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# Low Food Toxin Strategy & 12 Day Journal

# Welcome!

Start feeling better within days with this journal. It's so easy! You will be removing the food toxins from your diet – so expect to see reduction in symptoms like bloating, joint stiffness, headaches and tiredness.

## Strategy #1: Learn to choose low toxin foods

**Your mission is to reduce food toxins in your diet from Day 2 – and start healing**

- Using this Journal and all other Resources you'll be sorting this out in no time at all!

### How to get started

You will be keeping a **short journal** of foods eaten and symptoms.

- 1. For Day 1 only – CHANGE NOTHING** ... eat as usual and enter EVERYTHING in the Day 1 journal page below.
  - a. Enter ALL foods, drinks, snacks, juices, concentrates, extracts, powders, supplements, medications ... everything!
  - b. Enter your all your current symptoms in the allocated section – one on each line
- 2. From Day 2 – Day 12 follow this Journal and make use of Resources**
  - a. You will be making **different food selections** from the Resources provided, e.g. ebooks, e-course, online resources and Support.
  - b. **PRESCRIPTIONS: Keep taking anything your doctor has prescribed** – whether medications or supplements. Change nothing.
  - c. **NON-PRESCRIBED MEDICATIONS & SUPPLEMENTS: Stop taking** all self-prescribed supplements and over-the-counter medications

# Strategy #2: Vegetables and protein at every meal

## Meal structure

- Main meals - including breakfast – aim for vegetables and protein. You *will not* be hungry on this regime!
- For snacks choose fruits, homemade muffins (from our Recipe Collections), trail mix etc.
- Portion sizes: large portions are okay if you're hungry. Eat a many vegetables and meat as you like – without overdoing it.

## Resources & Guides

- Ebooks – e.g. ***WhatNot2Eat, 40 Secrets to a Perfect Figure, 12 Day Journal***
  - Choose foods for mains, sides, drinks and desserts
  - Avoid things in the Red Tables and select (as far as possible) from the Green Tables

## When to expect results:

- *Most food toxin symptoms begin healing within days e.g. headaches, bloating, inflammation (e.g. back pain), tiredness and depression.*
- *Others take longer. Rule of Thumb: if it appeared slowly – it will disappear slowly. It may take a few weeks to notice reduction in skin rashes.*

## Support

This is a really easy system. But if you do have questions – one of our friendly Consultants will help you 24/7 [contact@foodintol.com](mailto:contact@foodintol.com)

**Day 1.**

**CHANGE NOTHING – eat as usual for today only. Enter all foods, drinks, snacks, supplements and medications below. Then fill in the Symptoms section.**

	Meal	All foods and drinks	Supplements & medications taken
Day 1  Insert date:  __/__/__	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Snack		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 2.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 2</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

### Day 3.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 3</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

**Day 4.**

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 4</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

**Day 5.**

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 5</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)



## Day 6.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 6</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 7.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 7</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 8.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 8</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 9.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 9</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 10.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 10</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 11.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 11</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Day 12.

Choose low toxin foods from Meal Suggestions and Recipes and enter all food eaten here. Also enter any symptoms you suffered.

	Meal	All foods and drinks	Supplements & medications taken
<b>Day 12</b>  Insert date:  _/ _/ _	<b>Breakfast</b>		
	<b>Morning tea</b>		
	<b>Lunch</b>		
	<b>Afternoon</b>		
	<b>Dinner</b>		
	<b>Supper</b>		

**SYMPTOMS:** Use one line for each symptom

Today's Symptoms	Description (how severe and how long you had it)

## Your Results

By now you will already know whether your symptoms are better on the low food toxin regime. We hope you have had stunning results!

- ❖ If you have had great results - let the **12 Day Journal** be your template for food selection ... *for the rest of your life!*
- ❖ If you still have some stubborn symptoms PLEASE LET US KNOW. We may be able to help further.

We love your feedback!

Please email us: [contact@foodintol.com](mailto:contact@foodintol.com) with comments and questions.

Or phone +613 9813 2148 (outside Australia) ... 03 9813 2148 (Australia).