

WEEK ONE - DETOX



LESSON CONTENTS

1. Weighing-in and form filling
2. Aims of the Course
3. Detox! Why it can help you to lose weight and improve your health.
4. Our body's pathways of elimination and how to make them more efficient.
5. Foods to avoid and foods to include.
6. Other ways to aid detox.
7. This week's "Food Adventure": new foods for you to try.

DISEASES & CONDITIONS THAT CAN BE ATTRIBUTED TO BEING OVERWEIGHT

1. **Diabetes** which is a disorder where the pancreas is not producing enough or sometimes not any insulin. Diabetes can lead to a whole host of other medical issues and being over-weight is one of the main causes due to the body having excess glucose due to overeating.
2. **Cancer** has many different forms and types and many of them could be prevented with more attention to eating healthy and avoiding weight-gain.
3. **Congestive Heart Failure** is a condition in which the heart can't pump enough blood to the body's other organs.
4. **Enlarged Heart** is another heart condition where the muscle of the heart become larger due to being overworked which naturally happens if you are overweight.
5. **Pulmonary Embolism** is a sometimes fatal blockage of an artery. Being overweight causes most people to reduce activity and after time lack of activity can result in an embolism.
6. **Polycystic Ovarian Syndrome** is when cysts develop in your ovaries. These can burst causing even further problems.
7. **Gastro Oesophageal Reflux Disease** means that stomach acid and juices flow from the stomach back up into the esophagus. It is common in overweight people.
8. **Fatty Liver Disease** is a reversible condition where large pockets of fat accumulate in liver cells. Fatty liver can be considered a single disease that occurs worldwide in those with excessive alcohol intake and those who are obese.
9. **Hernia** is caused when the hole in the diaphragm weakens and enlarges.
10. **Erectile Dysfunction** is the inability to develop or maintain an erection which can be caused by a medical problem due to obesity or a psychological effect.
11. **Urinary Incontinence** is the inability to control ones urine and is frequently associated with obesity, weak bladder and pelvic floor muscles
12. **Chronic Renal Failure** meaning the kidneys fail to work is a much greater risk to those that are overweight or obese.
13. **Lymph edema** is a condition that occurs from a damaged or dysfunctional lymphatic system sometimes caused by people suffering from obesity actually crushing the lymphatics.
14. **Cellulitis** is clinically a spreading infection involving both the dermis and subcutaneous tissues due poor lymph flow caused by obesity.
15. **Stroke** is a lack of blood supply as the body has to work harder when you are obese.
16. **Pickwickian Syndrome** is mainly characterized by sleep apnea due to obesity placing an excessive load on the pulmonary system.
17. **Depression** is a condition where a person feels extremely sad all the time. Even to the point of being suicidal. This can be greatly enhanced for someone that has a weight problem.
18. **Osteoarthritis** is a clinical syndrome in which low-grade inflammation results in pain in the joints, caused by abnormal wearing of the cartilage oftentimes due to obesity.
19. **Gout** occurs when uric acid accumulates in the blood. Nerve endings then become irritated causing extreme pain made worse by carrying extra weight.
20. **Gallbladder Disease** commonly affects overweight people as a result of high blood cholesterol levels and causes gall stones.

10 DAY DETOX

Foods you should avoid

Alcohol	This places extra demands on almost every part of the body. Consumption may depress the central nervous system and contract the brain tissue, weaken the immune system, raise blood pressure and place extra pressure on the liver, kidneys and heart.
Caffeine	The caffeine in coffee belongs to the same alkaloid group of chemicals as morphine and cocaine and is highly addictive. It can over-excite and wear out the body's energy producing glands, raise blood sugar levels and inhibit the absorption of nutrients in the small intestine. Caffeine is found in coffee, tea, Coca-cola, Red Bull, Lucozade, cocoa, chocolate, Solpadene and pain killers with "Extra" in the name.
Red Meat	The digestion of red meat demands a lot of work from the digestive organs and leaves behind an acidic residue that can lead to inflammation. It is often high in saturated fat and usually contains nitrates to preserve it. For these reasons it is best avoided while carrying out a detox.
Non-Organic Milk	Non-organic cow's milk is heavily processed (pasteurisation and homogenisation) which destroys the enzymes needed to break it down, making the body work over time to digest it. It also contains hormones, antibiotics, pesticides from the cows' feed and other toxic chemicals.
Processed Foods	These include anything with an e number, unpronounceable name, precooked or packaged for 'long life'. For example salami, bottled sauces, ready-made meals, crisps and other savoury snacks.
Tap Water	Over 350 chemicals have been found in samples of UK tap water. Fluoride can displace iodine from your thyroid and cause problems with body fat levels. Filtered water or bottled water are good alternatives. Evian and Volvic have the best mineral content and pH value.
Sugar	You will learn why sugar is not good for your health in detail next week.
Sugar Substitutes	Research has linked Aspartame , the most commonly used artificial sugar, to neurological problems such as MS, fibromyalgia, numbness, cramps, headaches, joint pain, dizziness and numerous other health problems. Artificial sweeteners include aspartame, acesulphame-K and saccharine Use rather honey, xylitol (Zylosweet) or stevia (Truvia)
Microwave	Some studies have shown that microwaving food rips the molecules apart, changes the chemical structure, rendering some inert or even carcinogenic. Furthermore carcinogenic chemicals can leach into the food from plastic and paper packaging and radiation can leak from the machine itself.
N.B.	When you carry out a detoxification diet you may experience some of the following symptoms: mild headaches, aching in your muscles, tiredness, irritability, loose and/or frequent bowel movements, frequent urination, pimples and other skin eruptions. These should pass within a few days. Please make sure that you drink 1½ to 2 litres of water a day, rest when you feel tired and refrain from any heavy exercise. If you are worried about any symptoms you may be feeling either phone me or contact your doctor.

Produce with the Highest Levels of Toxins

Cow's milk contains pesticides, antibiotics, hormones. Always buy organic or goat's milk (goat's are rarely treated with hormones, etc)

Meat contains pesticides, antibiotics, hormones and growth stimulants. Buy organic, wild, or lamb from a good butcher. My butcher told me that farmers are not allowed to give growth stimulants or hormones to lambs.

Fruit and Vegetables with the Highest Levels of Pesticide Residues

Apples	Peaches
Blueberries	Strawberries
Celery	Peppers (especially red, orange & yellow)
Grapes	Potatoes
Nectarines	Spinach
Cucumber	Lettuce (especially Iceberg)

Fruit and Vegetables with the Lowest Levels of Pesticides

Avocados	Asparagus
Aubergines	Corn
Cabbage	Sweet Potatoes
Onions	Peas
Mushrooms	Pineapple
Mangoes	Kiwi Fruit
Papaya	Cantaloupe Melon
Grapefruit	

Four Simple Tips and Tricks to Reduce Your Exposure to Pesticides

- Always remove and discard outer leaves of cabbages, lettuce, etc. as this is where most of the pesticides tend to lurk. Likewise, peeling veggies like carrots will reduce the residues on your plate.
- Try to buy produce in season. When growing conditions are good, plants are less prone to attack by fungus and pests, so less chemicals are needed to control them

- Thoroughly wash all your fruit and veg prior to eating. There are products on the market, such as *Veggie Wash* (from health food shops), which will help to safely remove pesticides and waxy residues more effectively than water alone.
- If you can afford to buy a few products organic, then by selecting those with the highest pesticide residues the Environmental Working Group estimates that you can reduce your exposure to pesticides by up to 80%.
- Grow Your Own. Looking at the list of most contaminated fruits and vegetables, you can choose to grow some of these yourself. Even a small garden can be very productive for family use. Bell peppers, for example, are easy to grow in green houses. Apples can be grown in most climates, and columnar varieties can even be grown in pots on the patio. Spinach and salad leaves are easy and can be grown in troughs or large pots. Potatoes can also be grown in containers. You can plant one or two of these crops in your garden and encourage a neighbour to grow others and then share the harvests

Sources

www.whatsonmyfood.org

www.ct.gov

WHAT YOU CAN EAT

Don't count calories, don't reduce portion sizes, don't allow yourself to get too hungry as this will put you in danger of eating whatever you can lay your hands on.

Poultry, fish, eggs & yogurt

Don't consume any of these any more than once a day. Animal protein is difficult to digest, tends to acidify the blood but does encourage testosterone production which is helpful for weight loss. Alternate from day to day the type of animal protein that you choose. Avoid red meat, sausages, bacon, ham, pork, breaded fish and crab sticks

What's Best?

Organic chicken and turkey

Organic, wild or very fresh fish (try the fish man on Henley's Thursday market)

Organic eggs

Organic natural live (bio) low fat yogurt, natural goat's milk yogurt.

Beans, chickpeas, lentils and tofu

Red lentils can be cooked from dry without soaking. Other beans need soaking and precooking which is great if you have the time but if not, then tinned are second best (organic if you can get them).

Whole grains such as wholegrain wheat or rye bread and crackers, brown rice, corn-on-the-cob (always organic to avoid them being genetically modified), barley (great in soup and salads), oats, quinoa (mix with oats in porridge), millet (cook like rice), buckwheat (makes great pancakes). Also Ryvitas, rice cakes and oatcakes.

Vegetables

All vegetables but minimise potatoes – potatoes are very dense in carbs and may spike your blood sugar levels. Sweet potatoes are better.

Green leafy vegetables can be especially good for shifting weight on the thighs and bum and destroying oestrogenic compounds that get stored in fatty tissue. However, they do tend to be heavily sprayed with pesticides so organic is best. Examples of green leafy vegetables are:

broccoli, cabbage, Brussels Sprouts, spinach, kale and watercress

Fruit

Try to choose fruits that are in season and always have some to hand. Berries are best as they are loaded with anti-oxidants and are low in sugar. Citrus fruits such as oranges, grapefruit, lemons and limes are great for destroying 'old' oestrogens.

Unsalted, Raw Nuts and Seeds

Keep to a closed handful 1-2 times a day as they are high in calories but are rich with "good" fats, vitamins and minerals and also contain some protein. The best nuts and seeds are pecans, almonds, walnuts, Brazil nuts, sunflower seeds and pumpkin seeds.

Oils and Spreads

Use olive oil or rape seed oil for cooking, olive or sesame oil for salads and a tiny bit of butter for spreading. Avoid vegetable oils and spreads.

Honey**Sauces and Condiments**

A lot of sauces contain sugar so choose carefully. Good choices are soy sauce, pesto, chilli oil, balsamic vinegar, lemon or lime juice, olive oil and Herbamare herbal salt.

Herbs and Spices

Herbs and spices such as oregano, thyme, rosemary, sage, turmeric and ginger are fine. Cayenne pepper and cinnamon can actively speed up fat loss.

Fruit and Vegetable Juice

Either make homemade fruit juices or smoothies from fresh fruit, or drink ready-made juices. Make sure ready-made juices are labeled as being 'pure' or 'unsweetened' and don't contain any artificial sweeteners.

Beverages

Drink at least 1 litre of filtered or bottled water for every 50lbs of body weight. This will help to flush out toxins as they are released from your fat stores and help lessen detox symptoms such as headaches, muscle ache and fatigue. This may also aid weight reduction and prevent energy fluctuations.

Try Detox teas such as Yogi "Pure" tea or Pukka "Detox" tea

Sunlight (or at least full-spectrum day light)

Spend an hour a day out in the fresh air, ideally at lunch time, in order to top up on vitamin D which is necessary for optimum health.

WEEK ONE – FOOD ADVENTURES

RYE BREAD

Whole Grain Rye Bread – Schneider Brot (Waitrose)

Organic Sunflower seed bread – “Healthy Living” (Rye & Sunflower seeds)
(Waitrose)

Rye Bread – Village Bakery (Waitrose)

Rossisky Bread – Village Bakery (Waitrose)

Rye Bread 400 G (Tesco)

Biona Organic Amaranth/Quinoa Rye Bread 500G (Tesco)

or

SPELT BREAD

The bread stall on the market

Tesco Bakery Spelt & Sunflower Bloomer

Bake your own using Dove Farm spelt flour

AND

DETOX TEA

Pure Tea – Yogi Teas

Detox Tea – Pukka Teas

OTHER WAYS OF AIDING DETOXIFICATION

saunas
reflexology
aromatherapy massage
herbal body wraps
Epsom salt baths
purifying herbal teas
exercise
yoga
hot water with lemon first thing in the morning

Dry Skin Brushing

Use a dry brush with natural, plant fibre bristles. Start at the soles of your feet and work your way up your legs, your front and your back, brushing as vigorously as you feel able. Then do your hands and up your arms. Direct the brush strokes, when doing your chest and upper back, towards your heart. Don't do your face, but give the back of your neck and your scalp a good go. For hygiene reasons you need a separate brush for each member of the family, and of course, you need to wash the brush itself every couple of weeks.



Start the Day with a Cleansing Juice made with a Juicer

Apple & Carrot

115ml apple juice
115ml carrot juice

Tropical

145ml pineapple
80ml mango

Citrus

145ml grapefruit juice
80ml orange juice

Spinach

115ml carrot juice
50ml spinach
50ml celery

Beetroot & Apple

50ml beetroot juice
170ml apple juice

HERB/DRUG INTERACTIONS for HEALTHY STARTER PACK

Do not take the Healthy Starter Pack if you are taking

- **Anticoagulants – Ticlopidine, Warfarin, Heparin**
- **Diuretics**
- **Digoxin (Lanoxin)**

Consult doctor if taking

- **Diabetic drugs – insulin, metformin**
- **Antibiotics**
- **Codeine**
- **Atropine**
- **Ephedrine**
- **Theophylline**

Consult doctor/take 2 hours apart from as some of the ingredients interfere with the absorption of these drugs

- **Statins**
- **Antacids** e.g. Nizatidine, Cimetidine, Famotidine, Ranitidine, Zantac
- **Antibiotics**

If you are taking any medication it is always advisable to consult your doctor before taking any supplements.