

Detoxification Guide



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Detoxification Guide

Table of Contents

Preface1

About Me.....2

What is Detoxification3

Signs Detoxification Is Needed.....4

Goals of Detoxification5

What To Expect During Detoxification6

Nutritional & Herbal Support 9

 Detoxification Diet Principles..... 9

Detox Planning Guide13

 Food Preparation & Storage16

Detox Meal Plan.....17

 Detoxification Protocol17

 Detox Supplementation 20

Lifestyle Tips..... 21

 Detoxifying Your Environment 21

Post-Detox..... 22

Detoxification Guide

Preface

Resources

I would like to acknowledge the use of information and images from Metagenics “Detox Patient Booklet” ebook.

Precautions

Before starting a detox program, please consult a health practitioner (like myself), as to your suitability of following a detox program, especially in relation to the following:

- **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.

Detoxification Guide

About Me



It was through my own health crisis whilst working overseas in Japan that I realised there was more to life than money and that the Western medicine was not the answer to a long healthy life.

It was at this time that I took control of my health and decided to become a vegetarian and stop caffeine, sugar and alcohol and take up regular practice of yoga and meditation. This ultimately led me to study and practice naturopathy.

In my naturopathic practice I am passionate about wellness management and assisting people to take back control of their health and lead happy, healthy and prosperous lives. I believe that a healthy diet is one of the key pillars to longevity and wellness. Unfortunately, this is not something that is taught but must be learned. To make matters worse what I call “real food” is harder and harder to find. The goal of this guide is to educate you to understand what real nutritious food is and educate you that healthy “real food” is not only good for you but tastes good, too.

* * * * *

Detoxification Guide

What is Detoxification

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.

A key goal of detoxifying is to reduce your toxin burden while improving your toxin resistance in order to create balance. As a Practitioner, I provide tailored special detoxification programs 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. My ultimate goal (as a Practitioner) is a guided detoxification program to provide you with a personalised approach that is safe and effective, which also enables you to achieve the best possible health outcomes.

Detoxification Guide

Signs Detoxification Is Needed

There are some signs and factors that can indicate that you may need to detox:

- Digestive complaints
- Skin problems
- Hormonal imbalances
- Neurological conditions
- Poor energy
- Weight gain or difficulty losing weight
- Food intolerance
- Exposure to pollution and chemicals
- Exposure to new cars and new furniture
- Smoking, alcohol and coffee consumption
- Diets high in saturated fats, refined carbohydrates, processed and packaged foods
- Fertility and pre-conception care
- Overweight or obesity



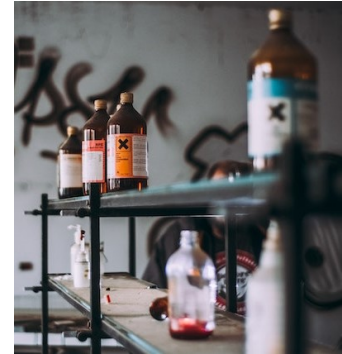
Detoxification Guide

Goals of Detoxification

Detoxification goals are to:

- **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**

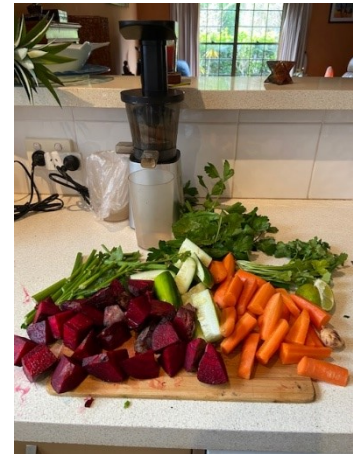
A comprehensive detox program offers liver, gut, kidney, lymphatic and cellular detoxification support. It also promotes healthy gut flora balance.

- **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.



What To Expect During Detoxification

In cases where people may be suffering from a chronic problem there may initially be a quick and somewhat adverse reaction to the detoxification process. This often happens when large quantities of invading organisms die and is referred to as “die off”. When these organisms die, they release stored toxins and other substances, which must be eliminated from the body by the liver, kidneys, skin and intestines. However, sometimes the amount of these toxins is more than the body’s eliminative organs can handle at one time and thus the eliminative organs may become overburdened. This may result in reactions such as fatigue, diarrhoea, headaches, muscle/joint achiness, flu like symptoms or constipation.

In the event that such a reaction occurs it is a good idea to ensure that adequate fluid is consumed, as this aids the lymphatic system and kidneys. You may also reduce the dosage of your detox mix or just miss one dose. Taking a large amount of vitamin C may also be helpful to the body at this time. The important thing to remember is that this die off process is only temporary and usually is followed by a greatly enhanced sense of wellbeing.

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



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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.



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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.



Detoxification Guide

Nutritional & Herbal Support

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.



Detoxification Diet Principles

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 sugars 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.

Detoxification Guide

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.

Detoxification Guide

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 and negatively impact bone density. A lower intake of these foods and higher ratio of alkaline, plant foods reduces acid load within the body.

Detoxification Guide

Hydrating

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.



Detoxification Guide

Detox Planning Guide

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.

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> <ul style="list-style-type: none"> ✓ Chicken ✓ Eggs ✓ Kangaroo ✓ Tempeh* ✓ Tofu* ✓ Turkey ✓ Fresh fish (max. 3-4 serves per week) excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake. <p>* Consume roughly 2 palm-sized portions per meal.</p>		<p>Serving size: Limit to 1 to 2 serves per day (1 serve = 30 g cooked). Choose organic where possible.</p> <ul style="list-style-type: none"> ✓ Alfalfa sprouts ✓ Azuki beans (or adzuki) ✓ Broad beans ✓ Bean sprouts ✓ Black beans ✓ Borlotti beans ✓ Butter beans ✓ Chickpeas or garbanzos ✓ Kidney beans ✓ Lentils ✓ Lima beans ✓ Mung beans ✓ Navy beans ✓ Pinto beans ✓ Split peas 	
Protein to avoid		Beans and legumes to avoid	
<ul style="list-style-type: none"> ✗ All mince (unless made at home using meat from the 'protein to enjoy' list). ✗ Beef ✗ Duck ✗ Lamb ✗ Pork ✗ Sausages ✗ Veal ✗ Shellfish including prawns, oysters, mussels, crab. ✗ Cured/smoked meats and deli meats* (i.e. smoked salmon, salami, ham, etc.) ✗ Fish susceptible to higher heavy metal content such as tuna, salmon, king mackerel, marlin, swordfish and shark. ✗ Tinned meat and fish <p>* These foods are high in nitrates and are best avoided during detox.</p>		<ul style="list-style-type: none"> ✗ Flavoured and salted canned* beans or those with additives or preservatives. <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>	

Detoxification Guide

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.

Detoxification Guide

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.

Detoxification Guide

Food Preparation & Storage

The way in which you prepare, cook and store your food, can impact the amount of nutritional content that you eventually consume.

Firstly, I highly recommend that you have organically sourced food, if you are wanting to obtain the most nutritional value from your food. Organically sourced foods are free from chemicals and toxins, therefore all the nutrients are naturally produced, giving you a high nutritional value of food.

Secondly, to help you maintain the high nutrient value of your food, it is important that your food is prepared, cooked and stored correctly to retain their nutritional value.

If you are looking for ways to prepare, cook and store your food, check out my [Kitchen Tips](#) article on my website.



Detoxification Guide

Detox Meal Plan

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 on my website



(www.newage.net.au).

Please contact me, if you are wanting a personalised detox program, so create a bespoke detox meal plan for you.

Detoxification Protocol

It is important that you consult a medical practitioner (like myself) before beginning a detox, as individuals have specific needs/requirements including providing specific supplements. But as a general rule, use the following protocol to help enhance your detox.

- First two weeks MAJORITY vegetables, vegetable juices, and some low glycemic index grains (brown rice, quinoa, amaranth, millet), some legumes, concentrate from those recommended in diet below.
- ONLY EAT WHEN HUNGRY.

Detoxification Guide

- No animal products (eggs, dairy, meat), processed foods (deli meats, smoked foods), pre-packaged foods, refined foods and sugars (cakes, chips, lollies, chocolate, biscuits, white bread, white pasta, white rice), deep fried foods, alcohol, soft drinks, commercial fruit juices, tea or coffee.
- Avoid wheat products where possible. Use oats, quinoa, amaranth as alternatives. In addition, these types of carbohydrates should be limited to: bread (maximum 2 slices/day), brown rice (maximum 1 cup/day), oats or muesli 1 cup/day. If wanting to lose weight it is a good idea to reduce grain intake as much as possible.
- Eat organic and fresh foods wherever possible.
- Drink ½ fresh squeezed lemon in warm water on waking in the morning.
- Herbal teas are okay, especially dandelion, nettle, fenugreek, red clover, peppermint chamomile, rose hips or green tea.
- Choose food options from below and ensure a wide variety of different foods every day.
- Ensure adequate fluid intake at least 2 litres per day (filtered or spring water only) but not immediately before or during meals.
- Ensure the following foods are eaten as they will assist with the detoxification process: garlic, onions, ginger, turmeric, vegetable juices, sprouts, broccoli, fresh coriander (organic is best).



Detoxification Guide

- I recommend avoiding meat, eggs and fish for the first two weeks if possibly. After two weeks, introduce small amounts of eggs (1 to 2 per week), fish and organic chicken 2 to 3 times per week.
- Get adequate rest, fresh air, sunshine and adequate exercise. Walking 4 times per week for at least 20 minutes. Weight bearing exercise, yoga and stretching are particularly beneficial.
- Dry skin brushing with a loofah will stimulate the lymphatic system and assist the removal of toxins.
- Take time out to relax and meditate or just appreciate life.

Detoxification Guide

Detox Supplementation

Supplementations are used to help assist your detoxification. Below is a list of the supplements that I use:

- Herbal formula with liver, digestive and lymphatic herbs to assist detoxification.
- Anti microbial herbs to eliminate harmful bacteria, yeasts and parasites.
- Bentonite Clay or zeolite or activated charcoal to bind and eliminate harmful toxins.
- Greens Powders including Barley Grass, Wheatgrass, Spirulina and Chlorella to bind and eliminate harmful toxins.
- Post Detox: Probiotic capsules or powder to replenish good bowel bacteria post detoxification.



Detoxification Guide

Lifestyle Tips

Detoxification is not just a reset for your physical body, but for your mental health and wellbeing too. Detoxification is not only what you eat, but take into consideration the following factors, as these will help you to have a successful detox journey:

- Exercise
- Sleep and resting well
- Dry skin brushing
- Detoxification baths with Epsom salts, bentonite clay and essential oils
- Spa treatments
- Avoid toxic emotions and stress

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?

If you are wanting to learn more about detoxing your environment check out my [“Tips for a Healthier Environment”](#) article on my website.

Detoxification Guide

Post-Detox

One of the most important things to do post detox, is to ensure that you replenish good bowel bacteria. This can be done by using probiotic capsules or powder. If you are unsure which ones, talk to your medical practitioner (or me), who will recommend suitable products.

So, you have 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.