



RESTORE HEALTH  
& REGAIN ENERGY

YOUR QUICK GUIDE TO

# DETOXING

restore health, lose weight and regain energy

Includes free 7 day plan

 annali court  
NUTRITION



# WHAT'S YOUR DETOX POTENTIAL?

Before embarking on any type of Detox regime, it is a good idea to check your **detox potential**. Complete the following questionnaire to discover whether you could benefit from following a gentle detox.

Eating the right foods is one side of the coin, detoxification is the other and whether a substance is bad for you depends as much on your ability to detoxify as on its inherent toxic properties

Do you often have a bitter taste in your mouth or a furry tongue?

Do you suffer from acne or other skin conditions?

Do you have a strong reaction to alcohol?

Do you sometimes have watery or itchy eyes or swollen red sticky eyelids?

Do you suffer from bloating?

Do you suffer from nausea or vomiting?

Do you sometimes have itchy ears, earache, infections, drainage from the ears or ringing?

Do you often suffer from headaches or migraines?

Do you often have dark circles under your eyes?

Do you often sweat a lot or have a strong body odour?

Do the effects of coffee stay in your system for a long time?

Do you suffer from excessive mucus, a stuffy nose or sinus problems?

Do you sometimes have joint or muscle aches & pains?

## If you answered 'yes' to:

### 5 or more questions:

You need to improve your detox potential.

### 3 - 5 questions:

You are beginning to show signs of following a gentle detox.

### 0 - 3 questions:

You are unlikely to have a problem with a gentle plan, perhaps once a year.

**IMPORTANT:** If you scored more than 8, please take advice from your GP before detoxing (even a gentle detox).



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# HEALTH SCORE

1 - DISAGREE  
5 - AGREE

**Tired most of the time**

1 2 3 4 5

**Overweight**

1 2 3 4 5

**Prone to hormonal symptoms**

1 2 3 4 5

**Suffering from poor memory / concentration**

1 2 3 4 5

**Low or depressed**

1 2 3 4 5

**Very dry skin in need of daily moisturisers**

1 2 3 4 5

**Difficulty sleeping**

1 2 3 4 5

**Often feeling anxious or stressed**

1 2 3 4 5

**Prone to indigestion or bloating after food**

1 2 3 4 5

**Often constipated (you don't go every day)**

1 2 3 4 5

**I am gaining weight and/or finding it harder to lose weight**

1 2 3 4 5

target  
**14**  
or less

WHAT'S YOUR  
HEALTH  
SCORE



# ENERGY & BLOOD SUGAR SCORE

1 - DISAGREE

5 - AGREE

I still feel tired 20 minutes after getting up

1 2 3 4 5

I need tea, coffee, a cigarette, or something sweet to get me going in the morning

1 2 3 4 5

I often crave chocolate, sweet foods, bread, cereal or pasta

1 2 3 4 5

I often have energy slumps during the day or after meals

1 2 3 4 5

I often crave something sweet or coffee after meals

1 2 3 4 5

I often have moods swings or difficulty concentrating

1 2 3 4 5

I get dizzy or irritable if I go 4 to 6 hours without food

1 2 3 4 5

I often over-react to stress

1 2 3 4 5

I have less energy than I used to have

1 2 3 4 5

I often feel too tired to exercise

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

target  
**14**  
or less

WHAT'S YOUR

ENERGY  
& BLOOD SUGAR  
SCORE



# simple GENTLE DETOX GUIDE

## Food

Eat regularly: 5 small meals per day, every 3 hours

Eat plenty of non-starchy veg (e.g. green veg and salad veg)

Eat 2 portions of low Glycemic Load fruit a day (e.g. apples, pears, berries, apricots, melon)

Eat oily fish: salmon, mackerel, sardines, tuna 2-3 times a week and white fish as often as you like.

Eat up to 25g nuts/seeds per day.

Eat fresh ginger, cinnamon and turmeric, which are great for liver detoxification

Eat organic where possible

During the detox, avoid or limit: red meat, dairy, artificial sweeteners, high GL foods e.g. chocolate, sugar (xylitol is okay), wheat, starchy carbs (potatoes, pasta, rice, bread)



## drink

Drink 8 glasses of filtered or bottled water every day

Green tea is a good choice of antioxidant.

Avoid tea & coffee or restrict to 4 times a week.

If you currently drink more than 1 cup of coffee per day, reduce slowly to avoid caffeine withdrawal headaches

Avoid alcohol or limit to a maximum of 2 units a week to reduce more gradually



# simple GENTLE DETOX GUIDE

## activity

Take at least 15 minutes extra exercise each day.

Ensure it is gentle, such as walking, as you may feel tired and lethargic during the first 3 days

Sit quietly and relax for 10 -15 minutes every day

Make sure you get a minimum of 7 hours sleep per night



## supplements

Throughout the detox:

- \* Multivitamin
- \* Vitamin C
- \* Omega 3's

For the first 9 days:

Probiotic: supports digestion

Milk Thistle: supports liver detox

Glutamine powder (1tsp last thing at night in water): helps heal the gut - the first line of defence against toxins



Always consult your nutritional therapist or GP if you are on medication before supplementing

# menu PLAN

## week 1

### DAY 1

#### BREAKFAST

Superfood muesli with essential seed mix

#### SNACK

2 plums & 6 almonds

#### LUNCH

Super health salad

#### SNACK

1/2 Avocado with lemon juice

#### DINNER

Salmon with ginger, coriander & stir fried vegetables

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 3

#### BREAKFAST

Cinnamon fruit porridge with essential seed mix

#### SNACK

1/2 avocado with lemon juice

#### LUNCH

Chicken with stir fried vegetables

#### SNACK

Detox daily smoothie

#### DINNER

Age defying carrot & lentil soup (make double for tomorrow)

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 2

#### BREAKFAST

Super fruit & seed salad with essential seed mix

#### SNACK

Houmous & crudités (cucumber, celery, peppers)

#### LUNCH

Omelette with peppers, mushrooms & green salad

#### SNACK

Pomegranate or bowl of berries with a small handful of mixed unsalted nuts

#### DINNER

Patrick's Primordial soup (stir in super greens mix)

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 4

#### BREAKFAST

Berry breakfast smoothie with Essential seed mix

#### SNACK

Houmous & crudités (cucumber, celery, peppers)

#### LUNCH

Age defying carrot & lentil soup

#### SNACK

Nectarine & a small handful of cashews

#### DINNER

Trout en papillote with roasted vegetables

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas





## DAY 5

### BREAKFAST

Gluten free oats or Buckwheat flakes with essential seed mix, soya / almond / coconut milk & a little honey or agave syrup

### SNACK

1 pear with handful of pecan nuts

### LUNCH

Superfood sandwich for beautiful skin with super greens mix

### SNACK

Guacamole with crudites

### DINNER

Leek, cannellini and potato soup (make double for tomorrow)

### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

## DAY 7

### BREAKFAST

Berries, oats and a little honey or agave syrup with essential seed mix

### SNACK

Nectarine or clementine with a handful of cashew nuts

### LUNCH

Superboost sesame salad

### SNACK

Olives and 1 apple

### DINNER

Baked sweet potato with borlotti stew

### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

## DAY 6

### BREAKFAST

1 slice of rye or good quality wheat free toast with mashed avocado & 1 slice of smoked salmon & a splash of lemon juice and ground black pepper

### SNACK

Toasted sunflower seeds & a piece of fruit

### LUNCH

Leek, cannellini and potato soup (stir in super greens mix)

### SNACK

Orange with handful of pumpkin seeds

### DINNER

Cleansing bean & artichoke salad

### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### FIND OUT MORE...

For full details of all these (and more) detox recipes and mealplans, why not complete the full 4 week detox programme and get your health and weight where you want it to be?

Contact your zest4life coach and book a free call to find out more.

[www.zest4life.com](http://www.zest4life.com)





## Patrick's primordial SOUP



SERVES 2  
0-5 GL PER SERVING

1/2 red onion - roughly chopped  
1 garlic clove - crushed  
1 tbsp coconut oil or medium olive oil  
1 large carrot or 2 small medium ones - peeled and chopped  
1 heaped tsp grated fresh root ginger  
1/4 tsp turmeric  
2 tsp Marigold Reduced Salt Vegetable Bouillon Powder  
1/2 red pepper - diced  
75 ml coconut milk.

Heat the oil in a large pan and gently sauté the onion and garlic for a few minutes until they start to soften but do not turn brown. Add the carrot, sweet potato, ginger, turmeric and bouillon powder and just cover with boiling water and bring to the boil. Cover and simmer for about 15 minutes or until the vegetables are soft. Add the red pepper and coconut milk, then blend until smooth & thick.

## superfood MUESLI

SERVES 1  
0-5 GL PER SERVING



40g whole rolled porridge oats  
1 tbsp ground almonds / desiccated coconut  
1 tbsp essential seed mix  
1/2 small apple (grated)  
1 tbsp any berries  
1/2 tsp ground cinnamon

Place all of the ingredients in a bowl and cover with double the amount of boiling water. Stir and leave to thicken for a couple of minutes until the oats have soaked up the water and become soft and plump.

want to follow  
the full 4 week  
programme & restore  
your health?

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Contact me, Annali Court  
and i'll guide you through the 4 week detox  
programme - get your health and energy back  
and drop those extra pounds  
with the right support.

[annali@annalicourtnutrition.co.uk](mailto:annali@annalicourtnutrition.co.uk)  
[enquiries@annalicourtnutrition.co.uk](mailto:enquiries@annalicourtnutrition.co.uk)

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