

A vibrant still life featuring fresh ingredients for a spring detox. In the top left, a glass jar is filled with water, lemon slices, and fresh mint leaves. Below it, a whole cucumber and several thin slices are arranged. A single orange is sliced in half, showing its juicy segments. Another glass jar in the bottom left corner also contains lemon and mint. A green and white striped straw lies diagonally across the scene. The entire composition is set against a light blue, weathered wooden plank background.

SPRING DETOX

**REJUVENATE YOUR
BODY
IN 30 DAYS**

**BY: LORI GRISHAM
BC-CAHP**

SPRING IS A TIME TO REJUVENATE

One of my absolute favorite parts about springtime is that feeling of renewal that comes with the shift in seasons.

There's an energy in the air that makes you want to lighten your load and simplify your life. It's the time for spring cleaning and shedding of all that no longer serves you.

Generally, this is the point in the year when clients come to me looking for a plan to help rejuvenate their health.

For me, spring is a time of deep cleansing. It's a time to really step back and create space for new growth in all areas of your life.

I invite you to join me in not only developing new lifestyle habits focused on reducing the toxic burden in your life, but in rejuvenating yourself through this gentle detox designed to enhance your body's natural ability to detox on its own.

~Lori Grisham, BC-CAHP



THE TRUTH ABOUT TOXINS

Excess toxins in the body can lead to weight gain, skin conditions, joint pain, headaches, chronic fatigue, allergies, gastrointestinal distress, irritability, anxiety and depression.

WHERE DO WE GET TOXINS?

- Exposure to heavy metals like mercury and lead, petrochemicals, residues, pesticides, and fertilizers in food, water and body products.
- Food allergies, environmental allergies, molds, and toxins from molds.
- Eating a standard American diet.
- Mental, emotional, and spiritual toxins — isolation, loneliness, anger, jealousy, and hostility, all of which translate into toxins in our system.
- Medications can sometimes be toxins. Often we need medications, but the reality is that most of us are over medicated and use medications to treat problems for which there are better solutions, such as lifestyle and diet.
- Internal toxins—things like bacteria, fungus, and yeast inside our gut as well as hormonal and metabolic toxins

TOXINS PUT STRESS ON THE BODY

THE DANGER OF TOXIC OVERLOAD

When the body is overwhelmed with toxins, this creates extra stress in the body. Stress (whether it is mental or physical, as in the case of toxic overload) can drive adrenal fatigue, hormonal imbalance, and neurotransmitter dominance or deficiency.

This stress response can have unfavorable influence on the digestive system, causing bowel issues, along with making the immune system more reactive to food antigens, resulting in an inflammatory reaction to otherwise safe foods and chemicals.

Excess toxins and waste in the body can lead to depression, lack of energy, skin conditions, weight gain, joint pain, headaches, muscle-aches, chronic fatigue, allergies, gastrointestinal distress, and irritability. In addition to symptoms of toxin overload, there are chronic conditions that are correlated with high levels of toxins in the body including: Parkinson's, Alzheimer's, MS, Rheumatoid Arthritis, Lupus, autoimmune conditions, ADHD, Autism, Cancer, and Diabetes.



SUPPORT YOUR BODY TO DETOX NATURALLY



Your body's ability to process toxins found in your food & environment, is a pervasive factor in your ability to reach a healthy goal or lose weight.

The good news is the body is designed to detoxify or cleanse itself, and in a perfect world this happens without us even thinking about it!

However, there are things that hinder the natural detoxification process, and one of the most important ones is not getting the right **nutrients** in your body to tell this process to work correctly.

When your body can't kick out toxins correctly, this leads to inflammation, organ dysfunction, emotional or behavioral changes/stress, and recurring or chronic illness.

Toxic overload can also be the cause for weight gain (or stubborn weight loss) when your body's defense mechanism to dealing with toxic overload includes storing the toxins inside your fat cells, and expanding the number of fat cells in order to store more toxins.

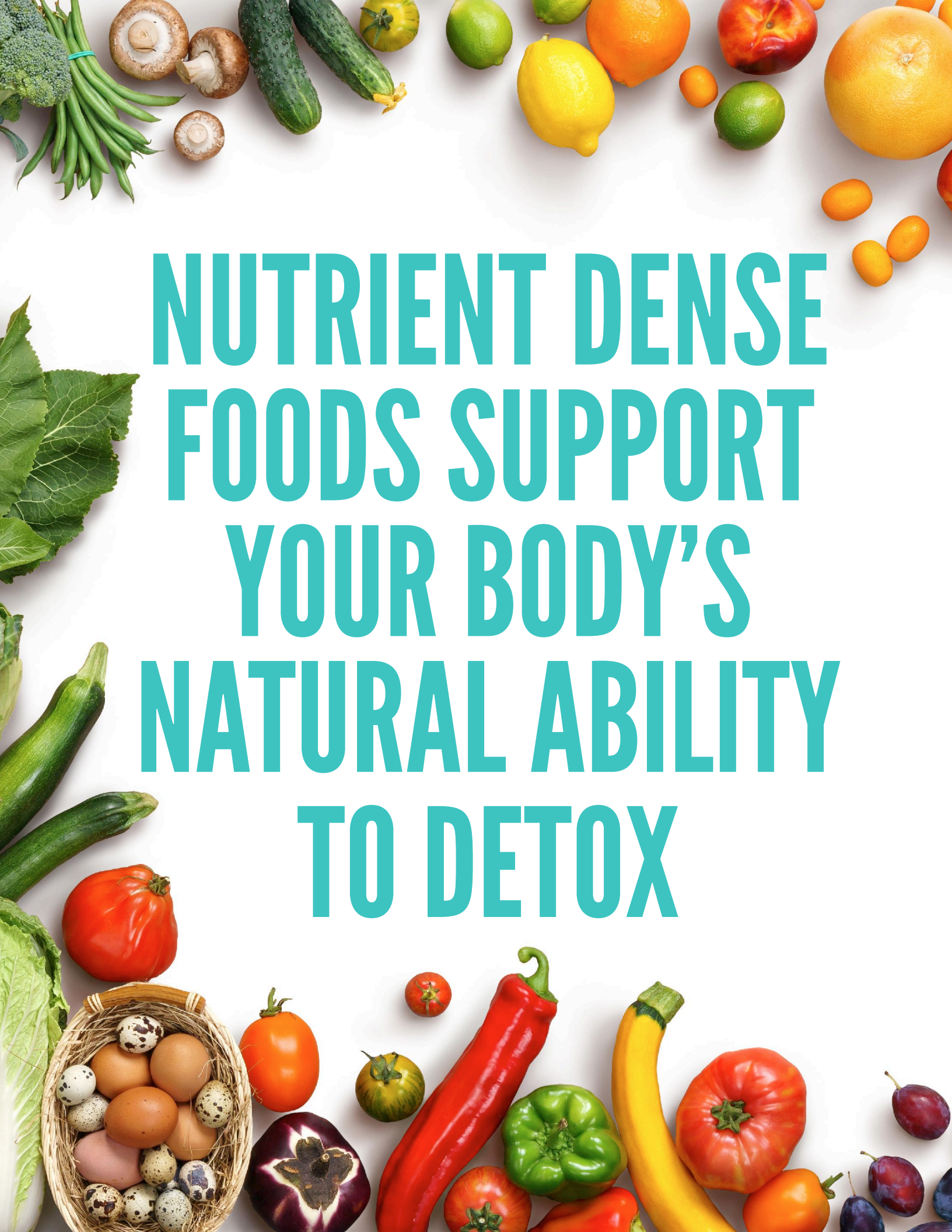
This is likely done to get the toxic junk out of circulation and away from your organs. It causes easy weight gain and complicates weight loss because your body does not easily give up the toxic fat it has stored as a way to PROTECT you - because when you start to lose weight these toxins will be released back into your body.

This is part of the reason WHY it's so important to take in enough water to help rid the toxins, and eat the right kinds of foods! Ultimately, it's a vicious cycle that is difficult to break out of.

CHANGE HOW YOU LIVE

Some basic ways to reduce toxins in your life are:

1. **Avoid processed foods & junk foods.** Choose organic foods as often as possible. Organic is important in order to avoid hormone additives, poor soil conditions which steal nutrients, and pesticides like glyphosate - which wreak havoc on your internal organs and hormones, and make it possible for heavy metals to cross the cell membrane and enter your organs.
2. **Reduce the amount of beauty products you use.** Makeup and perfume contain harmful chemicals called “obesogens” which cause weight and hormone issues. Use diluted essential oils instead of perfume. They not only smell good but are good for you too. Check out your make-up using the free Think Dirty App.
3. **Avoid drugs, alcohol, foods, beauty products, cleaning products** that contain chemicals or substances you can't pronounce.
4. **Sweat, sweat, sweat!** Sweating is the body's way of cooling off and removing toxins. Getting movement, sauna time or taking a hot bath are great ways to induce sweating.
5. **Get going!** You should have at least 2 bowel movements per day to help get toxins out! Water, fiber and movement are the best ways to stay regular!
6. **Reduce toxins around the home.** Reduce chemicals in foods, beauty products and cleaning products. Always wear gloves when you are cleaning.
7. **Dry Brush your skin! A super easy and wonderful way to improve your skin and help rid your body of toxins.**
 - Get a body brush
 - Brush your skin, starting at your feet and brushing upwards and towards your heart.
 - Strokes should be gentle and never harsh or breaking the skin.
 - Dedicate 3-5 minutes each morning for brushing.
 - Your skin should be dry (of water) but you can use coconut oil.
8. **Drink 1/2 your body weight in ounces of purified water daily.** Ex: 150 lbs = 75 ounces daily.

A variety of fresh fruits and vegetables are arranged around the central text. At the top, there are mushrooms, cucumbers, lemons, oranges, and a peach. On the left, there are green beans, broccoli, and leafy greens. On the right, there are small orange fruits. At the bottom, there are zucchini, tomatoes, a basket of eggs, a red pepper, a green pepper, a yellow squash, and purple grapes.

NUTRIENT DENSE FOODS SUPPORT YOUR BODY'S NATURAL ABILITY TO DETOX

BOOST YOUR LIVER

The liver, in my opinion, may be our most important organ! Best known for detoxing the body, it actually performs about 200 functions vital for good health. Purification of the blood, protein synthesis, excreting bilirubin, hormones, cholesterol, drugs, and production of bile (which helps us digest fat), are just some of the important functions that the liver performs.

A good detox plan contains plenty of water and nutrients that help the natural detoxification pathways of your liver work more efficiently.

Food is the very best way to get the nutrients that you need!

Not only can you reduce inflammation, improve liver function and lower cholesterol, you can also lose weight!

Plus the body is better able to handle hormone fluctuations, reducing the incidence of hot flashes and night sweats.

We live in an incredibly toxic world and we're asking our body to take that burden.

Chances are your liver could use a boost! And that is exactly what we'll focus on during this detox.

Ready to get started?





THE 30 DAY PLAN

REJUVENATE YOUR BODY
IN 30 DAYS

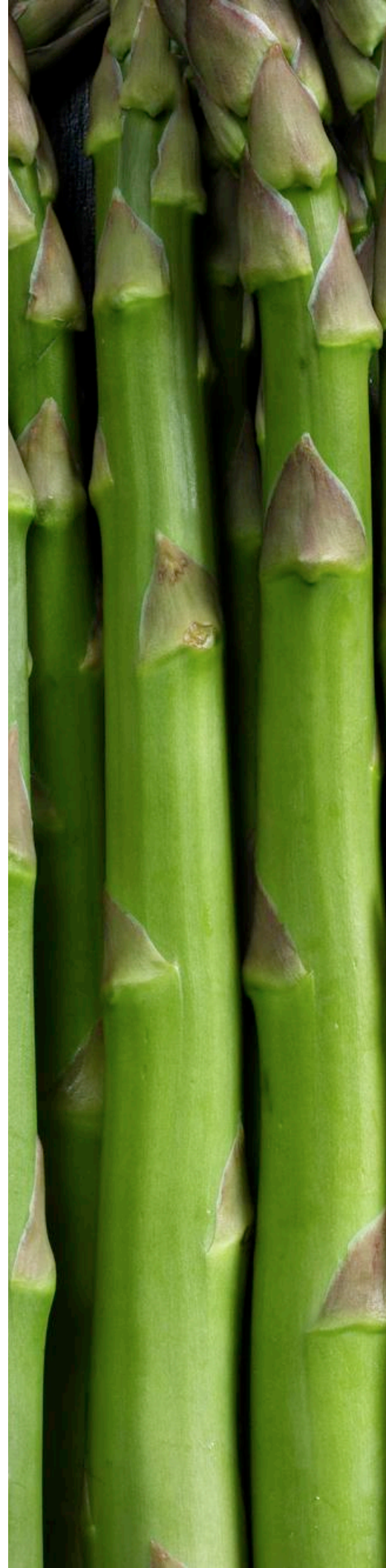
The Liver Healing Foods List

Start by adding as many of the foods on this list to your nutrition plan as you can. During the detox, there is no limit to how much of each you can eat!

- **Apples** - Contain high levels of pectin, a chemical that helps the body cleanse and release toxins from the digestive tract. With fewer toxins in the digestive tract, the liver can better manage its toxin load, being able to better cleanse the rest of the body.
- **Asparagus** - Are basically a superfood that help both the kidneys and liver! serves as an excellent source of nutrients such as folate, zinc, selenium, prebiotics, and vitamins A +K. However, it's the ability of this superfood to support the cleanse of multiple organs that turns asparagus into my diet dust buster.
- **Avocados** - Avocados are basically a superfood. In addition to cleansing your arteries, they help the body naturally produce glutathione, the compound that helps the liver rid itself of toxins.



- **Beets** - Assist with increasing oxygen by cleansing the blood, and can break down toxic wastes to help them be excreted quicker. They stimulate bile flow and boost enzymatic activity. Beets also contain fiber and Vitamin C, which both are natural cleansers for the digestive system.
- **Broccoli, Cauliflower, Cabbage, Brussel sprouts** - Cruciferous vegetables like broccoli and cauliflower contain glucosinolate, which helps the liver to produce detoxifying enzymes. They also contain sulfur compounds that aid with liver health.
- **Celery** - This crunchy veggies delivers natural sodium, which helps protect the liver and fight viruses, bacteria, plus helps the body excrete energy zapping toxins.
- **Cucumber** - Eases bloat, hydrates and helps with circulation. Eating 1 cup a day can help shed up to 4 lbs of excess fluids.
- **Carrots** - Carrots are very high in plant-flavonoids and beta-carotene, which stimulates and supports liver function overall. They also contain Vitamin A, which prevents liver disease.



- **Dandelion** - Greens, tea, or root - dandelion root tea could help detoxify the liver, help with skin and eye problems, and relieve symptoms of liver disease. A 2017 study suggests that polysaccharides in dandelion may indeed be beneficial to liver function.
- **Green Tea** - If you're thirsty from all the liver-benefiting foods, try some green tea. This beverage contains catechins, plant-based antioxidants known to improve liver function. Be careful to stick to green tea and not green tea extract, which can potentially negatively impact liver health.
- **Parsley** - Contains a high concentration of vitamins, minerals, antioxidants, enzymes, chlorophyll and volatile oils, all of which support healthy liver function. Parsley, along with other fresh herbs, is known for its awesome liver and kidney support.
- **Raw Tomatoes** - Tomato has a detoxification effect in the body. According to some studies, 51 mg of chlorine and 11 mg of sulfur in 100 grams size of tomato have a vital role in detoxification process. We know that natural chlorine works in stimulating the liver and its function for filtering and detoxifying body wastes.



**EAT LOTS OF
LIVER HEALING
FOODS
EVERY DAY!**





THINGS TO KNOW BEFORE YOU START

The Detox Goals

1. Start each day of the 30 day detox with 16 oz. of lemon water (squeeze 2-3 slices of fresh lemon into your water).
2. Meals should include as many and as much of the foods from The Liver Healing Foods List as you can.
3. Be creative and use recipes that include the foods on the list and avoid the foods on the “avoid” list.
4. Reduce overall fat consumption.
5. Stay hydrated! Drink 1/2 your body weight in oz. of water daily. 150 lbs = 75 oz.
6. Get movement, preferably outdoors.
7. Dry brush, especially if you have physical limitations that prevent you from exercising.
8. Sweating helps move toxins out of the body, take a hot bath, sauna or exercise weekly.

DON'T

FOODS TO AVOID

Avoid these foods during the detox (unless otherwise stated on the menu):

1. No wheat, gluten/flour products. Substitute with whole grains or quinoa.
2. No dairy. Substitute with non dairy alternatives like unsweetened coconut, almond, cashew or hemp milk. Goat milk products and goat cheese are OK to have.
3. No eggs yolks (whites only).
4. No hard to digest meats like lamb, pork, and beef. No processed meat products. Substitute with chicken, fish or seafood on the days indicated.
5. No corn, peanuts, beans or soy. (unless otherwise indicated on a menu).
6. No processed oils canola/vegetable oils. No butter. Substitute with coconut oil, mct oil, extra virgin olive oil.

THE DETOX

Days 1 - 9: The Release phase - The main focus during the first 9 days is to reduce & slowly release toxins.

Days 10 - 20: The Restore phase - After 9 days of cleaning out the junk, starting day 10 it's time to restore your body with healthy fats and nutrient dense foods that continue to support detoxification.

Days 20 - 30: The Repair phase - Now that we've flushed the gunk & restored nutrients, it's time to continue repairing the body and building healthy lifestyle habits that last.

Days 1-3: The Release Phase. This 1st phase gently **prepares** your body to release toxins by having you consume plenty of cleansing water, healing apples and non-toxic meals.

During Days 1-3:

- **Start each day of the 30 day detox with 16 oz. of lemon water** (squeeze 2-3 slices of fresh lemon into your water). This helps flush your system.
- Meals will be fruits and vegetables from the list of Liver Healing Foods.
- No gluten/flour products, dairy, eggs, lamb, pork, beef wheat, corn, nuts, soy or canola/vegetable oils,
- Reduce fat consumption by 50% and try to consume no fats until dinner.
- **Snack:** Throughout your day snack on apples, which help hydrate and cleanse the liver, and dates which help warm the liver. Eat up to 4 apples and 4 dates per day during the first 3 days
- **Finish the day** with a cup of hibiscus or lemon balm tea

Days 4-6: The Release Phase. The goal during these 2 days is to reduce dietary fat and free body of trying to digest and process heavy fats.

During Days 4-6:

- Your meals should consist of nutrient dense veggies and fruit from the list
- Seafood and chicken are your best choices for meat
- Avoid hard to digest meat (lamb, pork, beef)
- Avoid vegetable oil/canola oil and nuts during these 2 days.
- **Morning:**
 - Start the morning with 16 oz. of lemon water
 - Have 2 cups of pure celery juice 30 minutes later
 - Add a nourishing liver rescue smoothie 20 minutes later
 - **Liver Rescue Smoothie:** RealReds, water, ½ banana, spinach, fresh blueberries if desired
- **Snack:**
 - Throughout the day munch on 2 healing apples, 1-4 dates and cucumber and celery sticks
- **Lunch and dinner:**
 - Include heaping portions of steamed asparagus and/or brussel sprouts
 - A salad with tomatoes, cucumber, celery, leafy greens, and the juice of a lemon or lime
- **Finish the day** with hibiscus or lemon balm tea

Days 7- 8: The Release Phase. Days 7, 8 & 9 are heavy liquid heavy days that power the liver to flush out the junk. Days 7&8 contain some vegetables and fruit. Day 9 is the only all liquid day. You'll feel the effects on your body and mood!

During Days 7&8:

- **Morning:**
 - Start the morning with 16 oz of lemon water
 - Have 2 cups of pure celery juice 30 minutes later
 - Add a nourishing liver rescue smoothie 20 minutes later.
 - **Liver Rescue Smoothie:** RealReds, water, ½ banana, spinach, fresh blueberries if desired
- **Snack:**
 - Throughout the day munch on 2 healing apples, and cucumber and celery sticks.
- **Lunch:**
 - Spinach soup, over cucumber noodles
 - **Spinach soup:** Blend together 1 ½ cups tomatoes, 1 stalk celery, 1 garlic clove, 1 orange or lemon, 4 cups spinach, 2 basil leaves and ½ avocado. Add ½ cup of vegetable broth. Heat and serve hot or at room temp.
- **Dinner:**
 - Include heaping portions of steamed asparagus and/or brussel sprouts.
 - A salad with tomatoes, cucumber, celery, leafy greens, and the juice of a lemon or lime
 - Steamed squash, sweet potatoes, and beets
- **Finish the day** with hibiscus or lemon balm tea

Day 9: The Release Phase. Day 9 is the only all liquid day. The purpose is to do the final flush of your system. It's the last day of the **Release Phase** and we'll move on to more solid food & healthy fats tomorrow.

Day 9:

- Sip 8 oz of lemon water every 3 hours throughout the day.
- Avoid ALL fats on day 9: oils, nuts, avocados, butter, added oils, eggs, meat etc.
- **Morning:**
 - Start the morning with 16 oz of lemon water.
 - Have 2 cups of pure celery juice 30 minutes later
 - Add a nourishing liver rescue smoothie 20 minutes later
 - **Liver Rescue Smoothie:** RealReds, water, ½ banana, spinach, fresh blueberries if desired
- **Snack:**
 - Enjoy celery juice, cucumber- apple juice as often as desired to flush out remaining toxins
- **Lunch and Dinner:**
 - Spinach, apple, celery, cucumber, carrot (juice only)
- **Finish the day** with hibiscus or lemon balm tea



Days 10-20: The Restore phase. We've been cleaning out the junk the last 9 days, now it's time to restore using nutrient dense foods that support your body's natural ability to detox itself and restore healthy fat stores.

TIP: Increase fats slowly. (It's best to use EEOO, mct or coconut oil).

During Days 10-20:

- **Morning:**

- Start the morning with 16 oz of lemon water.
- Fresh fruit: grapefruit, apples, blueberries
- 2 Egg whites with any vegetables from the list (eat as much veggies as you like)

- **Lunch:**

- Spinach soup - Blend together 1 ½ cups tomatoes, 1 stalk celery, 1 garlic clove, 1 orange or lemon, 4 cups spinach, 2 basil leaves and ½ avocado. Add ½ cup of vegetable broth. Heat and serve hot or at room temp.
- RealReds smoothie, with any items from the Liver healing foods list

- **Dinner:**

- Saute 1 cup chopped onions, 2-4 minced garlic cloves, raw tomatoes, mushrooms, lentils, cumin with 1 cup vegetable broth. Serve in a gluten free, corn free tortilla. Lightly sprinkle with Feta or Goat cheese.
- Fresh fruit from the list

- **Finish the day** with lemon balm or hibiscus tea



Days 20-30: The Repair Phase. We've flushed the gunk, restored essential nutrients, now it's time to continue repairing the body and building healthy lifestyle habits that last.

During Days 20-30:

- **Morning:**
 - Start the morning with 16 oz. of lemon water
 - 2 Egg whites with any vegetables from the list (as much as you like).
 - **Juice Smoothie:**
 - 8 oz. fresh organic orange juice (juiced or bought without added sugar)
 - Juice of 1 fresh lemon
 - 1 Tbsp. EEOO
 - 1/2-1" organic fresh ginger root
 - 1-3 cloves organic garlic
 - 8 oz. of pure water
- **Lunch:**
 - Steamed veggies (choose from list) with lemon juice , Mineral salt
 - Sliced avocado, raw walnuts for healthy fat
 - Blueberries or ½ grapefruit
 - RealReds w/ 8 oz. water (add items from the list if you wish)
- **Snack:** Green apple and almond butter, or Cucumber, tomato salad
- **Dinner:**
 - Soup made with vegetable or potassium broth (See recipe section) - add any vegetables from the list that you want
 - White fish, or chicken, topped with steamed spinach, fresh lemon, and EEOO
 - Roasted root vegetables (cauliflower, sweet potatoes, beets) with garlic cloves, mineral salt, pepper
- **Finish the day** with dandelion tea

RECIPES

Menu Variations:

The menu items listed are only suggestions. It's Ok to substitute any of the vegetables or fruits listed on the menu with other items from The Liver Healing Food list.

The goal is to use plenty of the items from the list, along with healthy fats, avoiding gluten, dairy, and hard to digest meats like beef, pork, or lamb during the detox.

Feel free to use ANY recipe that uses as many of the foods from The Liver Healing Foods list as you can.

A few of my favorite healthy recipes are:

Breakfast Muffins: Blend $\frac{1}{4}$ cup pureed chia seeds, 1 cup banana, $\frac{1}{2}$ cup oat flour, $\frac{1}{2}$ tsp baking soda, $\frac{1}{4}$ tsp mineral salt, $\frac{1}{4}$ c maple syrup or raw honey, 1 tbsp lemon juice. Stir in $\frac{1}{2}$ cup blueberries. Bake at 375 / 20 mins.

Fruity Pico: 2 cups diced mango, $\frac{1}{2}$ cup diced red bell pepper, $\frac{1}{4}$ cup diced red onion, $\frac{1}{4}$ c cilantro, 2 tbsp lime juice, 1 garlic clove chopped. Other spices as desired.

Spinach salad with apples and walnuts: Spinach, walnuts, red onion, diced apple, balsamic vinaigrette.

RECIPES

Potassium Broth Recipe for soup

- 4 Large organic potatoes (ONLY use the skin)
- 4 large organic carrots (with skin)
- 2 sticks organic celery
- 3 whole organic beets sliced, plus greens
- 2 peeled and sliced organic onions

Instructions:

Peel all the potatoes and reserve only the skin. Do NOT use the inside. Discard remaining potatoes (or put in a bag and set aside in the refrigerator for use after your cleanse). Add the skins to a large stock pot. Roughly chop the carrots, leaving skin on, and add to the stock pot along with the celery sticks. Slice the beets and add the sliced beets along with their greens to stock pot. Peel the onions and discard peel, then slice and add to the pot. If you purchased pre-peeled garlic cloves, add to the stock pot. If not, peel garlic cloves and add to pot. Add enough clean filtered water to the pot until it is filled to the top (the exact amount of water is not important, just enough to cover everything in the pot). Cover and simmer on low for 40-60 minutes. Strain out the vegetables and discard. Cool so you don't burn your mouth and drink broth. Refrigerate leftover broth in glass containers for use over the next couple of days. If desired, add some "Bragg Liquid Aminos" for flavor.

Note: This broth takes advantage of the fact that the outside of a potato is one of the highest plant sources of potassium.

Tip: For 1 person, use a 6-8-quart pot, for 2 use a 12-quart pot. As much as possible, do not add spices to the potassium broth. If you must, though, you can add a little "Bragg Liquid Aminos" or real Tamari sauce. for flavor.

RECIPES

Cucumber, tomato, garlic in lemon or ACV with EEOO:

Slice or cube cucumbers and tomatoes, add chopped garlic and other spices to your liking. Mix ¼ cup water, with 2 tbsp Apple Cider Vinegar or lemon juice, top with 1 tbsp Extra Virgin Olive Oil. This is great by itself or as a topping to other leafy greens. Mineral Salt & pepper to taste.

Spinach soup: Blend together 1 ½ cups tomatoes, 1 stalk celery, 1 garlic clove, 1 orange or lemon, 4 cups spinach, 2 basil leaves and ½ avocado. Add ½ cup of vegetable broth. Heat and serve hot or at room temp.

Carrot, Avocado, Red Cabbage and Scallion Salad with Ginger

Turmeric dressing: Chop it all together and add the dressing!

Ginger-Lime Dressing: 1-inch piece of ginger, finely grated 1/4 cup extra virgin olive oil Juice of two limes or lemons 2 teaspoons honey Pinch of sea salt Pinch of black pepper.

Healthy Wrap: This recipe can be made with whatever veggies you have on hand, but crunchy radishes, sprouts and red cabbage work really nicely with the flavor of the sunflower spread. Wrap it all up in a lettuce leaf, collard leaf, or nori sheet! You can also use this at breakfast with egg whites.

Mexican quinoa salad: Leafy greens, quinoa, black beans, and avocado, cilantro, onion, orange slices and carrots DRESSING: 1/2 ripe avocado, 1 large lime juiced, 3 Tbsp orange juice, 1/4 tsp cumin powder, 1/8 tsp chili powder (or sub hot sauce or chipotle powder), 1 healthy pinch each sea salt and black pepper & 3 Tbsp. EEOO.

LINKS TO MORE RECIPES

Click the link to view

[Asparagus soup](#)

[Roasted brussel sprouts with garlic](#)

[Roasted cauliflower](#)

[Garlic cauliflower cakes](#)

[Sweet potato muffins](#)

[Turmeric golden milk chia seed pudding](#)

[Cauliflower, coconut oil, ginger, turmeric stew](#)

[Sweet potato, kale, salad](#) (swap pecans for walnuts)

[Ginger chicken lettuce wraps](#)

[Zucchini noodle recipes](#) (can use cucumber noodles instead of or with zucchini)

[Avocado recipes](#)

[Sweet potato recipes \(gluten free\)](#)

[Kale recipes](#) (you could substitute any other favorite green)

[Breadless burger](#)

[Rice - use diced cauliflower or quinoa instead](#)

[Make pesto sauce with avocados](#)

[Salad dressing](#)

DETOX SMOOTHIES

Juicy Smoothie:

- 1 cup of freshly squeezed organic orange juice (juiced or store bought without added sugar)
- Juice of one fresh lemon
- 1 Tbsp. organic extra virgin olive oil (increase by 1 Tbsp. each day)
- 1/2-1" organic fresh ginger root
- 1 clove organic garlic (increase by 1 clove each day, need 15 total to cover 5 days)
- 8 ounces of pure water

Liver Rescue Smoothie Recipe:

RealDose RealReds, water, ½ banana, spinach, fresh blueberries if desired.

Detox Smoothie Recipe:

- 1 ripe banana peeled
- 1/2 green apple cored and chopped
- 1 medium-sized carrot peeled and chopped
- 1 handful baby spinach
- 1 (1/4-inch) nub turmeric root peeled
- 1 tablespoon fresh parsley chopped
- 3 walnut halves
- 1/2 lemon juiced
- 1 pinch turmeric or cinnamon optional
- 3/4 cup unsweetened cashew, coconut or almond milk (carageenan free)

DETOX SMOOTHIES

Liver Love Juice:

- 1 cucumber
- 5 asparagus spears
- 10 stalks celery
- Handful of parsley
- Handful of cilantro
- 2 lemons, peeled
- 2 ounces of aloe vera juice

Detox Baby Juice:

- 6 leaves kale
- 1 cucumber
- 5 stalks asparagus
- 5 stalks celery
- 1 inch piece fresh ginger
- Dash of cayenne

Beet Juice:

- 3-4 small beets or 1 large beet, cut into 2-inch pieces
- 1 tablespoon Mineral sea salt

Instructions

1. Place the beets in a 2 quart glass or ceramic pitcher. Cover with water and stir in the sea salt. Cover with a clean cloth and place in a dark cool place for 3 days. After 3 days, remove the beets and store the kvass in the fridge. It will keep for about 2 weeks.



ITEMS YOU'LL NEED

Lemons - 25-30

Green apples - 3 to 4

Dates - 4-10 dates / 1 pkg

Celery - 3 packs

Bananas - 3-4

Spinach - 3 lbs

Blueberries 1 pack

Avocados - 3-4

Cucumbers - 4-5

Carrots - 1 pack

Grapefruit - 2-3

RealDose RealReds

Herbal teas: Hibiscus, Lemon

Balm & Dandelion

Greens for Salads

Tomatoes

Asparagus

Brussel sprouts

Squash

Sweet potatoes

Beets

Fresh onions

Fresh garlic

Mushrooms

Eggs


Vegetable broth - 2 lg cans

You'll need various items from the "Liver Healing Foods List" on page 6, so choose your favorites from there!



THANK YOU!

Now is your time to feel rejuvenated.

- 
1. Follow this step-by-step plan for 30 days.
 2. Notice steady improvements in your health & wellbeing.
 3. Enjoy your new life!

Thank you for taking time to read this plan. I'd love to hear from you!

Visit <https://naturalhealth4women.com/about-us> to send me your questions or comments.

~Be healthy & enjoy the journey!

Lori Grisham, BC-CAHP

