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# Detox your Body

## Feel Great for Your Wedding

**detoxification** ~ [noun] *biochemistry, the metabolic process by which toxins are changed into less toxic and more readily excretable substances.*

**disease**~ [noun] *a disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavourable environmental factors; illness; sickness; ailment.*

**self-love** ~ [noun] *the instinct or desire to promote one's well-being; regards or love of one's self*

# why detox?

The environment in which we live is full of chemicals that are found in our water, food and air. These chemicals come in the form of pesticides, insecticides, heavy metals and pollutants and the result on our bodies is chronic illness, allergy and poor health. Our diets contain chemicals which also have potentially harmful effects. Some examples include processed foods and refined sugars, alcohol, caffeine, tobacco, prescription drugs and artificial food additives.

Our bodies are programmed to operate on a cellular level to eliminate these toxins and unwanted substances via the main organs of detoxification - the liver, kidneys, bowels, skin and lungs. We eliminate toxins through respiration, bowel elimination, urination and perspiration. When our bodies are unable to sufficiently eliminate these toxic chemicals, we store them in our body fat, skin, hair, and our gastrointestinal and lymphatic systems.

The way the body maintains its capacity to detoxify is through nutrition. The fact of the matter is that when we eat sufficient quantities of nutritious foods, our body works efficiently to continuously repair and heal itself. If we do not fuel our bodies sufficiently and nutritiously we hinder the elimination of toxins which results in weakened organs and ultimately illness.

Human beings have been using the rituals of fasting, cleansing and purification for thousands of years. Long ago it was thought to bring you closer to the divine. Springen and Kuchment, authors of the article, "Religious Origins of the Detox Diet", quote Saint Augustine (354 AD to 430 AD) as saying "fasting cleanses the soul (and) raises the mind."

The practice was still popular during the 19th century but lost favour in the 20th century as mainstream medicine took over. In the past 30 years, detox has made a resurgence as our lives, environments and bodies become more exposed to harmful chemicals and toxins. Recently the media, in particular, gossip magazines, have hailed detoxification programs as a quick and fast way to loose weight with celebrities and publishers endorsing lists of quick fix diets and programs.

This is not what detoxification is about. It is about restoring balance and health to your body so that your body can function holistically on all levels.

Some of the rewards for this balance are:

- encouraging and maintaining an ideal weight for your body
- elimination of toxins
- reviving your beauty
- having a clearer mind and better concentration
- clear and rejuvenated skin
- enjoying a better functioning body
- increased energy
- improved digestion
- improved immunity
- change in habits and addictions to sugar, salt, alcohol, junk foods, nicotine etc.

# your current health

If you have health problems, or are on prescription medicine you should consult your doctor before attempting any cleansing or detoxification programs. Do not cleanse during pregnancy or nursing.

Cleansing or severely limiting your diet can produce side effects including constipation, headaches, low blood sugar, skin out breaks, diarrhoea and bad breath. (See - The importance of water when you detox below)

It is very important when you follow a raw food cleanse that you eat enough. You need to eat at least every 2.5 to 3 hours and select a good combination of fruits for natural sugar and energy, vegetables, nuts and seeds to give enough fibre, protein, carbohydrates, vitamins and minerals for your body.

# signs that you might need a detox

- fatigue and low energy levels
- bloating
- indigestion and acid reflux
- being overweight
- cravings, especially sugar
- frequent headaches or migraines
- bad breath or body odour
- allergies and skin conditions or food intolerances
- short tempered, mood swings or depression
- bad diet
- cigarettes
- poor bowel movements or constipation
- prescription medication regularly
- recurring yeast infections or foot fungus
- nausea
- high cholesterol
- PMS
- drink caffeine and processed caffeinated drinks regularly
- arthritic aches and pains

If you have 3 or more of these symptoms, complaints or habits we recommend that you try a cleanse or detoxification program

# getting started

CLEAR OUT THE CUPBOARDS AND FIND AN ALLY !!!

It is very difficult to detox when you have all those foods that you should not be eating in the fridge and the cupboards. If you have the opportunity to clear them out of the house do so. If you live in a family who will not be detoxing with you, ask them to support and nurture your decision to give yourself and your body this gift.

It always helps to do a detox with a friend or partner. Having someone to share the process and sacrifice with, is a great support and makes the journey so much easier and more fun.

If you are getting married your fiancé is the perfect partner to accompany you on this journey!



ABOVE: Place setting at Kristy & Zac Russell's wedding ~ Image by Jonathan Ong



ABOVE: Cristina Re ~ Carnival Gold Journal

## keep a journal

WE ALL TOO EASILY FORGET OUR EXPERIENCES, INCLUDING THE EMOTIONS AND TRIALS THAT GO ALONG WITH THEM, ONCE EVENTS HAVE PASSED. KEEPING A JOURNAL OF WHAT YOU EAT AND DRINK EACH DAY, HOW MUCH WATER YOU CONSUME, THE WAY YOU FEEL AND HOW YOUR BODY REACTS AS YOU GO THROUGH EACH STAGE OF A DETOX IS AN AMAZING TOOL FOR YOU TO USE. IT GIVES YOU AN OPPORTUNITY TO REFLECT ON THE PROCESS OF THE DETOX, AND MONITOR HOW MUCH YOUR BODY AND MIND CHANGE OVER THE TIME.

IT IS EVEN MORE INTERESTING IF YOU WRITE A FOOD JOURNAL OF THE WEEK BEFORE YOUR DETOX AND COMPARE IT AFTERWARDS! YOU WILL BE SURPRISED BY THE CHANGE IN YOUR EATING HABITS AND YOUR PERCEPTION OF FOOD!



# why raw?

First, let us define - What is raw food? The principal behind the whole and raw food movement is that the plant foods that we eat should not be cooked above 45°C or 115°F to allow live enzymes that live in the food to assist our body in the processing of the food.

Live enzymes in our food act as catalysts to break down fats, proteins and carbohydrates. Our bodies thrive on these live enzymes and they give us life. They are essential for our bodies in digesting, eliminating and providing nutrients. Raw food is like a tonic for our body.

People such as Dr Ann Wigmore, the founder of the Hippocrates Health Institute in Boston, have been at the forefront of the raw food diet revolution since the 1950's. Her work has shown in health terms the merits of live (raw) vs cooked.

For more information about Ann Wigmore's work you can read the following books -

Hippocrates Diet and Health Program  
The Sprouting Book  
The Wheatgrass Book  
Why Suffer

Some great documentaries to watch about the benefits of raw food include -

Forks over Knives (Director Lee Fulkerson)  
Cancer is Curable Now  
May I be Frank

One of the problems we encounter when people embark upon a raw food cleanse is that they starve themselves by eating only carrots and apples because they do not have the ideas about how to put food groups together for a balanced diet, especially with only fruit, vegetables and nuts and seeds to work with.

# why organic?

All fruits and vegetables that are grown commercially or by conventional methods are sprayed with chemical pesticides and herbicides and are grown with synthetic fertilizers. The only way to be assured that the produce you eat is not contaminated by these toxins is to buy organic. Organically grown food gives us the best nutrients, vitamins and minerals.

However, if you find the cost of organic produce prohibitive then it is far better that you eat commercially grown raw fruit and vegetables than not at all.

The debate on the merits of organically grown food verses conventional methods of farming continues around the world and there are several documentaries that argue the matter. Here is some suggested viewing:

The Future of Food	A documentary by Debortah Koons Garcia
Food Inc	Directed by Robert Kenner

# food combining?

The raw food diet promotes efficient digestion and absorption of nutrients, reduces toxicity and maximises the cleansing properties of raw and living foods.

Christine Mayr, a Gourmet Raw Food Chef who studied at the Hippocrates Health Institute, has the following to say about food combining -

"We digest foods at various rates so it is recommended that starches and proteins are not eaten at the same time as they require different digestive environments to break down the food.

Proteins and vegetables can be eaten together.

Starches and vegetables can also be eaten together. (Starches include corn, potatoes, carrots, artichokes, winter squash, peas, beets, yams and beans)

Fruits are broken up into 3 types: sweet, sub acid and acid.

Sweet fruits are high in sugar and include: bananas, all dried fruits such as dates and raisins.

Acid fruits are citrus and include pineapples, strawberries and sour plums.

Sub acid fruits are apples, pears, papayas, mangos and guava.

Generally it is recommended to eat fruit alone and not combined with vegetables, proteins or starches. An exception is green leafy vegetables, combine these with fruit in moderation.

Acid fruits and sub acid fruits combine well.  
Sub acid fruits and sweet fruits combine well.  
Acid fruits and sweet fruits are not compatible.

Melons are in a category of their own and should be eaten alone. They have a high water content and they will pass through the stomach quickly. They are high in sugar but abundant in enzymes and have wonderful cleansing properties.

The purpose of proper food combining is to make it easier for our bodies to digest and assimilate our meals.

We are all different -

It is important to be aware of these combinations but it is also important to recognise that we are all different and our bodies react differently. While one person might react badly to an improper food combination another person might not have any reactions. Some examples are gas, bloating, acid reflux and heartburn. Being aware of our bodies and how we interact with different foods is important to keep in mind. Experiment to find out what works best for you."



*green smoothie*  
(2-3 cups)

1 cup organic apple juice  
1 cup spinach (packed)  
3 x stalks celery  
1 x medium apple  
½ cup water

216 calories

# our 3 day raw food cleanse

The following cleanse is designed to rest your liver and other organs from the intense process of digestion and give the body a chance to repair tissue and cells and rid the body of toxins and waste. To make this process efficient we must feed the body a good supply of raw nutritious material. The body has a vast store of reserve foods that it can use during emergencies and which it will use during this cleanse, so you will not starve! In fact, you will be pleased how satisfied you feel and how little you crave.

## menu

This cleanse is based on a 1200 to 1400 calorie a day Basal Metabolic Rate and is designed to promote weight loss.

To work out your Basal Metabolic Rate, or the amount of calories it takes for your body to live if you stayed in bed all day, go online and google basal metabolic rate calculator. Fill in your details and continue through the process on the site and you will learn what energy intake you need to base your minimum daily calorie needs.

The average BMR for adults ranges between 1200 and 1800 calories and decreases with age. The BMR is affected by many things including age, gender, body fat, body temperature, environmental temperature, exercise, calorie consumption, body height and body weight.

## day 1

### BREAKFAST

Green Smoothie (2-3 cups)  
1 cup organic apple juice  
1 cup spinach (packed)  
3 x stalks celery  
1 x medium apple  
½ cup water

216 calories

### MORNING TEA

1 small carrot  
21 hazelnuts

199 calories

### LUNCH

*Avocado Salad*  
2 cups shredded lettuce  
1 medium avocado  
3 sticks celery chopped  
½ fennel bulb  
½ cup alfalfa  
1 tbsp chopped chives  
+ 1 tbsp olive oil  
½ lemon (juice)

391 calories

### AFTERNOON TEA

1 glass apple juice

120 calories

### DINNER

*Miso Soup*  
1 tbsp miso  
10 leaves spinach  
4 mushrooms thinly sliced  
2 cups water  
2 tbsp chopped coriander

82 calories

### *Cabbage Salad*

(Red Cabbage Coleslaw)  
1 small zucchini grated  
1 medium carrot grated  
2 cups red cabbage grated  
1 tbsp chopped coriander  
1 tbsp olive oil  
1 tbsp red wine vinegar  
(Herbamere (salt substitute) and black pepper to taste)

131 calories

### *Dressed Avocado Halves*

½ medium avocado  
1 tbsp chopped chives  
1 tsp olive oil  
1 cherry tomato diced

183 calories

### DESSERT

1 cup strawberries halved  
½ tbsp. honey

76 calories

Daily Water Intake: 8 – 10 glasses



## *lettuce wraps*

2 small carrots (grated)  
1 small cucumber finely sliced  
4 mushrooms sliced  
½ avocado  
2 large iceberg lettuce leaves  
½ tsp balsamic vinegar  
1 tbsp chives  
12 olives

273 calories



Use this cleanse as a way to start your detoxification program or as a way to give your body a break in a busy lifestyle. It is a perfect way to prepare your body for your wedding in the weeks before the big day.

## green smoothies

Green smoothies are a nutritious green drink made from raw green leafy vegetables such as spinach, kale, Swiss chard, collard greens, celery, parsley and broccoli (you can also add sprouts or young shoots) and fruits such as oranges, kiwis, apples, mangos, bananas and strawberries (preferably all organic). Generally there is a ratio of 40% greens to 60% fruit.

They are a perfect way to deliver nutrients and energy to the body and give you amazing boosts in energy for hours after they are consumed.

For this reason they are a perfect meal substitute if you are wanting to lose weight or stop cravings due to poor diet choices. Much better a green smoothie than a coffee and a biscuit and less calories!

Green smoothies are also a great food for children of all ages.

Experiment with the ingredients until you find the right combination to suit your taste buds and use lemon, lime, ginger, cinnamon or mint to give new flavours to your smoothie.

Hint. When choosing a blender to produce the best smoothies, look for one that has the capability to chop ice.

## day 2

### BREAKFAST

**Green Smoothie (2-3 cups)**

1 cup organic apple juice

1 cup spinach (packed)

3 x stalks celery

1 x medium apple

½ cup water

216 calories

### MORNING TEA

1 small banana

1 tbsp honey

154 calories

### LUNCH

**Lettuce Wraps**

2 small carrots (grated)

1 small cucumber finely sliced

4 mushrooms sliced

½ avocado

2 large iceberg lettuce leaves

½ tsp balsamic vinegar

1 tbsp chives

12 olives

273 calories

### AFTERNOON TEA

1 glass apple juice

10 almonds

1 tsp honey

209 calories

### DINNER

**Vegetable Pasta**

2 x small zucchini sliced into pasta chips

**Sauce**

4 cherry tomatoes

1 medium tomato chopped

10 olives

¼ glove garlic

1 tsp olive oil

2 cups spinach

1 tbsp chives

2 tbsp chopped red capsicum

82 calories

**Fennel Salad**

½ fennel bulb

1 tsp olive oil

52 calories

**Rocket and Pear Salad**

3 cups rocket

1 small green pear

1 tsp olive oil

½ tsp balsamic vinegar

132 calories

### DESSERT

1 cup raspberries

1 cup strawberries halved

½ tbsp. honey

140 calories

Daily Water Intake: 8 – 10 glasses



# The importance of water when you detox

When we detox, our body eliminates most of the toxins via our urine or sweat. The liver decomposes the toxins in the body and then passes them through the blood to the kidneys or the pores of the skin allowing us to excrete them. Think of water like a solvent for toxins.

During a detox it is essential to drink water to purify the body. If you are tired, irritable, lack focus, suffer from headaches or body aches and skin out breaks the chances are you have not had enough water.

Many people do not drink enough water or find it difficult to remember to drink enough water throughout their day. Drinking water is a habit we need to foster to keep us hydrated, stop us from aging and heal our bodies. It also prevents over-eating and obesity, (obese people generally only have a water ratio of around 45%).

It is recommended that you drink 8 to 10 glasses of purified water per day. If you do not drink enough water, increase the amount by a glass or two a day over the next couple of weeks. Your body will start to crave it after a few days.

## day 3

### BREAKFAST

#### **Green Smoothie (2-3 cups)**

1 cup organic apple juice

1 cup spinach (packed)

3 x stalks celery

1 x medium apple

½ cup water

216 calories

### MORNING TEA

½ fennel bulb

10 almond

81 calories

### LUNCH

#### **Salad**

2 cups lettuce

1/2 small carrot (sliced)

5 black olives

1/4 small cucumber

1/2 small tomato

1 tsp olive oil

½ tsp balsamic vinegar

1/2 avocado

208 calories

### AFTERNOON TEA

1 small banana

1 tsp honey

110 calories

### DINNER

#### **Miso Soup**

1 tbsp miso

10 leaves spinach

4 mushrooms thinly sliced

2 cups water

½ small zucchini thinly sliced

2 tbsp chopped coriander

102 calories

#### **Tomato Salad**

1 medium tomato

1 medium avocado

1 slice red onion

1 small cucumber (no skin)

8 basil leaves shredded

1 tsp olive oil

½ tsp balsamic vinegar

369 calories

### DESSERT

1 cup strawberries halved

½ tbsp. honey

76 calories

Daily Water Intake: 8 – 10 glasses

WAYS TO DRINK MORE WATER  
IN YOUR DAY INCLUDE:

- Make water part of your morning ritual – drink 3 glasses before you leave the house.
- Start your day with a glass of hot water and lemon it will aid digestion and is good for purifying the body
- Monitor your water intake – fill a container for each day's intake
- Keep a bottle or glass of water by you throughout your day
- Drink herbal teas
- Flavour water with lemons, limes, strawberries, mint or ginger
- Eat watermelon. Watermelon is 92% water
- Soup broths count as part of your water intake



# *the importance of physical exercise when you detox*

Sweating during a detox will help you to eliminate toxins faster.

Body fat stores toxins, so reducing your body fat through exercise will not only help you look better, but will also benefit your body and reduce the possibility of heart disease, clogged arteries and high blood pressure.

Exercise increases your blood and lymph circulation, helping to distribute essential nutrients to your cells and remove metabolic waste and toxic substances.

Your blood sugar levels can also be controlled by exercise. Diseases such as diabetes and conditions such as high cholesterol are linked to excess blood sugar or spikes in blood sugar levels.



Walking, cycling, swimming, dancing or jogging are perfect forms of exercise to increase your heart rate and make you sweat, to help eliminate toxins, improve the strength of your heart and increase your lung capacity. Other types of exercise such as Pilates and Yoga are also great ways to get your metabolism going.

It is recommended that you exercise at least 3 times a week, 30 minutes or more, to get the maximum benefit of any exercise.

The most important thing is to be consistent.

## FOODS TO AVOID WHILE ON A DETOX

### MEAT

Red meat, chicken, turkey and any meat products like sausages, burgers and pate

### DAIRY

Milk, cheese, eggs (in the Studio Australia - for Life 14 day detox program we allow egg whites), cream, butter and margarine

### WHEAT AND GLUTEN

Bread, croissants, cereals, cakes, biscuits, pies, pastries, pasta, white or refined rice

All CRISPS and SAVORY SNACKS  
Including salted nuts

### SUGAR

Chocolate, sweets, jam and sugar

### PROCESSED FOODS

All ready meals, ready-made sauces and takeaways

### NO ALCOHOL

### NO CAFFEINE

Coffee and tea including green tea

### DRESSINGS

All sauces, pickles, shop bought salad dressing, mayonnaise

### SALT

Except for sea salt or vegetable salt

### DRINKS

- fizzy drinks including diet versions

NO CIGARETTES or  
CIGARS



## skincare during your detox

Your skin is the largest organ of your body. Approximately 10% of the elimination during detoxifying occurs through the skin so it is important to brush the skin.



A skin brush can be used to rid the body of dead cells and to renew skin before baths.

This action stimulates the lymph system and helps the skin to eliminate the toxins. It also promotes circulation, removes dead skin and cleans blocked pores.

One of the hidden advantages is that brushing will help tighten and tone, improve the texture of the skin and help lessen the appearance of cellulite.

The skin is an important area for the release of toxins. Taking baths or showers frequently will help to cleanse it of toxins on the surface and free up blocked pores to aid toxin release.

Toxin release from the skin can also be aided by saunas, heavy sweats during exercise and undergoing massage therapy; lymphatic or deep massage being particularly helpful in this regard.

It will stimulate the bodily functions and calm the mind. Hint. You can buy good skin brushes from your local health food store and some chemists.

## WELCOME TO THE WORLD OF DETOX

Making a commitment to do a detoxification or cleanse program is a gift to ones self. We all have habits in our lives and these influence how we relate to our bodies and how we think. To consciously observe, influence and modify these habits is a challenge but one that will change your life forever. You will learn how to live in your body and start to understand what the consequences are of what you put into it.

Living in your body is a gift. Feel it. Love it. Be grateful for it. It is the only one you have and it is wonderful that we all have the choice of how we look after it. This is an opportunity to start to know how.

Warm regards,

Mandy Keillor

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