

Seek a Doctors advice

Do not advise others

Listen to your body

Guidelines

- Remember to drink plenty of water to help flush out the toxins.
- You may experience some headaches initially if you are high in toxins - this will pass so persevere.
- Eat a variety of foods and do not stick to the ones that are the easiest to remember and organise.
- Plan out your meals as best you can the day before and do not wait until you are hungry to decide what to eat.
- Eat plenty as this is not a weight loss diet do not be concerned with calorific intake.
- Eat three good meals a day plus snacks which should come from the list of allowed foods.
- If you are exercising remember you need calories to continue and will become dizzy and nauseus if you do not eat enough.
- 60% of your daily intake must be from carbohydrates - These are bread , pasta, rice and cereals.
- You require 4 portions of fruit and vegetables per day.
- Proteins are fish, tofu and the nuts specified. They should be included at every meal.
- A small amount of fat is necessary daily, to come from sources outlined. .



**Kenny Consultancy
Leisure and Lifestyle
Management**



*When it's time for a change in
lifestyle*

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**This is specific and not to be used without advice.
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Detoxification and metabolic boosters

Healthy eating, as well as good sleeping habits and regular exercise, all help the body to heal itself. However, sometimes there are circumstances beyond our control and we may require a helping hand from elsewhere.

It is believed that both homeopathic and herbal remedies work best when the body is not under pressure from too many toxins. Therefore it is recommended that before taking any homeopathic or herbal remedies you cleanse internally with a detoxification programme, to both boost the metabolism and optimise the absorption of the remedy. To further guarantee absorption do not smoke, drink alcohol or caffeine, and check all pre-packaged foods for hidden sugars, salt and additives that are to be avoided. It is unlikely that these detox programmes will lead to problems, providing you eat a variety of foods within the guidelines.

This eating pattern is for 7 days only

LIVER DIET

The foods allowed in this diet are foods that the liver finds easiest to metabolize.

Foods that the liver finds difficult to process are avoided, thereby enhancing its function. This does not mean that there is liver disease, simply that it may not be functioning optimally.

FOODS TO AVOID

- Meat, poultry and eggs
- Bread made from refined flour
- Sugar, syrup, treacle and honey and foods containing them.
- All cows and goats produce, such as milk, cheese and yoghurt.
- Tomatoes, citrus fruit, avocados, bananas and all over ripe fruit.
- Nuts except almonds.
- Coffee, cocoa and tea.
- Chocolate
- Fried food
- Spices
- Alcohol

FOODS ALLOWED IN MODERATION

Berries, apricots, peaches, sultanas, raisins and dates twice a week. Less than 1/8th tsp. salt per day. Limit intake of tinned fish (wash off oil and brine)

FOODS ALLOWED

- White Fish, grilled not fried.
- Pulses (peas, beans and lentils) do not over eat this group, especially if suffering from flatulence and bloating.
- Wholemeal bread, wholegrain cereals, brown rice and wholewheat pasta, also as above, exercise reason if bloating and flatulence are a problem.
- Tofu .
- All vegetables
- Pineapples, apples, grapes, melons and tinned fruit in natural juice or fresh fruit in natural juice.
- Almonds, sunflower and sesame seeds, and pine nuts.
- Herb teas, soya milk and unsweetened fruit juice made from the fruits listed above.
- Carob - in moderation as it is used as a chocolate substitute and we must be careful not to swap one addiction for another.
- Olive oil, sunflower oil and spreads made from the cold pressed vegetable oil
- All herbs and soya sauce.
- Vitamin B 12 supplement

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