

3 DAY DETOX

TO

KICKSTART

YOUR HEALTH

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3 Day Detox to Kickstart Your Health

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This eBook is not a substitute for individual health advice. Please consider your own personal health goals and limitations before undertaking any health program. If you have any issues or illnesses, please seek approval from your health professional before making changes to your diet.

3 Day Detox to Kickstart Your Health

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3 Day Detox to Kickstart Your Health

Why Detox?

There are essentially 2 main causes of lifestyle illness:

1. **Malnutrition / Depletion** – lacking the materials required to build healthy cells, enzymes, hormones etc. tissue breaking down, need restoring to heal.
2. **Toxicity** – accumulation of toxic bi-products of environmental exposure, diet, normal metabolism.

So by keeping our cells clean and optimally fed, we are promoting great health and wellbeing.

Why Detox to Kickstart?

Like a well looked after car engine, a clean body is better at burning fuel efficiently. It reduces the stress on all your organs, improves your tissue building and repair mechanisms and so affects health (and illness) in all areas.

Therefore you will:

- have increased energy
- burn body fat more easily, improving weight
- think more clearly
- feel reduced stress
- have improved moods
- have reduced cravings
- have clearer skin
- have brighter, clearer eyes
- have improved immunity
- feel better and more energetic is a good way to get motivated to stick to your health goals for the year

Main organs and systems of elimination

- Lymphatic system
- Skin
- Lungs
- Liver
- Kidneys
- Bowels

Symptoms in any one of these organs suggests all the others are having to work over time (due to overexposure of toxins), or are not working hard enough (because they don't have the nutrients required to do so).

What is the 3 Day Detox (3DD)?

- Grain free
- Sugar free
- Dairy free
- Caffeine free
- Alcohol free
- Recreational drug free
- Additive free
- Full of easy to obtain foods – fruits, vegetables and just a little protein. Remember the adage: “Animals feed us, vegetables clean us” – hence the detox is predominantly vegetarian.
- A great, simple, achievable way to break some habits and metabolic ruts.

What to expect while detoxifying

It is possible that you'll have a day or two of not feeling fantastic while you detox. Like spring cleaning your house – things often get messier before they get clean, and so symptoms of this process can include:

- Cold / flu like symptoms / mucous production
- Headaches
- Fever
- Aching muscles or joints
- Smelly urine / bowel motions
- Tiredness
- Irritability

These are all normal symptoms that your body is starting to cleanse. If you experience any of these, be sure to keep your fluid intake nice and high to keep flushing it out. Recognise that this is actually a good thing as your body is going through the processing of eliminating the things that are not helping, or even hindering it.



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Optional lifestyle activities you can include to increase detoxification

Epsom salt bath

500g-1kg Epsom salts per bath. Soak for 20 minutes (at least). Air dry as much as possible (so that some of the salts dry on your skin and continue their work). Great to do this before bed to help with a great night's sleep.

Sea salt bath

500g good quality sea salt. Soak for 20 minutes (at least). Air dry as much as possible (so that some of the salts dry on your skin and continue their work).

Dry skin brushing

Before jumping in the shower brush your skin with a natural bristle body brush, in circular movements starting from extremities and moving towards the heart.

Keep warm to facilitate sweating

Infra red sauna

Hot yoga

Deep breathing for 10 minutes each day. Inhale for the count of 4, hold for 1, exhale for the count of 6, hold for 1. Repeat.

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Meal Plan

On Rising	Lemon, ginger and salt detox drink
Breakfast	Detox Green Juice OR Green Drink
Morning Tea	Veggie sticks with or without hommos
Lunch	Asian inspired salad
Afternoon Tea	Activated nuts
Dinner	Alkalising Mineral Soup
Dessert	Coconut Chia Pudding
After Dinner	Calming herb tea (see recipe sheet for a list of examples to choose from)
Drinks	Herbal teas (NOT green tea – contains caffeine), filtered water (plain with a squeeze of lemon / lime / pinch of good quality sea salt). 2L daily. Green Juices and drinks are counted in fluid intake.



3 Day Detox Recipes

Breakfast Option 1: Ultra Detox Green Juice

Makes 1 serve

Ingredients

- 2-3 stalks organic celery
- 1 handful (approx 1/3 small bag) of Wheats Up fresh Wheat Grass (commonsense organics)
- 1 small cucumber
- 2 kale leaves
- handful of fresh parsley
- 1 small organic lemon, skin on
- 1 pear or apple

Method

Juice all ingredients and sip slowly. *For an extra kick*, add a teaspoon of spirulina or chlorella powder.

Breakfast Option 2: Super Quick Green Detox Drink

Makes 2 serves

Ingredients

- 1 scoop NuZest Good Green Stuff
- 1 scoop NuZest Clean Lean Protein (dairy free).
- 1 large glass of filtered or spring water

Method

Mix together and drink. *For an extra kick*, add a teaspoon of chlorella or spirulina powder

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Morning Tea: Veggie Sticks and Organic Hommos

Makes 3 serves

Ingredients

- 3 carrots
- 3 organic celery stalks
- 3 small cucumbers
- ½ red capsicum
- 1 tub Alamir / Lebanese Snack Co. organic hommos.

Method

Wash all veggies and cut into sticks. Place them in a container that has an airtight lid. Cover the veggies with a wet paper towel or tea towel before putting the lid. This will keep them crisp and fresh. Store in the fridge.

Lunch: Taste of Asia Salad

Makes 1 serve

Ingredients

Dressing

- 1 tablespoon finely grated ginger root
- 1 tablespoon tamari
- Juice of 1 lemon
- 1 tablespoon organic cold pressed extra virgin olive oil or organic toasted sesame seed oil.

Salad

- 1 ripe avocado
- 2 small cucumbers, halved and sliced
- 1 carrot, grated
- Handful of sprouts (Prana Sprouts or Wrights Sprouts) – alfalfa, broccoli, sunflower sprouts etc
- Handful of fresh coriander, finely chopped
- 1 sheet nori (sushi seaweed) cut roughly with scissors into bite size pieces
- 1 tablespoon toasted sesame seeds (black sesame seeds add a great visual appeal!)
- Protein of choice: 100g organic grilled / poached chicken or fish or 2 boiled eggs (omit if vegetarian)

Method

Prepare dressing: squeeze the grated ginger pulp firmly in your hand to extract the juice into a jar. Discard the pulp. Add the remaining ingredients to the jar, close the lid and shake well.

Construct your salad: mix everything but the sesame seeds together in a bowl and toss with the dressing. Sprinkle sesame seeds over to garnish.



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Afternoon snack: Activated Nuts / Seeds

Makes 3 serves

Ingredients

- 3 handfuls of your choice of raw unsalted nuts and seeds (eg almonds, cashews, pecans, macadamias, no peanuts)
- Filtered / spring water – room temperature
- 1 teaspoon good quality sea salt

Method

In a large bowl or jar place all ingredients with enough water to cover fully. Leave to soak at room temperature for a minimum of 4 hours, preferably overnight.

Strain through a sieve, store in an airtight container / jar in the fridge.

Dinner: Alkalisng Mineral Soup.

Makes 3 serves.

Ingredients

- 2 cups spring or filtered water
- 2 cups fresh broth or stock (beef / chicken / lamb - make your own or purchase from the fridge at Commonsense Organics)
- 3 stalks organic celery, leaves removed, finely chopped
- 4 medium zucchini's, finely chopped
- 1 cup green string beans, roughly chopped
- 1 large bunch fresh parsley, roughly chopped
- 3 medium tomatoes, roughly chopped
- 3 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 2 teaspoons good quality sea salt or 1 tablespoon organic miso paste
- 2 teaspoons dried herbs: mix of thyme, oregano, sage, rosemary
- 2 bay leaves

Option: use a total of 4 cups bone broth and leave out the plain water.

Vegetarians: use filtered water instead of bone broth.

Method

Put all ingredients into a large pot, bring to a gently boil and then reduce heat to simmer for 30 minutes. Serve warm.

Optional: puree ingredient in blender or with a stick blender for a smooth soup. (I personally like chunky).

Serve warm. Season with freshly cracked pepper

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Dessert: Coconut Chia Pudding

Makes 3 serves

Ingredients

- 1 ¼ cup coconut milk
- 4 tablespoon chia seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon real vanilla extract (optional)
- 4 drops of Stevita drops or 1 ripe banana mashed

Method

Mix all ingredients together and pour into 3 small bowls or glasses.

Sets to a thick pudding-like consistency within 30 minutes. Keep covered in fridge for up to a week



3 Day Detox Shopping List

If an ingredient is not available substitute for something similar.

- 1 large ginger root
- 1 head of garlic
- 2 bunches organic celery
- 1 large head of kale or cavolo nero
- 2 tubs mixed sprouts (e.g. broccoli, sunflower seed, mung bean, chickpea, lentil, mustard seed)
- 3 bunches of fresh parsley
- 2 handful of green (strong) beans
- 3 carrots
- 4 small zucchini
- 3 tomatoes
- 3 avocados
- 10 small cucumbers
- 3 organic apples or pears
- 6 organic lemons
- 1 small bag of fresh wheat grass for juicing (if available)
- 3 handfuls of raw nuts: your choice (one or combination) of almonds, cashews, macadamias, pecans, Brazil nuts, pumpkin seeds, sunflower seeds.
- 1 can coconut milk (additive free. eg Ayam brand)
- 1 small packet of organic ground cinnamon
- Chia seeds (enough for at least 4 tablespoons)
- 1 small pack of sesame seeds. You will need 3 tablespoons.
- 1 small pack of nori sheets
- 1 small bottle of tamari (wheat-free soy sauce)
- 1 small bottle organic cold pressed extra virgin olive oil
- Lotus Celtic or Macrobiotic Sea Salt
- 1 tub organic Hummus
- 1 pack of relaxing herbal tea such as: Hampstead Lemon Valerian, Pukka Night Time tea, chamomile, lemon balm, passionflower
- Nu Zest Good Green Stuff – 1 small tub (optional)
- Wheat grass powder (optional)
- Spirulina powder (optional)
- Organic miso paste (optional)
- Herbal teas: nettle, alfalfa, St Mary's thistle, dandelion root, calendula

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About Nourish-ed

At Nourish-ed we aim to promote awareness and provide education about treatment options for immune disorders, digestive disorders and neurological disorders such as Autism, Asperger Syndrome and AD/HD, all of which have been on the rise in the last couple of decades. Dietary intervention, naturopathic solutions and a biomedical approach are crucial for the effective treatment of these disorders.

At Nourish-ed we also aim to educate and promote awareness about a truly nourish-ing diet for everyone. We're passionate about fermented foods and traditionally prepared whole foods that are free from damaging and unnecessary processing and additives. We'd like to help you get away from politically correct food myths and fad diets. We want to make it easier for you to get back to real food, loaded with healthy nutrients. Watch excess weight peel off and vitality and energy pile on! A nourish-ing diet is the only way to achieve and maintain health for ourselves and our environment.

Helen Padarin and Heidi East are the founders of Nourish-ed.

About Helen Padarin



Naturopath, nutritionist and medical herbalist Helen Padarin has been in clinical practice since 2001.

Helen holds a bachelor degree in Health Sciences (Naturopathy), advanced diplomas in nutrition, herbal medicine and massage and has completed extensive post-graduate training in treatment for metabolic, neurologic, digestive and immune disorders.

Helen is passionate about conscious living, real food, vital health and empowering individuals, families and organisations to find the joy in being well. She gains constant inspiration from seeing clients make conscious changes to their physical health to find that it also benefits their emotional, mental and spiritual wellbeing as well. She loves working with other health professionals, community groups, thought leaders and game changers providing a truly holistic approach to health and in doing so creating a supportive community.

In spare time Helen enjoys practicing yoga, outdoor adventure, walking in nature, spending time by and in the ocean, playing (i.e. working on her fitness), progressing her own journey of wellness, sharing enriching and joyful experiences with friends and family, and continuing on the journey of “know thyself”.



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