

# INHEALTH NATUROPATHY

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## **Detox Diet Guidelines**

This diet is intended to give your organs a rest from having to work at full stretch all the time. If you can stick to this clean diet for a month you will have eliminated some of the toxins, acids and other debris that builds up over time.

### **Foods to Avoid**

- Wheat and all wheat containing products such as pasta, bread, biscuits, breakfast cereals.
- Sugars such as sweets, chocolate, table sugar, ice cream. Also all artificial sweeteners.
- Salty foods like crisps, nuts, corn chips. Use only natural salt in your food.
- All preservatives, artificial colourings and flavourings including stock cubes and especially anything containing monosodium glutamate (E621).
- All alcohol, tea, coffee, soft drinks and full strength fruit juices.
- All cow's milk products including milk, cheese, cream, sour cream, except butter.
- Processed meat products such as ham, bacon, sandwich meats, processed meats.
- Red meat such as lamb and beef should be kept to a minimum.

### **Foods to Eat – as much organic food as possible (chicken must be organic or free range)**

- Home-made vegetable juices
- Oat milk, rice milk, goats milk
- Plain bio yoghurt
- Fresh fish, chicken and eggs
- Rice, corn, millet, quinoa
- Rye and spelt pastas, crackers and bread but keep to a minimum
- Fresh steamed vegetables, especially broccoli, leeks, beetroot, carrots, garlic, onions and ginger. Herbs and spices in moderation. Keep potatoes to a minimum.
- Freshly made salads dressed with olive oil and lemon
- Cold pressed olive oil and flaxseed oil
- Fresh fruit – be careful as there is a lot of sugar in fruit.

### **Breakfast suggestions**

- Porridge made from rolled oats, millet or rice and soya milk. Use sultanas to sweeten. Add fresh raw nuts for energy
- Poached or boiled organic eggs
- Avocado on wheat free toast
- Natural bio-yoghurt with flaxseed oil, linseeds, sunflower seeds and a little honey

- Wheat free muesli and nuts with apple juice or rice milk or water

### **Lunch suggestions**

- Fish with vegetables and salad on rye crispbread or non-wheat bread
- Jacket potato with fish or chicken salad
- Quinoa or millet with chicken or fish and steamed vegetables
- Bean salad made from home-cooked or organic tinned beans. Add steamed vegetables and brown rice, quinoa or millet, plus homemade dressing as desired.

### **Dinner suggestions**

- Steamed or grilled fish (4 servings per week) or grilled organic chicken breast or thighs with at least 3 servings of steamed vegetables
- Stir-fried or roasted vegetables with roasted chicken
- Slow-cooked stews with lots of vegetables (not potatoes) and lamb or chicken
- Brown rice with steamed vegetables and chicken or fish
- Bean or lentil stews with brown rice
- Miso soup with vegetables and tofu

### **Snacks**

Fresh fruit, raw vegetables, avocado, raw nuts and seeds, rice cakes or oat cakes with hummus or nut butters (not peanut butter), natural yoghurt.

### **Drinks**

- Room temperature bottled or filtered water – at least 2 litres each day, dandelion tea, nettle tea, fennel tea and other herb teas

### **Lifestyle**

- Dry skin brushing 10 minutes each day before showering. Finish off shower with a one-minute blast of cold water.
- Exercise
- Avoid deodorants containing aluminium, perfumes, synthetic creams and cosmetics
- Himalayan Salts, Dead sea salts or Epsom salts baths – 2-3 times per week.