

The 3 Day Detox

*This is a simple but effective 3 day detox to help clear your body of many unwanted toxins and oxidants which build up in all of us due to diet, poor lifestyle, pollution, lack of exercise and chemical exposure. These toxins/oxidants damage our tissue and organs and can lead to fatigue, sluggishness, depression, illness, IBS, headaches and even cancer. I recommend doing this detox a couple of times per year (eg. 1 after the festive season, 1 after summer) but you can do it more frequently if you have a poor diet/lifestyle or have had a particularly unhealthy holiday!

The detox is simple in theory, but hard in practice, as you must avoid many foods and food additives which most people ingest daily:

Foods not allowed:

Any food/drink containing artificial colours flavours or preservatives, red meat, fish, wheat, bread, cheese, tea, coffee, alcohol, processed meat, fizzy drinks, processed cooking oil, processed food, curry, sugar, GM foods, margarine, butter, take away meals, ready meals, cream, white flour, commercial stock cubes, non-essential drugs/medicines, smoking.

Foods allowed:

Rice, organic cooking oils, chicken, potato, egg, noodles, vegetables, fruit, herbs, nuts, pulses, vecon veg stock, organic milk, dried fruit, seeds, fruit juice, herbal tea, herbal & vitamin supplements.

Tips:

- **Have a cup of hot water with 1/3 fresh lemon juice in each morning before breakfast.**
- **Eat a high fibre diet rich in fruit and veg.**
- **Drink a herbal tea regularly such as Dr Stewarts 'Detox' Tea**
- **Consider buying a course of herbs to clear out the digestive tract such as Higher Nature's 'Herbal SpringClean'.**
- **Do 20 mins cardiovascular exercise per day to help toxin removal.**
- **Consider doing it over a weekend when you have no plans as you may feel bad during the detox.**

***Bear in mind that most people's bodies are used to an influx of unhealthy foods, toxins, caffeine and other vices. When these stop, and the body begins to rid itself of these toxins it is normal to feel 'bad' during this process (also caffeine withdrawal is common). Expect symptoms such as headaches, fatigue, sweating, digestive problems and dizziness. Unfortunately, the more unhealthy your lifestyle & higher your caffeine intake, the worst the symptoms may be! However, a regular detox will do you the world of good, and you will feel refreshed and revitalised afterwards.**

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