

# 10 DAY SUPPLEMENT AND LIFESTYLE GUIDELINES

## FOR EACH DAY OF YOUR DETOX

### BREAKFAST

- Start each morning with a cup of warm to hot water with a squeeze of lemon
- Every morning, have a vegetable juice (p. 20)
- See the 10 day menu plan for breakfast

### SUPPLEMENTS

- 15 minutes before breakfast take: 5mls (1 teaspoon) of Blackmores Digestive Bitters in a little water or juice
- With breakfast take: 1 x Blackmores Milk Thistle  
2 x Blackmores Acidophilus Bifidus  
Remember to take a multivitamin too (for nutritional insurance)

### LUNCH

- See the 10 day menu plan for lunch

### SUPPLEMENTS

- With lunch take: 1 x Blackmores Milk Thistle

### DINNER

- See the 10 day menu plan for dinner

### SUPPLEMENTS

- 15 minutes before dinner take: 5mls (1 teaspoon) of Blackmores Digestive Bitters in a little water or juice
- With dinner take: 1 x Blackmores Milk Thistle  
2 x Blackmores Acidophilus Bifidus
- Before bed: DAYS 1–3 ONLY take: 1 level scoop (provided in the kit) of Blackmores Colon Care mixed with a little water or juice  
NOTE: Make sure you use the scoop included in the box, not a standard teaspoon. Do not exceed recommended dose. See important information over page\*

# 10 DAY SUPPLEMENT AND LIFESTYLE GUIDELINES

## SNACKS

- See the 10 day menu plan for snacks
- Feel free to snack between meals if you are hungry

## LIFESTYLE

- AVOID cigarettes and alcohol
- Exfoliate your skin every second day with the exfoliating skin mitt provided. See notes on skin exfoliation on p. 8
- Gentle daily exercise such as stretching, yoga, tai chi, or a 20 minute walk is an important part of detoxification. It improves circulation and increases blood flow to the surface of the skin, promoting perspiration (toxins escape in sweat)
- Avoid very strenuous exercise while on the Detox Program as your body may not be able to cope with the increased demands

\* You may experience a softer bowel motion than normal and this should occur the following day. If you experience diarrhoea, stop taking the Blackmores Colon Care and continue with the rest of the Program. If you are experiencing constipation or you are not having at least one bowel motion per day, consider increasing the dosage slowly until you reach the desired effect. For example, you may have one heaped scoop, instead of a level scoop. Ensure you take Blackmores Colon Care at least two hours away from medication, as herbs with a laxative effect may inhibit absorption of some medications such as oral contraceptives.



To decide what food you are going to eat on the Blackmores 10 Day Detox Program, you can either:

- a) follow the 10 day general dietary guidelines or
- b) follow the 10 day menu plan (p. 17)

Whichever option you choose, it's important that you:

- Try to eat a variety of different food, from the different food groups every day. Do not eat the same diet each day. It's not

nutritionally wise and you might get bored and discouraged

- At every meal, look at your plate and ask yourself if most of the food is of a sort you should be aiming to increase (see the table below)
- Eat a small amount of protein with each meal to help stabilise blood sugar levels

## 10 DAY GENERAL DIETARY GUIDELINES

INCREASE	IN MODERATION	AVOID	AVOID BECAUSE
<b>DRINKS</b> → Purified or spring water – 2 litres daily → Vegetable juices – see suggestions on p. 20 → Herbal teas – chamomile and peppermint → Dandelion makes a good coffee substitute (make sure the dandelion does not contain added lactose or sugar)	→ Miso soup	→ Alcohol → Coffee /tea → All other caffeine drinks such as cola and guarana drinks → Soft drinks including diet drinks	→ Negative effects on the liver → Contains caffeine, a stimulant → High in refined sugar and additives

# GENERAL DIETARY GUIDELINES

INCREASE	IN MODERATION	AVOID	AVOID BECAUSE
<p><b>FRESH FRUIT</b> (organic where possible)</p> <p>Eat unlimited berries, apples, pears, oranges, lemon, stone fruit, watermelon, pineapple, strawberries, bananas, rockmelon, honeydew melon, mango and grapes</p>		<p>→ All dried fruits</p> <p>→ Grapefruit</p>	<p>→ Generally contain preservatives</p> <p>→ Slows down liver detoxifying function</p>
<p><b>FRESH VEGETABLES</b> (organic where possible)</p> <p>Eat unlimited mushrooms, zucchini, lettuce, carrot, beetroot, cabbage, chives, leek, spinach, watercress, potato, snow peas, tomato, lettuce mix including rocket, radicchio, endive and dandelion leaves, fennel, red salad onion, bean sprouts, avocado, alfalfa sprouts, parsnip, swedes, broccoli, cauliflower, beans, brussel sprouts, spring onions, corn, squash, cucumber, capsicum, celery, onions and olives</p> <p>(Remember, steaming vegetables retains the most nutrition)</p>			



# GENERAL DIETARY GUIDELINES

INCREASE	IN MODERATION	AVOID	AVOID BECAUSE
<b>PROTEIN</b>			
<ul style="list-style-type: none"> <li>→ Tofu – soybean curd</li> <li>→ Legumes – lentils, chickpeas, kidney beans (see p. 26 for cooking tips)</li> <li>→ Raw nuts such as cashews, almonds, brazil</li> <li>→ Nut pastes</li> <li>→ Raw sunflower seeds and pumpkin seeds (also known as pepitas)</li> </ul>	<ul style="list-style-type: none"> <li>→ Fresh fish – deep cold water fish is preferred, such as salmon, mackerel, cod and herrings</li> <li>→ Canned fish may be used only if it is in springwater, not brine or vegetable oil</li> <li>→ Chicken – organic if possible</li> <li>→ Free-range eggs – contain sulphur that helps to detoxify</li> <li>→ Yoghurt containing Acidophilus Bifidus cultures – plain, without added sugar</li> <li>→ Goats cheese</li> </ul>	<ul style="list-style-type: none"> <li>→ Red meat – lamb, beef, mince, pork etc</li> <li>→ Peanut paste</li> <li>→ Dairy foods – cows milk, butter, sour cream and cheese (a small amount of yoghurt is OK)</li> </ul>	<ul style="list-style-type: none"> <li>→ Harder to digest than plant foods</li> <li>→ Some people can be allergic to dairy foods</li> </ul>

# GENERAL DIETARY GUIDELINES

INCREASE	IN MODERATION	AVOID	AVOID BECAUSE
<b>FATS</b>			
	<ul style="list-style-type: none"> <li>→ Cook with cold-pressed olive oil (extra virgin olive oil is best)</li> </ul>	<ul style="list-style-type: none"> <li>→ Saturated fats – animal fats such as from red meat</li> <li>→ Trans fatty acids – margarine, deep fried foods</li> </ul>	<ul style="list-style-type: none"> <li>→ A diet high in saturated fats can increase cholesterol levels. It is also linked to heart disease</li> <li>→ Can increase cholesterol levels and affects the way the body uses good fats</li> </ul>
<b>CARBOHYDRATES</b>			
<ul style="list-style-type: none"> <li>→ Whole grains – brown rice, rye, oats, barley, millet, quinoa, polenta, rye and buckwheat. Whole grains are considered complex carbohydrates and have substantial amounts of fibre. Fibre such as oat bran is important for good bowel function</li> <li>→ Eat any bread that is made from the above grains but avoid bread made with wheat and yeast</li> </ul>	<ul style="list-style-type: none"> <li>→ Wheat-free pasta</li> <li>→ Sugar substitutes: apple concentrate, pear concentrate, barley malt, rice, malt</li> </ul>	<ul style="list-style-type: none"> <li>→ Refined carbohydrates – sugar, honey, sugary foods such as lollies and chocolates</li> <li>→ All wheat products including cous cous</li> </ul>	<ul style="list-style-type: none"> <li>→ Can cause fluctuations to blood sugar levels and contribute to an overgrowth of candida (thrush)</li> <li>→ Are potential allergens</li> </ul>

# GENERAL DIETARY GUIDELINES

INCREASE	IN MODERATION	AVOID	AVOID BECAUSE
CARBOHYDRATES CONT'D			
		<ul style="list-style-type: none"> <li>→ All refined grains e.g. white bread, pasta, noodles, cakes and white rice</li> <li>→ All yeasted breads – e.g. white, brown and wholemeal</li> </ul>	<ul style="list-style-type: none"> <li>→ Poor nutritional value and low fibre</li> <li>→ Foods containing yeast can make the body more prone to <i>Candida albicans</i> (yeast overgrowth)</li> </ul>
ALLERGENIC FOODS			
		<ul style="list-style-type: none"> <li>→ Foods that you are allergic or sensitive to should always be avoided</li> </ul>	
EXTRAS			
	<ul style="list-style-type: none"> <li>→ Sea salt</li> <li>→ Herb salt</li> </ul>	<ul style="list-style-type: none"> <li>→ Table salt</li> </ul>	<ul style="list-style-type: none"> <li>→ May contribute to fluid retention and hypertension</li> </ul>