

1.03.23

Detox Treatment Plan for Jen Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
G-Tox Express with lemon		1 scoop				1 scoop			
Phyto pro		2				2			
Multigen		1							
Herbal		7.5mls				7.5ml			
Resist X advanced			1				1		

Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner

Detox Guidelines

Follow the food allowable list given. Eat nothing from a packet. Use only whole foods in their most natural state. Eliminate all DAIRY, REFINED CARBOHYDRATES, SUGARS, ALCOHOL OR CAFFEINE PRODUCTS. Eat organic where possible (Fruit + Veges can be washed in water with a tablespoon of aluminum-free bi-carb soda or apple cider vinegar to wash off pesticide residues) 80% of the plate should consist of Variety Vege/salad + 20% of the plate, palm-size portions of meat or grains

Include a variety of coloured vegetables. Loads of dark leafy green. Eat lightly cooked, raw or freshly juiced (vege is preferable over fruit)

Include good fats daily- raw flaxseed, avocado, nuts, seeds

Water- minimum of 3 litres daily. Thirst usually increases. Purified Alkaline water is preferable

Exercise min 40mins 4-6 x week. Good 8 hours sleep each night

Optional extras Oil pulling→ 1 tsp of coconut oil, each morning swish around the mouth, back and forth, pull through the teeth, for a minimum of 10-20 minutes then spit out, rinse mouth_ Infrared Saunas, Dry skin brushing (towards the heart) before morning shower, Massage, Epsom salt baths (1 cup per bath)

UNPLEASANT SYMPTOMS OF DETOX; headaches, nausea, dizziness, lethargy, muscle weakness, aches and pains, mental fog, sweating. Irritability, angry outbursts. **If symptoms become too intense ½ doses of G-tox express and increase water intake. It's imperative you are having full elimination daily. If not let your practitioner know.**

GP – Helicobacter Pylori – increased appetite, sense of fullness after small amount of food, nausea, stomach burning, burping, reflux

Next appointment In 2 weeks