

SEAN ORFORD'S
TOTAL DETOX
13 DAY DETOX DIET



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Sean Orford's Total Detox

Welcome to my detox. This 13 day detox diet is designed to cleanse your mind, body, emotions and soul.

As a general cleansing diet, this is to be used twice a year, in the spring and the autumn. It may also be used at anytime of the year when seeking to eliminate toxins from the body system, such as when overcoming an addiction or beginning a weight loss programme.

Important note: Before starting any exercise dietary programme, it is recommended that you seek the advice of your general practitioner, especially if you suffer from any medical conditions, diseases, syndromes, psychological or psychiatric issues.

I may not know you and therefore not know your body, lifestyle or life issues. Therefore, for your own well-being, please seek advice before commencing the programme.

For support please feel free to email me via sean@liveinthepresent.co.uk or check out my website, seanorford.com for further details about me and my work.

The Programme

This is an exclusion diet. Each day a food substance is withdrawn until there is one day of fruit juice, one day of water and then one day of fruit juice, foodstuffs are then re-introduced on a daily basis until a normal diet has been achieved. Many people choose to change their fundamental diet and re-educate their body/mind/emotion system and style of eating.

Review the Programme

Read through the detox diet and decide which days you are doing. It may be that you do the full programme or feel that you would not be able to spend a day on fruit juice alone. There is an extra day (7a) for those able to spend a day on just water honey and lemon. In the full detox there would be one day on fruit juice, one day on water honey and lemon followed by another day on fruit juice before going back on to solid food. Be kind to yourself and do a version that works for you. You will always be able to develop your detox skills in the future. I have designed this so that the days without solid food are at the weekend though you may need to consider your work life balance so that the days that are most challenging are undertaken at your least stressful time.

Reviewing your Diet

When considering and reviewing your lifestyle and eating habits, a session with a nutritionist or a dietician may be useful.

The following section about colonic cleansing is an option, not a must. It is designed to make the detox as effective as possible though, for some, the idea may be distasteful. Not doing it will not invalidate the detox.

Cleaning your Colon

When you stop putting food into the top end of the alimentary canal, the lower end of the intestine grinds to a halt. Any waste that is stuck in the system can lead you to reabsorb toxins that were thrown out further up the system. The result of this can be high temperatures, furred tongue, headaches and so on. The easiest way to avoid this is to give yourself enemas, starting on the days that you stop eating solid food if your system ceases to function normally. This is often the case.

Enemas

Enemas are an important part of a partial fasting detoxification

diet. They release old, encrusted colon waste, discharge parasites, freshen the intestinal tract and make the cleansing process easier and more thorough. Once you have stopped eating solids, you will shed your intestinal lining, something that you are doing all the time anyway, so that it may appear that you have an unexpected amount of solid material to account for. Enemas accelerate any internal cleansing process. They are especially helpful in removing drug residues when seeking to stop an addiction, as the substance will not be re-absorbed after first being eliminated by your body system.

An enema syringe or enema pot can be obtained from any high street chemist. I personally use clear warm water.

How to Take a Detoxifying Enema

It is best to practise this on a couple of towels to avoid accidents. The following is a standard, but throughout the exercise listen to your body. If you need to get to the toilet, just go and don't worry about it.

1. Place warm enema solution in an enema pot. Place the pot about 18 inches higher than your body. If you use an enema syringe you do not need this effect of gravity. (Follow the maker's instructions.)

2. Attach the colon tube (do not use the larger douche attachment) and lubricate it with oil.
3. Expel any air in the tube.
4. Lying on your left side, slowly insert the attachment no more than three inches into the rectum. Never use force.
5. If using a syringe, gently squeeze the bulb so that the fluid flows into your rectum,
6. Massage abdomen, or flex stomach muscles to relieve any cramping.
7. When all solution has entered the colon, or as much as is comfortable, gently remove the tube and remain on the left side for a few minutes.
8. Move to the cat posture. Raise and lower your abdomen (see blogs). If you are a yoga practitioner, you may choose to stand and practise Udhiyani or Nauli at this point. When completed lie back down.
9. Roll onto your back for few minutes; gently massage your abdomen.
10. Roll onto your right side for few minutes.
11. When ready, gently get to your feet.

Enemas are normally used morning and evening when indicated in the detoxification programme.

General Guidelines for the Detox Diet

- Chew your food very well and take enough time when you eat.
- Relax a few minutes before and after your meal.
- Eat in a comfortable sitting position.
- Eat primarily steamed, fresh vegetables and some fresh greens.
- Take only herbal teas after dinner.
- Use daily meditation/relaxation or the morning focus and evening reviews available from the free gifts section of the website
- I also recommend starting seven eleven breathing and alternate nostril pranayama.
- Keep a reflective journal that begins with your aims and ideals, and then follow your progress, problems, achievements and feelings.

The Detox Diet

This diet is not about what you eat, it is about what you are not eating or what you are about to eliminate. Because everyone attempting a detox has a different diet, you will enter the process at a different stage to other people.

The programme is written from the point of view that the person starts from a full meat-eating diet. Whatever point you start from, you should consider what sort of diet you would like to end up with once the detox is over.

Once a food has been eliminated, you should not eat it again until indicated to do so. When reintroducing a food type, do so gradually. For those using the detox as part of a smoking cessation programme, indication is made as to elimination of nicotine from the body system.

Day One

Eliminate:

- All red and white meat
- Alcohol
- Fried or fatty foods

Reduce:

- Coffee and tea intake

Include:

- Higher consumption of water – aim at one litre per day, building to two

Cigarettes:

- No more than ten (for other addiction, act on medical advice)

Day Two

Eliminate:

- All fish
- Strong flavoured foods

Reduce:

- Dairy products

Include:

- Higher consumption of water
- End the day with an oil bath (add a dessert spoon light oil perfumed with lavender or other essential oil to taste). Essential oils can be very powerful and should be diluted in a 'carrier' oil. Be sure of the effects of a fragrance before using it.

Cigarettes:

- No more than eight (for other addiction, act on medical advice)

Day Three

Eliminate:

- All wheat
- Coffee

Reduce:

- Dairy products

Include:

- Higher consumption of cooked and raw vegetables
- End the day with an oil bath
- Start using Pranayama alternate nostril breathing techniques morning and evening

Cigarettes:

- No more than six (for other addiction, act on medical advice)

Day Four

Eliminate:

- All dairy products
- Tea, regular and herb

Reduce:

- Workload, if at all possible

Include:

- Higher consumption of cooked and raw vegetables
- Fruit and fruit juice
- End the day with an oil bath
- Pranayama
- Massage/Reiki/Aromatherapy/Reflexology

Cigarettes:

- No more than four

Day Five

Eliminate:

- All cooked vegetables
- Bananas and avocados

Reduce:

- Workload and family commitments, if possible

Include:

- Higher consumption of raw vegetables
- Fruit and fruit juice
- End the day with an oil bath
- Pranayama
- Massage/Reiki/Aromatherapy/Reflexology
- Get plenty of sleep/meditation/relaxation

Cigarettes:

- No more than two

Day Six

Eliminate:

- Raw vegetables
- Cigarettes (last one today)

Reduce:

- Workload and family commitments, if at all possible

Include:

- Fruit and fruit juice
- End the day with an oil bath
- Pranayama
- Massage/Reiki/Aromatherapy/Reflexology
- Get plenty of sleep/meditation/relaxation

Cigarettes:

- No more than one
- Attend therapy if required

Day Seven

(If you feel unable to go onto simply fruit juice you might try the alternative of staying on your chosen fruit for a day or two before going back on to vegetables, be kind to yourself and work with your body).

Eliminate:

- Fruit

Reduce:

- Workload and family commitments, if at all possible

Include:

- Increase fruit juice (try and stay with one variety)
- End the day with an oil bath
- Pranayama
- Massage/Reiki/Aromatherapy/Reflexology
- Have plenty of you space
- Get plenty of sleep/meditation/relaxation
- Enema morning and evening if required

Cigarettes:

- No cigarettes
- Attend therapy

Day Seven (A)

This day is an optional extra(s) some people find a day simply on hot water honey and lemon juice too difficult. However some people choose to stay on this for two or more days before returning to fruit juice when ready. Developing detox skills takes time and familiarity. Listen to your body and be kind to yourself. Only remain on fluids for as long as is comfortable for you – Never go beyond three days.

Eliminate:

- Fruit juice

Reduce:

- Workload and family commitments, if at all possible

Include:

- Increase hot water with honey and lemon
- End the day with an oil bath
- Pranayama
- Massage/Reiki/Aromatherapy/Reflexology
- Have plenty of you space
- Attend to oral hygiene, you may have dragon breath
- Look after your self and stay in bed if you need to

- Do things that are undemanding and make you feel good
- Meditation/relaxation as much as possible
- Enema morning and evening

Cigarettes:

- No cigarettes
- Attend therapy

Day Eight

On the way up – Give yourself a positive pat on the back – well done!

Include:

- Fruit

Continue:

- Hot water with honey and lemon as required
- End the day with an oil bath
- Pranayama/mediation/relaxation
- Massage/Reiki/Aromatherapy/Reflexology
- Have plenty of you space
- Get plenty of sleep
- Look after your self and stay in bed if you need to
- Enema morning and evening

Cigarettes:

- Congratulations you are a non-smoker
- Attend therapy if required

Day Nine

Include:

- Raw vegetables

Continue:

- Hot water with honey and lemon
- End the day with an oil bath
- Pranayama/meditation/relaxation
- Massage/Reiki/Aromatherapy/Reflexology
- Have plenty of you space
- Get plenty of sleep
- Look after your self and stay in bed if you need to

As you come back on to solid the needs for the enema will decrease. Try just one in the morning if you need it. If your system does not fire up once you are back on raw vegetables, you may need some more, but only for a day.

Cigarettes:

- Continue to attend therapy if required

Day Ten

Include:

- Cooked vegetables
- Bananas and avocados

Continue:

- Pranayama: it will be of benefit to continue this for several weeks if not forever
- Massage/Reiki/Aromatherapy/Reflexology - continue as required
- Maintain a good sleep pattern
- Look after your self now and in the future
- Continue with meditation and relaxation

Cigarettes:

- Attend therapy if required

Day Eleven

Include:

- Dairy products
- Tea

Continue:

- Pranayama: it will be of benefit to continue this for several weeks if not forever. The same is true of meditation/relaxation.
- Massage/Reiki/Aromatherapy/Reflexology - continue as required
- Maintain a good sleep pattern
- Look after your self now and in the future

Cigarettes:

- Attend therapy if required

Day Twelve

Include:

- Wheat
- Coffee

Continue:

- Look after your self now and in the future

Cigarettes:

- Attend therapy if required

Day Thirteen

Include:

- Fish

Continue:

- Look after your self now and in the future

Cigarettes:

- Attend therapy if required

As your return to solid foods, continue to eat with awareness. Take time to eat. Sit and focus before you put food in your mouth, chew it properly, eat with gratitude and thanks.

Consider your relationship with substances such as alcohol before you start using them again, act with conscious awareness.

If you have used the diet to rid yourself of a substance dependency, make sure you maintain your support regimes to keep you stopped.

Finally, look at your body again. You should decide how you will treat it in the future, including exercise and relaxation. Keep up your meditation.

Be happy and I'll see you in the spring for the next detox.

Any questions or comments email me at sean@liveinthepresent.co.uk

THANK YOU FOR READING

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