



The Functional Foodie

Detox

The body is a fantastic detoxing and healing machine, but if you're just getting into more consistently healthy habits, want a reboot or feel sluggish, try this:

1. half a pint of fruit/veg juice daily, preferably freshly juiced;
2. lots of fruit, especially apricots, berries, cantaloupe melon, kiwis, citrus, papaya, peaches, mango, red grapes;
3. lots of veg, especially artichokes, peppers, beetroot, tomatoes, watercress, bean + seed sprouts, broccoli, red cabbage, carrots, Brussels' sprouts, cucumber, spinach, cauliflower, kale, pumpkin, sweet potatoes;
4. only a moderate amount of grains (not more than twice daily e.g. porridge for breakfast and brown rice for dinner);
5. fish (only once daily);
6. oils, nuts and seeds (one handful a day should be included - almonds, brazils, hazelnuts, pumpkin/sunflower/flax/sesame seeds);
7. avoid wheat, dairy, meat, eggs, salt, spices, dried fruit and fried foods, caffeine and alcohol.

Sticking to a kind of fruit, soup and salad regime for a day or two will help if you need to reset your system after a time of indulgence or unhealthy choices.