

# The Naturopaths 10-Day-Detox

Detox is a powerful blitz to your health if done well. Try this cleanse once or better still twice per year for best effect. During this period, you can eat all you want but the selection of food is quite important. It is strongly recommended that no alcohol or caffeine be consumed during this cleanse. It is best to reduce coffee or tea consumption a week or two before attempting this detox, and start making some changes for the better – like drinking more water and less tea & coffee. Detox is one way to cleanse your body in a short time frame and to increase your sense of health and well being.

Your diet for the week does not have to be boring. We have found the following foods the best to have over a 7 – 10 day period. You will feel better (especially if you keep this dietary regime going for a further two to three weeks) as your body releases more & more accumulated matter, clearing digestion and restoring vigour & energy. For many, a well performed detox is a completely invigorating and rejuvenating process for the whole body & mind, particularly when combine with two or three saunas during this period, some dry skin brushing, perhaps a colonic, and particularly when you drink plenty of clean pure water. Keep your cooking fresh & simple, get a cookbook from your bookstore or library and you will find plenty of options using the foods listed below. You will find recipes on our website: [www.naturopath.co.nz](http://www.naturopath.co.nz) under the “Articles” link.

## 20% of your diet ✓

**Foods to have** Fresh fish, (no tinned, smoked fish or any shellfish), free range eggs & free range chicken, amaranth, beans (dried), grains (whole); i.e., barley, oats, lentils, rye, quinoa, all berries, extra-virgin olive oil, flaxseed oil, unsalted butter, nuts (almond, Brazil, walnut, hazelnut) , peas, prunes, rice (brown is best), sourdough breads (try wheat free), Tofu, Wheat Germ and Kelp.

## 80% of your diet ✓✓✓✓

**Foods to have:** Any Fruit, especially fresh & in season, Apples, Apricots, Artichokes, Asparagus, Avocados, Green Beans, Beets or Beet tops, Berries, Brazil Nuts, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Cherries, Corn, Cucumbers, Currants, Dates & Figs, Eggplant, Endive, Fruit Juices (no sugar), Grapes, Herbs for seasoning (i.e. basil, oregano, thyme, coriander) Honey, Kumara, Lemon, Lettuce, Malt, Melons, Mustard Greens, Okra, Parsley, Parsnips, Peaches, Pears, Peas, Peppermint, Plums, Popcorn, Potatoes (baked), Pumpkin, Pumpkin Seeds, Radishes, Raisins, Rice milk, Sesame Seeds, Sunflower Seeds, Sorrel, Spinach, Squash, Tahini, Tomatoes (fresh), Turnips, Water Cress, Wholemeal flour.

**Some particularly good cleansing foods & drinks:** Alfalfa Sprouts, Almonds, Artichoke, Reds and Greens (Dried Powder – 1 heaped tsp/day in juice or water), Beetroot, Buckwheat, Broccoli, Brown Rice, Cabbage, Capsicum, Chives, Garlic, Ginger, Herbal tea, Millet, Kombucha tea, Onions (includes: leeks, red & brown onions & shallots), Parsley, Pure Water. Eat more bitter foods: lemon, capers, endive, rocket, cider vinegar. Herbs commonly used are rosemary, thyme, sage, marjoram, oregano and parsley. Fresh is the best. Use fresh herbs and spices to help wipe out any bad bacteria in your digestive system & to add flavour and interest. Each morning, have one large glass of water with the juice of ½ lemon – then follow with a glass of water to which you have added ½ - 1 tsp. of Daily C Powder. Drink: Dandy Detox Tea (liver cleanse), and also plenty of freshly filtered, bottled or mineral water (non sparkling), organic herbal teas e.g. chamomile, dill, lemongrass, lemon balm, nettle, peppermint, etc. For an excellent cleanse, drink vegetable juice daily. Drink at 1- 2 glasses of carrot, granny smith apple and beetroot juice daily, mix together, as this is excellent for detoxifying the liver, kidneys and purifying the blood.

## Better Avoid x x x x x

Bananas, Cashews, Chocolate, Cereals (processed), Commercial “Spreads”, Fruit Juice (with added sugar), any Fizzy or ‘Energy’ Drinks, Gravies, Jams & Jellies, Lollies, Olives, Peanuts, Pies & Pastries, Shellfish, Sugar (white or brown, any), ALL dairy products such as Milk, Ice Cream, Yoghurt, Cream, all Cheeses, Margarine. Wheat based Breads, Pasta or other Wheat Flour products e.g. Breads, cakes, or Biscuits. Red meats, Pork, Lamb, Venison, Take Away, Pizza, “Burgers”, Fish & Chips, in fact – any foods which contain a high element of sugar, salt or fat. Don’t eat out for the detox, it is best to prepare all your own food at home. Steam, grill, simmer or fry your foods in olive oil.

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## Special Detoxification Notes

- We generally recommend that you go easy with your first 10-day detox, particularly if you have not completed a cleanse in the past. It takes time to rest & fully restore your digestive function, go easy! With more experience you will be able to benefit from regular short detox programmes like I do.
- For the best results, we recommend **sauna therapy**; two saunas are generally enough. For the best results with sauna – drink more water and practice dry skin brushing. Go to Ocean Spa in Napier, cheap and good.
- **Dry skin brushing** is most beneficial practice. Get a piece of sea sponge, good quality or obtain a loofah from your local health food shop. Each day 5 – 10 minutes before you have a bath or shower, brush in long sweeping motions away from your heart towards the extremities, your abdomen, back, buttocks, arms & legs.
- **Water** at the rate of 30 – 35mls per kg of your bodyweight is your daily target to drink each day. About 2 litres a day is fantastic. Drink before each meal at least one full glass, drink when you get up. Most water is best consumed from rising until early afternoon. This will save you from too many trips late at night!
- Visit a well-stocked health food shop for dried fruits/nuts, rice, grains, etc and do visit your local Farmer's Markets for great fresh produce.
- **For additional boost** (particularly with stress or fatigue, or with poor immunity) have a second glass of water after your lemon juice drink in the morning, add 1 heaped tsp. of high-quality **Vitamin C powder**. (We recommend Daily-C Powder, which we stock).
- If you have difficulty in passing motions: **Flax Fibre or Psyllium Hulls** (sprinkled on salads, cereals, smoothies or other foods) and **Aloe Vera juice** (add 10 – 20 mls twice daily in water or fresh fruit juice), handy for restoring bowel function, clears 'junk' out of the bowel – stay on this regularly for several weeks for best effects.
- **Detox Supplementation:** We stock many types of detoxification products & supplements, but have found by experience that most people benefit from colon, liver and kidney cleansing whilst improving their diet. Although the 10 -Day Detox can be achieved with diet alone, but optimal results will be achieved when used in combination with products:
- **Dr. Vogel's 10 Day Signature Detoxification Programme.** This is a box you can purchase through our website, it works like a treat and is very cost effective.
- **Detox Clay** – Now here is probably the best product you can use in conjunction with Dr. Vogel's Program, it is called Calcium Bentonite Clay. When the bowel is dirty, it can dramatically affect absorption of those vital minerals and other nutrients. Bentonite clay has the wonderful ability to gently cleanse the bowel, and the Southland clay is the best in New Zealand. It is a naturally rich source of calcium, magnesium and several other key minerals.
- **Organic Greens and Reds** is a very comprehensive powder which tastes very nice, 1 small scoop is equivalent to 3 – 4 cups of vegetables in nutritional value. It blends beautifully in water and is my favourite daily boost in the afternoon. Perfect for your detox program, I have this instead of juicing vegetables every single day.
- For sluggish bowels, try **Original Flax-Fibre** (1- 2 tsp.daily) and **Aloe Vera Liquid** (small & large bowel cleanse - 10 - 20mls twice daily in water). These two products will get that bowel sorted and this is important if you want to detox yet your bowel is a bit on the slow side. Don't forget my **Daily-C** powder, 1 teaspoon in water each morning will keep you regular and is my favourite daily use product personally.
- If the reaction of the supplements is **too strong** for you to tolerate, you can reduce or even discontinue the supplements for a couple of days and then gradually build back up to the recommended amounts. This routine may need to be repeated depending on the depleted condition of your body and the amount of repair needed at the cellular level. This is why a **supervised detox** often gives you the best results in terms of choosing the right diet & supplement regime, and helps you to learn how to perform these programs by yourself in future. Contact me if you want me to supervise you personally for a detox tailored just to suit you.
- **Please do not attempt this detox** if you have an illness, or are pregnant and have reasons to believe that your current state of health is questionable – and that you may experience difficulty in completing the detox program. As usual, contact me or Tracee if you have any questions, we are always here to answer any enquiries you may have. Have a great detox and experience the benefits of feeling fantastic this summer.
- **Contact Tracee** for any further information and for pricing on any products. We courier products all over Australia and NZ each day and pride ourselves on our personal service we offer.