

YEOTOWN

PRE-YEOTOX GUIDELINES

During your stay with us, you will be eating nutritious and delicious foods which are fresh, local, seasonal and organic. These foods are abundant in vitality and will help the body to cleanse and rejuvenate. To aid this process, you will be avoiding foods that are hard to digest.

To get the most out of your retreat at Yeotown, we strongly suggest you avoid caffeine, refined sugar and alcohol for 1-2 weeks before your arrival. If you have become addicted to these substances, removing them from the diet may cause withdrawal headaches. It is not advised to do the regime at Yeotown while still experiencing withdrawal side-effects so please eliminate them for your own comfort.

We also recommend that you make sure you are fully hydrated before you arrive and that you are drinking a minimum of 1-2 litres of water per day, starting at least 1 week before the programme, as hydration also plays an important role in the detox process.

It would also be beneficial if you could avoid or reduce the following:

- Red meat and meat by-products
- Pasteurised dairy products including milk, cheese and yoghurt
- Wheat

Following a more natural diet before you arrive will give you far better results and less discomfort.

TIPS:

Start each day with a large glass of warm water with the juice of half a lemon. Alternatively, if you have a juicer the following "green lemonade" is an excellent cleanser. simply juice together:

- 1 head of romaine lettuce or celery or cucumber (basically any veg with high water content)
- A handful of leafy greens such as kale, watercress, savoy cabbage, etc
- 1 whole organic lemon
- 1 apple

We also recommend replacing red meat with fish, nuts, seeds, lentils, beans, quinoa, organic chicken, free-range eggs and having a lightly dressed salad or a variety of steamed vegetables with your lunch and dinner.

PLEASE NOTE:

If you have been drinking caffeine for a long time, take at least a week to come off it and begin on a weekend when you can rest as needed. For the first 3 days, cut down to half your normal amount of coffee, cola, black tea or other caffeinated drinks. For the next 4 days, stop your usual caffeinated drink and replace it with 1 cup of caffeinated green tea steeped in boiling water for 5 minutes. Drink 6-8 glasses of filtered water each day. You can also take 1g of vitamin C a day to minimize the withdrawal effects.

Eliminating sugar is hard because it is an addiction, but the physical cravings dissipate quickly once you stop eating it. Include protein at each meal and good fats such as olive oil, olives, nuts, seeds and avocados. Eat every 3-4 hours – snacking on nuts (one serving is a handful) and seeds such as almonds, walnuts or pumpkin seeds (raw or dry roasted only).