



NOURISH Advanced Nutrition-Lifestyle Training

LEVEL 2

Detoxification

Clean & Green

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Detox Fundamentals

Introduction to Toxicity

$$\#1: V = P - O$$

Vitality = Power - Obstruction

What's our Power source? **Electromagnetic conductivity!** It's a scientific process happening in our body: when the negative ions (electrons) of an atom exceed the positive ions (protons). Electrons are the building blocks of vitality, so the more electrons the better!

When more protons come in, they suffocate the cell, creating **obstruction and acidic waste**.

Obstruction --> Stagnation --> Bacteria Growth --> Decomposition

In order to prevent decomposition, we must prevent obstruction.

Our body communicates obstruction with **symptoms** of pain and dis-ease. We have accepted norms that are not normal for the human body, which can be anything from an ear infection to cancer.

#2: Not all food is human food

Believe it or not, *real* human food becomes less food as water content is removed from it. And while some foods may not be poisonous, they still may not be considered human food.

So what is considered real human food? Alkaline, water-containing fruits and vegetables, mother's milk, and negatively charged air & water. The more dehydrated your food is, the more space there is for toxicity, and build-up of acidic waste. Given our personal history of accumulation and the stress and acidity of this day and age, **at best 60% of what we put into our body actually comes out of our bodies!** That's a lot of build-up!

#3: Life Decay vs. Life Force Energy

Life Decay = non-human foods + obstruction + **genetic inheritance**. We weren't all born with a full deck of fortitude in our organs, and we need fortitude! ***What was inherited through our lineage from the moment we were born affects our ability to release waste.***

Any extra weight on our body (5, 10, or 50kgs) is a sign of acidic, toxic, waste build-up.

Develop a dialogue with your body! Our bodies want us to be happy, and will communicate with painful symptoms when something isn't flowing! Trust it without suppressing the symptoms.

Life Force Energy = Pleasure + Ease: this is the NORM for our bodies!

When we choose conductivity, our body has more of a chance to communicate pleasure symptoms of ease and flow. **The force of electrons through real human food is a powerhouse for transformation.**

The Solution to Toxicity

#4: Awaken the Sleeping Beast

There is a **two-step process for unfolding the damage of toxicity and renewing the system - an empowering method!**

The first 50% of the two-part process: undoing damage and renewing the system! There is a beast in the form of accumulated waste sleeping in our bodies ready to be awakened.

When alkaline charged matter meets waste matter (acidity), we have an awakened beast. Once awakened, the beast begins floating around in the body. Symptoms of detox may occur, including: headaches, bloating, joint pain, sore throats, flu-like symptoms, etc.

#5: Release the Beast

The second 50% of renewal: the relief stage! It's important to remember that a smooth process to awakening is the only way to go. Personalised **TRANSITION & ELIMINATION** are crucial. This stage can be honoured by knowing yourself (which we will get to in Detox Fundamental #6).

Once the beast has awakened, decay can only be removed if obstruction is removed, in order to prevent auto-intoxication (re-absorption of symptoms). **The intestines are our largest eliminating organ** in our body, and can be most effective through colonics and enemas.

The sooner the release from when you consume toxic food, the greater the chance for toxins to leave body, rather than linger and literally "stick" around to be reabsorbed.

#6: Know Yourself

We are all individuals, we are all different. No one detox plan fits everyone, so be ok with being different! One who is used to a more alkaline, true food, non-addictive diet lifestyle will kick their detoxification process up to a higher gear than one who is considered a mainstream foodie addicted to false stimulants (acidic, addictive, imitation energy).

Consider these areas when tailoring to your body's needs:

- health history
- diet history
- genetic lineage
- elimination support - colonics & enemas
- acidity vs. alkalinity

The *history of accumulation* exercise from Day 1 is a great way to lay out all of the puzzle pieces.

How do you know if you are detoxifying well and on the right track? You are experiencing very few symptoms and a lot of elimination!

If waste is being awakened but not leaving the body, you're not detoxifying. Remember to honour your body & be present throughout process of detoxification. Support yourself and continue to make choices that transform conditioned patterns, and serve your highest good!



Worksheet on Detox Fundamentals

1. What is toxicity? What are the by-products of waste matter?

2. What are some symptoms you are / have experienced? What were they trying to tell you

3. Why is excess weight largely waste?

4. How can one determine how much waste is in their system?

5. What supports a life-generating environment?

6. What leads to physical decay and a life-deteriorating environment?

7. How can the cycle of decay be halted or avoided?

8. What is true human food?

9. What is the two-fold solution to removing the toxicity from your body?

10. How does one tailor this process to their unique state of body? (Hint; 3 things to consider!)

11. How will you know if you're detoxifying well, or if adjustments are needed?

12. What's the difference between true nourishment and artificial "false fire" substances?

14. How does one overcome food addictions?

15. How does one know which dietetic battles are worth fighting, and which are not?

Principles of Digestion

The state of our **digestive tract determines the state of being of our entire body.**

#7: What?

Food hierarchy: the foods in each category that top the list of being most clean (alkaline) when entering the body. Knowing that there's a lot of hydration and alkalinity in raw fruits and vegetables, we want to use the principle of **TRANSITION** to tread that bridge from the old way of eating to the new way very cautiously and gently, to avoid massive detox symptoms and auto-intoxication!

*** Refer to your pH/hydration colour chart as a food hierarchy to reference when making food choices.*

Food categories:

- **Starch** - starchy root vegetables & grains. Starchy vegetables are superior to grains. Ancient grains are smaller, more alkaline and cleaner: millet, buckwheat, quinoa, amaranth. Grains are not considered an ideal human food.
- **Dairy** - to determine how beneficial the dairy product, consider how large the casein (the smaller the better) & the presence of enzymes.
- **Flesh** - smaller the animal, cleaner the flesh.
- **Legumes** - not an ideal human food, harsh on system. Small legumes are cleaner.
- **Nuts & Seeds** - Small seeds are the cleanest.
- **Fruit** - the perfect human food! Enters body as huge force of life-force energy and leaves not a trace on exit. The higher the water-content the cleaner. Exercise caution if you are yeasted.

#8: How?

To unblock our body, we need to unblock our centre! **Food combining** is a way of eating that respects the natural **biochemistry** of the body. Different types of foods require different types of digestive enzymes to break them down and varying pH environments.

Proper food combining alone can get you 75% of the way to a cleaner, more energy-conductive body. Eating foods in Quick Exit combinations ensures no digestive "traffic jams!"

When digestion is optimised **nutrients** are assimilated efficiently, **waste matter exits** the body in a timely fashion, and **energy** is freed up for other metabolic functions. All good things!

The goal isn't to be a perfect food combiner, but rather to optimise your digestion so you can feel your absolute best.

Here is a food-combining list to assist you in creating quick-exit meals: (There are always exceptions.)

Starches

- combine w/ all veggies (cooked or raw), avocado, legumes, young coconuts
- do not combine w/ fruit, nuts & seeds, flesh, dairy (except butter)

Dairy

- combine w/ all non-starchy veggies, flesh
- nothing else combines with dairy.

Flesh

- Only combines with dairy, all raw veggies, and all cooked non-starchy veggies

Legumes

- only combine with starches and all veggies.

Nuts & Seeds

- combine w/ all veggies and dried fruit
- do not combine w/ wet fruits, avocados, starches, flesh, dairy, legumes

Fruit

- combine alone (with other fruits) and with all raw, leafy green vegetables.

When I work with my private clients I always teach them how to specifically apply the food combining principles to their own life and health goals.

I show them which principles will be most helpful in getting them closer to their goals, while also showing them where they can bend the rules a bit while still making progress!

#9: When?

There is an ideal order to eating food: **Lightest --> Heaviest** = quick exit. The other way around causes back-up and unwanted gas.

An ideal day could look like:

1. Breakfast - veggie juice on an empty stomach
2. Morning tea - fruit
3. Lunch - raw veggie salad
4. Dinner - raw veggie salad followed by desired well-combined cooked food.

Not only is it important to begin light and end heavy as you move through the day, it's also important for each of your meals to look the same way (light --> heavy).

When the pathways of the body are clear and open, the pathways in all areas of life begin to open. Beginning with your inner-pathways, start to open organically to the life you were meant to enjoy.

Remember, all of these detox fundamentals are best used as concepts or guiding stars to **experiment** with -your body is the compass. This is where **intuitive, attuned and mindful eating** come in to play!

Intelligent detoxification goes hand in hand with learning to increase awareness during your eating experiences and figuring out what foods and combinations of foods feel best for you.

If you embark upon a personal journey of detoxification, when making any decisions about what to eat, **honour your taste buds and your health** because when eating clean & healthy tastes good and makes you feel better, you are much more likely to maintain changes in your eating habits.



Fresh Detox Cooking

What is detox cuisine? *Food that is sumptuous, abundant, deeply satisfying and filling but oh-so-light and cleansing.*

Food that is created with your busy schedule in mind, but doesn't skimp on flavour and satisfaction.

Our favourite meals actually require minimal kitchen appliances, although if you love to create dishes there is plenty of room for that too!

You should have a good **set of knives**, a solid **wooden chopping block**, and we highly recommend purchasing a good **blender**, which comes in handy when preparing a lot of raw soups—and particularly raw ice creams, which require blending ice effortlessly. However, you will find plenty of recipes that do not require any special equipment.

There is only **minimal use of raw fats** in our recipes. While raw fats are good and important on many levels, most raw food recipes call for too much plant-based fat. Even the best fats should be used carefully, as they are very dense and difficult to break down. This is especially true for women, who have a hard time breaking down fats in general. Women should also be especially careful of raw recipes and raw restaurants that use large amounts of nuts & coconut butter.

On that note, be sure to **store your fats properly**. Raw nuts should be kept refrigerated. Olive oil should be purchased in dark glass containers, kept cool, and stored away from the light (keeping a pantry away from the oven is usually a good bet).

Avocados should never be too soft, as this means the fat content is probably rancid - and rancid fats, in addition to being difficult to digest, can give you a debilitating headache and/or stomach-ache.

Seasoned chefs and novices alike should be able to make a range of delicious detox recipes. The only difference between the two levels of chefs vis-à-vis the recipes will be **confidence**. Confidence is an essential ingredient. Enthusiasm and passion must also be infused into every recipe here. These are your detox recipe mantras:

- Absolutely, I can make this!
- I love making these healthy dishes!
- I am nourishing my body and soul with healing food for a beautiful, joyful life!

In preparing cleansing food, you will in no way sacrifice flavour. You will still enjoy the basic tastes that every well-balanced palate desires: sweet, salty, fatty, acidic/sour, and spicy. Here are everyday ingredients that I recommend you keep handy in your kitchen to facilitate the preparation of your favourite detox dishes:

For sweetness:

100 percent pure maple syrup
 Stevia
 Raw honey
 Dates
 Dried fruit
 Agave nectar

For saltiness:

Nama Shoyu, Tamari, or raw soy sauce
 Celtic sea salt
 Himalayan rock salt
 Celery salt or other homemade vegetable salts
 Seaweed
 Unpasteurised Miso
 Olives
 Capers

For fattiness:

Raw nuts
 Cold-pressed oils
 Avocados
 Young coconuts

For acidity/sourness:

Fresh citrus juice
 Various vinegars (in small quantities) such as apple cider, balsamic, white wine, sherry, and so forth.

For spice:

Fresh herbs
 Curry spices and mixes
 Fresh ginger
 Garlic

In addition to making sure your dishes meet all of your palate's desires, I encourage you to use the **freshest, organic produce** you can find (when you can get it). Also, whenever possible, use fresh herbs, garlic, and ginger. The dried and powdered versions will not give these dishes the desired boldness of flavour.

Essential Detox Appliances

- **A Juicer** (ideally one that juices green, leafy vegetables easily) If you wish to purchase a centrifugal (fast) juicer for ease or for your initiation into juicing, we recommend the **Breville Fountain Juicer** - it's easy to use and clean, has a very large mouth, which means you don't have to cut up things like apples and lemons, and, at about \$150 - \$200, it's well priced.

For those who are adamant about getting maximum enzymes out of their juice and are ready to take the next step into juicing and a high-raw foods lifestyle, purchasing a **cold-press juicer** such as the Compact or Oscar brand cold press juicers is a good idea – they also produce less waste. They retail for \$250 - \$500 but are well worth the investment.

- **Mandolin** - A mandolin is a kitchen appliance which allows you to slice vegetables very thinly. This is one of my most frequently used food prep item as it enables me to turn vegetables into gourmet delicacies. After slicing vegetables into thin layers, I like to stack them and then slice again, creating matchstick pieces or even something akin to noodles. I also love to run beets over the mandolin to use as "rose petals" around the plate! You can buy one for about \$30.

- **Spiraliser** - A spiraliser is an essential item for raw noodle and pasta fans. You can make pasta out of zucchini, carrots, squash, pumpkin, and more using this nifty contraption. Approx. \$40.
- **The Breville Food Processor** - All I can say about this particular blender is that we use it at least three times every day. It will make your detox transition infinitely more enjoyable. Many people ask me why they need this if they already have a blender. You don't really need it unless you want to make any of the ice creams. But once you buy it, you will see how great it is to have on hand for all recipes that require blending.

We use it to make fruit shakes, dressings, and soups throughout the day. And in Summer we use it at least two or three times a week to make fresh, raw ice cream (my partner and friends go through a lot of it very quickly!). While not inexpensive at \$450, it is worth every penny (and can also be used as a mega-fast mandolin with the vegetables grater blade – amazing!)

Want to learn more about fresh detox cooking?

Learn how to make a wide repertoire of sumptuous, simple, cleansing food with minimal effort!

So many people have already discovered that a detoxification diet-lifestyle offers a gateway into a whole new way of looking at food, ingredients, combinations and culinary pleasures. The breadth of practical skills, recipes and experienced guidance in preparing foods for the clean-celled lifestyle is so extensive it begs its own cooking course.

*Join us in this high vibration, intimate setting for **The Fresh Detox Cooking Course, November 2013** in our 2-day intensive format and look forward to learning about:*

- Equipment and supplies: using food processors, different type of juicers, dehydrators, mandolins and spiralisers as well as knife skills and techniques
- Pantry development for the various levels of detox lifestyle
- Raw food preparation including fresh juices, smoothies, raw soups, sauces, salad dressings, salads, simple entrees, wraps and rolls, patés, and easy desserts
- Cooked food recipes such as soups, vegetables, fish
- Getting the most out of your vegetables from A to Z: preparation and techniques to elevate raw foods from ordinary to the sublime, from raw preparation to steaming, roasting, massaging, marinating, grilling and so forth
- Spicing up your cooking repertoire; using herbs and spices to create dishes from all around the world!
- Vegetable centric desserts
- Creating your own cleansing program from juicing to raw soups and salads
- Cooking for different food levels, special needs, kids and families
- And so much more!!

Visit funkyforest.com.au to learn more and register!

Colonic hydrotherapy

Dietetics awaken the waste, bowel cleansing releases it.

Transit time: How long it takes for your food or combination of foods to go from "chew to poo". You could also call transit time the time a food requires to move through and out of the stomach:

- Fruit 15-30 min, depending on the water content of the fruit
- Raw Salads approximately 1 hour, Cooked veggies longer up to 2 hrs
- Grains w/veggies, fish, eggs, or goat cheese 3-4 hours
- Dense Meats 6-7 hours

Once the system becomes completely clean, there is about a 16-18 hour full transit time. Where there's emptiness a vacuum effect is created, and body will zip food right on through. **If your colon is blocked, this vacuum effect will not happen and transit will be much slower.**

Detoxification through dietetics but without bowel cleansing is like **cleaning your house but leaving the garbage in random heaps throughout it.** If you do all the hard work of dietary cleansing but leave the awakened waste in heaps around the eliminative organs without ensuring that they actually exit the body, the waste will only resettle in your cells again. To avoid this, your organs need extra help to eliminate the waste you've collected.

Colonics and enemas can be a very helpful tool in assisting clearing out of colon and allowing the vacuum effect to occur in system. It can also help in many other areas besides digestion: an impacted colon pushes against other organs in body, including the very delicate reproductive organs, threatening **fertility and virility.**

A gravity colonic (as opposed to a pressurised colonic) is the only type of colonic advised. A gravity colonic enters gently and let's gravity carry water in, rather than being forced in.

Other Ways to Release

Let the floodgates open! Keeping the body clear through cleansing rituals allows life-force to flow through you.

It's quite the energy-exchange: these rituals take time but look at the time you won't be spending at doctors' offices! It's worth the commitment!

Aside from colonics & enemas, here are great ways to keep pathways open throughout the day:

- qi flow – exercise (not too high-impact unless you are doing it because you love it!)
- dry body brush
- infra-red sauna
- hot/cold shower (tip: use a bar soap to clean your body- the alkalinity of the bar attaches to the acids on top of the skin and drags them right off of your skin)
- Veggie Juice & Dietetics for the day
- Have a good night's rest!

The Bigger Picture

Remember, we don't detoxify just to fit into a size x. Cleansing the blood increases sensitivity to foods, and can help deepen your connection to internal cues of hunger and fullness. It should never be the goal in and of itself – if done just for surface level reasons, it can become its own trap!

To get the most out of detoxification, we need to cleanse on every level, not just the physical. I find it best **not** to measure your worth and your progress by the number on the scale.

Redefine success by using other more meaningful markers of your health and wellness that come about through well-planned, personalised detoxification – clearer thinking, increased ease in the body, heart and mind, reduced body hatred, increased trust with food, more satisfaction and joy in your life and feeling more confident in your own skin. True detoxification isn't just deep tissue cleansing – it's a renewal complete renewal of body, mind and spirit.

On Day 3, the final day of the Advanced Nutrition Training, we will tie it all together by learning how to develop an attuned relationship to food and self, in light of this new nutritional knowledge. Areas we will cover:

- **Mindful & Intuitive eating:** You will deepen your connection to internal cues of hunger and fullness, and increase awareness and pleasure during your eating experiences.
- **Developing sustainable health practices:** Lasting behavioural change and movement toward a natural healthy weight range is more likely to occur through 'self care,' rather than self loathing, body dissatisfaction and fear.
- **Engaging in joyful movement**
- **Cultivating body trust:** Regain the trust you had when you were born into the world so that your body becomes a safe and welcoming place to live as time goes on.
- **How to nurture self-compassion:** By increasing compassion for yourself, the capacity for change increases, and your relationship to your body and yourself begins to feel different.