

Five day detox

Now is a great time to do this five-day detox spring clean.

Why detox?

Over time all the cells of the body can accumulate 'debris' from all the biochemical processes that go on every second of your life. While the body has its own detoxification systems via the colon, liver, kidneys and skin, these can become overwhelmed by modern diets and lifestyle.

This easy to follow detox diet helps to restore the blood to an alkaline state. This is important because the blood is naturally alkaline with a pH of about 7.4 to 7.5. The body constantly strives to maintain that alkalinity. Our usual western diet, high in animal products, grains, caffeine, sugar, refined foods and alcohol, has the effect of making the blood too acid. The effect of high acidity is fatigue, irritability, mood swings, restlessness, apathy, low energy, food cravings and eventually ill health. Whereas an acidic internal state can predispose you to health problems, disease and inflammation, an alkaline environment promotes health and healing.

Ancient healing traditions have always including detoxing, often by fasting and colonic irrigation, to stimulate the body's own healing mechanisms. Do not fear! On this five-day detox you eat three meals per day and do not feel hungry. It is based on fruit, vegetables, seeds and almonds, which have an alkalisng effect on the blood. You exclude caffeine, alcohol, sugar, most grains (especially wheat) and dairy products, meat and fish.

The benefits are increased energy, better quality of sleep and feeling calmer. While not guaranteed, I have known people to lose up to 3 kg following this detox spring clean.

Withdrawal symptoms

Don't be surprised if you experience withdrawal symptoms such as headache, sleeplessness, low energy and fatigue. You may even feel achy, with flu-like symptoms. Schedule really early nights for the first three nights, take brisk walks and rest as much you can.

Warning!

If you suffer from migraines, withdraw from caffeine slowly over a two-week period. Sudden withdrawal from all your stimulants can cause an extreme migraine headache.

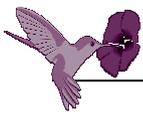
If you have any doubts at all, especially if you are taking prescribed medication or are under medical supervision, please consult your doctor before embarking on this detox diet. I cannot be held responsible for unwanted side effects.

Important! In conjunction with the diet

Once you start the process of cellular detoxification, it is important that the toxins released are quickly eliminated from the body. Drink plenty of water – up to 2 litres per day and follow the recommendation below for colon cleansing.

For colon cleansing you will need to buy a product called "Colon Clean" by PharmaFood which contains psyllium husks, inuline (from cabbage) and lactobacillus acidophilus. To avoid intestinal gas and bloating, start with one or two teaspoons stirred into a large glass of water or juice an hour before going to bed and drink immediately. You may increase the dose according to tolerance till you reach the amounts recommended on the pot.





The five-day meal recommendations

To drink

Drink hot and cold water, with or without a slice of lemon and/or grated ginger, herbal teas and weak green tea – maximum two cups per day.

Breakfasts

Choose from the following

- **Porridge** made from quinoa or buckwheat flakes. Cook with water only. Add fresh fruit, ground seeds, almonds* and dried fruit. You may also add a spoonful of creamy coconut milk.
- **Crispy rice or quinoa flakes** with fresh and dried fruit, fruit juice, ground seeds and almonds. You may also add a spoonful of creamy coconut milk.
- **Fruit compote.** Soak *unsulphured* and *glucose-free* dried apple, prune, apricot, pear and peach, in apple juice and water and poach lightly to soften. Serve sprinkled with toasted sesame, pumpkin and sunflower seeds or almonds. You may also add a spoonful of creamy coconut milk.
- **Fruit, seed and nut breakfast.** Chop up one or two pieces of fruit or two handfuls of berries in season and place in a bowl. Add ground linseeds, pumpkin seeds and sunflower seeds, almonds, dried fruit and fruit juice (non concentrate). You may also add a spoonful of creamy coconut milk.
- **Fruit, seed and nut shake.** Take the above breakfast and place in blender with plenty of fruit juice. You may also add a spoonful of creamy coconut milk.
- **Banana shake.** Liquidise a banana with half unsweetened fruit juice and half mineral water and a handful of seeds and almonds.

**Almonds and seeds should always be raw and unsalted*

Lunch and dinner

Day one

Lunch : Avocado topped jacket potato. Puree half a large avocado with lemon juice and stir in chopped red pepper, celery, shallot, apple and a pinch of paprika. Halve a baked potato and top with the mixture. Serve surrounded by a mixed green salad to include diced white and red cabbage, grated carrot and celery.

Dinner : Hummus made by blending a can of chick peas drained and rinsed, juice of half a lemon, plenty of olive oil, clove garlic, sea salt and pepper, and a little filtered water for a creamy consistency. Serve with a large mixed green salad dressed with olive oil, balsamic vinegar and whole grain mustard.

Day two

Lunch : Large fruit salad made with fruits in season. Sprinkle with sunflower and pumpkin seeds and sun dried raisins.

Dinner : Vegetable soup made with carrots, sweet potato, broccoli, celery, onion, ginger chopped small and fresh coriander. In a large saucepan, cook the onions, in a mixture of olive oil and cold pressed virgin coconut oil until onions are transparent. Add the celery, carrots, ginger and sweet potatoes. When contents are softening add the broccoli and plenty of sea salt, black pepper, coriander and enough water to cover 5 cm over vegetables. Cook until broccoli is just softening, then blend ingredients until smooth. You may add a large spoonful of red kidney beans or borlotti beans. Eat one good bowlful.



Day three

Lunch : Cous cous made from quinoa (available in health food stores). Cook one cup quinoa in two cups water. When it is fluffy and softened (about 20 minutes) allow to cool. Meanwhile cook one chopped onion and clove of garlic in olive and coconut oil. Add a small punnet of mushrooms and a handful of pine kernels and cook for 2 –3 minutes. Mix ingredients with the cooked, cooled quinoa and season with sea salt and black pepper, lemon juice, chopped mint and parsley. Accompany with watercress, grated carrot and celery salad.

Dinner : Avocado and grape salad sprinkled with sunflower and pumpkin seeds, lemon juice and chopped mint or basil.

Day four

Lunch : Aubergine Dip. Bake a whole aubergine in a hot oven for about 30 minutes until soft. Remove skin and stems. Chop roughly and place in a food processor with garlic and make a course puree. Add lemon juice, a teaspoon of tahini, salt and pepper and make into a thick puree. Drizzle with olive oil and sprinkle with chopped parsley and mint. Serve with an apple, walnuts, raisin, grated carrot, chopped celery salad.

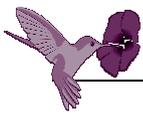
Dinner : Mustard potatoes with Borlotti beans. Scrub and boil firm potatoes until just tender. Drain and put to one side. In a large frying pan or wok cook two onions for about one minute in olive oil. Add one to two cloves garlic and cook for a few seconds longer. Add the potatoes, stirring well, then the beans, and finally two dessertspoons wholegrain mustard. Cook until everything is well heated through then sprinkle with sesame seeds and coriander or parsley and serve with chopped, steamed curly kale or broccoli.

Day five

Lunch : Mixed fruit salad with dried fruits, sunflower and pumpkin seeds, almonds and walnuts.

Dinner: Vegetable Stir Fry. Cook onions and garlic in a small amount of coconut and olive oil. When transparent, add baby sweet corn pieces and broccoli florets and cook for two to three minutes with the onions. Stir in the two teaspoons of soy sauce and cook for a further two minutes. Then add some cashew nuts, bean sprouts, mange tous and cubes of tofu (soya bean curd) and cook for another two to three minutes, making sure the vegetables are still crisp and colourful.

Enjoy!



Profile: Carolyn Moody

Optimum Nutritionist and Transformational Coach Founder Body Balance® Integrated Health



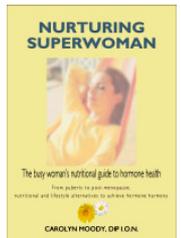
Carolyn trained at the Institute for Optimum Nutrition (ION) in London, founded by Patrick Holford, pioneer in optimum nutrition and health since the early 1980s. Since qualifying in 1990, she has helped thousands of people both in Belgium and internationally make more balanced nutritional and lifestyle choices.

In 2004, Carolyn created and founded the Body Balance® one-stop-shop for Integrated mind, body and emotional Health. At the heart of this approach is the principle of a high sense of self worth that liberates each person to live confidently, fearlessly and authentically. Through the unique and powerful combination of Optimum Nutrition, holistic lifestyle education and Transformational coaching, the programme helps people develop a strong self-belief, excellent mental, physical and emotional health, and a sense of inner peace.

Published author

Carolyn is a published author, having written many articles for a variety of magazines, including The Bulletin, Away magazine, BART (Business Aviation) magazine, and the UK Nutrition publication - ION Journal.

She has also written a book, 'Nurturing Superwoman', about women's nutritional health. The next book is in the making.



Educator/Trainer and Public speaker

Carolyn is an experienced educator. She has devised many training programmes, writing all her own comprehensive course material, including the unique 600-page Body Balance training manual. As well as writing and teaching, Carolyn is an experienced Public Speaker. Topics include:

Many different aspects of **health and nutrition**, including stress, blood sugar balance, cardiovascular disease, men and women's hormone health, digestive health, weight management, what to eat ... plus many more

Dealing with difficult people – Confident, compassionate and assertive communication for conflict resolution

Confidence building through letting go of fear and trusting self

Calm the busy mind –Biochemistry and habitual thought patterns keep our minds hyperactive and out of control. Learn how to calm the over busy mind through nutritional choices, guided visualizations and creating new thought tracks.

Who's who

Organisations that have invited me to speak include Conference Board, EUMA, P&G, Aspria, MasterCard Europe, NATO, SHAPE, EuroControl, MCE (Management Centre Europe).