

VITAKIDS RECOMMENDS

Supplements & Natural Remedies

- A good source of Fiber
- A good Chlorella species
- Wheatgrass
- Milk Thistle
- Cilantro
- Vitamin A, C, E & Zinc
- Selenium
- Magnesium
- High potency Multivitamin & Mineral
- Essential Fatty Acids: Omega 3
- A good strength of probiotics with multi strains

Healthy Foods for Detox

- A high potency anti-oxidant complex
- A good source of protein drink
- Dandelion Root Tea
- Burdock w/ Nettle Leaf Tea
- Quinoa
- Yogurt & Kefir
- Sprouted Porridge Oats

Detox Tips:

- Consume whole foods as close to their natural state as possible.
- Get at least 8 hours of sleep every night.
- Hydrate well and often.
- Eliminate trigger foods such as caffeine, sugar and gluten.
- Exercise regularly.

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Why Cleansing and Detoxification are Paramount to Health

We tend to abuse our body in the normal course of life. Living a lifestyle which is fast-paced and always busy sometimes causes us to make poor food choices and doesn't leave us a lot of time to be active. This in turn makes us feel lethargic, bloated, and puts a lot of stress on the internal organs. It is vital that we provide our body some respite and much needed rest, which is where the importance of cleansing and detox lies.

WHY is it important?

The detoxification process works by shifting the focus from metabolizing unhealthy foods towards cellular regeneration and internal cleansing of the body. It serves to promote the intake of foods and drinks that are either useful in flushing out toxins or are the building blocks of the body cells. So, instead of straining to breakdown excessive sugars, fats and pollutants the body shifts into a resting mode by completely shunning such foods and drinks. Antioxidants, which have been found to be the key to protection from harmful free radicals freely circulating in the body, are especially incorporated in the detoxification process.



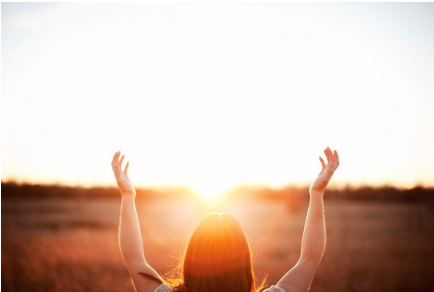
Out with the Bad, In with the Good

Our body detoxifies itself of toxins all the time. Along with eliminating waste, it defends itself against toxins too. The normal detoxification process involves:

- ⇒ Toxins entering the blood
- ⇒ Antioxidants grab, neutralize them and move them to the liver
- ⇒ The liver neutralizes & eliminates the toxins through sweat/faeces/urine

Processed foods containing additives, artificial flavouring & hormones increases the amount of toxins the liver needs to neutralize. Therefore, detoxification is very important and its benefits are in abundance:

- ✓ Boosts energy levels
- ✓ Rids body of excess waste/toxins
- ✓ Aids with weight loss
- ✓ Boosts the immune system
- ✓ Clearer, smoother skin & healthier hair
- ✓ Feeling rejuvenated, clearer thoughts



For an optimum detox:

Ensure the body is not overtaxed or overburdened during the process	<ul style="list-style-type: none">• Consume easily digested foods• Avoid fatty/salty/sweet refined foods.• Consume lots of fruits & vegetables• Get enough protein• Drink plenty of water. Add fruits for extra flavour!• Avoid all alcohol/caffeine• Consume herbal detox teas
Relaxed, easy exercises	<ul style="list-style-type: none">• Walk more• Use the stairs instead of the elevator• Yoga, Meditation• Do the sports or activities you love
High Fiber Foods	<ul style="list-style-type: none">• Fiber is a natural appetite suppressant• Promotes normal bowel movement• Eliminates toxins and prevents their build-up

Important Nutrients in the Cleansing & Detoxification process

- ★ **Probiotics & Prebiotics** - supports healthy bowel movement to help flush toxins from the body and prebiotics as nourishment for the probiotics.
- ★ **Vitamin A, C & E**- key antioxidants that mop up free radicals generated in the liver during detoxification.
- ★ **Magnesium** - stimulates cell activity so that toxins are released into the blood stream.
- ★ **Zinc** - strong antioxidant that works to destroy ‘free radicals’ in the body & remove heavy metals.
- ★ **Chlorella/Wheatgrass** - loaded with chlorophyll, a compound believed to cleanse the blood and keep the body from absorbing industrial toxins such as dioxins.
- ★ **Milk Thistle** - contains a group of antioxidant compounds (Silymarin), which bind to liver cells and prevent harmful chemicals from breaching cell walls
- ★ **Cilantro** - contain compounds which bind to toxic metals and help pull them out of various tissues
- ★ **Proteins** - Certain protein types help the liver break down and clear toxins
- ★ **Fiber** - binds to toxins/cholesterol in the small intestine, and eliminates them through regular bowel movement
- ★ **High potency Multivitamin** - supplies body with necessary nutrients daily and supports detox
- ★ **Omega 3 fatty acids** - required in all functions of the liver including detox

