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A Easy Preparation to Detox - which almost anyone can do*

This detox guide was designed specifically so that you can start immediately without needing to go shopping for any new ingredients.

The focus of this detox guide is on sustainable practises to prepare the body and gently detoxify. A deeper detox will always be needed, which is why me and Elziree (our Dietician) run these programs.

Here are the top 6 areas to make a change in:

1. Digestive health: It's essential to have a bowel movement every day during any detox. If you can't eliminate the toxins, you will start feeling bad. Make sure to have enough water ↓ and fibre in your diet.

2. Water: Consume enough to be well hydrated, during a detox up to a 1 liter may be needed (normally a person only needs 3-4 glasses per day). It's actually more important to consume enough minerals than water by itself. So, add some Himalayan table salt or sea salt to all drinking water. Filtered water is best. You can also increase minerals by eating fresh fruits and vegetables 5-10 servings per day.

3. Coffee: Is high in antioxidants, great for circulation and short term stamina. But caffeine in coffee slows the liver and a detox down. This can deplete the adrenal glands and even cause fatigue. Also buying organic coffee is very important. Non-organic coffee beans have been highly sprayed, meaning they're laden with dangerous chemicals like pesticides.

To reduce your coffee intake, I recommend:

Day 1-3: Reduce the amount of coffee you drink by HALF. (example: If you normally drink 4 cups, drink only 2 cups)

Day 4-5: Limit yourself to one cup of coffee (decaf, is best) or matcha, or black tea.

Day 6-7: Drink only herbal tea (unlike green, black /english tea, herbal teas are caffeine-free), eg rooibos, chamomile, ginger.

4. Dairy: Unpasteurised and raw dairy is very nutritious and a good source of probiotics and enzymes. Unfortunately most milk is pasteurised and has very little nutrients left and causes a lot of food allergies. Its best to start to switch over to alternatives like almond, oat or goats milk

(<https://wellnessmama.com/366/homemade-almond-milk/>, <https://minimalistbaker.com/make-oat-milk/> the oat milk recipe is easy, steel cut is still best for being gluten free). If you can get your hands on raw goats or sheep's milk that would work great also.

5. Alcohol: There are many benefits to specific alcoholic drinks (say red wine for example) in moderation of course. But there are also many that are very high in sugar and wheat which can be very bad for the gut (eg beer). Alcohol puts a strain on the liver and needs to be avoided when going into a detox. We can replace alcohol by making our own fermented drinks high in probiotics (eg Kombucha, Water Kefir etc).

6. Exercise: When we exercise we have better energy, circulation and brain function. In Chinese Medicine there is a saying: "movement is energy". So, do something everyday to get your body moving and your blood flowing! I recommend jogging slowly for a warmup, then doing a version of High Intensity Interval Training (HIIT) like the Canadian Airforce exercises (https://www.campbellmgold.com/archive_health/5bx_cmg.pdf) or quick training sessions based on Tabata training (Japanese exercise technique that only takes a few minutes). There is Tabata training for nearly every fitness level on YouTube.

Stay in the best of Health!

Dr Francois du Toit

*The opinions expressed in these notes are from personal experiences and research by Dr du Toit but do not constitute medical advice or a diagnosis. Everyone should consult with their healthcare practitioner first to check for side effects when having certain diseases and certainly whilst on certain medications.

Dr Francois du Toit is a registered Naturopath and Natural Medicine Doctor. His practice is in George and remains open during lockdown as he is a registered Healthcare practitioner. He is available for online bookings over Zoom. You can reach him at his Facebook page <https://facebook.com/drfrancoisdutoit> and click on the Book Now button to find an available time, or call and WhatsApp him on 060 458 6419

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