

be happy

Detox Your Diet

by Rachel Lightbird, January 2004

Christmas turns to New Year, and for many of us, it may very well be a fat, bloated, and feeling sick New Year – as we experience the natural consequences of eating, drinking and making merry for an extended period of time.

Not feeling so well after the Christmas festivities encourages positive New Year's resolutions and good intentions, such as diets, exercise routines, giving up smoking, drinking, and any other bad habits we may have got ourselves into.

New Year's resolutions often last about as long as it took to make them, (OK, in some cases slightly longer). Then we are back in our old, unhealthy and repetitive routines that do us no good whatsoever. Dieting in particular is very famous for this ping pong effect. It doesn't really work in the long run.

Many of us are also, without knowing it, eating foods that we can no longer tolerate. These include wheat, processed foods including unnatural chemicals, and dairy products. For most of us these are the main cause of sluggish and lifeless feelings. They may rob us of our natural energy levels, and make us feel depressed and unworthy.

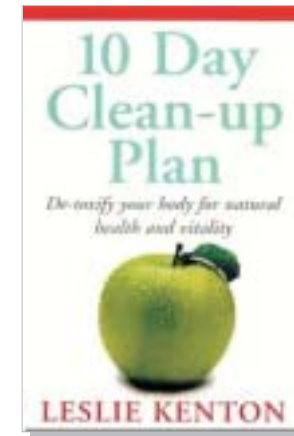
Many of these foods have been in our diets all our lives. Since we have never experienced a different diet, we don't know the affects a better, more natural diet can have on our bodies and minds.

Any food that produces a craving is either addictive, or your body needs it. Unfortunately most of us are not in tune with our natural body needs, so it is a safe bet that in most cases, a craving is the result of an addiction. Foods like refined sugar, flour, and even rice, soya, processed meats, and dairy can produce real addictions, just like cigarettes, alcohol and drugs.

Any resultant behaviour needs to be treated with compassion, as with addictive behaviours. Yet, if we don't even recognise our addictive relationship with say sugar, it is more likely we will continue to ingest it in rather larger quantities than is good for us. Alternatively we can berate ourselves, beat ourselves up and generally blame our lack of self-control or willpower for failing to stop eating it.

Luckily it can be very easy to experientially KNOW the affect these foods have on us so that we are in a position to make well-informed decisions about what we are putting in our bodies. We can also have an experience of high vitality, confidence, and happiness. These positive benefits occur from making an experiment with our diets over the relatively short period of 10 days.

If the affects of this experiment work for you, you will more than likely be extremely motivated to make certain changes to your diet. Even if you don't at least you will have had an experience that shows you that life can be different. In all likelihood you will repeat this diet at certain intervals in your life. You will want to because it makes you feel so good.



THE DIET

As a long-term experimenter with various health foods, fads and diets, the best, easiest and definitely the most effective I have experienced so far is Leslie Kenton's **10-Day Clean-Up Plan**.

Kenton claims you can detoxify your body and help produce and maintain beautiful skin and a firm and healthy body, by periodically using the following simple natural methods to produce internal spring-cleaning. From my experience her claims are true, and for me proved surprisingly easy to implement.

You are asked to give up alcohol, wheat, refined sugar, and most cooked foods for 10 days. I know this may sound a lot, and could even put you off before you begin. Yet, if your experience is anything like mine, through making and sticking to a decision, and thereby getting over any initial resistance and inertia, you may find it is much easier than you think. I recommend you just go ahead and try it. If it really gets too much just give in, and try again at a later date.

This is NOT a FAT FREE diet. It is a diet designed to cleanse your body so that it works at optimum levels. This gets you metabolising your fat effectively (which is much better for you than eliminating fat completely from your diet).

Most fat is utilised by the body to store toxins. So, the cleaner your body is, the less fat your body will need to save you from the unwanted effects of the poisonous chemicals that you have previously taken in from your environment and food, and are currently stored in your fat deposits.

THE PLAN

Action Points and Tips:

Throughout the diet, swap your normal cups of tea and coffee with hot water and lemon, or herbal teas.

AVOID ALL WHEAT, DAIRY AND ALCOHOL.

It's a good idea to **DRY BRUSH** your skin every morning. This is a major aid to eliminating toxins.

If you can tolerate them **SAUNAS** can be a fun way to eliminate toxins from the body (bar certain medical restrictions).

If you suffer from stomach bloating, or irritable bowel syndrome, try using **ALOE VERA**. This can significantly help to soothe irritated intestinal tracts.

GREEN FOOD POWDERS such as Spirulina, Chlorella, and Wheat Grass, provide unusually high quantities of amino acids, minerals and vitamins. As such, they are a significant boost to any diet, at any time,

GO FOR IT...

Day 1 (Friday) Prepare Your Body for the Elimination Process

Eliminate all stimulants such as coffee and tea, and all depressants such as alcohol. Avoid bread, and cooked carbohydrates such as pasta and cereals.

Make your last meal a large raw salad made of vegetables, nuts, seeds and fruits.

Days 2 & 3 (Saturday & Sunday) The Fruit Fast

A Fruit Fast is one of the best ways for clearing your system quickly. Because the effect is so dramatic you may experience some mild symptoms such as headache, irritability or tiredness. This is why it is important to do these days at the weekend. If any of the above symptoms occur, just go to bed and rest. Also try to get plenty of fresh air and breathe deeply.

Choose ONE single fruit and eat only this fruit, as much as you want throughout the day. Apples, Grapes, Pineapple, Papaya, Mango and Watermelon are particularly successful.

Also you may have as many herbal teas and glasses of water as you like.

Days 4 To 8 (Monday to Friday) Replenish Your System

Continue the cleansing process, while nourishing your newly – cleansed cells with all the vitamins, minerals, enzymes and other nutrients you need for maximum health. Breakfast is fruit again. This is important as it encourages the liver to eliminate all its stored wastes and toxins. Lunch and dinner are interchangeable.

One meal of the day is a large salad and sprouts with seeds, or blanched almonds. Choose whatever vegetables you like. Dress with olive oil, cider vinegar or avocado, or use herbs. One meal a day is steamed or stir-fried vegetables with a raw topping.

Days 9 And 10 – (Saturday and Sunday) Re-Orientation

Breakfast is fruit or muesli mainly made of fruit. No milk. You can use Yogurt. One meal a day is cooked food. This can include thick vegetable soup, some pulses or grains like rice or millet, or a piece of game, poultry or fish.

One meal a day is a sprout and vegetable salad as before...

CONGRATULATIONS!

You made it! You will now almost definitely be feeling fitter, leaner, more energised, and in all likely hood highly motivated to maintain some of the changes you have made on a day-to-day basis in everyday life.

If you find yourself going into old patterns and routines don't worry too much. Your cleansed body will be able to deal with the old toxins more effectively now. Also, because you know EXPERIENTIALLY the benefits, you will be far more prepared to detox again in the future, thus promoting an even more fabulous new healthy you.

For more information and recipes you can buy **Leslie Kenton's 10 Day CLEAN-UP PLAN**, or any of her other books based on the same ideas.

Alternatively visit www.lesliekenton.com/ for in-depth information and inspirational ideas and recipes. Good cleansing and a happy, vital, energised New Year.

May you be healthy and happy in the coming year.



get started today...

Salad

- Grated Carrot
- Red Cabbage
- White Cabbage
- Beetroot
- Sliced mushrooms
- Black Olives
- Spring Onions
- Raisins
- Seed or nut cheese (available at most good health food stores)

Basic French Dressing

- ¾ cup oil
- ¼ cup lemon juice or cider vinegar
- 1 teaspoon whole-grain mustard or mustard powder
- 2 teaspoon honey
- A little vegetable bouillon powder and pepper to season
- A small clove of crushed garlic (optional)

Avocado Dip

- 1-2 avocados
- 1 cup of fresh orange juice
- 1 teaspoon curry powder
- 2 teaspoon vegetable bouillon powder
- Fresh herbs
- 1 small clove of garlic (optional)

Stir-Fried Chicken With Broccoli

- 2 tablespoon extra virgin oil
- 300g chicken breasts cut into thin strips
- 1 tablespoon light soy sauce
- 1 onion thinly sliced 225g (8oz) broccoli florets
- 1 teasp. (5ml) cornflour blended with one tblsp. (15ml) water
- Handful of fresh chives, chopped

Heat the olive oil in a wok.
 Add chicken & stir-fry for 2-3 minutes.
 Remove from wok.
 Place on a heated plate to keep warm.
 Add the onion and ginger and stir-fry for one minute.
 Add the broccoli and chicken.
 Pour over the cornflower mixture.
 Stir continuously until the sauce thickens.
 Serve with cooked rice.