

14 Day Metabolic Detox Program Results



Nutri's Metabolic Detox Programme

Why detox?

Detoxification is a critical ongoing process for achieving and maintaining health in the body. It involves the elimination of substances which are poisonous and/or for which the body has no further constructive use. The goal is to remove toxic substances from the body and/or assist organs that normally perform detox functions. These organs include the liver, bowel, kidney, skin and lungs. Today our body is exposed to more and more toxic substances – in the food we eat, the water we drink, the air we breathe and the materials surrounding us like paints, carpeting and dyes. Advocates believe that therapeutic detox cleanses the body, increases vitamin and mineral absorption, purifies the blood, reduces blood fat levels, reduces symptoms of toxicity, rejuvenates the body and rests the organs. It is also believed that this therapy clears the skin, enhances the senses, aids in weight loss, slows aging and improves fertility and flexibility.

Metabolic detoxification is a complex process involving a chain of chemical reactions that occur primarily within the liver and kidneys. The liver is the most important detoxifying organ in the body. The body's ability to rid itself of toxic substances from the environment is dependent upon proper function of the liver. In addition, food is very important in a metabolic detox as diet contributes to both environmental and natural toxins. Optimal metabolic detoxification helps the body cleanse itself of harmful substances before they can accumulate in tissue and affect health. But factors such as toxic overload, genetic predisposition, and insufficient levels of key nutrients can impair this process, increasing a person's susceptibility to toxicity-related diseases.

Nutri's Metabolic Detox Programme

This 14 day detox programme aimed to increase energy, improve cellular health and mitochondrial function, help weight loss, improve healthy aging, sleep and give the liver a kick start thus reducing toxic load.

Participants were sent 5 Nutri Advanced products prior to the detox starting, along with an information pack about allowed foods and a detailed supplement protocol. Before they started they were asked to fill in:

- A Toxic Exposure Questionnaire
- A Medical Symptoms Questionnaire
- A Data Collection Sheet with basic information about weight, BMI and waist:hip ratio

On days 1-6 participants were to take:

1 serving of UltraClear Plus pH, a total of 7 Psyllium & Apple Pectin, 4 capsules of MetaLipoate, 2 capsules of NAC and 1 capsule of Celapro.

On days 7-9 participants were to take:

3 servings of UltraClear Plus pH, a total of 7 Psyllium & Apple Pectin, 4 capsules of MetaLipoate, 2 capsules of NAC and 1 capsule of Celapro.

On days 10-14 participants were asked to take:

1 serving of UltraClear Plus pH, a total of 7 Psyllium & Apple Pectin, 4 capsules of MetaLipoate, 2 capsules of NAC and 1 capsule of Celapro.

On completion of the program participants completed:

- A second Medical Symptoms Questionnaire identical to the first
- A second Data Collection Sheet identical to the first

Participants were asked to send the forms back to Nutri Advanced so the impact of the program could be ascertained.

Evaluation

A total of 54 completed information sheets were completed and returned. This data was then inputted into Excel where it was evaluated.

Results

Data from 54 participants was evaluated and the following results were calculated.

Weight

95% (52/55) of participants recorded a reduction in weight loss over the 2 weeks. The average weight loss was 1.7 kilograms. The remainder of the participants recorded their weight as staying the same with no loss or gain.

BMI

93% (51/55) of participants recorded a drop in BMI. The average loss was 0.63 kg/m². The remainder of participants recorded their BMI as staying the same.

Waist:Hip Ratio

67% (37/55) of participants recorded a reduction in waist:hip ratio. Of these participants the average loss was 0.04cm.

MSQ

94% (50/53) of participants noticed a reduction in symptoms at the end of the detox compared to at the beginning of the detox. There was an average reduction in overall score of 27. 2 participants failed to provide an MSQ score. 1 person recorded no change while 2 saw a slight increase (7, 2). The highest drop in score recorded was 74. The score reduced from 89 to 15.

Conclusion

The majority of participants reported this as a positive experience, which has been reflected in the results. Nutri's goals for this programme were achieved, especially weight loss and increased energy production, as many participants reported. This has emphasised the importance of detox for the body in achieving optimal health and well-being. Detoxification ensures the body operates at an optimal level and is not predisposed to toxicity-related diseases.