# Green Eatz – Healthy Eating for a Green Planet! Planning Your Own **Detox Diet** A kick-start to a healthier lifestyle Jane Richards 2013 All rights reserved. Copyright 2013 by Jane Richards.

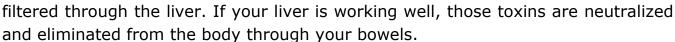
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#### What is a Natural Detox Diet?

A natural detox uses a combination of diet and supplements to activate and support your body's own cleansing processes. It is the main belief in naturopathy that toxin build-up causes disease and that detoxification allows your body to cure itself.

The cleansing process starts by freeing the toxins from within the cells and tissues of your body. The toxins are released into the blood and then



About 99% of the toxins are eliminated through this route, so the liver and bowel must be in good shape to support the detoxification process. Toxins are also eliminated from the body through the kidneys as urine, through the skin in sweat and through the air we breathe out.

# Is a Natural Detox right for me?

A detox can be a kick-start into a healthier diet and lifestyle. It gives your body a rest from the daily onslaught of junk food, alcohol and drugs and allows it to self-heal. But a natural detox is often a difficult process to go through. You need to be committed to the cleansing process and prepared for some discomfort and sacrifice. You need to believe that natural healing is the best medicine of all.

A well-designed detox can slim you down and improve your looks and even boost your emotions. A detox diet is also an effective way to improve your general health. It is likely to lower high blood pressure and high cholesterol, improve your blood sugar control and increase your energy. Of course, the added benefit of following a detox diet is that you are likely to lose weight too!

It can also help in improving conditions such as arthritis, Type 2 diabetes, cardiovascular disorders or even body-wide diseases such as fibromyalgia or MS. If you do have a particular illness that you wish to target, it is best to consult a naturopath or nutritionist as they can tailor the detoxification for you.

It is not recommended to follow a detox if you are taking prescription drugs. Most medicines are toxic to the liver and the detox process treats them as any other toxin. It is far better to wean yourself off drugs before trying a self-cleansing process. Of course, please consult your doctor before attempting this yourself.

If you are unable to take on the commitment of a detox, why not try eating a healthier diet instead? Moving to a mainly <u>plant-based</u>, <u>wholefoods diet</u> is a great choice for better health.

#### What is the best Detox?

Many detox diets and methods are available nowadays. They are split into two main categories; the short sharp shock and the gentler long-term detox.

The short-term detox typically lasts a few days and combines juice-fasting and colon cleansing with herbal supplements. This detox diet clears out your digestive system and loses you some weight, but it has no proven health benefits.

A long-term detox combines a healthy diet with herbs, vitamins and minerals. Good results can be achieved in around a week but a longer period is likely to result in more permanent changes. This detox is based on tried and tested methods that have given a healthier life to many.

Typically, alcohol, caffeine, processed food, meats, dairy, sugar, salt and wheat products are excluded from the long-term detox diet. Probiotics or 'friendly' bacteria are used to support the digestive system. Herbal supplements such as milk thistle help the liver in its cleansing process. Minerals like magnesium and zinc activate the detoxification of the bodily tissues.



# **Best Supplements for a Detox**

# Detox Support for your Liver and Bowel

The liver and the bowel are the two most important organs in a detox diet. The liver works hard to neutralize the toxins that are circulating in your body. The bowel is the main way to get those nasty toxins out of your body.

Milk Thistle, choline and inositol are the best nutrients to support the liver during a detox. The herb silymarin or Milk Thistle has been in

use for hundreds of years as a remedy for liver problems. Choline and inositol are vitamins that break down fats in the body and also prevent fatty liver disease. They can either be taken as supplements or in the form of soy lecithin, a pleasant tasting powder.

Probiotics or 'friendly' bacteria are used to improve conditions in the bowel to help flush toxins from the body. Bifidobacterium and lactobacillus are the best bacterial strains to use in a detox diet.

# Flushing out the Toxins

Magnesium and zinc are the best minerals for flushing toxins from the cells of your body. Magnesium stimulates cell activity so that toxins are released into the blood stream. Zinc is a strong antioxidant that works to destroy 'free radicals' in the body. Zinc also helps in removing heavy metals from the body.

Vitamins C and E also help to reduce toxin levels in the liver and body. Vitamin C works as a strong antioxidant and increases levels of glutathione in the liver. Toxins in the liver are neutralized by glutathione. Vitamin E is fat-soluble and fights free radicals found in fat cells.

Vitamins and minerals all work against their opposites, so if you take a lot of one nutrient it reduces the amount of the opposing nutrient. For example, taking lots of zinc reduces your levels of iron and vice versa. Taking a good multivitamin and mineral supplement helps to guard against low levels of a particular nutrient.

# Designing a Detox for You

Each of us has an individual pattern of weaknesses and strengths in our bodies. A detox diet can be tailored to target weak organs and systems, giving support to those areas that need the most help.

Please consult a nutritionist or naturopath to discuss your health, symptoms, diet and lifestyle before starting a detox. They can identify your weaknesses and strengths and recommend particular supplements that address your weaker areas. If you are taking prescription medicines, please also check with your doctor before starting a detox or changing your supplements.

# Best and Worst Foods for a Detox Diet

<u>The best diet for a detox goes back to natural foods</u>. Out goes junk foods, packaged, processed and tinned foods and in comes meals freshly prepared and cooked by you.

# Worst Foods for a Detox Diet

The worst foods in a detox diet are meat, dairy, wheat, alcohol and caffeine:

- Meat slows down digestion, clogs up the bowels and helps bacteria to breed in your guts.
- Milk, cheese and other dairy products are acidic to the body, leading to poor cell function and the slowing down of detoxification.
- Wheat is harmful to the lining of the intestines and leads to poor nutrient intake.
- Wheat gluten irritates the gut and can cause bloating, indigestion and constipation.
- Alcohol is toxic to the liver and reduces levels of detoxifying minerals such as zinc and magnesium.
- Caffeine leads to increased levels of toxins in the body.

Processed, packaged and frozen foods are generally high in salt, sugar, bad fats and artificial ingredients. They should definitely be avoided on a detox diet.

- A high salt diet is bad for blood pressure but also slows down cell functioning and the detox process.
- Sugar in the diet increases mood swings, brain fog and energy peaks and troughs.
- Sugar fights against the good bacteria in the gut leading to slower detoxification.
- Bad fats add to the strain on the liver and to your waistline.
- Many artificial ingredients are made from petrochemicals that are toxic to the liver and hard to break down and detoxify.



#### Best Foods for a Detox Diet

The best detox foods are vegetables, fruit, whole-grains, beans, nuts and seeds. Vegetables and fruits contain enzymes that help improve digestion and also many nutrients that are strong detoxifying agents. Vegetables, fruits, whole-grains and beans are high in fiber and therefore help toxins out of the body through the bowels. Nuts and seeds are high in fat-soluble vitamins that

activate the brain cells and improve overall cell functioning.

All these foods are high in antioxidants, vitamins and minerals that activate the whole body in its job of pushing out toxins. The general well-being of the body is improved from eating this nutrient-rich diet. The cells, liver and bowels are supported in the detoxification process.

#### Fish in a Detox Diet

Cold-water fish like salmon, mackerel and sardines contain good fats that reduce inflammation and boost immune functioning. Unfortunately, the oceans and rivers are polluted with heavy metals that end up in the fish we eat. Larger fish such as swordfish, sea bass and tuna are heavily contaminated and are to be avoided altogether in a detox. Smaller fish such as monkfish, salmon and tilapia are okay to eat occasionally during a detox.

# Getting the Balance Right

It is important to get the balance right in your detox diet. An extreme change in diet is likely to be unpleasant and also ineffective as a detox. Your liver and bowels must be in a good state to successfully cope with any outpouring of toxins.

If you normally eat a diet that is high in meat, dairy, wheat and processed foods, start out with a moderate change in your habits. Cut out the processed and junk foods completely, but cut down on the worst detox foods. As your body adapts to the new diet, you can gradually reduce the level of bad detox foods.

If your diet is generally a healthy one, based mainly on freshly prepared meals, then you can follow a more restrictive detox diet. Moving towards a vegetarian or vegan diet with minimal wheat, dairy and alcohol is the way to go. Not only is it good for your health, it helps the environment too by reducing your carbon footprint, saving resources and cutting down on harmful farming practices.

# **Choosing Your Detox**

The following section describes three levels of detox: mild, medium and strong. It is better to start off at with an easy detox and move on up to a stronger detox. Your body needs to adjust gradually to the cleansing process, and your liver and bowel must be in good shape to clear out the toxins.

During a detox, you can expect to experience symptoms that tell you whether the detox is too mild or too strong for you. For instance, you may experience headaches, light-headedness, nausea, skin breakouts and general aches and pains. In general, if the symptoms last more than a few days or are very severe, then the detox is too strong for you and you should reduce your supplement intake and moderate your diet.

Your bowel movements are likely to become looser and more frequent during a detox. This shows that the toxins are being successfully eliminated from your body. If you experience diarrhea, then reduce your magnesium levels. For constipation, add ground flax seeds or psyllium husks.

Note: Please consult your doctor before starting a detox if you are taking prescription drugs or have a chronic medical condition.

# Mild Detox - Limited Animal Proteins

MILD DETOX - SUPPLEMENTS		
Supplement	Dosage	Action
Multivitamins	One per day with breakfast	Provides base of vitamins and minerals
Ground Flaxseed	One teaspoonful with breakfast	Brain and skin health
Soya Lecithin Granules (250mg each)	One teaspoonful with breakfast and dinner	Supports liver detox
Milk Thistle (175mg silymarin)	One per day before breakfast	Supports liver detox
Probiotics/ Bowel Flora (15 billion bacterial strains)	One per day with breakfast	Friendly bacteria for bowels

MILD DETOX - FOODS		
RED	AMBER	GREEN
Avoid these foods	Eat in moderation	Eat in quantity
No dairy – no milk, cheese, butter, cream, yoghurt, ice- cream	Meat – three times per week, turkey, chicken or lamb only, organic free-range preferred	Cooked, dried beans and pulses - chickpeas, lentils, red kidney beans, split peas etc
No wheat – no bread, pasta, cakes, biscuits, pastry or wheat gluten in processed foods	Fish – three times per week, fresh not frozen, choose fish low in heavy metals such as monkfish, salmon and tilapia	Raw vegetables – one serving daily
No tinned foods - no baked beans, tomatoes, corn, vegetables	Eggs – three per week	Cooked vegetables – soups and casseroles preferred or steamed or boiled in minimal water
No processed or packaged foods – no vegetarian meat substitutes, tofu, pies, pizzas, frozen meals, ready meals	Nuts – raw, non-salted only, almonds, cashews and hazelnuts in main meals, other nuts in snack amounts	Fresh vegetable juices – mainly leafy greens, one per day
No added salt - no stock cubes or powders, yeast, vegemite, soy sauce	Soy, rice or almond milks – use in place of cow's milk	Quinoa, barley, millet – use as bulk carbohydrate
No salty snacks - no crisps, salted nuts, peanuts, corn chips	Oats once per day as porridge, muesli or oatcakes	Herbal and green teas – drink a variety over the day
No refined sugar - no sweets, chocolates, cakes, desserts, breakfast cereals	Rice cakes/wraps, gluten- free pasta, gluten-free flat breads – use in place of wheat products	Fresh herbs – use liberally, parsley preferred
No condiments - no ketchup, mustard, pickles, vinegar, mayonnaise	Brown rice – maximum three times per week due to arsenic content	Water – filtered tap water
No caffeine - no coffee,	Seeds – ground flaxseed, hemp, sunflower, sesame	Coconut water – use in place

ordinary tea, cola	and pumpkin preferred, eat as handful for snack or added to salads, muesli	of sports drinks
No alcohol, carbonated drinks, squashes, cordials, sports drinks, flavored waters	Potatoes, peppers, aubergines, tomatoes, mushrooms and spinach – contain natural toxins so limit intake	
	Avocado, coconut milk – high in fat so maximum of three times per week	
	Dried fruits – added to muesli or combined with seeds/nuts as snack	
	Fresh fruit – preferably apple, banana and pear as whole fruits, fresh juices combined with vegetables only	
	Dried herbs and spices, rock or sea salt, mustard powder – use in moderation	
	Olive oil for salad-dressing or cooking - stir-fries allowed twice per week	

# Medium Detox - Vegetarian

MEDIUM DETOX/VEGETARIAN - SUPPLEMENTS		
Supplement	Dosage	Action
Multivitamins	One per day at breakfast	Provides base of vitamins and minerals
Ground Flaxseed	One spoonful with breakfast	Brain and skin health
Magnesium Citrate (400mg magnesium)	One per day at breakfast	For cell vitality and detox
Milk Thistle (175mg silymarin)	Twice per day before breakfast and dinner	Supports liver detox
Probiotics/ Bowel Flora (15 billion bacterial strains)	One per day with breakfast	Friendly bacteria for bowel health

MEDIUM DETOX / VEGETARIAN - FOODS		
RED	AMBER	GREEN
Avoid these foods	Eat in moderation	Eat in quantity
No meat or fish	Eggs – three per week	Dried beans and pulses such as chickpeas, lentils, red kidney beans, split peas
No dairy – no milk, cheese, butter, cream, yoghurt, ice- cream	Nuts – raw, non-salted only, almonds, cashews and hazelnuts in main meals, other nuts in snack amounts	Raw vegetables – one serving daily
No wheat – no bread, pasta, cakes, biscuits, pastry or wheat gluten in processed foods	Soy, rice or almond milks – use in place of cow's milk	Cooked vegetables – soups and casseroles preferred or steamed or boiled in minimal water
No tinned foods - no baked beans, tomatoes, corn, vegetables	Oats once per day as porridge, muesli or oatcakes	Fresh vegetable juices – mainly leafy greens, one per day
No processed or packaged foods – no vegetarian meat substitutes, tofu, pies, pizzas, frozen meals, ready meals	Rice cakes/wraps, gluten- free pasta, gluten-free flat breads – use in place of wheat products	Quinoa, barley, millet – use as bulk carbohydrate
No added salt - no stock cubes or powders, yeast, vegemite, soy sauce	Brown rice – maximum three times per week due to arsenic content	Herbal and green teas – drink a variety over the day
No salty snacks - no crisps, salted nuts, peanuts, corn chips	Seeds – ground flaxseed, hemp, sunflower, sesame and pumpkin preferred, eat as handful for snack or added to salads, muesli	Fresh herbs – use liberally, parsley preferred
No refined sugar - no sweets, chocolates, cakes, desserts, breakfast cereals	Potatoes, peppers, aubergines, tomatoes, mushrooms and spinach – contain natural toxins so limit intake	Water – filtered tap water

No condiments - no ketchup, mustard, pickles, vinegar, mayonnaise	Avocado, coconut milk – high in fat so maximum of three times per week	Coconut water – use in place of sports drinks
No caffeine - no coffee, ordinary tea, cola	Dried fruits – added to muesli or combined with seeds/nuts as snack	
No alcohol, carbonated drinks, squashes, cordials, sports drinks, flavored waters	Fresh fruit – preferably apple, banana and pear as whole fruits, fresh juices combined with vegetables only	
	Dried herbs and spices, rock or sea salt, mustard powder – use in moderation	
	Olive oil for salad-dressing or cooking - stir-fries allowed	

twice per week

# Strong Detox - Vegan

STRONG DETOX/VEGAN - SUPPLEMENTS		
Supplement	Dosage	Action
Multivitamins	Two per day at breakfast and dinner	Provides base of vitamins and minerals
Ground Flaxseed	One spoonful with breakfast	Brain and skin health
Magnesium Citrate (400mg magnesium)	Two per day at breakfast and dinner	For cell vitality and detox
Milk Thistle (175mg silymarin)	Three times per day before each meal	Supports liver detox
Probiotics/ Bowel Flora (15 billion bacterial strains)	One per day with breakfast	Friendly bacteria

STRONG DETOX / VEGAN - FOODS			
RED	AMBER	GREEN	
Avoid these foods	Eat in moderation	Eat in quantity	
No meat or fish or eggs	Nuts – raw, non-salted only, almonds, cashews and hazelnuts in main meals, other nuts in snack amounts	Dried beans and pulses such as chickpeas, lentils, red kidney beans, split peas	
No dairy – no milk, cheese, butter, cream, yoghurt, ice- cream	Soy, rice or almond milks – use in place of cow's milk, equivalent of one glass daily	Raw vegetables – one serving daily	
No wheat – no bread, pasta, cakes, biscuits, pastry or wheat gluten in processed foods	Oats once per day as porridge or muesli or oatcakes	Cooked vegetables – soups and casseroles preferred or steamed or boiled in minimal water	
No tinned foods - no baked beans, tomatoes, corn, vegetables	Rice cakes/wraps, gluten- free pasta, gluten-free flat breads – use in place of wheat products	Fresh vegetable juices – mainly leafy greens, one per day	
No processed or packaged foods – no vegetarian meat substitutes, tofu, pies, pizzas, frozen meals, ready meals	Brown rice – maximum three times per week due to arsenic content	Quinoa, barley, millet – use as bulk carbohydrate	
No added salt - no stock cubes or powders, yeast, vegemite, soy sauce	Seeds – ground flaxseed, hemp, sunflower, sesame and pumpkin preferred, eat as handful for snack or added to salads, muesli	Herbal and green teas – drink a variety over the day	
No salty snacks - no crisps, salted nuts, peanuts, corn chips	Potatoes, peppers, aubergines, tomatoes, mushrooms and spinach – contain natural toxins so limit intake	Fresh herbs – use liberally, parsley preferred	
No refined sugar - no sweets, chocolates, cakes,	Avocado, coconut milk – high in fat so maximum of three	Water – filtered tap water	

desserts, breakfast cereals	times per week	
No condiments - no ketchup, mustard, pickles, vinegar, mayonnaise	Dried fruits – added to muesli or combined with seeds/nuts as snack	
No caffeine - no coffee, ordinary tea, cola	Fresh fruit – preferably apple, banana and pear as whole fruits, fresh juices combined with vegetables only	
No alcohol, carbonated drinks, squashes, cordials, sports drinks, flavored waters	Dried herbs and spices, rock or sea salt, mustard powder – use in moderation	
	Olive oil for salad-dressing or cooking - stir-fries allowed twice per week	

# **Detox Recipes**

Find ideas for <u>healthy</u>, <u>tasty meals on Green Eatz's Recipe pages</u>.

# Breakfast - Easy Baked Beans

It's very easy to buy a tin of baked beans but they are high in salt and sugar, and it doesn't take much effort to make your own healthy and tasty beans. This recipe makes savory English-style baked beans, rather than the sweet version that is often favored in the US.

# **Ingredients**

- 1/2 cup of dried beans (canellini, pinto, haricot)
- 2 spring onions
- 1 teaspoon paprika
- 1/2 teaspoon mustard
- tomato passata
- apple cider vinegar
- 1/2 teaspoon sea salt

#### **Method**

- 1. Soak the beans overnight or for at least 8 hours
- 2. Drain the beans and simmer in a saucepan for around an hour
- 3. When the beans are tender, drain the water from the beans
- 4. Finely chop the spring onions and add to beans in saucepan
- 5. Add enough tomato passata to just cover the beans
- 6. Mix in the paprika and mustard
- 7. Add enough hot water to produce a thick sauce
- 8. Simmer gently for about 10 minutes, adding water if needed
- 9. Add a generous splash of apple cider vinegar and the sea salt
- 10. Simmer for another 5 minutes, taste and adjust seasoning.

#### Serves 2

As it takes a while to prepare dried beans, soak and cook up a batch of beans every few days so that you always have a ready supply. They keep in the fridge for around a week.

*Nutrition Fact:* beans are full of soluble fiber that makes them good for controlling blood sugar levels and lowering cholesterol. <u>Refined sugar is the leading cause of obesity and is also linked to cancer and heart disease</u>.

# Lunch - Waldorf Salad

This is a healthy, low-fat version of a traditional Waldorf salad. If you pre-cook the rice it takes only 15 minutes or so to prepare.

## **Ingredients:**

- 1/2 cup uncooked wild rice
- 1 cup uncooked brown rice
- 1 apple
- 1 lemon
- 1 red pepper
- 2 or 3 celery stalks
- 1 small red onion
- 1/2 cup walnuts
- 1 tablespoon extra virgin olive oil

#### Method:

- 1. Boil kettle of filtered water and fill large saucepan.
- 2. Simmer wild rice and brown rice in the saucepan for around 40 minutes until tender.
- 3. Meanwhile, finely chop the red pepper, celery and red onion.
- 4. Roughly chop the walnuts
- 5. When the rice is nearly cooked, core and dice the apple.
- 6. Squeeze the lemon juice into a large bowl and mix in the apple.
- 7. Rinse the cooked rice in cold water to cool.
- 8. Add rice, red pepper, celery, red onion and walnuts to bowl and mix.
- 9. Add olive oil and mix well to coat ingredients.

#### Serves 2-3 as a main meal or 4-6 as a side-dish.

For a variation, add your favorite home-made salad dressing or vinaigrette. And if you want something a bit lighter, omit the rice and use green salad leaves instead.

# Dinner - Garbanzo, Yam and Kale casserole

# **Ingredients**

- 1 tablespoon oil
- 1 small onion
- 2 cloves garlic
- teaspoon of cumin, paprika, turmeric
- 1 medium garnet yam/sweet potato
- 2 serrano chile peppers
- 1 cup cooked garbanzo beans or chickpeas
- 1 cup vegetable stock
- 1 cup (packed) of chopped kale



#### **Method**

- 1. Chop the onion and mince the garlic and chiles
- 2. Gently heat the olive oil in a large stock pot
- 3. Add the onion and garlic and fry gently
- 4. Dice the yam into 1 inch cubes, leaving the skin on
- 5. When the onion is translucent, add the spices, chiles and diced yam
- 6. Fry gently for a few minutes and stir to mix in the spices
- 7. Add the cup of stock and simmer gently until the yam is cooked
- 8. Add the garbanzo beans to pot and simmer gently until heated through
- 9. Add the kale, turn up the heat and put on the lid
- 10. Steam the kale until tender
- 11. Serve over brown rice or quinoa

#### Serves 2-3

This is quite a spicy dish so start off with milder chiles and less spices if you prefer it less spicy. It takes about 30 minutes to prepare so put the brown rice on to cook before you start. And use pre-cooked, dried, soaked garbanzo beans if you prefer to avoid tinned foods.

Nutrition facts: garbanzo beans are a good source of iron in a vegetarian diet. As this recipe also contains plenty of vitamin C in the kale and yam, your body will also be able to absorb the iron more easily.

## **Medical Disclaimer**

You must not rely on the information in this ebook as an alternative to medical advice from your doctor or other professional healthcare provider.

If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

If you think you may be suffering from any medical condition you should seek immediate medical attention.

You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this ebook.

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