



British Association for Applied Nutrition & Nutritional Therapy

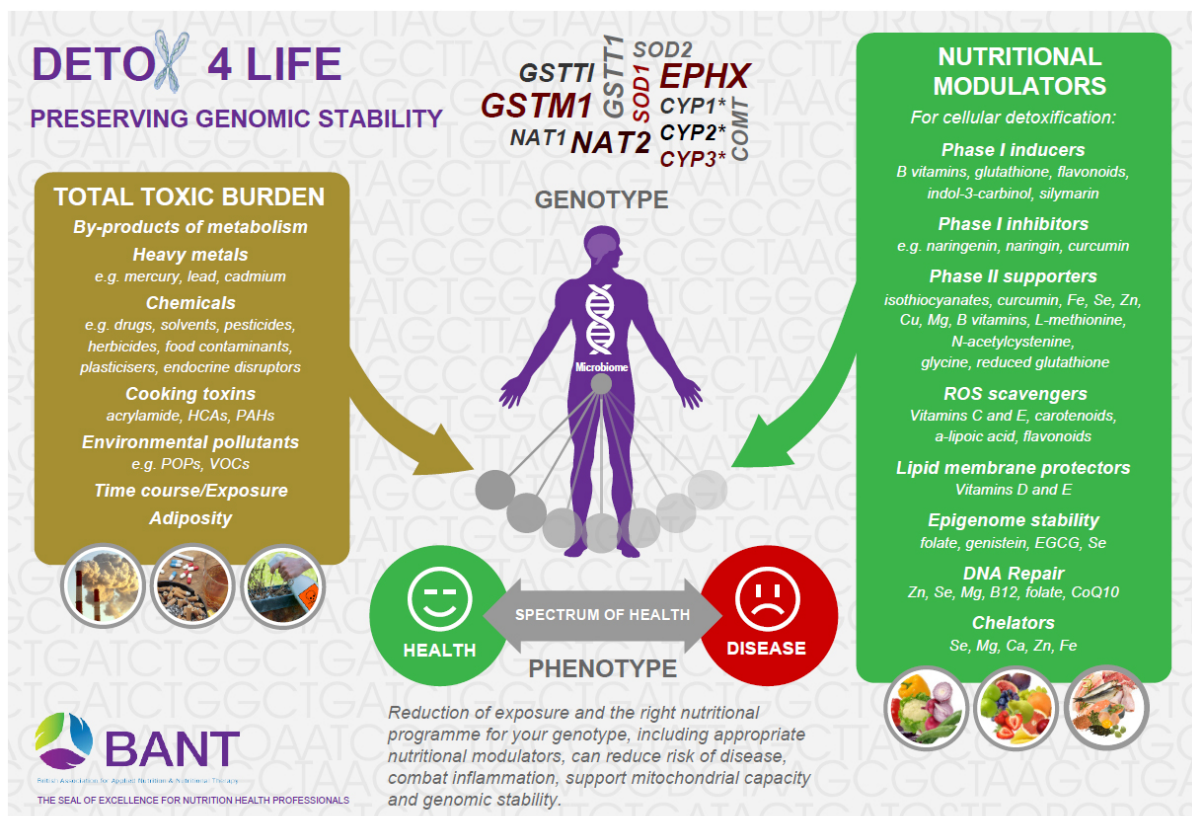
BANT Release

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DETOX FOR LIFE, NOT JUST POST CHRISTMAS BANT Releases Detox for Life Poster

Detoxification, the January BUZZ word! In January people are turning their minds to improving their health after the many indulgences of the festive season.

Detoxification is a biochemical process that takes place within every cell in our body on a continual basis, not just during the quick-fix detox diets that detoxification is commonly associated with. The British Association for Applied Nutrition and Nutritional Therapy (BANT) experts have crafted a 'Detox 4 Life' infographic, based on the latest science and research in the field of nutrition that summarises the detoxification approach BANT registered practitioners consider when guiding their clients toward optimal health.



Today's world with its increasing total toxic burden, including alcohol, drugs, medications, pesticides, food contaminants, and environmental pollution amongst others, puts additional burdens on our body's ability to detoxify, not just after Christmas, but 365 days a year. Reduction of toxic exposure and the right nutritional programme for your genotype can reduce the risk of disease, combat inflammation, which is linked to a number of health conditions, and support mitochondrial capacity, which provides energy to the body and promotes genomic stability. A person with genetic susceptibility to a condition, but with correct nutritional and lifestyle support, may never switch the gene on disease mode. BANT practitioners are trained in supporting their client's day-to-day detoxification needs, but can also guide them when additional detoxification support is required. For day-to-day detoxification support BANT practitioners recommend:

- Avoiding alcohol and other toxic substances such as cigarettes, burned food, and exposure to chemicals, pesticides, and other contaminants
- Increasing the intake of green leafy vegetables and other rainbow coloured fruit and vegetables
- Drinking plenty of water in-between meals to aid the removal of toxins
- Getting adequate sleep to allow for body repair during the rest
- Adding exercise to our daily routine to further improve the efficiency of our natural detoxification mechanisms

Nutritional therapy is the application of nutrition science in the promotion of health, peak performance and individual care. It is a progressive approach to health optimisation. BANT Registered Nutritional Therapists take into account individuality that enables personalisation of dietary advice based on the most up-to-date research available. They do not suggest 'one-size-fits-all' advice following the health trend of the moment.

Looking for a BANT Registered Nutritional Therapist, who is trained to guide you to optimal health in the New Year is easy; just click on the link for a full listing of our Registered Nutritional Therapists area by area:

<http://bant.org.uk/bant/jsp/practitionerSearch.faces>.

FOR FURTHER INFORMATION PLEASE CONTACT:

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NOTES TO EDITORS:

The British Association for Applied Nutrition and Nutritional Therapy (BANT) is the professional body for Registered Nutritional Therapists. Its primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice, in order to protect the client's interests; nutritional therapy and the registered nutritional therapist. Registered Nutritional Therapists are recognised by the Professional Standards Authority (PSA) in their ability to make a difference by working together with healthcare providers as part of multidisciplinary teams under NHS commissioning.