



Tips for a January Detox

- 1) Drink 2 litres of water daily.
- 2) Eat at least five portions of fruit and vegetables daily, more if you can.
- 3) Snack on nuts and seeds daily. These provide essential oils.
- 5) Avoid red meat. Choose organic chicken and fish instead.
- 5) Use pulses as main dishes and to make soups i.e. chickpeas, haricot beans and lentils.
- 6) Avoid milk products i.e. cows milk, cheese, cream and try soya/rice milk instead. A scrape of butter is allowed!
- 7) Avoid artificial sweeteners, food additives, and preservatives, fried foods, and hydrogenated fat and certainly no takeaways this month.
- 8) Supplement with a good quality multivitamin and

mineral supplement and 1- 2 grams of vitamin C daily. If you have been under a lot of stress, add a vitamin B-50 complex.

- 9) Cut out all refined produce – that’s ALL white sugar, white flour, pastries, cakes, biscuits, and chocolate.
- 10) No coffee or tea. Try green tea, redbush tea or other herb/fruit teas.
- 11) No alcohol!
- 12) Start the day with a cup of hot water with half a squeezed unwaxed lemon and grated ginger.
- 13) Steam all vegetables - and poach, stew or bake chicken and fish
- 14) Sweat it out. Either get up a good sweat exercising or make a visit to your local sauna or steam room.
- 15) Walk for 20 mins every day.

Kate runs a tailored weight loss clinic on Mondays at 30 Lushington Road, Eastbourne. For more information please call her on 01323 737814/ 722499.



nutritional therapy for optimum health

Which of these common health problems do you want to avoid?

- low energy ● headaches ● migraines ● ibs ● candida ● digestive disorders
- thrush ● cystitis ● pmt ● menopause
- food allergies ● arthritis ● high blood pressure
- high cholesterol ● heart disease ● anxiety ● stress ● depression

Kate is a member of the British Association of Nutritional Therapists, and a member of the Guild of Health Writers. She has nine years experience in nutritional therapy and a passion for getting to the root of clients' health problems. Kate can treat many health problems through a range of tests not offered by the NHS.

Treats all acute and chronic health problems

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