

Naturopathic Detox and Eating Guide

This guide is focused on increasing fresh whole foods, while detoxing the body and improving your gut health. It should be done for at least 30 days but you can continue to live your life this way for as long as possible. There is no harm in continuing to eat whole foods and focus on detoxification long-term.

We often hear the term “clean eating”, which is what we will be doing. All this means is that we are focusing on eating foods that are as close as possible to their natural state and organic where possible. This allows your body to function at its highest capacity for your health and wellbeing, rather than its primary focus being on eliminating toxins from your body. There is a focus on eating foods that are preservative free and free of toxins that are within your control and basically eating as much fresh food as possible.

Our body’s detoxification processes can become weaker over time because we are constantly bombarded with toxins these days without even realising it and unless we are making a conscious effort to keep ourselves in peak condition, then we will suffer slowly over time. This is how a lot of lifestyle illnesses and autoimmune diseases start. They appear to start spontaneously, however it is more likely they were responding to our body’s weakened detoxification over many years. There are some toxins that are not within your control and these will include things such as air pollution, toxins in water and some chemicals in food depending on whether you are eating organic or not. Toxins create free radicals in your body. Free radicals cause damage to your cells and contribute to the majority of illnesses that are common today, as well as contributing to low energy and feeling generally unwell. We need antioxidants to fight these toxins. The good news is that many toxins are within your control and you can choose whether they enter your body or not.

To reduce Free Radicals in our bodies, we need to increase antioxidants because they fight free radicals. To do this we need to eat as much fresh food as possible. Fruit and vegetables are high in antioxidants and contain vitamins and minerals that you need to sustain your health, they also contain a high level of fibre, which your body needs to function properly. To further reduce free radicals, try to keep your stress levels down and make sure you get regular exercise. You can do this by committing to daily meditation, even if its only 5 minutes, making time for exercise each day (as little as 10 minutes is better than nothing) and trying to remain focused on the present moment. Stress is often created when we are focused on the future or circumstances outside of our control.

It is always a good idea to supplement with a good quality multivitamin, as we cannot guarantee that we are getting enough of everything that we need, every single day from food. A multivitamin bridges the gap for the nutrients that you may not be absorbing or getting enough of and ensures that you get enough of everything.

As well as a multivitamin, it is a good idea to start using a probiotic. If you are in Australia, Inner Health Plus is available from the chemist warehouse for a good price. If you are suffering any gut health issues such as nausea, constipation, bloating or diarrhea, you may need some strain specific probiotics, so get in touch for recommendations on specific strains and brands best suited to you.

The program

To start your day:

Start everyday with fresh lemon juice or apple cider vinegar (or both) in warm water on an empty stomach. I prefer lemon juice to apple cider vinegar, purely for the taste but sometimes mix them. Do this 30 minutes before you have your breakfast. This sets your body up for improved digestion throughout the day. In addition to this, both lemon juice and apple cider vinegar are alkalizing in the body and the more alkaline things we consume, the more alkaline our body will be and the healthier we get. The more alkalizing foods and drinks we consume, the stronger our detoxification system becomes.

Meals:

You will be eating regularly on this program to ensure that your metabolism stays elevated. Try to eat every 3-4 hours and if possible don't leave a gap longer than 4 hours between eating. Each meal will contain a form of carbohydrate, a form of protein and a form of essential fatty acids. That's the basic building blocks of a balanced meal. In the recipes section in the members portal, every meal and snack is based upon this formula, so feel free to use as many of those recipes as you want, or create your own once you have an understanding of the formula and feel free to share it in our Paradise Tribe facebook group. You may inspire others 😊

So for every meal and snack:

A form of low GI carb + a form of protein + essential fats

You will see a list below with examples of each type of food.

Serving sizes

To keep things simple and understanding that everyone's body size is different, I don't like to focus on calorie counting. Serving sizes should be based on your individual body size, so follow the guidelines below:

-A serving size of carbohydrate is one cupped hand. So for example, if you are having oats for breakfast, the serving size of the oats for you is whatever you can fit into one of your cupped hands.

-A serving size of protein is the size and thickness of your palm. So if you are choosing chicken for example, the amount of chicken you eat should be the size and thickness of your palm.

-A serving size of essential fats is your cupped hand palm only. So for example, if you are choosing avocado as your fat source, the serving size is whatever amount fits into your cupped palm without touching your fingers.

So an example of a balanced meal is sweet potato, chicken and avocado or oats, flaxseed meal and a clean natural protein powder.

You can eat vegetables (except sweet potato, potato and pumpkin) in any amount, so go crazy on stirfries and salads and have 1-2 pieces of fruit per day as part of your snacks.

So a typical day of eating should like:

Breakfast: 7am

Snack: 10am

Lunch: 12pm

Snack: 3pm

Dinner: 6pm

- You can alter these times to fit in with your daily schedule but keeping with the rule that you eat every 3-4 hours.
- Some foods are listed in 2 columns as they are a source of both

Carbs	Protein	Essential Fats
Rye Bread	All lean meats	Raw unsalted nuts (all types)
Oats	Seafood	Linseed
Sweet potato	Tofu and tempeh	Avocado
Brown Rice	Beans (kidney, black beans, white beans)	Sesame seeds
Wholemeal or pulse pasta	Raw unsalted Nuts	Olives
Wholemeal wraps	Natural Yoghurt	Cheese
Wholemeal Bread	Milk	Olive oil
Quinoa	Quinoa	Yoghurt
Cous Cous (natural unflavoured)	Cheese	Milk
Banana	Eggs	Eggs
All other fruits	Legumes (chickpeas, lentils)	Coconut oil

Next:

-Eat as many green vegetables as possible. Remember they are free foods and can be eaten in any amount. Green foods contain chlorophyll, which is excellent for detoxification and alkalizing your body. You can even buy liquid chlorophyll and drink it in water before or with your meals (recommended).

-In your cooking, utilise herbs and spices in any amount. Anti-inflammatory spices such as turmeric and cumin, should be used whenever possible.

-Drink organic green tea everyday. I usually drink this with my breakfast. Green tea is high in antioxidants and is used as a detoxification natural medicine.

-Keep hydrated. Water is extremely important, so drink whenever you can remember.

Any questions, get in touch and please let me know when you have started and how you're going along the way ☺

