



## detox

Supporting your body to detox is a healthy way to boost your energy and vitality. The basis of any detoxification program is to decrease substances which add to the toxic load and inhibit detoxification, and to increase the consumption of water and fresh, preferably organic, nutrient dense foods. Plenty of sleep, relaxation, fresh air and exercise also go a long way in helping renew body and mind.

### reduce or avoid

- Alcohol
- Coffee
- Soft drinks
- Sugar
- White flour products
- Deep fried foods
- Junk food
- Artificial preservatives/colours/flavours

### enjoy

- Fresh, organic, seasonal fruits such as berries, melons and stonefruits.
- Fresh, organic, leafy salads.
- Vegetable soups.
- Legumes, eggs, fish and lean meat.
- Wholegrains.
- 2 litres of filtered or spring water daily.
- Fresh juices, such as Apple Carrot Beetroot and Ginger.

The liver detoxifies and processes for excretion all substances in circulation in the blood, this detoxification process can be enhanced with the addition of herbs and nutritional supplements known for their liver supporting actions. This can be as simple as a few cups a day of the Aboutlife Detox Tea or for the more serious, a liquid herbal mix designed by one of our friendly naturopaths.

### see over for more information





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If you're looking for a more comprehensive programme, TNP 7 and 15 Day Detox Kits are also a fabulous way to assist you Detox. They contain detox supplements and an easy to follow diet and menu plan. Whichever process you choose you can be assured that a detox will leave you feeling healthier and more energized for the year ahead.

**Before any detox we recommend you speak with a naturopath—just ask one of our in-store naturopaths for advice on the best approach for you.**

