

The Urban Remedy DIY detox cheat sheet (don't cheat though)



The key deets

Start – Friday 10 September

Finish – Thursday 30 September

DO – Eat more good stuff

DO – Eat less “less good” stuff

DO – Exercise at least 4 hours per week

Have questions or want some juice or smoothie recipes?

Email me – emma@urbanremedy.com.au or leave a comment on the [primped blog](#) or [urban remedy blog](#) and I'll sort you out in no time flat.

Emma xx

Increase

- Fish (steamed and baked best)
- Nuts and seeds
- Fruit and veggies, especially raw & juices
- Vegetable protein; lentils, chickpeas, navy beans, lima beans, pinto beans, kidney beans, tofu
- Whole grains; brown rice, quinoa, oats, spelt, buckwheat, millet
- Make smoothies as breakfast/snacks or meal replacements; banana, spinach, cos lettuce and apple juice makes a delicious smoothie. I've been making them every day lately for breakfast. Yum.

Eliminate

- Red meat and other processed meats
- White foods – white sugar, white bread, white rice, white pasta, cous cous (this stuff actually takes nutrients out of your body!)
- Processed and packaged foods, especially with preservatives, flavours or colours (look on the back for numbers)
- Alcohol
- Artificial sweetener (aka poison)
- Cigarettes
- Fried, heavy and fatty foods

Other stuff to do to increase benefits

- Drink hot water and juice of ½ a lemon in the morning (great detoxifier and also kick starts digestion)
- Drink loads and loads of water and herbal tea to flush out toxins. Aim for 30mls per day for every kilogram of body weight.
- Do some cardio – sweat out toxins
- Have a steam or sauna
- Meditation – detox your thoughts too
- Try some yoga
- Set some healthy goals

Reduce

- Dairy (switch at least half of your dairy intake with soy or rice milk products). Plain, unsweetened yoghurt with live cultures is fine (good for you in fact).
- Caffeine – drink green or white tea instead of coffee and black tea
- Eggs – 3-4 per week are fine, but try to make them organic
- Salt (sea salt ok)
- Bread – wholemeal or spelt sourdough ok
- Starchy high GI veggies like potatoes
- Chicken – organic chicken once or twice a week is fine

Also consider

- Eat slowly and chew thoroughly – this alone can make an enormous difference
- Eat mindfully – give meal times your full attention
- Eat a little less than normal – you'll be surprised at how you don't need to eat as much as you think you do
- Think about giving your home and work space a spring clean. That alone will make you feel really good.
- De-clutter your thoughts – choose 2 things that you normal worry about and decide to stop worrying about them for a while. See what happens.

