



The Gentle Liver Detox Programme

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Preparation is the Key

Do not eat anything after 8pm. Aim to drink 9-10 glasses of water a day.

1 You will need a juicer and a blender.

2 Make a shopping list.

3 Go to the shops and buy all you need for your detox programme.

4 Restock on day 4 for the following 3 days with your aftercare foods.



Day One

Start with a glass of water followed by half a lemon in a cup of boiled warm water.

Breakfast

Green vegetable juice or 5-8 figs



Snack

1 apple (winter) or 1 tangerine (summer)



Lunch

Aduki beans with steamed broccoli, runner beans, onion and red pepper.



Snack

1 pear



Dinner

3 tablespoons of Mung Beans cooked with a pinch of nori flakes, broccoli, garlic, red cabbage, artichokes (when is season) or kale (when is season), cayenne pepper, fennel and mustard seeds.

20 minutes after dinner have half a squeezed lemon in a cup of warm water.

Day Two

Start with a glass of water followed by half a lemon in a cup of boiled warm water.

Breakfast

Juice of broccoli, 1 red pepper, 3/4 of a cucumber, fresh basil, 1 lemon and 1/2 a teaspoon of cinnamon.



Snack

A small bowl of chopped watercress, beetroot and onion served with olive oil and lemon.



Lunch

Freshly blended liquid vegetable soup made from broccoli, carrots, cabbage, pinch of norie flakes, 1 tsp of turmeric and 3 garlic gloves (make enough for 2 medium size bowls, 1 for lunch and 1 for dinner).



Snack

1 pear



Dinner

Steamed asparagus with freshly squeezed lemon and ginger. Liquid vegetable soup made from broccoli, carrots, cabbage, pinch of nori flakes, 1 tsp of turmeric & 3 garlic cloves.

Day Three

Start with a glass of water followed by half a lemon in a cup of boiled warm water.

Breakfast

Juice of 25 seeded grapes, 3/4 of a cucumber & 1 tbs of olive oil, squeeze of lemon juice and a sprig of mint.



Snack

1 apple



Lunch

Chopped beetroot with watercress, onion and raw broccoli with a lemon and olive oil dressing.



Snack

1 pear



Dinner

Juice of broccoli, 1 red pepper, 3/4 of a cucumber, 1/2 lemon and a tablespoon of olive oil.

The Aftercare



Aftercare for Cleansing the Liver

The liver is a complex organ that plays a major role in most metabolic processes including detoxing the body.

Many of the toxic chemicals the liver must neutralize come from the content of the bowel, what we eat and drink and the air that we breathe.

QI Why Is This Good?

A To remove toxins from the body that could even have been stored for years. By detoxifying the body regularly you can rejuvenate and add vitality back to your life. There are different ways to detox.

This gentle liver detox is easy to do and fits into the busy person's lifestyle. With this gentle detox you will be asked to follow an after care programme.

This will involve adding foods into your daily eating programme that help to continue cleansing the liver. During your 3 day detox do not eat anything after 8pm.

Aftercare for the next 3 Days

The day after your detox eat 5 figs for breakfast. Whenever possible your lunch or dinner should be accompanied by a side salad or salad served as a main meal.

The salad is to include fresh beetroot. Other meals are to include steamed or raw seasonal vegetables including watercress, broccoli, kelp and cabbage.

Live organic yogurt for breakfast or as a snack with almonds and pumpkin seeds will help put back good bacteria into your body. If you are detoxing at wintertime, it would be better to take a probiotic supplement instead of the yogurt. Keep eating fresh lemons to help cleanse and support your immune system.



Other Foods to Help Improve Liver Function

Foods to help improve liver function are garlic, onions, eggs and legumes, which are all sulphur foods. (The beans can be tinned but must be organic when it comes to a detox program.)

Water- soluble fibres such as apples and pears are good to stock up on for the week after especially when in season. Other good liver cleansing foods are brussels sprouts, artichokes, dandelion and liquorice. Buy organic when on a detox program.

Focus on good breathing and regular exercise and smile.



Testimonials

“The liver flush was great, it didn’t feel as if I had to compromise my diet too much as I eat pretty healthy anyway.”

Jane W.

“ I was surprised to see some of my stones been released by my body. I never knew I have so many. Thank you Nosh for this simple home cleanse.”

Lydia

“During my liver flush my body released a lot of strange things such as slime and stones. Which I didn’t expect but now they’re out I’m happy”

Antonia T

Want us to do it for you?

Have your Liver Cleanse Delivered,

Call Us On 08452576674

Hi my name is Geeta,

I founded Nosh (Natural Organic Safe & Healthy) in 2007 because I wanted to create highly nutritious, healing food for my son, who suffered from multiple food allergies and anaphylaxis as a baby. He was so ill I chose to abandon my career as a Corporate Lawyer to focus on caring for him. It was at this time I understood that nutritious, balanced and safe meals, create not only health, but clarity, focus and energy in everyone.

I used the innate and practical knowledge about alternative nutrition given to me by my Indian parents and grandparents and mixed that with cutting edge information available today to create personalised health programmes for my friends and family over some years. I also qualified as a healer to enable me to incorporate all three elements of Mind, Body and Spirit to enable a clearer and balanced approach to improving the function of your body and mind.

My motivation is driven by the knowledge that I believe everyone can live a life free of pain, limitation, health challenges - we just need to find out how! We already have had astounding results with Chronic Fatigue Syndrome, Depression, Infertility, Stress, Weight Loss.

Nosh is today the only company in the world that does what we do in the way that we do it and produces the amazing results that we produce. I am so proud that my team and I have won numerous awards for every element of our service, and will continue to do so, by putting our clients' needs first and model our products based on what they need and want.





N O S H

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