

Body In Balance 5 Day Detox Plan (inspired by Dr Walsh, Dr Sachin Patel, and Dr Rakowski)
www.bodyinbalanceuk.com

Below is the nutritional component, go to the website to sign up for the emotional/lifestyle component sent to you over 6 days, AND get the bonus content including the previous 2 versions of the program.

<https://bodyinbalance.clickfunnels.com/5lbdetox>

And also download this overview to decrease toxins in your life in general:

<https://www.thepainreliefcentres.co.uk/wp-content/uploads/2020/12/How-to-Detox-Your-Life.pdf>

FOR 5 Days.....

- 1) Go 'super green' and low calorie.
- 2) Go all organic – if possible
- 3) Go to bed EARLY
- 4) Take extra fibre either with food, or between meals for extra toxin binding (see below)
- 5) Take binding agents between meals and at night (see below)
- 6) Take a multivitamin/mineral 1 x day with food
- 7) Hemp Seed Oil is the best oil
- 8) Optional supplements, 3 x day with food: CoQ10, NAC, and St John's Wort (if you are NOT on and medication it interacts with, like antidepressants). These 3 all aid the detox process.

AVOID: turmeric/curcumin and green tea SUPPLEMENTS, or excessive amounts in diet as they can slow detox.

A good multi-vitamin/mineral with no green tea, turmeric (or curcumin), black pepper or milk thistle extract in.

Take something too boost glutathione – 5 min before breakfast.

Either NAC, or Glutathione, try whichever one, some people benefit more from the cheaper NAC, some need the glutathione – for example:

https://www.nutri-dyn.co.uk/product/l-glutathione/?wpam_id=337

https://www.nutri-dyn.co.uk/product/nac-600/?wpam_id=337

I would suggest taking glutathione/NAC daily for 90 days, and a binder (see below) at night for 90 days.

Good Fibre Blend – have at least 1 x day, but you can have 3 or more times a day if you tolerate it):

https://www.nutri-dyn.co.uk/product/dynamic-prebio-fibre/?wpam_id=337

Or

<https://www.gardenoflife.co.uk/dr-formulated-organic-fiber-unflavored-192g-powder/12660659.html>

BINDERS:

Supplements to take AWAY from meals on an empty stomach (A good health food store should have them) : use just, one of these, or all 3 – some people may only be able to tolerate a small amount 1 x day)

- Chitosan—1,000mg three times daily
- Activated Charcoal—2–3g, three times daily
- Modified citrus pectin—5g, three times daily (expensive compared to the above 2)

If you are coming to the clinic, pick up the binder Toxaprevent, and maybe Cytodetx as they are even better.

Consume 3 meals within a 6-8 hour period.

Protein:

Divide your protein needs into three meals consumed within an 8 hour period, or shorter (time restricted feeding).

Suitable sources of protein include grass fed beef, turkey, chicken, white fish, or protein powder, **ideally organically sourced.**

NB: - 1.5g to 2g per kg of your IDEAL weight per day – (you can use my favourite 'detox' powder- UltraclearPlus pH /protein powders etc if needed)

Vegetables:

Consume 5 cups of cruciferous vegetables (cabbage, broccoli, cauliflower, or brussels sprouts), an onion, 3–4 cloves of garlic, 1 cup of leeks, and 3 tbsp of chives. These can be roasted, steamed, sauteed, or used in a soup.

ANY veg or salad is fine.

Fat:

Consume 1–2 tablespoons of oil per day. Hemp seed oil, coconut oil, sesame oil, or olive oil are recommended.

Seasonings: You can liberally use garlic powder, onion powder, turmeric, cumin, and sea salt during the detox program.

DO NOT HAVE BLACK PEPPER (stops detox)

Carbs – try and AVOID or at least stay UNDER this calculation for your weight:

ie – work out your weight in lbs, divide by 2, and then that is how many grams of carbs you can have when NOT on detox.

– a 10 stone female (140 lbs) will need approx. $140/2 = 70$ grams – so on the detox try and stay UNDER 70g

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Take your usual supplements, plus the ones below, but **phase out fruit and berries, grains, dairy, processed foods.**

Eat only organic, grass fed, or free range protein and veg.

If you do not lose 5 lbs of toxic fat, or have problems with this detox then we have other protocols, and personalised plans too.

(You could simply try a veg only version with NO protein for 5 days, directly after this one – however you can not detox properly if you don't have adequate protein to begin with)