



# Time for a SPRING DETOX

*Restoring your acid/alkaline balance can increase your energy levels, improve sleep patterns and give a sense of calm. Carolyn Moody outlines a five-day diet for achieving this goal.*

**O**ver 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. The digestive system is our internal link with the external world and can accumulate pathogenic bacteria, yeasts, fungi and parasites. In 1912, the Royal Society of Medicine listed 36 poisonous substances originating in the colon which cause disease.

## RESTORING ACID ALKALINE BALANCE

The blood is naturally alkaline with a pH of about 7.4 to 7.5. Our usual western diet, high in animal products, grains, caffeine, sugar, refined foods

and alcohol, has the effect of making the blood too acid. High acidity leads to fatigue, irritability, mood swings, restlessness, apathy, low energy, food cravings and eventually ill health. The benefits of eating alkaline foods are increased energy, better quality sleep and feeling calmer. The chart opposite will serve as a ready guide. This five-day detox helps to restore the blood to an alkaline state.

## FIVE-DAY DETOX DIET

These recommendations are 100% vegan (i.e. no animal products) and is highly alkalising.

### Avoid

- **Caffeine** found in coffee, tea, chocolate and cocoa products, and cola drinks
- **Alcohol**
- **Sugar** (and sugary foods/drinks)

- **Refined starchy** carbohydrates, i.e. white flour, white rice
- **Tobacco and smoking**
- **Salt** (and highly salted foods and snacks)
- **Recreational drugs**

## WITHDRAWAL SYMPTOMS

You may experience headaches, sleeplessness, low energy, fatigue, aches, and flu-like symptoms. Schedule early nights, take brisk walks and rest as much as you can. If you suffer from migraines, withdraw from caffeine slowly over a two-week period. Sudden withdrawal can cause an extreme migraine headache. Drink 1.5 litres hot and cold water, with or without a slice of lemon and/or grated ginger, herbal teas and weak green tea and use a colon cleansing product like Colon Clean or Colon Life available in health food shops.

## BREAKFASTS

Choose from:

- **Porridge** made from quinoa or millet flakes with fresh fruit, ground seeds, almonds, dried fruit, and creamy coconut or almond milk.
- **Crispy rice or quinoa flakes** with fresh and dried fruit, fruit juice, ground seeds and almonds and creamy coconut or almond milk.
- **Fruit compote** sprinkled with toasted seeds or almonds and a spoonful of creamy coconut or almond milk.
- **Fruit, seed and nut breakfast.** Fresh fruit in season with ground seeds, almonds, dried fruit and fruit juice and a spoonful of creamy coconut milk.
- **Fruit, seed and nut shake.** Take the above breakfast and place in blender with plenty of fruit juice.

## LUNCH AND DINNER

### Day one

**Lunch:** Avocado topped jacket potato with a mixed green salad to include white and red cabbage, grated carrot and celery.

**Dinner:** Hummus with a mixed green salad dressed with olive oil and balsamic vinegar.

### Day two

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

**Dinner:** Vegetable soup with red kidney beans or borlotti beans.

### Day three

**Lunch:** Cous cous made from quinoa with watercress, grated carrot and celery salad.

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

### Acid-forming foods

- All grains, e.g. wheat, oats, rye, buckwheat and rice
- All meat, poultry, seafood and fish, including bacon
- Cheese
- Eggs
- Pulses (beans, peas, lentils, soya beans and tofu)
- Nuts (including peanuts though not a nut)
- Foods made with flour, especially white flour
- Breakfast cereals
- Bread (all kinds)
- Vinegar
- Sugar and anything made with it – artificial sweeteners
- Alcohol, coffee, black tea and smoking

### Exceptions

- Millet, quinoa
- Milk and butter are regarded as neutral
- Almonds
- Unless made with millet or quinoa

### Alkaline-forming Foods

- All fruits (including citrus fruits and dried fruits). Lemons and watermelons are the most alkalising.
- All vegetables (including seaweed and potatoes). Pumpkins and potatoes are especially alkalising.
- Seeds, e.g. pumpkin, sesame, sunflower, linseed
- Millet, quinoa and almonds
- Mineral Waters
- Ginseng, ginger, mustard, pepper, curry, most spices

### Exceptions

- Olives, plums

### Day four

**Lunch:** Aubergine dip with an apple, walnuts, raisin, grated carrot, chopped celery salad.

**Dinner:** Mustard potatoes and Borlotti beans with steamed curly kale or broccoli.

### Day five

**Lunch:** Mixed fruit salad with dried fruits, seeds, almonds

and walnuts.

**Dinner:** Vegetable stir fry with cashew nuts, bean sprouts, mange tous and tofu.

**Warning:** if you have any doubts at all, especially if you are taking prescribed medication, please consult your doctor before embarking on a detox.



**Carolyn** is an Optimum Nutritionist and Transformational Coach with 22 years experience helping people develop excellent mental, physical and emotional health.

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