

Forget complicated theories and heavy duty fasting programs. Just follow these simple steps to transform the way you look and feel

# 5 day detox

spring clean your body

 **AcuMedic** clinical guide

## PRE DETOX

Try to take a week to gradually reduce wheat, dairy, processed foods, alcohol and coffee from your diet and drink more water. This will ease your body into a detox.

## 5 DAY PLAN

For five days follow the following program:

- MORNING*
- Drink hot water with a few slices of ginger and a squeeze of lemon. Ideally mix in a teaspoon of turmeric powder and a grinding of black pepper.
  - 15 minutes of brisk exercise like skipping, yoga or biking.
  - Ideally skip breakfast to put your body in a fasting state and wait for lunch. If you can't do this then have some protein like avocado or scrambled eggs cooked in olive oil.

- DAY*
- Drink a couple of cups of VITAL CLEANSING tea.
  - Have a clean lunch and an hour afterwards drink an ampoule of DETOX TONIC.

- EVENING*
- Go for a 30 minute relaxing walk.
  - Have dinner with warm water or fermented PuErh tea.

- BEDTIME*
- Have a cup of CHRYSANTHEMUM tea and go to sleep before 10pm (the best time for your liver to detox is between 10pm and 2am). If you are having trouble sleeping use a few drops of LAVENDER OIL on your pillow and give yourself permission to relinquish all thoughts and worries until tomorrow.

## POST DETOX

Don't make the mistake of celebrating the end of your detox with a heavy meal and bottle of wine. Try to maintain control of your toxic load and gradually reintroduce things to your diet.

# WHAT CAN YOU EAT?

You can never detox if you're eating out. Plan a lunch and dinner menu before you start your 5 day detox and buy most of the ingredients beforehand so you don't have the excuse after a hard day to order pizza because you have nothing in the fridge. Follow this simple list of things that you can and cannot eat and drink. All meals must include at least 2 types of vegetables.

<b>YES YOU CAN!</b>	<b>NO! STEP AWAY</b>
<p>LIMITED FRUITS (Limit to one a day)</p> <p>ALL NON STARCHY VEGETABLES (try to vary them and include beet-root and cucumber)</p> <p>ALL GREEN HERBS</p> <p>FRESH OR FROZEN FISH (if you are desperate for meat then you can occasionally have chicken)</p> <p>BROWN RICE, QUINOA, LENTILS, BULGAR &amp; BEANS (keep carbs to less than 20% of the meal)</p> <p>OLIVE OIL, COCONUT OIL &amp; FLAX OIL</p> <p>SEEDS &amp; NUTS</p> <p>GARLIC &amp; GINGER</p> <p>WATER &amp; TEA.</p>	<p>SUGAR (replace with honey if necessary)</p> <p>EXCESSIVE SALT &amp; SPICES</p> <p>HYDROGENATED FATS</p> <p>PROCESSED FOODS</p> <p>CHOCOLATE, CAKES &amp; DESSERTS</p> <p>BREAD, PASTA &amp; OTHER WHEAT PRODUCTS</p> <p>RED MEAT &amp; PORK</p> <p>DAIRY</p> <p>SEAFOOD</p> <p>COFFEE &amp; ALCOHOL</p>

Don't feel restricted, get excited by all the great food that you CAN eat rather than thinking about all the things your missing. Here are some yummy ideas to inspire you.

- *Oven roasted salmon & cherry tomatoes with thyme on a butterbean mash and steamed french beans*
- *Pan fried mackerel with beetroot, pine nuts and wilted spinach.*
- *Seared tuna salad with beansprouts, radish, cucumber, carrot, red onion and tahina sesame dressing.*
- *Steamed sea bass with ginger garlic, spring onions, soya sauce and shaoxing wine served with broccoli and brown rice*
- *Cod, coriander and quinoa fishcakes with a carrot and tomato salad and lemon vinaigrette*