



LOOKING TO DETOX YOUR DIET?

Detoxing your diet doesn't have to mean going on a juice cleanse, drinking matcha tea or going cold turkey on chocolate, but there are ways you can make small adjustments for big benefits to your health and wellbeing. **This summer, consider how many of these elements (and in what volume) form part of your daily intake and evaluate whether they are harming or helping your health and wellbeing goals.**

ALCOHOL

When you drink alcohol, it skips the queue ahead of anything you've eaten. This is so your body can process it quickly and eliminate it as quickly as possible. By the time your body gets to the other things you've eaten, it's already been working hard and isn't functioning at its peak performance to utilise nutrients.

Your body processes and expels alcohol through your liver and even your lungs - that's why you can smell alcohol on a someone's breath—it's the ethanol leaving their lungs. **Consider drinking less or stopping completely.**

ADDED SUGAR

Excessive consumption of sugar that is high in fructose, such as high-fructose corn syrup has been linked to many serious conditions, including obesity, type 2 diabetes, metabolic syndrome, fatty liver disease, and cancer.

Foods high in added sugars are also highly processed and may have addictive properties that make it hard for some people to regulate their intake of these foods. **To lower your added sugar intake, limit sugar-sweetened beverages such as fizzy drinks and fruit juices and only eat processed snack foods and desserts occasionally.**

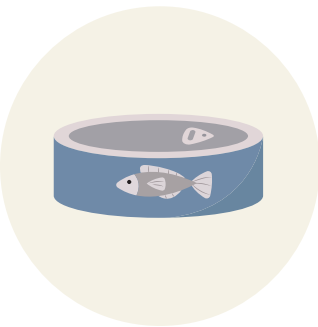
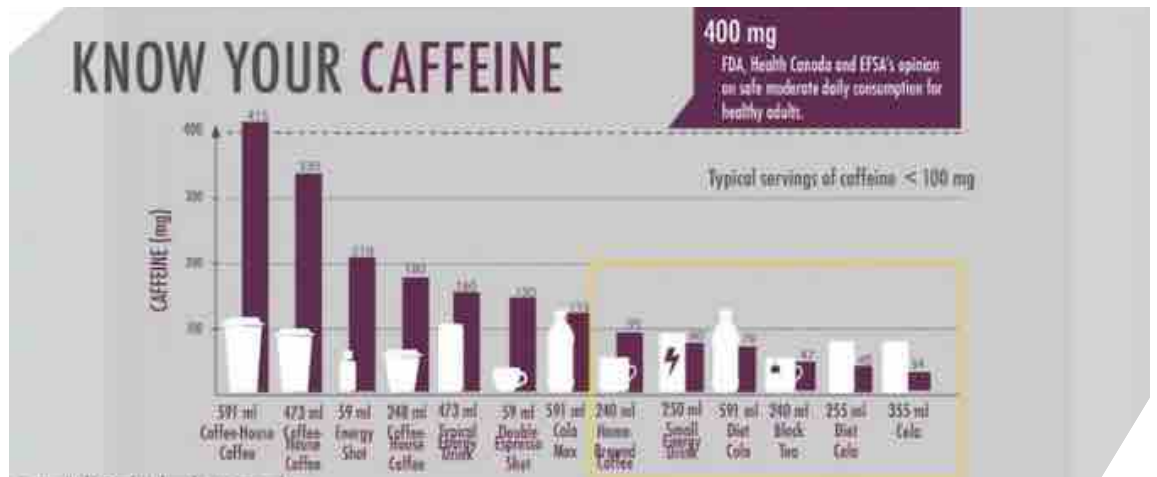




CAFFEINE

Caffeine acts as a stimulant to the heart and central nervous system. Coffee has been linked to a number of risk factors for coronary heart disease, including increased blood pressure and high blood cholesterol levels.

Be aware of how much caffeine you are consuming and the impact this may be having on the quality of your sleep.



MERCURY

Fish is an extremely healthy animal protein, but certain varieties of deep sea fish can contain high levels of mercury, a known toxin. This is a result of the pollutant working its way up the food chain in the sea.

Mercury is a neurotoxin, meaning it can damage the brain and nerves. Research suggests that young children and pregnant and breastfeeding women are at particularly high risk, since mercury can affect foetal and infant brain and nervous system development

Some fish, such as king mackerel and swordfish, are extremely high in mercury and should be avoided. **To limit your mercury exposure, choose low mercury fish such as salmon, pollock, and herring.**





REFINED VEGETABLE OILS

Soybean oil, sunflower oil, olive oil, and coconut oil are all extracted from plants. **Olive and coconut oil** are seen as healthier options, because it's the high level of omega-6 in other vegetable oils that is cause for concern.

Omega-6 and omega-3 fatty acids are defined as essential, meaning you have to get them from your diet because your body can't produce them, but scientists believe that too much omega-6 (relative to omega-3) may contribute to chronic inflammation - an underlying factor in some of the most common diseases, such as heart disease, cancer, diabetes, and arthritis. **Consider avoiding the following plant oils due to their high omega-6 contents: soybean oil, corn oil, cottonseed oil, sunflower oil, peanut oil, sesame oil, rice bran oil.**



SALT

Some sodium in your diet is good because it helps your kidneys to control the amount of water in your blood. If you eat too much sodium, water is pulled back into our bloodstream. The more water in your blood vessels, the higher your blood pressure gets.

High blood pressure can put you at risk of developing heart and circulatory diseases such as: heart attack, heart failure, stroke, and vascular dementia. The recommended daily intake of salt (or sodium) includes the amount already added in ready-made and processed foods, as well as the salt you add when you cook and eat.

AGE	Max. salt per day	Max. sodium per day
1-3 yrs	2g	0.8g
4-6yrs	3g	1.2g
7-10 yrs	5g	2g
11 and older	6g	2.5g
Adults	6g	2.5g

Source: British Heart Foundation





TOBACCO

Tobacco smoke contains: nicotine, carbon monoxide, tar and toxic chemicals such as benzene, arsenic and formaldehyde.

According to the NHS, nicotine is a very addictive substance but it's relatively harmless. It's the carbon monoxide, tar and other toxic chemicals in tobacco smoke that will cause serious damage to your health like:

- heart disease
- stroke
- a range of lung diseases such as chronic obstructive pulmonary disease (COPD) and emphysema.

If you have concerns or would like to make changes to your diet, then chat to your GP; the medic or nurse where you work; or book a virtual 1:1 with one of our Wellness Coaches (email: pt@healthoutfit.co.uk).

If you would like support to make lifestyle changes, book a virtual 1:1 with one of our Lifestyle Coaches (email: georgie@healthoutfit.co.uk) or call the confidential Employee Assistance Programme 0800 072 7072 for specialist advice.

