

5 DELICIOUS CLEANSING FOODS

for more energy, balance and
better mental clarity



To achieve health, radiance, energy, balance, and sustained mental clarity, it is imperative to understand the role your LIVER plays in overall health.

Your liver is the major detoxifying organ in your body. It sorts through all the junk, waste, and toxic chemicals that get into your system and filters them out. At the same time, it also stores essential nutrients such as vits A, D, E, K, and B12, and plays an active role in the process of digestion through the production of *bile*.

In a nutshell, your liver ROCKS!

Unfortunately, **many factors can slow down the liver's ability to function** at its best. Eating a **diet high in sugars, unhealthy fats**, processed foods and excess alcohol makes the liver **work harder**. **Environmental toxins** like **pesticides, heavy metals, and plastics** can put an extra strain on your liver and slow down the detoxification process.

As a result, you can experience symptoms of a sluggish liver such as:

- Bloating, fluid retention
- Constipation/diarrhea
- Difficulty concentrating
- Excess weight/difficulty losing
- Fatigue
- Food cravings
- Aches/pains
- Sinus issues
- Sleep problems
- Skin rashes
- Puffy eyes
- Moodiness

The good news is that we can mitigate these causes by choosing to take an **active role** in taking care of this important detox organ!

See below for our list of 5 cleansing foods to get you started in supporting your liver.

Enjoy!





5 Delicious Foods to Cleanse and Detoxify

Reducing processed foods and sugars is a given when talking about cleansing, but it's MUCH more FUN to talk about what to **BRING INTO** your life, not just what to limit! If you've hung with us for a while, you know that we love **lemon, ginger, garlic, leafy greens and all the cruciferous veggies** which are amazing cleansers and digestion boosters.

But there are many other nutrient dense winners that also help in the cleansing/healing process. Here are some of our new favorites.

1. BEETS: High in betaine, calcium (in the greens), and detoxifier

Beets contain a group of phytonutrients called betalains that support detoxification in the liver. Beets and their greens contain vitamins and minerals such as calcium and vitamin K that help to prevent bone loss, as well as iron, B vitamins, and antioxidants. Beets ALSO contain the highest plant source of betaine, a natural liver detoxifier and bile thinner, and thereby increase the liver's ability to process fats.

- **Easy Tip/recipe:** Use in smoothies, salads, and roasted veggie dishes



BEET, CABBAGE AND APPLE SALAD

1 medium beet, peeled and shredded
2-3 cups red cabbage, shredded
1 large green apple, diced small
¼ cup figs, minced
¼ cup walnuts, chopped

Dressing

4 Tbs olive oil
4 Tbs apple cider vinegar
1 tsp sesame oil
1/4 tsp salt, or more to taste

Combine salad ingredients in a large bowl. Whisk or process dressing ingredients and mix throughout.





2. CILANTRO: Super anti-oxidant, mineral-rich, metal detoxifier

Also belonging to this family is coriander, the seeds to the leafy cilantro plant. Cilantro is commonly used in many heavy metal detoxification programs, as this nutrient packed herb has found to aid in the removal of heavy metals from the body, such as lead and mercury. Other benefits include its blood sugar stabilizing potential and heart disease protection. It's also part of the family of "bitter" greens, which are also liver stimulants.

Easy tip/recipe: Blend into homemade guacamole, add to salads/smoothies

CILANTRO-LIME VINAIGRETTE

- | | |
|--------------------------------------|-------------------------------------|
| 4 tablespoons fresh lime juice | 1/2 teaspoon sea salt |
| 4 tablespoons extra-virgin olive oil | 1/8 teaspoon ground coriander |
| 2 garlic clove, minced | 4 tablespoons minced fresh cilantro |
| 1/2 teaspoon raw honey | |

Combine ingredients in a mason jar and shake vigorously. OR blend for 15 seconds.

3. AVOCADOS: Glutathione, vitamin E, C & K

Avocados supply the liver with the antioxidant glutathione, needed by the liver to filter out harmful substances and protect liver cells from damage.

Easy tip/recipe: mash with lemon and garlic for a quick guacamole dip.

CREAMY COLD SPINACH SOUP

- | | |
|----------------------|--------------------|
| 1 cup water | 1 tsp fresh ginger |
| 1 ½ cups spinach | ½ tsp sea salt |
| 1 avocado | 1 tsp lemon juice |
| 1 stalk celery | |
| 1 small clove garlic | |

Blend ingredients until rich and creamy.

Avocados are also rich sources of Vitamin C and E, antioxidants that neutralize free radicals; this protects liver cells from damage. Vitamin K, C and oleic acid are powerful anti-inflammatories which are also liver protective.

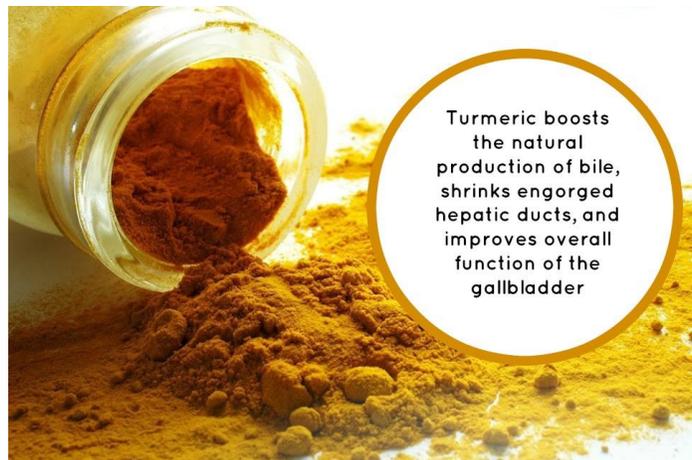




4. TURMERIC: Anti-oxidant, anti-inflammatory, purifier

Turmeric, one of the most powerful foods for maintaining a healthy liver, has been shown to actively protect the liver against toxic damage, and even regenerate damaged liver cells.

Easy recipe/tip: use in warm drinks, smoothies, sautés.



HOT TURMERIC MILK

1 cup almond or coconut milk
1 tsp coconut oil
1/2 tsp ground turmeric
1/2 tsp ground cinnamon
1/2 tsp maca powder (opt)

3 light dashes finely ground pepper (do not leave out of recipe)
2 tsp raw honey
pinch (1/16 tsp) ground ginger
1 cinnamon stick (optional)

Combine all ingredients, **except raw honey and cinnamon stick**, into small saucepan using wire whisk to blend well. Add cinnamon stick. Heat over low heat, whisking occasionally, until mixture comes to light boil.

Remove saucepan from heat. Whisk every so often while allowing to cool to warm and no longer hot. Remove cinnamon stick. Whisk in raw honey.

Pour into mug and enjoy! (If desired, use cinnamon stick as garnish and stir stick as spices have tendency to settle at bottom of the cup).





5. LEMONS: Stimulates stomach acid, rich in vitamin c, alkalizes body

Though people think of lemons as acidic, inside your body they are an incredibly alkaline food that can help balance your body's pH. This means better health and higher energy levels. Lemon juice has also been shown to improve your digestion (by stimulating stomach acid secretion), acts as a mild diuretic, and is loaded with healthy nutrients (*vit C, magnesium, bioflavonoids, pectin*) that helps boost immune function.

Fresh lemon water, especially first thing in the morning, can help relieve or prevent digestive problems like bloating, intestinal gas and heartburn and stimulate better digestion in general.

- **Easy tip/recipe:** Every morning, squeeze half a lemon into 8oz of warm water. Drink this up to one hour before eating breakfast.

LEMON GINGER SMOOTHIE

This smoothie also contains GINGER, another wonderful cleansing food!

1 cup water
1 cup greens
1 apple
¼ cup parsley
½ cucumber
1 celery
Juice from one whole lemon
1-2 teaspoons chopped fresh ginger
Or 1 teaspoon powdered ginger

Blend until smooth. Drink immediately.





BONUS! 3 Easy Ways to Avoid Environmental Toxins

1. STOP USING PLASTIC WATER BOTTLES - use reusable bottles such as those made with glass, stainless steel or another ecofriendly option such as Sigg bottles.

2. USE GLASS STORAGE FOR FOOD in lieu of plastic storage containers.

3. CHECK OUT THE DIRTY DOZEN. This is a report that lists the 12 foods (plus) you should only eat organic due to their high pesticide residue.

<http://www.ewg.org/foodnews/summary.php>

READY FOR MORE?

Join us for our 7-day cleanse:

Lovin' Your Liver: *Release and Refresh Spring Cleanse*



Begins: April 11th!

Reboot your liver, upgrade your lymph system, boost metabolism, upgrade your digestion, and feel your absolute best.

Get all the **JUICY DETAILS** [here](#).

