

DETOX

YOUR GUIDE TO DETOX



Metagenics

Genetic Potential Through Nutrition

Recommendations for a Successful Detox.

A COMPREHENSIVE DETOXIFICATION PROGRAM IS THE BEST WAY TO ACHIEVE THE MOST FUNDAMENTAL IMPROVEMENTS IN YOUR HEALTH.

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WELCOME TO THE NEW YOU!

Congratulations on making the commitment to better health. With your Practitioner's support, following a detoxification program can be one of the most effective tools for rapidly improving the state of your health. This booklet is your guide to the detoxification program, and provides you with all of the tools that you will need to safely and successfully complete it.

THE MAIN FEATURES OF THE PROGRAM

- Reducing toxin exposure through dietary and lifestyle changes;
- **Weed** - Removing bad bugs from your digestive system
- **Seed** - Replacing the bad bugs with healthy ones;
- **Feed** - Improving your digestive function;
- **Speed** - Increasing the rate at which your body removes toxins;
- Making long term changes to prevent becoming toxic again.

SAFETY

Your safety and comfort during detoxification is important. For this reason, please quickly review the following points.

Pregnancy

- Detoxification should not be attempted during pregnancy, it is however ideal as a preconception program. If you fall pregnant, you should stop the program and contact your Practitioner.

Medication

- Detoxification has the potential to change the way some medicines work. If you are taking prescription medications then discuss this with your Practitioner.

Side Effects

- Occasionally people experience adverse symptoms during detoxification, such as nausea, changes in bowel function or headaches. Generally these are short term and will resolve without any intervention; however you should discuss them with your Practitioner if they are severe or last for more than a week.

QUICK START

The next few pages contain some important information about the causes of toxicity and how toxins can affect your health. If you are already convinced, and just want to get started, then you can turn straight to page 12 and begin the program.

WHAT IS TOXICITY?

Toxicity is literally how poisonous a substance is. Some things are very poisonous, and even a small amount can be very harmful (e.g. arsenic). Many substances are slightly poisonous, so that small amounts are able to be removed without harm. If you have a large exposure to these milder poisons (e.g. pesticides), then over time they can overwhelm your ability to “detoxify” or remove them from your body. Also, an exposure to several mild poisons at once is much more dangerous than one at a time.

One of the body’s defence mechanisms when faced with toxicity is to store the harmful chemicals in your fat tissue. This means that these poisons can be stored for many years in our tissues, becoming an ongoing source of ill health.

HOW DO YOU MEASURE TOXICITY?

Your Practitioner may conduct some of the tests below to monitor your toxin levels. This is to help determine how long you will need to follow the program for.

TEST	WHAT IT MEASURES
Urinary Indican	Levels of bad bugs in your digestive system.
Zinc Tally	Your level of zinc, an important detoxification mineral.
Hemaview™	Assess toxicity by looking at your blood cells.
Bioimpedance Analysis	Cell function and inflammation.

Your Practitioner may also recommend external pathology tests such as hair mineral analysis or stool analysis for specific situations.

SOURCES OF TOXIN EXPOSURE

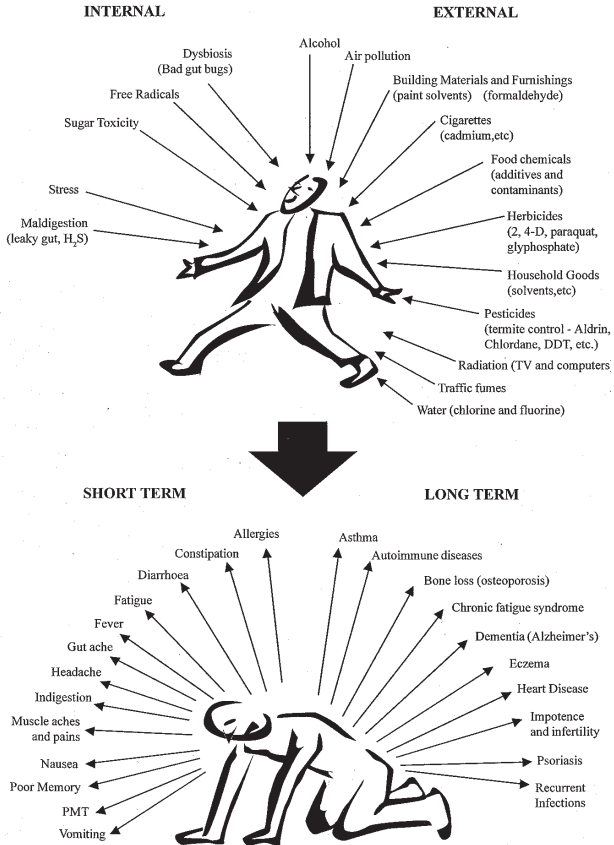
Toxins come in two broad categories, environmental (external) and endogenous (made in your body). Environmental toxins include metals, chemicals, hormones, bacterial and microbial toxins that are present in the air, water and food that we consume. Endogenous toxins include hormones and other chemicals that are produced in the body, and chemicals produced by bugs in your digestive system which enter your bloodstream (see Figure 1).

SYMPTOMS AND SIGNS OF TOXICITY

Any disease can be made worse by toxicity, however some of the most common signs include:

- Recurrent headaches
- Muscle aching and weakness
- Nerve pain or numbness
- Recurrent infections
- Infertility
- Poor short-term memory and concentration
- Adverse reactions / sensitivity to environmental chemicals, odours and/or nutritional supplements
- Chronic fatigue and lethargy
- Depression, anxiety and/or mood swings
- Anaemia

Figure 1. YOU ARE EXPOSED TO TOXINS EVERYDAY



WHY DO SOME PEOPLE GET SICK FROM TOXICITY AND SOME DON'T?

There are two factors which influence the toxic exposure of your body, and its impact on your health. The first is the amount and type of toxin that you are exposed to; the second is the resources your body has to deal with it, or how well you “detoxify”. That is why two people with similar toxic exposure can respond very differently, with one having no noticeable effects and the other developing chronic illness. The first person has a better capacity to detoxify.

This program is designed to address both issues, by reducing your toxic exposure, and also improving your detoxification ability.

Factors that influence detoxification capacity are:

- Liver and kidney function
- Nutrient intake and stores
- Bowel function
- Stress
- Sleep
- Digestion and absorption of food

WHAT IS THE SAFEST WAY TO REMOVE TOXINS?

Most people with toxicity develop a problem called “leaky-gut syndrome” (intestinal permeability). In a healthy digestive system, the lining of the digestive system is a very good filter, allowing beneficial nutrients like vitamins and amino acids to pass into the bloodstream, whilst keeping toxic bacteria and waste products of digestion within the bowel.

This filter is easily damaged by infection, medications and toxic bacteria, which then leads to the unregulated transport of large quantities of partially digested foods and bacteria into the body. Some of this debris is transported to the liver where it then has to be processed and removed.

This places a tremendous stress on the liver, and eventually a percentage of this material escapes capture by the liver and it ends up entering the general circulation, where it can lead to many of the symptoms of toxicity. As a result, “leaky gut syndrome” results in a great deal of stress upon the immune system, the liver and virtually every other organ or system of the body (see Figure 2). Naturopaths have always taught that the digestive system is the source of health and disease, and our modern scientific understanding has proven this to be the case.

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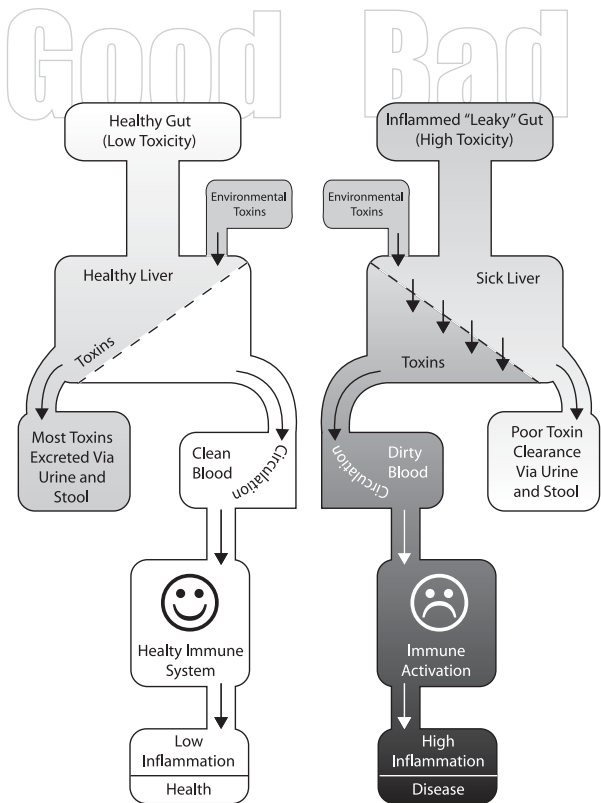


Figure 2 – How your digestive system can make you toxic.

This means of course, that you cannot successfully detoxify the body (or cleanse the liver) without having treated the digestive system and repaired the lining of the gut. This is like replacing the oil in your car without replacing the filter; the oil is going to be ruined very quickly.

That is why we recommend a four-stage process:

1. Remove bad bugs from the digestive system.
2. Replace bad bugs with beneficial bacteria and repair the lining of the digestive system.
3. Cleanse and detoxify the liver and other organs of waste removal.
4. Wellness program to maintain health and prevent retoxification.

THE DETOX PROGRAM OVERVIEW

Tests



Optional Bowel Purge



Stage 1 – Weed 2-8 weeks	Remove bad bugs from the digestive system	Parex 3 tablets twice daily Ultra Probioplex 2 capsules twice daily
Additional / Alternative Product	Name:	Dose:

Stage 2 – Seed & Feed 2 weeks	Replace bad bugs with beneficial bacteria (probiotics). Repair the lining of the digestive system	Ultra Flora Immune 1 capsule twice daily or Ultra Flora SB Dysbiosis 1-2 capsules twice daily or Ultra Flora Restore 1 capsule twice daily or Probex 1 capsule twice daily Glutagenics 1-2 teaspoons twice daily
Additional / Alternative Product	Name:	Dose:

Stage 3 – Speed 2-4 weeks	Cleanse and detoxify the liver and other organs of waste removal	Thermo Phase Detox 1 serve 2-3 times daily Phyto Pro 3 tablets twice daily
Additional / Alternative Product	Name:	Dose:

Stage 4 – Wellness Ongoing	Maintain health and wellness and prevent toxicity from reoccurring	Ultra Flora Prebiotic 1 serve daily Your guide to wellness (discuss with your practitioner)
Additional / Alternative Product	Name:	Dose:



Ongoing Wellness

OPTIONAL BOWEL PURGE

A bowel purge is where a laxative substance is used to create one or more watery bowel movements. This is beneficial as it can remove a large amount of toxic material from the bowel quickly, reducing the risk of any side effects during the detoxification process.

Your practitioner will instruct you as to whether you require this process or not. It should be avoided in people with active inflammatory bowel conditions or severe diarrhoea.

OPTION 1 - ALOE VERA JUICE 50 – 200ml before bed. This should be followed by 2-3 glasses of water.

OPTION 2 - MAGNESIUM SULPHATE (EPSOM SALTS) 2 teaspoons of powder mixed into water or Aloe Vera juice. This can be used instead of or in conjunction with the Aloe Vera juice to give a more powerful effect.



STAGE 1 - WEED

OBJECTIVE:

The first stage of the detox is to remove any unfriendly bugs that may be living in your digestive system. These can include bacteria, fungal organisms and also parasites and worms. These organisms directly produce toxins which are absorbed into the bloodstream, and they can also damage the lining of the digestive system. It is therefore essential to get rid of them so that the digestive system can be healed and the pressure taken off the liver. This stage can take between 2-8 weeks, with most people averaging 4 weeks. This depends on the amount of bad bugs and your practitioner may use the **Urinary Indican Test** to monitor your progress.

PAREX:

Dosage: 3 tablets twice daily, with meals.

Action: Parex contains a broad range of herbal medicines which have powerful antimicrobial actions. This formula is effective against bacterial, fungal and parasitic overgrowths in the digestive system.

(Parex Image)



ULTRA PROBIOPLEX

Dosage: 2 capsules twice daily, or 1-2 teaspoons twice daily for more severe cases, with meals

Action: Ultra Probioplex contains colostrum, a natural dairy product which supports healthy digestive function. It may assist with the removal of bad bugs from the digestive system and create a healthy environment for beneficial bugs to grow in.

IMPORTANT NOTE:

Ultra Probioplex should be stopped 48 hours before doing a Urinary Indican Test, as it may make the results inaccurate.



STAGE 2 – SEED & FEED

OBJECTIVE:

During the second stage, your practitioner will be replacing the bad bugs with beneficial ones called probiotics. These have a number of healthy actions, including controlling bad bugs, reducing inflammation and helping you to absorb nutrients effectively. Once established, they function like a small army inside your body, protecting your digestion and removing invading organisms. If you eat a healthy diet and avoid medications like antibiotics, they will thrive in your digestive system and help keep you healthy for many years. In addition, your practitioner will recommend a supplement to speed up the repair of your digestive system, to keep bad bugs and other toxic substances from entering your bloodstream.

PROBITICS

Your practitioner will choose the most suitable probiotic from the list below for your detox.

ULTRA FLORA IMMUNE

Dosage: 1 capsule twice daily, 30 minutes before meals

Action: Ultra Flora Immune contains 3 unique strains of beneficial bugs. These particular strains have been scientifically tested and proven to assist with rebalancing the immune system. This combination is particularly helpful for people with allergic conditions such as hay fever and atopic dermatitis (eczema). It can also enhance immune response and may reduce the likelihood of recurrent infection.



ULTRA FLORA SB DYSBIOSIS

Dosage: 1 capsule twice daily normally, or 2 capsules twice daily with food for Candida overgrowth

Action: Ultra Flora SB Dysbiosis contains 2 beneficial bugs which help to control the overgrowth of harmful organisms. This combination may be useful to reduce overgrowth of Candida or other organisms, and for the management of infectious or traveller's diarrhoea. It may also be helpful to manage the side effects of medications such as antibiotics.



ULTRA FLORA RESTORE

Dosage: 1 capsule or ½ teaspoon twice daily, 30 minutes before meals

Action: Ultra Flora Restore contains the two most important beneficial bugs for a normal, healthy digestive system. Lactobacillus acidophilus and Bifidobacteria bifidus are the predominant organisms in a healthy digestive system, and they can be used to restore this balance. This is the ideal probiotic to use for preventative maintenance, or as part of a regular detox regime.



PROBEX

Dosage: 1 capsule or 1/3 rd of a teaspoon twice daily, 30 minutes before meals.

Action: Probex contains *Lactobacillus plantarum* 299v, a special strain of probiotic that has been shown to have a powerful anti-inflammatory action. It may be useful for cases of medically diagnosed Irritable Bowel Syndrome and inflammation of the digestive tract.



GLUTAGENICS

Dosage: 1-2 teaspoons twice daily, with food.

Action: Glutagenics contains glutamine, a nutrient that is essential for the health and growth of the cells lining your digestive system. It also contains Aloe Vera and Licorice, both of which have soothing and healing properties for inflamed tissues. This combination works with a probiotic to help normalise the health of the digestive system.



STAGE 3 – SPEED

OBJECTIVE: Now that your digestive system has been treated, we can turn our attention to your liver and other organs of elimination. This stage uses natural medicines that support and enhance the capacity of the liver to take wastes from the bloodstream, break them down and then remove them via the bowels and kidneys. Generally this stage will take 2 weeks, however if you have had significant toxin exposure, especially to solvents, pesticides or medications, then your practitioner may recommend to extend this to 4 weeks.

THERMO PHASE DETOX

DOSAGE: 1 serve (3 scoops) 2-3 times per day, with meals.

ACTION: Thermo Phase Detox is a blend of protein and other nutrients which provide the body with all of the requirements for successful liver detoxification. It also contains high levels of Milk Thistle, which protects the liver against toxic exposure.



PHYTO PRO

DOSAGE: 3 tablets twice daily with meals

ACTION: Phyto Pro contains some of the most active natural substances for enhancing detoxification of the liver, kidneys and other organs of elimination. It is also very high in natural antioxidants which protect the body during detoxification.



STAGE 4 – WELLNESS

OBJECTIVE: Congratulations – you have finished your detox! You should now find that your digestion functions better and you feel much healthier. You may also notice a reduction in any symptoms that you have been experiencing. It is important now that you take some steps to maintain this new level of health, and to prevent your system becoming toxic once again.

ULTRA FLORA PREBIOTIC

DOSAGE: 1 serve daily

ACTION: Ultra Flora Prebiotic is designed to be used as a maintenance product at the end of a detoxification or after the use of probiotics. A prebiotic is a source of nutrients which feeds and provides a healthy environment for probiotics to grow and thrive in. This product contains a special carbohydrate, galacto-oligo saccharide (GOS), which provides a food for the growth of healthy bacteria.



YOUR GUIDE TO WELLNESS

Your practitioner may recommend that you follow the wellness plan outlined in “Your guide to wellness”. This is a comprehensive diet, lifestyle and exercise plan that will ensure you maintain the health benefits that you have achieved from your detoxification program.



REGULAR DETOXIFICATION

One of the unfortunate facts about our modern life is that our environments are inherently toxic and becoming more so every day. Toxins have been discovered in the most remote places on Earth, such as the fish in the Arctic oceans. Science has also found that toxins accumulate within the fatty tissues of your body, so that over time these stored toxins can be released into your bloodstream.

For all of these reasons, it is recommended that you conduct a shorter, mini-detox every 6-12 months. Your practitioner can recommend a suitable time frame and detoxification program, as part of your ongoing wellness care.

LIVING THE DETOX LIFESTYLE

To make the most of your detoxification program, it is essential to reduce or avoid as many toxins as possible, so that your body has a chance to clean and repair itself. For most people, the main source of toxicity is their food (which we will discuss next), and the next biggest source is their lifestyle. Listed below are some essential and optional steps that you can take to give your body a fresh start.

THE ESSENTIALS

1. Exercise

As surprising as it is for many people to discover, our bodies are designed for regular physical activity (this doesn't include hunting for the remote control). We have a circulatory system which pumps blood and oxygen around the body, and this system has its own pump (your heart). We also have a second circulatory system called the lymphatic system, and this carries many toxins and wastes. Unfortunately this doesn't have an independent pump, and it relies on the big muscles in your legs and arms to pump the toxins out of the body.

You should aim for 30-40 minutes of moderate intensity aerobic exercise three to four times per week (such as brisk walking or swimming), plus one to two sessions of strengthening exercises such as weights, callisthenics, yoga or pilates.

2. Avoid Recreational Drugs

If you think this just refers to people that go to rave parties, then read on. The two most harmful recreational drugs in our society are tobacco and alcohol. If you use either of these regularly, then you should make a concerted effort to stop them, at least during the detoxification. There is some evidence that alcohol is beneficial in moderation, especially red wine, so you may be able to enjoy one to two glasses a day once your detox is finished, but you should avoid it for the time being.

Other recreational drugs will also interfere with the detoxification process, and should be avoided. If you experience any difficulties stopping using any recreational substances, then talk to your Practitioner. They will be able to offer you advice, support and a referral for specialist treatment if required.

3. Pure H₂O

One of the easiest things to do to get your system detoxifying better is to drink lots of water. Ideally the water should be as pure as possible, so buy a bottle, get a filter or a rainwater tank. Drink at least 1.5-2 litres of water per day, more if it is hot or when you are exercising. A good rule of thumb is that if your urine is not almost clear, then you need to drink more.

Water in alcohol, tea, coffee, soft drinks and iceblocks doesn't count unfortunately. The only changes we would recommend you make to your water is to add a little lemon, or some nice organic herbal tea – otherwise, just have it straight.

4. Detoxify Your Environment

Your home and work can be major sources of toxins. Try to eliminate or minimise your use of the following:

- Cleaning products (vinegar and other natural products are ok);
- Antiperspirants with aluminium;
- Pesticides and herbicides;
- Petrochemicals, paints, solvents, hair spray;
- Pollution from cars and factories;
- Mould, dust and animal fur (if you are sensitive).

5. Avoid Toxic Emotions and Stress

Ok, we're getting a little weird now, but lots of people have found that how you feel and how you think influences your health profoundly. Try to avoid being around negative, energy draining people. Choose to be positive, optimistic and focussed on improving your health. If you have a major stress in your life, enlisting the support of others to help can be useful. If you have lots of little stresses, practicing a relaxation technique like yoga, tai chi, meditation or prayer may be helpful. Ask your Practitioner for other suggestions on managing stress and natural supplements that can be helpful.

OPTIONS FOR GETTING THE MOST FROM YOUR DETOX

6. Dry Skin Brushing

Ask your Practitioner about dry skin brushing. Your skin is a major organ of elimination and dead cells accumulate, which prevent the skin being able to remove toxins effectively. Before you shower, spend five to ten minutes with a firm-bristled brush and scrub the skin of the arms, legs and back quite briskly. You will know if you are doing

it right because it is a little bit uncomfortable the first few times you do it, and your skin will be slightly red and tingly when you are finished.

7. Spa Treatments

Modern Spa's are a lot more than just a Jacuzzi. Many Health Spas offer treatments such as saunas, hydrotherapy baths, marine algae wraps, skin exfoliation and mud treatments. These treatments have a long traditional use for detoxification, and if nothing else, will certainly leave you feeling relaxed and stress-free.

8. Lymphatic Drainage Massage

Many massage techniques can accelerate detoxification, but Lymphatic Drainage is the most well known and specific for this task. It will help to cleanse the lymphatic system, and leave you feeling great as well.

THE DETOX DIET

The average human eats 25 tonnes (25,000 kg) of food over a lifetime! It is extraordinary that your body can take this variable (and often downright awful) supply that it is provided with, turn it into nutrients to run your body and remove the waste products. It hardly needs to be mentioned that one of the greatest impacts you can have on your health is to improve the quality of your diet, during your program and afterwards as well.

I don't care how healthy I will be – I'm not living on lettuce and mung beans!

There are as many diets and dietary recommendations available at the moment as there are meals for you to try them in. Many people find it bewildering and don't know where to start. The good news is that through clinical experience and backed by solid scientific research, we have found an eating program that is both achievable and effective for the majority of people who try it. This diet will leave you with plenty of energy for work, study, running a house or whatever else you choose to do. This diet is easy to implement, and will have you feeling great in no time. Your Practitioner may make some modifications to this diet, or give you another program entirely, depending on your state of health and sensitivity to foods.

SHOPPING LIST

- For the best outcome remember to avoid colourings and preservatives.
- Not all optional ingredients for recipes are in this list
- Where possible, buy organic. Always look for fresh, seasonal fruit and vegetables.

Read through this list and highlight

NUTS: Such as almonds, slivered almonds, walnuts, macadamia, brazil nuts, LSA mix
Avoid: Peanuts

VEGETABLES: (choose a range of the following) Capsicum , Mushrooms, Broccoli, Lettuce such as Rocket, Cos lettuce, curly lettuce, Fresh beetroot , Carrot, Avocado, Snow Peas, Fresh Beans, Onions, Garlic, Pumpkin, Zucchini, Bok choy, English Spinach, leeks, sweet Potato, Asparagus, parsley.

Avoid: Potato

FRUIT: choose a wide range except for Bananas and Oranges – most convenient will be either frozen berries, and or strawberries.

Dried Fruit: This is strictly to be kept to a minimum, no more than $\frac{1}{4}$ of a cup a day. Choose Figs, Prunes, Dates, Sultanas, Mango. Choose dried fruit that is not processed with sulfite preservatives

Avoid: Bananas or mixed fruit balls or processed bars.

EGGS: Free range preferably

MEAT, FISH OR MEAT SUBSTITUTES: Preferably Organic Poultry and Organic Free range Eggs

Fish such as Salmon, Snapper, Barramundi, Cod, Perch, Lamb steaks (these are lean with very little fat), Tempeh or Tofu.

Good Quality canned fish such as Sardines, Salmon, and Herring

Avoid: crumbed fish, Sword fish, Tuna or Flake. Processed meats (sausages, bacon, salami, devon etc), smoked fish or processed meat substitutes such as soy sausages .

GRAINS: Brown Rice, Whole organic oats, Quinoa, Spelt

Avoid: Wheat products (bread, pasta, noodles, biscuits, cakes etc).

PULSES & LEGUMES: Chick Peas, Lentils,

BREADS AND BISCUITS: Gluten Free Bread, 100% Rye Bread, Spelt Bread, Essene Bread.

AVOID: Wheat Bread (white, wholemeal, multigrain)

SNACKS: Sunflower seeds, pumpkin seeds, Almonds, Dried Fruit (such as figs, prunes, dates in moderation). Rice Cakes and rice crackers are ok in moderation. Gluten Free biscuits may be eaten occasionally as a treat, but try to avoid all together.

CEREALS: Rice Flakes, Organic (unsweetened) muesli, whole oats. Try mixing LSA (Linseed, Sunflower and Almond meal) and almond meal into the cereals. Lecithin granules can also be put onto cereals.

Avoid: Wheat based cereals, cereals that are highly processed and full of sugar.

HERBAL TEAS: Green Tea (no milk or sugar), Peppermint, Lemon & Ginger, Chamomile.

SAUCES: Good quality Soy Sauce or Tamari Sauce
Avoid: all other sauces, mustards, pickles, dressings

DRESSINGS: Use Olive Oil as a dressing with a squeeze of lemon

DAIRY: Use only plain yogurt, Low Fat Mozzarella cheese

OTHER FLAVOURS: Ground Nutmeg, marjoram, sea salt, kefir leaves

OILS: Olive oil and Sesame oil

FOURTEEN-DAY MEAL PLANNER

WEEK 1:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	3-4 poached eggs with tomato and mushrooms	Berry Smoothie with LSA	3-4 eggs in an omelette with English spinach	Scrambled eggs, 3-4 eggs	Zucchini Fritters	3-4 Scrambled eggs with tomato, mushroom and feta	Strawberry smoothie with LSA (2 serves)
Mid-morning	Handful of mixed nuts	2 small garlic and soy chicken drum sticks	2 portions of fruit	1 Ultra Meal Bar	Handful of mixed nuts	2 small garlic and soy chicken drum sticks	Handful of mixed nuts and dates
Lunch	Shish Kebabs	Tofu and Vege stir-fry	Mediterranean Salad	Chicken Caesar salad	Marsala Chicken Vege Curry	Simple summer salad, with can of tuna/salmon	Soy and garlic kebabs
Mid-afternoon	Handful of mixed nuts	1 Ultra Meal Bar	Tuna Treasure Salad	Garden Salad	2 Small Chicken Drumsticks	Berry Smoothie	1 Ultra Meal Bar
Dinner	Grilled Salmon Steaks with Dill Butter Sauce	San Choy Bow – flavoured pork mince on fancy lettuce	Thai Lime Chicken and Sesame stir-fry	Almond Crusted Fish	Tuna Treasure Salad	Chicken Salsa	Steak with garlic and zucchini
Notes	Use Soy Sauce to add flavour	Make your own olive oil and lemon dressing	Try plain yoghurt on the fruit	Make your own dressing for salad	Use Soy Sauce to marinate chicken wings	Add pinenuts into salad for a more nutty taste	Use Soy Sauce for flavour on skewers
Exercise – type and duration	20 – 40 minutes brisk walking	20 minute stretching exercises	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 minutes stretching exercises

FOURTEEN-DAY MEAL PLANNER

WEEK 2:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Poached Salmon and 2 eggs	3-4 eggs in an omelette with English spinach	Zucchini Fritters	Berry Smoothie with LSA	scrambled eggs, 3-4 eggs	4 poached eggs	Berry Smoothie
Mid-morning	Handful of mixed nuts	2 portions of fruit	1 Ultra Meal Bar	Handful of mixed nuts	Berry Smoothie with LSA	1 Ultra Meal Bar	Handful of mixed nuts
Lunch	Baked Fish and Toasted Almond Crust	Salmon steak with fresh asparagus and side salad	Chicken Stir Fry and Veggies	Chicken salsa	Steak with garlic zucchini	Marsala Chicken Vege Curry	Tofu and Vege stir-fry
Mid-afternoon	Garden Salad	1 Ultra Meal Bar	2 portions of fruit	½ Endura Protein Bar	2 portions of fruit	Berry Smoothie	2 portions of fruit
Dinner	Chicken and tangy pineapple	Fish and sesame mushrooms	Calamari and salad	Baked fish with Almonds	Thai Lime Chicken and Sesame stir-fry	Soy and garlic kebabs	Steak, 90g with stir-fry vegetables (20g)
Notes	Use Soy Sauce to add flavour	Try yoghurt and nuts with your fruit	Use Soy Sauce on Asian vegetables	Add fresh coriander to chicken salsa	Add a different fruit like banana to smoothie	Spice up the curry and use plain yoghurt	Try a new vegetable in your stir-fry
Exercise – type and duration	20 – 40 minutes brisk walking	20 minute stretching exercises	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 – 40 minutes brisk walking	20 minutes stretching exercises

RECIPES - BREAKFAST

BERRY SMOOTHIE

A fast recipe for people on the move

Ingredients

½ cup of fresh or frozen berries

500-750 ml pure water or unsweetened soy milk

Ice

Method

- Combine ingredients and blend. Serve in a tall glass.
- Can also sprinkle nutmeg on top for variation

Serves 1

OMELETTE

Ingredients

- 2 eggs
- 1 T milk (Soy, rice etc)
- 1 T spinach
- 1 T mushrooms
- 1 T onions
- salt & pepper to taste

Method

- Beat eggs
- Combine all ingredients
- Pour into non stick pan
- Cook without stirring for 2 minutes then fold the omlette in half
- Serve on a plate

1 egg = 10g protein (therefore if you need 30g or 40g of protein increase the eggs to equal the desired protein).

POACHED EGGS

Ingredients:

Eggs, whole

(2 eggs = 20g).

200 ml water

3 tsp. sprinkling fresh chopped parsley

freshly ground pepper

Method:

- Put 200ml of water into saucepan
- Bring the to a boil
- Crack an egg into a cup
- Using a spoon, stir the water very quickly to create a 'whirlpool' and then slide the egg carefully into the water
- Repeat with the remaining egg
- Simmer for 3 minutes or until each egg is firmly set
- sprinkle fish with pepper to taste
- When eggs cooked, remove from the pan with a slotted spoon and place on plate
- Garnish with freshly chopped parsley and ground pepper

POACHED SALMON AND EGGS

Ingredients:

Eggs, whole
(2 eggs = 20g)

150g Salmon fillet, cut into 2 pieces = 23g protein

200 ml water
3 tsp. toasted slivered almonds
sprinkling fresh chopped parsley
freshly ground pepper

Method:

- Put the fish in a non-stick frying pan and cover with water
- Bring slowly to boil, then simmer until fish is tender but not breaking up
- Transfer with a slotted spoon to warmed serving plate and keep hot
- Bring the cooking liquid to a boil
- Crack an egg into a cup
- Using a spoon, stir the water very quickly to create a 'whirlpool' and then slide the egg carefully into the water
- Repeat with the remaining egg
- Simmer for 3 minutes or until each egg is firmly set
- Meanwhile sprinkle fish with pepper to taste
- When eggs cooked, remove from the pan with a slotted spoon and place on each piece of fish
- Garnish with toasted almonds and fresh chopped parsley

SCRAMBLED EGGS

Ingredients

3 eggs

2 tbs milk of choice

1 tbs butter

Method

- Melt butter in pan
- Beat eggs and milk together then pour into hot pan
- Stir eggs every so often till scrambled appearance
- Serve onto plate

Other variations

- Add spinach, mushrooms, onions, bacon, or tuna

SPINACH AND EGG SURPRISE

Ingredients

300 g spinach

3 eggs

black pepper

butter

Method

- Wilt the spinach in a heated saucepan
- Squeeze excess water out
- Make into 3 birds nest shape and crack an egg into each one
- Sprinkle black pepper onto top of egg
- Bake in oven (180c) for 15 minutes or until eggs are set

ZUCCHINI FRITTERS

A great substitute for hash browns

Ingredients

1 cup grated zucchini
2 medium – large eggs
1 tablespoon olive oil for cooking
Sprinkle of nutmeg (optional)
Sea salt and pepper to taste

Method

Combine all ingredients in a medium bowl. Stir until well combined. Heat oil in a large pan over medium-high heat. Mould mixture into medium size balls and press flat into pan with skillet. When brown on one side, turn and cook the other side.

Serves 1

RECIPES - SNACK

FRESH GARDEN SALAD

A light, crisp and easy to prepare salad

Ingredients

180 g chicken

¼ cup sliced celery

¼ cup sliced red capsicum

¼ cup fresh snow peas

1 cup lettuce

1 avocado sliced

1 small tomato cut into wedges

Lemon, squeezed

Cracked black pepper

1 tablespoon low carbohydrate mayonnaise

1 tablespoon Keto Oil

Method

Combine all ingredients together, dress with lemon, mayonnaise, pepper, and Keto Oil. Serve immediately.

Serves 2

GARLIC AND SOY CHICKEN DRUMSTICKS

Ingredients

6 Chicken drumsticks
3 tablespoons of Soy Sauce
1 tablespoon crushed garlic
Olive oil for cooking

Method

Cook drumsticks with garlic and soy in a covered pan on low heat until cooked through. Turn regularly. Can be served cold.

RECIPES - LUNCH

BAKED FISH WITH TOASTED ALMONDS

Ingredients

Trout or (other choice of fish)

260g fish = 65g protein), 195g = 30g, 130g = 20g.

3/4 cup vegetable mix – green beans, broccoli florets, zucchini

1/4 cup onions, thinly sliced

2/3 cup vegetable stock

1 tbs. fresh chopped parsley

1 small clove garlic, crushed

1 tsp. almonds, slivered, toasted

pinch of chopped marjoram

Olive oil cooking spray

Sea salt to taste

Vinaigrette:

1 tsp. Dijon mustard

1 clove garlic, crushed

4 tbs. extra virgin Olive oil

1 tbs. Balsamic vinegar

1 dsp. capers, chopped

1 dsp. fresh parsley, chopped

4 tbs. hot water

Method

- Steam green vegetables till tender, strain and put aside to cool
- Lightly toast slivered almonds until golden, put aside to cool

Vinaigrette:

- Put all ingredients together in closed jar, shake vigorously a few minutes
- Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes)

Fish:

- Clean, wash and dry fish
- Spray coat shallow casserole dish with Olive oil cooking spray
- Add garlic, onions and fry gently until onions soft and golden
- Place the fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt.
- Bake in preheated oven (200°C or 400°F) until cooked (up to 25 minutes), baste a few times
- Serve with garnished toasted slivered almonds and, strained green vegetable mix from vinaigrette.

CHICKEN CAESAR SALAD

One of the most popular salad recipes

Ingredients

90 g chicken breast (cut into pieces)

1 poached egg

1 tablespoon lemon juice

1 tablespoon water

1 teaspoon cracked black pepper

1 teaspoon olive oil

2 tablespoons traditional mayonnaise

1 cup Cos lettuce

Anchovies (optional)

Method

Cook chicken pieces in hot pan till brown. Remove chicken from heat and allow to cool. Mix together the lemon juice, mayonnaise, warm water, oil and pepper into a bowl. Place the salad greens, chicken and eggs into a bowl. Pour salad dressing over the salad. Dress with anchovies.

Serves 2

CHICKEN STIR FRY AND VEGETABLES

Ingredients

Lean protein (fish, seafood, chicken, beef, lamb, tofu)

2 cups vegetables of your choice finely sliced

1 tablespoon fresh finely sliced ginger

1 tablespoon minced garlic

Chilli or chilli paste (optional)

1 teaspoon fish sauce

Tamari or soy sauce (no added sugar)

Squeeze of lime juice (optional)

Method

Heat oiled wok or fry pan. Sauté meat/tofu, onions, garlic, and ginger in a little olive oil, fish sauce, chilli (optional) and soy sauce until cooked. Set to one side. Add firm vegetables such as broccoli, cauliflower and cook for 2 minutes. Add more watery vegetables such as spinach, capsicum, snow peas, mushrooms, Chinese greens, etc. Return meat/tofu to stir-fry. Stir through tamari/ soy sauce to taste. Serve immediately. Garnish may include: coriander, bean sprouts, lime juice, sesame oil or chopped nuts.

Serves 2

MARSALA CHICKEN VEGETABLE CURRY

One for the Indian food lovers

Ingredients

180 g of skinless chicken or turkey breast (beef or lamb)
1 cup of mixed raw vegetables: cauliflower, zucchini and broccoli
2 tablespoons Garam Marsala
Sea salt and pepper to taste
1 teaspoon dried parsley
1 teaspoon dried nutmeg
Olive oil

Method

Coat chicken breast with olive oil. Sprinkle with traditional curry powder, sea salt and pepper. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked. In a food processor, process all vegetables together until fluffy. Place vegetables in a bowl and spray coat with olive oil (until they bind together). Then place vegetable mixture onto a piece of foil. Sprinkle with dried basil, parsley and a pinch of nutmeg. Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside. Place vegetable packet in oven next to chicken parcel and cook (approximately 15 minutes). Grate or chop vegetables finely, if no food processor available.

Serves 2

MEDITERRANEAN SALAD

Ingredients

1 cup salad greens, include bitter greens such as rocket or Watercress

1 hard boiled egg

Slices of red onion and cucumber

Small can of tuna

4 black olives (optional)

Method

Dressing: toss salad with one dessertspoon extra virgin olive oil and sprinkle with vinegar (apple cider, red wine or balsamic) or lemon juice

Other variations

To add variety: Blanched green beans, asparagus, anchovies, ¼ avocado, 1 artichoke, fetta, mixed herbs, oven roasted capsicum or eggplant strips, marinated mushrooms.

Serves 1

SHISH KEBABS

Ingredients:

Lean lamb (or veal, beef, chicken) cut into cubes
(first week: 195g lamb = 43g protein), 135g = 30g,
90g = 20g.

4 small button mushrooms

2small onions

¼ cup green pepper, cored, seeded, cut into cubes

Marinade –

1 cup tomato juice

2 tsp. prepared mustard

1.1/4 cups yoghurt, plain, skim milk

pinch of cayenne pepper

2 tsp. chopped fresh chives

2 tsp. chopped fresh mint

¼ tsp ground cinnamon

Sea salt and cracked pepper to taste

Method:

- In a shallow dish mix together tomato juice, mustard, yoghurt, cayenne, mint, chives, Sea salt, pepper and cinnamon
- Marinade lamb for 3-4 hours, turning occasionally
- Thread meat, peppers, mushrooms and onions along metal skewers
- Spray coat with Olive oil cooking oil
- Cook under a preheated griller, turning several times, basting with the marinade

(Prepared marinated lamb (or other) cubes can be kept in the freezer until ready to use).

SOY AND GARLIC KEBABS

Served cold this is the ultimate "ready to eat" fat loss snack

Ingredients

180 g chicken cut into cubes
1 cup onion and green capsicum, cut into wedges
1 cup cherry tomatoes
2 tablespoons garlic, crushed
Chilli to taste (optional)
3 tablespoons soy sauce
Pinch salt
Cracked black pepper

Method

Soak wooden skewers in water for ½ hour so they do not burn. Pierce the above ingredients on to the skewers. Mix garlic, soy and seasoning in a small bowl and brush kebabs with mixture. Cook, in pan, BBQ or under grill until chicken is cooked through. Tip: Serve with salad or vegetables or keep cold in fridge as a snack.

Serves 4

TOFU AND VEGIE STIR FRY IN WOK

Ingredients

1 tbsp olive oil

200g of tofu

50 grams broccoli

50 grams cauliflower

1 clove garlic(Cut into small pieces)

1 tbsp diced chives

1/3 cup water.

Method

Heat oil with garlic until garlic is slightly brown. Add cauliflower, tofu and broccoli and stir through very quickly. Add 1/3 cup water and keep stirring. Cook on high heat approximately 4 minutes stirring all the time. If it starts to burn, add a little more water. Turn out and serve.

Serves 1

RECIPES - DINNER

CALAMARI AND SALAD

Ingredients

Fresh Calamari, cut into rings or pieces

(first week: 280g calamari = 43g protein), 195g = 30g,
130g = 20g.

3 tsp. Apple cider vinegar and Olive oil mixture

1 tsp. grainy mustard

1 tsp. Dijon mustard

½ tsp. garlic, crushed

sprinkling cracked pepper

garlic salt

freshly chopped dill

1 cup mixture: lettuce, capsicum and cucumber, finely sliced

Method

- Preheat griller on low heat
- Lightly sprinkle garlic salt over Calamari rings and then place under griller
- Grill until cooked and golden brown (both sides)
- Put aside to cool
- Combine and mix well, vinegar/oil mix, mustards, garlic and pepper
- Prepare salad bed and arrange Calamari on top
- Pour salad dressing over and garnish with freshly chopped dill

CHICKEN AND TANGY PINEAPPLE

Ingredients

Chicken or turkey breast, pounded into thin bite-sized pieces (first week: 195g chicken = 43g protein), 135g = 30g, 90g = 20g.

¼ cup fresh ripe pineapple or (drained unsweetened canned), cut into small cubes, and dusted lightly with ginger powder

¾ cup mixture: broccoli florets, snow peas and onion

2-4 tbs. water

2 tsp. slivered almonds

sprinkling garlic powder

Sea salt

cracked pepper

Olive oil cooking spray

Method

- Spray coat non-stick frypan with Olive oil cooking spray
- Heat pan, then add chicken pieces, stirring and tossing quickly until lightly browned
- Then add broccoli, snow peas, onion, water, salt, pepper, garlic and gingered pineapple
- Keep tossing quickly until chicken is cooked and vegetables are tender
- Garnish with slivered almonds

CHICKEN SALSA

Warm Mexican style dish

Ingredients

Skinless chicken breast (or 180 g), pounded into thin bite size pieces

45 g Mozzarella cheese, low fat, grated

1 cup mixture: broccoli florets and finely sliced green capsicum

1 cup mushrooms, finely sliced

1 clove garlic

2 teaspoon tomato paste

½ cup water

Tabasco sauce to taste

Sea salt and cracked pepper to taste

Olive oil for cooking

Garnishing of fresh chopped parsley

Method

Mix together and leave to stand, water, tomato paste, Tabasco sauce, sea salt and pepper. Coat fry pan with olive oil. Over moderate heat, add crushed garlic, chicken, mushrooms, broccoli and green capsicum. Keep mixing and tossing until chicken is browned then add tomato mixture, stirring well until evenly mixed through. When ready to serve, sprinkle over with grated cheese and parsley. Optional (transfer pan under preheated griller and grill until cheese melted and golden brown - do not place handle under griller).

Serves 2

FISH AND SESAME MUSHROOMS

Ingredients

Perch fish (or other white fish) cleaned
(first week: 217g fish = 33g protein), 130g = 20g.
1 tsp. Sesame oil
½ tsp. onion flakes
1 kaffir lime leaf (remove rib and cut finely)
Sea salt and cracked pepper
Water to cover

Method

- Marinate the fish in a dish containing all the ingredients above for (30min -1 hr)
- Remove the fish from the marinade
- Grill under preheated grill (approximately 5-10 min each side), baste with a little marinade

Ingredients

1 whole egg
sprinkling herbs
1 cup button mushrooms, finely chopped
Sea salt to taste
Garnish with toasted sesame seeds and fresh chopped chives

Method

- Beat egg with Italian herbs and Sea salt
- Add mushroom gently into the egg mixture
- Spray non-stick pan with Olive oil cooking spray
- Heat pan, then add mushroom mix
- Stir occasionally to avoid burning
- When ready, sprinkle with toasted sesame seeds, chopped chives and serve with fish

GRILLED SALMON STEAKS WITH DILL BUTTER SAUCE ON A BED OF FRESH ROCKET

Ingredients

2 salmon steaks (195 g ea)
2 tablespoons extra virgin olive oil
2 cups of rocket leaves (or mesclun mix)
Dill butter sauce
60 grams unsalted butter
Juice from ½ a freshly squeezed lemon
2 tablespoons dried or chopped fresh dill

Method

Brush both sides of the salmon with olive oil and grill under high heat for 3-4 minutes per side. Salmon is cooked when the meat is just starting to fall apart. To make sauce: Heat the butter in a small saucepan, stir in the lemon juice and add dill. Spread rocket over a dinner plate, place salmon on top and cover with warm sauce.

Serves 2

SAN CHOY BOW (PORK MINCE IN LETTUCE CUPS)

Ingredients

325 g pork fillet, minced
1 cup sliced water chestnuts, drained
1 tablespoon sliced ginger
1 tablespoon chilli sauce
2 tablespoons sherry
1 tablespoons tamari or soy sauce
Iceberg lettuce leaves cut carefully into cups

Method

Sauté ginger lightly before browning pork mince. Add sherry and sauces with water chestnuts and simmer for five minutes. Thin with a little water. Spoon mix into lettuce cups for serving. Accompany with mixed steamed Chinese vegetables

STEAK AND GARLIC ZUCCHINI

Ingredients

Lean prime steak

(first week: 195g = 43g protein), 135g = 30g,
90g = 20g.

1 cup zucchini slices

4 tbs. water

1 small garlic, crushed

Sea salt

cracked pepper

garnishing, fresh chopped parsley

Olive oil cooking spray

Method

- Spray steak with Olive oil cooking spray
- Sprinkle with sea salt and cracked pepper
- Grill under preheated griller and cook as desired
- Spray coat small saucepan with Olive oil cooking spray
- Saute garlic, then add zucchini and water
- Gently toss zucchini slices until tender
- Garnish with fresh chopped parsley

THAI LIME CHICKEN AND SESAME STIR-FRY

A basic stir-fry recipe that can incorporate any meat, tofu or seafood

Ingredients

- 180 g chicken (or beef, seafood, tofu)
- 1 tablespoon sesame oil
- 1 cup bean sprouts
- 1 clove garlic
- 1 teaspoon minced ginger
- ½ cup snow peas
- ½ cup sliced red capsicum
- ¼ cup flaked almonds
- 1 tablespoon lemon/lime juice
- 1 tablespoon soy sauce

Method

Sauté chicken or alternative with ginger, garlic and soy sauce until brown. Add vegetables and cook for 2-3 minutes. Sprinkle almonds over meal just prior to serving. Dress with lime juice and sesame oil.

Serves 2

TUNA TREASURE SALAD

A protein rich tuna salad

Ingredients

1 can tuna (or 90 g)

1 whole egg

1 cup mixed: shredded lettuce, celery rings, shallots, parsley, thinly sliced fresh mushrooms

1 teaspoon sesame seeds

Sprinkling of French herbs

Squeeze of lemon juice

Dash pepper

Olive oil

Method

Shallow fry sesame seeds until lightly browned, put aside to cool. Add olive oil to a non-stick fry pan. Break up tuna in a small mixing bowl. Mix with egg and a dash of black pepper. Cook tuna mix over moderate heat for 8-10 minutes. Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool. Prepare salad in small bowl. Drizzle with olive oil, add squeeze of lemon juice and a sprinkling of French herbs. Gently toss cooled flaky tuna into salad and sprinkle with toasted sesame seeds.

Serves 1

FREQUENTLY ASKED QUESTIONS

Why does the process take six to twelve weeks to complete, when there are three day or one week detoxification programs available?

Shorter programs generally focus purely on liver detoxification. Whilst they may provide some temporary benefits, they do not address the possibility of “leaky gut syndrome”. This means that the symptoms of toxicity are likely to return, and there is a significant risk of major side-effects. These side-effects can include nausea, headaches, fatigue, diarrhoea and aggravation of other health issues. This is sometimes called a “healing crisis”, but in reality it is just a crisis. The symptoms are a sign that toxins and free radicals are being released too quickly and are damaging your body.

What do I do if the diet or supplements make me feel unwell?

It is not unusual when you are changing your diet and lifestyle to notice a few mild digestive symptoms like nausea or wind. If you find that you are experiencing more severe symptoms, then reduce your dose of supplements by half for a few days to a week and then bring back to the recommended level when the symptoms have settled down. If you are concerned, discuss your symptoms with your Practitioner.

If I take a higher dose of the supplements, will the process be quicker?

No, but you will increase the risk of adverse side-effects. The process needs a certain period of time to work effectively. You should follow the directions for dosage in this guide.

Can I detoxify when I am pregnant?

No. Detoxification releases wastes, which may then be passed onto the baby. It is however a very good idea for both partners to detoxify before pregnancy. Remember though that eggs and sperm take three to four months to develop, so you should aim to have finished your detoxification at least four months prior to conception.

Is it safe to detoxify if I am taking prescription medications?

Many prescription medications can be affected by the detoxification process, although it is unusual for this to require any alteration to the dosage of the medication you are taking. Your practitioner will be able to advise you if the particular drugs you are taking are likely to be significantly impacted by undertaking a detox. If this is the case, then you should discuss this with the doctor that prescribed these medications to you prior to commencing the detox program.



Metagenics

Genetic Potential Through Nutrition

Australia

A division of
Health World Limited
Cnr Nudgee & Toombul Rds,
Northgate,
Queensland, Australia 4013

PO Box 675
Virginia BC,
Queensland 4014

Telephone: (07) 3117 3300
Facsimile: (07) 3117 3399
Telephone Country and
Interstate: 1800 777 648

www.metagenics.com.au
hworld@healthworld.com.au
orders@healthworld.com.au

New Zealand

Metagenics New Zealand Limited
2/15 Parkway Drive,
Mairangi Bay,
Auckland, New Zealand

PO Box 35383,
Browns Bay,
Auckland

Telephone: (09) 478 2540
or 0508 227 744
Facsimile: (09) 478 2740
or 0508 227 733

www.metagenics.co.nz
info@metagenics.co.nz



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