



Detox Nutrition Plan

This cleansing diet should not be followed for more than two to three days. It's better to do it over a weekend or during a holiday, as the diet, although very good for you, can make you feel a bit faint or tired. A basic cleansing diet should make you feel a lot better and give your body a chance to rest from overindulging.

Nutritional Supplements:

Genie Lifestyle Younga – take 1 capsule before breakfast and 1 capsule before 3pm

Genie Lifestyle Calma – take 2 capsules before breakfast

[NUTRITION PLAN](#)

- minimizes the amount of chemicals ingested (e.g. by choosing organic food)
- emphasizes foods that provide the vitamins, nutrients, and antioxidants that the body needs for detoxification
- contains foods that draw out and eliminate toxins by increasing the frequency of bowel movements and urination (such as high fibre foods and water)

[BASIC PRINCIPLES](#)

List of Allowed Foods:

- All fresh fruit (organic if possible).
- All fresh vegetables including broccoli, cauliflower, sprouts, onions, garlic, artichokes, beets, red and green vegetables (organic if possible).
- Brown or basmati rice, rice cakes, rice crackers and rice pasta.
- Quinoa, amaranth, millet, and buckwheat can be used instead of rice.
- Split yellow and green peas and lentils are easiest to digest and require the least soaking time. Other acceptable legumes include kidney beans, pinto beans, mung beans, garbanzo beans (chickpeas) and adzuki beans.
- Unsalted nuts, seeds and nut butters can be sprinkled over any meal. Includes flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews and walnuts. Avoid peanuts.
- Extra-virgin olive oil
- Vegetable salt, sea salt, vinegar, naturally fermented soy sauce or tamari, any culinary herbs or spices, limited amounts of honey.
- Herbal non-caffeinated teas, green tea.
- Water, lemon water, 100% natural fruit and vegetable juices, rice milk

List of Foods to Avoid:

- Refined sugar and mixtures containing refined sugar, including sucrose, dextrose, corn syrup, brown sugar. Avoid artificial sweeteners.
- Milk, butter and other dairy products.
- Wheat and products containing wheat.
- All gluten-containing grains, including barley, rye, spelt and kamut. Some people are sensitive to gluten, a protein fragment in these grains.
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- Coffee, both regular and decaffeinated, black tea, and other drinks containing caffeine should be reduced. Green tea is a great substitute to regular coffee.
- Yeast, Alcohol, Food additives and preservatives, Chocolate, High-Fat Foods

GOLDEN RULES

- Drink a minimum of 8 glasses of water per day, warm or room temperature. Water is essential to clear waste from the blood. Thirst is often mistaken for hunger.
- Do not drink liquids around mealtime.
- Dilute fruit juice with 50% water.
- Take the time to chew food well, especially grains.

BREAKFAST (approx 7 - 8am)

Upon rising

- 1/2 lemon squeezed into a glass of warm water
- 1 tablespoon of ground flaxseeds in a glass of water

Breakfast

- Organic fresh chopped fruit smoothie – large glass – Add in rice milk and ice to thicken – citrus or berries

MID MORNING (approx 10.30am)

- apple juice diluted with water
- water
- ½ handful of raw almonds
- celery sticks and tbsp hummus

LUNCH (approx 1.00pm)

- chunky vegetable soup made with vegetable stock and your choice of vegetables
- steamed broccoli with sesame seeds and beets sprinkled with lemon juice on brown rice

MID AFTERNOON (approx 3.30pm)

- carrot sticks with tbsp hummus dip
- water

DINNER (approx 6.30pm)

- curried mixed lentils with ½ cup quinoa
- salad with mixed greens, red peppers, artichokes and sprouts drizzled with salad dressing of garlic, lemon juice and extra virgin olive oil
- 1 cup of vegetable broth



*Protein can be low unless appropriate levels of legumes, nuts, and seeds are eaten. It is important to include these options to prevent muscle tissue wastage.

Detoxing is the body's natural, ongoing process of neutralizing or eliminating toxins from the body. Toxins (anything that can potentially harm body tissue) are transformed chemically to less harmful compounds and excreted via stools or urine. Sources of toxins include those produced in the body during normal functions, such as the ammonia produced during the breakdown of protein, and chemicals such as pesticides, household cleaners, food additives, drugs, pollution, cigarette smoke, and heavy metals like lead that enter the body when we ingest or inhale them.

Experts believe that many of the fat-soluble chemicals we ingest daily can become deposited in cells in our bodies. A poor diet can also impair our natural ability to detoxify chemicals, which further leads to their build-up in the body.

This cumulative load is thought to lead to illness and has been linked to hormonal imbalance, impaired immune function, nutritional deficiency, and an inefficient metabolism – therefore weight gain.

In general, people often report improved energy, clearer skin, regular bowel movements, improved digestion, and increased concentration and clarity.

Start your own "detox" by eating nutritious foods, in the right amounts for your needs. Drink water for hydration, absorption and elimination -- and get enough rest and sleep.

Disclaimer

Consult a qualified health professional to find out if a detox diet is appropriate for you.

A detox diet shouldn't be used by pregnant or nursing women or children. People with anaemia, eating disorders, diabetes, heart disease, kidney disease, liver disease, lowered immunity, hypothyroidism, low blood pressure, ulcers, epilepsy, cancer, ulcerative colitis, underweight, or addictions to drugs or alcohol should not try a detox diet unless recommended and supervised by a primary care provider.

Who Shouldn't Try a Detox Diet?

Anyone considering a detox diet should consult a qualified health professional and/or their medical doctor first.

Pregnant or nursing women or children shouldn't go on a detox diet. People with anemia, eating disorder, diabetes, kidney disease, thyroid disease, autoimmune disease, cancer, terminal illness, certain genetic diseases, and other chronic conditions shouldn't try this diet or should do so only under the supervision of their primary care provider. It is not intended for alcohol or drug detoxification.



Side Effects

One of the most common side effects is headache within the first few days of starting the detox diet, often due to caffeine withdrawal. For this reason, practitioners often suggest gradually decreasing the amount of caffeine prior to starting a detox diet. In addition, some people opt to take time off work to begin a detox diet or start the diet on the weekend.

Other side effects include excessive diarrhea, which can lead to dehydration and electrolyte loss. Constipation may occur if people consume excess fiber without also increasing their fluid intake. Other side effects can include tiredness, irritability, acne, weight loss, and hunger. Any worsening of symptoms or new symptoms that occur during a detox diet should prompt a visit to a qualified health professional.

If a detox diet is continued for a longer time, it may result in nutrient deficiencies, particularly protein (some detox diets omit animal products) and calcium.