming													
Heartburn													
Adverse reactions or sensitivity to environmental chemicals, fragrances, cleaning products, etc.													
Additional Symptoms:													

Frequently asked questions

Different people can experience and face different challenges while on their detoxification program. It is important that you discuss with your Practitioner any symptoms you may have so they can help you overcome these and get the best results for you.

What is the difference between a Practitioner guided detoxification program and fasting or juice detoxes?

Detoxification is a process that involves amino acids, which come from protein, to assist in eliminating toxins from the body. Amino acids are used to bind to molecules requiring detoxification and effectively eliminate them from the body. Without adequate protein from your diet, your body is unable to effectively detoxify. Juice is a combination of water, sugars and in some cases small amounts of fibre. Juice fasting does not provide adequate amounts of protein for detoxification, and in many cases can cause a loss in muscle mass, as the amino acids from your own muscle are used to support the detoxification process. By including protein in your detoxification diet this will ensure that your body has sufficient amino acids to support optimal detoxification. Likewise, you will preserve your muscle mass and improve the outcomes of your detoxification program.

Your Practitioner guided detoxification program has been researched and designed with your body's physiology in mind. The program includes key ingredients and strategies that will minimise uncomfortable detox reactions as your body eliminates its toxin burden. Of real significance and utmost importance is the support of your Practitioner during your program, who can discuss any concerns with you and offer qualified advice if required during this time.

How does this program differ to one that I can purchase off the shelf?

Over recent years detox programs have become very popular and even fashionable. There are now countless types of detox programs which claim to be a quick-fix. The one-size fits all approach to detox can dramatically affect both the safety and the efficacy of the program. These programs lack the support of a Healthcare Practitioner and the advice they can offer to suitably prescribe what's required to address your health requirements. A Practitioner supported program has numerous benefits. The supplements recommended by your Practitioner for your detoxification program can only be prescribed by qualified Practitioners and are evidence-based, low reactive formulas that are of the highest quality. Unlike a store-bought program, a clinical detoxification program is tailored to suit your needs as an individual. Regular screening and contact with your Practitioner offers additional benefit to help evaluate the efficacy and safety of the program for you, as well as help to support and motivate you to keep on track so you can achieve optimal results.

If I take a higher dose of the supplements, can I do the detox in a shorter period of time?

No, but you will increase the risk of adverse side effects. The detoxification process needs a certain period of time to work effectively. You should follow the dosage directions given to you by your Practitioner for a safe and effective detox.

Will I lose weight on the detox program?

The detox programs are not designed specifically for weight loss. However, in many cases, individuals implementing the detox diet notice a reduction in weight as a result of making healthier dietary choices. If weight loss is your goal, your Practitioner can advise you on how the dietary guidelines can be adjusted to specifically improve your body composition.

Are there certain occupations or circumstances which increase the need to undergo a detoxification program?

Living close to areas of high pollution or working with hazardous chemicals or substances will increase an individual's overall toxin burden. There are certain professions and circumstances which have been shown to be associated with increased toxin exposure and may therefore increase the need to undergo a detoxification program. Some of these occupations include, but are not limited to:

- Aircrew
- Beauty therapists
- Builders
- Carpenters
- Farmers
- Greens-keepers
- Hairdressers
- Horticulturalists
- Painters
- Petrol pump attendants
- Printers – anyone working with glues/solvents
- Professional cleaners
- Mechanics
- Tilers
- Anyone who works with metals (e.g. plumbers, gas fitters, foundry workers, welders) or in electroplating, stained-glass fabrication, or similar.
- Individuals who have recently purchased a new car.
- Anyone who lives near a mine, industrial area, paint manufacturing, smelter, forge or foundry; anyone living near a main road who is regularly cycling/exercising along main roads, commuting, or whose occupation is on the road or in car parks.

I've completed the detox - now what?

Now that you are feeling fresher and healthier after completing your detoxification program, it is not the time to start 're-toxing'. Wellness is about achieving balance in all areas of your life to stay healthy and active for as long as possible. It is easy to follow with specific supplements, lifestyle and dietary recommendations based on your individual needs. Completing another detox program in the future may be a key strategy for you to maintaining the balance between any future toxin exposure, and sustaining your toxin resistance. A 'health reset' can be completed at regular intervals, to give you a quick 'spring clean' as needed. Talk to your Practitioner about long-term options specific for you.

One last thing...

To help you on your detox journey, here are a few tips to help you stick to the plan:

- **Make yourself accountable**

By committing to a program, you are committing to a better you. Find out what your key motivator is behind wanting to be healthier, and use that to propel you. Recognising the areas in which you make poor choices, is the first step towards breaking bad habits. If you catch yourself thinking about a poor choice, remind yourself of your motivation to detox.

- **Enlist some help**

Times may get tough, and you may be tempted to break from your diet or skip those supplements. Why not enlist someone close to you that you may call on for moral support if needed; or ask them to be your detox partner so you're not on your detox journey alone.

- **Always remember: You deserve this!**

Everyone has the right to good health. Allowing yourself the opportunity to carry out your detox program is one of the best gifts you can give yourself. You're paving the way to many more years of optimal living and your body, mind and spirit cannot thank you enough. Think of this program as an investment into your health bank: the more effort you put in, the greater health returns you will receive.

