



The Lifestyle Guy

# Garth Delikan

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### 3 x Day Detox



## Detoxing your body

To detoxify simply means removing toxins, or poisons, from your body.

Those that would particularly benefit from a detox include anyone that has been subject to High levels of toxins.

### ***This includes:***

- People who have a poor or unbalanced diet
- High caffeine or alcohol intake
- Smokers or those living in a polluted atmosphere
- Anyone suffering from recent illness
- Individuals suffering with physical and/or emotional stress

The combined actions of the lymphatic system, the liver, kidneys, bowels and skin enable the body to efficiently break down, neutralise and eliminate pollutants. Toxins are removed via the sweat, urine, breath, and faeces.

However, a body overloaded with toxins will not be able to effectively remove them, and toxins may be stored in the body fat.

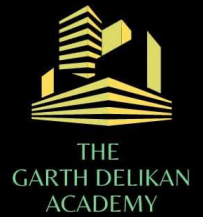
A good detox diet will help the body remove toxins and aid the function of the lymph, liver and kidneys.

### ***A good detox will be based around the following principles:***

- Organic foods, thus avoiding added toxins such as pesticides and fungicides
- Whole, unrefined foods
- A high proportion of fruit and vegetables
- A high water content, around two litres per day
- Inclusion of foods that will aid the process of detoxifying such as antioxidants

### ***Key elements of a successful detox include:***

- Regular gentle to moderate exercise
- Regular eating and drinking
- Avoiding stress and intense exercise
- Ensuring adequate amount of sleep
- Get outdoors as much as possible
- Relax as much as possible



Regular exercise enhances the work of the lymph and increases toxin elimination through increased sweating and respiration as well as encouraging urine and faeces excretion. Liver activity is also increased during exercise, thus further aiding detox.

## General guidelines whilst on a detox:

- Eat organic
- Consume plenty of water
- Eat regularly

## Day One:

### On rising

Glass of water, cup of dandelion tea

### Breakfast

Apple, live yoghurt

### Snack

Pumpkin seeds

### Lunch

Vegetable soup made by peeling and chopping carrot, parsley, leek, tomato, onion and garlic, plus herbs of choice, and cooking with water or home made vegetable stock (no salt) to cover until tender, then blending until smooth

### Snack

Orange, Sunflower seeds, aloe vera juice

### Evening

Red pepper, cucumber and herb (e.g. chives, parsley, dill, tarragon) salad with olive oil dressing and a small portion of organic poached salmon which is optional – otherwise have some live yoghurt as a dessert, or some seeds with your salad





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## Day Two:

### On rising

Water with fresh lemon juice

### Breakfast

Blueberries and live yoghurt

### Snack

Walnuts

### Lunch

Fresh fruit salad with sunflower seeds and tahini paste

### Snack

Apple, cup of dandelion and burdock tea

Evening

Vegetable soup as day one

## Day Three:

### On rising

Freshly squeezed fruit juice or fruit smoothie

### Breakfast

Blueberries and live yoghurt

### Snack

Almonds

### Lunch

Tomato, cucumber and herb salad with a small piece of grilled fresh tuna, which is optional – otherwise have some live yoghurt for dessert or some fresh nuts with your salad

### Snack

Apple, cup of green tea

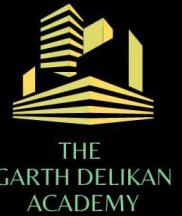
### Evening

Large mixed leaf salad with olive oil and balsamic vinegar dressing; live yoghurt to follow



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## Top ten herbal tinctures for assisting a detox programme



### 1. Digestion.

Bitter herbs stimulate the digestive system, so add gentian root to your detox tincture if you feel your digestion is sluggish.

### 2. Liver

Milk thistle and dandelion both support and soothe and protect the liver, which will be working hard to get rid of toxins.

### 3. Bowel

Rhubarb root helps tone the colon muscles. Drinking rosehip tea, & natural horseradish sauce, as well as a little chilli and cayenne pepper added to food will also support your bowels.

### 4. Immune system

The most popular immune boosting herb is Echinacea, but cats claw is safer for long term use. This herb has anti-inflammatory, antiviral and antibacterial properties and helps balance and adjust the immune response.

### 5. Lymphatic system

Poke root mops up toxins and reduces swelling in the lymph glands.

### 6. Kidneys

Buchu grass is an antiseptic and diuretic and helps prevent infections in the kidneys and urinary tract. It is a brilliant detoxifier because it encourages the kidneys to flush out any waste fluids. Cucumber, celery seeds, horseradish and mustard are other excellent diuretics.

### 7. Lungs

Coltsfoot is a good expectorant. It helps loosen up catarrh, clears toxins from the lungs and soothes damaged mucous membranes.

### 8. Skin

Red Clover keeps skin bright by cleaning the blood to reduce the amount of toxins released through the skin.

### 9. Mood

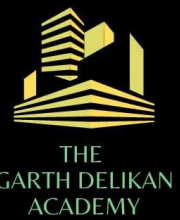
Although ginseng is not a detox herb, it's a brilliant energy booster plus a good all round tonic for health and wellbeing.

### 10. Bonus herbs

Schizandra is a perfect all round detox herb. It's a potent antioxidant, helps break down fats and toxins in the body and is an excellent tonic for the liver, nervous, respiratory and immune systems.



## Bonus section: (1) FACTSHEET. LIQUIDS



### Liquids for life

Although is it not a nutrient, human beings would be unable to survive without it. Over half the human body consists of it and it is essential for the correct functioning of virtually all living cells.

### For most of us it is as simple as turning on a tap –

#### Water!

Fluids have many functions in the body. They act as a lubricant for joints and eyes, help you swallow, provide the medium in which most reactions in the body occur, act as a cushion for the nervous system and help get rid of waste. On top of that, water helps to regulate body temperature. But how much do we need? The amount lost (as urine, sweat and in the breath) will vary from person to person because we are all different – it will depend on your age, the time of year, climatic conditions, your diet and how much physical activity you do.

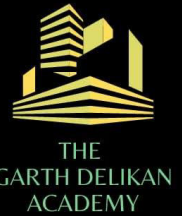
Dehydration can be very serious, and 15-20 % of body weight lost as water is fatal. According to a review published in the Journal of the American Dietetic Association, the average man should consume 2.9 litres of water a day and the average women at least 2.2 litres a day. Health professionals recommend at least 1.5 to 2 litres of liquids a day in temperate climates and this includes many other drinks like squash, fruit juices, tea and coffee. The basic point is that you should drink enough to replace what is lost.

### Fluid Facts

- We can obtain our fluid requirements from a number of sources. It is not necessary to only drink 'pure' water, although this is a good choice. Like everything else we consume selection depends on personal preference and availability.
- People often forget that some of our fluid requirement comes from the food we eat, not just drinks. Roughly a third of an adult's daily fluid intake is supplied by what is eaten rather than what is drunk. Fruit and vegetables provide most of this additional fluid but small amounts come from bread and dairy products.
- Although caffeine is a mild diuretic (i.e. it increases urine output to a small extent) drinks that contain it provide fluids of course. You do not need to drink more water to compensate for consuming these drinks.
- With alcoholic drinks the dehydrating effect can be greater, depending on the type of drink consumed (especially spirits). Remember also the guidelines for safe drinking.
- The sensation of thirst is not triggered until there is already a water deficit so drink before you get thirsty and pay particular attention to children and the elderly who do not recognise the signals of thirst so readily
- Dehydration is common amongst athletes, as little as 2% of body weight lost as water impairs performance. Research has demonstrated that water alone is not the best solution for fluid replacement during or after vigorous exercise. Try isotonic drinks.
- Keep up your fluid levels when you're on holiday too, e.g. in hot/humid countries.
- Bottled water is recommended where a clean, safe water supply cannot be guaranteed.
- Drinking excessive amounts of water will not lead to better skin, hair and nails.



## Bonus section: (2) FACTSHEET. HEALTHY SNACKS



### Healthy snacks

Aim to keep the calorie content of each snack to under 150kcal and try a new snack each week.

#### Snacks for those with a sweet tooth

Try eating lots of fresh fruit which is naturally sweet, and by including protein with each snack you can help stabilise blood sugar levels.

- An oatcake on its own or with peanut butter
- A yoghurt, topped with flaked coconut and chopped dried apricots
- Cheese cubes with grapes
- Strips of ham wrapped around pitted prunes
- Cottage Cheese and Apples
- A handful of shelled peas
- A mashed banana piled on some rye toast and sprinkled with cinnamon

#### Snacks for those with a savoury tooth

Aim to satisfy it with lean protein sources and eat snacks full of flavour from herbs and spices instead of from salt.

- Half an avocado with a few prawns
- Vegetable sticks or breadsticks with dips such as hummus, guacamole, mushroom pate, tzatziki, or mackerel pate
- A cup of warming soup (fresh soups are available in cartons)
- Bruschetta - toasted bread (ciabatta is best) brushed with olive oil and garlic and topped with chopped fresh tomato and shredded basil leaf or spread with tapenade (olive or sun-dried tomato paste available from supermarkets)
- Parmesan Pita Crisps (Sprinkle 2 tablespoons of grated Parmesan and a 1/4 teaspoon dried oregano over a wholemeal pitta bread and grill and cheese begins to brown).
- Rye cracker with cottage cheese or hummus





## Mind/body strategies for taming appetite

As well as being familiar with how certain situations and foods increase appetite, you can also use some general strategies to control appetite.

### Don't get hungry.

- If you don't eat enough, of course your appetite will scream at you; so nip it before it nips you.
- When you get too hungry, you lose your ability to make good choices and instead eat whatever you feel like – usually sugary, high-fat, high-calorie convenience foods.
- Eat regular meals and two planned snacks a day to avoid this happening.

### Out of sight, out of mind.

Don't fall for the idea that if you're forced to exercise a little more willpower you can withstand any temptation. If you think you can use willpower consistently to say "no" to junk food around the house, you're wrong. A better approach to keep the sights and smells of junk food from provoking your appetite is to get it out of the house; out of sight, out of mind.

### Drink plenty of water.

Sometimes what you recognize as hunger is actually thirst. If you feel hungry, try drinking good old H<sub>2</sub>O. If plain water bores you, consider natural sparkling mineral water with a twist of lemon or lime.

### Get enough ZZZZZs.

Too little sleep affects hunger and appetite hormones adversely.

Take notice of how your appetite and sleep patterns are connected and do what you can to get enough rest.

### Breathe.

If you feel like you absolutely Must Eat Now!

Take some deep breaths and tell yourself that you can eat, but in ten minutes.

If you are not truly hungry, the feeling will pass after ten minutes and you will have saved on calories.

Or if it doesn't pass, nothing is lost and you won't be any hungrier than you were before.

### Picture yourself thin.

When your appetite screams out "Feed me!"

Take a minute to picture yourself as you would like to be.

Give yourself time to stop, see yourself

thinner and healthier, and then decide whether you are still hungry.

*"At the end of the day appetite control is all about making the right decision at the right time"  
If you don't learn to control your appetite, losing weight will always be an uphill battle.  
Learn to control it instead of letting it control you."*

