

# **Patient Handout for Home Detoxification**

Max Drake MNIMH, Medical Herbalist  
[www.maxdrake.co.uk](http://www.maxdrake.co.uk)

## **Seven Day Detoxification Plan**

Please follow precisely all the instructions in this one-week home-based detoxification plan. It has been used with thousands of patients, many experiencing excellent results. This programme of rest and renewal for your body can reduce aches and pains and symptoms of chronic disease; it can help you feel healthier and more energetic.

### **How Does It Work?**

The body has its own self-healing mechanisms. This seven-day programme strengthens your body's healing forces in a short period of time. By stimulating your natural capacity to release and excrete toxins, you can remove some of the obstacles that are keeping you from optimum health. Detoxification is like an oil change for your car. It cleans and improves the filtering of your internal fluids in a way that prevents your body's engine from breaking down, and produces immediate benefits in fighting existing disease. It is a simple programme using a special diet, herbs and supplements, heat, and contrast hydrotherapy.

### **Detoxification Programme Summary**

- Two day water fast with bed rest if necessary
- Five days of rice, fruit, and vegetables
- Protein drinks 2 - 3 x per day during days 3 - 7
- Herbs and supplements as recommended
- Shower hydrotherapy treatment at least once per day
- Daily saunas, if available
- Sleep at least 6 - 7 hours per night
- Avoid stimulation at night (TV, Cinema, Theatre, Parties etc.)

### **Diet**

The programme begins with a two-day water fast followed by five days of rice, fruit, and vegetables. (Additional details on the fast and the diet are shown below.) While on this diet you should supplement these foods twice a day with a whey or rice protein-based powder. Add 2 rounded scoops in juice, blended, 2-3 times per day for breakfast and snacks to improve protein status during detoxification.

#### **Days 1 and 2**

Consume water, lemon water, and herbal teas, as recommended, only. Be sure to drink a minimum of 8 glasses of these fluids per day. This fluid fast is extremely helpful in achieving optimal detoxification. Some people cannot tolerate this two day fast, can't afford to lose any weight, or are in a debilitated condition. These people should add the rice or whey protein and fruit juice 2 to 3 times per day to the other fluids.

#### **Days 3 to 7**

Following the water fast, a typical day's menu should reflect the choices shown below. (You may need to eat more or less, depending on your appetite.)

#### **Reintroduction of omitted Foods**

Following your seven-day programme you should reintroduce foods back into your diet slowly - one food at a time, every 1-2 days. This process may take up to a month. Focus first on protein sources from lean meat, fish, or eggs. Then add back beans and grains (other than wheat). Then introduce nuts. Finally, slowly reintroduce wheat, dairy, and soy. Each time a food is reintroduced, note any reactions - physical, mental, or emotional. Write then down and bring your notes to your next appointment.

## Typical menus

<b>Upon arising</b>	half a pint of hot lemon water
<b>Breakfast</b>	A protein shake made with fresh fruit and fruit juice; rice cakes; fresh fruit; herbal tea
<b>Snack</b>	Fruit and/or rice protein shake; herbal tea
<b>Lunch</b>	Salad and soup, or rice and steamed vegetables, or sweet potato and steamed vegetables
<b>Snack</b>	Fruit and/or rice protein shake; rice cakes; herbal tea
<b>Dinner</b>	Rice and mixed vegetables (steamed or lightly sautéed), or a soup and salad, or salad and baked sweet potato
<b>Note</b>	Drink plenty of water and lemon water in these days as well.

## Foods to Use and Avoid

### **Carbohydrates**

**Use:** Brown rice, basmati rice, jasmine rice, wild rice, rice cakes / crackers, rice bread, rice pasta (read labels to avoid any wheat content). If variety is required you can also use quinoa or millet.

**Avoid:** Sugar, honey, molasses, jams, artificial sweeteners, corn, wheat, spelt, kamut, barley and any products with these in them.

### **Legumes**

**Use:** Mung beans, red lentils.

**Avoid:** All other beans.

### **Vegetables and Fruits**

**Use:** All varieties of fresh produce can be used. They can be steamed, baked, lightly sautéed in a small amount of extra virgin olive oil, eaten raw, or juiced. Vegetables can be used in any combination and quantity desired. Fruits are to be eaten one variety at a time and away from other foods.

### **Fats and Oils**

**Use:** Extra virgin olive oil and unheated flax seed or hemp seed oil.

**Avoid:** All others including butter and margarine.

### **Beverages**

**Use:** Herbal teas, as recommended by the herbalist, purified water (spring or filtered), lemon water (organic lemons only). (Squeeze half a lemon into one pint of water and then drop the squeezed lemon peel into the water, at least two pints of this lemon water to be drunk each day.) Diluted fruit and vegetable juices (ideally made fresh from a juicer).

**Avoid:** Coffee, black tea, all alcohol, fizzy drinks, decaffeinated teas and coffees.

### **Condiments**

**Use:** Vegetable salt, sea salt, apple cider/balsamic/rice vinegars, all spices

**Avoid:** Ketchup, mayonnaise, Worcester source, barbecue source, brown source, relishes, mustards, salad dressings and any other packaged oil/liquid based seasonings (i.e. pickles, chutneys, Indian, Thai, and Chinese seasonings, etc.)

## General Categories of Foods to Avoid

During your seven-day detox programme, all of the following foods put too much burden on the liver's detoxification ability and often disrupt digestion. They must be avoided.

- Meat
- Fish
- Poultry
- Eggs
- Dairy products
- Chocolate
- Nuts
- Beans (except those listed)
- Grains (other than rice, quinoa, and millet)
- Preservatives and food colouring
- All packaged / processed / tinned foods

## **Shower Hydrotherapy**

Take a hot shower for 3 minutes then switch to cold water for 30 seconds. Repeat the cycle 3 times, ending with the cold rinse. Make sure your entire body is showered this way. After you've finished 3 rounds, get out of the shower, dry off quickly, and go to bed or dress warmly till you refresh the body heat. This process enhances circulation, detoxification and metabolism. Ideally it should be done every day.

## **Sauna**

Whilst appreciating that not everybody has access to a sauna, but if you do, sauna therapy is extremely safe, and can be a critical step in removing fat-stored toxins through the skin. As you sweat, many toxins that are stored in the fat and blood (PCBs, cadmium, lead, and industrial chemicals) are excreted through the skin. Do not sauna during the first two days of the programme (the water fast).

### **Sauna Method**

Use a low temperature or infra-red sauna, choosing a temperature from 150 - 170 degrees Fahrenheit. Drink a pint of warm water before entering and take water into the sauna with you, continuing to drink throughout the length of your sweat. Begin by staying in the sauna for 15 minutes then come out for a cold-water rinse. Repeat this process for up to one hour. As you become more acclimatised to the heat, you may increase your time a little each day until you reach two hours. The cold rinse is important because it stimulates circulation in the skin and removes waste material being excreted through it.

## **Dry Skin Brushing**

The skin regulates body temperature, functions as an organ of elimination and has even been called the "third kidney". It averages 3,100 square inches of surface area, acting as a protective shield against the outside world. Dry skin brushing is an old natural healing method used to increase blood and lymphatic circulation. It removes dead skin cells, keeps the skin soft, improves blood and lymph circulation, and helps rid the body of toxins.

### **Skin Brushing Method**

Brush your whole body once a day with a natural-bristle dry skin brush (available in many chemists and health food shops). Start with your arms, front and back, moving from the fingertips up into the armpit, always brushing towards the heart. Then do each leg, front and back, starting at the feet and brushing upwards. Follow each leg up through the pelvis, buttocks, abdomen, and lower back. Then do the chest and upper back, always brushing towards the heart. If you wish, you can lightly do the face and head, using downward strokes. Keep the brush dry (never get it wet). Just as you wouldn't use someone else's toothbrush, be sure that you only use your own skin brush. If skin brushing is painful, do it lightly and persevere - the discomfort will pass. The chest, abdomen, and inner thigh should be done gently and carefully.

## **Supplements and Herbs**

During this detox, the filtering mechanisms of the liver can become overloaded. Feelings of fatigue, headache, muscle pain, and nausea are common as toxins are mobilised and excreted. Taking certain supplements and herbs is a necessary step to support the liver, promote detoxification, and prevent symptoms as much as possible. Follow the protocol outlined on your treatment programme by the herbalist. Supplements and herbs are prescribed according to your personal needs, following a consultation. These will take into account your medical history and constitutional type, but here are some general guidelines to follow:

1. The supplement programme is for enhancing detoxification and improving circulation. It will be reviewed after four weeks.
2. The supplement programme will not interfere with other supplements or medications you are taking. All prescription medications are to be maintained unless specifically directed by a medical practitioner.
3. You will not be asked to take any supplements you do not absolutely need.