



Low reactive detox diet

Suitable for anyone wanting to detoxify or for people with food sensitivities, allergies and chronic inflammation or as part of a weight loss program.

- Optimum health depends on effective detoxification and elimination of waste from the body. This is periodically assisted by consuming a diet of low reactive foods and beverages for 2-6 weeks. Refer to table below for details, noting foods in **green text** contain the lowest levels of amines and salicylates, which are responsible for many intolerances and food allergies.
- Combining the Low Reactive Detox Diet with Fusion Health® Detox enhances detoxification and elimination of waste via the liver, kidneys, bowel, lymphatics and skin. In addition, Fusion Health® Tonic formulas strengthen and protect these vital organs and systems e.g. Liver Tonic, Kidney Tonic.
- All meals should comprise $\frac{2}{3}$ from the first two columns and $\frac{1}{3}$ from the third column; using foods from the fourth column sparingly in the preparation of or to complement a meal. This simple rule can help achieve optimum nutritional percentages for carbohydrates 40%, protein 30% and fats 30%.
- The beneficial effects of this Low Reactive Detox Diet are further enhanced by avoiding deep frying, over cooking or charring of protein foods, minimising pan frying, and where possible buying certified organic, chemical-free and low processed foods.

| $\frac{2}{3}$ OF FOOD INTAKE (approx) | | $\frac{1}{3}$ OF FOOD INTAKE (approx) | USE SPARINGLY |
|--|---|---|---|
| FRESH VEGETABLES | FRESH FRUIT | PROTEIN | FATS & OILS (cold pressed) |
| Asparagus Bamboo shoots Beetroot Brussels sprouts Cabbage (green & red) Carrots Celery Chickpea sprouts Chinese greens Chives Choko Coriander Dried beans & peas (not broadbean) Garlic (fresh) Green beans & peas Kale Leek Lentil sprouts Lettuce (iceberg) Lettuce (fancy) Marrow Mung bean sprouts Parsley (all varieties) Parsnip Potato (peeled) Potato (new red) Pumpkin Rhubarb Shallot Soy bean sprouts Snow pea & sprouts Squash Swede (rutabaga) Sweet potato (peeled) Turnip | Apple (golden delicious) Apple (red delicious) Custard apple Loquat Mango (if not allergic) Nashi pear Pawpaw Pear (peeled) Pear (unpeeled) Persimmon Tamarillo | Beef (fresh; not cured or aged) Chicken (fresh; no skin) Crab (fresh) Eggs (if not allergic; 2-4 /wk) Fish (fresh; preferably wild) Lamb (fresh; lean) Legumes (chickpeas & beans) Lentils (all varieties) Prawns (fresh) Rabbit Tofu Veal (fresh; lean) | Almond Butter Butter & oil blend Canola Corn Cream Ghee (clarified butter) Linseed Peanut Safflower Sunflower |
| | CEREALS & GRAINS (gluten free) | DAIRIES & DAIRY ALTERNATIVES | CONDIMENTS |
| | Arrowroot Alternative flours (equal parts arrowroot, rice & soy flours) Brown Rice Baking Mix Breads (sour dough or fermented; yeast free) *** Buckwheat Corn starch Damper (yeast free) *** Millet (hulled) Pasta & noodles *** Rice (all varieties) Sago Tapioca | Cottage cheese (fresh) Cream cheese Fresh cheeses ** Mascarpone Milk ** Rice milk Ricotta cheese (fresh) Soy (milk & cheese) Tofu (yoghurt & dessert) Whey protein (powder) Yoghurt (containing probiotics) ** | Horseradish Malt extract Malt vinegar Mayonnaise Rice syrup Rice vinegar Salt (very sparingly) Vanilla (pure) |
| | NUTS & SEEDS | BEVERAGES * | SNACKS |
| | Carob Cashews (raw & paste) Cashew paste (lightly roasted) Linseed Poppy seeds Sprouted seeds (not alfalfa or cress) | Aloe vera juice Carob powder (cocoa substitute) Coconut water Dandelion root (coffee substitute) Green tea Mineral water Mixed vegetable juices Soda water Tonic water Water (alkaline; chlorine-free) | Plain corn chips Plain potato chips Plain rice crackers |
| | | | FIBRE & BRAN |
| | | | Linseed meal Psyllium husks (2 tsp in fresh apple juice daily) Rice bran |

Foods in green text contain the lowest levels of amines and salicylates, which are responsible for many intolerances and food allergies.

* Drink 2-3 litres of fluid per day comprising pure alkaline water, and fresh vegetable & fruit juices (400-600mls per day) chosen from the above list.

** Use alternatives to ordinary cow's milk including A2 cow's milk, whey, soy or rice 'milk', and sheep or goat's milk.

*** Only use permitted grains and seeds i.e. arrowroot, buckwheat, millet, rice, or soy.

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