8. Module 08- Diet and Detox

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In module six you will learn the ins and outs of healthy versus unhealthy dieting. You will get a better insight in to diets that work for the body and those that do not. You will pick up beneficial information and tips about detoxing for health purposes and how to do it safely and effectively. There is a huge stigma around the word dieting, and you will see how dieting through following a healthy regime can be beneficial to your weight loss and how it will improve your overall health.

**Module 8 will cover the following points:**

8.1. Dieting Myths Debunked

8.2. Why do I need a Balanced Diet?

8.3. Things to Avoid

8.4. Top Dieting Tips

8.5. Understanding Nutrition Labels

8.6. Detoxing


8.1. Dieting Myths Debunked

Many people are misinformed about dieting and this is often the reason for not being able to follow a diet or in some cases even losing weight. Here are some of the biggest dieting myths debunked.

1. Low-fat diets are healthy.

People are under the impression that they need to follow a low-fat or no-fat diet to lose their desired weight. The human body needs energy at all times to function and we get this energy in forms of calories. To diet effectively, maintain energy and lose weight a person should take a third of their daily calories from fat. Additionally, the body cannot function without a little bit of fat consumption. Fat is necessary for the body to aid tissue repair and also transport the necessary vitamins (A, D, E and K) around your body evenly. The recommended daily intake of fat for women is 70g (2.5oz) and 95g (3.4oz) for men.

It is not necessary to follow a strictly fat-free diet. Instead it is recommended to cut back on the consumption of saturated fats and swap them for healthier unsaturated fats that can be found in foods such as avocados and olive oil.

2. Fasting and Crash Diets will make you Lose Weight Fast

Fasting and going on a crash diet may help a person to lose weight a little bit faster in the short term, but it will hinder long-term weight loss. When a person loses weight too quickly they remove the fat they want to lose, but they also lose their muscles and tissue whereas long-term weight loss goals will help a person to only burn off fat.

When a person loses their muscle and tissue through crash-dieting or fasting, it causes the body’s basal metabolic rate to dramatically decrease which means your body requires fewer calories to survive, thus making it much easier for you to gain even more weight when the dieting stops. This is the main reason why dieticians also recommend supplementing a weight-loss plan to increase muscle mass and maintain a steady and healthy metabolic rate.

3. Eating Food Late at Night is Unhealthy and More Fattening

A number of diets instruct dieters not to eat after a particular time in the evening. It is believed that the body is more likely to store fat because you are not as active and cannot burn it off. This is untrue and it has nothing to do with the time a person eats, but the amount of food that is consumed in a period of 24 hours. If a person skips meals throughout the day and they gorge in the evening then they will be prone to piling on more weight, but generally if you eat smaller portions consistently at regular times then you will be more inclined to lose weight.
4. Low-fat Milk and Dairy Products Contain Less Calcium than Full-Fat Versions

People are often under the assumption that low-fat milk contains less calcium and therefore in order to ensure that they keep their calcium intake up, they consume full-fat milk and dairy products when dieting. Calcium is found in the watery part of the milk and not the creamy part, therefore low-fat or semi-skimmed milk has more calcium. For every 200ml, semi-skimmed milk has 10mg more calcium than full-fat milk has.

5. You will Lose More Weight with Low-Fat Foods

Just because a product is low in fat or fat-free it does not mean it is low in calories. It is also necessary to check the calorie content of all food, especially low-fat branded crisps, cakes, biscuits and ready-made meals. Usually, to make these low-fat versions, extra sugar is added to improve the foods flavors and texture, therefore it is highly possible that such products have the same amount of calories as normal products. This is especially true with marketed low-fat sweets, they may be lower in fat, but they have a high sugar content which later turns into fat.

6. Cholesterol is a No-No

Many people are misguided about cholesterol and think that it is completely bad for the health. To define cholesterol, it is a fatty substance that is produced mostly by the body’s liver.

It is true that cholesterol can be bad sometimes. It sometimes deposits itself in places it should not and clogs the arteries, which is the main contributor to heart disease. But our bodies need some cholesterol, especially in the blood. It assists in building cells and producing the body’s vital hormones.

7. When a Person Stops Smoking they Gain Weight

Each person is different. Some people will gain a little bit of weight when they quit smoking, others will lose weight and then there are those people who remain the same.

It is true that nicotine does help to increase your body’s metabolism, but its effects are minute. In essence, it is healthier to be a little overweight and not smoke instead of not giving up for the fear of putting on weight.

People gain weight after stopping smoking because they turn to comfort food to substitute their previous habit. It is possible to snack healthily or chew sugar-free gum and not put on any weight.
8.2. Why do I need a Balanced Diet?

Having a well-balanced diet is often associated with just weight-loss. There is much more to it than this. Changing your lifestyle and following a well-balanced diet will provide your body with all the right minerals, nutrients and vitamins to keep both your body and mind healthy. When you eat a well-balanced diet, you will assist in preventing a number of diseases and at the same time you will be able to control your body’s weight and experience an overall feeling of well-being. There are many benefits to following a healthy balanced diet with some of the most common ones being:

- **Weight Control** Following a well-balanced diet requires you to consume a great variety of nutritious wholesome foods which makes it easier to maintain a healthier body weight. To meet all of your body’s nutritional requirements, it is essential to include a mixture of whole grains, fruits and vegetables into your diet plan. It is also necessary to consume small portions of meat and dairy products to achieve a complete balance. Follow the food pyramid for guidance.

When you consume the above-mentioned food groups into your diet there is less room for those foods that are higher in calories, which are known to cause weight gain. Such foods include sugary snacks and processed foods.

- **Healthy Immune System** Following a well-balanced diet is extremely important for maintaining a healthy immune system. The vitamins, nutrients and minerals your body will get when following a healthy eating plan will ensure that your immune system will function normally.

Being deficient in certain minerals, nutrients and vitamins will impair your immune system, especially vitamins A, B, C and E. Being low in iron, zinc and selenium will also affect the immune system. When you have a low immune system, it will strongly affect the body’s vascular function since the immune system is highly dependent on the body’s blood flow.

- **Healthy Heart** When you have a healthy heart, you will most likely prevent cardiovascular disease. Including whole grains, vegetables and fruits in your diet will help you control your weight and it will also help you maintain a healthy blood pressure, which if not controlled, can be two of the leading causes of heart disease. The American Heart Association suggests adding oily fish, such as trout or salmon to your diet. These contain a high amount of omega-3 fatty acids, which reduce the risk of having any coronary artery diseases.
- **Higher Energy Levels** One of the greatest and most noticeable positive effects of a well-balanced diet is the improvement in your energy levels. When you consume the right proportions of minerals, vitamins and nutrients, you will fuel your body with energy. Such energy can be taken from consuming healthy carbohydrates like fruits, vegetables and whole grains. These healthy carbohydrates will maintain your body’s healthy sugar and insulin levels and ensure that you have an even supply of energy during the day.
8.3. Things to Avoid

When dieting there are certain foods that you need to avoid altogether. These foods are generally full of saturated fats, hidden sugar and/or preservatives – they are often referred to as the foods with ‘hidden calories.’ Consuming them will not only jeopardize your weight loss goals, but they will also negatively impact your overall well-being and your skin.

Example: If you are following a 2,000 calorie diet, it needs to be in proportion. You should not consume more than the following:

- 66g (2.3oz) of fat
- 20g (0.7oz) of saturated fat
- 2,400mg (0.08oz) of sodium
- 300g (10.6oz) of carbohydrates (which includes sugars)
Here are some of the foods that you need to avoid when trying to follow a healthy diet (some of which might come as a surprise):

- **Margarine** is full of trans-fats. These fats are the toxic fats that are responsible for increasing bad cholesterol. It lowers the levels of good cholesterol, damages your body’s blood vessels and promotes clotting. Each tablespoon contains 100 calories, so when looking for an alternative spread; look out for those trans-fat-free versions.

- **Full-fat milk** is full of saturated fats. Saturated fats promote inflammation, bloating, increase the levels of bad cholesterol and it may also cause a clogging of the arteries. It is also much higher in calories than skim milk is. Opt for low-fat milk or soy milk to minimize the calorie intake and the saturated fats. You will receive more calcium, protein, potassium and vitamin D from the lower-fat versions.

- **Cinema popcorn** is full of calories and fat. Cinemas pop their corn with high amounts of coconut oil, which is extremely high in saturated fats (90%). Ordering medium-sized popcorn without extra butter has approximately 1,200 calories (more than half your daily calorie intake) and 60g of saturated fat.

- **Whole wheat pasta** is often used as a substitute for white pasta when following a healthy eating plan, but it can negatively affect your weight loss. It is extremely high in carbohydrates.

- **Multi-grained bread** sounds healthy, but it does not contain the necessary vitamins and minerals that your body needs. The bread’s grains are generally over-processed, which strips it of their fiber and its essential nutrients.

- **‘Healthy’ frozen dinners** are not ideal if you are trying to lose weight. They may state that they are low in fat, but microwavable dinners are full of sugar. Sugar and additives are used to add flavor, thicken sauces and enhance its appearance. The average ‘healthy’ frozen meal contains 1,000 calories per serving.

- **Sugar-free products** such as drinks, chewing gum and sweets have other unhealthy sugar-related problems. It is possible that the body will mistake the fake sugar for real sugar and process it in exactly the same way, increasing your body’s insulin levels and causing weight gain.

- **Tropical fruits** have a much higher level of sugar than normal fruits, especially ripened pineapples and mangoes. Opt for apples - they are low in calories and full of fiber.

- **Peanut butter** contains healthy fats, but it is also very high in calories. Just one tablespoon contains 200 calories.

- **Low-fat ice cream** does not mean low in calories. Lower fat varieties of ice cream generally contain more sugar (almost double that of the fuller-fat varieties)

- **Protein bars** are usually just like consuming a chocolate bar. Usually, they are high in sugar and calories. The average protein bar contains 350 calories.
8.4. Top Dieting Tips

If you are not used to dieting, it is easy to get disheartened and give up. However, there are some simple dieting rules to live by that can affect how successful your diet is.

1. **Never Skip Breakfast.** Eating a healthy breakfast aids weight control. Breakfast is a way of packing in some essential nutrients and kick starting the body’s metabolism for the day. Opt for slow fiber-releasing breakfast alternatives, such as porridge or Weetabix. They release the energy slower throughout the morning, making you feel fuller for longer, so you will be less prone to snacking.

2. **Have Regular Meals.** When you eat regular small portions throughout the day the metabolism will keep working and burning calories at a quicker rate.

3. **Eat a lot of fruit and vegetables** to give you the right amount of healthy vitamins and minerals. Fruit and vegetables are also very high in fiber, which will keep you regular, something essential for weight loss.

4. **Drink more water** to fill you up and flush out harmful toxins. The average person needs 6-8 glasses of water every day; however, this will be more if you are exercising.

5. **Cutting down on your alcohol intake** will reduce your daily calories. Excessive drinking leads to weight gain and a standard glass of wine contains the same amount of calories as a small chocolate bar.

6. **Eat more high fiber food** to keep you feeling fuller for a longer period of time. Fiber also helps to keep your bowels moving, which will reduce bloating. High fiber foods that are recommended for dieting include: fruits, vegetables, oats, brown rice, beans, lentils and peas.
8.5. Understanding Nutrition Labels

Learning to read a nutrition label correctly will help you make healthy choices between different products. You will be able to tell whether the food you are consuming is high in salt, fat, sugar and additives.

By law, pre-packaged food must have a nutrition label either on the side or the back of its packaging.

These nutritional labels include information about:

- Kilojoules (kJ)
- Kilocalories (kcal)
- Proteins
- Carbohydrates
- Fat content
- Saturated fats
- Sugars
- Sodium
- Salt

All of the nutritional information that is provided is always per 100g (3.5oz). Additionally, it may also include the amounts that are related to one portion, making it easier for you to do the math.

Food manufacturers also highlight other things on the front of the packaging in addition to the information on the back, these include:

- Energy
- Saturated fat
- Fat
- Sugar
- Salt
If you want to follow a more well-balanced diet you need to:

- Reduce fats, especially saturated fats.
- Reduce salt.
- Reduce additives and added sugars.

**How can I understand if my Food is high in Fat, Sugar, Saturated Fat or Salt?**

The following guidelines will show you if the food you have chosen is high in fats, salt, sugar or saturated fats:

- **Total Fat Content**

  High fat content: > 17.5g (0.62oz) of fat per 100g (3.5oz)

  Low fat content: < 3g (0.11oz) of fat per 100g (3.5oz)

- **Saturated Fat Content**

  High saturated fat content: > 5g (0.18oz) of saturated fat per 100g (3.5oz)

  Low saturated fat content: < 1.5g (0.05oz) of saturated fat per 100g (3.5oz)

- **Sugar Content**

  High sugar content: > 22.5g (0.79oz) of sugar per 100g (3.5oz)

  Low sugar content: < 5g (0.18oz) of sugar per 100g (3.5oz)
Salt Content:

High salt content: > 1.5g (0.05oz) of salt per 100g (3.5oz) / 0.6g (0.02oz) of sodium

Low salt content: < 0.3g (0.01oz) of salt per 100g (3.5oz) / 0.01g of sodium

Reference Intakes (RI)

Some products include extra information about the reference intake (RI). These act as a guideline for adults regarding the approximate amount of energy and nutrients that they need for a healthy well-balanced diet. These numbers refer to the total daily consumption.

Total energy consumption: 2,000 kcal / 8,400 kJ

Total fat consumption: 70g (2.5oz)

Total saturated fat: 20g (0.7oz)

Total amount of carbohydrates: 260g (9.2oz)

Total amount of sugars: 90g (3.2oz)

Total protein: 50g (1.8oz)

Total salt/sodium: 6g (0.2oz)
8.6 Detoxing

What is Detoxing?
Detoxing or detoxification of the body is the process of reducing or removing all toxins from your body. It is considered to be one of the best ways to get rid of free radicals and toxins in your body. Such toxins and free radicals can have negative side effects on your health, and your body will not function as well with too many. There are different ways to detox the body such as:

- Change of diet and lifestyle
- Herbal detoxification regimes
- Vitamin supplements
- Fasting

Why do People need to detox?
Every day the human body naturally detoxifies itself – it is the body’s normal process. It is one of the human body’s automatic functions. The body eliminates and neutralizes all the built up toxins through the liver, kidneys, colon, lymph nodes and the skin. Today, there is a lot of pollution everywhere. It is in the air that we breathe and the food and water we consume, therefore the body is under more pressure. The body’s internal ecosystem is altered through the chemicals from animal proteins, Trans and saturated fats, caffeine and the alcohol we consume on a daily basis.

Because of the overload of toxins in the body, the toxic materials remain in our body’s tissues. The human body tries to protect us from such toxins by surrounding them with fat and mucous so that they do not cause an imbalance. Some people carry an extra 15 pounds of fat and mucous that takes care of this waste.
Detoxing through specially designed cleansing colonics and diets helps to clear out the waste. When a person suffers from diseases that compromise the immune system, such as arthritis, cancer, chronic fatigue and diabetes it is essential to cleanse the body to aid the passing of toxins and free radicals. Through detoxification you can:

- Rejuvenate your internal eco-system
- Rid the body of harmful viruses
- Eliminate dangerous bacteria
- Remove parasites

**Benefits of Body Detoxification**

- **Physical Benefits of Detoxing**

Harmful toxins and free radicals amass themselves in the body’s major organs and the detoxification process will help get rid of them. The body’s organs that are most affected are the liver and the stomach. Once the body has been put through a detoxification process, these organs will be able to function more effectively. After the detox has been completed, you will most likely **feel lighter** and you will also have a noticeable amount of **more energy**. You will be **less prone to illness** and **lower your risk of developing cancer** as the body’s immune system is freed of its free radicals. Detoxing also **improves blood circulation** and **improves the quality of your skin**.

Detoxification will assist in **ridding the body of excess waste**. If you follow a special detox program, it is likely it has been designed to help the body purge itself. The liver, colon and the kidneys have a role in helping **regulate the body** and they will be able to work effectively after a detox or cleanse. Your **breath will improve** as a backed-up colon can result in bad breath.

- **Mental Benefits of Detoxing**

When the body has a buildup of toxins and free radicals the brain function can be affected. Prior to detoxing you might have problems with sleeping, fatigue and concentration. After detoxing, these problems are likely to disappear gradually.

- **Beauty Benefits of Detoxing**

The buildup of free radicals and toxins in the body contribute to the ageing process. When these are reduced, you will see long-term and short-term benefits. It is also likely that you will enjoy an **increased longevity**.
The largest organ of the human body is the skin. After detoxing, you will have clearer looking smoother skin. Detoxing also improves acne. While detoxing, your acne is likely to get worse before it gets better, but this is happening because the harmful toxins are being released. Saunas are also known to supplement a detox program as they help your body to sweat out all of its additional toxins and free radicals.

**Detoxing for Weight Loss**

The body carries a lot of extra waste, fat and water caused by toxins and free radicals. Doing a short detox will assist you in losing weight.

Detoxification should always be done after consulting a doctor or dietician and it should not be done for a long period of time.

There are a number of different detox programs that are considered safe for a short period of time when trying to lose weight. They include:

**Herbal Colon Cleansers**

**Supplement**
- Derived from plants
- 100% natural
- Contains powerful detoxifying herbs
- Contains soluble and insoluble fibers
- Cleanses colon of toxic build-up
- Promotes regularity

**Colon Hydrotherapy (Colonic Irrigation)**
- Safe and effective
- Removes waste from the larger intestine
- No drugs or chemicals
- Regulated temperature water inserted into bowel
- through disposable speculum
- Softens and loosens faeces
There are also other less extreme ways that you can help the body to naturally detox:

- Exercise
- Sweat
- Dry skin brushing
- Meditation
- Hydration
- Massage

Post-Detox

When all of the toxins and wastes have been removed from your body through detoxification, the body’s optimal function is renewed. During the rejuvenation process you should only consume simple nutrient-rich vegetarian based food and drink a lot of filtered water.