

## TREATING SYMPTOMS

**Stress/anxiety** - use Bach Flowers Rescue Remedy on your pulse spots as often as you need it. You can also have it made up without alcohol to take orally.

**Diabetes or other blood sugar issues** - your blood sugar levels may change with your detox routine particularly if you have eliminated alcohol, check levels regularly and keep in touch with your doctor for medical advice and support.

**Headaches** - there are the usual brands available and consider homeopathic remedies.

**Nausea & heartburn** - try some peppermint, dandelion, chamomile tea or Slippery Elm capsules. There are also homeopathic remedies available. You may also need to consider digestive enzymes.

**Depression** - if you are not on any antidepressants from your doctor, try some SAME tablets. Mustard in Bach Flowers is useful. Also ask for advice on and Omega 3 capsules and appropriate amino acids.

**Support from family & friends** - don't forget that those who want to support you may not know exactly how you are feeling and how they can help. You will need to let them know if you need company or just need them where you can contact them readily. They may be able to go out and purchase your food and supplements for you, help with cooking and accompany you on walks.

**Disclaimer** *We believe that you are responsible for your own health. Please carefully read all directions on any products you are using and seek advice if you are unsure. The suggestions given here are general and may not be appropriate for all individual circumstances.*



## Our Programs

- Resources
- Support Groups
- Primary Health Care
- Counselling Services
- Community Education
- Treatment Support Service
- Needle and Syringe Program
- Outreach and Promotional Activities
- Arcadia House Detox and Withdrawal Services



## DIRECTIONS ACT

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# DIRECTIONS ACT

## YOUR GUIDE TO HOME DETOX



**DIRECTIONS ACT recommends that you seek medical / homeopathic advice using this brochure as a guide.**

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## DIET & WATER

There is a lot of information around on health promoting diets that you can use. You might find while you are detoxing that it seems just too difficult to try to change anything else in your life - including your diet. That's OK – it's your journey - but following the basics below will speed the detox process and make you feel much better much sooner. You may have been neglecting your nutritional needs for a while and your liver needs any additional support it can get!

### Here are the basics:

- Drink 8-10 glasses (2 litres) of water throughout day – some of this may be as herbal tea.
- Avoid refined sugar.
- Reduce your intake of fatty foods.
- Reduce your meat intake and eat more fish.
- Reduce exposure to pesticides and herbicides.
- Reduce caffeine intake. (i.e. Coffee, Cola and Chocolate)
- Avoid intake of food additives, preservatives and colouring agents.
- Keep salt intake low and potassium intake high (in vegetables and nuts).
- Initially you might be more comfortable eating smaller meals more frequently.
- Eat a diet with lots of vegetables and fruit to provide fibre, mineral and vitamins.

*A great way to start the day is to have a glass of warm water with half a lemon squeezed into it first thing every morning.*

It is important to have something for breakfast even if it is only a small portion of fruit, say, half a banana or a piece of toast together with a cup of dandelion tea. *Dandelion tea is a great support for the liver.*

*Now that you have decided to detox and you are thinking of positive ways to improve your life, here are some additional things you can do to make the journey a little less challenging.*

**Exercise** - any form helps you feel better and supports your lymphatic system, try going for a walk, swim, a run or do some yoga or stretches every day. Avoid doing exercise late in the day or before sleep.

**Relaxation/meditation** - take time out to relax, if you've forgotten how then purchase a relaxation or meditation tape – listen to it first to make sure the voice is one you can listen to repeatedly. Join a yoga class. Go for a walk. Breathe deeply.

**If you are on Medication or have Allergies** - seek advice on what foods and supplements are compatible with your medication/condition. Ask your doctor or pharmacist.

**See a doctor** - it is a good idea to discuss your detox plans with your doctor to get support and to ensure any conditions like Diabetes are carefully considered.

*The following are available at health food stores and often at the supermarket. Always use according to directions and seek medical or homeopathic advice if you are not sure.*

### Daily Supplements as you detox

**Liver support** such as St Mary's Thistle capsules or a combination liver detox support

A **multivitamin** which includes Magnesium, B vitamins and Zinc

**Omega 3**

**Vitamin C** (non-acidic)

Kali Phos 6x Tissue **Salt Tablets**  
A nerve nutrient and tonic



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**Muscle Cramps/Spasms** - try some Magnesium Phosphate 6x Cell Salt tablets. They are best taken with warm water and act as an antispasmodic. They can also help calm the mind.

**Insomnia** - try some Valerian & Passionflower capsules. Bach Flowers Rescue Remedy with White Chestnut placed on your pulse spots can help. Try one or more of these: a warm bath, some warm milk, lavender oil on a tissue under your pillow, gentle music, a relaxation tape



**Cravings** - there are homeopathics available to reduce cravings. Also try the Bach Flowers Rescue Remedy on your pulse spots as often as you need it. You can also have it made up without alcohol to take orally.

**Constipation** - drink plenty of fluid and eat lots of vegetables and fruit. Try Metamucil for more fibre and cut down on cheese.

**Diarrhoea** - it helps to reduce dairy products and try some Slippery Elm capsules and probiotics.



**Promoting good health....**