

Client: Patrick Holford
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Let your liver **live**

January's the month when all the boozing, the late nights and the over-eating finally catches up with us. To help your body recover a nutrition expert, Professor Patrick Holford has devised a nourishing detox which provides your liver with everything it needs to clean up your body in just nine days.

This is the month when we drag ourselves around, pledging never "to drink again," or to abstain for a while and tackle our sagging health.

Specialist in nutrition, Professor Patrick Holford, has devised a nourishing detox which provides your liver with everything it needs to clean up your body in just nine days.

His method in the new book, *The Holford 9-Day Liver Detox*, is a diet that doesn't force you to starve. "Total fasts are not good for the body. Instead, you need to eat plenty of foods that power your liver to do its work – like fresh fruit and vegetables."

The detox cuts out wheat and milk, which he believes up to a third of people react badly to. "It's even safe to cut them out completely, provided you get sufficient calcium from nuts, seeds and leafy vegetables, as you do on the detox."

"If you reintroduce those foods, it's best to put them back into your diet one by one so that you can monitor symptoms such as bloating, mood dips, brain fog or skin reactions that can indicate an intolerance."

His research found that,

after following the detox, "most people feel better – often than they've ever previously felt, with a clear mind, skin and sometimes weight loss."

HOW TOXIC ARE YOU?

Find out if you need a liver detox with the 9-Day plan by using this quick checklist.

1. Do you often suffer from headaches?
2. Do you often get itchy, sticky eyes or eyelids?
3. Do you have dark circles under your eyes?
4. Do you ever suffer with itchy ears, earache or ear infections?
5. Do you suffer from excessive mucus, a stuffy nose or sinus problems?
6. Do you suffer from acne, skin rashes or hives?
7. Do you sweat a lot or have strong body odour?
8. Do you get bad hangovers?
9. Do you suffer from bloating?
10. Does coffee leave you feeling jittery or unwell?

If you answer yes to three or more of these questions you are likely to benefit from following the plan. Before starting any new diet always consult your GP.

FIVE HABITS TO MAKE

- Drink eight glasses of

water a day. Have a glass of water when you wake up and one with each meal and have more if you are exercising. Always have a glass of water with coffee or an alcoholic drink.

- Drink bottled water labelled 'natural mineral water' as this will definitely be free of pesticides or nitrates.

- Boost your antioxidants by loading up on fruit and veg – ideally seven servings a day – which work in unison to banish damaging liver toxins.

- Have a piece of fruit with breakfast, two as snacks, plus two servings of vegetables, twice a day, with main meals and include the most potent protectors in your diet. These are pomegranates, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes, cherries, kiwis or grapefruit. The best vegetables are cabbage, cauliflower, broccoli, sprouts, kale, spinach, red peppers, alfalfa sprouts, beetroot or avocado.

- Take regular exercise. Exercise stimulates your lymphatic system, which carries waste to

the liver for detoxification. You need to exercise every other day. Anything that gets you moving – even a brisk walk – is fine, but exercises including breathing techniques such as yoga are especially effective.

AND FIVE TO BREAK

- Allow your body a break from alcohol's toxins. As well as the effect on your liver, alcohol will strip your body of the nutrients – especially the B vitamins – essential for good detoxification.

- The liver has to work harder to break down caffeine, leaving it with less power to work on other toxins. If your tea or coffee intake is high, cut down before detoxing to reduce withdrawal headaches.

- Saturated and hydrogenated fats are difficult to digest and slow to detoxify, clogging your liver. These should be substituted for essential Omega 3 and 6 fats.

- Milk is the most common food intolerance. During the detox, swap to rice, almond or

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soya milk/yoghurt. Instead of butter have non-hydrogenated vegetable spreads or no-sugar nut/seed butter.

■ Wheat contains gluten, a protein tough on your digestive tract which often gets treated like a toxin. Substitute wheat, spelt, rye, barley or kamut for oats, buckwheat, corn, maize, millet, quinoa or rice.

BERRY BREAKFAST SMOOTHIE

(Serves one)

1 small banana, or 1/2 medium one, not too ripe

2tsp essential seed mix

1 small punnet, 150g (5 1/2 oz) blueberries or other berries

Juice of 1/2 lemon

Plus enough pure fruit juice (orange works well) or unsweetened rice milk (or other non-dairy milk) or water to give an easy-to-drink consistency, or leave thick and eat with a spoon. Blend all the ingredients together until smooth.

Essential seed mix:

Seeds are particularly helpful during a detox, and provide protein to help the liver work efficiently.

Simply add a tablespoon of the ground seed mix to breakfast cereal, fruit salad or smoothies.

Half-fill a glass jar that has a sealing lid with

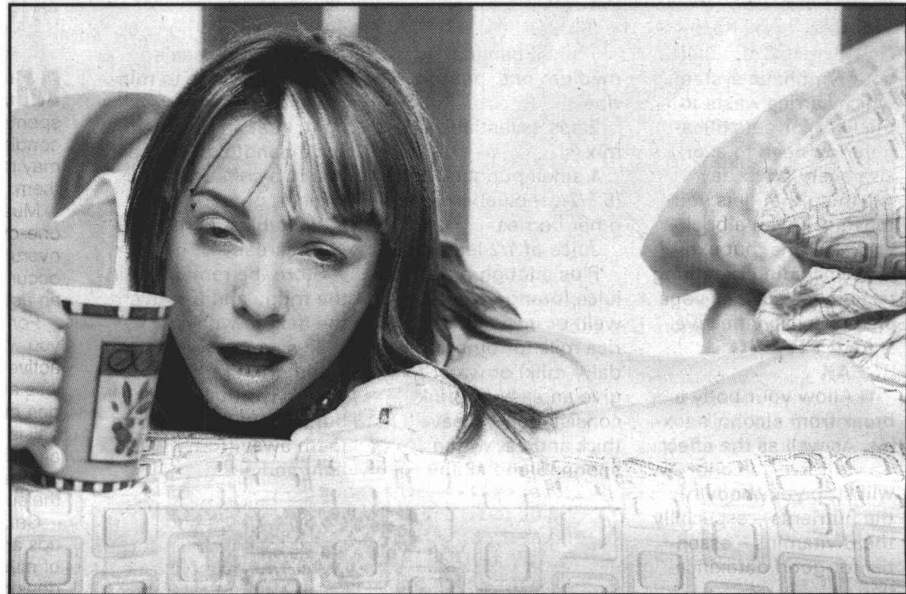
flax seeds (also known as linseeds and rich in omega-3) and half with a mixture of sesame, sunflower and pumpkin seeds (rich in omega-6).

Keep the jar sealed and in the fridge to minimise damage from light, heat and oxygen. Put a handful of the seed mix in a coffee or seed

grinder, grind up and add a tablespoonful to your cereal.

Store the remainder in the fridge and use over the next few days.

To save time you could grind up to a week's worth of seeds, but make **sure** you store them away from heat, light and air.



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