

DETOXIFICATION

Thanks to lemon concoctions and extreme dieting regimes, detoxing has become a topic of much debate. Do we really need to detox? Or is healthy eating enough? Read on to find out more about how you can achieve a healthier body - and mind naturally.

Our bodies are constantly in a process of detoxification. The body has a series of natural line defences that are used to fight off pathogens, foreign agents and warding off diseases, which is commonly known as the immune system. The immune system is strengthened by other parts of the body when we are eating healthy foods, exercising properly and taking care of ourselves.

Due to the modern diet, high daily stresses, toxic chemical exposure and the increase in chronic degenerative diseases, our bodies are becoming increasingly 'clogged' with chemicals that we are unable to dispel.

A detox (or cleanse) works by giving your body a break from the toxic excesses that our lives create. However, despite the common misconception that detoxing is all about deprivation and starvation, true detoxification is quite the opposite.

Detoxing is about giving your body what it needs - not what it craves. By undergoing a gentle course of detoxification supplements - including detoxification greens, pre- and probiotics, you can expel the toxins that are built up to allow the full recovery of bodily tissues and organs.

Combining detoxification supplements with a healthy eating plan and regular exercise is the ultimate way to free yourself from toxins. By removing the body's necessity to burn energy digesting heavy, sugar and fat-laden food and drink that are difficult to digest and metabolise (and which play havoc with your blood sugar), you are allowing energy to be released to cleanse and regenerate your body from the inside out.

Where do these toxins come from?

Everyone is at risk of toxic stress in today's world. Our bodies naturally create toxins internally as a by-product of metabolism. Add to this chronic stress, contaminants in food and water, poor exercise habits and exposure to pollutants; our hardworking detoxification organ - the liver has to work harder than ever. As a result, we can

feel tired, lethargic and depressed when our liver has problems keeping up with eliminating wastes. Toxic metals, adhesives, alcohols, cleaning products, drugs, food colouring and preservatives, pesticides, smoking, alcohol, plastics and air quality can all contribute to an increasing level of toxicity in our bodies.

We are all ageing much quicker than we should as a result of toxicity. The deterioration associated with the ageing process is something we can slow by supporting the organs of detoxification in our own bodies. Just as you regularly change the oil in your car, wash your clothes and clean your house, your body needs a change to be cleansed to eliminate accumulated toxins and rebalance the biochemical processes.

What can I expect after I detox?

After you detox, you will feel cleaner both physically and mentally. The course of natural detoxification supplements will help to rid your body of toxins that will otherwise slow you down. Detoxing will also allow your body to become more efficient at eliminating wastes - something that will benefit you long into the future. It's also important that you change your habits after the detox process to adopt healthy and conscious eating and exercise plans. Choosing your food wisely and trying to adopt new exercise habits will help you feel healthy and rejuvenated, as well as helping to prevent illness and disease.

Commit to drinking more water, avoiding fizzy drinks and junk food, and staying away from pollutants. Once you have made these simple changes, you will feel healthier, stronger and happier.



THE SPINAL CENTRE

Natural Supplements for DETOXIFICATION

Avoid gimmicks and extreme diets by using natural supplements to detoxify your body. These four stages of detoxifying will help to remove, renew, renourish and support your body to leave you feeling happier, healthier and detoxified.

1. REMOVE

Help to rid the body of bad intestinal bacteria and parasites with **Metagenics Parex**. This potent antiparasitic, antimicrobial and antifungal herbal blend will help remove gastrointestinal organisms which may contribute to inflammation and gut problems. A course of Parex will assist in the ridding of toxins from the body and the maintenance of healthy digestive function.

Suggested dosage: Take one tablet, three times daily until the bottle is finished.



2. RENEW

Support the gastrointestinal system and enhance your detoxification with **Metagenics G-Tox Express**. This digestive greens supplement assists in the elimination of heavy metals from the body, and contains special active ingredients to help alkalise the urine and support the elimination of toxins via the kidneys. G-Tox Express is an integral part of the detoxification program.

Suggested dosage: Take 1½ scoops (10g), stirred in 150ml of water, fruit or vegetable juice, twice daily. Continue until bottle is finished.



or for a protein-rich option, try **Bioceuticals RejuvenX**. This protein-rich formula contains vitamins, minerals and amino acids to support healthy detoxification and weight loss. Use 50g stirred into water or juice up to twice daily.

3. RENOURISH

Help to support healthy liver function and enhance the detoxification of the liver with **Metagenics Phyto Pro**. This formula contains some of the most powerful known regulators of detox activity. Phyto Pro also supports the complete clearance of metabolised toxins from the body. This formula contains a range of antioxidants, which will help to neutralise any reactive compounds formed during detoxification.

Suggested dosage: Take 2 tablets, twice daily with food until bottle is finished.

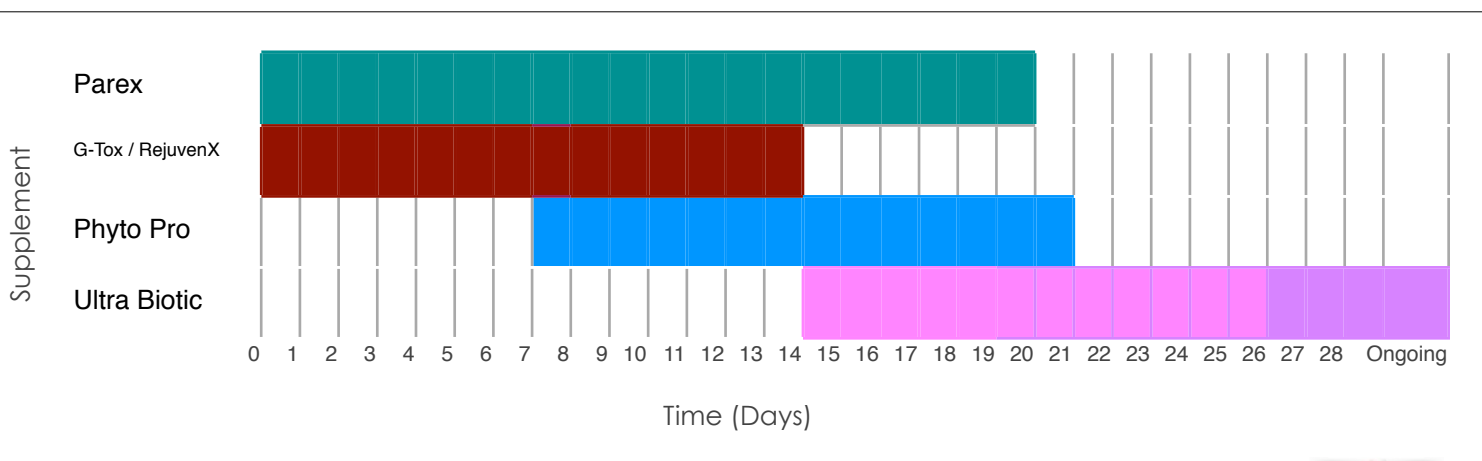


4. SUPPORT

Support gut health and repopulate your levels of good bacteria with a quality probiotic like **Bioceuticals UltraBiotic 45**. Poor diet, alcohol, processed food, toxins, antibiotics and ill health deplete the levels of 'good bacteria' from the gastrointestinal tract (GIT). This disturbs the delicate balance of bacteria in your bowel and intestines, causing ill health, food reactions, poor digestion and low absorption of vitamins and minerals from your food.

Ideally, we should all be taking a probiotic formula everyday. A top quality one, like UltraBiotic 45, provides over 45 billions bacteria from several different strains to repopulate the GIT, encourage proper digestion and absorption of vitamins and minerals from food.

Suggested dosage: Take 2 capsules, twice daily with food for a month. After this month, reduce dosage to 1 capsule, twice daily with food.



Weekly Meal Planner to Support **DETOXIFICATION**

The following meal planner will work perfectly in accordance with the Detoxification program. It sets out what to eat for each of the main meals, snacks and desserts.

Note that this is what I would suggest for "normal" people. If you are an athlete you will have to significantly increase the portion sizes depending on your training program. Also, for the morning and afternoon snacks you would probably include a Whey Protein based liquid meal to supplement your protein needs.

Day ONE

Breakfast

Banana Porridge - Combine 1 mashed banana with 1 cup water, 1/2 cup soy milk, 3/4 cup rolled oats, 2 tablespoons LSA (ground linseed, sunflower seeds and almonds). Cook over low heat for about 2-3 minutes until soft and creamy.

Morning Snack

1 apple and a handful of nuts and seeds; for example have a handful of almonds as a snack - they are a great source of protein.

Lunch

Greek Salad with Tuna - Combine 100gm tuna in spring water with 2 lebanese cucumbers, 2 tomatoes, 30g low-fat feta, 4 olives, 1 teaspoon oregano and tablespoons balsamic vinegar. (Vegetarians can use a small can of cannellini beans in place of the tuna)

Afternoon Snack

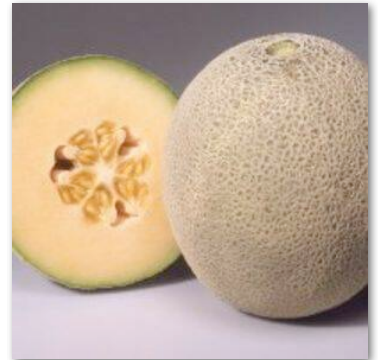
1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Dinner

Poached salmon with steamed carrot & broccoli - Poach 180g salmon fillet in fish stock or water for about 12 minutes. Serve with lots of steamed broccoli and carrot. Drizzle a little light soy sauce and sesame oil over before eating. (Vegetarians can use steamed silken tofu in place of the poached salmon)

Dessert

1 cup chopped rockmelon, if desired.



Day TWO

Breakfast

Scrambled eggs or omelette - Combine 1 whole egg with 5 egg-whites and 1 tablespoon chopped chives or sage. Pour into a medium-hot non-stick pan sprayed with a little olive oil. Stir until eggs are cooked but still creamy (or leave unscrambled for omelette). Remove from heat and fold in 1 tablespoon low-fat ricotta or cottage cheese. If you have to eat bread use rye or "wheat free" bread.

Morning Snack

1 pear and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Lunch

Vegetable Minestrone - Combine 1 diced onion, 2 cloves chopped garlic, 3 stalks chopped celery, 2 diced large carrots, 1 seeded and diced red capsicum, 1 seeded and diced yellow capsicum, 400g can crushed tomato, 2 X 400g can beans (drained), 1/2 cup green peas and 3 cups vegetable stock. Cook for 15 minutes until vegetables are tender. Fold 1/4 cup chopped parsley through just before serving. Store for 3 days in fridge or freeze in individual containers. Serves 3-4.

Afternoon Snack

1 piece of fresh fruit or 1 tub low-fat yoghurt.

Dinner

Stir-fried chicken with snow peas & mushrooms - Stir-fry 1 sliced organic chicken breast in non-stick pan or wok until cooked through and browned, occasionally adding a touch of water while cooking to prevent sticking. Add 1 clove crushed garlic, 1 teaspoon chopped ginger, 1 handful snow peas, 1 handful sliced mushrooms, 2 tablespoons mirin and 1 tablespoon light soy sauce. Toss to warm through and lightly cook to vegetables.

Top tip: Vegetarians can use firm tofu in place of the chicken.

Dessert

1 cup chopped pineapple, if desired.

Day THREE

Breakfast

Organic brown rice porridge - Place 1 cup warm, cooked brown rice in a saucepan or microwave. Add ½ cup soy milk, 1 grated apple, 2 tablespoons LSA (ground linseed, sunflower seeds and almonds), ¼ teaspoon cinnamon and a sprinkle of sultanas. Just heat and enjoy. You can also top this with a sliced banana.

Top Tip: Keep a large bowl of cooked brown rice in the fridge to make this porridge for breakfast or a delicious lunchtime salad.

Morning Snack

1 apple and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Lunch

Chicken Caesar salad - Arrange 1 baby cos lettuce into a serving dish or lunch box. Top with 1 skinless cooked chicken breast (can be store-bought if you like), 3 sliced semi-dried tomatoes (wipe off any excess oil), green onions (shallots) and 2 chopped boiled egg-whites (with yolks removed). Top with 1 tablespoon grated parmesan and green onion. Serve with a little store-bought low-fat Caesar dressing.

Top Tip: Vegetarians can use sliced marinated tofu instead of chicken.

Afternoon Snack

Low-fat chocolate drink and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Dinner

Vegetable curry - Combine 1 diced onion, ¼ cup red curry paste, 1 litre vegetable stock, and ¼ cup light coconut milk. Add 1 chopped eggplant, 4 sliced zucchini, 300g chopped pumpkin and 400g can of chickpeas (drained). Cover and simmer for about 15 minutes until vegies are tender. Add 1 cup broken-up bok choy and cook for a further 3 minutes. Serve in bowls, garnished with a little coriander. Servers 3-4. Mix can keep for about 3 days in the fridge.

Dessert

2 sliced kiwifruit or one orange, if desired.



Day FOUR

Breakfast

Banana Porridge - Combine 1 mashed banana with 1 cup water, ½ cup soy milk, ¾ cup rolled oats, 2 tablespoons LSA (ground linseed, sunflower seeds and almonds). Cook over low heat for about 2-3 minutes until soft and creamy.

Morning Snack

1 apple.

Lunch

Greek salad with tuna - Combine 100g tuna in spring water with 2 lebanese cucumbers, 2 tomatoes, 30g low-fat fetta, 4 olives, 1 teaspoon oregano and 2 tablespoons balsamic vinegar.

Top Tip: Vegetarians can use a small can of cannellini beans in place of the tuna.

Afternoon Snack

1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Dinner

Poached salmon with steamed carrot & broccoli - Poach 180g salmon fillet in fish stock or water for about 12 minutes. Serve with lots of steamed broccoli and carrot. Drizzle a little light soy sauce and sesame oil over before eating.

Top Tip: Vegetarians can use steamed silken tofu in place of the poached salmon.

Dessert

1 cup chopped rockmelon, if desired.

Day FIVE

Breakfast

Scrambled eggs on toast - Combine 1 whole egg with 5 egg-whites and 1 tablespoon chopped chives or sge. Pour into a medium-hot non-stick pan sprayed with a little olive oil. Stir until eggs are cooked but still creamy. Remove from heat and fold in 1 tablespoon low-fat ricotta or cottage cheese, Pil over 1 slice of wholegrain sourdough.

Morning Snack

1 pear and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Lunch

Vegetable Minestrone - Combine 1 diced onion, 2 cloves chopped garlic, 3 stalks chopped celery, 2 diced large carrots, 1 seeded and diced red capsicum, 1 seeded and diced yellow capsicum, 400g can crushed tomato, 2 X 400g can beans (drained), ½ cup green peas and 3 cups vegetable stock. Cook for 15 minutes until vegetables are tender. Fold ¼ cup chopped parsley through just before serving. Store for 3 days in fridge or freeze in individual containers. Serves 3-4.

Afternoon Snack

1 piece of fresh fruit and 1 tub low-fat yoghurt.

Dinner

Stir-fried chicken with snow peas & mushrooms - Stir-fry 1 sliced organic chicken breast in non-stick pan or wok until cooked through and browned, occasionally adding a touch of water while cooking to prevent sticking. Add 1 clove crushed garlic, 1 teaspoon chopped ginger, 1 handful snow peas, 1 handful sliced mushrooms, 2 tablespoons mirin and 1 tablesppon light soy sauce. Toss to warm through and lightly cook to vegetables.

Top tip: Vegetarians can use firm tofu in place of the chicken.

Dessert

1 cup chopped pineapple, if desired.

Day SIX

Breakfast

Organic brown rice porridge - Place 1 cup warm, cooked brown rice in a saucepan or microwave. Add ½ cup soy milk, 1 grated apple, 2 tablespoons LSA (ground linseed, sunflower seeds and almonds), ¼ teaspoon cinnamon and a sprinkle of sultanas. Just heat and enjoy. You can also top this with a sliced banana.

Top Tip: Keep a large bowl of cooked brown rice in the fridge to make this porridge for breakfast or a delicious lunchtime salad.

Morning Snack

1 apple.

Lunch

Chicken Caesar salad - Arrange 1 baby cos lettuce into a serving dish or lunch box. Top with 1 skinless cooked chicken breast (can be store-bought if you like), 3 sliced semi-dried tomatoes (wipe off any excess oil), green onions (shallots) and 2 chopped boiled egg-whites (with yolks removed). Top with 1 tablespoon grated parmesan and green onion. Serve with a little store-bought low-fat Caesar dressing.

Top Tip: Vegetarians can use sliced marinated tofu instead of chicken.

Afternoon Snack

Low-fat chocolate drink and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Dinner

Vegetable curry - Combine 1 diced onion, ¼ cup red curry paste, 1 litre vegetable stock, and ¼ cup light coconut milk. Add 1 chopped eggplant, 4 sliced zucchini, 300g chopped pumpkin and 400g can of chickpeas (drained). Cover and simmer for about 15 minutes until vegies are tender. Add 1 cup broken-up bok choy and cook for a further 3 minutes. Serve in bowls, garnished with a little coriander. Servers 3-4. Mix can keep for about 3 days in the fridge.

Dessert

2 sliced kiwifruit or one orange, if desired.



Day SEVEN

Breakfast

Strawberry power smoothie - Combine ½ cup apple juice with ½ cup Jalna-brand strawberry yoghurt, 1 punnet strawberries, 2 tablespoons Musashi /Aussie Bodies strawberry or vanilla protein powder and 1 tablespoon ground linseeds. Blend with a little ice until smooth and creamy, and serve. Serves 1-2.

Top Tip: Vegans can replace the yoghurt with silken tofu, and the protein powder with a good-tasting, low-fat soy-based protein powder.

Morning Snack

1 pear and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Lunch

Wholemeal turkey pizza - Place a wholemeal pita bread onto a baking tray lined with baking paper. Spread with 1 tablespoon tomato-sauce/paste, 100g sliced turkey breast, ½ seeded and sliced red capsicum, 1 chopped tomato and a handful of sliced mushrooms. Sprinkle over 20g low-fat shredded cheese and a light sprinkle of oregano. Bake in a hot oven (200°C) for 10 minutes until hot and golden. Remove from the oven and eat.

Top Tip: For a gluten-free version, just use a soft corn tortilla base and make sure all ingredients used are gluten-free. Vegetarians can use beans or tofu in place of the turkey.

Afternoon Snack

1 apple and 1 handful raw almonds, cashews, walnuts or pumpkin seeds.

Dinner

Lean beef & vegetable bolognese - Combine 1 diced onion with 2 cloves chopped garlic, 500g lean beef or veal steak (mince if yourself in a food processor), 1 large carrot (grated) and 1 stalk chopped celery. Cook for 5 minutes until golden. Add 2 tablespoons tomato paste, 2 cups chicken stock, 800g chopped canned tomatoes. Cover and cook for 30 minutes until the sauce is rich and thick. Serve over freshly steam broccoli and carrot. You can also add 1 tablespoon grated parmesan if you like.

Dessert

1 cup chopped pawpaw/papaya, if desired.



Optimal Water Intake

Without a regular supply of it you can get fatigued, headaches and joint problems. What is it? It's not aspirin! It's the latest new wonder drug: pure water.

Surveys show that most of us don't drink enough water. Most people are chronically dehydrated - and don't even know it.

The result is a type of dehydration that can affect important bodily functions. Proper hydration is essential for regulating your temperature, cushioning all the joints of your body, eliminating wastes, and countless other essential functions.

How much water should you drink each day?

Use this simple formula:

- You must drink at least 20 ml of water per kilo of body weight per day.
- For example; a 100kg person needs a minimum of 2 litres per day.
- A 75kg person needs a minimum of 1.5 litres per day.
- You will need to increase this to at least 30 ml if it is hot and dry.
- If you work outside or you do sport this can easily increase to 500ml per hour (or more) depending on how much you sweat.



Tip for athletes: Before you train/run/exercise measure yourself on a set of digital scales. Measure a precise amount of water that you will use when you are training (say 1 litre). Do not eat or drink anything else other than this measured amount. Do not go to the toilet (only for this session). Complete your training and then measure yourself again. Subtract the second measurement from the first and add the weight of the fluid (1 litre = 1kg) you consumed during training. The final figure will give you the amount of water you **MUST** take when you are training - otherwise you will become dehydrated.

Make sure you avoid beverages that contain caffeine or alcohol. They tend to act as diuretics, removing water through more frequent urination!

Your body is about 75% water. Drinking enough of it so your body can operate correctly is one of the simplest and easiest things you can do all day long to help stay well.

A Few Good Tips for Drinking the Right Amount of Water

- Work out what is the appropriate amount of water for you need to drink each day. (This is usually between one to two litres per day.)
- Fill a one litre container (i.e. an empty soft drink bottle or your "special" water bottle) and carry that with you for the day. Take the water bottle with you in the car, meetings, watching television or while working at a desk. By taking regular small sips you will be surprised at how much water you can easily consume.
- By spreading the drinking during the day it will become less of a chore and you will be able to keep track of exactly how much you have drunk (rather than trying to remember how many glasses you drank at breakfast!).
- By drinking regularly you will be constantly cleansing your system. Regular water intake will flush your body of toxins and promote improved health and well-being. Regular water intake improves kidney and liver function allowing these organs to work more efficiently which is important when recovering from illness or injury (a back problem), poor diet, stress and pressure of a busy lifestyle.
- When you drink regularly you will be less likely to consume unnecessary coffee and "cola" soft drinks. Usually the body signals to us we are thirsty. We interpret this to mean we "need a coffee, coke or cup of tea". We have the caffeine hit but it has a negative effect on our water balance (caffeine removes water from our system - it is a diuretic). So our body is still thirsty! Soon after we then feel we need another coffee or coke drink!
- By drinking water regularly you will also be less likely to become hungry and snack on unnecessary foods. Regular water intake promotes a feeling of "fullness" within the stomach. This is the easiest and cheapest way to lose weight and body fat.