

● EFA + B Complex capsules

In order to be absorbed properly Essential fats need to have co-factors: Lecithin breaks down and emulsifies fats, and helps liver detoxify and regenerate. Phosphatidyl Choline, Inositol, Choline and EFA co-factors help stabilise cell membranes and regenerate liver cells. Linseed, Evening Primrose and Borage help mood, hormone balance, skin, inflammation and gut. B Complex helps skin heal and combats stress. Magnesium and Calcium calm the nervous system, muscles and aid sleep.
[2 capsules with breakfast.](#)

Lungs

The best way to cleanse the lungs is through steam inhalation and breathing. Put a few drops of Eucalyptus essential oil in a bowl of hot water followed by gentle breathing exercises.

The Power of Breathing

Breathing exercises help oxygenate the body and eliminate toxins via the lung. Do ten of these every night.

Skin

Skin brushing is the ideal way to improve both skin condition and detoxify. Ideally carried out once a day, skin brushing will help eliminate toxins and bring nutrients to the skin.

Use with our Detox Body Oil.

Gentle exercise

It is important not to over exert with hours at the gym while doing this detox, instead try gentle exercise that involves, breathing and stretching such as yoga, pilates and tai chi.

Skin Care & Toiletries

An important part of detox is to reduce the intake of toxins. The majority of skin care contains an array of toxins which are absorbed through the skin. It is best to avoid this cocktail of toxins during detox and after. The Organic Pharmacy carefully screen all products to ensure they are free from all toxins.

The  Organic[®]
Pharmacy

Organic



Detox instructions

The purpose of this detox programme is to cleanse and repair all the major detoxification organs through herbs, homeopathy, nutrition and good habits. To teach or re-teach good habits that will set you up for a lifetime of good health.

This plan does not involve fasting; it does however involve a slow but deliberate change in what you eat and how you eat it, accompanied by explanations to lead to a better understanding. The first few days of your detox you may experience typical detox symptoms of lethargy, headache and irritability. This is because toxins are being released and need to be mopped up quickly and efficiently to minimise these effects and maximise your outcome.

Let us begin with the Gut

Constipation, bloating, indigestion, cramps, diarrhoea, nausea, acne, body odour, candida, haemorrhoids, ulcers Sound familiar? Believe it or not, the first step to good health is a healthy gut. This is where the food is digested and absorbed, where toxins are eliminated and where the blood is cleansed. 60-70% of the immune system is in the digestive tract. Through errors in diet (eg: drugs or alcohol), the digestive tract can easily get damaged without us knowing. There are however clues:

1. In chronic cases, a toxic compost where decaying food is not eliminated properly and sits in the gut causing further toxicity. This is then reabsorbed into the blood stream and can cause symptoms such as headaches, fatigue, confusion, coated tongue, bad body odour, insomnia etc.
2. Abnormal gut flora. There are some 400-500 different bacteria in the gut, some good and some bad. The bad are normally kept in check by the good. The good synthesize

vitamins A, B and K, they help digest lactose, produce natural antibiotics, breakdown toxic waste and protect against some toxins such as heavy metals and harmful bacteria. Stress, alcohol, sugar, antibiotics, junk food, painkillers, drugs (recreational and pain killers) all effect the gut flora.

3. Autointoxication results if the toxic waste is not cleared from the gut. These are reabsorbed and re-deposited in other areas like the fatty deposits, muscles and tissues such as the liver, kidneys, skin, arteries etc.
4. Malnutrition and premature ageing. Nutrients are not efficiently delivered to the cells resulting in fatigue, chronic illness, infertility and as waste material is also not eliminated, the entire result is premature ageing.
5. Emotional changes. At the final stages of autointoxication the mind can become altered with lack of drive, loss of interest, depression, irritability and poor memory.

CLEANSING THE BOWELS CAN MAKE YOU
FEEL AND LOOK 10 YEARS YOUNGER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot water with a slice of lemon	Hot water with a slice of lemon	Hot water with a slice of lemon	Hot water with a slice of lemon	Hot water with a slice of lemon	Hot water with a slice of lemon	Hot water with a slice of lemon
Oat porridge drizzled with a little honey and a handful of pumpkin and sesame seeds	A mango smoothie (mango, bananas and yoghurt blended together)	Muesli with a little rice or soya milk	Oat porridge drizzled with a little honey and a handful of pumpkin and sesame seeds	Fruit salad and yoghurt with a handful of pumpkin and sunflower seeds	Scrambled or poached egg on rye toast	Grilled mushrooms and Tomato on rye toast
Rice cakes spread with houmous, sliced tomato and some alalfa sprouts	A large salad with lots of chopped raw vegetables and a few olives drizzled with lemon juice and olive oil	Baked sweet potato, mackerel and salad	Grilled chicken, carrots and peas, sprinkled with fresh parsley and mint	Grilled salmon, new potatoes and salad	A delicious freshly prepared vegetable soup	Baked sweet potato filled with tuna and corn
Brown rice with chickpeas and ratatouli	A two egg omelette filled with spinach, onion and peppers	Avocado spread on rye bread with your choice of steamed vegetables	Large mushrooms stuffed with celery, garlic and tofu baked in the oven	Toasted spelt or whole wheat bread spread with houmous, sliced tomato and some bean sprouts	Rice with roasted courgette, peppers and mushrooms	Pasta with pesto and a green salad
Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds	Snacks split between morning and afternoon: 2 pieces of fruit, a handful of nuts and seeds

Sample menu. This menu is a suggestion. Please feel free to experiment.

Digestion & how to eat

The importance of chewing

Digestion starts in the mouth. The saliva contains a wealth of digestive enzymes that are designed to relieve the digestive system bringing about an improvement in overall health. It is very important to chew every mouth full and mixing it with saliva thoroughly. Stress greatly affects the digestion so it is important to have quiet time to eat. Here are the simple rules.

1. Eat only when hungry.
2. Ensure you will be eating in a peaceful environment.
3. Concentrate on every mouthful rather than reading a book or watching TV.
4. Take small mouthfuls & chew very well.
5. When finished rest for 5-10 minutes.
6. Never eat on the run.
7. Never over eat.
8. Enjoy every mouthful
9. Try not to eat later than 8.30 at night. This is to ensure your body gets enough time to digest before going to bed.

What to eat

The purpose of this detox is to set up a system for life. Eliminate the following from you diet completely, if you find it difficult then reduce your intake.

1. Preservatives
2. Artificial colourants and flavourings
3. Non-organic food at home and out when possible.
4. Non organic milk, dairy or meat. (Contains antibiotics, growth hormones, pesticides)
5. Processed foods
6. Refined sugar (cakes, pastries, biscuits)
7. Artificial sugar
8. Sodas (cola, lemonade, etc.)
9. Alcohol (during the detox then only in moderation and only the best quality organic wine)
10. Smoking
11. Hydrogenated fats.

Simple rules to choosing food

1. Never count calories
2. Choose a varied diet that does not involve the same foods over and over.
3. Select seasonal foods and locally grown where available.

4. Choose quality rather than quantity and price.
5. Listen to your body; it knows when it has had enough.
6. Prepare foods simply and naturally.

To ensure food intolerances do not develop, avoid eating the same foods every day, instead rotate your diet. For example, if you eat tomatoes on Monday try not to eat them again until Thursday. Avoid eating wheat 3 times a day, instead have it every other day.

Breakfast

Choose from:

- Fresh fruit.
- Fresh fruit with yoghurt and chopped nuts.
- Fresh fruit with chopped nuts and muesli.
- Poached or soft-boiled egg with tomatoes.
- Non sugar cereal with almond or rice milk or organic milk if you have no problems dairy.

Lunch

Choose from any of the following

- Green leafy salad: watercress, nettles (if you can get them), small amount of shredded cabbage, spinach, beetroot, tomatoes, parsley, boiled artichoke hearts, carrots, fennel, celery, cucumber, lettuce. (You can add or take away any of these). Add chopped nuts, alfalfa sprouts.
- For a dressing either go for straight lemon, olive oil and sea salt or add garlic, pepper, ginger and low fat yoghurt if desired.
- Have this either with fish, chicken, cottage cheese or beans or with avocado and 2 slices of good quality wholemeal bread, rye bread from the bakers or sprouted wheat.

Dinner

Dinner should be light and easily digestible which means not raw.

A light dinner consisting of any of the following:

- Cottage cheese on rye bread.
- Lightly boiled or steamed vegetables (your choice) with garlic, lemon and olive oil dressing.
- Fresh Vegetable soup with chopped herbs and barley.

During your cleanse drink Elderberry and Rosehip tea to provide Vitamin C and aid cleansing.

Cleansing each organ

● Colon Cleanse and Gut Repair

Cleaning the gut and preparing it is the first place we start. To summarise the benefits of this:

- The entire system is cleansed as toxins are removed effectively. The tissues in the body become cleansed and nutrients delivered.
- The mind and body repair and rejuvenate.
- The skin firms, age spots or pigmentation disappear and wrinkles are reduced.
- Energy is increased.

This product contains the following ingredients:

- Psyllium husks: A gentle but thorough intestinal cleanser that relieves autotoxaemia caused by bacteria, fungus and constipation.
- Linseeds: Help eliminate toxic waste in bowels, strengthen the blood and reduce inflammation.
- Green Barley: a perfect food that contains all the nutrients and amino acids required for the body in a highly digestible form. Cleanses heavy metals in the gut due to its chlorophyll content.
- Clay: A highly absorbent binder that draws impurities and heavy metals and flushes them out of the system.
- Alfalfa: A potent detoxifier, tonic & anti-inflammatory.
- Liquorice: Supports adrenal function as well as a diuretic and laxative. Supports the liver, aids digestion and helps repair gut damage.
- L Glutamine: An amino acid that plays a vital role in repairing the lining and mucous membranes of the gut.
- Aloe Vera 200:1 a super strong aloe known for its cleansing & repairing properties.
- Ginger: anti-inflammatory, improves circulation, digestion and cramps. It will cleanse and repair the gut.

Take 3 capsules in the morning, wait 30 minutes before eating and 3 capsules last thing at night at least 1-2 hours after eating

Liver & kidneys

An organic tincture of Milk Thistle, Dandelion, Red Clover, Artichoke, Tumeric, Berberis and Marshmallow to detoxify the liver and kidneys and help regenerate tissue.

15 drops in water 3 times a day

The detoxification process has many steps all of which are dependant on having a ready source of Antioxidants, Phytonutrients, Essential fats and B Vitamins, to ensure our organs have the fuel they need and the help to cleanse our bodies as quickly as possible. During detox even more free radicals are released so it is important we have a good supply. Recent research has shown free radical damage to be implicated in premature ageing as well as at least 50 of our most common diseases from cancer to heart disease. That is why we have designed Superantioxidants, Phytonutrients & EFA+ B Complex in superior formulas to support the body on a daily basis and during detox.

● Superantioxidants

Working from the inside these Antioxidants packed full of Vitamin A, Ester C, E, Co-Q10, Grapessed, Pycnogenol, DMAE, Alpha Lipoic Acid, Betacarotene, Glutathione, Green Tea, Pycnogenol, Bilberry, Tumeric, Gotu Kola & Zinc are all you need to mop up free radicals, maintain skin integrity and promote healing. [Take 2 capsules with breakfast](#)

● Phytonutrients

Packed full of **Super greens**: Spirulina, Alfalfa, Wheatgrass, Barley Grass and Blue Green Algae; **Immune stimulating mushrooms**: Maitake, Shitake, Cordyceps and Reishi; **Digestive Enzymes**: Papaya, Bromelain, Lipase, Amylase; **Super foods**: Broccoli, Carrot, Ginger, Horsetail, Spinach; **Fruit Antioxidants**: Blueberry, Bilberry, Grapeskin, Cranberry; **Antiageing herbs**: Polygonium, Ashwaganda; **Gut support**: Acidophilus and FOS, and finally **MSM**, which reduces inflammation and improves quality of hair, skin and nails.

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