

Dietary Recommendations for *Detoxification*

PASCOE CANADA recommends the following basic guidelines while doing any type of detoxification. We do not recommend fasting, which can both overwhelm the body with toxins and cause it to be more run-down. Nor do we recommend radical changes in your diet. Rather, make smarter food choices. For individual guidelines for your particular situation, we recommend visiting a qualified Naturopathic Doctor in your area.

Eat a varied diet, high in fiber, high in organic fruits and vegetables, and low in animal protein and processed foods.

1

Water

Drinking enough is key for detoxifying so that toxins can be eliminated. We recommend at least 2 liters of clean water a day throughout a detox program.



2

Fibre

Make sure you get enough fibre, as fibre helps bind toxins which are removed by the liver and excreted into the intestinal tract, and keeps everything moving. If your bowels are not moving regularly, you should get that in order before doing a detox, or it will be more difficult for your body to eliminate the toxins. Supplement with a gentle fibre supplement if necessary.

3

Antioxidants

Get enough antioxidants by eating a wide variety of fruits and vegetables. Some ideas include tomatoes (lycopene), citrus fruits (vitamin C), berries (anthocyanidins), and carrots (beta-carotene). One supplement high in antioxidant power is **ARONIA-PASCOE®**, which is pure extract of black chokeberries.



4

Alkalinizing foods

Removing excess acids from your body may be useful in helping to get rid of toxins. Avoiding excess animal proteins (especially processed meats) such as meat and cheese. Alkalinizing foods include all vegetables and most fruits, with some of the best being potatoes, celery, cauliflower, and bananas. If desired, you can add an alkalinizing supplement such as **BASENTABS pH-balance PASCOE®**.

5

Exercise

Mild to moderate exercise is great for promoting the movement of the lymphatic system, which helps bring toxins out of the tissues for detoxification. Exercise regularly, even a walk in the park or a short bicycle ride.



6

Things to avoid

Coffee: Not only is it a stressor and a net acidifying force in the body, there are a lot of different chemicals in coffee which must be detoxified.

Smoking: Smoking clearly introduces a lot of toxins into the body, which does not help when you are trying to rid your body of toxins!

Excess sugar: As a general rule most North Americans eat too much sugar and so it is useful to reduce our sugar intake not just while detoxifying, but in our everyday lives.

Processed foods: Most processed foods have an overabundance of chemicals which the body must detoxify – so avoid them during your detox!



7

Take action

A detoxification program which encourages fasting, or eating only one type of food (such as a juice diet) adds stress to the body and often the digestive tract which is not good when you're trying to eliminate toxins! Eat a varied diet and use a gentle but thorough detoxification such as PASCOE CANADA's **Whole Body Cleanse**[®]. The **Whole Body Cleanse**[®] product program supports all aspects of detoxification: the lymphatic system to transport toxins, the liver to detoxify them, and the kidneys and intestinal tract for elimination from the body.

For more information, please visit: www.pascoe.ca.

