

# Detoxification and Nutrition programme

Nutrition of the body



Test report: Example Result  
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## INTRODUCTION

Civilization changes on Earth determine changes in the environment of human life.

### **Human health is shaped by:**

- genetics (we will inherit it from parents, grandparents, etc.),
- biogeochemistry (relationships between environmental factors),
- lifestyle (place of the individual in population structures, pace of life, goals, methods, etc.).

In particular, biogeochemical and lifestyle changes are taking place at a rate previously unheard of. These two areas directly shape human epigenetics, a field of knowledge that we are slowly coming to understand.

**The growing human population requires an increasing amount of food.** In order to produce more food, we have introduced:

- agriculture monoculture, which requires specific agricultural chemistry,
- genetic selection of farm animals,
- degradative water management.

Along with the food content, we eat preservatives, dyes, fillers, etc. Around us and in our digestive system, the amount and composition of bacteria changes. There is a decreasing amount of basic nutritional elements in our foods, i.e.: fibre, unsaturated fatty acids, minerals, vitamins, antioxidants. The nutritional status of each of us is shaped by individual metabolic predispositions, environmental conditions and lifestyle.

Nowadays, we do not lack food. However, its easy availability in terms of quantity and poor quality generates unfavourable health trends.

### **Human metabolism is shaped by four main processes:**

1. taking in nutrients (digestive and respiratory system),
2. transport of substrates and biochemical transformation products,
3. storage by cellular components, tissues and organs,
4. excretion of unnecessary metabolic products (digestive and respiratory system).

By analysing the mineral composition of hair, we can learn about the impact on our body of environmental factors, diet and lifestyle. On the basis of the analysis of the proportions between the elements, we can learn about metabolic features and health trends.

### **As a result of hair root analysis, each patient receives the recommendations of:**

1. the proper diet (individual diet and vitamin and mineral supplementation programme),
2. appropriate physical activity.

### **Detoxification and Nutrition programme contains of three stages.**

**The first stage** lasts two weeks. It aims to improve the work of the digestive system. At this stage, we combine the cleansing diet with the supplementation program with elements shaping the internal environment of the digestive system (fibers, bacteria, garlic, antioxidants ... etc.).

**The second stage** lasts for a month (in special cases it can be submitted up to three months). Its purpose is to compensate for excess and nutrient deficiencies.

**The third stage** (six months) is to consolidate good metabolic trends.

Many of us have gastric problems that will reduce the good effects of the nutritional program. The first stage, i.e. cleaning / detoxification, is to prepare the Patient for the introduction of a nutritional program, by improving the quality of the digestive system and oxygenation of the body.

It should be remembered that disorders or diseases of the digestive system (stomach ulcers, intestinal disorders, etc.) determine the character of the cleansing / detoxification program.

To achieve the desired effect, it is necessary to include physical exercises that allow better oxygenation of the body. We also recommend using balneological technique

## SUPPLEMENTATION SCHEME

Below, we recommend daily doses. The recommended substances may contain microelements and vitamins which are not identical to those indicated as needed in the chart. This is because microelements and vitamins interact and this leads to an optimum mineral composition of the organism.

**We recommend supplements from natural sources.** Purified water (e.g. filtered in a special kit) should be used for drinking and reparation of meals.

Supplement	morning	afternoon	evening
Lactobacillus acidophilus every two days, for two weeks	1 before meal	0	0
Vit. C 240 mg from acerola and citrus every day, for two weeks	1 before meal	1 before meal	0
B-complex every day, for two weeks	1 after meal	0	0
Calcium 300 mg + Magnesium 125 mg every day, for two weeks	0	0	1 after meal
Magnesium 200 mg every day, for two weeks	1 after meal	1 after meal	0
Omega-3 (EPA 180 mg, DHA 120 mg) every day, for two weeks	0	2 30 minutes before meal	2 30 minutes before meal
Garlic 400 mg every day, for two weeks	1 after meal	0	1 after meal
Lecithine 1200 every day, for two weeks	0	0	1 after meal
Silymarol (extract from milk thistle) 70 mg every day, for two weeks	0	1 after meal	1 after meal
Vitamin D3 - 600 IU every day, for two weeks	0	2 30 minutes before meal	0

**DIET FOR 7 DAYS**

DAY 1 (ALL MEALS) - 1698 KCAL			
Breakfast	Breakfast II	Dinner	Supper
Kulis – beetroot drink 1 Serving - 107 kcal		Pumpkin cream-soup 1 Serving - 233 kcal	Rice with vegetables 1 Serving - 410 kcal
Oat flakes with vegetable stock and flax-seed 1 Serving - 98 kcal		Pearl barley with vegetables and champignons 1 Serving - 622 kcal	melissa tea (from melissa`s leaves) 1 Serving - 0 kcal
Broccolis steamed with butter 1 Serving - 228 kcal		Wild rose hip tea 1 Serving - 0 kcal	
Green tea with a leaf of fresh mint 1 Serving - 0 kcal			
<b>Total: 433 kcal</b>	<b>kcal</b>	<b>Total: 855 kcal</b>	<b>Total: 410 kcal</b>

DAY 2 (ALL MEALS) - 1528 KCAL			
Breakfast	Breakfast II	Dinner	Supper
Kulis – beetroot drink 1 Serving - 107 kcal		Courgette and carrot cream soup 1 Serving - 90 kcal	Millet with nuts 1 Serving - 520 kcal
Boiled cauliflower with butter 1 Serving - 96 kcal		Baked aubergines with pasta 1 Serving - 371 kcal	melissa tea (from melissa`s leaves) 1 Serving - 0 kcal
Rice flakes 1 Serving - 344 kcal		Wild rose hip tea 1 Serving - 0 kcal	
Camomile tea 1 Serving - 0 kcal			
<b>Total: 547 kcal</b>	<b>kcal</b>	<b>Total: 461 kcal</b>	<b>Total: 520 kcal</b>

DAY 3 (ALL MEALS) - 1879 KCAL			
Breakfast	Breakfast II	Dinner	Supper
Kulis – beetroot drink 1 Serving - 107 kcal		Low-protein cream of carrot soup 1 Serving - 117 kcal	Pumpkin and asparagus risotto 1 Serving - 364 kcal
Two scrambled eggs with chives 1 Serving - 220 kcal		Vegetable couscous 1 Serving - 857 kcal	melissa tea (from melissa`s leaves) 1 Serving - 0 kcal
Tomato buckwheat 1 Serving - 214 kcal		Wild rose hip tea 1 Serving - 0 kcal	
Camomile tea 1 Serving - 0 kcal			

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Total: 541 kcal	kcal	Total: 974 kcal	Total: 364 kcal
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## RECIPES FROM YOUR DIET

### BAKED AUBERGINES WITH PASTA (1485 KCAL)

#### Ingredients

Eggplant - 500 g, Red onions - 150 g, Tomatoes - 350 g, Vegetable stock - 125 g, Basil - 50 g, Rapeseed oil - 60 g, Olive oil - 15 g, Garlic - 4 g, White salt - 1 g, Ground black pepper - 1 g, Chilli - 1 g, Rice pasta - 240 g, amaranthus grains - 20 g

#### Preparation

- Cook the pasta al dente, harden and strain.
- Wash, clean and cut the aubergines into half-slices. Scald, peel and slice the tomatoes. Wash the basil and cut it into strips. Peel and chop the onion and garlic.
- Stir-fry the onion and garlic in oil, season with chilli, add the aubergines and fry for approximately 5 minutes.
- Put the pasta, aubergines, and sliced tomatoes in a greased baking pan. Pour the stock over them, sprinkle with diced cheese and sprinkle with olive oil. Bake for 15 minutes and serve hot.

### BOILED CAULIFLOWER WITH BUTTER (96 KCAL)

#### Ingredients

Cauliflower - 100 g, White salt - 3 g, Extra butter - 10 g

#### Preparation

- Cook the cauliflower in slightly salted water until soft.
- Serve with butter.

### BROCCOLIS STEAMED WITH BUTTER (228 KCAL)

#### Ingredients

Broccoli - 300 g, Extra butter - 20 g

#### Preparation

- Wash the broccoli, divide it into small pieces and steam until soft (about 5- 10 minutes).
- Serve with butter.

### COURGETTE AND CARROT CREAM SOUP (360 KCAL)

#### Ingredients

zucchini - 400 g, Carrots - 250 g, Onions - 80 g, Vegetable bouillon - 1000 g, White salt - 2 g, Ground peppers - 2 g, clarified butter (ghee) - 10 g

#### Preparation

- Wash the carrots and the courgette and cut them into thick dices.
- Melt butter in a pot, put the diced carrot into it, and fry it for about 5 minutes. Then add the diced courgette and fry the ingredients for about 3 minutes.
- After that, add the broth and seasonings and stew the vegetables over a low flame until they are tender. Blend all vegetables to make a smooth cream soup.

### KULIS – BEETROOT DRINK (429 KCAL)

#### Ingredients

Beetroot - 1000 g, Water - 1500 g, White salt - 10 g, Garlic - 30 g, Crust - 10 g, Dill - 20 g

#### Preparation

- Wash the beetroots thoroughly, peel and slice them. Put the beetroot slices in a clay pot or a glass jar, add the garlic, 2 stems of dill and a piece of whole meal bread skin. Cover with salted water.
- Leave in a warm place for 3-4 days, then take out the bread skin.
- Keep in a closed bottle in a fridge. Drink ½ 1/4 glass per day.

### LOW-PROTEIN CREAM OF CARROT SOUP (117 KCAL)

#### Ingredients

Carrots - 95 g, Onions - 20 g, Dill - 9 g, Potatoes, medium - 30 g, Mixed Dried Vegetables - 4 g, Olive oil - 6 g, Lemon juice - 10 g, Water - 300 g, Coriander - 1 g, White salt - 2 g, Ground black pepper - 1 g

#### Preparation

- Peel and cut the carrot, onion and potatoes into pieces, pour on water and cook for 25 minutes.
- Mix it all, season to taste with olive oil, mix of dried vegetables, salt, pepper and ground coriander.
- Add lemon juice, sprinkle with chopped dill.

### MILLET WITH NUTS (1040 KCAL)

#### Ingredients

Millet groats - 180 g, Walnuts - 10 g, Hazelnuts - 10 g, Peanuts - 10 g, Sesame - 10 g, Sunflower, seeds - 10 g, Almonds - 10 g, Pumpkin, seeds - 10 g

#### Preparation

- Rinse the millet under running water, then cover it with water and boil with a lid on for about 20 minutes, over low fire. Do not stir.
- Serve with crushed nuts and seeds.

### OAT FLAKES WITH VEGETABLE STOCK AND FLAX-SEED (393 KCAL)

#### Ingredients

Linseed - 5 g, Vegetable stock - 20 g, Rolled oats - 100 g

#### Preparation

- Soak the oat flakes in the stock overnight. In the morning, boil and cook them until they are soft, and add ground flax-seed.

### PEARL BARLEY WITH VEGETABLES AND CHAMPIGNONS (1245 KCAL)

#### Ingredients

Pearl barley - 250 g, Rapeseed oil - 20 g, Onions - 200 g, Carrots - 100 g, Vegetable stock - 1000 g, Champignons, fresh - 250 g

#### Preparation

- Roast the pearl barley in a dry pan, stirring constantly, on a low fire (do not burn it).
- Finely chop the onions.
- Dice the carrots.
- Slice the champignons.



- Fry the onions.
- Pour the vegetable stock into the pan, add the onions, barley, carrots, champignons and lovage.
- Boil and then cook (with a lid on) on a low fire for
- 5 hour.
- Stir from time to time. If it starts burning, add more stock or water.

### PUMPKIN AND ASPARAGUS RISOTTO (1456 Kcal)

#### Ingredients

Olive oil - 45 g, Onions - 60 g, White rice - 250 g, Pumpkin - 250 g, Thyme - 2 g, Asparagus - 150 g, Vegetable bouillon - 700 g, White salt - 1 g, Ground black pepper - 1 g

#### Preparation

- Fry the onion in hot olive oil until soft.
- Pour in the rice and roast for approximately 3 minutes.
- Pour in the wine and heat for a minute. Add the diced pumpkin and chopped thyme. Add a half of the stock and cook until the stock is absorbed in full.
- Pour in the rest of the stock in portions. When it is fully absorbed, add the chopped asparagus and cook for another 5 minutes.
- Take the dish off the heat and mix it with butter, then with parmesan. Season with salt and pepper.

### PUMPKIN CREAM-SOUP (932 Kcal)

#### Ingredients

Pumpkin - 1000 g, Olive oil - 20 g, Carrots - 120 g, Onions - 120 g, Apple - 150 g, Nutmeg - 2 g, Ginger - 2 g, Cinnamon - 2 g, Vegetable bouillon - 1000 g, Ground rice - 15 g, White salt - 2 g, Plant cream - 50 g, Pumpkin, seeds - 30 g

#### Preparation

- Dice the pumpkin, chop the onion, slice the carrots and cut the apple into large dices.
- Heat the oil in a large pot (use medium fire), add the onion, apple, carrot, pumpkin and the spices: nutmeg, ginger and cinnamon. Simmer under a lid for about 10 minutes, stir from time to time.
- Pour the stock into the pot and boil it.
- Keep on cooking until the pumpkin is soft (i.e. for about 15 minutes).
- Take the soup off the fire and blend it.
- Add some flour, stir and boil.
- Add some salt.
- Serve the soup with a spoonful of cream and a spoonful of roasted pumpkin seeds per serving.

### RICE FLAKES (344 Kcal)

#### Ingredients

Rice flakes - 100 g, Water - 300 g

#### Preparation

- Slowly add the rice flakes to boiling water and boil for 2 minutes, stir from time to time.

### RICE WITH VEGETABLES (1231 Kcal)

#### Ingredients

Brown rice - 200 g, Onions - 200 g, Red peppers - 100 g, Tomatoes - 300 g, Carrots - 300 g, Broccoli - 300 g, Water - 800 g, Rapeseed oil - 10 g, Thyme - 5 g, White salt - 2 g, Ground black pepper - 3 g, Corn, potted - 200 g

#### Preparation

- Finely chop the onion and sweat it in oil, add pieces of pepper, carrot, broccoli, corn and tomato (you can peel it first).
- Stew all the ingredients for a while, add the rice.
- Pour 3 glasses of water and boil until the rice absorbs it all. If necessary, add more water.
- Add some herbs/spices if necessary.

### TOMATO BUCKWHEAT (858 KCAL)

#### Ingredients

Buckwheat groats - 180 g, Red peppers - 210 g, Onions - 80 g, Tomato juice - 500 g, Ground black pepper - 3 g, White salt - 3 g, Parsley, leaves - 30 g, clarified butter (ghee) - 10 g

#### Preparation

- Roast raw buckwheat in a pot on melted butter (thanks to roasting, cooked buckwheat will be loose).
- Add diced pepper, onion, and salt. Pour tomato juice over it all and stew all ingredients under a lid over a low flame for about 20 minutes.
- Serve with a tablespoon of cream and chopped parsley.

### TWO SCRAMBLED EGGS WITH CHIVES (220 KCAL)

#### Ingredients

Whole chicken eggs - 120 g, Extra butter - 7 g, Chive - 8 g

#### Preparation

- Melt butter in a frying pan, add eggs and chopped chives.
- Fry over a low fire, stir from time to time.

### VEGETABLE COUSCOUS (3431 KCAL)

#### Ingredients

Chickpeas - 250 g, Carrots - 350 g, Celery - 200 g, Green peppers - 120 g, Yellow bell peppers - 120 g, Onions - 150 g, Vegetable stock - 1000 g, Flaked almonds - 50 g, Olive oil - 60 g, White salt - 1 g, Ground black pepper - 1 g, Chilli - 1 g, Tomato paste, 30% - 30 g, Couscous - 400 g

#### Preparation

- Cook, strain and cool the chick peas.
- Cook over a half of the stock, pour it over the couscous and set aside under the lid for approximately half an hour.
- Roast the almonds on the skillet without any grease and peel, clean and cut the vegetables into tiny pieces.
- Heat the olive oil and fry the vegetables for approximately 5 minutes, add the rest of the stock, tomato concentrate, season with salt, pepper and chilli and cook for approximately 10 minutes.
- Add the couscous and mix carefully and cook for another 5 minutes.
- Serve the dish sprinkled with almond flakes.

Note! This report may be copied only as a whole.

The result was verified by: dr n. med. Sławomir Puczkowski on: Example Result.



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