

HOW TO CLEANSE AND DETOX

help your body cleanse efficiently
by supporting all the elimination
action channels

READ MORE =>



How to do an effective cleanse/detox?

Focus on things you CAN control to reduce exposure to those toxins and chemicals that accumulate; removing the source as much as possible without freaking out and getting stressed. Stress will stop detoxification.

Incorporate as many of the following recommendations as possible:

Reduce exposure to chemicals and toxins:

Replace toxic household chemicals with “green” cleaners- Baking soda, vinegar, essential oils o Get fresh air into your house every day

Drink purified water out of glass - try to get 1/2 body weight in ounces

Don’t use plastic with food, chemicals leach with fat and acids.

Choose food that is organic, non GMO, chemical-free as much as possible (dirty dozen/clean fifteen=EWG.org)

Remove inflammatory foods (sugar, gluten, dairy)

Eat easily digested foods (lots of fruits & vegetables), increase fiber so energy is spent on cleaning out instead of heavy digesting.

Make deep breathing a daily practice- 10 deep breaths 5 time or more a day.

Do some mild exercise every day to move lymph- walking, swimming, dancing, yoga, chair exercise...

Rest, nap and make your bedroom a sanctuary for sleep, dark with no distractions. keep phone and computers in a different room- reduces EMF and blue light exposure

**Stimulate your skin, the body's largest organ-
loofa or skin brushing opens pores and
increases blood & lymph flow**

**Take time for yourself and destress - read,
laugh, walk in nature, baths, sauna, yoga,
massage, music...**

**Find joy in life, love, forgive, gratitude - this
changes chemicals in the body and allows
toxin to release.**

**Support optimal body function with
supplemental phytonutrients - concentrated
fruit & veggie powders. (JuicePlus)**

What to Include in your cleanse?

All vegetables (except white potatoes, iceberg lettuce and corn), locally grown, in season and organic

Highly cleansing foods like artichokes, asparagus, beets, radishes, asparagus, and fresh herbs

Focus on local and organic berries and seasonal fruits

Legumes and beans, including lentils, but not peanuts

Healthy fats in small amounts each day: avocado, unsweetened coconut, nuts & seeds, olive oil, coconut oil

Whole gluten-free grains like quinoa, millet, buckwheat and brown rice

Spices and herbs

Lots of water and herbal teas

Chia Seed Ginger Lemonade

1 quart pure water or tea of choice

1/4 cup fresh lemon juice

**1-2 inch ginger depending on your taste 3 T
chia seeds**

2 T honey or maple syrup

Place lemon juice and slices of ginr in a quart jar. Warm the water just to a boil. Pour into the jar add honey and let cool. Add the chia seeds and whisk or shake a few times to prevent the seeds from clumping.

Store covered in refrigerator.

Root Salad

Shred about 4-5 cups of veggies: carrots, turnips, radish, beets, kohlrabi, jicama

Thinly slice 1/4 head of cabbage or bunch of kale, dandelion or arugula greens.

Add a shredded apple if desired.

Mix together:

3 T lemon or lime juice or cider vinegar

6 T water

1/2 tsp maple syrup or honey, if desired

Season the salad with salt and pepper and 1tsp. dried dill. Mix well with vegetables. Eat as is or use as a filling in collard wraps, lettuce boats.

Mix with cooked rice or quinoa.

Every nutrient and every chemical that enters your body through your gastrointestinal tract, your respiratory tract, or through your skin, must pass through the portal vein into the LIVER before it enters the blood for general circulation.

Because of the scope of the liver, it is often the focus of a detox or cleanse program.

Foods specific for supporting the liver:

Bitter greens – dandelion, mustard greens, arugula, cilantro, parsley, use in salads or smoothies

Lemon zest – contains limonine which supports the liver detox enzymes, add to water and salads

Beets – contain betaine help to clear liver toxins and protect bile ducts, eat raw or steamed

Cruciferous family – important for the phase 2 liver detox – broccoli, cauliflower, Brussels, cabbage, bok choy

Sprouts and micro greens – concentrated amino acids and minerals, broccoli, radish, kale, alfalfa

Turmeric – promotes bile and protects liver, add to tea or vegetables

Gluten free whole grains and seeds – provide B vitamins necessary for liver