



**Are you hoarding  
toxic waste?  
Be Superfied**

**Are you hoarding toxic waste?**

# Unwanted, uninvited... unknown?

**I**f you've ever had a niggling ongoing issue with your wellbeing that you've put down to 'just one of those things' there may be more behind it than you think. Things like poor skin, a constant battle with body odour, those stubborn extra pounds or constantly feeling a bit sluggish. Maybe not a big enough deal to be a priority but big enough to register on your radar from time to time.

Any ongoing issue is there for a reason – an early warning system from your body. They could be telling you that your body's out of balance and it needs a bit of TLC but they could also be symptoms of a build-up of toxins – or, of course, both!

Toxins. It's a word we're aware and we know they're not good news – they pave the way for disease so it's good to get to know them and keep them in check! But let's start with a bit of context...



Are you hoarding toxic waste?

# Gut Reactions

Efficient digestion of food is the crux of wellbeing – the better the digestion process, the better the assimilation of nutrients and the better you feel.

**Step 1: You Eat**

**Step 2: You digest**

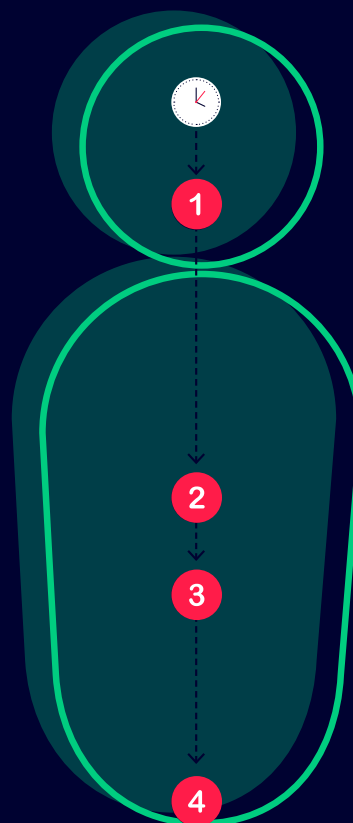
**Step 3: You assimilate**

**Step 4: You excrete**

If your digestive efficiency is 100%, what you're excreting is 100% waste. It's the material that's not needed by the body and it comes out primarily via your urine, stools and sweat. Simple.

However, if your digestion – like most people's – is less than perfect, some of that waste hangs around too long in your colon and instead of making its way out, makes it way into your bloodstream, tagging along with the nutrients that your body's just extracted from the food.

The poorer your digestion (i.e. the lower its efficiency) the more chances that food waste remains in your body instead of being shown the door. As the clock ticks, this food waste becomes toxic – so now you have 'toxins' inside of you!



# Are you hoarding toxic waste?

## How's your waste?

Because these toxins have made it into your bloodstream, they're on their way to parts of your body that don't have enough energy to move them on, so they set up home there. These parts are where you have natural weaknesses (identified by your Body Type).

It's like you've just emptied your trash in your living room instead of taking the bins out and the cleaner's come in and put the trash in any cupboard that's got space! You can imagine it won't take long for all sorts of bugs and flies to appear and make your life a misery.

That's what's going on inside of all of us and that's the mechanic by which we are pushed out of balance. When the build-up of toxins breaches a threshold, 'disease' results as either a minor ailment or something more serious. Wellbeing starts with an efficient digestion.

Read more about digestion:

['Rethink your Wellbeing' Guide.](#)



Efficient digestion

**NUTRIENTS**

+

**EXTERNAL  
WASTE**



Inefficient digestion

**NUTRIENTS**

+

**EXTERNAL  
WASTE**

+

**INTERNAL  
WASTE (TOXINS)**





**Are you hoarding toxic waste?**

# Know your toxic goo!

**S**o, 'toxin' is the general label we give to hazardous internal metabolic waste that becomes toxic in our gut as a result of sitting there for a while, fermenting into a pile of goo.

According to the ancient Ayurveda medicine system, it's a gloopy, smelly, cold substance. It's a breeding ground for the bad guys. The longer this goo ferments in your gut, the more it irritates the gut lining, creating holes in the intestinal walls from which it leaks out – the infamous 'leaky gut'.

So now you have a load of bad guys on the run inside of you. The more toxic waste that gets onto your body's motorways, the more congested the road network, the slower things get and the more inefficient everything becomes.



As the bad guys cause havoc, they compromise the body's ability to create energy that's meant for maintaining wellness. In this situation, there's less energy for anything that's not 'business critical'. In this context, you can understand how anything from hair loss to allergic reactions or food intolerances can increase and a general feeling of lethargy overtakes your natural vitality. The body just gets debilitated.

Ironically, the very thing that caused this toxic build up – inefficient digestion – results in less energy for the body to fight the bad guys (as less nutrients are getting absorbed). It's a vicious downward spiral that starts slowly and builds up momentum!

## Toxins are internal metabolic waste



## Are you hoarding toxic waste?

# No Toxins, No Problem

Now you can see the role toxins play in the creation of disease, it would be good to stop them building up, right?

We know by having perfect assimilation of what we consume, we can ensure toxins don't arise. And that's not just about what we eat but how we eat – more on that in the 'Rethink your Well-being' Guide.

What may surprise you is that toxins also result from toxic goo created by what we consume emotionally – yes, that's right – the information we process ('digest') in our head! Toxins can arise from psychological imbalances caused by our emotions during times of trauma or stress.

Physical stress or injury can also create toxic goo – and, believe it or not, so can too much fasting! If you're pushing your body beyond its natural limits, its natural energy patterns are disrupted and imbalances occur, leading to toxins.

The environment too can have a negative impact on us physically. Pollution is an obvious source of toxicity. That's not just pollutants in the air but also in our food supply.

## 5 Toxic Triggers

### 5. Pollution

Through the environment, food and/or cleaning/grooming products)  
- across the body

### 4. Emotional stress

Mental fatigue, unresolved emotions, negative thinking  
- in the mind

### 3. Physical stress

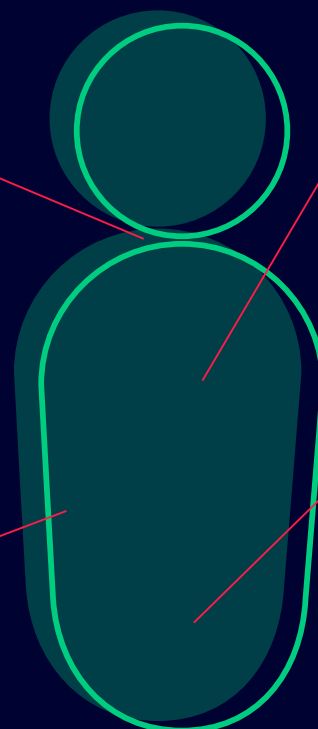
Red, blue and/or green energies disrupting tissues and creating goo at specific sites in the body  
- across the body

### 1. Digestion stress

Undigested/assimilated food  
- in the gut

### 2. Accumulated waste

Poor elimination of stools, urine and sweat)  
- in the bowels



Are you hoarding toxic waste?

Toxic Habits

We’re all human and bad habits are just part of life but it might be useful to know which everyday habits might be specifically contributing to your toxin cake bake.

Everyday habits that form toxic goo	
Eating too much	Stale foods (e.g. long-life foods or foods that have been sitting in the fridge for too long)
Eating at different times each day	Excessively cold foods (i.e. frozen foods – especially ice cream)
Eating different amounts of food each day	Excessively dry foods (e.g. cracker breads, rice cakes)
Eating foods out of season (e.g. ice cream in winter, spicy foods in summer)	Excessive use of laxatives and enemas (where high pressure is used)
Foods that are hard to digest when combined	Suppression of natural urges (i.e. not burping, farting, blinking, crying...)
Heavy/Oily foods (e.g. fried or dairy products)	Emotions (fear, anxiety, sorrow, unresolved anger)

Ok, that’s a long list of bad habits that we’re likely to be exhibiting on a pretty regular basis. There’s nothing wrong with that – the problem arises when we’ve got more of these than good habits and they’re part of our everyday routine. You can find good eating habits in the guidelines outlined later in ‘Eating Well for Wellness’.

Our bodies are machines designed to self-balance and optimise themselves. For example, if you eat at the same time each day, and the same amount, your gut knows when to get the digestive enzymes ready and how much. Any deviation causes efficiency to drop. That can make life harder, particularly for Blue body types who tend not to be fans of routines!

## Are you hoarding toxic waste?

Every bad habit lowers digestive efficiency by a notch

Every good habit turns up the digestive efficiency by a notch

## Tell-tale of toxicity

**A**s toxicity builds up in your body, it will start showing signs of its presence. There are many ways that toxins will show up – your Body Type plays a key part as to how and where the effect of toxins result.

These are shown as balance indicators in your Body Type Report and Superfied Hub, and you can see a general summary in the Body Type Table in the 'Know your Body Type' Guide.

Here's a quick way to spot that you may be hoarding trouble-makers to a degree that needs attention and further investigation:

## The big indicators for your body type



### 1. Constipation

● Blue Body Types



### 2. Burning Sensation

▶ Red Body Types



### 3. Mucous

■ Green Body Types

(These are not exclusive to a particular Body Type, just more likely)



# Are you hoarding toxic waste?

## General Indicators



**Coated tongue**  
(in the mornings)



**Foul smell**  
(of body odour and in passing  
wind, stools and/or urine)



**Weakness**  
(general lack of  
energy and strength)



**Congestion**  
(clogged channels  
across the body)



**Confusion**  
(and general mental  
sluggishness)

If the symptoms are one-offs, that's not an issue but if you're seeing them more regularly, you know you need to act.

These symptoms could also be early signs of your body being out of balance without any toxic build up – yet! Toxic build up will cause your body to move out of balance and vice versa; being out of balance will lead to a build-up of toxins.

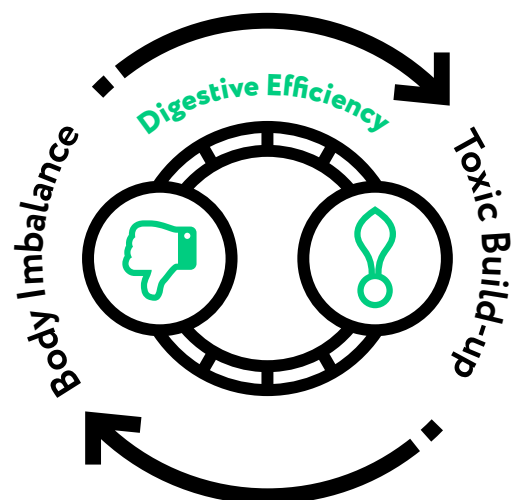
## Toxic Cause & Effect

For a detailed list of imbalance symptoms for your Body Type, see 'Body Types in Action' in 'Know your Body Type' Guide or for your specific Body Type, see Balance Signals in your Superfied Hub.

By taking the Digestive Efficiency assessment, you'll be able to see if you're likely to have toxic issues or not.

Further Reading: [Ayurveda for Dummies](#)

[Take the Digestive Efficiency assessment](#)



Are you hoarding toxic waste?

# Time for a detox?

Most people living a modern life could do with a detox from time to time. Here's a five-step approach to rid yourself of toxic goo and boost your vitality as a result:

## 1. Turn the toxin tap off

Stop the build-up of toxins so that you can focus on the ones you have already. Follow the food guidelines outlined in 'Eating Well for Wellness'.

## 2. Improve your digestive efficiency

As well as following the eating guidelines, you should temporarily eat less in general. By not overloading your gut with food, you're giving it a helping hand. A day or two a week where you eat less and drink more liquid will help. Dr Michael Mosley's 5:2 fast can certainly help but if the primary biological energy in your Body Type is Blue, opt for a 6:1 instead, as this will ensure your body's not overburdened.

## 3. Dissolve the goo

The magic recipe to burn off this toxic goo is...warm water. That's it! Just sip warm water throughout the day. Adding the juice of half a lemon or lime will make it even more effective.

## 4. Clean out your gut

Increasing your consumption of pungent spices will help pull out any goo that's lodged itself into your body's tissues and channels over time. You can opt for the ones that suit your Body Type – but fresh ginger and black pepper are particularly good for this job. Ginger tea is a very simple way of cleaning your gut.

## 5. Shoo the goo

Having more bitter foods will help your liver to flush out all the toxic rubbish that your body has pulled out. While turmeric is a good bet for any Body Type, it's not the only bitter hero in town.

These five steps are circular because the toxic threat is actually never far away. The older we get, the less efficient our digestion becomes and the more vulnerable we can be. So this process is more like a wellness toolkit to keep you on top of things.

There's no real timeframe for a gentle detox – just as long as it takes. A heavy detox (which is more of a 'hard reset') should be a week-long event.

# Are you hoarding toxic waste?

## Detox Have and Have Nots

### Have

**FRESH FOOD  
FRUIT  
VEGETABLES  
GRAINS  
HERBS & SPICES**

### Have Not

**PROCESSED FOOD  
FRIED FOOD  
OILY FOOD  
SPICEY FOOD  
RAW FOOD  
DAIRY FOOD  
MEAT  
HEAVY OR COLD FOODS**

Concentrating on eating foods that reduce Green energy is a good basis for a detox diet, as these food are naturally bitter and/or pungent and easy to digest. If you are a Green Body Type, then your body type food plan and detox food plan are essentially the same because your body needs a continual detox to stay balanced :)

### Remember:

#### **1. Warm water**

Loosen the toxic goo

#### **2. Pungent herbs and spices**

Pull the goo out of wherever it's ended up

#### **3. Bitter herbs and spices**

Push the goo out of your body

Further Reading: 5:2 Fast



Are you hoarding toxic waste?

# Eating Well for Wellness

Optimising your wellness is not just about the food you eat but also your eating habits. Here's some good habits to give you the best chance of success. They are recommendations, not rules – we all have real life to contend with so don't freak out.

## 5 Fundamentals



### 1. Eat the rainbow (all colours)

An easy insurance policy to get all your nutrients



### 2. Eat organic

What goes into your food, goes into you. Less is more



### 3. Eat seasonal produce

Nature's way of serving the right food at the right time



### 4. Eat local produce

Fresh, vibrant and with a lower carbon footprint



### 5. Eat less

Aim for two handfuls per meal and minimise snacking

## 5 Eating Aids



### 1. Eat mindfully

Less distraction, more energy for your digestion



### 2. Eat regularly

Set your body clock for digestion ahead of every meal



### 3. Eat breakfast at 7-9am

Keep it light and early to make digestion easier



### 4. Eat lunch at 12-1pm

Biggest meal of the day when your metabolism is high



### 5. Eat dinner by 7pm

Give your body enough time to digest food before bed



# Are you hoarding toxic waste?

## 5 Food Faux Pas



**1. Hot and cold food combinations**



**2. Fruit with anything else**



**3. Honey in anything hot (warm is ok)**



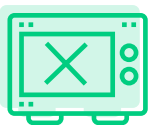
**4. Fruit and dairy**



**5. Milk with fish, meat, pulses**

These food combinations put more strain on your digestive system which can lead to bloating, gas, heartburn or congestion. Avoid eating regularly unless you have a super strong digestion. Milk is easier to digest unhomogenised and warm

## 5 Considerations



**1. Cooking method**

Gas or electric is better than microwave or induction



**2. Fats vs oils for cooking**

When heated, veg oils become toxic faster than ghee



**3. Water with meals**

A glass immediately before or after impairs digestion



**4. Digestion aids**

Spices and fermented foods with meals aid digestion



**5. Frozen and reheated foods**

Fresh foods are easier to digest and more nourishing

Are you hoarding toxic waste?

# Don't forget Fibre!

**F**ibre is probably not top of our taste scale and it's one of those things that can easily be an afterthought in meal planning. However, when it comes to wellness, fiber is the top-dog.

The reason for this lies in our colon (large intestine) because that's where food ferments and prebiotics and probiotics do their work – and it's where fibre plays its part. Since good digestion – and elimination – of what we eat is so important in preventing toxin build-up, keeping the colon healthy keeps everything efficient.

## What exactly is fibre?

Fibre is made up of plant-based carbohydrate and it comes in a number of shapes and sizes. They are all important toxin-tacklers!

### **SOLUBLE**

**DISSOLVES IN WATER TO  
TAKE ON A GEL-LIKE  
FORM**

**Sources include:**  
Berries, beans, nuts

### **INSOLUBLE**

**DOESN'T DISSOLVE,  
MAINTAINS ITS SHAPE  
AND BULKS UP**

**Sources include:**  
Dark leafy vegetables, carrots,  
green beans

### **DIGESTIVE-RESISTANT STARCH**

**A VISCOUS SUBSTANCE  
THAT'S A POWERFUL  
PRE-BIOTIC**

**Sources include:**  
Seeds, unripe tropical  
fruits



# Are you hoarding toxic waste?

## The Power of Fibre

Fibre can move through the gut without getting affected because it's resistant to the digestive enzymes whose job it is to break down food. The various forms of fibre contribute to some pretty neat super-powers – here are a few of them:

### Brushes away the bad guys

- Acts like a broom, sweeping away any lodged waste before it can turn toxic
- Bulks up stools to make sure the waste makes it out the door without issue

### Better looking skin

- If some of the bad guys in the gut (like yeasts and fungi) aren't removed from there, our body would try and push them out through our skin. If there's a lot of these bad microbes, that process would result in a rash or acne.

### Better sleep

- Research suggests a link between prebiotics and improved sleep. The more fibre, the more prebiotics, the better our sleep<sup>2</sup>

### Helps the good guys

- Feeds the good bacteria in the gut by introducing prebiotics (prebiotics are actually non-digestible carbohydrates; mainly fibre).

### Weight loss

- Acts like a gastric band by releasing a signal to the brain to stop eating – that's why we feel full when eat foods rich in fibre<sup>1</sup>



A study published in The American Journal of Epidemiology showed that for every 10g of fibre added to a diet there was 10% reduction in risk of death from all causes<sup>3</sup>

**Now that's a good reason for eating more whole foods isn't it?**



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# Wellness Priorities

Good eating habits are the foundation for an efficient digestion. You can see how good yours are by taking the Eating Habits assessment.

Let's face it, sticking to good habits is hard but at least you'll know where you stand ;)

Eating based on your 'Body Type' is more productive than eating a general diet because it takes into account your body's natural weaknesses to keep you well.

Eating to address ongoing energy imbalances through appropriate foods will help you improve your 'Body Balance', which is the big goal for wellbeing.

**The Digestive Efficiency assessment will help you see where you're starting from in your goal for optimised wellness.**

**If your digestive efficiency is shown to be low, you've accumulated toxins and so you should prioritise their removal through a detox (food and regime) before focusing on a food plan based on either your 'Body Balance' or 'Body Type'.**



## Are you hoarding toxic waste?

# 4 Steps to Wellness



### 1. Good Eating Habits

Improving your eating habits and having lots of fibre in your diet improves your chances of limiting toxic build up.



### 2. Detox for a Clean Gut

If your digestive efficiency is poor, you're likely to have toxic build up already so this is the first thing to put right – through a detox.



### 3. Eat for a better Body Balance

Once you have corrected your digestive efficiency, then you can bring your body into better balance through the foods you eat.



### 4. Eat to Maintain Balance

When your body is back in balance, you can keep it that way by eating for your Body Type and sticking to good eating habits.

The Superfied way helps you do this automatically by adjusting your food plan based on test results, as you journey to sustained and optimised wellness.

Get assessed: [Digestive Efficiency](#)

Get assessed: [Eating Habits](#)

# Are you hoarding toxic waste?

## Keep tabs on your toxins

Digestion is something that happens every day and now you can see what's at stake if that's in anything but great shape. The reality is that life happens and good intentions...well, you know! And even if you're on top of your game, toxins in pollution are probably only a breath away so we are always walking a tightrope.

Living like a saint may be beyond most of us but small changes to what we eat, how we eat and when we eat can be a big help to keeping us balanced and trouble-free. Think of a regular check on your digestive efficiency as your early warning system of toxic accumulation!

## Why Superfied?

**Superfied** is a self-service wellness platform that helps you better understand your body, how to improve your everyday health and take a more holistic approach to your general wellbeing based on ancient know-how. It's backed by over 5000 years of practice (the longest clinical trials ever?) and verified by specialists, so you don't have to decipher the latest, greatest diet or health breakthrough and play poker with your wellbeing.

**Superfied** is practical, easy and all about making you your own doctor, using food as your primary medicine for everyday wellbeing. Everything you need is in one place; diagnostics, a food medicine database, free advice and access to experts if you need them. It's a new first line of defence before you need to call the GP or pop a pill.

Our 'self-health' subscription services are an affordable way to keep yourself in good shape so there's no reason not to take control.

**#BeSuperfied**

**Are you hoarding toxic waste?**

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