



Detox

Support Guide

A practical guide to supporting our body's natural detoxification processes.



NUTRIGOLD[®]
LIMITED

The **natural** way to give your
body a **helping hand**



Contents

- 2** Welcome to the detox regime
*a practical guide for the
Amanda Hamilton 7 and 14 day
Detox programmes*
- 4** Your body
- 5** Detox not diet
- 6** Weight loss
- 7** First step – preparation
- 8** The science of detox
acid / alkaline balance
- 9** The detox diet
- 11** Diet 1: The alkaline diet
- 12** Diet 2: The five food diet – for
experienced detoxers
- 13** Detox super foods
- 14** How to prepare your food
- 15** The 7 day detox plan
- 16** The 14 day detox plan
- 18** The detox menu planner
- 19** Fruit juices
- 20** Detox breakfast options
- 21** Detox lunch options
- 22** Detox dinner options
- 23** Snacks
- 24** Special detox broth
- 25** Food guide – eat each day
- 26** Taste and emotion
- 27** Body brushing
- 28** Types of enema
- 29** To do an enema
- 30** Enema schedule
- 31** Epsom bath salts
- 32** Complementary therapies
- 33** Additional advice
Who shouldn't detox?
- 34** The next steps
- 35** Resources

Welcome to the detox regime,

a practical guide for the Amanda Hamilton 7 and 14 day Detox programmes

As a Nutritionist, I have believed in the power of detoxification for myself and my clients for a long time. In recent years it has become very common, in fact fashionable, to detox. This programme is not based on trends or latest fads. It has been developed with a genuine 'results' focus based on years of tried and tested research.

In order to successfully undertake a detox regime, a number of factors need to be in place – supplements, diet and, ideally, supportive enemas and therapies. You are able to choose from either the 7 or 14 day programmes depending on your current lifestyle, your previous medical history and your desired level of outcome.



Good luck and good health!

Amanda.
Hamilton

Amanda Hamilton



Your body

Your body is already incredible.

It is equipped with a multitude of biological processes that help break down and excrete toxins every minute of every day of your life.

This miraculous body is a vastly complex living system that can become overburdened when faced with stress, pollution, toxic load and fatigue.

Toxins are everywhere. In the external environment, toxins are accumulated through your skin and lungs, through the food you eat and the water you drink. Internally, we create toxicity through incomplete digestion and elimination. Even with modern scientific advances, the toxic cocktail of chemicals we absorb is unquantifiable in terms of the cumulative affect on the body and mind. No matter how you live your life now, the truth is, your body is a collection of all that you have lived (and all that you have inherited) until the present moment in time.



Detox not diet

These regimes are not in themselves just a diet. As most people who have tried to lose weight in the past know, many of the fad diets tend to have a very short term effect. It is my professional opinion that much of the science behind calorie counting is flawed and can cause enormous amounts of physical and emotional stress. Weight loss can be achieved temporarily but restrictive diets do not address your long term optimum health and vitality. Indeed, many fad diets obtain their short term benefits by restricting foods that can indirectly reduce the intake of essential nutrients and essential fatty acids (EFAs), which I feel are needed to help sustain your long term health and to help the body work on all levels, including fat metabolism.



Weight loss

Many people report weight loss during this Detox programme. However, this is not the main objective of this programme although it is a possible effect of the detoxification process. We do not believe that weight loss can be sustained without addressing one's dietary intake and body functioning on a long term basis. The supplements provided are not designed to create weight loss.



First step – preparation

Preparation is the key to a successful detox. Take time to collect everything you will need in advance AND make space in your life for relaxation! Undertaking a detox is not advisable whilst carrying on a hectic lifestyle.

Begin your detox at the weekend or at a time when you don't have too much going on. This makes it easier to handle any detox side effects such as headaches or tiredness. Drink plenty of water throughout – approx. 2 litres of distilled, filtered or bottled water every day. You can also drink herb teas or fruit teas. Dandelion and nettle teas are wonderful detoxifiers.

Try to get out into the fresh air for at least half an hour every day. This could be two quarter-hour walks.



Make an appointment for a massage or some other enjoyable complementary therapy that appeals to you. Stock up with healthy foods so that once the detox ends, you continue with healthy eating habits.

Getting prepared / shopping list!

Juicer*

Fresh fruit and vegetables for juicing

Herb / fruit teas

Bottled / filtered water*

A variety of fresh food for meals (See menu planner)

Epsom salts (optional)

Smoothie maker (optional)

Enema and coffee kit* (optional)

Litmus papers* for testing pH (optional)

Flax (linseed) oil* (optional)

Liver enema herbs*

Additional items:

A journal is a great idea during a detox to record thoughts, feelings and ideas. It can be a time of great creativity!

*These items are available through the Nutrigold website www.nutrigold.co.uk

The science of detox

Acid / alkaline balance

In order for your body to work properly, it needs to have the right internal acid / alkaline balance. You may already know how important blood sugar balance is, but you may not realise just how important acid / alkaline balance is. Acidity and alkalinity are measured by pH and, put simply, correct pH levels control toxins. PH is measured on a scale of zero to fourteen; zero is the most acidic and 14 the most alkaline. The most important pH that the body needs to regulate is in the blood. For optimum health, blood pH needs to be 7.4 (slightly alkaline). The body has to maintain the correct homeostasis (balance) in it's blood pH to support the body's natural digestion, elimination and immune functions. The strongest influence on pH is diet. It is as a direct result of eating a diet too rich in acid-forming foods that people can score poorly on blood alkalinity.

Here's a quick check list:

- **Processed and refined foods**
- **Chemical preservatives & synthetic additives**
- **Pesticides**
- **Greasy and sugary foods**

For the majority of us our daily diet may play a role in undermining this precious 'alkaline' state. Mr / Mrs Average living in the western world is likely to have a diet that consists of approximately 80% acid-forming foods as opposed to a diet rich in alkaline-forming foods.

The detox diet

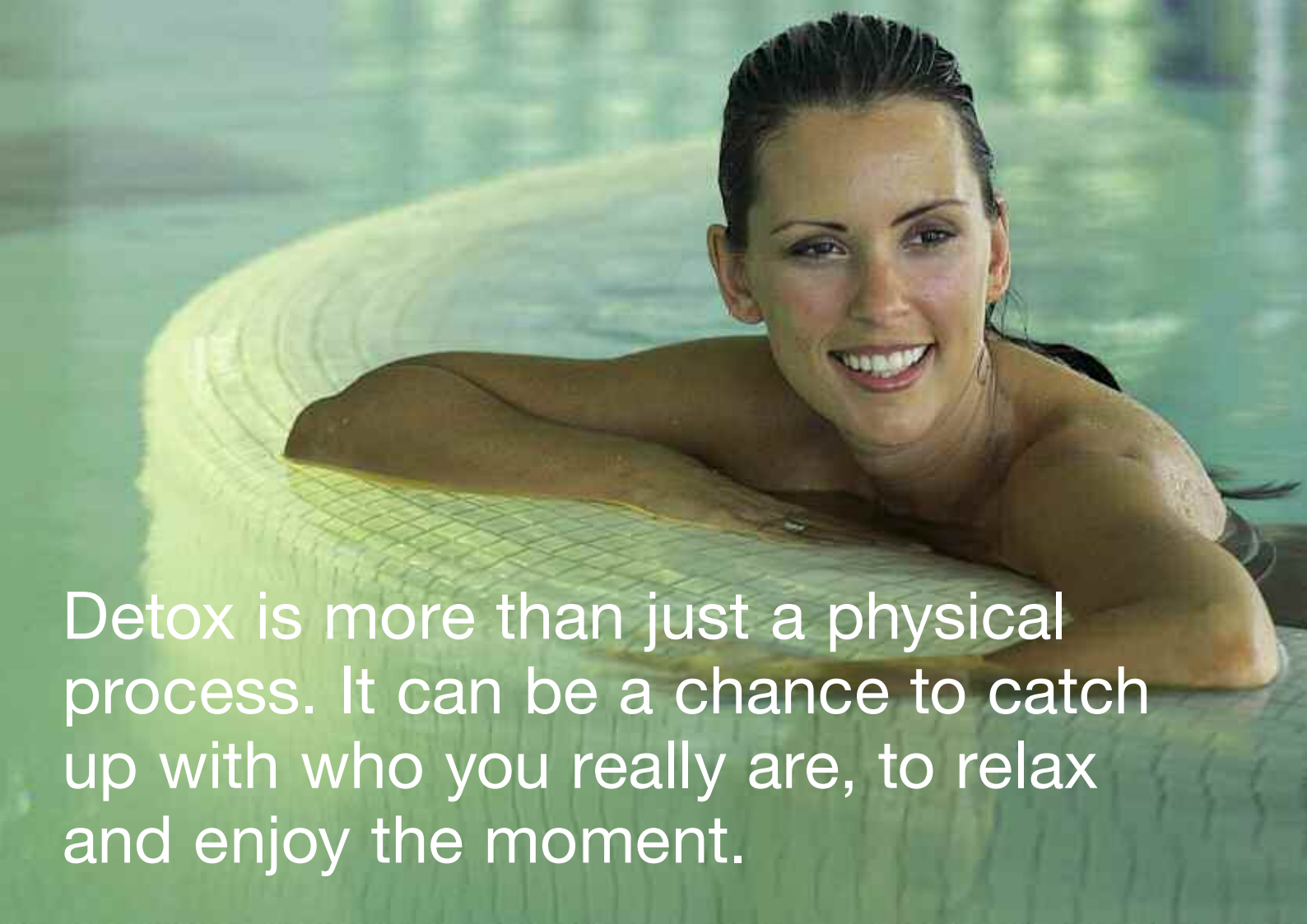
Your body needs a diet rich in alkaline-forming foods, particularly fruit and vegetables throughout the seven / fourteen day detox programme to support your internal pH and to assist the body's natural detoxification process. We consider that a diet made up of 75% alkaline-forming foods is what we aspire to. For first timers we suggest DIET 1, and for the more experienced we suggest DIET 2. If you wish you could do a combination with the five food diet during the middle days of the detox. See Detox Menu Planner to choose your own programme.

Please note, using urine or saliva, pH can be simply measured (as many a past chemistry student will know) with pH papers.

The following are dietary recommendations whilst undertaking the seven or fourteen day home detox:

- **Start the day with a glass of warm, or hot, water with a slice of lemon. This is very cleansing and also stimulates the digestive juices.**
- **Aim to consume 1-2 glasses of fresh fruit / vegetable juice per day. (8-10oz glass).**

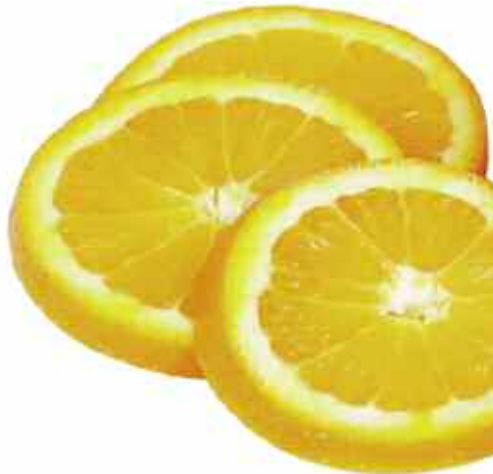




Detox is more than just a physical process. It can be a chance to catch up with who you really are, to relax and enjoy the moment.

Diet 1: The alkaline diet

Look at the table to your right. Ideally, your diet should ONLY consist of foods in the ALKALINE FORMING FOODS column, rather than those listed in the red, ACID FORMING FOODS column. If you base your diet around 40% grains, 20% protein, 40% fruits and vegetables, this is what we aspire to. Please note that this is a temporary measure for detox purposes only!



	Alkaline Forming Foods	Acid Forming Foods – to be removed from the diet during the detox regime
Grains	Brown rice, millet, oats, quinoa. Rice milk can also be taken.	Wheat – especially white breads, pasta, biscuits & cakes. Processed grains and cereals.
Protein pulses & animal proteins	Lentils, lima beans, chickpeas, kidney beans, pinto beans, butter beans, hummus. Unsalted nuts and seeds, such as, cashews, almonds, brazils, pine nuts, sesame seeds, pumpkin seeds, sunflower seeds. Almond milk. Sprouted beans e.g. mung beans, alfalfa. Eggs, fish and soya products in strict moderation – 2 portions of each weekly.	All meat and meat products. All dairy and dairy products.
Vegetables	All vegetables, especially salad greens. Also include vegetable juices where possible. Yams, squash and sweet potatoes are also included. Olives.	
Fruits	All fruits & juices, including dried fruits (if possible, go for un-sulphured). Limit bananas to every alternate day.	
Condiments & sweeteners	Apple cider vinegar, molasses, fresh or dried herbs, raw honey, maple syrup.	Sugar, bottled salad dressings, artificial sweeteners, distilled vinegar.
Oils	Cold-pressed, organic olive oil, cold-pressed, organic flax seed oil.	Animal fats, hydrogenated fats, fried foods.
Seasoning	Fresh or dried herbs and mild spices. Garlic.	Salt, foods containing high salt levels.
Other	Drink approx. 2 litres of filtered / mineral water (still) each day. Herb teas & fruit teas. Dried herbs & mild spices	ALL processed or canned food, coffee, tea, alcohol soft drinks, fizzy drinks.

Diet 2: The five food diet – for experienced detoxers

The following diet is not recommended for first timers. It is designed to promote maximum cleansing whilst still providing food energy. Ideally, use only organic produce.

This diet is in addition to 2 fresh juices per day.

Diet 2	
Choose from the following foods only	Apples, Carrots, Brown Rice (any type), Lentils (any type), Onions and garlic
Allowable condiments and seasoning	Ground black pepper, fresh or dried herbs and flax oil. No added salt!

Detox super foods

Apples

Apples have been valued for centuries for their health giving properties and now we understand why.

They contain cellulose, the type of fibre that bulks the stool and are also rich in pectin, a water-soluble fibre that helps to remove toxic waste. Pectin is a natural chelating agent for toxic heavy metals such as cadmium, mercury and lead and can also help to lower cholesterol.

Onions and Garlic

These are both good sources of sulphur-containing amino acids which aid detoxification in a process called sulphation. This means that toxins can be transformed and eliminated more effectively by having sulphur stuck to them. Cooking with large quantities of garlic and onions is highly recommended.

Seeds

As well as containing valuable essential fatty acids, seeds are also high in the minerals zinc and selenium. These two minerals are key antioxidant minerals.

Lentils and beans

These contain glutathione, one of the most important antioxidants which play an important role in supporting our natural defenses against pollutants from car exhaust carcinogens, infections, toxic metals and excessive alcohol.

Sprouted beans and seeds

This family of food provides extra vitality in the form of enzymes, vitamins and minerals. They are especially rich in antioxidants that help to reduce free-radical damage.

Nuts

These contain essential fats and provide a good source of protein.

Flaxseed oil (Linseed Oil)

Plays an important role in supporting our body's natural energy levels, hormone system, immune system and plays a role in supporting our cardiovascular health. Take 1-4 tablespoons per day. Never use this oil for cooking as it becomes damaged at high temperatures.

Kelp / seaweed

Kelp is a rich source of iodine, iron, calcium and zinc. It helps to support our thyroid function.





How to prepare your food

Buy **ORGANICALLY GROWN** food where possible. Avoid ready-cut vegetables or fruit as we feel they may lose the majority of their nutritional value before they get to you.

As often as possible, fruit and vegetables should be eaten with their skins on – most of the vitamins and minerals are found just beneath the skin itself. If they are organic they just need to be scrubbed, rather than peeled.

Steaming is the optimum form of cooking in terms of maintaining the nutritional content of the food. If you boil, use as little water as possible and use a lid to stop the steam escaping. Stir-frying is a healthy method of cooking and can be used without limit.

The 7 day detox plan

7 day detox plan		
AM	Body Brushing Hot water and lemon	
Breakfast	Detox breakfast from menu planner	2 x Colon Support Formula 2 x Detox Support Formula
Lunch	Detox lunch from menu planner	2 x Colon Support Formula 2 x Detox Support Formula
Snack	Fresh juice – either fruit or vegetable or combination mixed with 28g of Bentonite Clay	2 x Detox Support Formula
Dinner	Detox dinner from menu planner	2 x Detox Support Formula 1 x Pro-otic

Post cleanse support

Continue to take 1 x Pro-otic for 7 days following the detox
(the amount of capsules in your box regime accounts for this)

The 14 day detox plan

14 day detox plan		
AM	Body Brushing Hot water and lemon	
Breakfast	Fresh fruit juice from menu planner, mixed with 57g of Bentonite Clay	2 x Colon Support Formula 2 x Detox Support Formula 1 x Milk Thistle
Lunch	Detox lunch from menu planner	2 x Colon Support Formula 2 x Detox Support Formula
Snack	Fresh juice – either fruit or vegetable or combination	2 x Colon Support Formula 2 x Detox Support Formula
Dinner	Detox dinner from menu planner	2 x Detox Support Formula 1 x Pro-otic

Post cleanse support

Continue to take 1 x Pro-otic for 7 days following the detox
(the amount of capsules in your box regime accounts for this)

Never
underestimate
the power
of juicing.



The detox menu planner

Juices

Fresh fruit and vegetable juices lie at the foundation of detoxification. A fresh juice is the easiest form of food to digest, making it the simplest, fastest, and most efficient way to get nutrients and enzymes into your body. Within minutes after drinking a glass of fresh juice, nutrients enter your bloodstream and produce the energy you need for rejuvenation and detoxification. In short, juices cleanse, rebuild and rebalance your entire system.

Whilst on the 7 day or 14 day detox drink 8-10oz of fresh juice twice a day between meals or as a meal replacement for one meal. It's best to drink your juice on an empty stomach for optimum absorption. Drink the juice immediately or within 15 minutes of making it, as the live enzymes will begin to deteriorate after this time.

Which juices?

In a nut shell, fruit juices are the cleansers, and vegetable juices are the toners and builders. For detox purposes, we suggest, mainly using fruit juices with one vegetable juice every alternate day.

The only rule you need to remember when juicing is not to combine fruit and vegetables... OTHER THAN apples and carrots which may cross over.



Fruit juices

Try these Fruit Juices:

Apple, carrot and ginger

Orange, carrot and ginger

Apple and carrot

Orange and ginger

Pear and apple

Pineapple and orange

Orange, lemon and grapefruit

There is a multitude of delicious combinations... just experiment!

Other fruits which juice well are: cranberries, strawberries, raspberries, watermelon and pomegranates.

Try these Vegetable juices!

Carrot and ginger

Celery, cucumber and apples

Cucumber, cabbage and apple

Beetroot, apple and cucumber

Fennel, apple, cabbage and celery

Carrot, beetroot and celery

Other vegetables which juice well include: Kale, watercress, lettuce, fennel. Don't forget you can also juice herbs, such as parsley and dandelion leaf, although you will need a specialist juice machine for these.

You can add a teaspoon of spirulina powder to juices for an extra nutrient boost, especially if it is a meal replacement.

For more details on juicers please see www.nutrigold.co.uk

Detox breakfast options

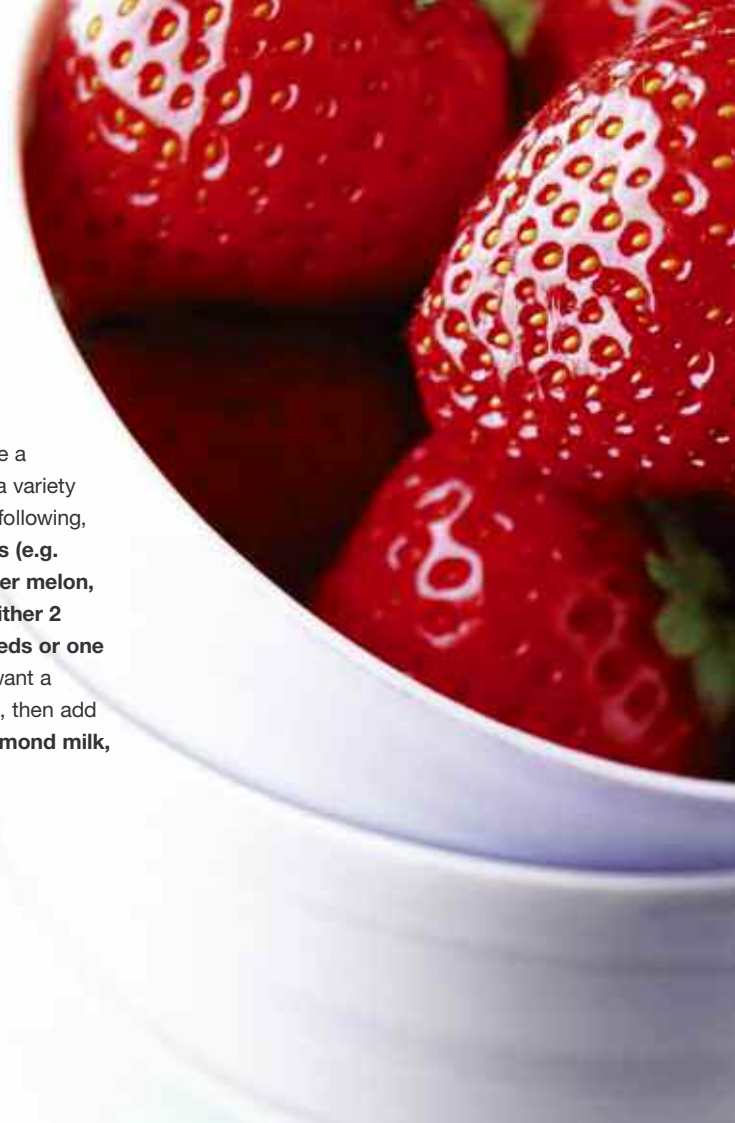
Millet or oat porridge (made with water) and served with either rice milk, oat milk or almond milk. Add a teaspoon of raw organic honey or organic maple syrup if desired. Sprinkle a handful of mixed ground seeds on top e.g. sesame, pumpkin, sunflower, linseeds. Seeds can be ground easily using an electric coffee grinder and stored for a few days in a tightly sealed jar. You could also serve with stewed apples and raisins.

Fresh fruit salad. Any combination of chopped fresh fruit, plus a few nuts.

Wheat free, sugar free muesli. You can make your own using a combination of millet flakes, rice flakes, rolled oats, chopped nuts, seeds, and chopped dried fruit. Muesli is more easily digested if it has been soaked for at least 2 hours before eating. Soak in a milk alternative of your choice. Add some grated apple before serving.

Rice cakes or oat cakes (wheat-free) with nut butter or hummus.

Fruit Smoothie. Smoothies make a great breakfast and can include a variety of ingredients. Choose from the following, blend and drink! **Fresh soft fruits (e.g. berries, bananas, mangos, water melon, kiwis, pineapple, pears).** Add either **2 teaspoons of mixed ground seeds or one teaspoon of linseed oil.** If you want a thinner, more drinkable smoothie, then add one of the following: **oat milk, almond milk, rice milk, water.**



Detox lunch options

Fresh mixed salad. Use a variety of organic vegetables (depending what's in season) to make your salad as interesting as possible.

Choose from the following (and more):

lettuce (various types), broccoli florets, sliced red or green cabbage, grated carrot, olives, spinach leaves, tomatoes, cucumber, thinly sliced salad onions, grated raw beetroot, grated raw parsnip, fennel, celery. You can add **toasted seeds, nuts** or **beans** for protein.

Mixed bean salad

Use any 3 varieties of beans tossed in salad dressing and served on a bed of mixed green leaves and slices of avocado.

Simple salad dressing:

3 tablespoons of Olive oil or Flaxseed oil
1 tablespoon of lemon juice or apple cider vinegar
Fresh herbs & raw garlic (optional)

Home-made vegetable soups

For winter detoxing, a hot soup may be more attractive!

Make a soup from fresh vegetables and add either lentils or beans to thicken. Serve with oatcakes or rice cakes.

Baked potato and salad / hummus / bean salad.



Detox dinner options

Vegetable stir fry. Use a combination of some of the following vegetables. Onion, garlic, peppers (any colour), courgettes, broccoli, cabbage, mushrooms, fennel, carrots, parsnip, celery, bean sprouts. Stir fry in Olive oil only. Other additions include: coconut milk, nuts, seeds, beans, bean spouts, tamari or shoyu sauce, fresh herbs to garnish. Stir fries can be served with a variety of grains e.g. brown rice, quinoa, millet.

Baked potatoes and hummus and fresh salad.

Bean casserole and brown rice. Use a variety of vegetables, adding herbs for flavour. You can use a variety of beans, such as kidney beans, chickpeas, lima beans. Serve with a grain.

Roasted vegetables. Cut a combination of vegetables into chunks and liberally cover with olive oil and herbs before roasting in a hot oven. Serve with a grain.



Snacks

For snack ideas try the following:

- Half an avocado with linseed oil and lemon juice (guacamole)
- Rice cakes and hummus
- Raw vegetable sticks e.g. carrots, celery and a handful of unsalted nuts or seeds
- Fresh fruit and a handful of unsalted nuts or seeds
- Nuts (unsalted) and raisins
- Raw vegetables & guacamole (avocado) dip or hummus
- Toasted seeds – pumpkin, sunflower etc.
- Toasted seeds and raisins
- Rice cakes with tahini or a nut butter
- Wheat-free oatcakes with a vegetable paté
- Sprouted grain bread or rye bread with hummus
- Dried fruit and nut

A snack is more sustaining if it is a combination of carbohydrate and protein (and oils) e.g. Rye bread and hummus, apple and seeds, avocado on rice cakes.



Special detox broth

To increase the level of organic minerals consumed during your detox, you can make a mineral-rich broth to consume every day. In summer it can be taken chilled and in other seasons, warm.

Use the following vegetables:

Celery, potatoes, carrots, green cabbage, onions, garlic.

Cut the vegetables into large chunks, simmer in filtered water for approx. 40 minutes, adding herbs or mild spices (e.g. cayenne pepper), but **NO SALT**. Strain off the liquid and drink!

Recipe ideas: This is a guide to how to eat during the 7 day or 14 day detox. By keeping exclusively to alkaline-forming foods you will achieve the greatest levels of detoxification and rejuvenation. Have a look at vegan and vegetarian recipe books for more recipe ideas or be creative and just experiment!



Food guide – eat each day

**2 heaped teaspoons of ground seeds
or one tablespoon of linseed oil**

2 fresh juices

**2 servings of protein – nuts, beans,
lentils, quinoa**

2-3 servings of whole grains

Plenty of fresh fruit

Plenty of fresh vegetables

2 litres of fresh water

Eat when relaxed and chew well! In order to consume all the vegetables you are required to during the detox regime, consider the many ways in which you can prepare them – a large bowl of home-made vegetable soup, large fresh salad, cooked vegetables with the main meal. In this way, vegetable consumption can be broken down into manageable amounts.



Taste and emotion

For many, this programme may be your first encounter with the taste of pure, natural foods. It is possible you will experience cravings for your 'usual' range of foods. However, in order to optimise results it is important to keep to the suggested regime. Try to be as creative as you can in making your meals interesting and enjoyable.

Many of us have an emotional relationship with food, often known as 'comfort eating.' This regime can offer a great opportunity to step into a new paradigm where food has a value beyond taste or emotion. We feel that one's food choices have a direct impact your health and wellbeing and this regime offers a chance to experience this firsthand. If you are having a difficult day, try to focus the energy you're using to resist the foods you can't have into creating something tasty and delicious which you can have!



Body brushing

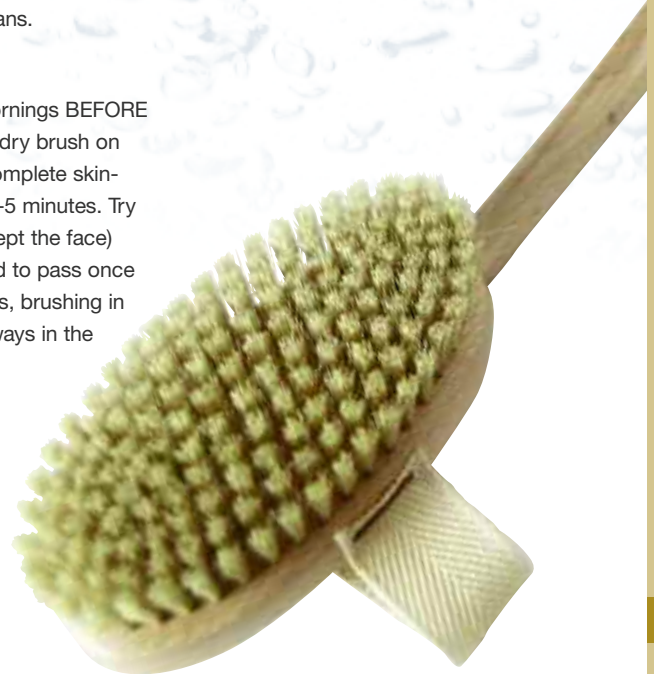
Dry Skin-Brushing

Dry skin-brushing aids elimination through the skin – and a lot more besides! Your skin is often called ‘the third kidney’. In other words, if your skin is eliminating toxins properly, then this takes the stress off the kidneys. Dry skin-brushing is one of the most powerful ways to cleanse and exfoliate the skin. In addition, it cleanses the lymphatic system. Waste material is carried away from the cells by the blood and lymph. Skin-brushing stimulates the release of this material from the cells near the surface of the body. It also stimulates the sweat glands as well as increasing blood circulation to underlying organs and tissues in the body. Today, a sedentary lifestyle and general lack of exercise, together with the common use of anti-perspirants, keep people from perspiring enough. As a result, toxins and metabolic waste are not released through sweat as they were intended, but instead, back up into the

body. Skin-brushing opens up the pores, allows the body to breath and thus enhances proper functioning of the organs.

How to Skin-Brush

Brush the skin daily in the mornings BEFORE your bath or shower. Use the dry brush on dry skin, and then wash. A complete skin-brushing should take about 4-5 minutes. Try to cover the whole body (except the face) when brushing. You only need to pass once over the body in clean sweeps, brushing in long stroking movements, always in the direction of the heart.



Types of enema

Coffee enema

Coffee has a very different function in an enema and does not impact on the body in the same way your daily cappuccino does! When coffee is used as part of an enema, the coffee stimulates the liver to release bile by absorption of the coffee into the haemorrhoidal vein and the portal vein. In effect, you are giving two of your main organs of detoxification – your liver and your colon – a helping hand.

Preparing a coffee enema

Boil 3 dessert spoons of Organic ground coffee in approx. one pint of filtered or bottled water for 3 minutes. Then simmer on a very low heat for 20 minutes. Filter the coffee water through a strainer into a measuring jug and make up to approx. 1litre / 2 pints of body temperature liquid. Remember, the coffee must be organic.

Herbal enema

For those who do not fancy the coffee, there is the option of the herbal enema. Herbal enemas help the liver and bowel in the detox process but are milder in their effect than the coffee enemas. The liver enema herbs are also ideal for those on homeopathic remedies when coffee may be contra-indicated.

Preparing a herbal enema

Place 4 teaspoons of enema herbs in a measuring jug. Add half a litre of boiling water and leave to infuse for 15 minutes. Strain, and make up to approx. 1litre / 2 pints of body temperature liquid. Remember always to use filtered water for enemas.

Garlic enema

Garlic can also be used in an enema and is profoundly purifying. It is an excellent treatment for people who have candida, yeast infections or other parasites, including

worms! It also helps to ward off an impending cold!

Preparing a garlic enema

Liquidise 1 clove of garlic in 1 pint of purified or distilled water and strain. Make up to 1 litre / 2 pints of body temperature liquid.

Please note that enemas are an optional extra to the home Detox regime and although we feel they have great value, they are not essential.

To do an enema

To do an enema

You can lubricate the nozzle of the enema kit with some oil or Vaseline. Then hang the enema bag about 2-3 feet from the ground – a door handle is an ideal height. Make sure the enema bag tap is closed, and then fill the enema bag. Let the air out of the tube until it is filled with the solution and then turn off the tap again. Lie on your right side with knees towards your chest, and press the lubricated tip of the rectal nozzle into the rectum until it is firmly in place. Turn the release tap and let the liquid begin to flow into the rectum. You can control the flow with the tube tap if it begins to get uncomfortable. If the water hits a block of impacted faeces, you can stop the flow and massage the area, and then continue once the pressure eases off again. Try to keep the enema liquid held in for at least 15 minutes... longer if possible. Half an hour is ample time. If you find that you can only

manage to keep it in a short time, try reducing the strength and volume of the solution in the water and you can slowly build up to the optimum amount. As the bowel condition improves, it will be easier and easier to retain all the liquid with minimum discomfort. Often, when a strong urge to release comes, it usually only last for a minute or so, and if you breath quickly you will find the urge passes and you can carry on.



Enema schedule

Enemas can be done several times a week, even daily if you feel the need, when on a detoxification programme. The bowels continue to operate independently even when taking enemas regularly and start functioning easily on their own after the enema is discontinued. If you are using supportive therapies such as MLD (manual lymph drainage massage) then the enema is recommended after a lymph massage to cleanse the colon of the lymph which has drained into the bowel.

Please note:

The use of daily enemas is recommended **ONLY** as part of the Home Detox. Please consult your natural health practitioner for advice about continued use.

Warning Do not undertake a detox programme if you are pregnant or currently trying to become pregnant. If you are on any prescribed medication, or you have any health concerns always speak to a consultant before undertaking such a regime.

Epsom bath salts

Detoxing needn't be hard work! Relaxing in a lovely warm bath of Epsom salts will help to draw out toxins from the blood and takes the stress off the liver and kidneys. Many of the symptoms produced by the body's natural detoxification process, such as headaches, fatigue, strong body odour and nausea, can be supported by an Epsom Salt bath. Use about 1-2kg of Epsom salts and soak yourself for about 20 minutes. You can enhance the experience with candles and relaxing music.



Complementary therapies

Whilst detoxing there is a range of complementary therapies which can assist you in the process. These include colonic irrigation, lymphatic drainage massage, therapeutic massage, acupuncture and reflexology.



Additional advice

Who shouldn't detox?

Do not undertake a detox programme if you are pregnant or currently trying to become pregnant. If you are on any prescribed medication, or if you have any health concerns always speak to a consultant before undertaking a detox regime.

Note: Medical doctors seldom, if ever, have any education or experience with cleansing, fasting, herbs, or with organic electrolytes. Therefore you may prefer to consult with a naturopathic physician rather than an M.D.

For more advice please feel free to call 0845 603 5675



The next steps

Detoxing in your normal home environment can be quite a challenge. This was the main reason behind the establishment of Spain-Detox, a retreat company offering 7 day residential detox retreats in Spain run by Amanda Hamilton and Midi Fairgrieve. During a retreat you are able to take detoxing to a more profound level and relax

and rejuvenate in the peace and tranquility of beautiful surroundings. There are also specialist detox weeks for fertility for those having trouble either becoming pregnant or maintaining a pregnancy. **Special offers are frequently available.**



Resources



To order the Amanda Hamilton / Nutrigold 7 and 14 day Home Detox kits, or for your additional supplies of food supplements, including enema kits & books, or if you need any further nutritional advice please feel free to call Nutrigold on **0845 603 5675**. Or save up to 5% by ordering online at **www.nutrigold.co.uk**

For a more complete detox you may want to consider visiting the Detox Residential Retreat **www.chrysalishealth.co.uk**
Info line **0871 890 1331**



NUTRIGOLD[®]
L I M I T E D

PO Box 13289, Birmingham, B30 9BB
Tel: 0845 603 5675 Fax: 0845 603 5690
web: www.nutrigold.co.uk
email: talk2us@nutrigold.co.uk