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# Detox

## Guide 2017

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Detox guide 2017

## Introduction

**New year, new you and the dreaded annual detox is a hot topic once again - wasting away on super-juices, feeling physically and mentally exhausted and paying for every culinary sin committed in the last year is not something any of us relish.**

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**Detox desires are fueled by reports of people feeling great on them, although it is thought the benefits are less about improved detoxification and more about simply cutting out the caffeine, alcohol and unhealthy snacks for a few weeks in favour of fresh, whole foods.**

In truth, an annual cleanse is not entirely necessary because when it comes to detoxification there are two important things to remember: firstly our bodies are naturally equipped to deal with toxins, and secondly this process happens year round, not just after Christmas. Toxic load is something we should all be aware of because if you take on more toxins than your body can eliminate it will start to affect your health. Common symptoms of a high toxic load may include chronic itching, tiredness, bloating, headaches, skin issues and irritability.

Certain foods and nutrients help the body to clear out toxins, including B vitamins, protein, bioflavonoids, glutathione and important minerals, but knowing which foods to focus on is not easy. We have teamed up with Hari Ghotra to create this delicious and informative meal plan and nutrition guide, devised especially with foods and nutrients known to support natural detoxification, for a healthy new year and new you.

New year,  
new you



**Sweet Potato and Spinach Curry**

Sweet Potato and Spinach

[view online >](#)

## What is a toxin?

**A toxin is a molecule that can cause damage and disease in the body.**

Toxins come from outside the body, in our environment, such as chemicals in our food and food packaging, cosmetics, medications, allergens, cookware and air pollution; and can also be produced inside the body as by-products of everyday biological processes, such as ammonia, excess hormones and free radicals. We all have a toxic load and that load is understood to be ever increasing.

A study in 2005 found even newborn babies had up to 287 toxic chemicals in their umbilical blood.



## How does our body deal with toxins?

**The body is able to identify, disarm and eliminate most toxins from the body although how efficiently it does that can depend on our age, genetics, sex and lifestyle choices.**

The gut is our largest interface with the outside world – beneficial bacteria and specialist gut cells work to identify toxins, prevent them from being absorbed and disarm them. Toxins that make it through this barrier, or those that are absorbed through the skin or inhaled, are carried in the blood to the liver where most of our detoxification occurs. Here they are transformed and made more water-soluble so they can be more easily and safely carried out of the body via the gut in stools, kidneys in urine, skin in sweat and lungs in exhaled air.

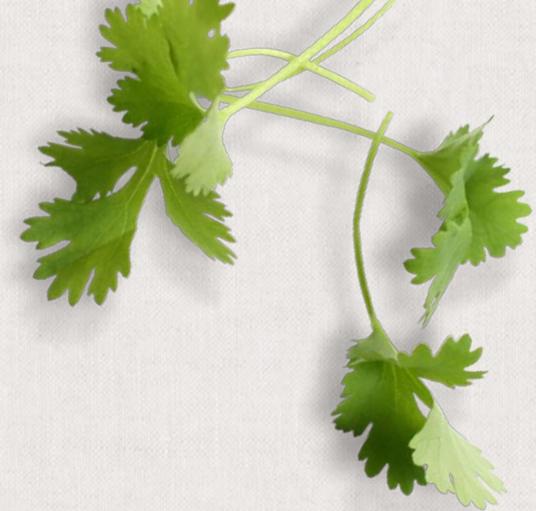
## How can nutrition help?

**There are a number of nutrients that are central to the detoxification system for it to be able to deal with the vast array of toxins that accumulate in our bodies.**

Detoxification also demands large amounts of energy, without which the process can become compromised and we can start to feel very tired, which is what many people experience on a typical 'detox'. As our bodies are constantly working to eliminate toxins, making some simple lifestyle choices to support it is important for overall health and wellbeing.



# What are important dietary tips for supporting natural detoxification?



Eating a whole and balanced diet made up of nutrient-rich and colourful foods is a great start. Some top tips include:

## Fibre

Eating a fibre-rich diet – fibre is needed for clearing waste from the gut and preventing it from being reabsorbed back into the body – fruit, vegetables, whole grains, nuts, seeds, beans and pulses are all good examples of fibre-rich foods.

### Simply Spiced Seasonal Vegetables

[View recipe >](#)

### Raajma

[View recipe >](#)

### Mango Kachumber

[View recipe >](#)

## Protein

Having enough protein (but not too much) is important because different liver detoxification pathways need different amino acids (the building blocks of protein) to be able to function – this is where many juicing cleanses fall short as they simply don't provide enough (if any) protein.

### Healthy Chicken Korma

[View recipe >](#)

### Ajwainy Monkfish

[View recipe >](#)

### Turnip Chana Dhal

[View recipe >](#)

## Fats

Choosing lean organic meat or wild fish will help to keep your toxin intake down, while not overheating cooking oils will help to prevent them from becoming oxidized and toxic. Better still, choose a fat with a high smoke point, like coconut oil, ghee or rapeseed oil.

### Maacher Jhol

[View recipe >](#)

### Chicken Biryani

[View recipe >](#)

### Cashew Nut Curry

[View recipe >](#)

## Liquids

Drinking plenty of caffeine-free, sugar-free and unsweetened fluids will help your body to flush out toxins. Generally, aim for around 1.5 litres/day.

### Salted Lassi

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### Cardamom Banana Lassi

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## Foods & nutrients that support natural detoxification

**Glutathione is a compound that the body makes from protein and is hugely important for detoxification**

**05** It not only tackles excess free radicals that are toxic to the body, but it is also involved in making many toxins more water-soluble so they can be cleared from the body safely.

Choosing protein-rich foods that contain a variety of amino acids is recommended. Animal protein, such as meat, fish and poultry will provide a good base to work from – however, vegetable proteins may be more supportive of natural detoxification as they have the added fibre and antioxidant benefits. Raw pistachios and cashews are a good choice, as are beans, lentils and peas.

Glutathione activity is supported by certain foods, including curcumin (in turmeric), MSM (in bone broth), garlic, ellagic acid (in berries and pomegranates), cumin and lemon peel. Curcumin also helps to regulate liver detoxification.

**Pomegranate Raita**  
[View recipe >](#)

**Goan Fish Curry**  
[View recipe >](#)

**Jeera Aloo**  
[View recipe >](#)

**Garlic and Mushroom Shorba**  
[View recipe >](#)

beans, lentils and peas



**Mushy Pea Curry**  
Muttar Masala  
[View recipe >](#)

# Antioxidants

**Antioxidants play an important role in detoxification - they are needed by the body to quench excess free radicals that can otherwise cause damage to cells. Many antioxidants have a number of additional roles that support natural detoxification. Key players are vitamin C, E, A, beta-carotene, selenium and zinc:**

## Vitamin C

Supports clearance of xenobiotics (foreign compounds), protects against certain heavy metals, clears toxins produced by bacteria. Found in papaya, bell peppers, berries, kiwis, broccoli and cauliflower for example.

### Gobi Masallum

[View recipe >](#)

### Spiced Potato Stuffed Peppers

[View recipe >](#)

## Vitamin E

Protects DNA from damage. Found in sunflower seeds, avocado, green leafy vegetables, whole grains, eggs and nuts for example.

### Egg Curry

[View recipe >](#)

### Avocado Yoghurt

[View recipe >](#)

## Vitamin A/beta-carotene

Protects against pollution, helps to prevent cholesterol becoming oxidized and toxic, protects cell membranes and DNA from toxin damage. Found in papaya, carrots, spinach, sweet potatoes, pumpkin, broccoli, mango, apricots and butternut squash for example.

### Sweet Potato and Spinach Curry

[View recipe >](#)

### Curried Butternut Squash Soup

[View recipe >](#)

## Selenium

Protects cell membranes from damage, is needed for recycling glutathione. Found in Brazil nuts, fish and eggs for example.

### Tandoori Fish

[View recipe >](#)

### Spiced Fish Pie

[View recipe >](#)

## Zinc

Protects the liver and is a key component of the vast majority of enzymes involved in detoxification. Found in seeds, fish and mushrooms for example.

### Malabar Prawns

[View recipe >](#)

### Spinach and Mushroom Omelette

[View recipe >](#)

Many spices reign when it comes to antioxidant potential due to compounds they each naturally contain, including mace, cumin, cinnamon, sumac, cloves, licorice and cardamom. One study showed the latter three may also be useful in chelating metals from the body.

### Lamb Rogan Josh

[View recipe >](#)

### Mushroom Biryani

[View recipe >](#)



# Supporting foods & nutrients



## B complex

These work in synergy and together support natural detoxification in a number of ways. They are found in whole grains, nuts, beans, eggs, green leafy vegetables, peas, chicken, sunflower seeds, sesame seeds, bananas and fish.

### Chicken Tikka

[View recipe >](#)

### Kale and Chickpea Curry

[View recipe >](#)

## Cruciferous vegetables

Vegetables such as broccoli, cabbage, cauliflower and kale, contain glucosinolates and sulforaphane, which help several liver pathways to work effectively and are an important group of foods for supporting overall detoxification.

### Cabbage Thoran

[View recipe >](#)

## Beetroot

Is rich in liver-supporting glutamine and betalains, plant compounds known to support enzymes in the liver that neutralize toxins, helping the body to clear heavy metals, bacterial toxins and a number of xenobiotics that can work their way into our bodies through air pollution, food packaging, chargrilled food and tap water.

### Beetroot and Carrot Shorba

[View recipe >](#)

### Beetroot and Coconut Samosa

[View recipe >](#)

## Quercetin

A major bioflavonoid found in high levels in onions, garlic, tomatoes and cayenne pepper as well as apples, citrus, berries and broccoli. Research shows it has potent effects protecting the body against toxins, acting as an antioxidant and protecting liver cells. It is understood to be especially beneficial for ridding the body of carcinogenic compounds.

### Tomato & Kachumber Salad

[View recipe >](#)



### Cabbage Thoran

Cabbage Curry

[View recipe >](#)



**Easy Chicken Curry**  
Chicken masala  
[View recipe >](#)

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## Supporting foods & nutrients

### Bioflavonoids

Are naturally found in fruit and vegetables, especially cherries, tomatoes, papaya, citrus and broccoli. They help to clear heavy metals from the body, protect vitamin C and act as antioxidants.

**Roasted Red Pepper and Tomato Chutney**

[View recipe >](#)

**Paneer Makhani**

[View recipe >](#)

### Ginger

Contains gingerol and shogol - compounds that act as effective antioxidants in quenching free radicals, preventing them from causing harm. Ginger also induces sweating, helping to bring toxins to the skins surface for elimination.

**Athrak Soup**

[View recipe >](#)

**Easy Chicken Curry**

[View recipe >](#)

### Eggs

Contain a number of nutrients known to support toxin clearance, including sulphur, molybdenum, selenium and biotin, needed to build liver detoxification enzymes; choline to help make toxins more water-soluble and move waste through the bowel for excretion; and vitamin B12 to build protein needed for toxin clearance.

**Anda di Purjee**

[View recipe >](#)

### Sulphur-rich foods

Foods that naturally contain sulphur compounds support the liver in making toxins water-soluble so they can be excreted safely from the body. Examples include garlic, onions, chives, leeks, eggs, fish, chicken, broccoli, Brussels sprouts and kale.

**Sprouts with cumin and mustard**

[View recipe >](#)

**Chicken Dopiaza**

[View recipe >](#)

## Other lifestyle tips

# Sweat out toxins

**Cut back on your toxin intake as much as you can - buy organic, wash and rinse all fruit and vegetables before consuming, opt for wild fish and remove plastic wrapping before storing food at home.**

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Think about your toxin exposure in the home - from tin foil, cling film and cleaning products to body creams, shampoos and make-up - they all contribute to our toxic load. Switch to natural, chemical-free versions where possible.

Your body can sweat out toxins, so regular cardiovascular exercise that leaves you out of breath and sweaty should be included in any detox plan.

If you regularly suffer with constipation then tackle it first before detoxing otherwise the toxins that your body tries to expel will become trapped in the gut and may be reabsorbed back into your body. Speak to your doctor or a qualified nutrition expert who can advise you on what approach might be best in alleviating constipation.

### And remember...

Do not cut back or stop taking any medications without your doctor's approval. If you are on medication notify your doctor that you are embarking on a lifestyle approach that supports natural detoxification.

Warm baths or showers and body brushing are great ways to help your body rid itself of toxins.



### Beetroot Chutney

Simple and vibrant

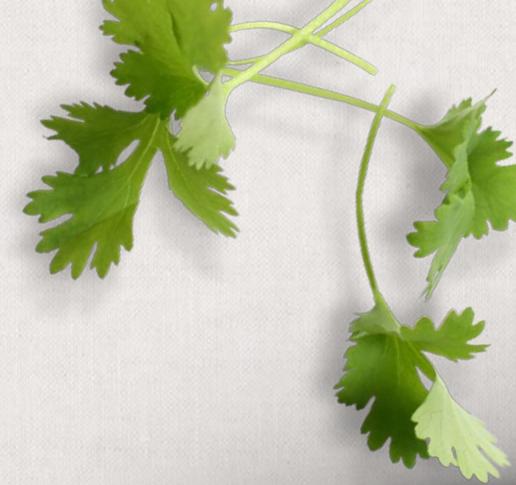
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