
Metabolic Detox Guide



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MAEV CREAEN NUTRITION 

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“To Eat is a Necessity,
but to Eat
Intelligently is an Art”

François La Rochefoucauld

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Introduction to The Metabolic Detox

Welcome and congratulations on signing up for the 12 Day Metabolic Detoxification Programme.

I am thrilled to share this detox with you. We all have our personal reasons for joining in on this detox and for the duration of this plan I encourage you to journal as you go. Changing your body starts with your mind. Would you agree?

Having worked for many years on detox retreats around the world as a nutritionist and also a yoga teacher, I have learned the tricks (and mistakes) of the trade. By combining these invaluable experiences with my study, and clinical years as a functional medicine nutritionist, I am sharing with you a detox programme that is easy to follow and works for everyone. The beauty about this detox is that you can do it from your own home with my my support.

Detoxification is a powerful means to bring your health and vitality to a whole new level. Whether your goal is to reduce and eliminate toxicants (more subtle term than toxics), reduce body fat, clearer skin, positive-aging, or a kick-start to live a healthier life, this detox will work for you. Detoxification is a natural process which stimulates your body's natural ability to get rid of the waste products that build up in your cells, tissues and organs over months and years of living on a process diet, breathing and absorbing environmental pollutants and living a fast paced life.

When you start the detox programme, you first see improvements in your digestion, waistline and then your skin! Periodic internal cleansing and detoxification is possibly the cheapest and best way to in nourish you body, mind and spirit.

This detox is more than tasty foods, you will be following a scientific based programme for cleansing, with focus on bowel and liver supporting foods and nutrients. The results from the last couple of online detox

programmes were outstanding, and it is truly inspiring to see how goals can be achieved once we have the tools.

I really encourage you to give your all to these 12 days! Lets also support each other in the Facebook group, this group is for you ask me questons, post pictures, share thoughts, and get to know each other.

Preparation is key is a success detox.

Now, open up your journal / diary, and take a look at your schedule especially on the run up and during the detox. *Mark off a 20-30min slot of exercise / movement daily. Mark off another slot for an epsom salt bath (15mins).* Start the preparation in terms of reading this guide, write out your shopping list, buy ingredients/ supplements, try out a few new recipes. Which days do you have more time to batch cook?

Its now time to clear out your kitchen cupboards from any junk food, see what kitchen equipment and detox therapies you need to stock up on.

We live in a toxic environment, so the less time we spend eating pesticides, living stressful lives and spend more time in nature, whilst eating organic foods, the easier it will be to heal and live our lives with vitality and passion.

Most importantly, lets have fun with the detox, keep positive, and if you have any questions - please ask in the facebook group - I am here to support you.

Wishing you all a wonderful and nourishing detox !

Yours in health and vitality,

Maev Creaven

www.facebook.com/maevcreavennutrition

DETOX MANTRA “SIP. SAVOUR. SWEAT. STRETCH. SOAK”

What is a Mantra?

A Mantra stems from ancient yoga traditions and is a formula or a word with spiritual and powerful significance. Just thinking of a mantra helps you focus your attention and eventually reach a state of very deep rest. But in this case, your detox mantra is a reminder on whats involved for the twelve days.

Sip throughout the day, quality water and juices - stay hydrated and flush out toxins.

Savour your foods, keep alkaline, chew, eat slow, be mindful.

Sweat through exercise (dance, rebound, yoga sun salutes, short burst of cardio/resistance or sauna*).

Stretch your body, unfurl your yoga mat /lay out on the carpet and enjoy some gentle yoga postures.* see yoga downloads for ideas on the Facebook group

Soak in an epsom salt bath.

Try and include at least 3 elements from this mantra into your day.

“DETOX IS A ME-TOX”

Allow this detox be a timeout from your normal life. Tell your friends you are on it (ahem, great excuse if you feel a little cranky!). Create a space in your day / night to reflect how you are living you life, observe your thoughts, your emotions, your daily choices. Journalling is a healing exercise plus also a great time to set goals (both short and long term).

Before you embark on this detox, go straight to the [journalling questions](#) (last page)

Do You Need to Detox?

1. Do you feel bloated, constipated and congested?
2. Is your sleep erratic?
3. Have you gained unwanted pounds even though you are not eating more food?
4. Have you gained weight especially around thighs, hips or belly?
5. Do you feel tired and low in energy?
6. Do you wake up feeling as if you need another few hours sleep in the morning?
7. Has your digestion weakened? (a sign your body isn't absorbing its nutrients well)
8. Is your hair and skin looking less than perfect?
9. Do you frequently get mouth sores, yeast infections, urinary tract infections, unusual allergies?
10. Do you feel foggy and out of sorts?
11. Do you feel like you need to clear the cobwebs from your brain?

WHAT ARE THE BENEFITS OF THE METABOLIC DETOX?

- ✓ Replenishing your health bank account!
- ✓ You eliminate stored wastes and for some that means they will lose weight
- ✓ Improved vitality and energy levels right away
- ✓ Improved circulation through purifying the liver, kidneys and blood
- ✓ Enhanced mental clarity
- ✓ Clearer skin
- ✓ Metabolism support
- ✓ Break bad habits / Feeling more empowered.
- ✓ Feeling stronger mentally

Check List

Before you embark on Day One of the Detox, it is good to keep track of where you are right now in terms of health and body shape and then track your progress after the 12 days. Sometimes we forget how tired or sluggish we feel.

You can download the Symptom Tracker - the PDF is available in the Facebook group.

With a proper detoxification programme, there will always be some weight and inch loss, for those of us that need to reduce inflammation. Never starve yourself, this may work short term, but have detrimental effects on thyroid / adrenals / metabolism long term.

- ✳ Calculate BMI (height : weight) *
- ✳ Measure waist and hips (4 areas in total)
- ✳ Take 2 picture: full profile and face (do this step!)
- ✳ Symptom Tracker Questionnaire (email Maev your results)
- ✳ Supplement check list
- ✳ Buy a Journal. Answer the questions
- ✳ Review the Menu Planners: Day 1-5, Day 6 - 8, Day 9 - 14
- ✳ Study recipes
- ✳ Write out your shopping list for each phase.
- ✳ Buy the ingredients
- ✳ Buy any kitchen utensils: blender?
- ✳ Make a commitment to move / exercise daily - schedule these days into your diary
- ✳ Schedule the castor oil pack, epsom salt bath, reflexology, or your favourite holistic therapy

The Elimination Plan

The two-page **Elimination Diet Food Plan (PDF)** is designed to provide a snapshot of the foods that would be available to choose from every day. A general description of food categories will be helpful before beginning the process of avoiding foods that may be causing problems.

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Elimination Diet Food Plan

PROTEINS	DAIRY ALTERNATIVES	FATS & OILS
<p>Proteins</p> <p>Servings/day _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Lean, free-range, grass-fed, organically grown, fresh, non-GMO plant proteins, and wild caught fish proteins</p> <p>Animal Proteins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz <input type="checkbox"/> Meat: All wild game, bison, elk, lamb, venison—1 oz <input type="checkbox"/> Poultry: Chicken (skinned), Cornish hen, turkey—1 oz <p>1 oz serving = 16-21 calories, 7g protein</p> <p>Eliminate</p> <p>Beef/veal, Corned beef, Cold cuts, Eggs, Don't know, Pork, Sausage, Wings, Soy Milk, Tofu, Tempeh, Tofu Tofu, vegetable proteins</p>	<p>Proteins/Carbs</p> <p>Servings/day _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Unsweetened</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coconut yogurt and kefir—1/2 c <input type="checkbox"/> Milk: Almond, coconut, flaxseed, lactose, hemp, etc.—1/2 oz <p>1 serving = 60-100 calories, 10g carbs, 7g protein</p> <p>Eliminate</p> <p>Butter, Cheese, Cottage cheese, Cream, Greek yogurt, Ice cream, Milk, Non-dairy creamer, Soy milk, yogurt, Dairy analogs, etc.</p>	<p>Fats & Oils</p> <p>Servings/day _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Mildly refined, cold-pressed, organic, non-GMO products</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado—2T <input type="checkbox"/> Coconut oil, regular (unsat)—1 1/2 T <input type="checkbox"/> Coconut oil, light (unsat)—1 T <input type="checkbox"/> Olive, flax or grass—1 <input type="checkbox"/> Prepared salad dressing with acceptable oil—2T <p>1 serving = 41 calories, 9g fat</p> <p>Eliminate</p> <p>Butter, Corn oil, Cottonseed oil, Margarine, Peanut, Soybean oil, Sunflower, etc.</p>
<p>LEGUMES</p> <p>Servings/day _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <ul style="list-style-type: none"> <input type="checkbox"/> Bean soups—1/2 c <input type="checkbox"/> Dried beans, peas, or lentils (cooked)—1/2 c <input type="checkbox"/> Flax, sesame—1/2 c <input type="checkbox"/> Green peas (cooked)—1/2 c <p>1 serving = 111 calories, 10g carbs, 7g protein</p> <p>Eliminate</p> <p>Soybean products (edamame, miso, soy sauce, tempeh, etc.), Tofu, soy milk, soy yogurt, vegetable proteins</p>	<p>NUTS & SEEDS</p> <p>Proteins/Fats</p> <p>Servings/day _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds—6 <input type="checkbox"/> Brazil nut—2 <input type="checkbox"/> Cashew—4 <input type="checkbox"/> Chia seed—1T <input type="checkbox"/> Coconut, flake (unsweetened)—1T <input type="checkbox"/> Flaxseed, ground—2T <input type="checkbox"/> Hazelnut—1 <input type="checkbox"/> Hemp seed—1T <p>1 serving = 41 calories, 4 g fat</p> <p>Eliminate</p> <p>Mixed nuts (with peanuts), Pecans, Peanut butter</p>	<p>Proteins/Fats</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oil, cooking: Coconut, grass seed, olive (extra virgin), rice bran, sesame—1/2 <input type="checkbox"/> Oil, cold: Almond, avocado, flaxseed, grapeseed, hempseed, high-oleic sunflower and safflower, pumpkin, sesame, walnut—1/2 <input type="checkbox"/> Nut and seed butters—1 1/2 T <input type="checkbox"/> Pecan halves—4 <input type="checkbox"/> Pine nuts—1T <input type="checkbox"/> Pistachio—16 <input type="checkbox"/> Pumpkin seeds—1T <input type="checkbox"/> Sesame seeds—1T <input type="checkbox"/> Sunflower seed kernels—1T <input type="checkbox"/> Walnut halves—4



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Maev Creaven Graduate of IFM Detox 2014

Prohibited Foods and Allowed Foods

Foods to Avoid	Foods to Eat
<p data-bbox="667 500 758 532">Corn</p> <p data-bbox="667 542 758 574">Dairy</p> <p data-bbox="667 584 758 617">Eggs</p> <p data-bbox="394 626 1037 659">Gluten grains (wheat, rye, barley, spelt)</p> <p data-bbox="667 669 758 701">Oats</p> <p data-bbox="667 711 758 743">Sugar</p> <p data-bbox="642 753 783 786">Shellfish</p> <p data-bbox="667 795 758 828">Soy</p> <p data-bbox="667 837 758 870">Beef</p> <p data-bbox="667 880 758 912">Portk</p> <p data-bbox="569 922 856 954">Processed meats</p> <p data-bbox="512 964 913 997">Caffeine, Chocolate, Tea</p> <p data-bbox="646 1006 779 1039">Alcohol</p>	<p data-bbox="1409 607 1507 639">Fruits</p> <p data-bbox="1360 649 1556 682">Lean meats</p> <p data-bbox="1205 691 1717 724">Oils - coconut , olive, hemp etc</p> <p data-bbox="1381 734 1535 766">Legumes</p> <p data-bbox="1419 776 1497 808">Nuts</p> <p data-bbox="1409 818 1507 850">Seeds</p> <p data-bbox="1367 860 1549 893">Vegetables</p> <p data-bbox="1100 902 1822 935">Non gluten grains (rice, buckwheat, quinoa)</p>

PROHIBITED FOODS

- Eliminate ALL **dairy** products (milk, cheese or ice cream).
- Eliminate foods containing **yeast** and all foods that promote yeast overgrowth (processed foods, refined sugars, commercially prepared condiments, breads, peanuts, vinegar, alcohol).
- Eliminate **gluten** (wheat, oats, rye and barley, spelt, kamut). This includes pasta, bread products, crackers, cereals.
 - Allowed: Gluten-free grains include buckwheat, quinoa, brown rice, millet, wild rice. (e.g. choose rice or soba noodles instead!) These are ok to take - unless you are following a Paleo diet!
 - **Grains are only permitted during Phase A. Talk with Maev if you are unsure!**
- Eliminate **meats (beef, ham, pork and veal)**. Choose organic chicken, turkey cold water fish (salmon, mackerel and halibut). Select free range / wild or organic over farm-raised.
- Eliminate all **alcohol**.
- Eliminate all **caffeine**-containing beverages (coffee, tea and fizzy drinks/soda). Avoid decaffeinated coffee. If you are a regular coffee drinker or take in your beverages, wean off gradually to lessen the 'hangover'! Choose green tea, peppermint, fennel, no fruit teas. *
- Eliminate all **sugars!**

*Note on coffee: if you are a coffee lover like me, there may be an exception to this rule. For phase A, you are allowed 1 cup a day of freshly ground high quality organic beans, add 1 Tablespoon of coconut oil/ butter, blend well to form a very creamy coffee!

ELIMINATE ALSO:

- All sulphured dried fruit (read labels)
- All foods refined or preserved in any way
- No fats or oils, other than **coconut, olive or flaxseed oil**.
- Reduce nuts, seeds or nut butters. Avoid completely if showing signs of gut fermentation.
- Reduce salt , can use light when suggested in recipes
- No tap water unless filtered / bottle ie fluoride-free.
- During the week I will go through personal care products and environmental toxicants.

The Food Plan

FATS & OILS

The best quality are : cold-pressed, organic, non-GMO fats and liquid oils. Keep fats and oils in a dark glass containers and discard if they smell rancid, these are easily oxidised.

NUTS & SEEDS

The nuts and seeds category gives a variety of options to choose from if a snack is needed throughout the day. They may be sprinkled on top of salads, cereals, or vegetables. One to two servings of nuts daily are recommended unless one is allergic.

PROTEIN

Protein helps stabilise your blood sugar, which in turn keeps hunger and cravings at bay. When possible, include some protein in every meal. High-quality proteins of any kind are the best choice, including lean, grass-fed, organic, non-GMO sources.

LEGUMES

Legumes are a perfect source of quality protein and complex carbohydrate, which gives a sense of fullness and stabilises blood sugar. At least one serving of legumes on a daily basis in the form of soup, cooked beans, dips, or hummus, is recommended.

NON-STARCHY AND STARCHY VEGETABLES

Ideally, it would be best to get 10-12 servings of vegetables per day. A serving is ½ cup cooked vegetable or 1 cup raw leafy greens. Green vegetables, especially members of the cabbage family, are particularly nutritious for those on the Elimination Diet. Eat a “rainbow of colours” in addition to greens: red beets, red peppers, radishes; orange carrots, orange pepper, yams, sweet potatoes, and winter squash; yellow summer squash, yellow peppers; white onions and garlic.

Digestive Health

Over the course of the 12 day Metabolic Detox, I will be addressing different aspects of health. I will place a lot of emphasis on the importance of digestive health. Did you know that **80% of your immune system reside in your digestive tract and 75% of your neurotransmitters are made in your gut.** A Naturopathic approach to health states that “health begins in the gut”. In clinic, if a person comes into my clinic and appears to have a 100% strong digestive system, yet they suffer with migraines or skin irritations for example, I think of their gut straight away, as there is more than likely either a food intolerance and/or intestinal permeability! Nutrition for me is a fascinating study.

We all know that common dietary mistakes will sap your energy, lower your immunity, and make you miserable! Basic unsuspected foods (I will share all over the course of the detox what these foods are) can make you tired, mentally sluggish and increase fat storage. If you replace these with healthy foods you will fuller for long, and will be strong and sane! So many people after the detox, feel lighter mentally and physically. Twelve days is enough time for you to really notice a difference. All the information I share with you is based on studies from trusted sources and published research, and also from my own personal and clinical experiences. There is no calorie counting, no measuring, we are using real food and some smart nutrition tricks.

The Detox Phases

“One of the best ways to stay healthy is to cook your own meals”

PHASE A

On the run up to day one, its advised to start cutting out sugars, reducing caffeine, gluten and dairy etc.

Days 1-5: This phase includes solid foods, soups and smoothies /juices. The first few days is a gentle introduction to going gluten, yeast and dairy free. The trick is to try and cut these foods out as soon as possible. If you are already gluten free, great! By Day 3 , we are all free from the main allergens / toxins (see page 21)! With a change in diet you may begin to feel tired, grumpy (let it go - take a deep breath - its only a passing emotion) and hungry so be prepared and have a few healthy snacks nearby (e.g. a juice or small cup of vegetable soup, hummus with flaxseed crackers).

PHASE B

Day 6 - 8: this phase is a high potassium, low sodium diet where you are drinking juices, smoothies and lighter meals such as soups. Reserve your energy as much as possible during this phase, enabling your detox system to use up energy for cleansing as opposed to a workout. I have noticed from the last few Metabolic Detox groups, that the people not using the No 4 Supplement, tend to find this a little more challenging (as they were not taking in enough food!). Try and use some form of plant based proteins such as chia / hemp etc for your smoothies.

PHASE C

Days 9 - 12: This phase is similar to Phase A. It is **100% grain free** (what no grains? Its OK, really). Hydration is important. Drink at least one green juice/smoothie during your day. If you find yourself hungry snack on a juice or small cup of vegetable soup.

Guidelines for Reintroducing Foods

To help identify potential trigger /problem foods once the Elimination Diet has been completed, the foods thought to be associated with symptoms (“challenge foods”) should be reintroduced into the diet **at two-day intervals**.

1. On the first day of the reintroduction phase, choose whatever food is missed the most or craved the most, or eaten most often. The order of reintroduction of foods is not critical.
2. Eat a generous amount of that food throughout Day 1 (2-3 average size portions), while continuing to eat the other foods from the Elimination Diet. During that day, and the next (Day 2), record any symptoms on the Food Reintroduction – Symptoms Tracker chart.
3. If there is no reaction to the food during this two-day period, keep that food in the food plan and reintroduce a second food in the same manner (introduce the food on Day 3 and watch for any symptoms on Day 3 and Day 4). If no reaction, keep that food in the diet and add the third challenge food and so on. If any food is associated with symptoms, stop eating that food immediately, wait till the symptoms clear, and reintroduce the next food. Retest any foods that give symptoms after testing all of the challenge foods using the same procedure of one day of eating the food followed by a 24-hour waiting period and noting symptoms during this two-day period.

THE ORDER OF TESTING YOUR CHALLENGE FOODS

Below are the various types of foods that have been eliminated. Develop a priority order as to how they should be reintroduced:

Dairy, Soy, Corn, Peanuts, Eggs, Beef, Pork, Shellfish

Some people eliminate wheat throughout the entire time of food challenge, adding it back last. After the above foods, begin to challenge the remaining foods that were avoided during the Elimination Diet such as barley, rye, coffee/tea (regular or decaf), chocolate, alcohol, sweeteners, food additives, etc.

For each of these categories of food, identify pure forms of a sample food to eat (no additives or ingredients that have been eliminated, such as sugar or preservatives, in these foods).

REACTIONS TO CHALLENGE FOODS

Stop eating any foods that produce a clear negative reaction.

Potential reactions include diarrhea or constipation, fatigue, depression, anxiety, gas, bloating and/or abdominal pain, headache, muscle or joint pain, skin irritations or break outs, insomnia, sinus congestion or runny nose, itching or flushing.

Track symptoms – Symptoms Tracker chart.

(Above guidelines adapted from IFM Detox Module)

Menu Plans

(see PDFs and recipes in your toolkit)

MENU PLAN PHASE A: DAY 1 - 5

MENU PLAN PHASE B: DAY 6 - 8

MENU PLAN PHASE C: DAY 9 - 12

MENU PLAN POST DETOX (WILL POST VIA FACEBOOK PAGE)

TIPS FOR THE DETOX

#1: Base your meals around **protein and fats**, then add in your carbs (veg).

#2: Check the 'Food List' for allowed foods

#3: Always eat breakfast, you can sip the protein smoothie every morning, ideal if you are short on time.

#4: Use either a hemp or pea protein powder or one of the No 4 supplement.

#5: Always add in some fats to the smoothie.

#6: Keep portion sizes under control. Eat smaller meals more frequently.

#7: Craving sugar? Choose a dessert from the ones listed, or have a serving of berries with coconut yoghurt (pure).

#8: Play around with the recipes and menus, you do not need to follow it exactly.

#9: Success on a detox is 50% mindset.

#10: Find a daily practise of meditation, yoga, gentle walking, body brushing. Something gentle and just for you.

Supplements

Review “**Supplement Protocol PDF**” in your toolkit

The following detox supplements / products may be included as part of your Metabolic Detoxification. UltraClear and Nutri Clear are medical supplements (available online in UK / USA). Always choose products that are made with high-quality natural ingredients free of unnecessary binders or fillers that may interfere with the body’s natural detoxification processes. There are a lot of poor quality supplements.

- 1. **Greens Supplement.** Supports cleansing by providing the body with beneficial nutrients. Chlorella binds heavy metals and other toxins in the bowel assisting in detoxification.
- 2. **Digestive Enzyme Supplement.** Supports healthy digestive function by helping to break down foods and assist with nutrient absorption.
- 3. **Organic Psyllium Husks.** (DO NOT TAKE if you have IBD). Fibre helps to absorb and eliminate toxins from the body; promotes healthy bowel elimination; organically grown fibre ensures that no pesticides or chemicals were used that may inhibit healthy detoxification function. Helpful for a sluggish bowel or reduced fibre intake.
- 4. **'Fast and Be Clear'** or **'Ultra Clear PH'** or **'Nutri Clear'**

Other detox supplements

- **Probiotic Supplement.** Promotes a healthy balance of intestinal bacteria; helps crowd out harmful bacteria in the digestive tract. I advise to use this after the detox.
- **L Glutamine,** can be taken during or post detox * fantastic form of gut healing.
- **Activated Charcoal**

Read labels for warnings / contraindications with your medications.

No.	Detox Supplements	Brand	Where to buy?	average price
1	Chlorella / Barley Grass	organic brand	Health Shop Choose capsules as you may not be able to tolerate drinking a green juice?	€10 (from)
2	Digestive Enzymes*	'Bromelain Plus' and Gluten Gest. <hr/> Heath Shop brands: Biocare or Udos	Healthstore or online Nutri Link (UK)	€19 (from)
3	Psyllium Husks	a quality health store brand	Health Shop: capsules are easy to take, powder turns into cement when mixed with water!	€3
4a	Ultra Clear PH	Metagenics	Nutri Link (UK) powder, available in USA , UK New Zealand	\$86
4b	Nutri Clear*, or Fast and Be Clear	Biotics Research	Nutri Link (UK) powder (available Ireland, UK, USA) use Maev Creaven practitioner code view below	£54
5	NAC*	Biotics Research or Biocare	healthstore or from NutriLink use Maev Creaven practitioner code view below	24€ (?)

Note: Nutri Link is a UK based supplement company that stocks the best quality of supplements.

Taking supplements is your personal choice. We do not get all of our nutrients from foods! **Warning:** certain supplements may contraindicate medications, discuss with Maev if you have any medication conditions or taking medication.

SUPPLEMENTS: DO I NEED THEM?

If this is your first detox I would suggest sticking 100% to the foods / menu plans and if you wish to supplement add in the following: No 1, 2, 3 with an optional add in of 5

No.1 'Chlorella' or 'Barley Grass', with

No.2 'Digestive Enzymes'. * fab for helping break down and digest foods!

No 3: Psyllium husks are very cheap to purchase and excellent for those that experience sluggish bowels, digestive issues, cholesterol, and are integral part of the detoxification supplement protocol.

Choose No 4, if your intention is to:

1. bring your detox abilities to the next level, or
2. scored high in the toxicity questionnaire, or
3. have been overweight for a lot of your adult life. Ask me in the Facebook group if you are unsure or confused.

No 5: NAC is a nutrient required by phase two detoxification, which aids in converted extremely toxic non soluble compounds into non toxic compounds (this is what our amazing livers!)

WHERE TO PURCHASE SUPPLEMENTS

If you are living in Ireland and UK::

Some of these supplements can be purchased in your local health store, yet they will have all the brands.

NAC, Ultra Clear and Nutri Clear can be purchased through **Nutri link UK** Tel: 0044 8450 760 402, its a practitioner shop and you can use my practitioner code CREA.M1.

If you are living in USA, Australia, New Zealand:: Choose Metagenics or Biotics Research.

Cooking Styles

Cooking at low heat for a longer period of time is recommended (think slow cookers and soups). Foods prepared this way are more easily digested as the fibres have time to break down, and therefore more nutritious.

Brown rice and lentils are part of this Metabolic Detox. For maximum digestibility and nutrient value, all seeds (includes all gluten free grains and legumes) should be soaked for 12 hours, rinsed and drained, and then allowed to rest with a damp cloth covering, for 12 hours. The soaking inactivates the phytates which would normally bind and inhibit absorption of minerals (calcium, iron and zinc); while the “resting” phase allows the inactivation of enzymes in the seed which would normally inhibit their digestion. Blanching and dehydrated nuts and seeds also deactivates the phytates (e.g. blanched almond flour (bread / crackers). I am fully aware that this is not always an option but felt it needed to be highlighted.

In order for a stronger detoxification it is ideal to reduce certain fats and oils. Never use vegetable oils. Oils permitted are coconut and olive or flax. It is possible to fry oil in a little water, keep agitating so that they do not stick. Keep adding small amounts of water to build up a sweat. At intervals cover, and let them sweat. As soon as the plant cells burst, sugars are released and the vegetables can gently cook in their own juices.

Recipes

There are **3 Menu Plans** with recipes in your toolkit. These plans are available for download in the facebook group. If you are not on Facebook , contact Maev.

Smoothies and Juices

See recipes on separate PDF.

When I talk about having a smoothies for breakfast, lunch or dinner, I'm referring to a meal replacement smoothie.

Starting your day with a freshly made juice or smoothie, is by far the best time of day to drink a green smoothie. There are a couple of reasons for this.

First of all, a green smoothie starts your day off on a healthy note. If you make a large green smoothie meal, then you should be satisfied until lunch, with sufficient protein and fats to stave off mid-morning hunger. But if this is not the case, especially if you are newer to smoothies at breakfast, check the mid morning snack options. The fresh fruit that you used will also satisfy your sweet tooth. In the phase A, I have given a few different breakfast options, all gluten free. In phase B and c we will be 100% grain free.

Secondly, no other breakfast is as jam-packed with naturally-occurring vitamins, minerals and antioxidants.

Play around with the juices recipes, available for download in the facebook group.

Tips: when making a smoothie, vanilla powder (or grated vanilla pod) usually works really well, because it is easy to mix with green vegetables or fruit to make a whole meal.

Read labels to see how much protein powder to use. Check the protein content and use one or more scoops, so you are getting between 15 and 22g of protein in each drink. It's usually between 1 and 1 1/2 scoops of the powder. Only use the powders / brands I have recommended. There are a lot of poor quality protein powders out there!

You can add your fruit allowances—berries, organic apple / pear to the smoothie to make a meal if you wish. Sprinkle with cinnamon, vanilla or nutmeg if you like.

Make a green smoothie a whole 'meal' containing 1 to 1 1/2 scoops of one of the No. 4 powders or green powders (chlorella, barley grass etc).

During a detox there should be no reason to sweeten your smoothie, especially if you use a serving of fruit alongside some vanilla.

BASIC SMOOTHIE INGREDIENTS

(per person)

1-3 handfuls of berries

½ avocado

green: spinach leaves, or ½ courgette.

Protein powders to add:

Pulsin pea or whey protein

Garden of Life

Green Powders

Chlorella or Barley Grass - personally i never add this in, as it changes the colour and taste.

Chia seeds - milled

STORAGE OF JUICES

Preparing juices in advance is never a desirable choice, but may be necessary for those who are on the go and racing out the door in the mornings. In these cases, a glass-lined or stainless steel vacuum bottle (thermos) may be used, but should be completely filled to the top/lid to avoid excess exposure of the juice to air which will prohibit air from getting in and oxidising the juice. Maintain a chilled or refrigerated environment. Store only carrot/apple juice combo. Do not store the green juice.

Ancient Detox Therapies

Over the detox choose to do a few of these fabulous detox therapies below. Daily body brushing is a must!

1. SAUNA: SWEAT & DETOXIFICATION

Sweating is good for you. Sweating is one of the body's safest and most natural ways to heal and maintain good health.

Sauna allows you sweat the small stuff.

Why? The leading principle of sauna detoxification states that the build-up of toxic substances can lead to a host of common illnesses. Ridding the body of these toxins through a natural sauna detox may help relieve symptoms, prevent future illness and increase overall health and vitality. Over the detox, try and avail of a sauna for 10-15mins (Infra Red if possible).

2. CASTOR OIL PACK

The castor oil pack increases circulation to an area and stimulates the lymphatic system to carry off toxins aiding in The castor bean is known principally as a strong laxative when taken internally. A gentler use is in the form of a pack placed over the abdomen, usually with heat applied. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment. Castor oil does not have a laxative effect when used topically. The castor oil pack has many applications, and is specific for assisting detoxification and for digestion enhancement.

Other conditions that respond well include: headaches (decreases frequency), liver disorders, constipation, intestinal disorders, in cases of uterine fibroids and ovarian cysts that are non-malignant, gallbladder inflammation or stones, conditions with poor elimination, nighttime urinary frequency and inflamed joints. It is not to be used during pregnancy, over bleeding areas, or during menstruation.

Supplies Needed:

- Castor oil
- Plastic wrap or sheet of plastic, wool or cotton flannel (cut large enough to cover entire treatment area when folded into thirds)
- Hot water bottle
- Old bath towel
- Old t-shirt

Directions:

1. Fold flannel so it is still large enough to fit over your entire upper abdomen and liver.
2. Use the oil at room temperature.
3. Soak flannel with the oil so that it is completely saturated.

4. Lie (or recline) on your back, with your feet elevated (use of a pillow under your knees and feet works well), placing flannel pack directly onto your abdomen, cover with a small sheet of plastic / cling film and place a hot water bottle on top of the plastic.
5. Cover everything with an old towel to insulate the heat. Take caution not to get the oil on the bed/ whatever you are laying on, as it can stain. If necessary, cover that surface with something to protect it.
6. Leave pack on for 30 to 60 minutes. This is an excellent time to practice visualization, meditation or relaxation breathing. (As you breathe in, allow your lower abdomen to fill first, eventually filling your whole lung, but DON'T STRAIN. With each breath out practice relaxing your jaw and shoulders. As you practice more, relax all muscles in your body). Alternatively you may just go to sleep. This is a useful therapy for digestive issues: cramps, constipation.
7. After finishing, to remove the oil from your skin wash just soap and water. If used in the middle of the night, you can just wipe with an old towel. Be sure to use the same towel, and wash that towel by itself, as the castor oil can make other clothes smell if washed together.
8. Store the pack in a large zip-lock bag, or plastic container, leaving it by your bed. Reuse the pack several times, adding more oil as needed to keep the pack saturated. Replace the pack after it begins to change colour.
9. For maximum effectiveness, it is necessary to apply the pack as often as possible. Try for at least four consecutive days per week for one month. Patients who use the pack daily will receive the most beneficial effects.

3. EPSOM SALT BATH

These salts have many benefits including the elimination of toxins from the body.

The sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body, and harmful toxins along with it. For a detoxifying bath, at least once weekly add two cups of our salts to the water in a bathtub and soak for 10 minutes. My favourite epsom salts are from '[Pure Athlete](#)' (prices from 4€-16€) or you can make your own blend, ill post my homemade favourite up on Facebook I.

4. BODY BRUSH

Pre shower, start at feet and brush always towards your heart, excellent for circulation, and cellulite!

FAQs: Frequently Asked Questions

WHAT IF THE ELIMINATION DIET DOESN'T RESOLVE SYMPTOMS?

When the Elimination Diet does not bring resolution to symptoms, it may be necessary to investigate further with your healthcare provider. It is essential to assess whether one was consistently compliant with the Elimination Diet and whether the food challenges were carried out correctly. To achieve good results, it is necessary to follow the diet 100%. It's better to spend the time to do it right the first time rather than have to do the program another time, which will be an inconvenience. If the diet was properly followed, the healthcare practitioner may decide to put the client / patient on another protocol to address other issues, perhaps a food plan geared specifically to eliminate certain sugars, or maybe a plan to remove foods that contain one or more of the following: histamines, nightshades, salicylates, and/or oxalates. It is always important to address gut issue, detox potentials, there are many avenues to explore.

WHAT DO I EAT IN PLACE OF BREAD?

Rice cakes and tortillas made from rice or hemp can be an acceptable substitute for a sandwich. It might also be a good idea to eat less grain carbohydrates during this three-week period. Use a large lettuce leaf as a substitute “wrap” for vegetables and/or meats.

CAN SALT BE USED ON THIS DIET?

Taste food before sprinkling on salt and use it sparingly. Look for salt-free seasonings if salt restriction is the goal, and choose sea salt over refined, iodised salt. Local health food stores offer a variety of these products.

WHICH CONDIMENTS SHOULD BE USED?

All types of vinegar are allowed (balsamic, unflavored rice, apple cider, tarragon) and will help enhance the flavour of vegetables. The following condiments all contain added sugars or other ingredients that are not used on this plan, so must be avoided; chocolate, ketchup, relish, chutney, soy sauce, tamari, barbecue sauce, teriyaki, sweet and sour pickles. Please check all labels on any prepared food if there is uncertainty about acceptability.

WHAT IF I GET HUNGRY ON THE DETOX?

If you get hungry, you will eat something. You will not starve. Quite the opposite, often participants feel like there are more than enough meals. If you are hungry, go for another juice as your snack. The smoothie recipes that are so tasty and thick. (You'll get all of those smoothie recipes in the Facebook group!)

DO I HAVE TO GIVE UP MY FAVOURITE FOODS?

If whole wheat bread, ice cream, chocolate are your favourite foods, then yes, for 2 weeks, you will. But consider this, you'll discover the best foods for your body, and the foods that are not good for you. Then you get to decide what to do after the cleanse.

LEGUMES USUALLY CAUSE GAS AND BLOATING. HELP!

Legumes are high in protein, fibre, vitamins, and minerals. My suggestion is gentle increase use over the course of the detox. Soaking beans (from one hour up to overnight) before cooking and then discarding the water may also cut down on some of the gas that many people experience. Rinsing canned legumes is also very helpful - removes the carbohydrates that cause gas.

Lentils and green peas, are often easier for some people to tolerate. Some find adding kombu whilst cooking help, If there is difficulty in digesting these foods, there is the possibility of being sensitive to them.

WHAT DOES THE DETOX PLAN DIET CONSIST OF?

The Plan is in three phases. It is based on organic plants with good sources of lean proteins (foods and supplement). The diet is naturally high in vitamins, minerals, enzymes, micro-nutrients, and extremely low in sodium. Lack of protein is often a problem with many detox programmes, hence why i have recommend some protein supplements.

WHAT GRAINS ARE GLUTEN FREE?

Gluten is a protein found in certain types of grain -- wheat, rye, barley -- that can cause an autoimmune reaction in the small intestine, resulting in symptoms ranging from stomach pain to nutrient malabsorption (via leaky gut / intetinal permeability). The most common gluten free grains are: amaranth, buckwheat, millet, quinoa and rice.

It is not just gluten that undermines the health of most of us. 75-80 percent of all people improve dramatically by avoiding all grains. Avoiding grain-based products is one good step in the right direction.

ARE OATS GLUTEN FREE?

Oats may be gluten free. yet oats are usually grown and processed in food facilities that also contain wheat products so the chance of cross contamination is high. Therefore we are avoiding oats on this detox programme.

HOW DO I KNOW IF YOU I AM INSULIN RESISTANT (OR PRE DIABETIC)?

Do you tick more than 3 of the below:

1. Carrying extra weight
2. Elevated blood pressure
3. High total cholesterol
4. High triglycerides
5. Low HDL
6. High blood sugar
7. Increased waist size
8. I am eating healthy, working out and not losing weight
9. Hormonal imbalances

If you have 3 of the above, you are more than likely insulin resistant. Do not worry, this can be reversed with a supported diet, and a good nutritionist.

If this is your case, start your Detox days with a low carbohydrate or with a high protein meal, such as eggs. Note: taking eggs goes against the grain for certain types of detoxifications, but we know now through plenty of research that insulin resistance is more than likely corner stone of chronic disease (diabesity, obesity, diabetes, cancer, heart issues and many more) and needs to be highlighted and addressed. If you are experiencing any of the above, this detox will be an excellent preparation for my 21 *Ultimate Health Plan*.

“Insulin resistance is the major cause of illness and could be preventing you from losing weight and living a long and vibrant life”.

FAT STORING INSULIN?

It's not calories, but the hormonal effect of food that's expanding our waistlines. Obesity is affecting over 66% of Irish, costing us close to a staggering €4bn every year. This epidemic is almost always caused by either environmental or lifestyle factors, both of which are highly preventable and reversible. There is a lot of emphasis through the media on a lack of exercise, but I feel strongly it's due to choosing anti-nutrients, lack of quality food leading our bodies into states of toxicity.

WHAT IS GUT FERMENTATION?

I will try and explain this in the briefest way possible. Sometimes there is an excess / imbalance of yeast and bacteria existing in the upper gut, meaning that foods are fermenting there instead of being digested (this is what we do not want). When foods ferment they produce all sorts of unwanted products/ toxins. Carbohydrates have the potential to be fermented in the upper gut with problems arising as digestive issues (bloating, gas, sleep issues, fatigue, IBS)

Therefore my advice to you is avoid all grains (to start with!) if you have gut fermentation issues, think healthy Paleolithic type plan, as it is grain free. (With clients that have this issue, I have them on a strict dietary protocol). I have seen many people telling me they are Paleo, but it's the unhealthy type - eek! Paleo is based on protein, fat and vegetable fibre. Paleo is successful as it avoids most of the common allergens and is free from chemicals (eggs are allowed on Paleo, but not permitted on Phase B and C Detoxification).

WHY IS SOY NOT INCLUDED?

I am asked this question so often, and dietary use of soy is very controversial. Personally, I advise against soya products even though soy is high in protein, it tends to be over processed and depending on where you are living it may be a GMO food. In addition to this, soy does contain enzyme inhibitors which may cause interference with proper digestion and phytates which can interfere with absorption of minerals. Soy also

contains phytoestrogens which may not be appropriate for many people. Fermented soy products (tamari and miso) may be OK - even though its in its fermented form, it may be worthwhile to avoid whilst detoxing! Beans and legumes are a source of protein, and used on a limited basis. This is case-dependent , as beans may trigger inflammation. Note: soak legumes for a few hours before cooking.

WHY IS FLAX SEED OIL ALLOWED, AND WHY CAN'T THE SEEDS BE EATEN?

Flax seed oil is an omega 3 fatty acid containing linolenic and linoleic acids that inhibit the production of pro-inflammatory cytokines and lipid mediators and thus reduces inflammatory responses in the body. It attracts oxygen at the cell membrane assisting in transport of oxygen into the cell. It also helps carry vitamin A through the blood stream. Seeds, including flax seeds, have an important substance in them called an enzyme inhibitor that keeps them dormant until they are in the right environment to sprout. This enzyme inhibitor can also inhibit human digestive enzymes and interfere with good digestion.

Other recommend oils: olive, coconut. Choose the best brands!

WHAT IS MILK THISTLE?

Often used to strengthen the liver, Milk Thistle protects this organ by enhancing the ability to break down dietary fats. Taking a tincture of good quality Milk Thistle may lead to other benefits such as increased energy and improved skin. This complex contains globe artichoke, milk thistle, peppermint and dandelion. These may help with liver cell protection, stimulate bile production and reduce cholesterol. Milk Thistle is a popular for detoxification purposes.

Contraindications of Milk Thistle

Despite widespread usage of milk thistle, case reports of clinically important drug interactions are lacking. Exercise caution when using milk thistle at higher dosages or with drugs

WHAT IS ULTRACLEAR PLUS (METAGENICS) * USA AND INTERNATIONAL

It is a medical food formulated to provide enhanced, specialised nutritional support for patients with chronic fatigue syndrome, and includes macro- and micronutrients to address altered energetic function and liver detoxification. Designed for patients who may benefit from additional support for liver function, this formula features glycine and L-cysteine to help support Phase II liver detoxification. Green tea catechins and mixed carotenoids are added to provide antioxidant protection against potentially harmful compounds generated during the natural liver detoxification process. Provided in a low-allergenic-potential rice protein concentrate base which “may be beneficial during times of increased detoxification burden ” this formula provides well-rounded nutritional support.

Designed to support healthy Phase I and Phase II detoxification function.

Supports balanced detoxification capacity. This product is also used in my 30 Day Weight Loss Programme.

WHAT IS NUTRICLEAR (BIOTICS RESEARCH)* UK AND IRELAND

A rice based, hypoallergenic clearing formula designed to support healthy GI function and normal detoxification pathways. This product is also used in my 21 Day Programme.

It is available in original and NEW Berry Flavour! The flavoured version is more popular than the plain.

WHAT ARE DIGESTIVE ENZYMES?

Digestive enzymes are complex proteins involved in digestion that stimulate chemical changes in other substances. Digestive enzymes include pancreatic enzymes, plant-derived enzymes, and fungal-derived enzymes. There are three classes of digestive enzymes: proteolytic enzymes needed to digest protein, lipases needed to digest fat, and amylases needed to digest carbohydrates.

My preference is Biocare or Gluten Gest from Nutri Link (UK)

WHAT IS CHLORELLA?

Chlorella is one of the most widely studied food supplements in the world. Aside from being the subject of medical research in the USA, USSR, Germany, Japan, France, England and Israel, chlorella has been extensively studied as a food source since it is made up of 50 percent protein and is considered a complete amino acid-based food.

Even NASA has studied using chlorella as the one of first whole foods in space on the international space station!

Studies in Japan have shown chlorella may help reduce body fat percentage and may be useful in fighting obesity and weight related diabetes. It may also help reduce both cholesterol and hypertension. Chlorella's cleansing action on your bowel and other elimination channels, as well as its protection of your liver, also helps promote clean blood. And clean blood helps assure metabolic waste get efficiently carried away from your tissues.

WHAT DO I DO WHEN THE CLEANSE IS OVER?

That's my speciality. I'll take you through a process; a plan for how to come off your cleanse. We'll figure out how to gracefully exit the cleanse in a way that teaches you what you need to know.

Heath Warning

Strict detoxing is not for everyone:

- Diabetics / Poly-pharmacy patients
 - With diabetic clients I work one-to-one alongside their GP.
- Cardiovascular patients
- Pregnant or Breast Feeding* (discuss with Maev)

Yet, supervised detoxing is highly recommended for heavy metals, chronic disease (cancer, diabetes).

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

~B.K.S. Iyengar”

Appendices

APPENDIX A: STARCH VEGETABLES

Starch vegetables, legumes and grains have higher amount of carb than non starch. Nutrition tip: eat lower portions of these as there may spike your insulin levels.

Each selection contains 15 grams of carbohydrate (cooked)

<u>Food Item - Serving</u>	<u>Food Item -Serving</u>
Winter squash ½ cup	Corn ½ cup
Beetroot 1 cup	Jerusalem artichokes ½ cup
Carrots 1 cup	Boiled Potato / Baked Potato ½ medium
Green peas ½ cup	Sweet potato ½ medium
Turnips ½ cup	Pumpkin 1 cup
Parsnip 2/3 cup	

LEGUMES each serving contains 15 grams of carbohydrate

<u>Food Item - Serving</u>	<u>Food Item -Serving</u>
Adzuki beans ¼ cup	Black bean 1/3 cup
Broad beans ½ cup	Chickpeas 1/3 cup
Black-eyed beans ½ cup	Split peas 1/3 cup
Kidney beans 1/3 cup	Lentils 1/3 cup
Mung beans 1/3 cup	Pinto beans 1/3 cup

GRAINS (cooked unless noted)

<u>Food Item - Serving</u>	<u>Food Item -Serving</u>
Brown rice 1/3 cup	Millet 1/3 cup
Buckwheat (kasha) 1/3 cup	Polenta 1/3 cup
Quinoa 1/3 cup	Popcorn (popped) 2 ½ cups

Whole-grain Flour (items are dry, contain 15 grams carbohydrates)

<u>Food Item - Serving</u>	<u>Food Item -Serving</u>
Amaranth flour 2 Tbls.	Buckwheat flour 3 1/2 Tbls.
Brown rice flour 2 Tbls.	

APPENDIX B: LOW GLYCEMIC VEGETABLES / NON STARCH VEGETABLES

Nutrition tip: eat higher portions of these as they do not interfere with your insulin levels

Rocket /Artichoke	Cucumber	Mushrooms*	Swiss chard
Asparagus	Dandelion greens	Mustard greens	Tomatoes
Bean sprouts	Eggplant	Onions	Turnip greens
Beet greens	Endive	Parsley	Watercress
Bell peppers	Fennel	Radishes	Celery
Broccoli	Garlic	Radicchio	Chives
Brussels sprouts	Ginger root	Snap beans	Collard greens
Cabbage	Green beans	Snow peas	Jalapeno peppers
Cauliflower	Hearts of palm	Shallots	Kale
Summer squash	Courgette	Spinach	Lettuces

*avoid mushrooms if you have a history of candida

APPENDIX C: DETOX TIPS

- Eat more cruciferous vegetables (broccoli, kale, collards, cabbage, etc.) .
- Include garlic, green tea, turmeric. They contain phytonutrient detox-boosting compounds. Add them to your diet daily.
- Other great detox foods are coriander, celery, parsley, dandelion greens, citrus peels (not orange unless organic) pomegranate, artichokes and rosemary.
- Sweat regularly using saunas
- Take glutathione-boosting and detox-boosting supplements NAC, milk thistle, and buffered vitamin C
 - NAC dramatically increases glutathione. Glutathione helps eliminate pesticides and heavy metals and protects the body from oxidative stress
 - Milk thistle has long been used in liver disease and helps boost glutathione levels
 - Review supplement list.
 - View complete list of supplements