

# Douglas Labs Detox Detox

Detox is a powerful blitz to your health if done well. Try this cleanse once 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 and minimal 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 21 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 to drink plenty of water. Keep your cooking fresh & simple, we have plenty of recipes for you, more can be found online or at your local library. You will find plenty of options using the foods listed below.

## 20% of your diet ✓

**Foods to have** Fresh fish, free range eggs & free range chicken, beans, grains (whole); i.e., Barley, Oats, Lentils, Rye, Quinoa, all Berries, extra-virgin olive oil, flaxseed oil, butter, nuts (unsalted & unroasted almonds, Brazil, walnut, pine nuts and hazelnuts) Peas, Prunes, Rice (brown is best), sourdough breads, 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, Melons, Mustard Greens, Okra, Parsley, Parsnips, Peaches, Pears, Peas, Peppermint, Plums, Popcorn, Potatoes (baked), Pumpkin, Pumpkin Seeds, Radishes, Rice, Nut or Oat Milks, Sesame Seeds, Sunflower Seeds, Sorrel, Spinach, Squash, Tahini, Tomatoes (fresh), Turnips, Natural Acidophilus Yoghurt, Water Cress, Wholemeal flour (stoneground organic). Organic produce is best, but conventional (washed) produce is still better than take-away or highly processed foods).

**Some particularly good cleansing foods & drinks:** Alfalfa Sprouts, Almonds, Aloe Vera (10 – 20mls twice daily in water or juice) Artichoke (tinned is ok), **Metabolic Cleanse Powder** – 1 scoop twice daily in rice milk, almond milk, low-fat cow's milk or a dilute juice or water), Beetroot, Buckwheat, Broccoli, Brown Rice, Cabbage, Capsicum, Chives, Garlic, Ginger, Herbal tea, Millet, Onions (includes: leeks, red & brown onions & shallots), Parsley, Pure Water. Eat more bitter foods: lemon, capers, endive, rocket, organic apple cider vinegar. The best herbs to use are rosemary, thyme, sage, marjoram, oregano and parsley. Fresh is the best. Use fresh herbs and spices to help wipe out 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: Dandelion root coffee (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 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. If you eat fresh celery, be sure to only buy organically grown as conventional celery is one of the most heavily sprayed of all crops.

## Best To Avoid ✕✕

Bananas, Cashews, Chocolate, Cereals (processed), Commercial Spreads, Fruit Juice (with added sugar), Fizzy or 'Energy' Drinks, Gravies, Jams & Jellies, Lollies, Olives, Peanuts, Pies & Pastries, Shellfish, Sugar (white or brown, any), ALL dairy products such as Milk (small amount ok in a protein drink once/twice daily), Ice Cream, 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, Take-Away '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. Try not to fry foods, but steam, grill or simmer foods. Use Olive Oil if you do fry foods.

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## Special Detoxification Notes

- We generally recommend that you go easy with your first detox, particularly if you have not completed a cleanse in the past. To experience the ultimate benefits of detoxification, complete a detoxification program over a 6 to 8 week period. Pick a time of the year when you are not going away or expect many visitors to stay. It takes about that time to rest & fully restore your digestive function. A detox is more than a digestive cleanse, it can be emotionally and mentally invigorating as well. With more experience you will be able to benefit from regular short detox programmes.
- For the best results, we recommend **sauna therapy**; one or two saunas per week are generally enough. For the best results with sauna, drink more water and practice dry skin brushing.
- **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.
- 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 and often organically grown meats, fruits and vegetables.
- **For additional boost** (particularly with a sluggish liver or bowel, stress or fatigue, or 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**).
- If you have difficulty in passing bowel motions: **Aloe Vera juice** (add 20 mls (about a tablespoon) twice to three times daily in water or fresh fruit juice), handy for restoring bowel function and helps to clean out of the bowel – stay on this regularly for 2 months for best effects.

## Detox Nutritional Supplementation Notes

- We have found from experience that most people benefit from colon, liver and kidney cleansing whilst improving their diet. Although the Douglas Labs Detox can be achieved with diet and one or two products alone, optimal results will be achieved when used in combination with the Douglas Labs products recommended below.
- 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. Be patient!. Years of living inducing a build up of bad bacteria and toxic wastes cannot be expected to clear in one or two days. In time as you become more experienced with detoxification, you will be able to feel better faster and sooner.
- 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. It is important for you to keep in touch with your practitioner by way of attending any **follow-up consultations** which have been scheduled for you during your Douglas Labs detox. This will allow you the opportunity to discuss your individual requirements fully with your practitioner in detail, without having to rely on unscheduled telephone calls or emails which may not be attended to due to your practitioner's busy lifestyle and/or hectic workload.
- **Please do not attempt this detox** if you currently have an acute or major chronic illness, breastfeeding 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. Always consult your practitioner for guidance and advice.

# Douglas Labs Detox

## Week One: INTESTINAL CLEANING

### Ultra-D Tox Capsules

Before liver detoxification, it is helpful to improve the health and passage of motions through the intestines. Ultra-D Tox capsules are an effective help to achieve this.

**Suggested Usage:** One capsule 30-60 minutes before each meal for 2 weeks duration  
Drink 6-8 glasses of water daily.

### Metabolic Cleanse

A low allergenicity protein supplement containing beneficial amounts of pea, rice and fish proteins, blended with a full spectrum of vitamins and minerals. Designed to provide complete gastrointestinal support for a detoxification protocol.

**Suggested Usage:** One scoop of powder in water or juice one to two times per day.

## Week Two: LIVER CLEANSING and REPOPULATING

### Livdetox

A synergistic blend of nutrients for detoxifying and supporting liver health.

**Suggested Usage:** One tablet with each meal. Continue to drink 6-8 glasses of water daily.

### Metabolic Cleanse

Continue taking one scoop daily

## Week Three: CONTINUED & HEAVY METAL CLEANING

### Metabolic Cleanse

A low allergenicity protein supplement containing beneficial amounts of pea, rice and fish proteins, blended with a full spectrum of vitamins and minerals. Designed to provide complete gastrointestinal support for a detoxification protocol.

**Suggested Usage:** One scoop of powder in water or juice one to two times per day.

### De-Mer-Tox

A product designed to effectively remove heavy metal from the body. Good to use after liver cleansing. Give one capsule three times daily between meals or away from foods. You can use De-Mer-Tox for several weeks.

### Multi-Probiotic 4000

Dairy-free, non-refrigeration pro-biotic. Seven strains with over 4 billion beneficial organisms.

Use at the completion of Week Three for three weeks.

**Suggested Usage:** One vegetarian capsule twice daily away from meals – upon rising and retiring. After several days, you can also recommend a further (third) daily dose to be taken before the lunch. .