



YOUR GUIDE TO DETOX

Renew your health and vitality

- Tailored program
- Simple and easy to follow
- Professional advice and support

CONGRATULATIONS ON MAKING THE COMMITMENT TO BETTER HEALTH AND VITALITY

With support and guidance from your Practitioner, following a detoxification program can be an effective strategy for improving the state of your health. This booklet is your guide to the NatMed Detoxification Program from your Practitioner, this booklet provides you with the tools you will need to safely and successfully complete the program.

WHY DETOX?

Detoxification is a natural metabolic process whereby the environmental and dietary toxins we are exposed to are changed into less harmful substances, and subsequently excreted from the body.

Supporting the body's detoxification processes is a cornerstone of contemporary and traditional medicine practice.

The NatMed Detoxification Program aims to address dietary and lifestyle factors to reduce the burden placed on your detoxification system, whilst simultaneously supporting the capacity of your key detox organs. The four key therapeutic goals of the detox program are outlined in Figure One on the next page. The ultimate goal of a professional detoxification program is to provide you with a personalised protocol that is safe and effective, and enables you to achieve the best possible health.

Our bodies are designed to be able to process and remove toxins via key elimination channels including our digestive system, liver and kidneys. However individuals may vary in how toxins affect their health. Individual variations may be due to:

- **Toxin burden:** This represents your level of exposure to various toxins, and may include dietary allergens such as gluten, food additives, and preservatives. Occupational, environmental or lifestyle related toxins including cigarette smoking, or exposure to hazardous chemicals such as herbicides, pesticides, cleaning agents or some chemicals used within cosmetics all add to your toxic burden. Toxins can also be created internally as part of normal, healthy metabolic processes, or by bacteria in the digestive tract, or recirculation of waste from the bowel.
- **Toxin resistance:** This describes your ability to process and eliminate toxins effectively and refers to the impact they may be having on your health. In the modern world, it is less common for health issues to arise due to high levels of exposure to a single toxin. Rather, health challenges may arise as a result of the additive effects of low-level exposure to a broad range of dietary and environmental toxins.



A key goal of detoxifying is to reduce your toxin burden whilst improving your toxin resistance to create balance (see Figure Two).

FIGURE ONE: The therapeutic goals of the NatMed Detoxification Program

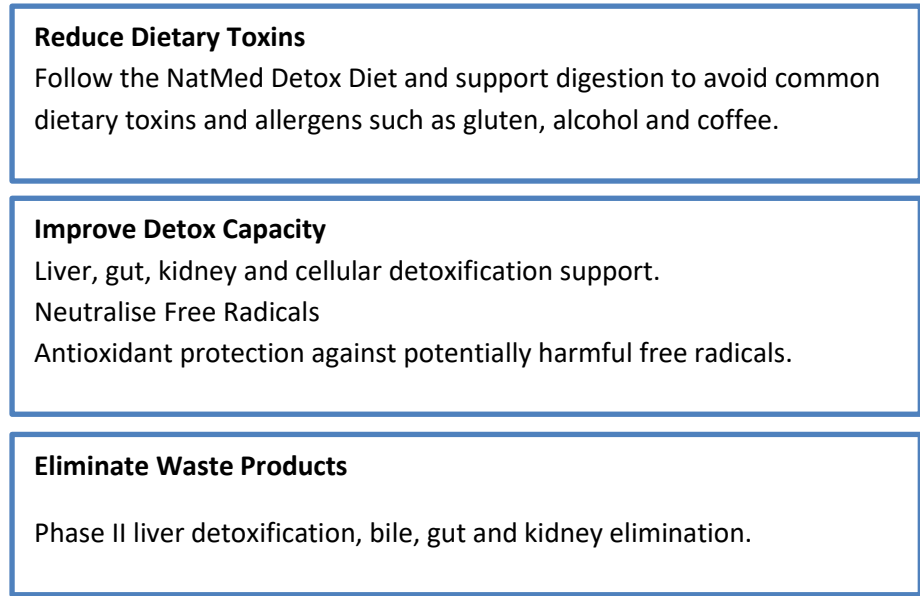
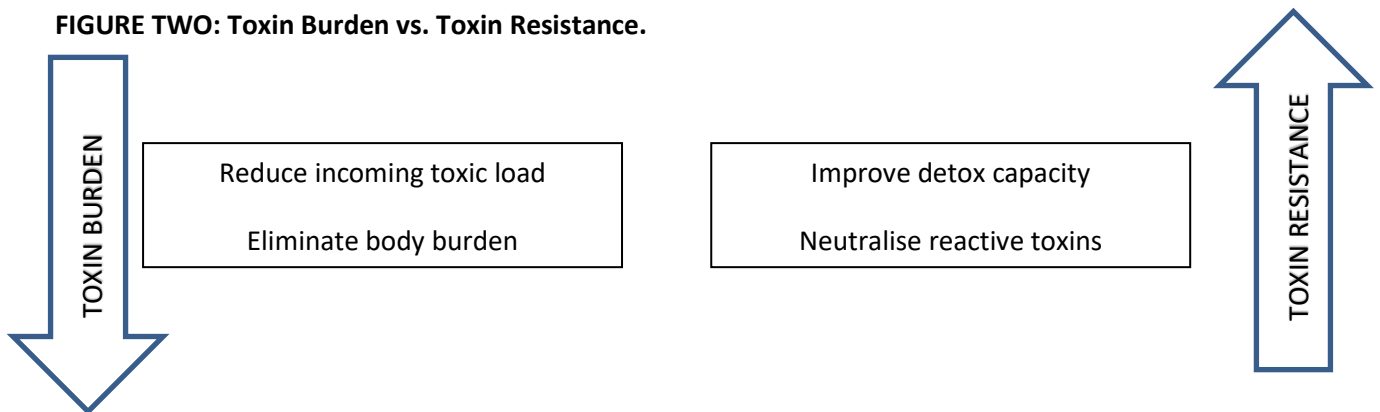


FIGURE TWO: Toxin Burden vs. Toxin Resistance.



The NatMed Detoxification Programs Explained

There are five NatMed Detoxification Programs – The Express Detox Program, The Integrated Detox and three Specialised variations of it (as outlined in Figure 3). Your Practitioner will recommend the program that is most suited to your health needs and will tailor your detoxification so that you can achieve the best possible results. Throughout the chosen program, your Practitioner will prescribe nutritional and herbal formulas with dietary and lifestyle guidelines to support and enhance your detoxification processes. Your individual product prescription and the duration of treatment will vary depending on which program is appropriate; however dietary and lifestyle guidelines remain consistent for all the detox programs.



Your Practitioner will select one or more of the following detoxification programs, tailored to your individual health needs:

Express Detox Program: The Express Detox may be recommended for individuals who are simply aiming to optimise their current state of good health and do not suffer from digestive or chronic health concerns. The short two week detox may be appropriate for those who are essentially well, but who have recently overindulged. It is also ideal as a regular 'spring clean' detox after having completed one of the Integrated or Specialised Detoxification programs previously, to keep you well in the long term.

Integrated Detox Program: A four week program suitable for most patients to improve their digestive health, liver function and overall health and wellbeing. This program is appropriate for those with general digestive or health imbalances and may aid in supporting healthy intestinal microbial balance.

Specialised Gut Detox: An extended six week detoxification program ideal for those who suffer from chronic or extensive digestive symptoms, or experience digestive conditions and imbalances in gut flora that negatively impact on health and wellbeing.

Specialised Liver Detox: An extended six week detoxification program may be recommended to those with a high level of chemical exposure or who require additional liver support to improve health.

Specialised Chelation Detox: An extended six week detoxification program to support those exposed to heavy metals, such as lead, arsenic, mercury or cadmium. This program enhances the removal of heavy metals.

Nutritional and Herbal Support for Detoxification

When undertaking an Integrated or Specialised Detox program you will be recommended three key supplements that are integral to support your detoxification capacity. During the Express Detox Program you will be recommended two of these: Thermophase Detox Essentials and G-Tox Express.

- **Thermophase Detox Essentials** provides nutritional and herbal support to enhance the detoxifying capacity of the liver. It contains St Mary's Thistle and traditional herbs to help protect the body from the harmful effects of free radicals and support regeneration of liver tissue. Key nutrients assist the normal functioning of phase II liver detoxification pathways, protecting gut integrity and supporting gastrointestinal health.
- **G-Tox Express** is a combination of herbs and nutrients designed to support healthy digestion and enhance detoxification. Key herbs and nutrients in this formula may assist in the alkalinisation and removal of waste via kidneys, to support detoxification and elimination functions.
- **Digestex** contains herbs which aid in stimulating digestion and increasing bile flow, thereby supporting healthy digestive function and minimising symptoms of dyspepsia such as painful, difficult or disturbed digestion.



The NatMed Detox Diet

A major source of ongoing toxin and allergen exposure can be found in your diet, through the intake of substances such as coffee, alcohol, refined and processed foods containing additives, preservatives, artificial sweeteners and flavours. The combined effects of these substances place additional burden on your detoxification organs, and therefore should be minimised during your detoxification program. The NatMed Detox Diet reduces these harmful substances and is an easy to follow dietary program. The major principles of the NatMed Detox Diet are outlined in Table 1.

Table One: The NatMed Detox Diet Principles

Plant-based. Encourages liberal amounts of fresh and raw greens, fresh vegetables, fruits and spices, legumes, nuts and seeds and moderate amounts of wholegrains.
Low saturated fat. Diets that are high in fats have been found to encourage the circulation of components of harmful bacteria from the digestive system into the blood stream, which contributes to your toxic burden.
Wholefood. Eliminates refined, processed or packaged foods that tend to be high in various chemicals such as additives, preservatives, artificial sweeteners and artificial flavours. These foods also tend to be high in calories but low in essential nutrients. High intake of refined carbohydrates can also negatively impact the balance of digestive flora.
Low fructose. With the exception of fresh fruit, this diet discourages intake of foods sweetened with fructose or high fructose corn syrup, which at certain levels may cause digestive symptoms in sensitive individuals.
Organic. By opting for organic food choices wherever possible, your exposure to insecticide, herbicide and pesticide residues known to impact health will be limited. Organic fruits and vegetables have also been shown to contain higher levels of phytonutrients, which are beneficial for cellular health.
Alkalisng. Diets high in refined grains and animal protein, and low in fresh vegetables and greens, can be quite acidic and ultimately impact cellular function and health. A lower intake of these foods and higher ratio of alkaline, plant foods reduces acid load within the body.
Hydrating. Effective detoxification depends upon water. Consuming two to three litres of pure water daily assists the kidneys to remove wastes through this important eliminating channel.
The Detox Diet is low in established toxins or carcinogens such as nitrates and sulphates if combined with the appropriate food preparation, storage and cooking methods.
The Detox Diet can be easily adapted under the guidance of your Practitioner to support fat loss.



NatMed Detox Diet

Below is a list of foods that you can continue to enjoy throughout your detox, as well as those foods that are best to avoid based on the principles of the NatMed Detox Diet. If there are any foods not on the list, your Practitioner will be able to advise whether they are appropriate for you.

<p>PROTEIN TO ENJOY</p> <p><i>Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.</i></p> <ul style="list-style-type: none"> • Chicken • Eggs • Fresh fish (max. 3-4 serves per week) excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake • Kangaroo • Tempeh* • Tofu* • Turkey <p>*Consume roughly two palm-sized portions per meal</p>		
<p>PROTEIN TO AVOID</p> <ul style="list-style-type: none"> • All mince (unless made at home using meat from the 'protein to enjoy' list) • Beef • Duck • Fish susceptible to higher heavy metal content such as tuna, salmon, king mackerel, marlin, swordfish and shark. • Lamb • Pork • Sausages • Shellfish including prawns, shellfish, oysters, mussels, crab. Cured/smoked meats and deli meats.* (i.e. smoked salmon, salami, ham etc.) • Tinned meat and fish • Veal <p>* These foods are high in nitrates and are best avoided during detox.</p>		
<p>NUTS AND SEEDS TO ENJOY</p> <p><i>Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible</i></p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> • Almonds • Brazil nuts • Chia seeds • Coconut • Hazelnuts • Linseeds/flaxseeds • Macadamia nuts </td> <td> <ul style="list-style-type: none"> • Pecans • Pepitas • Pine nuts • Sesame seeds • Sunflower seeds • Walnuts </td> </tr> </table> <p>Nut spreads of these nuts and seeds are also appropriate. Limit to 1-2 tablespoons a day.</p>	<ul style="list-style-type: none"> • Almonds • Brazil nuts • Chia seeds • Coconut • Hazelnuts • Linseeds/flaxseeds • Macadamia nuts 	<ul style="list-style-type: none"> • Pecans • Pepitas • Pine nuts • Sesame seeds • Sunflower seeds • Walnuts
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<p>NUTS AND SEEDS TO AVOID</p> <ul style="list-style-type: none"> • Peanuts (including peanut butter) • Roasted and/or salted nuts 		

<p>BEANS AND LEGUMES TO ENJOY</p> <p><i>Serving size: Limit to 1-2 services per day. (1 serve = 30g cooked)</i></p> <p>Choose organic where possible.</p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> • Alfalfa sprouts • Aduki beans (or adzuki) • Broad beans • Bean sprouts • Black beans • Borlotti beans • Butter beans </td> <td> <ul style="list-style-type: none"> • Chickpea or Garbanzos • Kidney beans • Lentils • Lima beans • Mung beans • Navy beans • Pinto beans • Split peas </td> </tr> </table>	<ul style="list-style-type: none"> • Alfalfa sprouts • Aduki beans (or adzuki) • Broad beans • Bean sprouts • Black beans • Borlotti beans • Butter beans 	<ul style="list-style-type: none"> • Chickpea or Garbanzos • Kidney beans • Lentils • Lima beans • Mung beans • Navy beans • Pinto beans • Split peas
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<p>BEANS AND LEGUMES TO AVOID</p> <ul style="list-style-type: none"> • Flavoured and salted canned* beans or those with additives, preservatives. <p>*Canned food products are often combined with additives and preservatives to prolong their shelf life. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.</p>		
<p>VEGETABLES TO ENJOY</p> <p><i>Serving size: Minimum of 4 handfuls of salad and 3 handfuls vegetables per day. Choose organic where possible.</i></p> <ul style="list-style-type: none"> • Enjoy all fresh vegetables • Homemade or organic fermented vegetables such as kimchi and sauerkraut 		
<p>VEGETABLES TO AVOID</p> <ul style="list-style-type: none"> • Avoid canned, dried/dehydrated, frozen and/or pickled vegetables. 		
<p>FRUITS TO ENJOY</p> <p><i>Serving size: Limit to 3 serves daily due to high sugar content. 1 serve = 1 piece or 1 handful of chopped fruit.</i></p> <ul style="list-style-type: none"> • Enjoy all fresh fruits • Fruits dehydrated at home without additives are permitted. <p><i>Note: if fruit is frozen, choose organic with no additives.</i></p>		
<p>FRUITS TO AVOID</p> <ul style="list-style-type: none"> • Canned fruit due to added sugar and preservatives. • Crystallised/candied fruit. • Dried fruit due to high sulphite content. 		



DAIRY/DAIRY SUBSTITUTES TO ENJOY	
<ul style="list-style-type: none"> Goat's milk products ** Organic, unsweetened nut milk (i.e. almond milk) Organic, unsweetened rice milk Organic, unsweetened soy milk ** Plain coconut yoghurt Sheep's milk product ** <p><i>** Some individuals are sensitive to these products and they may therefore not be appropriate as part of an Integrated Detoxification Program - ask your practitioner.</i></p>	
DAIRY/DAIRY SUBSTITUTES TO AVOID	
<ul style="list-style-type: none"> Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese and ice-cream. 	
GRAINS/GRAIN ALTERNATIVES TO ENJOY	
<ul style="list-style-type: none"> Almond meal Amaranth Brown rice Buckwheat Coconut flour Corn Gluten-free flour Gluten-free natural rice cakes * Gluten-free natural rice crackers * 	<ul style="list-style-type: none"> Hazelnut meal Lupin Millet Polenta Quinoa Red rice Wild rice <p>*as snack option only.</p>
GRAINS TO AVOID	
<p>Avoid all gluten containing grains including:</p> <ul style="list-style-type: none"> Barley Oats Rye Spelt Triticale Wheat <p>Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits etc.)</p>	
OILS TO ENJOY	
<p>Use cold pressed, organic oils where possible.</p> <ul style="list-style-type: none"> Coconut oil Flaxseed oil Macadamia oil Olive oil Rice bran oil Sesame oil Walnut oil 	
OILS TO AVOID	
<ul style="list-style-type: none"> Butter Canola oil Duck fat Fried foods Ghee 	<ul style="list-style-type: none"> Margarine Peanut oil Vegetable oil

DRESSINGS, CONDIMENTS, SWEETENERS AND SEASONING TO ENJOY
<ul style="list-style-type: none"> All herbs and spices Garlic Homemade dressings and sauces Homemade dips and spreads (i.e. guacamole, hummus, tahini etc.) Lemon juice Organic tamari Salt – Celtic, sea or Himalayan Stevia and sucralose
DRESSINGS, CONDITMENTS, SWEETENERS AND SEASONINGS TO AVOID
<ul style="list-style-type: none"> Additives (i.e. MSG)* Artificial colours * Preservatives * Sugar, honey, coconut sugar, rice bran syrup Aspartame, saccharine Commercially made sauces and condiments Spice/Herb blends containing added salts, sugars, and artificial ingredients Wasabi <p>*Some of the more common and harmful food additives are outlined in the section entitled Food Preparation, Cooking and Storage on the follow page.</p>
BEVERAGES TO ENJOY
<p><i>Serving size: Consume 2-3 L of pure water daily.</i></p> <ul style="list-style-type: none"> Herbal tea, green tea – not sweetened or flavoured. Choose organic where possible. Juices made from fresh fruit and vegetables Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.) Unflavoured sparkling mineral water
BEVERAGES TO AVOID
<ul style="list-style-type: none"> Alcohol Black tea Caffeinated soft drinks Coffee Fruit drinks and cordials Reconstituted fruit juice Soft drink/carbonated beverages
Additional Practitioner recommendations:



FOOD PREPARATION, COOKING AND STORAGE

Cooking Methods

Different food preparation and cooking methods can alter the nutrient content you derive from your food and some have also been shown to be associated with the creation of certain carcinogens which are harmful to health.

The best approach to safe cooking is to cook 'low and slow'. Avoid cooking at temperatures over 100° Celsius. Cooking methods that are known to deplete nutrients or affect the quality of food you consume are outlined in Table Two and advised to avoid.

While certain cooking methods are best avoided, your circumstances may occasionally require you to bake or microwave your foods. If so, follow these guidelines to minimise the impacts:

- If baking, keep the oven temperature as low as possible to cook thoroughly (low and slow)
- Avoid dry heat – baking animal protein and vegetables in dry heat can result in harmful inflammatory compound formation; baking with liquids helps to reduce this.
- Remove any portions of browned, charred food before consuming. Browning food can also form harmful inflammatory compounds, particularly at higher temperatures.
- If you have to use a microwave, avoid using plastic containers, as chemicals may potentially leach from the plastic into the food. Using glass cookware is desirable. Avoid cooking with non-stick cookware as this contains a chemical known as Polytetrafluoroethylene (PTFE).

Table Two: Cooking Methods Suitable for Detox.

IDEAL COOKING METHODS	AVOID OR MINIMISE THESE COOKING METHODS
<ul style="list-style-type: none"> • Braising • Poaching • Sautéing • Simmering • Steaming • Stewing • Stir-frying with water 	<p>Overcooking and losing nutrients in water</p> <ul style="list-style-type: none"> • Boiling <p>High temperature cooking*</p> <ul style="list-style-type: none"> • Baking (if food becomes browned or crisp) • Barbecuing • Frying • Grilling • Stir-frying with oil • Toasting

*it is ideal to avoid high temperature cooking during detox; however occasional cooking at higher temperature may be allowed provided foods are not browned or burnt.

Food Storage

Washing and storing food properly is essential to maintaining the nutrient quality and longevity of food. If food is stored properly, it remains fresher for longer. This prevents you having to throw away food unnecessarily, which may be kinder to your budget.



During a detox is the perfect time to do an audit of your fridge and pantry, clearing out any unhealthy or out of date items. When you go to your fridge or pantry, what do you see?

- Are all the packaged or bottled items in date and sealed properly?
- Are your organic vegetables stored in the crisper after being washed? Washing vegetables and fruits before consumption is essential to remove potential toxic residues that may be resting on the surface especially for non-organic foods.
- Store fresh produce in the crisper to prevent it wilting; wrapping unbleached paper towels or a clean cloth may help absorb extra water.
- Don't pack your refrigerator to the brim. Leave some breathing room to allow the air to circulate.
- If fruit or vegetables have started to deteriorate, you are best to discard the whole item, rather than simply removing the affected part.
- Are there left-overs that have been left a little too long? Avoid eating leftovers, as they are more likely to be contaminated.
- Avoid storing foods in plastic containers or polystyrene containers and covering food with plastic wrap. Instead, opt for non-porous storage options such as glassware, ceramic or stainless steel. Use a plate to cover food if needed, instead of plastic wrap.
- Keep spices, onions, potatoes and oils stored in a cool dark place to prevent spoilage.
- Thawing is most safely done in the refrigerator in a sealed package.
- Freeze foods using glass or enamel containers, butchers paper, parchment, foil or number 4 freezer bags for freezing. Make sure hot food has cooled before placing it in storage bags.

Reading Food Labels Effectively

Although the majority of food in your diet will come from fresh wholefoods, there may still be some foods that come in a jar or packet. It is important to understand what a food label means to ensure that the foods you select are consistent with the detox recommendations. Food labels contain the following elements:

1. The nutritional information panel:

This is where you will find a breakdown of macronutrients such as carbohydrates, sugars, fats and protein in the product. Comparing the figures in the column per 100g serve allows you to easily contrast different products.

2. The ingredients list:

This is where you will find a complete list of ingredients used in the product. These ingredients are listed in order of weight. The ingredients listed first are in the greatest quantities, so this can help you to avoid products with higher amounts of sugars or other ingredients you may want to avoid.

3. Food additives:

Food additives such as colours, flavours and preservatives may have adverse effects on health and are included in the ingredient list by number. Be aware of the main food additives to avoid and choose not to consume products containing these additives during your Detox Program.



Specific additives to look out for include:

- monosodium glutamate (MSG/E621)
- artificial sweeteners (E950, E951, E954)
- trans fats
- food dyes [blue (E133), red (124), yellow (E102)]
- sodium sulphite (E221, 222, 223, 228)
- sodium nitrite (251, 250)
- BHA/BHT (E320)
- sulphur dioxide (E220)
- potassium bromate

Shopping for healthy produce

There are certain fruits and vegetables that contain higher levels of harmful chemicals and should ideally be consumed as organic in order to reduce your toxic burden. Table Three below lists the most and least chemically laden fruits and vegetables. When eating fruits and vegetables that contain the highest amount of chemicals, it is recommended that you choose organic produce. However, if this is not feasible do not avoid this produce, as it is still healthier and more beneficial to consume them in any form possible. Non-organic produce that contains the lowest level of chemicals are safe to consume. The benefits of organic produce extends the reduction of chemicals and ideally foods should be consumed as organic as much as possible.

Table Three: Fruits and vegetables that are highest and lowest in chemicals.

HIGHEST IN CHEMICALS	LOWEST IN CHEMICALS
<ul style="list-style-type: none">• Apples• Strawberries• Grapes• Celery• Peaches• Spinach• Capsicum• Nectarines – imported• Cucumbers• Cherry tomatoes• Snap Peas – imported• Potatoes	<ul style="list-style-type: none">• Avocados• Sweetcorn• Pineapple• Cabbage• Sweet peas – frozen• Onions• Asparagus• Mangoes• Paw Paw• Kiwi fruit• Eggplant• Grapefruit• Rockmelon• Cauliflower• Sweet potato

*Listed in order of most and least contaminated for the respective lists.



DETOX MEAL PLANNING GUIDE

Detox friendly meals are easy to prepare using foods from the NatMed Detox Diet. Be creative and have fun in the kitchen during your detox, using a wide variety of fresh, healthy foods. Detoxing can be a great opportunity to try using new ingredients and recipes and escape from regular food ruts. If you need some new ideas, detox friendly recipes are available to download from the Metagenics website (www.metagenics.com.au).

Here is a detox meal planning guide to assist your with your detox.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Breakfast	Berry Smoothie <i>Thermophase Detox Essentials and/or G-Tox Express may be mixed in if desired.</i>	Poached Hoki and Eggs	Fresh Berry and Quinoa Porridge	Chia Pudding Add 1 piece of fresh seasonal fruit to serve.	Zucchini Fritters
Snack	Fruit salad	Homemade Guacamole On gluten-free rice cakes	Small handful of raw mixed nuts	Raw Banana and Almond Cookies	Gluten-free rice cakes with tahini and sliced banana
Lunch	Fresh Garden Salad (add preferred protein from Detox Diet)	Calamari Treasure Salad	Mediterranean Salad	Quinoa Salad with Shredded Vegetables	Detox Salad with Tahini Dressing
Snack	Homemade Hommus With carrot and celery sticks	Small handful of mixed nuts	Homemade Hommus With gluten-free rice crackers	Garlic and Tamari Chicken Drumstick	Coconut yogurt with fresh piece of seasonal fruit
Dinner	Quinoa and Beetroot Frittata	Chicken or Tofu vegetable stir-fry	Masala Chicken Vegetable Curry Served with brown rice	Sautéed Thai Lime Chicken with Sesame	Chicken Salsa



With so many options to choose from, you won't miss out! With additional guidance from your Practitioner, it will be easy for you to choose fresh, healthy options that will keep you feeling energised and satisfied during detox.

DETOXIFYING YOUR ENVIRONMENT

During your detox it is best to avoid unwanted or unnecessary exposure to chemicals, pollutants and other harmful substances. The NatMed Detoxification Program can help detoxify your internal environment, however it is also equally important to review your lifestyle habits and consider the external environment around you, including your home, work space and even your car. We spend so much time in these spaces, but how often do we actually stop and consider how toxic our living environment may potentially be?

Avoid Recreational Drugs

Coffee, alcohol and cigarettes are the most common recreational substances that can impact on your body's capacity to detoxify. During your detox, your Practitioner may request that you reduce your intake or even eliminate these substances completely – there are many alternative choices to caffeine and alcohol. Talk to your Practitioner about how they can support you in quitting smoking or reducing the intake of other recreational drugs.

Appropriate Use of Medications

The use of prescription medication may be important to manage your health effectively. Please advise your Practitioner of any medications you are taking during detox. Discontinuing your medications without the advice of your primary healthcare professional is not recommended. However, during detox, you may wish to limit the uses of non-prescription medications, and only use on an 'as needed' basis. Any additional medications places additional burdens on your detoxification pathways.

Avoid Unnecessary Chemical Exposure





Attempt to minimise exposure to chemicals and pollutants during detox. Opt to use chemical-free dry cleaners and natural insect repellents if required. Limit exposure to air and traffic pollution and avoid solvents and surfactants used in glue, plastic, and rubber. If possible, avoiding getting the carpets professionally cleaned or the house painted during your Detoxification Program.

Recognise Bad Plastics

Plastics are a common source of well-known toxic chemicals such as Bisphenol-A (BPA), phthalates, and diethylstilboestrol, amongst others. These chemicals can leach from the plastics, especially with heating, and should ideally be avoided. Plastics are often categorised by numbers and these codes can usually be found displayed on plastic bottles. Numbers 2, 4 and 5 have no known health hazards except if ingested and are the best choices. Table Four outlines plastic classifications to avoid.



Table Five: Plastic Classifications to Avoid

 PETE	<p>No. 1 – Often considered ‘safe’, however may leach plasticisers and other chemicals. Single use only. Most commonly made into ‘polyester’ fibres and material; used for many bottles and jars for water, soft drinks, condiments, cleaners.</p>
 PVC	<p>No. 3 – May release toxic breakdown products like phthalates into food and drinks. Used in bottles for condiments, window cleaner, detergent, shampoo, cooking oil, teething rings, toys, shower curtains, clear food packaging, electrical wire insulation, medical equipment and plumbing pipes.</p>
 PS	<p>No. 6 – Used in polystyrene or Styrofoam and found in disposable plates and cups, meat trays, egg cartons, take away containers and compact disc cases. Styrofoam cups, when heated, release potentially toxic or carcinogenic styrene into the coffee or tea. These plastics are also notoriously difficult to recycle.</p>
 OTHER	<p>No. 7 – Incorporates miscellaneous plastics that do not fit into other categories: some are safe, some may be suspect. Includes those used in baby bottles, large water bottles, sunglasses, DVDs, phone and computer cases, signs and displays, certain food containers and nylon. These plastic are made up of various resins. Some (e.g. polycarbonate) contain Bisphenol A (BPA).</p>

If drinking water from a plastic water bottle, ensure the water bottle is used once only and does not contain warm or hot water.

Check Your Cleaning Products

Though useful to clean away dirt and grime, chemical cleaners can also burden our internal and external environment. Avoid cleaning products or air fresheners that are fragranced or made using chemical ingredients, opting for more natural products. Alternatively, make your own natural cleaning products using ingredients such as bicarbonate of soda, vinegar, tea tree and clove oils – all effective at cleaning, and better for you and the environment.

Review Your Personal Care Products

Personal care products and cosmetics are another potential source of chemicals that may not be ideal during detox. As many ingredients can be absorbed through the skin, it is important to assess the products you are using and invest in your health by choosing more natural skincare options. Ideally, avoid using products with the following ingredients which may impact upon your health.



Table Six: Chemicals in Personal Care Products

INGREDIENTS	PERSONAL CARE PRODUCTS
Aluminium	Anti-perspirant deodorants
Benzyl peroxide	Peeling agent found in acne treatment gels, acne face wash, acne face creams and pore cleansing washes.
Bisphenol-A (BPA)	Hardener in nail polish.
Mineral oils	Moisturisers, commercial baby oil.
Phthalates	Used in cosmetics labelled as synthetic fragrance or 'parfum' and hairsprays.
Parabens (methyl, ethyl, butyl, propyl)	Inhibit microbial growth and extend the shelf life of cosmetic products. Found in many moisturisers and cream cleansers.
Sodium lauryl sulphate / sodium laureth sulphate	Lathering/foaming agent found in many personal care products including shampoo, conditioner and body washes.
Tolulene and dibutyl phthalate	Nail polish and nail hardeners.
Triclosan	Antibacterial agents found in cleaners, toothpastes anti-perspirants.

Why not adopt a detox lifestyle during your detoxification program? Detoxing can be a very motivating time to make positive changes in many areas of your life. The following lifestyle tips can help support your mind and body throughout the detoxification process. While not essential to achieve successful outcomes with your detox, these recommendations are the perfect companion to your treatment program and the dietary changes you are making.

LIFESTYLE TIPS

Exercise

The benefits for exercise are endless, particularly during detox. Regular exercise not only helps you feel good; it is also a great way to assist with detoxification, promoting the circulation of blood and lymph throughout the body. This enhances the elimination of waste products and the delivery of nutrients and oxygen to your organs and muscles. Our lymphatic system relies on the movement of muscles during exercise to pump internal waste from the body.



Have fun and get active during detox. Aim for:

- 30 to 40 minutes of moderate intensity aerobic exercise, three to four times per week. Aerobic exercise is any activity that raises your heart rate, such as brisk walking or swimming.
- One to two sessions a week of strengthening exercise e.g. yoga, pilates or weights.
- Try something new, whether a dance or fitness class, a team sport such as netball or football, boot camp or whatever makes you move and have fun.
- Exercising in nature is good for the soul – enjoy the green spaces around you and go for a bike ride in the park, bushwalking or run along the beach.
- Talk to your Practitioner before embarking on any new exercise regimen to assess what may be appropriate in your circumstances.

Pure Water

An undeniable mainstay of effective detoxification is water! With so much of our body being made up of water, it is no wonder that water helps with the elimination process, encouraging clearance of waste through the kidneys. Drink two to three litres of water daily during your detox, and more if it is hot or when you are exercising. A good rule of thumb is that if your urine is not almost clear, then you need to drink more. One tip to ensure you are drinking enough is to carry a one litre BPA-free plastic, glass or stainless steel bottle with you at all times, and sip throughout the day. Add some interest to your water by adding a little lemon juice or zest, ginger, mint or even frozen raspberries for a cool treat.

Sleep and Rest Well

Your body uses sleep as an opportunity to heal and rejuvenate. Seven to nine hours of good quality sleep each night will complement your detoxification program. Length of sleep is important but so too is sleep quality. Your sleeping environment can impact your sleep. For the best night's sleep, ensure your bedroom is dark, well ventilated and at a comfortable temperature. Keep a regular bedtime routine, turning off the television, computer and mobile phone at least an hour before bed to allow your body time to wind down and prepare for a restorative night's sleep. Talk to your Practitioner if you require further support for improving sleep.

Avoid Toxic Emotions and Stress

Avoiding toxic emotions and stress for some people may mean making a lot of changes, but these changes are positive contributors to detoxification. Negative energy, emotions and reactions often influence our health more profoundly than we realise. Choosing to be positive and focused presents the opportunity to detoxify your life from negativity. Find positive affirmations or quotes that inspire you to fight off negative thoughts and make healthy food choices, especially when placed on the fridge door!



Dry Skin Brushing

Your skin is a major organ of elimination and as dead skin cells accumulate, they reduce the skin's ability to detoxify effectively. Before your shower, spend five to ten minutes with a firm-bristled brush or loofah and scrub the skin of the arms, legs and back quite briskly; brushing in an upward motion from wrist to shoulder, ankle to hip and down your back. You will know if you are doing it right if it is slightly uncomfortable at first, and your skin is slightly red and tingly when you are finished.

Spa Treatments

Spa treatments can be a great addition to your detoxification program. Saunas and skin wraps can be powerful detoxification tools, encouraging your body to sweat and remove wastes through your skin. Massage can also support detoxification by stimulating lymphatic and blood circulation, and enhancing wellbeing.

TESTING FOR TOXICITY

Your Practitioner may conduct some or all of the tests below to effectively assess your detoxification capacity, and to monitor your progress before beginning the program.

- NatMed Detox Questionnaire – Your Practitioner may request you to complete this short survey which will provide information about your level of heavy metal, chemical and allergen exposure in order to determine the most appropriate detoxification program for you.
- Zinc Tally Test – A simple test to evaluate your zinc status. Zinc is involved in over 300 reactions within the body and adequate levels are required for effective detoxification.
- Live Blood Screening – By viewing the size and shape of your red blood cells, your Practitioner can gain insight into your nutritional requirements, immune system health and free radical damage within the body.
- Bioelectrical Impedance Analysis – This simple test allows your Practitioner to review changes in your body composition or cellular health.
- Ph Test – These urinary detection strips can provide a convenient indicator of the acid-alkaline status of the body.
- External pathology testing as required.



SIX WEEK SYMPTOM TRACKER

Completing the symptom tracker each week allows you and your Practitioner to monitor your progress throughout the detox program, highlighting the positive changes and therapeutic benefits of your detox. The symptom tracker can be downloaded from the Metagenics website (www.metagenics.com.au or www.metagenics.co.nz)

1	2	3	4
NEVER / NOT AT ALL	SOME OF THE TIME / MILD	OFTEN / MODERATE	ALWAYS / SEVERE

WEEK 1							WEEK 2							WEEK 3						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

Symptoms:																				
Abdominal distention / bloating and/or fullness																				
Excessive flatulence and/or burping																				
Irregular bowel motions																				
Nausea and/or vomiting																				
Gastrointestinal discomfort / pain / spasming																				
Heartburn																				
Adverse reactions or sensitivity to environmental chemicals, fragrances, cleaning products, etc.																				
Additional symptoms:																				

1	2	3	4
NEVER / NOT AT ALL	SOME OF THE TIME / MILD	OFTEN / MODERATE	ALWAYS / SEVERE



	WEEK 1							WEEK 2							WEEK 3							
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
Symptoms:																						
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Adverse reactions or sensitivity to environmental chemicals, fragrances, cleaning products, etc.																						
Additional symptoms:																						

TIPS FOR STAYING ON TRACK AND SOCIALISING

- When shopping, always look for fresh seasonal fruit and vegetables. You may be able to get some great bargains at local farmer’s markets or the nearby fruit shop. It is preferable to buy organic where possible, which is now commonly available in supermarkets.
- Avoid packaged and processed foods.
- Avoid foods containing artificial colours, flavours, additives, stabilisers, flavour enhancers and hydrogenated fats. This information is usually on the nutritional panel on the food label.
- Read the ingredients carefully to ensure the food does not contain high levels of fats, gluten and/or sugar.
- Fresh vegetable juices can help support your detoxication capacity and are a good addition to your detox diet, especially when you are out and about or short on time at home. Try to have combinations that include more vegetables and herbs rather than just fruits. Common vegetables and herbs that are beneficial to include are carrots, beetroot, celery, cucumber, spinach, fennel, ginger, mint and parsley. Juices which preserve the pulp are best as this retains more nutrients and enzymes from the fruits and vegetables as well as the fibre.
- Plan your meals in advance. Being organised with your meal plan will help avoid impulse purchases of non-allowable foods.
- Always shop on a full stomach, as this will help you to make the right food choices.



- Before you start your detox, remove as many of the 'avoid foods' from your home as practical. Remember, if it is pantry it is too easy to eat it. Give food to charity, friends, and neighbours or pack long life foods out of sight until you have reached your goal and finished the program.
- When eating out, order meals that do not contain any 'avoid' foods. It is easier to avoid these if they are not on your plate. Familiarise yourself with the allowable food list so that you can easily recognise what is appropriate on the menu. If you are not certain of what is in a dish, ask your waiter/waitress for more details.
- If a menu does not have suitable detox meals for you, talk to your waiter/waitress about adjusting a menu item to make it detox friendly.

SAFETY

- **Pregnancy:** Detoxification should not be attempted during pregnancy. If you fall pregnant while doing a detox you should stop the program and contact your Practitioner. If you are planning to conceive, it is however, a very good idea for both partners to detoxify before pregnancy. Eggs and sperm take three to four months to develop, so you should aim to have completed your detox at least four months prior to conception.
- **Medication:** Many prescription medications can be affected by the detoxification process. However, it is unusual that you will need to alter the dosage of the medication you are taking; you may just need to separate the doses away from the detox supplements. Your Practitioner will be able to advise you if the medication you are taking will be affected by your detox, and if this is the case, will provide recommendations on what to do. Be sure to inform your Practitioner of any medication you are taking before you start your detox.
- **Side effects:** Occasionally people may experience adverse symptoms during a detoxification program, such as nausea, changes in bowel function or headaches. Generally these are short term and will resolve without need for intervention; however, you should discuss them with your Practitioner if they are severe or last more than a few days.

FREQUENTLY ASKED QUESTIONS

Different people can experience and face different challenges while on their detoxification program. It is important that you discuss with your Practitioner any symptoms or experiences you may have so they can help you overcome these and get the best results for you.

What is the difference between NatMed detoxification Programs and fasting or juice detox?

Detoxification is a process which involves amino acids, which come from protein, to assist in eliminating toxins from the body. Amino acids are used to bind to molecules requiring detoxification and effectively eliminate them from the body. Without adequate protein from your diet, your body is unable to effectively detoxify. Juice is a combination of water, sugars and in some cases small amounts of fibre. Juice fasting does not provide adequate amounts of protein for detoxification, and in many cases can cause a loss in muscle mass, as the amino acids from your own muscle are used to support the detoxification process. By including protein in your detoxification diet, you will ensure that your body has sufficient amino acids to support



optimal detoxification; likewise, you will preserve your muscle mass and improve the outcomes of your detoxification program.

The NatMed Detoxification Programs have been researched and designed with your body's physiology in mind. The Programs include key ingredients and strategies that will minimise uncomfortable detox reactions as your body eliminates its toxin burden. Of real significance and utmost importance is the support of your Practitioner during your Program, who can discuss any concerns with you and offer qualified advice if required during this time.

How does this program differ to one that I can purchase off the shelf?

Over recent years "detox programs" have become very popular and even fashionable. There are now countless types of detox programs which claim to be a quick-fix. The 'one-size fits all' approach to detox can dramatically affect both the safety and the efficacy of the program. These programs lack the support of a healthcare Practitioner and their advice to suitably prescribe something to address your health requirements. A Practitioner program has numerous benefits. The supplements used in the NatMed Detox Programs can only be prescribed by Practitioners and are evidence-based, low reactive formulas that are of the highest quality. Unlike a store-bought program, the NatMed Integrated Detoxification Programs are tailored to suit your needs as an individual. Regular contact with your Practitioner is needed to perform health screenings and evaluate the efficacy and safety of the program for you, as well as help to support and motivate you to keep on track and achieve optimal results.

Are there certain occupations or circumstances which increase the need to undergo a detoxification program?

Living close by areas of high pollution or working with hazardous chemicals or substances will increase an individual overall toxic burden. There are certain professions and circumstances which have been shown to be associated with increased toxic exposure and may therefore increase the need to undergo an integrated detoxification program. Some of these occupations include, but are not limited to:

- Aircrew
- Beauty therapists
- Builders
- Carpenters
- Farmers
- Green-keepers
- Hairdressers
- Horticulturists
- Painters
- Petrol pump attendants
- Printers – anyone working with glues/solvents
- Professional cleaners



- Mechanics
- Tilers
- Anyone who works with metals; plumbers, gas fitters, foundry workers, welders, or in electroplating; stained-glass fabrication, or similar.
- Individual who have recently purchased a new car.
- Anyone who lives near a mine, industrial area, paint manufacturing, smelter, forge or foundry; anyone living near a main road, regularly cycling/exercising along main roads, commuting, or whose occupation is on the road or in car parks.

If I take a higher dose of the supplements, can I do the detox in a shorter period of time?

No, but you will increase the risk of adverse side effects. The detoxification process needs a certain period of time to work effectively. You should follow the dosage directions given to you by your Practitioner for a safe and effective detox.

Will I lose weight on the detox program?

The Integrated Detox Programs are not designed specifically for weight loss. However, in many cases, individuals implementing the NatMed Detox Diet notice a reduction in weight as a result of making healthier dietary choices. If weight loss is your goal, your Practitioner can advise you on how the dietary guidelines can be adjusted to specifically improve your body composition.

I have been told to avoid plastics. What about the bottles the NatMed supplements are contained within – could they be harmful?

NatMed ensures that only safe plastics are used for the plastic bottles and no bottles contain harmful substances. For more information on what plastics to avoid and which are safe to use, please refer to the 'Recognise Bad Plastics' in the Detoxifying Your Environment section earlier in this booklet.

I'VE COMPLETED THE DETOX – NOW WHAT?

Now that you are feeling fresher and healthier after completing your Integrated Detoxification Program, it is not the time to start re-toxing. To continue on your path to achieving long term health and vitality, avoid excessive toxic exposure and talk to your Practitioner about a Wellness and Healthy Ageing Program. Wellness is about achieving balance in all areas of your life to stay healthy and active for as long as possible. It is easy to follow with specific supplements, lifestyle and dietary recommendations based on your individual needs. Completing another Integrated or Specialised Detox Program in future may be a key strategy for you to maintaining the balance between any future toxin exposure, and sustaining your toxin resistance. The Express Detoxification Program can be completed at more regular intervals, to give you a quick 'spring clean' as needed. Talk to your Practitioner about long term options specific to you.



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