|  |  |  |
| --- | --- | --- |
| **Food group** | **Examples** | **Why?** |
| **Alcohol** | *Lager**Wine**Vodka**Whisky**Brandy etc* | Alcohol is quite simply a toxin. As such, your body has to work extremely hard to detoxify your system placing stress upon your liver, kidneys and adrenal glands. On a molecular level, alcohol is a potent sugar that triggers insulin secretion, blood sugar imbalance and increased body fat storage! |
| **Caffeine****There is a trade off with Green and White Tea as it has lots of Anti-Oxidants and as we drink it AM it can have more of a beneficial effect than harm.** | *Tea**Coffee**Carbonated Drinks like Coke, Fanta etc* | Caffeine first overexcites and then later ‘wears out’ the body’s energy producing glands. This leads to massive energy fluctuations and the subsequent need for sugary foods. |
| **Wheat and Gluten** | *Bread, Pasta, Cakes, Biscuits, Soup and some sauces (these often contain gluten as a thickener)* | For many, wheat and gluten products are simply indigestible or place stress on the digestive system leading to a sluggish metabolism and intolerances. In addition modern wheat, especially after processing, is barely distinguishable from simple sugar leading to all of the same problems! |
| **Processed Foods** | *Anything containing an E Number, unpronounceable names, pre-cooked, pre- packed or long life* | These products flood the body with toxins it simply can’t cope with making it harder for the liver to do its job efficiently. |

**FOODS AND DRINKS TO ELIMINATE IN THE FIRST 14 DAYS**