



Vanessa Vorbach
HOLISTIC NUTRITIONIST



DETOX 101

You will experience the following benefits:

- Restored gut health
- Weight loss
- Clear, alert mind
- More energy
- Better sleep
- Glowing skin
- Shiny hair
- Fresh breath
- Bright eyes

DO'S	DON'T'S
Organic vegetables	Processed foods with preservatives, artificial colourants and sweeteners
Healthy lean protein sources, such as eggs, quinoa, fish, beans, lentils	Processed red meat, pork, deli meats, tuna, cod, swordfish
Organic fruits	Refined sugars, carbohydrates such as pastries, sweets, white pasta, rice
Unsaturated fats from avocados, olive oil, nuts and seeds	Hydrogenated, saturated, damaged fats
Water, herbal teas, organic fresh juices and smoothies	Carbonated drinks, coffee, caffeinated beverages, alcohol

During your detox, you can experience these symptoms:

Headaches

Occurs when the stored toxins in the cells are released into the bloodstream.

Drink lots of water and herbal teas. A warm bath can also relieve pain and act as a relaxant.

Bloating

Changing your diet can lead to bloating in the first few days.

This improves when the old waste products from the intestines are excreted. Drink lots of still water.

Bad breath

If your tongue is coated, this means the body eliminates toxins. This should decrease during the course of the detox.

Use old toothbrush to gently remove the coating from the tongue every morning before your first drink.

Skin irritations

Your skin is an important organ for the excretion of toxins. Any irritation will generally not last long.

You should ideally use organic skin care products that don't cause additional irritation in your skin.

Fatigue

Your body needs all its energy to support the detox process.

Fatigue is completely normal in the first detox days. Avoid excessive physical activity. Get lots of rest and go to bed early.