

LUNCH

- Vegetable and lentil soup and oatcakes
- Avocado and prawn salad
- Jacket potato/sweet potato with grilled fish or hummus and lightly steamed vegetables.

EVENING MEAL

- Chinese vegetable stir fry - Add cashew nuts, tofu, fish or prawns for protein. Serve with brown rice.
- Baked salmon with jacket sweet potato
- Potato and bean casserole

SNACKS

- Vegetable crudite with hummus/bean dip or similar
- Rice/corn/oat cakes with avocado or hummus
- Fruit and a small handful of nuts or seeds
- Plain popcorn

DRINKS

- 2 litres of plain water daily
- Fresh fruit juices or smoothies
- Herbal teas

More Ways to Boost Detoxification

- Treat yourself to an aromatherapy or manual lymphatic drainage massage. This will help to eliminate toxins and break down cellulite and is a great way to relax.
- Epsom salt baths - Have one every day of your detox using 1-2 cups of Epsom salts per bath and soak for at least 20 minutes before going to bed. Deeply relaxing and detoxifying. If you are unable to use a bath, try an Epsom salt foot soak instead!
- Steam room or sauna will help your body to eliminate toxins through the skin
- Dry skin brushing daily before showering stimulates the circulation and the lymphatic systems.
- Coffee enemas stimulate the liver and gallbladder to increase bile flow and can be used daily throughout a detox.
- Gentle exercise is helpful as it stimulates the circulation and lymphatic systems, but do not undertake any strenuous activities during your detox. Brisk walking, yoga, pilates and tai chi also aid relaxation and increase wellbeing.

- Sleep - nature's best medicine! Try to have early nights and make time for yourself. Use essential oils and scented candles to pamper yourself - lavender and rose are relaxing whilst juniper, grapefruit and lemon are stimulating and detoxifying. Make sure to dilute your essential oils in a carrier oil before using them in the bath or for massage.

Keep Up The Good Work!

At the end of 10 days of detox you should be feeling fitter and healthier than you were 10 days ago. We hope you have discovered many new ways to help yourself feel great, that you will continue the new, healthier eating habits you've formed and that you will leave behind the unhealthy ones.

Remember to eat a variety of fresh and whole foods daily, never skip meals, limit tea, coffee and alcohol, and to take time out to relax and unwind.

Need Some Personal Detox Help?

If you would like to take your detox a step further, come to the Napiers Detox Clinic. Combining Colon Hydrotherapy, Herbal Medicine, Nutritional Therapy and Manual Lymphatic Drainage, our Total Body Detox takes 4-8 weeks and is supervised by our team of qualified practitioners, who will guide you through the process.

Visiting Napiers

Find out more about our clinics and therapies such as herbal medicine, nutritional therapy, massage and colon hydrotherapy on our website www.napiers.net

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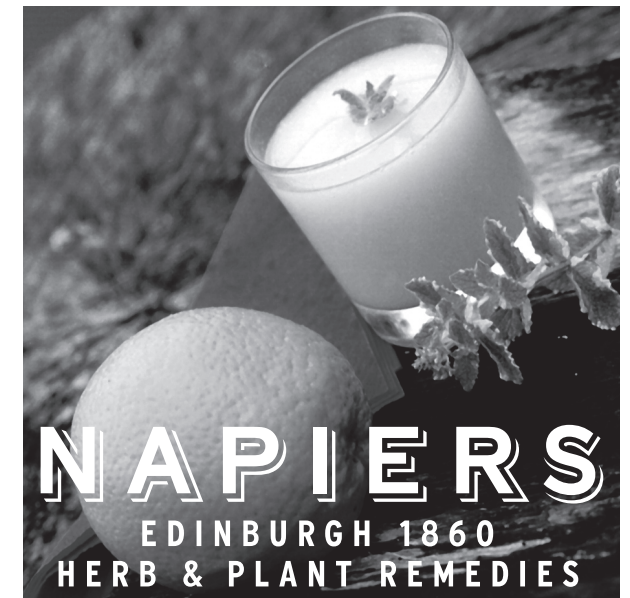
10 Day Detox Plan

Medical Herbalist Dee Atkinson and Nutritional Therapist and Medical Herbalist Helen Gestwicki have designed the Napiers Detox Plan to be effective and easy to follow, helping you to get into better shape for the year ahead.

This gentle regime of herbs, diet, and exercise will help you break unhealthy habits and form healthy new ones that you can sustain throughout the year, bringing you optimum health, greater energy, clearer skin, balanced mood, and easier weight management.

The program supports your body's natural detoxification processes using a diet of tasty, easy-to-digest and highly nutritious foods alongside the herbal Detox Formula and other ways to boost cleansing.

You can detox at any time of year, although after Christmas and at the change of seasons are the most popular and traditional times to give our bodies a break after a period of overindulgence or excess.



Getting Started

Read the following information carefully, and start your detox on a weekend to give you time in the first few days to relax and get a good start on the Detox Plan. Ask a friend or family member to join you and make it a time of fun and discovery.

When Not to Detox

We advise that you do not detox if you are pregnant or breastfeeding, taking any medication or undergoing medical treatment, or unwell or recovering from illness (in this case wait until you feel well again before starting).

Napiers Detox Formula is a great-tasting blend of Bladderwrack, Burdock, Dandelion, Prunes, Artichoke and Lemon essential oil. These herbs will help to speed up the metabolic rate, support liver detoxification and encourage the elimination of toxins from the bowel and kidneys.

How to use: Simply add 10ml of Napiers Detox Formula to one litre of mineral water and drink. Do this every day during your detox and store the Detox Formula in the fridge once opened.

Food for Detoxification

The food that we eat is vital to our health and can influence our ability to deal with toxins. Many foods are processed or sprayed with harmful chemical pesticides and fungicides, so try to eat organic where possible.

For the duration of your 10 Day Detox, you should eat regularly and never feel like you're starving. The aim is to provide foods that are easy to digest, do not stress the organs of elimination and that are highly nutritious, packed with important vitamins and minerals.

Be prepared – always have a healthy, tasty snack with you so that you're not tempted by sweet, sugary snacks during the day. Use fresh homemade juices and smoothies made with carrot, beetroot, ginger, grapefruit, cucumber, and melon to add concentrated nutrients to your day. Add psyllium husks, spirulina, or green food powder to your juices for a superfood boost!

Eat Plenty Of...

- Fresh fruit, fruit juices and vegetables
- Sprouted seeds. Beans, lentils and other pulses
- Tofu
- Wholegrains (oats, brown basmati rice, rice noodles, quinoa, millet, corn, barley, rye)
- Oat cakes, rye crackers, corn crackers, rice cakes
- Fresh fish
- Unsalted/unroasted nuts and seeds
- Live natural yoghurt
- Extra virgin olive oil and lemon juice for salad dressings
- Sulphur rich foods – cabbage, garlic, onion, leek, kale, eggs (organic and free range) to support liver detoxification.
- Garlic, ginger, ground black pepper and fresh herbs
- Water (at least 2 litres a day, filtered or mineral water from glass bottles)
- Herbal or fruit teas – good detox teas include dandelion leaf/root, nettle, celery seed, fennel, liquorice, ginger, peppermint

Avoid These Foods...

- Meat - Red meat and any meat products like sausages, burgers, and pate. Use organic chicken or turkey occasionally as a source of quality protein
- Dairy products
- Butter, margarine and hydrogenated fats – use olive oil or cold pressed vegetable oils such as flax or hemp instead
- Wheat - bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or breadcrumbed foods, etc
- Crisps and savoury snacks including salted nuts, chocolate, sweets, jam and sugar
- Processed foods, ready-made meals, sauces & takeaways
- Alcohol, coffee and tea
- Sauces, pickles, shop bought salad dressing, mayonnaise
- Fizzy drinks and squashes, including diet versions

Example diet - Days 1-3

FIRST THING

- Large glass of warm water with a thick slice of organic unwaxed lemon

BREAKFAST

- Wheat free muesli soaked overnight in apple juice with fresh berries.
- Cup of herbal tea

SNACK

- Fruit and/or vegetable juice and small handful of raw seeds and nuts

LUNCH

- Large salad of mixed leaves, avocado, red and yellow pepper, cucumber, carrot, raw beetroot, tomato, broccoli with quinoa or brown rice.

SNACK

- Piece of fruit and a few nuts, large glass of warm water with a thick slice of organic unwaxed lemon

EVENING MEAL

- Steamed vegetables (leek, cabbage, spinach, kale, broccoli, carrot) drizzled with olive oil, served with brown rice or millet with a protein food of your choice – tofu, grilled fish, beans/pulses

BEDTIME

- Cup of relaxing herbal tea

Days 4-7

Each morning have a large glass of warm water with a thick slice of organic unwaxed lemon to stimulate the digestive system. The following are examples of suitable meals to eat throughout the day:

BREAKFAST

- Hearty porridge - use water and soy/oat milk. Add half a grated apple or pear and top with a tablespoon of ground linseeds or mixed seeds
- Fruit salad with yoghurt, seeds and oats
- Wheat free muesli – soak wheat-free muesli in apple juice or water overnight and add fruit and seeds