

Six steps to detox

Give yourself a clean slate, writes **Laura Albulario**



Adetox might not feel good at first but seeing it through can be transformative, says Balgowlah nutritionist Krys Lojek.

“In the early stages you might feel irritable, get headaches or lack energy but, by the end, you might notice clearer, plumper skin, more energy and weight loss,” she says.

Part of the Proactive Health Network, Lojek runs a four-week Revive program to help people through a detox with consultations, menu plans and a Facebook support group.

Here are six essential steps:

STEP ONE: Prep week



Balgowlah-based nutritionist Krys Lojek.

A change in your eating habits can be hard enough without temptation lurking in your pantry.

Before launching into your detox, spend a week cleaning out your kitchen, stocking up on wholesome foods and getting your recipes in order.

“Look at the labels and get rid of things that are full of numbers and ingredients you can’t pronounce,” Lojek says. “You need to be organised and strategic.

“Plan your meals and do some batch cooking so you’ll always have a good choice ready to go.”

STEP TWO: Rest your gut and liver

A bonus to the melt-in-your-mouth texture of slow-cooked meals is the ease of digestion. “Slow-cooked vegetables and meats give your gut a break,” Lojek says.

The beginning of your detox period is also the time to say goodbye to caffeine, alcohol, dairy, bread and processed foods and to avoid chemicals in fragrances, skincare and cleaning products.

“Getting rid of chemicals and foods that are hard to digest gives your body a chance to get rid of the backlog of toxins,” Lojek says.

STEP THREE: Brew a broth

Bone broth contains vital nutrients and trace minerals, making it an ideal accompaniment to a detox.

“These are really good for healing the gut lining,” Lojek says. “Preparing a broth is as simple as simmering chicken, lamb or beef on the bone for four-to-eight hours. It could be your leftovers from a roast, or just some chicken wings and drumsticks.”

Add a splash of vinegar to draw out the minerals and remove the lid in the last hour to produce a thick, gelatinous stock.

This can be used as a soup base, liquid for slow cooked meals, or a beverage.

“Add turmeric and a pinch of salt for a beautiful, antiinflammatory drink,” Lojek says.

STEP FOUR: Get your good bacteria

More than a trillion good bacteria can be found in just one teaspoon of sauerkraut. “Introduce more fermented foods into your diet,” Lojek says.

“As well as sauerkraut you can try kimchi, kombucha and yoghurt.”

STEP FIVE: Boost your prebiotics

Prebiotics are foods that balance and feed the good bacteria in the gut. These include sweet potato, Jerusalem artichokes, pumpkin, asparagus, onions, leeks and garlic.

“Make a smoothie with green bananas,” Lojek says. “They’re full of resistance bacteria that keep the good gut bacteria hanging around.”

STEP SIX: A gentle re-introduction

Use the culmination of your clean eating efforts as an opportunity to gradually reintroduce foods to your diet and see how they affect you.

“If you end up with a foggy brain or a tummy ache, you’ll know it doesn’t agree with you,” Lojek says.

“Having this clean slate can be really powerful.”