

SUMMARY

Fermented Food Detox (FFDetox)

For Quickest Results 10 Day Quickest Detox Program

- 1 tsp Wise Nutrients Fermented Super Food Powder morning and night
- 50-100 mls Gut Restore Fermented Lemon Drink morning and night
- Can have unlimited water, lemon or lime juice, mineral water, herbal teas.

For Extra Energy

- Add daily shake of Clean Energy Fermented Rice Protein with added Fermented Greens.
- Or 1 tsp of Wise Nutrients Fermented Super Food Powder as often as needed

Slower (More Gentle) 10 day Detox Program

- 1 tsp Wise Nutrients Fermented Super Food Powder morning and night
- 50-100 mls Gut Restore Fermented Lemon Drink morning and night
- Addition of 1 meal daily. Preferably at lunch time. See Recipe Chapter for options.
- For added energy have daily Clean Energy Fermented Rice Protein with added greens shake

Intermittent Detox Days Option (1-2 days a week only)

- 1 or 2 days a week follow the detox program and eat healthily the other days
- On the detox days have only:
 - 1 tsp Wise Nutrients Fermented Super Food Powder morning and night
 - 50-100 mls Gut Restore Fermented Lemon Drink morning and night
 - For added energy have daily Clean Energy Fermented Rice Protein with added greens shake
- Add 1 meal a day if needed (see recipe chapter). This will slow the detoxification progress down.

Why would a “conventional” doctor create a detox program? Put simply Quick Results!

My whole motivation for studying medicine was quite simply the desire to learn how to prevent and treat disease. I quickly realised that our conventional medical training doesn't have all the answers. It teaches us well how to manage a severely sick patient in the accident and emergency room of a hospital or General Practitioners rooms requiring life-saving drugs or surgery, but when it comes to dealing with the chronic lifestyle diseases such as diabetes, heart disease and depression that we are seeing in scarily increasing numbers in our Western world, medications are not curing the cause and answers are lacking.

I always want for my patients what I want for my family and myself, health made easily attainable and uncomplicated. Our human race has survived for hundreds of thousands of years without conventional drugs and doctors telling us how to live. Looking at statistics of diseases such as diabetes, cardiovascular diseases, allergies and degenerative diseases like arthritis, Alzheimer's and even cancer, unfortunately conventional medicine is not winning this war against these diseases.

My aim was to create a program that put more control of your health back into your own hands. Just like the saying goes "If you give a man a fish you've fed him for a day if you teach a man to fish you've fed him for a lifetime". I also wanted to create a program that was simple and gave rapid results.

Every time we make a choice about what we do or don't eat or drink it has a powerful effect on the body. Living in a privileged Western world where our every food desire can be met instantly we have lost many of the old food principles such as fasting. This practice helps keep disease causing inflammation under control, and assists the body to stay clean and strong.

When our cells are full of metabolic waste products, (you can also use the word "toxic" to describe this) we feel more stressed, agitated and emotionally flat.

The definition of a toxin is something that negatively interferes with how the body normally functions. Toxins can come from either the external (air pollution, pesticides etc) or internal environment (metabolic waste products from our own cells such as uric or lactic acids or from pathogenic organisms such as bacteria within our intestines). If they are not able to be removed from our bodies efficiently they cause damaging effects to our tissues. When our bodies try to protect themselves from toxins they mount an inflammatory response. One inflammatory mechanism of protection is to increase mucus production to coat and wall off these toxins so that they reduce their harmful effect on our bodies. This mucus builds up in our cells and around our organs reducing their ability to function efficiently. An obvious sign of toxicity is the increased mucous production from our own mucus membranes such as in our intestines and sinuses resulting in sinus congestion, hayfever and irritable bowel syndrome. This initial protective inflammatory response can turn destructive when occurring continuously over a long period of time.

Symptoms of being "toxic" can range from minor irritations of feeling tired, bloated, having dark circles under the eyes or fluid retention, to very severe disabling headaches, joint pains, hormonal imbalances, irritable bowel symptoms and skin disorders to name just a few. The greatest potentially life changing benefits consistently reported to me by my patients after they complete a program of detoxification, is how much happier and calmer they feel. They also report how much more mental energy and increased clarity of thought they have. It is not surprising that an inflamed brain doesn't function as efficiently as it would if it was in a healthier state. Medical science is starting to understand that metabolic waste products cause inflammation and in turn that inflammation causes disease.

A program that could address all of these principles made a lot of sense to me as a doctor. My desire was to reduce the burden of poor health faced by so many people today and to also decrease the risk of developing disease in the future.

Important cautionary medical advice for the FF Detox program

This program dramatically reduces the caloric intake and also triggers the body to quickly release and clear out old metabolic waste products that are lying around in our cells, in lymphatic tissue, and stored as mucus.

For people requiring very specific nutritional intake either because they are children, elderly, pregnant, breast feeding or have diabetes should not follow this program as it will be too restricted in the amount of calories that are required during these circumstances and may affect blood sugar levels.

If pregnant or breast feeding it is not the time to release metabolic waste into your body which may in turn be transferred to the baby. Caloric restriction will be detrimental to the growth of the foetus and to the quality and quantity of a lactating mother's breast milk.

Fermented foods are quite high in potassium and therefore the program should not be undertaken if you have you a medical condition, such as renal failure or heart arrhythmias that are affected by increased metabolic acid levels in the blood stream, certain foods and minerals. High potassium foods can also have a detrimental effect when taken in combination with certain medication. If uncertain you should discuss this with your health practitioner.

The detoxification process can release inflammatory metabolic acidic wastes that can make some people feel more emotional than usual. If you have a severe mental illness it is advised that you perform a less intense version of the program. Options for less strict versions of the FF Detox (Fermented Food Detox) program are discussed later in this book in chapter 12.

It is important that you don't follow the strict version of the FF Detox program of eating only the Wise Nutrients fermented super food powder and Gut Restore fermented lemon drink for longer than a 10 day period. Calorie restriction has great benefits short term but if done for longer periods of time can be quite harmful and depleting to the body. The strict 10 day FF Detox should be followed no more often than once a year.

Warning

For all serious medical conditions it is important that you seek medical advice before you commence this program. It is a highly efficient program and therefore can move many old toxins very quickly and a body that is severely unwell may not cope as well as a stronger body throughout this process. So whilst a detox program is usually very beneficial for serious medical conditions a gentler version of the program may need to be individually tailored for you by a health practitioner.

It is important to be aware that this program makes no claim to cure any specific medical condition. The detox program can only help the body to cope and function more efficiently in its current state.

Chapter 3

What causes degenerative disease and how to help the body become more efficient

(No matter what state it's in!)

In order to create a program that helps the body to cope with diseases and imbalances it is important to understand some of what causes the body to be imbalanced and become sick in the first place.

Current medical research is now indicating that inflammation is one of the common underlying causes of many modern day diseases such as diabetes, atherosclerosis resulting in heart disease and strokes, Alzheimer's disease and even certain types of cancer. Whether an individual develops these diseases is a complex equation of not only inflammation but also involves factors such as genetic predisposition, lifestyle and occupational choices, nutritional deficiencies, diet, lack of exercise and stress.

Many of these factors causing disease we cannot control. The FF detox program aims to influence those factors that we can potentially control.

We have many buffers or back up plans to control inflammation in our bodies. Some of these are essential oils, antioxidants, vitamins and minerals. Unfortunately in our modern world we not only use up these buffers too quickly but they are also not replenished with our lifestyles and diet. Scientific research has found that some of these inflammatory protectors are built in to our genetic codes and turn on in certain circumstances.

Diet has a significant impact on our inflammatory status as does the amount of metabolic waste products we have retained in our cells. The more metabolic acidic wastes we accumulate the more inflamed our bodies tend to be. The catch 22 of this situation is that the enzymes that clean out these metabolic wastes from our cells are very sensitive to the pH level. If the cells are too acidic then these enzymes can't work and the cells remain full of acidic metabolic waste, they then become more and more acidic and inflamed over time causing cell and tissue damage. The only way to help

the cells remove this inflammatory metabolic waste is to undertake a program that provides highly alkaline foods with high levels of minerals and antioxidants which help to buffer acidity and inflammation. This reduction in acidity will help to turn the activity of these enzymes back on so they can clean up and remove the aggravating metabolic wastes. Cellular and tissue repair can then occur more effectively.

The enzymes in our body that create energy by burning fat do not work well in an acidic environment. Consequently an acidic body which retains metabolic waste products will have a lower metabolic rate and put on weight easily.

When we are acidic our body rapidly uses its vitamins and minerals to buffer the acidity in order to keep the pH of the blood neutral. If we are constantly acidic we have to continuously buffer this acidity as we cannot survive with acidic blood so we use up very rapidly and inefficiently the things that keep our blood neutral such as minerals especially calcium, magnesium and our vitamins so they are not spared for all their other usual health restoring properties. There are many theories stating that this acidic load on our bodies is an aggravating factor for osteoporosis as we use up the calcium usually stored in our bones to buffer the acidity within our bodies.

Because an acidic body is functioning inefficiently and many vitamins and minerals are used up to buffer the acidity, other critical bodily functions such as digesting our foods are therefore performed inefficiently. Digestion requires huge amounts of nutrients to create hydrochloric acid in the stomach, pancreatic enzymes and liver bile production. Further nutrients are then required to assist the body to absorb the digested food from the intestine into the blood stream which then in turn feeds the cells, allowing them to perform critical bodily functions.

When food is poorly digested it sits in the intestine and acts as a food source for any pathogenic (non-healthy) bacteria and other organisms that are housed there. These pathogenic organisms produce high numbers of metabolic waste products that add to the acidic burden of our bodies. As beneficial organisms compete with pathogenic organisms in our digestive tract for space, the greater the number of

beneficial organisms that we can include in our diet the better. These beneficial bacteria improve our digestive function, strengthen the immune system and lower the numbers of these pathogenic organisms.

Most diseases do not occur overnight. They occur because the body has been out of balance, inflamed, acidic and nutritionally depleted for a long time and we have not been heeding the subtle and sometimes not so subtle warning signals.

No matter what the physical state your body is in we can all benefit from reducing our inflammatory load on our cells and enhancing our nutritional level of vitamins, minerals, antioxidants and enzymes. This helps the body restore balance and remove the accumulated inflammatory acidic load of metabolic wastes that can help create and maintain a state of un-wellness.

In order to restore the body's balance it is important to ensure good absorption of nutrients so that the body is receiving the full benefit of the food it takes in. The body needs to ingest food that is highly alkaline which will act to reduce the acidic load on the cells which will in turn support the function of enzymes that clean the cells. It is essential that undigested food is not left sitting in the intestine feeding pathogenic and acid producing organisms. The gut needs to be allowed to rest. Finally, in order to be balanced the body must be provided with an adequate level of repairing nutrients including amino acids, minerals and vitamins.

What makes this detoxification program different to other detox programs

This program is quite simply a very quick way of detoxifying and helping to get your body back on track to health and well being. Just as importantly this program will help support your energy throughout this process so that you can detoxify while maintaining enough energy to be able to live your life and fulfil your work, family or other commitments. In most other detoxification programs the results take longer to occur and your energy levels can become low for a prolonged period of time.

If you are overweight, the FF detox program will help you lose weight fast. The program may also help improve your metabolism long term. Alternatively, if you are underweight due to poor absorption, this program may help enhance your digestion. The program will help your body to break down and absorb foods better which in turn will help stabilise your weight. The use of pre-digested fermented foods means that healthy bacteria have already done a lot of the digestive work for you. By eating Wise Nutrients fermented super food powder you allow your digestion to have a well needed rest while still passively absorbing essential nutrients such as protein, minerals, vitamins, probiotics and live enzymes which supports energy and healing. The fermented lemon drink, Gut Restore, provides not only more live enzymes but also hardy beneficial bacteria for your intestine to strengthen your digestion and immune system.

The typical Western diet and stressful lifestyle inhibits our body's innate healing processes from functioning efficiently. The FF detox program follows three basic principles to create an environment which nurtures these healing processes which in turn will either help reduce the risk of developing illness or help the body cope if disease is already active. The three principles the program follows are: reducing caloric intake, resting the gut and providing the body with healthy probiotics and easily absorbable nutrients.

Dramatically reducing caloric intake while eating and drinking only food that is easily absorbed has the benefit of starving any pathogenic organisms such as bacteria and yeasts that live off our undigested food. These organisms produce toxic metabolic

waste products that add to the acidic toxic inflammatory load on our body. The fermented food powder and drink will flood the gut with healthy bacteria replacing the reduced numbers of pathogenic organisms in our intestine therefore providing long lasting results for improved health.

When calorie intake is restricted to less than 25% of the average daily requirements (approximately less than 500 calories a day for women and less than 600 calories a day for men) the human body activates a survival response which has the effect of reducing inflammation and detoxifying the body.

We all have repair genes in our DNA that turn on when we fast. During fasting the body turns on a process called autophagy ("self eat") where the body breaks down old less efficiently functioning cells first, using the nutrients from these cells for energy whilst conserving the better healthier cells, essentially cleaning up (detoxifying) the body.

Studies have revealed that mice which fasted lived longer than mice that were fed their normal calorie intake. These same studies also show that the more often the mice were fasted the longer they lived. Scientists believe this is because fasting reduces the amount of IGF-1 (Insulin like growth factor 1). High levels of IGF-1 are associated with accelerated aging and cancer. It was also noted that the blood markers of inflammation in fasting mice were reduced. It is accepted that most chronic health conditions have origins in inflammation.

When fasting for as little as four hours the body starts to lower insulin levels and improves insulin function, switching the body from fat storing to fat burning. Due to the effect fasting has on insulin, it is a highly efficient way of helping to reduce the risk of developing diabetes.

Most detox programs do not provide enough protein, vitamins or minerals throughout the detoxification process and leave the body depleted and feeling exhausted. The highly absorbable protein and nutrients provided by Wise Nutrients organic fermented super foods powder ensures the body's muscle tissues get ample protein and are therefore preserved. This same protein helps maintain mental and physical energy.

When depleted of nutrients the body has to use up precious reserves of its protein (stored in muscle), vitamins and minerals to function and heal. As a result, at the end of most other types of

detoxification programs your metabolism (or ability to burn fat) may be worse. Consequently you may put weight on more easily as you have lost muscle tissue which is the biggest fat burning tissue in the body. Many other detoxification programs will leave you feeling very weak and when the program is completed your energy levels can be slow to recover.

If a fast requires a total abstinence from food the body's digestive processes slow down because they are not being used. Consequently it is important to carefully reintroduce foods in a certain order over a few days after the fast is complete. This process can be complicated for many people to manage on their own. Because the FF Detox program provides the body with live enzymes and small amounts of food, two times a day, you can go back to eating normally at the end of the program without difficulty.

The advantage of using a naturally occurring fermented food is that it will suit all body types. There are many supplements on the market claiming to detoxify the body but many of these are very specific to the needs of different individuals. It can be difficult for people to choose the right one. Using the power of fermented foods and resting the gut is a simple concept that agrees with all body types. The intensity of the detoxification program undertaken by each individual may need to be varied depending on the amount of built up toxic metabolic acidic waste products in the cells and how quickly those toxins are released from the body.

The fermented food detoxification programme does not claim to cure any disease; instead it provides an environment which allows the body to remove some of the inflammatory metabolic toxins which can perpetuate disease. The program will help encourage your body to turn on its own intrinsic mechanisms for self healing and repair.

Once you experience the mental and physical benefits of the FF Detox program you may want to maintain these benefits and learn how integrate them into your daily regime. I have included options on how to maintain this detoxified state and incorporate these principles into your daily life in a later chapter.

Chapter 5

Why I have used fermented foods?

The food intake for a rapidly effective detoxification program needed to be highly nutritionally dense, providing maximum nutrition with high levels of vitamins, minerals and antioxidants with minimal calories. It had to be able to be easily absorbed by the gut, not feed pathogenic organisms, supply fibre and healthy bacteria to the gut, be alkaline and provide high enough levels of energy to enable someone to perform this program without disrupting their normal lifestyle. It was essential that this was compatible with all body types and that anyone could undertake it.

Finding a food that fulfils all these criteria is not easy but it is not surprising that nature has provided the answer in fermented foods. The paradox is that our more simple primitive ancestors used to live on fermented foods daily, in fact they were central to their survival.

Fermented foods are foods that have been altered by bacteria or other organisms. Our alcoholic beverages are one example of foods that come from a fermentation process albeit one that involves using yeast as the organism and the alcohol is a by product of that process. The beneficial health effects come from foods that have been fermented by beneficial bacteria such as species of lactobacilli and bifido bacteria. Good quality yoghurt is an example of a fermented food produced by healthy bacteria. These organisms actually digest the food or drink for us releasing their own digestive enzymes so that when we eat them we absorb the nutrients from the food more easily and the organisms themselves then colonise our gut wall and enhance the numbers of good bacteria lining the gut. This type of beneficial bacteria improves the body's immune and digestive function.

Primitive cultures used to ferment food to preserve it so that there was food available all year round. Whether they knew this or not it gave them not only easily absorbed nutrients and calories for survival but also healthy bacteria that kept their immune and digestive system strong.

The Germans have been making sauerkraut and the Koreans kimchi for thousands of years using cabbage.

After chopping up the cabbage and sometimes adding salt then leaving it in its own juices for a few days the bacteria that naturally resides within the cabbage and the air start multiplying and eating the cabbage. This pre-digestion process releases digestive enzymes and the nutrients of the cabbage that enhance our own digestion when we eat it.

You can ferment many different types of food as long as the healthy bacteria have an adequate food source and it is maintained in a clean temperature controlled environment.

Fermented foods are pre-digested and therefore are able to be absorbed with little digestion required and hence allow the gut to rest. Fermented foods do not feed pathogenic organisms in the gut. The healthy bacteria contained in fermented food colonises our gut lining improving metabolism, digestion and immune function.

What makes these specific fermented foods so effective for healing?

The ingredients and healthy organisms used in the FF Detox program have been carefully selected to help maximise the detoxification process while also help maintaining energy and enhancing the body's ability to cleanse and repair itself.

Fermented drinks provide an excellent source of healthy and hardy bacteria which can colonise the gut rapidly. Fermented raw super food powders provide easily absorbed nutrients in the forms of proteins, vitamins, minerals and antioxidants. Both the liquid and powdered forms of fermented foods have been fermented using a blend of eleven different lactobacilli species, bifido bacteria and two strains of beneficial yeasts to provide a diverse range of healthy organisms to colonise the gut and also provide live enzymes to assist digestion, produced from the fermentation process itself. Only chemical free and organic ingredients are used in order to maximise the levels of antioxidants and nutrients. The manufacturing process is both natural and chemical free.

In order to make the program suitable to as many people as possible all the ingredients are gluten, dairy, nut, egg and soy free. Many people with poor digestive health can have intolerances to these foods. Many more people simply have trouble digesting these proteins as they are large and require strong digestion to break them down into individual amino acids. If the digestive process doesn't occur efficiently the large undigested proteins can irritate the immune system lining the intestine and cause an inflammatory reaction which can result in symptoms such as cramping pain, bloating and irregular bowel habits.

The healthy bacteria in Gut Restore use the gluten free grains as their food source. The grains used are not only gluten free but also have excellent nutritional properties.

Gut Restore liquid contains the following fermented ingredients:

Mung beans; for their well known cleansing properties. These beans have been reported to have an anti-inflammatory effect

on the body. They are high in protein, fibre, vitamins including niacin, pyridoxine and thiamine and provide minerals such as iron, magnesium, phosphorous and potassium.

Brown Rice; provides a good source of B vitamins especially niacin, thiamine, folic acid and pyridoxine. This rice provides minerals such as potassium and iron. Its carbohydrate source acts as a good food source for the healthy bacteria.

Red lentils; provide high levels of protein, vitamins including folic acid and minerals such as molybdenum, manganese and iron.

Chick peas; have been included for their higher protein content and hence energy enhancing effect. They are also high in vitamins such as folic acid and minerals like molybdenum and manganese. They provide high levels of insoluble fibre further helping the lower bowel to cleanse during the detoxification process. This type of fibre has the additional benefit of helping to lower cholesterol levels.

Linseeds (flaxseeds); when ground, provide high levels of healthy omega 3 and 6 oils. They also provide good levels of insoluble fibre for the bowel to mop up waste products. Due to its mucilaginous form of fibre linseeds have a special type of anti-inflammatory soothing effect on the lining of the intestine. They also provide high levels of minerals.

Alfalfa seeds; provide protein, vitamins such as E, K and D, and important minerals such as calcium and magnesium.

Millet; which is more a seed than a grain, provides more protein than other types of grain. Millet is rich in the minerals manganese, magnesium and phosphorous and also provides silica, iron and vitamin C.

Quinoa; is another seed-like grain and provides high levels of protein as well as being a good source of many minerals including magnesium, iron and manganese.

Malt; acts as an immediate easy energy source for the healthy bacteria to kick start the fermentation process.

Lemon juice; has been used as it is itself a great digestion enhancer and cleanser, it helps to stimulate the flow of bile to cleanse the liver as well as having a refreshing taste.

Ionic minerals; replenish the mineral stores of the body and further help to buffer the effects of acidity.

Gut Restore ingredients are fermented using the following species of organisms: *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus casei*, *Lactobacillus helveticus*, *Lactobacillus bulgaricus*, *Lactobacillus leichmannii*, *Lactobacillus caucasicus*, *Lactobacillus lactis*, *Lactobacillus fermenti*, *Lactobacillus brevis*, *Lactobacillus plantarum*, *Lactobacillus delbreukii*, *Saccharomyces boulardii* and *Saccharomyces cerevisiae*.

The ingredients in the Wise Nutrients fermented super food protein powder have been chosen specifically for their energy enhancing, bowel cleansing and high nutritional level.

Chickpeas; included due to their high levels of protein and carbohydrate to provide energy. They are also high in vitamins such as folic acid and minerals like molybdenum and manganese and provide high levels of insoluble fibre helping the lower bowel to cleanse during the detoxification process. This type of fibre has the additional benefit of helping to lower cholesterol levels.

Spirulina; is very high in protein (60-70%) and has been included due to its unique ability as a vegetarian protein to supply all eight essential and all 10 non essential amino acids. It provides all the proteins required by the body to help produce energy efficiently and provide crucial nutrients for the repair and cleansing processes. Spirulina is also a good source of anti-oxidants such as beta-carotene and minerals such as iron, calcium and magnesium. Spirulina contains many vitamins including being a great vegetarian source of vitamin B12 which is crucial for energy production. Spirulina's dark green colour is created by high levels of chlorophyll, well known for its cleansing and alkalinising properties.

Sunflower seeds; provide more energy giving protein, healthy essential fatty acids, antioxidants such as Vit E and high levels of vitamins especially the B vitamins such as folic acid, pyridoxine, niacin, thiamine, pantothenic acid and riboflavin. Sunflower seeds also provide many minerals such as calcium, iron, manganese, zinc and selenium and provide a good source of insoluble fibre.

Linseeds; provide an excellent source of insoluble fibre. When ground they provide high levels of antioxidants, vitamins such as Vit B1, minerals like manganese and

magnesium, protein and healthy omega 3 essential fatty acids which have anti-inflammatory properties. Due to their special form of gel-like (mucilage) fibre they have properties that uniquely help support the function and lining of the bowel due to its cleansing and anti-inflammatory actions.

Quinoa; again included due to its energy giving protein and carbohydrates, it contains antioxidants, anti-inflammatory omega 3 fatty acids and high levels of minerals such as manganese, magnesium and calcium.

Amaranth; is another ancient seed like grain full of nutrients used by the Aztecs. It is one of the few grains documented to contain Vit C. It is very high in protein and provides a rich source of minerals including calcium, iron, magnesium, phosphorous and potassium.

Chia seeds; have been used for their high levels of antioxidants and fibre. Similar to the linseeds their fibre forms a soft gel like consistency which helps to soothe the lining of the bowel and mop up toxic metabolic waste products. Chia seeds provide omega 3 healthy fatty acids and minerals such as calcium, phosphorous and manganese.

Dunaliella Salina; is a single cell green algae and has been included due to its very powerful antioxidant properties. It provides this through a very unique form of beta-carotene antioxidant called 9-cis-beta carotene which has scientists very excited due to its extreme health promoting and protective properties. It also provides proteins, vitamins, minerals, carbohydrates and essential fatty acids.

Molasses; is included as an immediate food source for the beneficial bacteria used for the fermentation process and also provides high levels of many minerals including potassium, selenium, calcium and magnesium and provides vitamins such as niacin and pyridoxine.

Wise Nutrients ingredients are fermented using the following species of organisms: *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus casei*, *Lactobacillus helveticus*, *Lactobacillus bulgaricus*, *Lactobacillus leichmannii*, *Lactobacillus caucasicus*, *Lactobacillus lactis*, *Lactobacillus fermenti*, *Lactobacillus brevis*, *Lactobacillus plantarum*, *Lactobacillus delbreukii*, *Saccharomyces boulardii* and *Saccharomyces cerevisiae*.

What am I eating and drinking on the detox program?

We have discussed in the previous chapters about the very high nutritional level of these fermented foods and how easily absorbable they are.

The aim in this detoxification program is to rest the gut as much as possible but to still supply the body with crucial protein, vitamins and minerals for energy and to ensure that essential nutrients for the heart, nerves, brain and other cellular functions are provided.

The strictest version of the FF Detox program which will give the quickest results requires that you;

Take 1 tsp of the Wise Nutrients Fermented Food Powder and 50-100ml of the Gut Restore Fermented Lemon Drink morning and night. This diet should be adhered to for 10 days.

On other detoxification programs the intake of protein and potassium can be very low and this is can be dangerous. It can result in increased risks of heart arrhythmias as well as other health problems.

Is that all I am eating and drinking? I can hear you say.

The detoxification program also allows all other non caffeinated herbal teas, mineral water, lemon and lime juice and unlimited still water.

For the die hard coffee drinkers. If the only reason you may think you will not be able to complete this detox program is because you simply must have that coffee, then have it. Know that it will slow your detoxification rate down a little but I don't find that this is a big problem. Your body will still have greatly benefited from the 10 day program and your energy and health can improve significantly. You may find that after you have been doing the program for a few days that the coffee looks less appealing as most people feel calmer and more energised and the reason for drinking the coffee dissipates. So play this one day to day. A good quality green coffee seems less harsh on the body than the usual roasted version.

There is absolutely no alcohol allowed while doing the program. Alcohol is detrimental to the body in many different

ways. Alcohol particularly adds to the acidic load of the body, it acts as a food source for pathogenic organisms in the bowel which as discussed before make their own metabolic waste products and alcohol is itself a liver toxin. This will undo a lot of your cleansing work.

If energy or mental focus is lacking in the middle of the day then you can have another 1 tsp of the Wise Nutrients powder in some water or in more of the Gut Restore fermented lemon drink. Some people find that they need a teaspoon every few hours on more demanding days and this can give them a big boost.

I have included other ideas for energy in the trouble shooting chapter later in the book.

Things that you should and shouldn't do during the program

Even though this detox program has been designed to help maintain enough energy to be able to carry out your normal day to day life activities, most of you will find, (especially if this is the first detox program you have ever gone through), that your energy may reduce a little. So I suggest that in the initial few days you conserve your energy for the most important daily activities first. Most people time their detox to start on a Friday so that if you feel a little more tired than usual you can rest on the weekend. Usually by day four and onwards your energy is higher again. If you find that you are coping and have spare energy then you can trial some light aerobic exercise such as walking or cardio equipment. Your body will be using a lot of energy to perform cleansing and repair functions and if you feel light headed or a bit spacey it is better to postpone your exercise regime until after the program finishes.

If you have a serious illness and are taking prescribed medication it is very important that you continue to take these medications throughout the program and to discuss how your condition can be specifically affected by the program with a health practitioner familiar with detoxification programs and fermented foods. As discussed before, the more serious the health condition the more imbalanced the body is and the more it may benefit from the nutritional support and healing provided by this regime. The removal of old stored metabolic wastes for some people can be very quick and may cause some of the symptoms discussed in chapter 9 and I suggest that you gain the support of a health practitioner if you are concerned or experiencing symptoms.

You will need to conserve energy for your body to cleanse and repair itself. Therefore it would be wise to time your detox program during a low stress period. If you have a major work deadline due at the end of the week then putting the detox on hold for the next week is probably a good idea.

As you want your resolve to remain strong during the 10 days it is probably better to try to avoid timing this program

with a special social event that revolves around food and drink unless you are feeling particularly strong willed. Many people have found however that it is a great talking point at parties, especially if you are the one saying no to the snacks and holding the glass of mineral water. Friends are often very impressed, so you may well earn yourself some praise or even a detox buddy by the end of the night.

An easy way to stay on track during a detox program is to do it with a family member, friend or colleague. Having someone to account to during the 10 days makes it much easier to stay strong and committed during those weaker moments when you are confronted with a craving for something sweet.

As you get further into the detox program most people notice how much calmer they feel. In this state our whole bodies function more efficiently. This calmer state is due to a lowering of inflammatory mediators in our blood that can cause poor functioning of the calm and happy neurotransmitters in our brain. It is important to remember that our emotional state has a powerful effect on our digestive systems. Many nutrients are needed for the digestive process. In a stressed state when adrenaline levels are high the body prioritises these nutrients for manufacturing energy via an inefficient but quicker energy producing cycle, burning sugar rather than the slower calmer route of burning fat. When stressed our food can sit partially undigested in the intestines and can be poorly absorbed. Not only do we then not receive full benefit from the food but it can feed those toxin producing pathological organisms in our gut. In order to get the best results from this detox program it is therefore important to address the potential added toxic load on the body caused by stress and the related poor digestion.

Stress management is about reducing the levels of adrenaline production and placing the mind in a calm quiet state. In this state thoughts occur more slowly and the ultimate aim is a state of no thoughts such as in meditation. The 10 day detox program is a perfect time to incorporate 30 minutes in each day if possible to calm and quieten your mind. The mind can be trained. The more often we practice calming our mind the lower the intensity of the stress

response when life does get hectic. Different techniques suit different people and options vary from meditation, walking or a craft activity. What is important is that you find something calming, enjoyable and rejuvenating and do this as regularly as possible.

What will I experience during the detox program?

Our bodies are all different. We are all in differing states of health, inflammation and acidity. These variables can effect how we feel during the detoxification program.

The FF Detox program is designed to work as rapidly as possible. The release of old toxic metabolic waste products can cause a range of symptoms.

The most common symptoms include slight lethargy, mild muscle or joint aches and pains and even severe headaches. Skin conditions may get slightly worse before they get better as the skin is another avenue for the release of acidic inflammatory waste products out of the body. Old waste moves itself from within the cells where it has been stored into the blood stream to be removed from the body via the cleansing organs, being the liver, kidneys, lymphatics or the skin. Symptoms can vary depending on the degree of accumulation, inflammation and location of the metabolic toxins stored in each individual and the pathway they take out of the body.

Some people suffer from mild insomnia or an aching feeling in the pit of the stomach. Others may experience more frequent and darker urination as the kidneys work harder to remove the metabolic toxins from the blood stream. It is not uncommon to experience bad breath or to have a strange taste in the mouth which has been described by some people as metallic. This often comes and goes and is improved with drinking peppermint or camomile tea. As the removal of toxins can be via the mucous membranes some people experience an increase in mucous from their sinuses, lungs, bowel or even vagina as these are excreted from the body.

It is common to not have any bowel movements throughout the entire 10 days on the detox program. This is quite normal as you are not eating much bulk. If however you are feeling uncomfortable and wish to give yourself a daily movement then it is quite acceptable to use a non stimulating natural product such as magnesium oxide powder available at most health food shops. A dose of 1 tsp at night

in water causes a gentle osmotic effect and usually results in a bowel motion the next morning. I would stay clear of high fibre products during the detox as they can sometimes have a dehydrating effect on the bowel. Bowel stimulants weaken the musculature of the bowel wall and in my opinion should rarely ever be used.

If you are concerned by your symptoms then it is best to seek advice from your health practitioner. I have included ideas for dealing with many of the common problems in chapter 11, "trouble shooting".

What if I can't cope with the detox program?

What if you start the 10 day FF Detox program but after a few days really feel too uncomfortable to continue?

My initial advice is to keep on going for another 24 hours and see how you are feeling then. Toxins are released intermittently and while you may feel terrible temporarily, the next day you may feel greatly improved. Large quantities of toxins may be released at certain times and you can feel particularly poor until your cleansing organs remove these toxins for you. You will feel better as the cells begin to function more efficiently after the removal of the toxic load.

What should be in the forefront of your mind is that the worse you feel usually the more toxic rubbish is being removed. And this was always the objective.

In the case that you have many symptoms due to the high quantities of acidic waste accumulated in your body, you can continue the detoxification process but slow it down. The speed in which the body detoxifies can be reduced by consuming some of the detox foods listed at the end of the book. Once we start eating the body slows down the cleansing process. Liquids slow it down less than eating solid food. Eating just one meal a day allows the body to continue to rejuvenate and cleanse for the majority of the day. In this case the best time to have a meal would be in the middle of the day and to continue the usual regime morning and night. Remember that the body detoxifies most effectively the longer you have gone without eating. So make use of the fasting hours over night and continue into the day for as long as possible before eating.

Another option is to stop the detox program all together, give yourself a break for a few days, knowing that you have removed some of the waste material accumulated. Know that you are stronger and healthier for the days that you have done and restart the program when you are ready. You may wish the time frame to be shorter or do the blended version with eating a liquid meal each day to slow the process down.

Troubleshooting

Yet another option is to adopt a longer term 2 day a week regime. The days need not be consecutive. By following this approach the results are slower but the process can be much easier to manage. On these days have just the wise nutrients fermented super foods powder 1 tsp 2-3 times a day and the fermented lemon drink 50-100 mls twice a day. This seems easier mentally for most people, knowing that they will be able to eat normally the next day.

This intermittent fasting and detoxifying 2 days a week supports the detoxification process for the body, mopping up dietary indiscretions on the other non-detox days. This regime may also help maintain the protective mechanisms of improved insulin function and reduced inflammation levels within the body long term.

All severe symptoms such as pain or heart concerns should result in immediately ceasing the FF Detox program and seeking medical advice.

Minor symptoms are discussed below.

Lethargy

Fear of tiredness is the main problem that stops many people from going through a fasting or detoxification program even when they know they will feel better for having done it. The intake of the easily absorbable fermented super food in Wise Nutrients provides high levels of protein and nutrients that certainly goes a long way to maintain energy production in the body.

There are however, circumstances where, for various reasons, your body may require additional input of protein to provide energy. For example where the program is commenced with already severely depleted protein levels or you wish to maintain an exercise program while detoxifying. In these circumstances I suggest you add a protein powder shake to your daily detox regime. It is important that it is not whey based protein powder as dairy products can create mucus and can add to the toxic load on the body. I suggest using either a rice protein or pea protein powder. If you can get a bio-fermented or sprouted rice protein product these are preferable as they have undergone a predigesting step similar to the fermentation process. The protein powder would be even better if it had added fermented greens and minerals to further enhance the cleansing process and alkalise the body. This protein powder should be taken just before the period of high energy is required such as before an exercise session, demanding work load or family event. Remember that the less you eat the more effectively your body will heal and cleanse throughout this 10 day period so try to keep the protein shakes to one a day so that you can gain maximum benefit from your detox.

Hunger

Many of us are afraid of hunger. Most of us have not experienced going without food for an extended period of time. The hunger sensation is often only experienced during the first 1-3 days of the program. It does not last long and is a great sign that your body is accessing old stores for energy. The pathogenic organisms in the gut are starving and no longer able to produce as many toxic metabolic wastes to dump into the blood stream placing greater strain on the body. For those of you who have gone on a 40 hour fast for charity you will know that the sensation of hunger does not last long. You may feel a gnawing in your stomach for a few minutes or hours. You can choose to either distract yourself or ease this feeling with a drink of water or herbal tea. I find that dandelion tea although cleansing can make this hunger sensation worse as it stimulates the digestion so avoid this until the feeling subsides.

Low Blood Sugar Levels

When toxins are circulating in your blood stream they can give you a sense that your blood sugar levels are low. Usually when people measure their blood sugar levels they are actually normal but the high levels of metabolic wastes give you the same sensation and your energy can drop temporarily. As these sensations usually pass quickly I encourage you to have an energising cup of herbal tea of your choice. (health food shops have many options, I find that Tulsi tea works well). If the sensation does not pass and you need to remain active or feel concerned, I suggest this is the time to have a protein powder shake as discussed above. This will provide easily absorbable protein and cleansing nutrients to boost your energy and alleviate the low blood sugar level sensation while continuing the cleansing process.

Constipation

Bowel movements vary between people but ideally you should have a bowel movement once to three times a day and the motion should be soft but well formed. The fermented super food powder contains flaxseeds and chia seeds to provide a good source of fibre during the program. However, as you are not eating any other food to provide bulk to the bowel some people may go for days on the FF detox program without having a bowel movement. As long as you are feeling comfortable this is quite acceptable and your bowel will go back to its regular (if not better) habit once you resume eating. If you commence the detox program and are not having daily bowel movements but feel that you would like to then you can take extra fibre. Freshly ground flaxseed meal at a dose of 1-2 tablespoons a day or a mild non stimulating bowel support such as powdered magnesium oxide and magnesium carbonate in water at night should work well. You can vary the dose of magnesium from ½ to 2 tsp depending on your individual needs. You should not take any bowel laxatives for longer than 1-2 weeks without being reviewed by your health practitioner to ensure there is no concerning bowel condition that may be causing the constipation.

Diarrhoea

Some people's bowels respond in the opposite way and rather than being sluggish become very loose during a detox program. This is often a good sign as the body is clearing the metabolic wastes very effectively and I would suggest not taking any medication to slow this process as long as it is not causing a disruption to your ability to perform your daily tasks. If you are bothered by this, taking slippery elm at a dose of ½-1 tsp 2-3 times a day will often settle the symptoms down without interfering with the cleansing process.

Body aches and pains.

These can be felt in the muscles or in the joints themselves. As the metabolic wastes stored in the cells move out into the blood stream they can cause inflammation and pain in the soft tissues. I find that a bath with ½ cup each of bicarbonate of soda and magnesium salts eases the discomfort. These pains usually ease after a few days into the detox program.

Headaches

Headaches are one of the most common detoxification symptoms. Once the metabolic wastes have moved from our cells into our blood stream they circulate throughout the body and can cause irritation to our sensitive organs especially the brain. They usually ease after 1-2 days. Try to resist having any medication to ease them as this just adds to the work of the liver and kidneys that are trying to clear the toxins already present in the blood stream. However if the headaches are very severe and you find that they are interfering with your ability to work or function then you may choose to take mild pain relief such as paracetamol 500-1,000 mg every 4 hours (maximum of 4,000 mg a day). Drinking lots of water and herbal teas helps to dilute these irritating metabolic wastes.

Nausea

The toxins circulate via the blood stream into the liver for clearance, and if the liver is not coping with the load it can cause nausea. I find that drinking lemon or lime juice in water can help. It stimulates bile flow and can help the liver clear the toxic load. Another thing to try is fresh ginger root in hot water or peppermint tea can also help to calm the stomach.

Bad taste in mouth

If the liver is full of metabolic wastes and struggling to remove toxins quickly you may experience a bitter or metallic taste in the mouth. This often comes and goes and will ease within a few days into the detox program. Many people find that drinking peppermint or fennel tea helps.

Skin Problems

The skin is another cleansing organ and if the liver, kidneys and lymphatics are overloaded the metabolic waste products may leave the body through the skin. Pre-existing skin conditions can be aggravated or new skin problems such as pimples, redness, irritation or even hives can occur. These symptoms can be frustrating but be encouraged that the body is finding a path for the toxins to be removed. Continue with the program as long as you are coping. Once the toxic load gets within the threshold of the other cleansing organs ability to keep up, the skin symptoms will settle down. If you are not coping then you will need to detoxify more slowly and choose one of the modified slower detoxification programs from chapter 12.

Feeling light headed or foggy

In the same way that toxins in our blood stream can cause headaches, these same toxins can also cause a feeling of light headedness or fogginess in the brain. Some people describe this as a feeling of being vague. These symptoms are usually at their worst on day 2-3 of the program and this is a reason why it is best to commence the detox when you can rest more on days 2-3. (For most people this means commencing the program on a Friday). I find that taking an extra dose of the Wise Nutrients fermented super food powder will give your brain some extra protein and energy while providing vitamins and minerals that help to ease these symptoms. Keep your activity to a minimum on these days and the symptoms usually pass quickly. Drinking energy enhancing herbal teas such as Tulsi tea can help. A good back up on these days if you need to function more effectively is to have a bio-fermented rice protein powder shake, preferably with fermented greens to give you the extra energy both mentally and physically that you need but without interfering with your detox program.

Prolonged detoxification symptoms

There are some people whose cells are so inflamed and high in toxic metabolic waste products that their cleansing process and detoxification symptoms can be inefficient and go on for many months no matter what form of detoxification program they are on. I have found that usually this is due to severe stress, a reduced efficiency in detoxification enzyme production, high levels of inflammation from many varied causes or a profound digestive weakness either within the stomach, pancreas or liver. This does not always show up in conventional medical tests. If you are experiencing severe detoxification symptoms as mentioned above (or other symptoms) every time you detox or if those symptoms do not settle within 7-10 days I suggest you see a health practitioner to discuss your specific health condition. It may simply be that you have such a toxic build up of metabolic wastes that you need to detox for a longer period of time or to go on an extended period of intermittent detoxifying such as 2 days a week over many months. Alternatively you may require an individualised treatment regime targeted at a deeper level of cell functioning.

Doing the detox program less strictly (for less or intermittent days)

If you find that every time you start the detoxification program you experience the symptoms mentioned in the previous chapter, unless the symptoms are severe (in which case seek immediate medical attention), I suggest that you continue with the program, taking only the fermented foods Wise Nutrients powder and the Gut Restore fermented lemon drink for as long as possible and for at least 48 hours as the symptoms are due to the release of many old acidic metabolic waste products leaving the cells and being transported into the blood stream to be removed by the cleansing organs. Often the symptoms improve within this time period.

The more acidic and toxic your cells the more severe these symptoms can be and for some people they may last for many days. If the symptoms are too uncomfortable to cope with then you may wish to slow the program and release the toxins more gradually, thus reducing the severity of the symptoms.

One of the gentler options is to fast intermittently, performing exactly the same process eating and drinking only the fermented foods Wise Nutrients powder and Gut Restore drink but do this regime for only 24 hour periods 2 days a week. This will be easier if the two days are not consecutive, for example a Monday and a Thursday. The good thing about this program is that it is very flexible and the days can move depending on life events. I suggest that as often as possible on the days in between you eat mostly light cleansing foods such as in the recipes included at the end of this book. This option cleanses the body much more slowly so it will of course slow down your results. You will probably need to be on this type of intermittent program 2 days a week for 1-2 months to gain the desired results.

Another option which also slows down the detoxification program is to continue the fermented Wise Nutrients powder and Gut Restore liquid drink but add a meal each day. This meal can be either a protein powder shake or another meal preferably something cooked, as raw foods can also

Maintenance for Life

detoxify the body rapidly.

The most cleansing to the least cleansing foods are: raw fermented foods such as those included in this detox kit, raw juices, raw salads, cooked vegetable soups, cooked vegetables, fermented vegetarian protein powders, vegetarian proteins, then fish and egg meals with non starchy vegetables including lots of greens. My experience is that the best cooked food you can have that will maintain the detoxification process is the mung bean detox soup. The recipe for this can be found in the recipe chapter of this book. The Chinese and Ayurvedic practitioners have used the powerful detoxification properties of the mung beans and the synergistic spice blend for centuries. If however this is also too strong a detox you may need to use other foods such as the vegetable soups or even heavier foods like fish or eggs. Again be aware that eating these heavier foods will slow your results.

With this knowledge you can determine your own individual rate of cleansing. If you are going to add a meal to your regime I suggest that you wait until lunch or dinner to have this. The longer you go without food the more efficiently the body performs the cleansing process. As most people will not have eaten anything over night you will achieve the best results by continuing this fasting period for as many hours into the day as possible for a more prolonged and effective detoxification interval.

The good thing about this program is that each day is flexible. You can start off doing the strict detox program taking only the Wise Nutrients fermented protein powder and the fermented Gut Restore lemon drink and see how you feel. Again if you feel unwell continue for another 48 hours and see if these symptoms subside. If you need more energy you can add a protein powder shake and continue. If the symptoms are too severe add preferably one or if really struggling two of the solid meals of this style of food into your regime. If you feel that you are coping well then you may wish to go back to the strict fermented foods only detox regime again.

Our bodies have the ability to maintain balance, control inflammation and cleanse our cells daily if we ensure that we are clearing waste products more efficiently than they are produced or enter our body. Most of us enjoy certain things in life that we know aren't good for us but our bodies can handle them if they have the nutrients and correct biochemical environment to remove the waste products that are created.

The body has many backup plans to keep itself in balance but we need to constantly provide nutrients and ensure that our acidity and inflammatory levels are kept within a healthy range in order for these processes to be able to work.

A healthy body requires healthy bacteria and nutrients such as proteins, minerals, vitamins, essential oils and good quality fibre. These substances need to be provided in a form that the body can readily absorb and utilise. Fermented foods fulfil this role exceptionally.

Once your body is functioning more efficiently it will not be wasting precious nutrients buffering acidic toxins and as a consequence it will be stronger, cleaner and easier to maintain.

A continual daily intake of high protein fermented food such the Wise Nutrients fermented super food powder or bio-fermented protein and greens powders can help maintain the healthier better functioning state of your body facilitated by the FF Detox program. They can provide an easily absorbable source of nutrients for general well being and to help produce the enzymes that keep the cells clean and the antioxidants that help control inflammation.

It is important to maintain the intake of healthy bacteria for the gut. These vital organisms help keep our digestive and immune system functioning more efficiently. These healthy bacteria must be maintained to ensure the pathogenic organisms are kept to a minimum therefore inhibiting their ability to produce inflammatory acidic waste adding to the toxic load on our systems. The most effective way of adding these healthy bacteria is from the liquid sources of fermented grains such as Gut Restore lemon drink or kefir. 50-100 mls a day will help to maintain healthy bacterial numbers in your intestine.

Other nutrients that are crucial to the body being able to balance inflammation and its cleansing functions are essential oils and fibre. Essential oils directly reduce inflammation and support the function of every single cell membrane in our body. These membranes determine whether the cell is able to respond appropriately to your hormones and communicate with other cells. In addition these membranes control nutrients in and out of the cells so that they can manufacture proteins and regulate the genetic material within the DNA that controls essential life functions. These membranes are absolutely pivotal to our survival.

Different body types require different ratios of oils, whether they are omega 3's, 6's or 9's. They are found from many different sources but include Fish oil, Evening Primrose oil and Flaxseed oil.

Fibre performs many important functions in our body. It feeds good bacteria in the bowel and mops up and moves along undigested food and old metabolic waste products dumped into the bowel via the liver. It also has a crucial effect on balancing our hormones. Ensuring that we get enough fibre to have a good bowel movement daily is crucial to the body being able to clear its wastes. This fibre source can be obtained from eating large amounts of high fibre vegetables and fruits. Some people need additional fibre supplementation. Introduce fibre slowly as some people are sensitive to certain types.

Soluble fibre can feed the pathogenic bacteria as well as the healthy strains causing constipation and bloating. So getting the fibre right for each person may require an individual consultation with a health practitioner. Flaxseed meal is quite gentle and as long as it is taken with enough water it agrees with most people. Some people need the help of non-stimulating bowel cleansing powders such as magnesium oxide. This magnesium is generally poorly absorbed therefore remains in the bowel helping to bring moisture to the bowel and softening residual material making it easier to leave the body the next day. As with all forms of non food based fibre, it should be used short term and if requiring this for over a month you should see your health practitioner to ensure there isn't a severe medical condition

causing constipation requiring further investigation such as a colonoscopy.

Protein powders can provide a good energy effect for many people. It is preferable to use bio-fermented sprouted rice protein or pea protein based ones as these provide easily absorbed forms of amino acids without the negative effects that can come from dairy or soy products. Dairy and Soy can strain the body in many different ways and especially over long term use. Bio-fermented rice protein powders are even better if they include other ingredients that help strengthen, alkalinise and clean the body. These ingredients are fermented greens, such as spirulina, barley grass and wheat grass and other added minerals which can further provide biochemical buffers that assist in managing toxic and acidic waste. If you don't mind the taste, adding gentle fibre such as 1-2 tablespoons of flaxseed meal can also help the bowel in its cleansing process.

Dietary intake is crucial. Food can either strengthen or weaken the body and it is important that we get the right balance to keep our bodies healthy or to balance disease processes that may already be occurring. The balance is different for each of us and we need to be guided by our symptoms and may benefit from the help of a well trained health practitioner to create a personalised long term program.

Included are many healing, alkalinising and cleansing recipes in chapter 14. You can mix and match these and tailor your food intake daily depending on how you are feeling. You can also use this detoxification program as a tool to cleanse after a period of eating badly (or before you know you are going to, such as going on holidays) or while being stressed to help buffer the negative effects this has on the body.

Once you have done a 10 day cleanse you get to know your body much better. If you are coping with the FF Detox programme well you may wish to continue the program for another few days. I suggest no more than 14 days in total though. Alternatively incorporate 1 or 2 detox days a week, such as a Monday and/or Thursday, where you are eating more normally between these days so that you can achieve your ultimate weight goal or to simply maintain your

Recipes

health benefits, reduce future risk of disease and continue to cleanse and strengthen your body.

Remember that the better we manage stress in our lives the more efficiently the body functions and the more nutrients you have spare to digest and detoxify effectively. Life is busy for all of us but making time on as many days as possible for relaxation with mental down time will maintain the calmness and clarity attained during the FF Detox program. Such a practice will keep your priorities clear. It will also help you stop wasting energy and therefore precious nutrients on an exaggerated stress response to life's continual minor frustrations. This increased awareness of what is really important makes every decision clearer and your attainment of true happiness closer.

Stronger, better functioning bodies are available to all of us if we just obey the basic principles of nature. Rest the mind and the intestine, alkalise, reduce inflammation and provide well absorbed healing nutrients and healthy bacteria to our gut. Nature has provided all of this in the form of these high protein fermented foods.

It is important to understand that this program makes no claims on healing diseases. It provides the body with a highly nutritionally supported environment in which to start to balance and buffer inflammation and the acidity created by accumulated metabolic waste products. This will help support any physical body to slowly strengthen no matter in what state of health or disease.

The scope of this book doesn't leave me room to elaborate on which individual nutrients and essential oils to take for different body types, nor individualising maintenance programs for specific health conditions but a health practitioner trained holistically would be a good start in maintaining and continuing your healing program.

All the recipes in this book can help the body with the cleansing process but remember that eating (or drinking) food will slow down the detox program. Your quickest results will still be attained during the ten day period by having only the fermented Wise Nutrients protein powder and the Gut Restore fermented lemon drink.

These recipes have been included for those people who have so many acidic metabolic waste products that when they detox they can't cope due to severe symptoms. This will be rare and I again encourage you to push through these symptoms if you can till you "get to the other side". Remember that these symptoms are only occurring because the damaging toxins were in your cells to start with and are now coming out to be cleared out of the body. The worse you feel, the more you need to detox, and the greater the likely health improvement.

If you chose to detox more slowly and include food during this program not only what you eat but also when you eat is important. The longer the time period between eating the better. Toxins only start moving if you haven't eaten anything requiring digestion for at least eight hours. That's why people are at their most toxic first thing in the morning as they usually haven't eaten anything overnight. In saying this you're best to make use of this overnight fasting period and have only the Wise Nutrients and fermented Gut Restore drink in the morning and go for as long into the day as you can before eating solid food. You may find that each day gets easier and you can eat later and later into the day eventually being able to fast totally on just the fermented food towards the last days of the FF Detox program.

Included below are recipes in decreasing order of cleansing ability. The most cleansing is the Wise Nutrients fermented protein powder and Gut Restore fermented drink included in the detox kit. Then from most to least cleansing are raw juices, raw salads, cooked vegetable soups, cooked vegetables, fermented vegetarian protein powders, vegetarian proteins, fish, eggs and then lean white meats. Red meat is not included in this program because it is can be very difficult to digest and creates acidity.

Juices and Drinks

Green Juice 1

Serves 2

Greens provide high levels of Chlorophyll that is very cleansing, alkalising and high in the mineral magnesium.

Ingredients

Two big handfuls of Baby Spinach
3 sticks of Celery
Half a Green Capsicum
Half a Cucumber
A handful of Alfalfa Sprouts
Handful of Parsley to taste

Method

Juice all ingredients and mix 50/50 with distilled water.
Add optional Lemon Juice



Green Juice 2

Serves 2

Celery is very cleansing and alkalising and the carrots, spinach and parsley provide high levels of nutrients including antioxidants.

Ingredients

3-4 Carrots
125g Fresh Spinach
Handful of Flat Leaf Parsley
2-3 Sticks of Celery

Method

Juice all ingredients (putting celery through last). Mix with water to taste or drink neat



Green Alkaline Avocado Shake

Serves 2

The use of healthy fats in this recipe is a great way to feel full while still getting the benefits of a raw juice.

Ingredients

1 Cucumber
2 Tomatoes
1 Avocado
1 handful Baby Spinach leaves
1 Lime
½ Red Pepper
1 tsp Wise Nutrients Fermented SuperFoods
1 tablespoon Flaxseed Oil

Method

Place all solid ingredients in a high powered blender or juicer and stir in powder and oil at the end.



Reviving Refresher Juice

Serves 2

Ingredients

1 Lemon's juice
2 Celery Stalks
1 Lebanese Cucumber
20 Mint leaves
250ml Water (vary amount to taste)

Method

Put everything through a juicer or high powered blender and serve



Skin Cleansing Juice

Serves 2

The added Lecithin helps the skin use anti-inflammatory essential fatty acids.

Ingredients

¼ Wombok Cabbage
Handful of Baby Spinach or Kale (or other leafy greens)
3 sticks Celery
½ Red Capsicum
1 organic Lemon (include skin)
Add 2 tbs Lecithin granules (at the end if juicing)

Method

Put through juicer or high powdered blender (if blending add extra water and ice to taste)



Protein Shake

This is the quickest way to elevate your energy levels if you have to perform at a high level of intensity during your detox program. The fermented super greens help to alkalise the body and offset the acidifying effect of the protein. Flaxseed meal is included to add extra anti-inflammatory essential fats and to add extra fibre to help the movement and detoxification function of the bowel.

Ingredients

20-40 gm Protein Powder (preferably Bio-Fermented Rice Protein)
1 tsp Fermented Super Greens
1-2 tbsp Flaxseed meal (optional)
1-2 cups liquid of choice (in order of most to least detoxifying: Water, Unsweetened Almond Milk, Oat Milk or Rice Milk)
Fruit optional (Banana or Berries work well)

Method

Blend all ingredients well. If using only powdered ingredients they can be mixed by hand in a well sealed shaker.



Soups

Mung Bean Soup

Mung beans have been used for centuries by the Ayurvedic and Chinese Health practitioners to gently detoxify the body. It is warm and filling. It is best made to the recipe but you can add non-starchy vegetables if you wish.

Ingredients

1 cup whole green Mung Beans (soaked overnight in with 1 tsp celtic sea salt)
2 cups water for cooking Mung Beans
2 cups water for soup
1 tbs Ghee or Coconut Oil
½ tsp Black Mustard Seeds
1-2 pinches Asafoetida powder (Indian spice, also called hing)
1 Bay Leaf
1 tsp Turmeric powder
1 tsp Cumin powder
1 tsp Coriander powder
1 tsp Fennel powder
1 tsp Cardamom powder
1 ½ tsp fresh Ginger chopped
½ tsp fresh Garlic chopped
½ tsp Celtic Sea Salt
1 Lemon's juice

Method

Drain the Mung Beans after soaking over night. Place in a large pot with 2 cups of water with the Ginger and Garlic and boil on medium heat for 45 minutes or until tender (the beans start breaking apart). Heat the Ghee or oil in a large deep saucepan add Mustard Seeds. When the seeds start to pop add the Asafoetida, Bay Leaf, Turmeric, Cumin, Coriander, Fennel and Cardamom. Stir well being careful to not burn the spices. Add the second 2 cups of water and cooked spices to the large pot with the boiled Mung Beans. Bring to the boil, simmer for a few more minutes then serve. You can blend this soup for a smoother texture if you prefer. If you wish to add extra vegetables do this in the last stage and keep boiling until the vegetables are cooked.

Creamy Leek and Carrot Soup

This is a very simple soup that tastes quite creamy due to the Cauliflower

Ingredients

1 tbs Ghee or Coconut Oil
1 clove crushed or finely chopped Garlic
1 Leek finely sliced
4 cups chopped Carrots
1 cup Cauliflower cut into florets
4 - 6 cups vegetable stock (a good quality packaged one is fine) The quantity depends on how thick you like your soup
Sprinkle fresh Thyme

Method

Heat the oil in a large soup pot on medium heat. Fry the Leek and Garlic for 3 minutes or until slightly brown. Stir in chopped Carrots and Cauliflower florets and cook stirring for 3-4 minutes. Add the stock and Thyme, cover and boil for 15 minutes. Blend till smooth when cooked.



Miso and Asparagus Soup

Miso is traditional Japanese food typically made from fermented soy beans. The paste makes a very tasty and highly nutritious soup.

Asparagus assists in the detoxification process

Ingredients

1 tbs Ghee or Coconut Oil
1/3 cup chopped Onion
1/3 cup chopped Celery
1 cup Beetroot peeled and finely chopped
1/2 cup chopped Carrot
1 cup Asparagus chopped
2 Spring Onions finely chopped
Handful fresh continental Parsley chopped
1 tbs Ginger finely chopped
5 cups water
1/2-1 tsp Celtic Sea Salt to taste
3 tbs Miso paste

Method

Heat the oil in a large pot over medium heat. Add the onion and fry for a few minutes until it starts to brown. Add the celery, spring onions and lightly fry for another minute. Add the water, beetroot, carrot, ginger and desired amount of salt and bring to the boil. Then reduce heat to simmer for 15 minutes. While this is cooking remove about 1/4 cup of soup liquid and mix well with miso paste until it is smooth. Then add back into the pot. Add asparagus and continue cooking for 5 minutes then serve sprinkled with parsley.



Salads

Kale Salad

Serves 3-4

It is very exciting that Kale has made it into many of our supermarkets. This dark green leaf is full of chlorophyll and due to its slightly bitter taste helps to stimulate the digestion. Using avocado in this salad creates a creamy texture and makes it very satisfying.

Ingredients

6 large Kale leaves (or 150 gm smaller leaves)
cut into thin ribbons
100 gm Rocket cut into thin ribbons
3 Spring Onions sliced finely
2 large Tomatoes roughly chopped
1-2 ripe Avocados peeled, pitted and chopped
1-2 cloves fresh Garlic crushed
Handful of continental Parsley finely chopped
Handful of fresh Mint leaves finely chopped
3 tbs cold pressed Olive Oil
1 Lemon's juice
2 tsp Apple Cider Vinegar
½- 1 tsp Celtic Sea Salt to taste

Method

In a small bowl mash the Avocado until mostly smooth then add the Olive Oil, Apple Cider Vinegar, Lemon juice and salt (if using) together till well combined. In a separate large bowl add all the other ingredients until well mixed then blend through the Avocado mixture.



Cabbage Cabbage Salad

Cabbage contains nutrients that help detoxify the liver. When raw it contains many live enzymes as well as adding a nice crunchy texture to salads. The nuts in this salad provide essential fats and give the salad an interesting texture contrast.

Ingredients

350 gm Red Cabbage (or Wombok if you prefer a finer texture) finely chopped
3 Carrots coarsely grated
4 Radishes thinly sliced
2 Celery sticks thinly sliced
3 tbs Pine Nuts toasted
1 tbs Pumpkin seeds
2 tbs Sunflower seeds
2 tbs Flaxseeds
2 tsp Ginger grated
1 tsp Honey (optional)
2 tbs Lemon juice
4 tbs cold pressed Olive Oil

Method

Mix the grated Ginger, Honey, Lemon juice, and Olive Oil in a small bowl and whisk till well combined. Place all other ingredients in a large bowl and mix together well. Pour dressing over the salad and toss until evenly coated.



Asian Style Detox Salad

Serves 3-4

The fresh Coriander and Sesame Oil give this salad a fresh energising taste

Ingredients

¼-½ Wombok finely chopped
Lebanese Cucumber finely chopped
Handful of Baby Spinach
Handful of Baby Kale (or finely chopped large leaf Kale)
Handful Bean Shoots
Handful fresh Continental Parsley finely chopped
Handful fresh Coriander finely chopped
Handful Mung Bean Sprouts
1 carrot Grated
1 Celery stalk finely chopped
½ Red Capsicum finely sliced
6 Cherry Tomatoes halved
1 Avocado peeled and pitted and finely chopped
1 Lemon's juice
1 tbsp Sesame Oil
1 tbsp Apple Cider Vinegar
Celtic Sea Salt to taste

Method

Mix together the Lemon juice, Sesame Oil and Apple Cider Vinegar, and desired amount of salt first for the dressing. Toss all other ingredients together well and mix dressing throughout until salad is well combined.



Cooked Vegetable Dishes

Vegetable Indian Coconut Curry

Ingredients

1 tbs Ghee or Coconut Oil
1 tsp fresh Ginger grated
1 clove fresh Garlic crushed
½ Onion finely chopped
1 tsp Turmeric powder
1 tsp Cumin powder
1 tsp Coriander powder
½ tsp Asafoetida powder
1 cup Green Beans
1 Carrot thinly sliced
½ Cauliflower chopped into floret
1 Zucchini thinly sliced
1 head Broccoli chopped into florets
400 mls Coconut Milk

Method

Heat oil and gently fry Ginger, Garlic and Onion till softened. Add dry spices and fry for about 1 minute until they become fragrant. Mix in Carrot, Cauliflower and Broccoli until well coated with the spices then add Coconut Milk and bring to boil then simmer for 10 minutes. Add Green Beans and Zucchini and continue to simmer for another 5 minutes.

Serve warm.



Stir Fry Vegetables with Toasted Sesame Seeds

This recipe can be used with any vegetables left over in the fridge.

Ingredients

4 cups chopped vegetables (Broccoli, Carrots, Capsicums, Zucchini, Snow Peas, Cauliflower)
1 Wombok (Chinese Cabbage) finely chopped
1 tbsp fresh grated Ginger
1 clove fresh Garlic crushed
3 tbsp low salt Soy Sauce (or Tamari)
2 tbsp Ghee, Coconut or Olive Oil
2 tbsp toasted Sesame Seeds
Handful fresh Coriander finely chopped

Method

Blanch more solid vegetables (Broccoli, Cauliflower, Carrot etc) in boiling water for 2-3 minutes. Heat oil in a wok and add Ginger, Garlic, Cabbage and all blanched and other vegetables for 3-4 minutes on a high flame. Lower the heat and stir through Soy Sauce. Sprinkle sesame seeds over the vegetables and heat for 3-4 minutes until finished cooking. Serve sprinkled with fresh Coriander.



Oven Roasted Vegetables

Roasted vegetables are very comforting and are great on those colder days

Ingredients

2/3 cup cold pressed Olive Oil
3 Parsnips peeled and cut into 5 cm size pieces
400-500 gm Pumpkin peeled and cut into 5 cm size pieces
4 Carrots peeled and cut into chunks
2 Beetroots peeled and chopped
3 Celery stalks strings removed and cut into 5 cm pieces
12 Spring Onions peeled and quartered lengthwise
1 bulb Garlic broken open, cloves unpeeled
1-2 Lemons cut into wedges
5 sprigs fresh Rosemary finely chopped
10 sprigs fresh Thyme finely chopped

Method

Preheat oven to 180-200 degrees C. In a heavy roasting pan mix vegetables thoroughly with the oil, herbs and lemon wedges. Roast for an hour turning every 20 minutes until the vegetables are tender and their edges are starting to turn a golden brown.



Vegetable Protein Dishes

Red Lentils with Red Capsicum

Ingredients

2 Onions peeled and finely chopped
2 Garlic cloves peeled and crushed
2 Red Capsicums halved seeded and finely sliced
2 tbsp Ghee, Coconut Oil or Olive Oil
250 gm dried cooked Red Lentils
(cook according to packet instructions)
1 tsp dried Thyme
¼ tsp dried Oregano
400 mls vegetable stock (good quality bought is fine)
4 Spring Onions peeled and finely chopped
Celtic Sea Salt to taste
Ground Black Pepper to taste
Juice 1 Lemon

Method

Heat oil and gently fry Onions and Garlic. Add drained Lentils, Capsicums, Thyme, Oregano and vegetable stock, bring to the boil and cook for 8 minutes. Add the Spring Onions and continue to cook for another 3 minutes. Serve with salt, pepper and lemon juice to taste.



Mexican Style Quinoa

Quinoa is more like a seed than a grain and has much higher levels of protein than many other grains. It is gluten free, very nutritious and can help satisfy carbohydrate cravings.

Ingredients

1 cup Quinoa
3 cups water
1 pinch Celtic Sea Salt
3 tbsp Ghee, Coconut Oil or Olive Oil
3 cloves fresh Garlic crushed
1 Red Capsicum seeded and chopped
½ cup fresh Corn Kernels
½ cup Green Beans, coarsely cut
½ tsp Cumin powder
½ tsp Turmeric powder
½ tsp dried Oregano
2 SpringOnions

Method

Boil the Quinoa, water and salt in a saucepan. Cover and reduce to a simmer until the Quinoa is tender (approx 20 minutes). Then drain and set aside. Meanwhile heat the oil and fry Garlic until it softens. Add Red Capsicum, Corn and Green Beans and fry till Capsicum softens, approx 5 minutes. Stir in Cumin, Turmeric, Oregano, salt and pepper and heat for 1 minute then add cooked Quinoa and Spring Onions. This dish can be eaten warm or cold.



Mung Bean Burgers

Here is a different and tasty way to enjoy the healing benefits of these wonderful mung beans.

Ingredients

2 cups cooked drained mung beans
1 carrot grated
¼ red onion finely diced
4 tbsp fresh coriander finely chopped
½-1 cup rice crumbs (fill mixture holds together to make patties)
Celtic sea salt to taste
2 tbsp toasted almonds or pine nuts finely chopped
Olive or coconut oil if required

Method

Mix all ingredients together in a bowl and form small patties and leave in the fridge for at least ½ hour to firm up. Fry in ghee or coconut oil over moderate heat until lightly brown or rub lightly with coconut or olive oil and bake at 180 degrees C for about 30 minutes. Serve with Fresh Salad of choice.



Fish Dishes

Detox Salmon Salad Nicoise

Ingredients

1 Salmon fillet steamed (or broiled) or 425 gm tinned Salmon, broken roughly into bite size pieces
2 cups Green Beans chopped into thirds
3 tbsp Capers, roughly chopped
¼ cup Green Olives, pitted and roughly chopped
1 tbsp Dijon Mustard
Juice 1 Lemon
1 tsp Apple Cider Vinegar
1 tbsp cold pressed Olive Oil
1 Garlic clove crushed
2-4 cups mixed leafy greens
Anchovies for serving

Method

Lightly steam or boil Green Beans until just tender (leave slightly crisp) then place into cold water and drain. Combine Beans with Salmon, Capers and Olives. In a separate dish whisk together dressing of Dijon Mustard, Lemon juice, Apple Cider Vinegar, Olive Oil and crushed Garlic. Mix well with salad ingredients and place anchovies on top for serving.



Asian Style Tuna with Stir Fried Vegetables

Ingredients

250 gm piece fresh Tuna cut into 2 cm size pieces
¼ cup low salt Wheat free Tamari
2 cloves Garlic crushed
2 tsp Xylitol or Natvia (healthy sugar alternatives)
2 cm piece of fresh Ginger, finely diced
1 Carrot thinly sliced
1 bunch baby Bok Choy, thinly sliced lengthwise
1 cup Broccoli cut into florets
1 Zucchini, thinly sliced
Handful Bean Sprouts
1 tsp Sesame Oil
1 tbsp cold pressed Olive Oil
1 tsp extra Sesame Oil
1 tbsp extra cold pressed Olive Oil
Handful fresh Coriander, finely chopped

Method

Marinate Tuna pieces (at least a few minutes but overnight if possible) in well mixed Tamari, Garlic, sweetener of choice and Ginger. Meanwhile heat oils in a wok and add all vegetables, stir-fry, constantly turning for about 2-3 minutes. Just before the vegetable are cooked through make a space at the bottom of the wok, add the extra oils to the bottom of the wok and when hot sear the tuna for a few minutes. Add the Bean Sprouts at the end and lightly toss before serving sprinkled with fresh Coriander.



Egg Dishes

Zucchini and Herb Omelette

Serves 2

Ingredients

4 free-range Eggs
2 Zucchini, grated
2 Spring Onions, finely sliced
½ Red Capsicum, finely chopped
4 tbsp fresh Continental Parsley, finely chopped
4 tbsp fresh Chives, finely chopped
Celtic Sea Salt and Pepper to taste
1 tsp Butter or Ghee

Method

Mix all ingredients except Butter or Ghee together well in a large bowl. Heat frypan to a moderate heat, melt Butter or Ghee, and then add the remaining combined ingredients to pan. Cook until mixture is firm then flip over and cook other side. Serve immediately.



Stir fried Eggs and Vegetables

Serves 2

Ingredients

3 free range Eggs
1 tbsp Butter, Ghee or Coconut Oil
½ cup Broccoli, finely chopped
½ cup Wombok Cabbage, finely chopped
½ Capsicum, thinly sliced
4 Spring Onions, thinly sliced
½ cup Mung Bean Sprouts
½ cup Bean Sprouts
1 Garlic clove, peeled and crushed
1 stick Celery, thinly sliced
Handful fresh Coriander, chopped
Handful fresh Mint, chopped
2 tbsp Tamari or Soy Sauce

Method

Heat the Butter or Ghee in a wok and fry the beat the eggs as a thin omelette rolling the wok around to ensure the omelette is thin. Take the cooked omelette out of the wok, roll tightly into a "cigar" and cut into thin strips. To the wok add a little more oil if needed and fry the Garlic and Spring Onions till soft. Then add the Wombok, Capsicum and Broccoli for 3-5 minutes. Add the Celery, Tamari, herbs, sprouts and egg back in to heat through then serve immediately.



Chicken Dishes

Chicken Soup

Chicken broth has long been known for its immune stimulating and gut lining repairing properties. If you have the time making this healing soup from scratch is worth the effort.

To make the Chicken Stock (Makes 3 litres)

1 whole organic Chicken
3-4 litres water
1 tsp Apple Cider Vinegar
2 Carrots, roughly chopped
2 sticks Celery, roughly chopped
1 Onion, peeled and roughly chopped
1 tsp Black Peppercorns
3 Bay Leaves
Few sprigs of fresh Thyme and/or fresh Rosemary

Put all ingredients in a large pot, bring to the boil then reduce, cover and simmer for at least 2 hours. Leave for 6 hours if possible. Remove the Chicken and when cool remove meat from the bones and strain the stock with a sieve. Throw away the cooked veges. Reserve 1 ½ litres to make the soup and freeze the rest for another time

To make the Soup

1 ½ litres reserved Chicken Stock
½ bunch Kale, stems removed and leaves finely chopped
½ Leek, white part only sliced into thin strips
2 cups Wombok Cabbage finely chopped
2 stalks Celery, finely chopped
2-4 cloves Garlic, crushed (to taste)
Sea Salt and Pepper to taste
1 tsp dried Turmeric
1 tbsp Ginger, finely chopped
Boiled Chicken meat retained from making stock as desired
Place all ingredients into a large pot and cook at medium heat until boiling. Let soup simmer for 20 minutes then serve.



Chicken Breast, Fennel and Greens Stir Fry

Serves 2

Fennel is great for stimulating the digestion

Ingredients

- 2 organic Chicken Breasts, sliced thinly
- 1 Fennel bulb, core removed and thinly sliced
- 2 bunches Bok Choy, roughly chopped
- ¼ Wombok Cabbage, finely chopped
- 1 cup Snow Peas
- ½ Green Capsicum, thinly sliced
- 2 Carrots, thinly sliced diagonally
- 3 Spring Onions, finely sliced
- 2 cloves Garlic, crushed
- 2 tsp Ginger, finely chopped
- 1 tbsp Soy Sauce or Tamari
- 1 tbsp Oyster Sauce
- 10 Basil leaves, finely chopped
- 1 tbsp Olive Oil, Coconut Oil or Ghee

Method

In a wok or large pot heat the oil or ghee to a medium heat and fry the Garlic and Ginger till soft, add the Chicken breasts and fry till brown. Add the Fennel, Carrots and Capsicum and cook stirring regularly for 3 minutes. Then add Wombok and Bok Choy stir frying for 3 minutes. Finely add Snow Peas, Spring Onions, sauces and Basil, stir till heated through for 1-2 minutes then serve.

