



Revitalise

A Step by Step Detox Guide

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Revitalise - A Detox 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.

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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.

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

