Detox

Recommendations for a Successful Detox

A comprehensive Detoxification Program is the best way to achieve the most fundamental improvements in your health.
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WELCOME TO THE NEW YOU!

Congratulations on making the commitment to better health. With your Practitioner’s support, following a detoxification program can be one of the most effective strategies for rapidly improving the state of your health. This booklet is your guide to the Metagenics Integrated Detoxification Program, and provides you with all of the tools that you will need to safely and successfully complete it.

THE MAIN FEATURES OF THE PROGRAM

The Metagenics Integrated Detoxification Program works by:

• Reducing toxin exposure through dietary and lifestyle changes;
• Removing bad bacteria and waste from your digestive system;
• Renewing and rebuilding your digestive lining, as well as replacing the bad bacteria with healthy ones and improving your digestive function; and
• Helping your body release toxins more effectively.
SAFETY

Your safety and comfort during detoxification is important. For this reason, please quickly review the following points:

• **Pregnancy:** Detoxification should not be attempted during pregnancy; however, it is ideal as a preconception program. If you fall pregnant while doing a detox, you should stop the program and contact your Practitioner.

• **Medication:** Detoxification has the potential to change the way some medicines work. If you are taking prescription medications, then discuss this with your Practitioner.

• **Side-Effects:** Occasionally, people experience adverse symptoms during detoxification, such as nausea, changes in bowel function or headaches. Generally these are short-term and will resolve without any intervention; however, you should discuss them with your Practitioner if they are severe or last for more than a week.
WHAT IS TOXICITY?

Toxicity is literally how poisonous a substance is. Some things are very poisonous, and even a small amount can be very harmful (e.g. arsenic). Many substances are only slightly poisonous, so that small amounts are able to be consumed without harm. If you have a large exposure to these milder poisons (e.g. pesticides), then over time they can overwhelm your ability to “detoxify” or remove them from your body. Also, an exposure to several mild poisons at once is much more dangerous than one at a time. One of the body’s defence mechanisms when faced with toxicity is to store the harmful chemicals in your fat tissue, bones and other tissue. This means that these poisons can be stored for many years in our tissues, becoming an ongoing source of ill health.

Toxins come in two broad categories, environmental (external) and endogenous (made in your body). Environmental toxins include things like heavy metals, chemicals, drugs, bacterial and microbial toxins. These are present in the air, water and food that we consume. Endogenous toxins include hormones and other chemicals that are produced in the body, and chemicals produced by bacteria in your digestive system that enter your bloodstream (see Figure 1).
Figure 1: Sources of toxins.
SYMPTOMS AND SIGNS OF TOXICITY

Any disease can be made worse by toxicity; however, some of the most common signs and symptoms of too much toxicity in the body include:

- Recurrent headaches
- Muscle aching and weakness
- Nerve pain or numbness
- Recurrent infections
- Poor short-term memory and concentration
- Sensitivity to environmental chemicals, odours and/or nutritional supplements
- Chronic fatigue and lethargy
- Anxiety and/or mood swings
WHY DO SOME PEOPLE GET SICK FROM TOXICITY AND SOME DON’T?

There are two factors that influence the toxic load your body is under and the impact this has on your health. The first is the amount and type of toxin that you are exposed to; the second is the resources your body has to deal with it, or how well you “detoxify”. That is why two people with similar toxic exposure can respond very differently, with one having no noticeable effects and the other developing chronic illness. The first person has a better capacity to detoxify. This program is designed to address both issues, by reducing your toxic exposure, and also improving your detoxification ability. Factors that influence detoxification capacity are:

- Liver function
- Kidney function
- Nutrient intake and stores
- Bowel function
- Acid/alkaline balance of the body
- Stress levels
- Sleep and rest
- Digestion and absorption of food
WHAT IS THE SAFEST WAY TO REMOVE TOXINS?

When detoxifying your body, it is important that all the key detoxification organs and/or systems within the body are cleansed. It is also vitally important for optimal detoxification that each of these organs and/or body systems is treated in the right order, otherwise you may experience unpleasant side effects from your detoxification and you may end up with few of the health benefits that a good detoxification program can offer you. The Metagenics Integrated Detoxification Program addresses each of the key organs and body systems in a systematic way to ensure you detoxify and get the best results!

YOUR DIGESTIVE SYSTEM IS WHERE IT BEGINS

Natural Healthcare Practitioners have always taught that the digestive system is the source of health and disease, and our modern scientific understanding has proven this to be the case. This means of course, that you cannot successfully detoxify the body without having treated the digestive system and repaired the lining of the digestive tract. If you do not treat the digestive system first it is like replacing the oil in your car without replacing the filter; the oil is going to be ruined very quickly.

Most people with toxicity develop a problem called “leaky-gut syndrome” (also known as increased intestinal permeability). In a healthy digestive system, the lining of the digestive system is a very good filter, allowing beneficial nutrients like vitamins and amino acids to pass into the bloodstream, whilst keeping toxic bacteria and waste products of digestion within the bowel.
This filter is easily damaged by infection, medications, bad bacteria, yeasts and parasites, which then lead to the unregulated transport of large quantities of partially digested foods and waste into the body. This places a tremendous stress on the other detoxification organs in the body (i.e. liver, kidneys). Eventually, a percentage of this material escapes capture by the liver and kidneys and ends up entering the general circulation, where it can lead to many of the symptoms of toxicity. As a result, “leaky gut syndrome” results in a great deal of stress upon the immune system, the liver and virtually every other organ or system of the body (see Figure 2). This is why the Metagenics Integrated Detoxification Program starts with treatment for the digestive system.
Figure 2: Good health starts with a healthy digestive system.
LIVER SUPPORT FOR BEST RESULTS

Your liver is your major detoxification organ. Your liver filters toxins out of the bloodstream and processes them so that they are able to be excreted via your bowels or urine. To remove all the toxins out of your body, you must have optimal liver function. The Metagenics Integrated Detoxification Program includes an extensive range of natural herbal extracts and nutrients to ensure your liver is functioning optimally.

HEALTHY KIDNEYS ARE KEY

Your kidneys are also vital for detoxification, as the toxins that are processed by the liver are often excreted via the kidneys, into the urine. More substances are eliminated from the body via the kidneys than by any other route. Fortunately, there are many key nutrients which can be taken during a Detoxification Program to assist with detoxification processes within the kidneys.
ACID/ALKALINE BALANCE FOR BALANCED DETOXIFICATION

Supporting liver function and kidney function is important, as is balancing the acidity and alkalinity of your body. The balance of acid and alkali in your body needs to be maintained for optimal health and detoxification. Many people living a Western lifestyle have a slightly acidic system, which can impair their detoxification capacity. Alkalisation of your body will enhance toxin excretion. Your Practitioner will recommend key nutrients and herbs to ensure your body has good acid/alkaline balance.

THE METAGENICS INTEGRATED DETOXIFICATION PROGRAM

To ensure the best possible results for you, the Metagenics Integrated Detoxification Program is divided into 3 stages:

• **Stage 1: Remove** – This stage treats the digestive system first and foremost and acts to remove bad bacteria and waste from your digestive system.

• **Stage 2: Renew** – This stage focuses on your digestive system and kidneys, and also works on alkalising your body. In this stage you will be renewing and rebuilding your digestive lining, as well as replacing the bad bacteria with healthy ones and improving your digestive function.

• **Stage 3: Release** – The final stage of the Metagenics Integrated Detoxification Program focuses on supporting your liver and helping your body release toxins more effectively.
TESTS TO MEASURE TOXICITY

Before you begin the Metagenics Integrated Detoxification Program, there are a number of simple tests your Practitioner can do to assess the level of toxicity in your body, and to monitor your progress. Your Practitioner may conduct some or all of the tests below to monitor your toxin levels. This will also help determine how long you will need to follow the program for.

- **Urinary Indican** – Tests for levels of bad bacteria in your digestive system.
- **Zinc Tally** – Tests your level of zinc, an important detoxification mineral.
- **Hemaview™** – Assesses toxicity by looking at your blood cells.
- **Bioimpedance Analysis** – Measures cell function and inflammation.
- **Other Testing** – Your Practitioner may also recommend external pathology tests such as hair mineral analysis or stool analysis for specific situations.
STAGE 1 - REMOVE

The first stage of the detox is to remove any unfriendly bacteria, yeasts and parasites that may be living in your digestive system. These bad bacteria can directly produce toxins that are absorbed into the bloodstream, and can also damage the lining of the digestive system. It is therefore essential to get rid of them so that the digestive system can be healed and the pressure taken off the liver. This stage can take between two and six weeks. Your Practitioner may use the Urinary Indican Test to monitor your progress during this stage. Supplements prescribed during this stage may include the following:

• **Parex:** contains a broad range of herbal medicines that have powerful antimicrobial actions. This formula is effective against bacterial, fungal and parasitic overgrowths in the digestive system.

• **Ultra Probioplex:** contains colostrum, a natural dairy product, which supports healthy digestive function. It may assist with the removal of bad bacteria from the digestive system and create a healthy environment for beneficial bacteria to grow in. **Important Note:** Ultra Probioplex should be stopped 48 hours before doing a Urinary Indican Test, as it may make the results inaccurate.
STAGE 2 - RENEW

During the second stage of your detox, your Practitioner will be helping to repair and renew your digestive lining and replace the bad bacteria with beneficial ones called probiotics. These good bacteria have a number of healthy actions, including controlling the growth of the bad bacteria, reducing inflammation and helping you absorb nutrients effectively. Once established, they function like a small army inside your body, protecting your digestion and removing invading organisms. If you eat a healthy diet and avoid medications like antibiotics, they will thrive in your digestive system and help keep you healthy for many years. This stage of the detox generally takes two to four weeks.

Your Practitioner will choose the most suitable probiotic for your detox. Probiotics available include the following:

- **Ultra Flora Restore**: these capsules contain three important beneficial bacteria for a normal, healthy digestive system, *Lactobacillus acidophilus* NCFM, *Lactobacillus rhamnosus* GG (LGG®) and *Bifidobacteria lactis* Bi-07. This is the ideal probiotic to use for most people doing a detox.

- **Ultra Flora Plus**: is a powdered probiotic supplement containing *Lactobacillus acidophilus* NCFM, *Bifidobacterium lactis* Bi-07 and *Lactobacillus rhamnosus* GG (LGG®). This formula is ideal for everyday maintenance of general wellbeing and to maintain the balance of friendly intestinal micro-flora.
• **Ultra Flora LGG®** contains Lactobacillus rhamnosus GG (LGG®), a beneficial strain of bacteria that has shown to be very effective at reducing the incidence of eczema and food allergy in children, and may be used for infectious diarrhoea, and to reduce the frequency and severity of diarrhoea in both adults and children.

• **Probex:** contains Lactobacillus plantarum 299v, a special strain of probiotic that has been shown to have a powerful anti-inflammatory action. It may be useful for cases of medically diagnosed Irritable Bowel Syndrome and inflammation of the digestive tract.

• **Ultra Flora Immune:** contains three unique strains of beneficial bacteria. These particular strains have been scientifically tested and proven to assist with rebalancing the immune system. This combination is particularly helpful for adults with allergic conditions. It can also enhance immune response and may reduce the likelihood of recurrent infections.

• **Ultra Flora SB Dysbiosis:** contains two beneficial organisms which help to control the overgrowth of harmful bacteria and yeasts in the digestive tract. This combination may also be useful for the prevention and management of infectious or traveller’s diarrhoea. It may also be
helpful to manage the side-effects of medications such as antibiotics.

In addition, your Practitioner may recommend the following powdered herbal supplement to provide prebiotics which will encourage the growth of the good bacteria. The herbal powder will also provide many important nutrients to heal your digestive lining, support your kidneys and improve body acid/alkaline balance.

- **G-Tox Express:** this is a powdered combination containing spirulina, a microalgae that helps to support heavy metal detoxification. G-Tox Express also contains the herb cleavers, which is traditionally used to enhance the urinary elimination of wastes, as well as glutamine, an important nutrient for restoring and rebuilding the lining of the digestive system. The addition of potassium citrate provides effective alkalisation properties which may be helpful during detoxification.
STAGE 3 - RELEASE

This final stage of the Metagenics Integrated Detoxification Program uses Natural Medicines that support and enhance the capacity of the liver to take wastes from the bloodstream, break them down and then remove them via the bowels and urine. Generally this stage will take two weeks; however, if you have had significant toxin exposure, especially to solvents, pesticides or medications, then your Practitioner may recommend to extend this to four weeks. Supplements you may be prescribed include:

- **Thermo Phase Detox**: Thermo Phase Detox is a powdered blend of protein and other nutrients, which provide the body with all of the nutrients for successful liver detoxification. It also contains high levels of milk thistle, which protects the liver against toxic exposure and helps restore optimal liver function.

- **Phyto Pro**: Phyto Pro contains some of the most active natural substances for enhancing detoxification of the liver, kidneys and other organs of elimination. It is also very high in natural antioxidants that protect the body during detoxification, and supports the actions of key detoxification enzymes in the liver.
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<thead>
<tr>
<th>STAGE</th>
<th>SUPPLEMENTS RECOMMENDED</th>
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| 1 - Remove | • Parex: ____ tablets, ____ times daily with food.  
          | • Ultra Probioplex ___ capsules or ___ teaspoons, ___ times daily with food.  
          | • Other supplements chosen for you:  
          |   ○ ____________________________________  
          |   ○ ____________________________________  
          |   ○ ____________________________________  |
| 2 - Renew | • Probiotic chosen for you:  
          |   ○ __________: ___ capsules or ___ teaspoons, ___ times daily with food.  
          | • G-Tox Express: ___ scoops, ___ times daily with food.  
          | • Other supplements chosen for you:  
          |   ○ ____________________________________  
          |   ○ ____________________________________  
          |   ○ ____________________________________  |
| 3 - Release | • Phyto Pro: ___ tablets, ___ times daily with food.  
              | • Thermo Phase Detox: ___ scoops, ___ times daily with food.  
              | • Other supplements chosen for you:  
              |   ○ ____________________________________  
              |   ○ ____________________________________  
              |   ○ ____________________________________ |
THE DETOX DIET

The average human eats 25 tonnes (25,000,000 kg) of food over a lifetime! It is extraordinary that your body can take the diverse (and often downright awful) supply of food that it is provided with, turn it into nutrients to run your body, and remove the waste products. It hardly needs to be mentioned that one of the greatest impacts you can have on your health is to improve the quality of your diet, during your detox program and afterwards as well.

During your detox, your Practitioner will recommend a diet based on your individual requirements. The diet will ensure that you are eating the right foods for your body in order to maximise the detoxification process. There are many diets and dietary recommendations available, as well as some great recipe ideas (which can be found at the back of this booklet) to make your new diet easier. The good news is that all the eating recommendations you will need to follow during this detox are designed to be both achievable and effective for the majority of people who try them. The diet chosen by your Practitioner will leave you with plenty of energy for work, study, running a home or whatever else you choose to do. The diet recommended will be easy to implement, and will have you feeling great in no time.
HINTS & TIPS FOR SHOPPING & MEAL PLANNING DURING YOUR DETOX

Planning is the key to success. To make this detoxification diet easier for you, we have provided you with a shopping list and some sample recipes for you to use. If you feel that you would rather use your own recipes then just make sure to follow the recommendations in the shopping list or discuss this with your Practitioner. These hints and tips will help you adjust to the healthy eating plan you need to follow during your detoxification program.

- When shopping, always look for fresh seasonal fruit and vegetables. You may be able to get some great buys at the local growers markets or the nearby fruit shop. It is always preferable to buy organic produce when you can.
- Remember to avoid packaged and processed foods as much as possible.
- It is important to eliminate foods containing artificial colours, flavours, additives, stabilisers and flavour enhancers, as well as foods containing hydrogenated fats. This information is usually contained in the ingredients list on the food label.
- Read the ingredients list to ensure that the food does not contain high amounts of saturated fat, gluten and/or sugar. Sugar can be in the form of glucose, sucrose, fructose, corn syrup, maltodextrin, dextrose, malt syrup, molasses, maltose, lactose and honey.
- Fresh vegetable juice makes a great addition to the detox diet. If you own a juicer try juicing carrots, apples, ginger, fresh beetroot, celery and lemons.
• Choose soy milk that is made from whole soy beans (not soy isolates) and is low in sugars and free from preservatives. Good quality brands include Vita Soy or Australia’s Own. If you would prefer rice milk, then both Vitasoy and Australia’s Own produce a good brand of rice milk.
THE DETOX DIET: YOUR SHOPPING GUIDE
You can read through this list and highlight what foods you will need to buy.

<table>
<thead>
<tr>
<th>PROTEIN</th>
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<tbody>
<tr>
<td>Protein intake is critical to support detoxification.</td>
</tr>
<tr>
<td>Choose lean protein sources, organic or free range where possible, and try to make one serve a day a vegetarian protein option.</td>
</tr>
<tr>
<td>Include a serve of protein at breakfast, lunch and dinner each day of the program. A protein portion is approximately the size and thickness of the palm of your hand.</td>
</tr>
<tr>
<td>Do not fry or barbeque meats.</td>
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<tr>
<th>ENJOY</th>
<th>AVOID</th>
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<tbody>
<tr>
<td><strong>Poultry:</strong> Eggs, chicken (organic / free range where possible), turkey.</td>
<td></td>
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<tr>
<td><strong>Vegetarian:</strong> Tempeh, tofu, soy beans, lentils, sesame seeds, lentils, chickpeas, broad beans, butter beans, lima beans.</td>
<td></td>
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<tr>
<td><strong>Seafood:</strong> Steamed or grilled fish.</td>
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<tr>
<td><strong>Meats:</strong> Beef, pork, bacon, sausages, mince.</td>
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</tr>
<tr>
<td><strong>Preserved meats:</strong> Deli meats, cured meats, smoked meats, salami.</td>
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<tr>
<td><strong>Seafood:</strong> Shellfish, prawns, crab, oysters, clams, mussels, crumbed and fried fish, swordfish, flake, tuna, smoked fish.</td>
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</table>
**DAIRY**

- Cow dairy products are to be avoided during the detoxification program. Dairy alternatives may be used, however, limit these to a maximum of one serve per day (1 serve = 1 glass of milk product).

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<thead>
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<th>ENJOY</th>
<th>AVOID</th>
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</table>
| **Milk:** Unsweetened, organic soy milk, rice milk, nut milks, goat milk.  
**Other dairy products:** Plain yoghurt (soy and goat’s is preferable). | **Milk:** Cow’s milk, sweetened soy milk.  
**Other dairy products:** Cream, ice cream, cheese, sweetened yoghurts. |

**FRUIT**

- Fruits are rich in essential enzymes and nutrients for detoxification support.  
- Limit fruit intake to three serves daily due to the high sugar content.  
- Try to eat organic fruit as frequently as possible.

<table>
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<tr>
<th>ENJOY</th>
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| **Fresh fruit:** All fruit allowed, with a few exceptions. | **Fresh fruit:** Bananas.  
**Other fruit:** Dried fruits, tinned and frozen fruits. |
**VEGETABLES**

- Vegetables are a crucial component of any detoxification program. They are alkalising and a wonderful source of fibre, antioxidants, vitamins, minerals and phytonutrients; all of which support detoxification on all levels.
- Have as many serves a day of vegetables and salad greens as you wish. At least a minimum of four cups of salad and three cups of vegetables should be consumed daily on the detoxification program.
- Do not microwave or fry vegetables. Steaming lightly is best.
- Try to eat organic produce as frequently as possible.

<table>
<thead>
<tr>
<th>ENJOY</th>
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<tbody>
<tr>
<td><strong>Fresh vegetables:</strong></td>
<td><strong>Fresh vegetables:</strong></td>
</tr>
<tr>
<td>All vegetables and salad greens</td>
<td>Potato.</td>
</tr>
<tr>
<td>allowed, except those opposite.</td>
<td><strong>Other vegetables:</strong></td>
</tr>
<tr>
<td></td>
<td>Pickled, tinned or frozen vegetables.</td>
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</tbody>
</table>
**GRAINS AND STARCHES**

- It is important to limit grains. They contribute strongly to an acidic body and are generally low in required nutrients for detoxification. They are also filling and generally reduce the amount of vegetables taken in at the same meal. Limit grains to a maximum of one serve per day (1 serve = 30g serve of each food).
- Try to eat organic options where possible.

<table>
<thead>
<tr>
<th>ENJOY</th>
<th>AVOID</th>
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| **Grains:** Brown rice, amaranth, millet, quinoa, buckwheat.  
**Starchy foods:** Plain rice crackers and rice cakes. | **Grains:** Oats, couscous, triticale, wheat (including bread), rye.  
**Starchy foods:** All chips, all pastas, breads, pizza, cakes, pastry, biscuits, all packaged breakfast cereals, muesli bars. |
**NUTS, SEEDS AND OILS**

- Nuts and seeds are a good source of protein and nutrients required for detoxification processes. Eat raw and organic options where possible and use cold pressed oils.
- Limit nuts and seeds to two serves per day (1/4 cup per serve).
- Limit oils to a maximum of two tablespoons per day.

<table>
<thead>
<tr>
<th>ENJOY</th>
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<tbody>
<tr>
<td><strong>Nuts:</strong> All raw nuts,</td>
<td><strong>Nuts:</strong> Peanuts,</td>
</tr>
<tr>
<td>except peanuts.</td>
<td>roasted or salted nuts.</td>
</tr>
<tr>
<td><strong>Seeds:</strong> All in small</td>
<td><strong>Oils:</strong> Peanut oil,</td>
</tr>
<tr>
<td>quantities, LSA mix;</td>
<td>peanut butter, canola oil, coconut oil,</td>
</tr>
<tr>
<td>lecithin.</td>
<td>rancid oils.</td>
</tr>
<tr>
<td><strong>Oils:</strong> Cold pressed</td>
<td></td>
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<tr>
<td>oils in small quantities - olive, flax, sesame.</td>
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DRINKS

- As you are cleansing your body, the best drink option is pure water. Tap water contains many substances that increase toxic load, so use filtered water or good quality spring water.
- Two to three litres of pure water per day should be consumed. This can be flavoured with lemon juice or fresh ginger.
- If stopping caffeinated products, headaches and mood changes may be experienced for the first few days. This will pass and you will feel much healthier once the dependency is resolved.

<table>
<thead>
<tr>
<th>ENJOY</th>
<th>AVOID</th>
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<tbody>
<tr>
<td><strong>Drinks:</strong> Pure water, fresh juices, herbal teas.</td>
<td><strong>Alcohol:</strong> Spirits, beer, wine.</td>
</tr>
<tr>
<td></td>
<td><strong>Caffeinated drinks:</strong> Tea, coffee, hot chocolate, green tea, oolong tea.</td>
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<tr>
<td></td>
<td><strong>Dairy:</strong> Milk and dairy drinks.</td>
</tr>
<tr>
<td></td>
<td><strong>Carbonated drinks:</strong> Cola and soft drinks.</td>
</tr>
<tr>
<td></td>
<td><strong>Water:</strong> Tap water.</td>
</tr>
<tr>
<td></td>
<td><strong>Juice and fruit drinks:</strong> Commercial fruit juices, fruit drinks, cordials.</td>
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</tbody>
</table>
### HERBS, SPICES, DRESSINGS AND CONDIMENTS
- Avoid excessive table salt and any commercially prepared dressings and condiments.

<table>
<thead>
<tr>
<th>ENJOY</th>
<th>AVOID</th>
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</table>
| • **Herbs and spices:** Garlic, sea salt, organic tamari.  
  • **Condiments:** Home made dressings, tahini, olive oil and lemon juice, home made guacamole and hommous. | • **Herbs and spices:** Table salt.  
  • **Condiments:** All processed and commercial dressings/sauces. |

### SNACKS
- Healthy snacks during a detoxification program are fine.

<table>
<thead>
<tr>
<th>ENJOY</th>
<th>AVOID</th>
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<tbody>
<tr>
<td>• <strong>Snacks:</strong> Nuts and seeds; fresh veggie sticks; anything in the lists above under “Enjoy”; Thermo Phase Detox smoothies.</td>
<td>• <strong>Snacks:</strong> Chocolate, sweets, lollies, bakery products, desserts, anything on the “Avoid” lists above.</td>
</tr>
</tbody>
</table>
SPECIAL CIRCUMSTANCES

The Metagenics Integrated Detoxification Program will provide you with all the key recommendations you need for a thorough spring clean. However, you may require some more specific, detailed advice based on your symptoms. If your Practitioner feels that you need extra support during the Metagenics Integrated Detoxification Program, they may recommend one or more of the following:

1. A bowel purge: A bowel purge is where a laxative substance is used to create one or more watery bowel movements. This is beneficial as it can remove a large amount of toxic material from the bowel quickly, reducing the risk of any side effects during the detoxification process. This process is not recommended for people with active inflammatory bowel conditions or severe diarrhoea, but is essential if you have a history of constipation.
   - **Option 1** – Aloe Vera Juice; 50 - 200 ml before bed. This should be followed by two glasses of water.
   - **Option 2** – Magnesium sulfate (Epsom salts). Two teaspoons of powder mixed into water. This can be used instead of, or in conjunction with the Aloe Vera Juice to give a more powerful laxative effect.

2. Digestive support: Stress, sensitivity to foods or chemicals, as well as excessive eating and drinking habits, can suppress normal enzyme production. If you require a digestive support formula to assist with food digestion and to support healthy digestive processes, your Practitioner may recommend a digestive enzyme supplement to assist with this.
Options include the following:

- **Metagest** – this high-strength hydrochloric acid and pepsin supplement is designed to assist in the management of poor upper digestive function. The addition of gentian root helps to stimulate the body’s own production of stomach acid.

- **Azeo-Pangen** – this formula contains pancreatic enzymes to support good digestion in the small intestine if digestion is impaired. Impaired digestion due to pancreatic insufficiency may cause impaired nutrient absorption.

- **Vegetarian Digestive Enzymes** – like Azeo-Pangen, this supplement may assist in the digestion of dietary protein, carbohydrate and fats. The product is suitable for vegetarians experiencing symptoms of digestive insufficiency, such as indigestion, dysbiosis and flatulence.

3. **Gallbladder support:** One of the functions of the liver is to remove poisonous substances from the blood so that they can be expelled from the body. The liver excretes all these gathered toxins in bile, which is excreted via the gallbladder into the small intestine. The toxins are then excreted out of the body via the faeces. Bile is a natural laxative and is extremely important for the detoxification of toxic substances. Your Practitioner may recommend a liver and gallbladder support supplement known as Lipogen if they feel that your liver and gallbladder need extra support.

- **Lipogen** – this is a liver tonic that aids digestion and healthy gallbladder function. It contains nutrients and herbs that enhance the capacity of the liver to
synthesise bile, metabolise dietary fats and promote detoxification of fat soluble chemicals and hormone residue.

4. **Kidney support:** The kidneys are a vital part of the body’s detoxification system and, therefore, improved kidney function may have wide-ranging benefits when incorporated into a detoxification program. As kidney support is very important during a detox program, we have included G-Tox Express during the second stage of the detox. However, if your Practitioner feels that you need extra kidney support, they may recommend a formula for the kidneys known as Renoxyl.
   - **Renoxyl** – a combination of herbs and nutrients that support normal healthy kidney function and helps with the regulation of water and electrolyte losses.

5. **Heavy metal detoxification:** If you are a smoker or are exposed to heavy metals (i.e. iron, lead, mercury, aluminium) in your home or work environment, your Practitioner may recommend some extra heavy metal detox support options such as:
   - **Selenium Drink** – this liquid nutritional supplement contains the minerals selenium and zinc in an easily absorbable form. Both selenium and zinc are essential antioxidants and support healthy detoxification of heavy metals.
   - **Glutathione** – glutathione is the principle intracellular antioxidant in your body and is an important supporter of liver detoxification, particularly of toxic heavy metals. Glutathione binds to heavy metals making them water-soluble so they can be more easily filtered out of the body.
6. **Oestrogen detoxification:** Oestrogen is the female sex hormone required for normal, healthy female reproductive function. Healthy metabolism and excretion of oestrogen causes no symptoms, but if a woman’s oestrogen is not broken down and excreted appropriately, oestrogen levels may increase. Many conditions are associated with oestrogen excess, or a defect in oestrogen break-down and removal. While the Metagenics Integrated Detoxification Program will be helpful, there are a number of key nutrients and herbs that may enhance the safe clearance of oestrogens from the body. Your Practitioner may recommend a formula known as Estrofactors if you exhibit signs of oestrogen excess.

- **Estrofactors** – this supplement supports healthy hormonal balance by improving the detoxification of oestrogen. Oestrogen can be metabolised via a number of pathways. Some products of oestrogen metabolism are beneficial for female reproductive health, whilst others are associated with PMS, menopausal symptoms and other female hormonal issues. Estrofactors contains herbs and nutrients that support the conversion of oestrogen to the good type rather than the bad.
LIVING THE DETOX LIFESTYLE

To make the most of the new, detoxed you, it is essential to reduce or avoid as many toxins as possible, so that your body can stay clean and healthy. For most people, the main source of toxicity is their food, and the next biggest source is their lifestyle. Listed below are some essential and optional steps that you can take to give your body a fresh start.

1. **Daily detoxification support:** As part of your ongoing wellness plan, your Practitioner may recommend you take a serve of G-Tox Express every day to maintain your acid/alkaline balance and support your body’s ongoing detoxification processes.

2. **Exercise:** As surprising as it is for many people to discover, our bodies are designed for regular physical activity (this doesn’t include hunting for the remote control). We have a circulatory system that pumps blood and oxygen around the body, and this system has its own pump (your heart). We also have a second circulatory system called the lymphatic system, and this carries many toxins and wastes. Unfortunately, this doesn’t have an independent pump, and it relies on the big muscles in your legs and arms to pump the toxins out of the body. You should aim for 30 to 40 minutes of moderate intensity aerobic exercise three to four times per week (such as brisk walking or swimming), plus one to two sessions per week of strengthening exercises such as weights, calisthenics, yoga or pilates.
3. **Avoid recreational drugs:** The three most commonly used recreational drugs in our society are caffeine, tobacco and alcohol. If you use any of these regularly, then you should make a concerted effort to stop them, at least during the detoxification. There is some evidence that alcohol is beneficial in moderation, especially red wine, so you may be able to enjoy one to two glasses a day once your detox is finished, but you should avoid alcohol completely during the detox. Other recreational drugs will also interfere with the detoxification process and should be avoided. If you experience any difficulties stopping any recreational substances, then talk to your Practitioner. They will be able to offer you advice, support and a referral for specialist treatment if required.

4. **Pure water:** One of the easiest things to do to get your system detoxifying better is to drink lots of water. Ideally the water should be as pure as possible, so buy a bottle, get a filter or a rainwater tank. Drink at least 2 litres of water per day, more if it is hot or when you are exercising. A good rule of thumb is that if your urine is not almost clear, then you need to drink more. Water in alcohol, tea, coffee, soft drinks and ice blocks doesn’t count, unfortunately. The only changes we would recommend you make to your water are to add a little lemon, ginger or mint – otherwise, just have it straight.
5. **Detoxify your environment:** Your home and work can be major sources of toxins. Try to eliminate or minimise your use of cleaning products (vinegar, bicarb and other natural products are suitable alternatives), antiperspirants with aluminum, pesticides, herbicides, petrochemicals, paints, solvents and hair spray. As much as possible, also try to avoid pollution from cars and factories, as well as mould, dust and animal dander (if you are sensitive).

6. **Avoid toxic emotions and stress:** Lots of people have found that how you feel and how you think influences your health profoundly. Try to avoid being around negative, energy draining people. Choose to be positive, optimistic and focused on improving your health. If you have a major stress in your life, enlisting the support of others to help can be useful. If you have lots of little stresses, practising a relaxation technique like yoga, tai chi, meditation or prayer may be helpful. Ask your Practitioner for other suggestions on managing stress and natural supplements that can be helpful.

7. **Dry skin brushing:** Your skin is a major organ of elimination and dead cells accumulate preventing the skin being able to remove toxins effectively. Before you shower, spend five to ten minutes with a firm-bristled brush or loofah and scrub the skin of the arms, legs and back quite briskly. You will know if you are doing it right because it is a little bit uncomfortable the first few times you do it, and your skin will be slightly red and tingly when you are finished.
8. **Spa treatments:** Many health spas offer treatments such as saunas, hydrotherapy baths, marine algae wraps, skin exfoliation and mud treatments. These treatments have a long traditional use for detoxification, and if nothing else, will certainly leave you feeling relaxed and stress-free.

9. **Lymphatic drainage massage:** Many massage techniques can accelerate detoxification, but lymphatic drainage is the most well known and specific for this task. It will help to cleanse the lymphatic system, and leave you feeling great as well.
The Metagenics Express Detox Program is suitable if you are generally healthy, but have been recently over-indulging in rich foods and alcohol (e.g. over Christmas period). The Metagenics Express Detox Program is a great way to get you back on track and feeling healthy again! It is also suitable for people that have already completed a full Metagenics Integrated Detoxification Program, and would like to do an annual spring clean. The Metagenics Express Detox Program can be done over a two week period and involves following a healthy eating plan and taking just two supplements to assist with the detoxification process.

During the two week program, you will be following the healthy diet plan discussed on page 23, as well as taking the following supplements;

- **G-Tox Express**
- **Thermo Phase Detox**

**Important Note:** The Metagenics Express Detox Program may not be suitable for everyone. Your Practitioner will be able to determine, through testing and assessment of your individual needs, whether this is the right detox for you.
FREQUENTLY ASKED QUESTIONS

Why does the Metagenics Integrated Detoxification program take 6 to 12 weeks to complete, when there are three day or one week Detoxification Programs available?
Shorter programs generally focus purely on liver detoxification. Whilst they may provide some temporary benefits, they do not address the possibility of “leaky gut syndrome”. This means that the symptoms of toxicity are likely to return, and there is a significant risk of major side-effects. These side-effects can include nausea, headaches, fatigue, diarrhoea and aggravation of other health issues. The symptoms are a sign that toxins and free radicals are being released too quickly and are damaging your body.

What do I do if the diet or supplements make me feel unwell?
It is not unusual when you are changing your diet and lifestyle to notice a few mild digestive symptoms like nausea or wind. If you find that you are experiencing more severe symptoms, then speak to your Practitioner, they may recommend you reduce your dose of supplements for a few days to a week and then bring back to the recommended level when the symptoms have settled down. If you are concerned, discuss your symptoms with your Practitioner.
## FOURTEEN-DAY MEAL PLANNER

### WEEK 1:

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Mid-morning</th>
<th>Lunch</th>
<th>Mid-afternoon</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Mushroom and spinach omelette</td>
<td>Handful of mixed nuts</td>
<td>Soy and garlic kebabs with salad greens</td>
<td>Handful of mixed nuts</td>
<td>Steak with garlic and zucchini</td>
</tr>
<tr>
<td>Monday</td>
<td>2 to 3 poached eggs with tomato and mushrooms</td>
<td>2 rice cakes with tahini or avocado</td>
<td>Marsala Chicken Vege Curry</td>
<td>Hommus and vegie sticks</td>
<td>Chicken Salsa</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Rice flakes with rice or soy milk and LSA</td>
<td>Handful of mixed nuts</td>
<td>Chicken Caesar salad</td>
<td>Salmon Treasure Salad</td>
<td>Almond Crusted Fish</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Berry Smoothie</td>
<td>2 portions of fruit</td>
<td>Mediterranean Salad</td>
<td>Salmon</td>
<td>Thai Lime Chicken and Sesame-stir-fry</td>
</tr>
<tr>
<td>Thursday</td>
<td>Rice flakes with rice or soy milk</td>
<td>2 portions of fruit</td>
<td>Hotpot with can of salmon</td>
<td>Fresh avocado dip with veggie sticks</td>
<td>San Choy Bow - flavoured mince on fancy lettuce</td>
</tr>
<tr>
<td>Friday</td>
<td>Zucchini Fritters</td>
<td>2 rice cakes with tahini</td>
<td>Masala Chicken Vege Curry</td>
<td>Fresh avocado dip with veggie sticks</td>
<td>Almond Crusted Fish</td>
</tr>
</tbody>
</table>

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## FOURTEEN-DAY MEAL PLANNER

### WEEK 2:

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Rice flakes with soy or rice milk</td>
<td>2 to 3 eggs in an omelette with English spinach</td>
<td>Berry Smoothie</td>
<td>Scrambled eggs, 2 to 3 eggs with a piece of gluten free toast</td>
<td>Rice flakes with soy or rice milk</td>
<td>2 poached eggs on a piece of gluten free bread</td>
<td>Rice flakes with LSA and soy or rice milk</td>
</tr>
<tr>
<td><strong>Mid-morning</strong></td>
<td>Handful of mixed nuts</td>
<td>2 portions of fruit</td>
<td>Hommus and Vege Sticks</td>
<td>Rice crackers with tahini or hommus</td>
<td>Berry Smoothie with LSA</td>
<td>2 portions of fruit</td>
<td>Handful of mixed nuts</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Baked Fish and Toasted Almond Crust</td>
<td>Salmon steak with fresh asparagus and side salad</td>
<td>Chicken Stir-fry</td>
<td>Chicken salsa</td>
<td>Rice cakes with salmon, tahini and salad</td>
<td>Red Cabbage Salad</td>
<td>Tofu and Vege stir-fry</td>
</tr>
<tr>
<td><strong>Mid-afternoon</strong></td>
<td>Hommus and vegetable sticks</td>
<td>Handful of mixed nuts</td>
<td>2 portions of fruit</td>
<td>Handful of mixed nuts</td>
<td>2 portions of fruit</td>
<td>Handful of mixed nuts</td>
<td>Avocado dip with rice crackers and vege sticks</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Chicken and tangy pineapple</td>
<td>Fish and sesame mushrooms</td>
<td>Vegetable Frittata</td>
<td>Spanish Meatballs in chunky tomato sauce</td>
<td>Thai Lime Chicken and Sesame stir-fry</td>
<td>Soy and garlic kebabs</td>
<td>Steak with stir-fry vegetables</td>
</tr>
</tbody>
</table>
If I take a higher dose of the supplements, will the process be quicker?
No, but you will increase the risk of adverse side-effects. The process needs a certain period of time to work effectively. You should follow the directions for dosage given to you by your Practitioner.

Can I detoxify when I am pregnant?
No. Detoxification releases wastes, which may then be passed onto the baby. It is however a very good idea for both partners to detoxify before pregnancy. Remember though that eggs and sperm take three to four months to develop, so you should aim to have finished your detoxification at least four months prior to conception.

Is it safe to detoxify if I am taking prescription medications?
Many prescription medications can be affected by the detoxification process, although it is unusual for this to require any alteration to the dosage of the medication you are taking. Your Practitioner will be able to advise you if the particular drugs you are taking are likely to be significantly impacted by undertaking a detox. If this is the case, then you should discuss this with the Doctor who prescribed these medications to you prior to commencing the Detox Program.
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BERRY SMOOTHIE

A fast breakfast recipe for people on the move

Ingredients
1/2 cup of fresh or frozen berries
500 to 750 mL pure water or unsweetened soy milk
Ice
A tablespoon or two of natural yoghurt

Method
• Combine ingredients and blend. Serve in a tall glass.
• Can also sprinkle nutmeg on top for variation.
OMELETTE

Ingredients
2 eggs
1 tablespoon milk (Soy, rice etc.)
A small handful of baby spinach
1 medium sized mushroom
1 tablespoon of chopped onions
Salt and pepper to taste

Method
• Beat eggs.
• Combine all ingredients into the egg mix.
• Pour into non stick pan.
• Cook without stirring for two minutes then fold the omelette in half.
• Serve.
POACHED EGGS

Ingredients
2 eggs, whole
200 mL water
3 teaspoons of fresh chopped parsley
Freshly ground pepper
1 to 2 pieces of gluten free bread

Method:
• Put 200 mL of water into a small saucepan.
• Bring to the boil.
• Crack an egg into a cup.
• Using a spoon, stir the water very quickly to create a ‘whirlpool’ and then slide the egg carefully into the water.
• Repeat with the remaining eggs.
• Toast bread.
• Simmer for three minutes or until each egg is firmly set.
• When eggs are cooked, remove from the pan with a slotted spoon and place on plate.
• Garnish with freshly chopped parsley and ground pepper.
POACHED SALMON AND EGGS

Ingredients:
2 eggs, whole
150 g Salmon fillet, cut into two pieces
200 mL water
3 teaspoons toasted slivered almonds
1 to 2 tablespoons of fresh chopped parsley
Freshly ground pepper

Method:
• Put the fish in a cool non-stick frying pan and cover with water.
• Bring slowly to boil, then simmer until fish is tender but not breaking up.
• Transfer with a slotted spoon to warmed serving plate and keep hot.
• Bring the cooking liquid to a boil.
• Crack an egg into a cup.
• Using a spoon, stir the water very quickly to create a ‘whirlpool’ and then slide the egg carefully into the water.
• Repeat with the remaining egg.
• Simmer for three minutes or until each egg is firmly set.
• Meanwhile sprinkle fish with pepper to taste.
• When eggs are cooked, remove from the pan with a slotted spoon and place on each piece of fish.
• Garnish with toasted almonds and freshly chopped parsley.
SCRAMBLED EGGS

Ingredients
2 to 3 eggs
2 tablespoons of soy or rice milk
1 tablespoon of butter
1 piece of gluten free bread

Method
• Melt butter in pan.
• Beat eggs and milk together then pour into hot pan.
• Stir eggs every so often till scrambled appearance.
• Toast bread and serve.

Other variations
• Add spinach, mushrooms, onions or salmon.
SPINACH AND EGG SURPRISE

Ingredients
300 g spinach
3 eggs
Black pepper
Butter

Method
• Wilt the spinach in a heated saucepan.
• Squeeze excess water out.
• Place spinach into an oven proof dish.
• Make into three birds nest shapes and crack an egg into each one.
• Sprinkle black pepper onto top of egg.
• Bake in oven (180°C) for 15 minutes or until eggs are set.
ZUCCHINI FRITTERS

A great substitute for hash browns

Ingredients
1 cup grated zucchini
2 medium - large eggs
1 tablespoon olive oil for cooking
Sprinkle of nutmeg (optional)
Sea salt and pepper to taste

Method
• Combine all ingredients in a medium bowl.
• Stir until well combined.
• Heat oil in a large pan over medium-high heat.
• Mould mixture into medium size balls and press flat into pan with skillet.
• When brown on one side, turn and cook the other side.
GARLIC AND SOY CHICKEN DRUMSTICKS

A great snack food.

Ingredients
6 chicken drumsticks
3 tablespoons of Soy Sauce
1 tablespoon crushed garlic
Olive Oil for cooking

Method
• Cook drumsticks with garlic and soy in a covered pan on low heat until cooked through.
• Turn regularly.
• Can be served cold.
RICE CAKES & TAHINI OR AVOCADO

A quick and easy snack.

Ingredients
2 to 3 large rice cakes
1 tablespoon of Tahini or ½ an avocado

Method
- Spread the rice cakes with either the tahini or avocado.
- You can also add sardines or salmon for more variety.
STIR-FRY AND VEGETABLES

Ingredients
Approximately 250 g of lean protein (fish, seafood, chicken, tofu)
2 cups vegetables of your choice finely sliced
1/2 tablespoon fresh finely sliced ginger
1/2 tablespoon minced garlic
Chilli or chilli paste (optional)
Tamari or soy sauce (no added sugar)
Squeeze of lime juice (optional)

Method
• Heat oiled wok or fry pan.
• Sauté meat/tofu, onions, garlic, and ginger in a little olive oil, chilli (optional) and soy sauce until cooked.
• Set to one side.
• Add firm vegetables such as broccoli, cauliflower and cook for two minutes.
• Add more watery vegetables such as spinach, capsicum, snow peas, mushrooms, Chinese greens, etc. Return meat/tofu to stir-fry.
• Stir through tamari/soy sauce to taste.
• Serve immediately.

Garnish may include: Coriander, bean sprouts, lime juice, sesame oil or chopped nuts.
BAKED FISH WITH TOASTED ALMONDS

Ingredients
1 piece of Trout or other choice of fish
3/4 cup vegetable mix – Green beans, broccoli florets, zucchini
1/4 cup onions, thinly sliced
1/3 cup vegetable stock
1/2 tablespoon fresh chopped parsley
1/2 small clove garlic, crushed
1/2 teaspoon of almonds, slivered, toasted
Pinch of chopped marjoram
Olive Oil
Sea salt to taste

Vinaigrette:
1/2 teaspoon of Dijon mustard
1/2 clove garlic, crushed
2 tablespoons of extra virgin olive oil
1/2 tablespoon of Balsamic vinegar
1/2 dessertspoon of capers, chopped
1/2 dessertspoon of fresh parsley, chopped
2 tablespoons of hot water
Method
Steam green vegetables till tender, strain and put aside to cool. In a fry pan, lightly toast slivered almonds until golden, put aside to cool.

Vinaigrette:
• Put all ingredients together in closed jar, shake vigorously a few minutes.
• Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes).

Fish:
• Clean, wash and dry fish.
• Coat shallow casserole dish with olive oil.
• Add garlic, onions and fry gently until onions are soft and golden.
• Place fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt.
• Bake in pre-heated oven (200°C) until cooked (up to 25 minutes), baste a few times.
• Serve with garnished toasted slivered almonds and strained green vegetable mix from vinaigrette.
MARSALA CHICKEN VEGETABLE CURRY

One for the Indian food lovers

Ingredients
180 g of skinless chicken or turkey breast
1 cup of mixed raw vegetables: Cauliflower, zucchini and broccoli
2 tablespoons Garam Marsala spice mix
Sea salt to taste
1 teaspoon dried parsley
1 teaspoon dried nutmeg
1 teaspoon of dried basil
1 to 2 teaspoons of Olive oil

Method
• Coat chicken breast with olive oil.
• Sprinkle with Marsala powder and sea salt.
• Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked.
• In a food processor, process all vegetables together until fluffy.
• Grate or chop vegetables finely, if no food processor available.
• Place vegetables in a bowl and add enough olive oil (until they bind together).
• Then place vegetable mixture onto a piece of foil.
• Sprinkle with dried basil, parsley and a pinch of nutmeg.
• Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside.
• Place vegetable packet in oven next to chicken parcel and cook (approximately 15 minutes).
MEDITERRANEAN SALAD

Ingredients
1 cup salad greens, include bitter greens such as rocket or watercress
1 hard boiled egg (sliced)
Slices of red onion and cucumber
Small can of salmon
4 black olives (optional)

Method
Dressing: Toss salad with one dessert spoon of extra virgin olive oil and sprinkle with vinegar (apple cider, red wine or balsamic) or lemon juice.

Other variations
To add variety: Blanched green beans, asparagus, anchovies, ¼ avocado, 1 artichoke, fetta, mixed herbs, oven roasted capsicum or eggplant strips, marinated mushrooms.
FRESH GARDEN SALAD

A light, crisp and easy to prepare salad

Ingredients
180 g of cooked chicken
1/4 cup sliced celery
1/4 cup sliced red capsicum
1/4 cup fresh snow peas
1 cup lettuce
1 avocado sliced
1 small tomato cut into wedges
Lemon, squeezed
Cracked black pepper
Olive Oil with squeeze of lemon

Method
• Combine all ingredients together.
• Dress with lemon, tahini, pepper, and Olive Oil and lemon.
• Serve immediately.
SHISH KEBABS

Ingredients
200 g chicken breast cut into cubes
4 small button mushrooms
2 small onions
1/4 cup green pepper, cored, seeded, cut into cubes
Olive Oil

Sauce:
1/2 a cup of natural yoghurt
1/2 to 1 teaspoon of cumin
1 teaspoon of honey
1 tablespoon of chopped fresh mint

Method
• Mix together the sauce ingredients into a bowl.
• Thread meat, peppers, mushrooms and onions along metal skewers.
• Coat with Olive Oil.
• Cook under a pre-heated griller, turning several times.
• Serve with the dipping sauce and some veggies or salad.

Tip: Just increase meat and veggies to make a larger serving size.
SOY AND GARLIC KEBABS

Served cold this is the ultimate “ready to eat” snack or meal

Ingredients
180 g chicken cut into cubes  
1 cup onion and green capsicum, cut into wedges  
1 cup cherry tomatoes  
2 tablespoons garlic, crushed 
Chilli to taste (optional)  
3 tablespoons soy sauce  
Pinch salt  
Cracked black pepper

Method
• Soak wooden skewers in water for ½ hour so they do not burn.  
• Pierce the above ingredients on to the skewers.  
• Mix garlic, soy and seasoning in a small bowl and brush kebabs with mixture.  
• Cook, in pan, BBQ or under grill until chicken is cooked through.

Tip: Serve with salad or vegetables or keep cold in fridge as a snack.
**TOFU AND VEGIE STIR-FRY IN WOK**

**Ingredients**
- 1 tablespoon of Olive Oil
- 200 g of tofu
- 50 g broccoli
- 50 g cauliflower
- 1 clove garlic (Cut into small pieces)
- 1 tablespoon of diced chives
- $\frac{1}{3}$ cup water

**Method**
- Heat oil with garlic until garlic is slightly brown.
- Add cauliflower, tofu and broccoli and stir through very quickly.
- Add $\frac{1}{3}$ cup water and keep stirring.
- Cook on high heat approximately four minutes stirring all the time.
- If it starts to burn, add a little more water.
- Add chives.
- Turn out and serve.
CHICKEN AND TANGY PINEAPPLE

Ingredients
250 g of chicken or turkey breast, cut into thin bite-sized pieces
1/4 cup fresh ripe pineapple cut into small cubes, and dusted lightly with ginger powder
1/2 cup mixture: Broccoli florets, snow peas and onion
2 to 4 tablespoons of water
1 teaspoon of slivered almonds
Garlic
Sea salt
Cracked pepper
1 tablespoon of Olive Oil

Method
• Spray coat non-stick frypan with Olive Oil cooking spray.
• Heat pan, then add chicken pieces, stirring and tossing quickly until lightly browned.
• Then add broccoli, snow peas, onion, water, salt, pepper, garlic and gingered pineapple.
• Keep tossing quickly until chicken is cooked and vegetables are tender.
• Garnish with slivered almonds.
• Serve with brown rice.
CHICKEN SALSA

Warm Mexican style dish

Ingredients
1 Skinless chicken breast (or 200 g), cut into thin bite size pieces
1/2 cup mixture: Broccoli florets and finely sliced green capsicum
1/2 cup mushrooms, finely sliced
1/2 clove garlic
1/2 teaspoon tomato paste
1/4 cup water
Sea salt and cracked pepper to taste
Olive Oil for cooking
Garnishing of fresh chopped parsley

Method
• Mix together (and leave to stand) water, tomato paste, sea salt and pepper.
• Coat fry pan with Olive Oil.
• Over moderate heat, add crushed garlic, chicken, mushrooms, broccoli and green capsicum.
• Keep mixing and tossing until chicken is browned then add tomato mixture, stirring well until evenly mixed through.
FISH AND SESAME MUSHROOMS

Ingredients
1 piece of Perch (or other white fish) cleaned
1 teaspoon of Sesame oil
$\frac{1}{2}$ teaspoon of onion flakes
1 kaffir lime leaf (remove rib and cut finely)
Sea salt and cracked pepper
Water to cover

Sauce:
1 whole egg
Sprinkling herbs
1 cup button mushrooms, finely chopped
Sea salt to taste
Garnish with toasted sesame seeds and fresh chopped chives
Olive Oil

Method
• Marinate the fish in a dish containing all the ingredients above for (30min to 1 hr).
• Remove the fish from the marinade.
• Grill under pre-heated grill (approximately 5 to 10 min each side), baste with a little marinade.

Sauce:
• Beat egg with Italian herbs and Sea salt.
• Add mushroom gently into the egg mixture.
• Apply Olive Oil to a non-stick pan.
• Heat pan, then add mushroom mix.
• Stir occasionally to avoid burning.
• When ready, sprinkle with toasted sesame seeds, chopped chives and serve with fish.
GRILLED SALMON STEAKS WITH DILL BUTTER SAUCE ON A BED OF FRESH ROCKET

Ingredients
1 salmon steak
1 tablespoon extra virgin Olive Oil
1 cup of rocket leaves (or mesclun mix)
1 cup of Salad vegetables such as red onion, tomato, olives, cucumber
1 piece of pumpkin
Dill butter sauce
30 g unsalted butter
Juice from 1/2 a freshly squeezed lemon
2 tablespoons dried or fresh chopped dill

Method
• Boil pumpkin until cooked
• Brush both sides of the salmon with Olive Oil and grill under high heat for three to four minutes per side.
• Salmon is cooked when the meat is just starting to fall apart.

Sauce:
• Heat the butter in a small saucepan, stir in the lemon juice and add dill.
• Spread rocket over a dinner plate, place salmon on top and cover with warm sauce.
• Serve salad and veggies on the side.
SAN CHOY BOW
(MINCE IN LETTUCE CUPS)

Ingredients
160 g of minced chicken or turkey
1/2 cup sliced water chestnuts, drained
1/2 tablespoon sliced ginger
1/2 tablespoon chilli sauce
1/2 tablespoon tamari or soy sauce
Iceberg lettuce leaves cut carefully into cups

Method
• Sauté ginger lightly before browning chicken/turkey mince.
• Add sherry and sauces with water chestnuts and simmer for five minutes.
• Thin with a little water.
• Spoon mix into lettuce cups for serving.
• Accompany with mixed steamed Chinese vegetables.
THAI LIME CHICKEN AND SESAME STIR-FRY

A basic stir-fry recipe that can incorporate any detox-friendly meat, tofu or seafood

Ingredients
180 g chicken (or seafood or tofu)
1 tablespoon sesame oil
1 cup bean sprouts
1 clove garlic
1 teaspoon minced ginger
1/2 cup snow peas
1/2 cup sliced red capsicum
1/4 cup flaked almonds
1 tablespoon lemon/lime juice
1 tablespoon soy sauce

Method
• Sauté chicken or alternative with ginger, garlic and soy sauce until brown.
• Add vegetables and cook for two to three minutes.
• Sprinkle almonds over meal just prior to serving.
• Dress with lime juice and sesame oil.
SALMON TREASURE SALAD

A protein rich salmon salad

**Ingredients**
1 can salmon (or 90 g)
1 whole egg
1 cup mixed: Shredded lettuce, celery rings, shallots, parsley, thinly sliced fresh mushrooms
1 teaspoon sesame seeds
Sprinkling of fresh herbs
Squeeze of lemon juice
Dash pepper
Olive Oil

**Method**
- Shallow fry sesame seeds until lightly browned, put aside to cool.
- Add Olive Oil to a non-stick fry pan.
- Break up salmon in a small mixing bowl.
- Mix with egg and a dash of black pepper.
- Cook salmon mix over moderate heat for eight to ten minutes.
- Stir frequently, breaking up larger clumps until light golden brown and flaky.
- Set aside to cool.
- Prepare salad in small bowl.
- Drizzle with olive oil, add squeeze of lemon juice and a sprinkling of fresh herbs.
- Gently toss cooled flaky salmon into salad and sprinkle with toasted sesame seeds.
RED CABBAGE SALAD

Ingredients
1/2 a medium red cabbage,
1 Granny Smith or other tart apple
1 celery stalk
1/2 to 1 onion
1/4 of a cup of chopped walnuts
1/2 a capsicum
Fresh shallots or chives
A dash of garlic powder or fresh garlic to taste
1 tablespoon of balsamic vinegar
2 tablespoons of Olive Oil
1 to 2 tablespoons of lemon juice

Method
• Coarsely chop red cabbage.
• Peel and dice the apple.
• Cut celery, onion and capsicum.
• Combine all ingredients in a bowl and let sit for an hour, stirring once or twice.

Tip: This will keep for two days and should be enough for two meals.
VEGETABLE FRITTATA

Ingredients
4 eggs
1 small tin of sliced artichoke hearts
2 cups of baby spinach
1/2 a cup of zucchini
1/2 a cup of thinly sliced sweet potato
A pinch of salt and pepper
Sliced olives or fresh basil for a garnish
Olive Oil

Method
• Pre-heat oven to 180° c.
• Beat eggs in large bowl. Add remaining ingredients and mix.
• Grease a pie dish with Olive Oil.
• Place mixture into the pie dish.
• Garnish with sliced olives or fresh basil.
• Cover the dish with foil.
• Place in oven and bake for 35 to 40min (remove foil for the last 10 minutes of cooking time).
• Serve with salad greens or steamed veggies.

Tip: Place any leftovers in the fridge and have for lunch the next day.