

SPECIALISED DETOX NEWSLETTER

ISSUE #1

CONGRATULATIONS ON STARTING DETOX!

Congratulations on starting your Detoxification Program! In today's modern world, detoxing is very important. Unfortunately, toxins are now a part of our everyday environment. Fortunately for you, there are many health benefits associated with detoxification.

WHY DO I NEED TO DETOX?

A detox can be an integral part of a healthy life. Regular detoxification is ideal for improving your level of wellness, as it can enhance your overall health to keep you at your best. A detox can also be used as a therapeutic treatment for digestive issues or any symptoms that may be associated with toxicity.

Have you experienced one or more of these signs and symptoms of toxicity?

- Indigestion, constipation, diarrhoea, stomach pain, or feeling sluggish or nauseous after eating
- Recurrent headaches
- Muscle aching and weakness
- Nerve pain or numbness
- Recurrent infections
- Poor short-term memory and concentration
- Sensitivity to environmental chemicals and strong odours e.g. perfumes
- Chronic fatigue and lethargy
- Anxiety and/or mood swings
- Hormonal problems such as PMS or heavy, painful or irregular periods

TOXIC BURDEN VS. DETOX CAPACITY

You may be exposed to a variety of different toxins but sometimes your body may not be well equipped to handle the load of these toxins.

Toxic burden is your level of exposure to toxins, which may be present in foods, food additives and preservatives; as well as exposure to cigarette smoking, pollution and chemicals. Toxins can also be created internally if there is an imbalance of bacteria in the digestive tract or if you have a sluggish bowel.

Detox capacity is how well your body processes and eliminates these toxins. The more toxins you are exposed to will affect how well your body copes.

A tailored Detoxification Program will help you to balance both of these factors to achieve the maximum benefits. You will be given the tools and the knowledge to reduce the burden on your body, and increase the detox capacity of your body's key organs of detoxification - the digestive tract, liver and kidneys.

YOUR DETOX EXPLAINED

Your Practitioner will determine your toxic burden and detox capacity, while considering your symptoms, health history and any other influencing factors to recommend a tailored Detoxification Program, which will suit your individual needs. Your Detox Program will be in two stages:



Stage 1 is focused on healing and regenerating your digestive tract. It will also help to wake up, activate and strengthen the organs that will be involved in detoxifying your body. This stage will lead you on the path to feeling fabulous.

Stage 2 is tailored to your individual needs to support digestive balance. Your detox may be specialised when there are issues surrounding digestion and gut symptoms, e.g. when your liver needs additional support or in cases of chemical or heavy metal exposure.

DETOX YOUR DIET AND LIFESTYLE

A detox would only be half a detox without adjusting your diet and lifestyle to reflect clean, healthy living. Take note of these important detox guidelines:

- Always choose fresh seasonal fruit and vegetables, and buy organic produce when possible; avoid packaged and processed foods.
- Remove foods containing artificial colours, flavours, additives, stabilisers and flavour enhancers, as well as foods containing hydrogenated fats.
- Rest, relaxation and exercise are all important factors to assist in detox. Looking after your mental health by relaxing and dealing with stress can increase your vitality.

DETOX TIP: GET MOVING!

Exercise is an important factor during detox as it energises the body, encourages the elimination of toxins through sweat and improves circulation and oxygen delivery to cells. It also helps the lymphatic system to move toxins around the body, so they can be eliminated.

Moderate exercise, such as brisk walking or swimming, just three times per week during your detox can ensure that your body is working to its best and supporting your detoxification efforts.