

# Biggest Ever Community Detox!



15th - 21st Feb



Our bodies naturally detoxify every day as part of a normal body process. Detoxification is one of the body's most basic automatic functions. It eliminates and neutralizes toxins through the colon, liver, kidneys, lungs, lymph and skin. Basic biochemistry in our bodies produce toxins and free radicals and our bodies are designed to be able to clear these out naturally. However, these days with increased air pollution, highly processed foods and all the other toxins we ingest, our bodies can have a hard time keeping up. We can start feeling tired, lethargic, depressed and generally run-down.

Detoxification is the best way to assist your body's natural self-cleaning system.

## *How does a detox work?*

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Anything that helps our bodies eliminate toxins is said to help us detoxify. There are many types of detox products on the market to help you detoxify and many different methods of detoxifying. A detox can be as little as cutting alcohol and caffeine from your diet and increasing your intake of fiber. Or, you can partake in something as serious as a juice only diet for a week. Different methods suit different people and different lifestyles.

'The Biggest Ever Community Detox' is about a week of healthy eating, learning about health and nutrition and best of all, lots of support, motivation and camaraderie!

You will feel cleansed, revitalized and rejuvenated.

## *Great benefits of detox:*

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There are many great benefits of a detox. By helping our bodies eliminate toxins and free radicals we can improve our immune system and promote healthy cell growth, enabling us to fight disease. A detox purifies our blood, helps break our dependence on sugar/salt/junk foods and leaves us with increased energy, vitality and improved overall health. Plus, your skin will look clear and fresh and you will likely lose weight along the way!

## *Some side effects you may notice*

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Some people may experience minor side effects from a detox such as headaches and nausea. The more toxins you have in your body to be released the more noticeable these side effects may be. They should pass in a few days as the majority of the toxins are released. You are well on your way to feeling fabulous!

## What should I eat during detox?

There are many foods that naturally help your body detoxify. Try to make sure it's organic – no point in detoxing while you are putting the chemicals back in! All vegetables especially green leafy vegetables, seasonal fruit, whole grains, legumes can help with the detoxification process. Eat fish and lean meat in small quantities. Lemons are an all time favorite with their ability to convert toxins into water-soluble components – making it easy for them to be flushed out of the system. aboutlife detox tea is great in helping to wash out toxin concentration. Sesame seeds and tahini can protect your liver and is great for fighting chemical imbalances and toxin build-ups. Choose extra virgin olive oils and avoid dairy, processed foods and anything artificial. Cut out all alcohol and caffeine.

Reduce or avoid	Enjoy
Alcohol	Fresh, organic seasonal fruits
Caffeine	Fresh, organic vegetables
Soft drinks	Vegetable soups
Sugar	Legumes, eggs, fish and lean meat
White flour & processed foods	Wholegrains
Deep fried foods	2 litres of filtered or spring water a day
Junk food	Fresh juices
Artificial colours/preservatives/flavours	

## Supplements

The detoxification process can be enhanced with the addition of herbs and nutritional supplements. This can be as simple as a few cups of our aboutlife detox tea or for the more serious – a liquid herbal tonic designed specifically for you by one of our naturopaths. Supplements that aid in the elimination of toxins can be extremely beneficial for the detoxification process.

Fiber is valuable in colon cleansing, particularly in the form of psyllium seed husks. Acidophilus cultures can help maintain the good bacteria while detoxing. Antioxidants, essential vitamins and minerals will aid in the elimination of toxins.

Sometimes, detox programs can be assisted by vitamin and mineral supplements, ensuring nutritional requirements are met.

It's important also to exercise as a lot of toxins are released through perspiration – remember to drink a lot of fluids.

After a detox your metabolism will become more efficient at eliminating wastes. If you continue to adopt a healthy diet and lifestyle the benefits will be long lasting.

If you want to be a bit more 'hard core' about your detox, please come in and speak with one of our naturopaths. They will be able to give you advice based on your particular needs.

This will be a great week – aboutlife staff are all doing the detox with you, so we can all support and motivate each other! We are looking forward to seeing you during the week, and looking forward to starting the New Year feeling fantastic!