

Detox

Cleanse Diet



Publishing

Disclaimer

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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On Food Remedies

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Introduction

The famous quote of father of medicine Hippocrates: When confronted with disease looks to spine. Death begins in colon.

Human body is innately genetically designed to fight against toxin. It is designed to process nutrients and take toxins. It is built in that way it will eliminate bad toxins. The problem is, if our body can handle toxic environment, then why we are suffering from various diseases? The answer to this is our body is “Over tasked”. Our body is not built to handle that much work.

In today's world cancer and heart diseases are not uncommon. Every 10 out of 6 people in the world are dying of these diseases. This is a shocking fact as neither one of these are genetic. The simple reason for this is our “Lifestyle choices”. These are totally dependent on the path we choose to live our life.

In human body there are like 100 trillion cells. And these cells manufacture energy which then get combusted and waste product get produced from this process of cellular metabolism. Fortunately according to cell engines the waste product is carbon dioxide and water. But some metabolic processes might have damage molecule or we acquire it from our environment which are Toxic in nature.

EXAMPLE: - Let's take an example, when two things collide heavily your mind and body responds to it. How one can say that? Because your heart beat elevates, blood pressure got high and then your pupils' elevates. Liver breaks down more glycogens into glucose. So sugar level goes up. LDL cholesterol, in layman terms, called bad cholesterol got elevated. What made our body and mind to cause this? It is "stress". Same way, toxins also causes stress on body. This stress is called chronic stress; it can be further divided into Chemical, Psychological and Physical.

So, what is the solution for all of these? The main solution is to eliminate those toxins. Toxins enable your metabolism to lower down and lead to having too much weight. Having too much weight can also lead to various diseases such as cancers, heart diseases and diabetes. When you get rid of those toxins, you can help your metabolism to go higher and lose weight and at the same having a healthy body for your everyday life.

CHAPTER 1

What is Body Detoxification?

Body detoxification is known for people over the years. However, there are some people who have a misunderstanding on the term detoxification. There are also people who are saying that our body don't need detoxification. In answer to this statement, our body cannot live without detoxification. This is the reason why we should know what detoxification is and how it is important in our body.

What is detoxification? Detoxification is simply a process of cleaning the blood through the eliminating body toxins in the body, specifically in the liver, kidneys, lungs, intestines and skin. These toxins are that harmful substance which is accumulated from everything we

intake like drugs, water, air and food, and it has a harmful effect on the health of every individual. Our body is very exposed to toxins each and every day; hence we should be alarmed regarding our body's detoxification.

Moreover, detoxification doesn't just help to maintain a healthy body, but it also helps to protect and prevent from having any kind of diseases. There are a lot of diseases like pancreatitis, eczema, allergies, multiple sclerosis, thyroid dysfunction, arthritis and heart disease which are associated with body toxins. That is why body detoxification is a really big help in protecting the body from illnesses. Though it has good effects in our body, still detoxification is not suitable for pregnant women.

The human body has the ability to detoxify and getting rid of the body's unwanted products. In fact, every day, our body is cleaning and eliminating the products which are unusable and waste. In addition, our body is involved in different detoxification systems which include disposing cellular waste, removing of the large waste products in lymph, clearing toxins in kidneys and liver

and disposing waste products in the intestines. This is how our body work in disposing all the unwanted products. However, this will become slower due to having more toxins in our body and we cannot tell easily if our body is not working well in detoxification. That is why the main purpose of these ways is to influence and help our body in detoxification.

Furthermore, there are several ways for body detoxification which include fasting, dieting, and avoiding foods such as carbohydrates and fats. Therefore, body detoxification can help in losing weight. If you have many toxins in the body, your digestive system will not work well as it should be – is the reason why we build up some body fats. Once you start detoxifying, all the unwanted substances and toxin will be removed especially your body fats. The body will start losing its toxic weight.

Indeed, there are a lot of effects and improvement in one's body after body detoxification. It will also take higher energy levels and can create a clearer skin. There

are also people who have felt better after the body detoxification and allow the body to work effectively without stress and with high energy. Therefore, there is no need to ignore the body detoxification since it is the key in getting a healthy body.

There are natural body detoxifications are used by many people over the years. And because of many innovations in our technology, nowadays, there are other ways of detoxification that involves that use of technologies and drugs. But, most of the people prefer to use the natural way of detoxifying the body.

CHAPTER 2

Why Detoxify Body?

Does our body should be detoxified? Our bodies just like other things which are exposed and free from getting any harmful substances which is commonly called toxins. These substances are harmful in our body. This is the reason why our body needs detoxification – to get rid of those toxins in order to have a healthy body.

What are the benefits you can get when you opt for body detoxification? Indeed, there are plenty of positive effects that detoxification can give to our body. Detoxification enables to keep our body clean and healthy as well as it helps in reducing weight. For elaboration, here are the benefits that we can get from detoxification.

- **Cleanse the body**

This is the main benefit that you can get from body detoxification. The name itself, detoxification is the

process of cleaning and disposing the body unwanted waste. Through body detoxification, all the toxins which caused different illnesses in our body will be removed.

- **Improve the immune system**

Once you start detoxify your body, it will not just help to cleanse the body, it also helps to improve the function of the immune system. Improving immune system will help us more in protecting our body from any kinds of diseases.

- **Increase energy level**

Body detoxification can also help to increase the body's energy. It gives more physical, mental and even emotional energy.

- **Helps in losing weight**

Body can lose weight through detoxifying. This is because toxins are affecting the burning of fats in our body. Thus, toxins help gaining more weight. So, by detoxification, you can lose weight through increasing the metabolism.

- **Improve skin and hair**

Detoxifying can also help in improving the quality of skin. It helps to have clearer and moisturized skin. It also helps in strengthening hair and gives a healthy and natural glow.

- **Healthy lifestyle changes**

As you start the process of detoxifying your body, you will begin to change your lifestyle into a healthier one. This is because you will be used to having a healthier body, physically and mentally.

- **Gives mental clarity**

Body detoxification can help in giving increasing mental focus. Toxins in the body can also affect the brain. Thus, if you start disposing the toxins in your body, you will be able to concentrate and sleep better. This will enable you to become more creative and productive.

- **Prevent aging**

Detoxification is also a way of preventing premature aging because toxin is one of the factors aging. Thus, once you take your body toxins away, it reduces the substances which damage your body and increase nutrients that help fight other aging factors.

- **Improve your life**

When you detoxify, all the negativities will be gone like depression and stress and you will feel better. Due to this, you would like to improve all aspects in your life, such as work and personal life.

Though, body detoxification has a wide range of benefits in our body, it is still important to maintain the new lifestyle after the detoxification. Do not go back to the lifestyle which gives too much toxic in your body. Hence, stick on the new lifestyle which improves you.

CHAPTER 3

Sources, Symptoms and Effects of Toxins

Toxins are unwanted substances which are harmful in our body. This is the reason why the body needs to be detoxified. There are different sources of these toxins and effects in our body.

Sources of Toxins

Air and Water

If you don't think that you can get toxins from the air you breathe and water you drink, you are wrong. These two are sources of the toxins. How can this happen? For water, you do not know where is your water comes from. Commonly, toxins can be found in well water, mineral

water and even tap water. This is because tap water might be contaminated with cadmium and added with chlorine and fluoride, which are harmful when use too many and when stored in the body. Moreover, plastic water containers can also be a cause of toxins in the water. We also can acquire toxins from the air. The pollution from cars, cigarette and manufacturing companies cause toxins in the air that we inhale. In addition, other toxic chemical that we inhale such as household cleaners and ammonia can cause several health problems.

Pesticides

Are you aware on the fruit and vegetables you eat? Are you sure that it grows with any use of pesticides? It is a reality that we are not sure on the fruits and vegetables we eat. We cannot determine whether it has pesticides or not. Pesticides in the fruit and vegetables are also the source of toxins which we intake in our body.

Vaccinations

One of the sources of toxins is vaccination because there are vaccines which contain preservative called Thimerosal that has organic mercury.

Food

Even the food we eat is also a source of toxins. Processed foods and junk foods which are made and full of chemicals can cause health problems as well such as digestive issues. Thus, food that we eat has more toxins, especially those foods which are processed and heated in plastic containers.

Lifestyle

Your lifestyle can also be a source in having more toxins in your body. Lifestyle such as smoking and drinking too much alcohol can make.

Symptoms of toxins

Gastrointestinal Distress

Gastrointestinal distress like heartburn, constipation and indigestion are symptoms that you will have once there are a lot of toxins in the body. Because of these toxins, your digestive will not work well which cause some gastrointestinal distress.

Fatigue

The hormonal imbalances in the body, which is caused by toxins, could affect the functioning of hypothalamic-pituitary-adrenal axis. This part of neuroendocrine system is responsible for storage and expenditure of energy.

Allergies

Toxins in our body can be excreted by our skin, with the use of sweat glands. However, toxins may get clogged in

the pores cause allergic reactions that will lead to some skin problems like rashes.

Depression

Some toxins may cause hormonal imbalance that triggers emotional stress. Hormonal imbalances could affect the functioning of hypothalamic-pituitary-adrenal axis, which controls the emotional mood and other processes in the body.

Headaches

Retained toxins in the body result to headache. When these retained toxins in the body would not be removed, it will cause headaches.

Poor sleep

One of the signs or symptoms of having too many toxins in the body is when you experience poor sleeping.

Effects of toxins

Auto-immune diseases

Toxins are foreign objects of the body, making the immune system fight them. However, large amount of toxins will make the immune system stressed. It will make the immune system function abnormally and cannot distinguish the foreign from substances and tissues normally found in the body. Making the immune system abnormally responding to substances and tissues normally found in the body just like a foreign substance.

Free radicals damage

Free radical damage is one of the effects in having too much toxins in the body. Once there are many toxins in the body, these toxins attacks and kill cells and these will lead into premature aging.

Cellular inflammation

Toxins can damage cells. Once there are many toxins stored in the body, you will have cellular inflammation. That is why when you opt for body detoxification, it will help you to have regenerate cells.

Cognitive impairment

Indeed, toxins have a big effect on the human mind. Once there are many toxins in our body, you will start to lose concentration and focus. Toxins can affect the sleeping of a person. Thus, these toxins can really affect the human mind which will lead to cognitive impairment.

Obesity

Toxins have a great effect in the human body, especially when it comes to the body fats. The human body has the ability to detoxify and remove all the toxins. However, when the body has too many toxins, it will have a difficulty in detoxifying. Once the body will have a

difficulty in removing toxins, it will also have a difficulty in burning fats which will lead to obesity. That is why one of the benefits of body detoxification is reducing weight because detoxification can help in burning fats.

CHAPTER 4

How to Detox Body?

Body detoxification is the key in getting rid of these unwanted substances in the body like toxins. There are many ways to detoxify the body. Here are the best ways to detoxify the body.

Eat less CRAP

- Carbonated drinks

Avoid drinking too much carbonated drinks. There are researches said that these carbonated drinks can lead to acquiring some diseases like cancer. Thus, it is good to decrease the intake of the carbonated drinks.

- Refined sugar

Once of ways to detoxify your body is to lessen your sugar intake. If you are thinking of using refined sugar because it gives less sweetness, you are wrong with that. Refined

sugar has less sweetness, yet it gives more sweet in our body.

- Artificial sweeteners and colours

You can also start with decreasing the amount of artificial sweeteners and food colouring you consume. Like taking more refined sugar, it can affect your metabolism, which will lead to obesity and acquiring many diseases such as diabetes and cancer.

- Processed foods

Avoid eating too much processed foods. Always remember that this is one of the sources of toxins. Toxins from these foods might come from its plastic containers. Moreover, you should not just eat less processed foods; you also need to minimize the eating of foods which are heated in a plastic container. Toxins from these containers may transfer to the food you are eating.

Eat More Food

- Food and veggies

Food and vegetables can help you to detoxify your body. Hence, you should eat a lot of fruits and vegetables. It has plenty of fibres, which helps burn fats and remove body waste. Moreover, it has a lot of nutrients and minerals which our body needs. However, you should be careful with the fruits and vegetables you are going to eat. There might be toxic coming from them if they are grown with the use of pesticides. Thus, in order for you to be sure of these fruits and vegetables, it is always good to eat those which come from your backyard. If you are going to buy from the market, wash properly in order to remove chemicals.

- Organic lean proteins

Eating of organic lean proteins can also help in detoxifying. These organic lean proteins include foods which are grown and free from any artificial pesticides which are not good to the body. These are organic that are grown with natural pesticides.

- Omega 3 fatty acids

It is also good to eat foods which are rich in omega 3 fatty acids. These omega 3 fatty acids are good to the heart. This can help to protect from having heart related diseases such as heart inflammation.

- Drink water

Drinking water could help in you to detoxify your body. Hence, it is good for you to drink at least 2 liters of water a day.

In addition, there are also other ways to detoxify the body except from changing the food and drinks we intake. Exercise can also help to detoxify the body.

CHAPTER 5

Best Foods for Body Detoxification

One of the ways to detoxify the body is to eat foods which do not contain harmful substances and which are good to the body. Eating these foods is the first step to start for body detoxification. There are plenty foods which are the best to detoxify the body. Here is the list of the some best foods to detoxify the body.

- **Fruits**

Fruits are the best foods which you need to eat daily. Whether you are detoxifying or not, fruits are the best. Fruits can help in digesting and wash-out toxins in the body because of its high liquid content. It allows having easy digestion. Fruits have a lot of nutrients and vitamins, which the body needs. In addition, it has also fiber for

burning fats. You can also drink juices coming from these fruits.

Moreover, it is best to eat citrus fruits which are rich in vitamin C. Vitamin C helps in transforming the body toxins into digestible substances. Therefore, fruits are the best foods for body detoxification.

- **Raw Vegetables**

Eating raw vegetables are also the best to detoxify the body. Vegetables such as carrots, cabbage, Onions, artichokes, garlic, beet, asparagus, broccoli, Brussels, turmeric, sprouts, cauliflower and oregano are the best vegetables which can be eaten raw. These vegetables are also best for juices.

- **Omega 3**

Foods which are rich in omega 3 are the best for you. It will help to remove the toxin through absorbing it by the oils.

- **Garlic**

According to some researches, garlic is one of the best foods for detoxification. It helps the liver in detoxification as well as the digestive system in removing the toxins in our body. Garlic can be eaten in raw or in cooked.

- **Green tea**

Green tea is rich in antioxidant and it is usually added in some detox program – it is helpful to increase the function of the liver. Moreover, green tea has also low sugar, which is good to drink when you have to decrease your sugar intake.

- **Green leafy foods**

Green foods can help increase the liver function. Moreover, green leafy foods will boost the chlorophyll in the body which helps in getting rid the toxins in the body.

- **Seeds**

Seeds are also good to detoxify the body. These foods can be easily digested. Seeds like flax seed, almonds, walnuts,

pumpkin seeds, sesame seeds, hemp seeds, and sunflower seeds are the best for you.

- **Seaweeds**

Seaweeds can also help in body detoxifying. It can store minerals for the body. It also helps in removing body waste. In addition, seaweeds can help to eliminate the heavy metals in the body which are also body toxins.

Therefore, foods are the first thing you should consider once you start your body detoxification. Moreover, these foods will not work well when you do not avoid eating foods which are harmful. So, the best thing to do is eat foods which are healthy for the body and avoid foods which are really harmful and can bring toxins inside the body.

Detox plan

There are different arranged plans to detoxify the body. The most common detox short term plan for many

people are the 7 days plan and the 10 days plan. You should have a detox plan for all your meals in a day, breakfast, lunch and dinner. In addition, foods which are included in the plan are vegetables, fruits, beans and teas. These foods should be included in your meals daily within the period of your plan.

Moreover, you are not just able to plan your meals but as well as your snacks and drinks. Set your daily snacks, morning and afternoon that it should be healthy and helping your detoxification. You have to drink a lot of water within the plan period. Drinking a complete detox juice daily is required within the detox plan. In these plan, within 7-9 days, you are about to eat a full meal plan like drinking lemon juice every morning until your plan ends. Therefore, you just need to follow your 7-day or 10-day detox plan in order to succeed in detoxifying your body.

CHAPTER 6

Top Delicious Detoxification Recipes

Proper diet is the start in doing the detoxification program. Thus, you should know what foods you are going to eat as well as the perfect recipes for you in order for you to have a delicious meal while having a detoxification. Detoxification should not be a punishment for you, so here are some of the best detoxification recipes for you. These recipes can be used daily. (We have also added some non-vegan recipes for non-vegetarian people)

Breakfast Recipes

Mango Lassi (nectarine)

Ingredients:

- 1 mango, without skin
- coconut milk
- 1 large nectarine
- ice
- 2 tablespoons protein powder (plant based)
- 1 tablespoon ground flax seed

Directions:

- Blend until it gets creamy.

Cream Smoothie

Ingredients:

- 1 handful or 1 cup of cashews
- 1 cup coconut water OR of your choice (hemp seed, rice, nut milk)

- 1 ripe mango, pitted
- 1 cup or 2 handfuls of mixed berries (blackberries, blueberries, raspberries)
- 2 tablespoons protein powder, plant based (vanilla flavour)
- 1 tablespoon ground flax seed (optional)

Directions:

- Blend all ingredients together until it gets creamy with a pinch of sea salt and enjoy!

Blueberries with Chocolate

Blueberries with chocolate are yummy treat and it's also healthy.

Ingredients:

- 1 large handful of frozen blueberries
- 1 handful of spinach
- Half coconut milk and half coconut water (you could replace coconut water with green tea)

- dash of cinnamon
- 1 tablespoon of raw cacao
- 2 tablespoons almond butter
- dash of stevia (as needed)
- 2 tablespoons protein powder (plant based, chocolate flavour)
- 1 tablespoon ground flax seed (optional)

Directions:

- Blend and enjoy!

Fruit Drink

This fruit drink is made up of citrus fruits which are rich in vitamin c, fiber and other vitamins that help in cleaning the body.

Ingredients:

- 8 oz. of orange juice
- 4 oz. of pure water

- ½ cup banana strawberries or yogurt
- ½-inch slice of ginger
- 1 small garlic clove
- 1 tablespoon flax oil
- 1 tablespoon lecithin granules
- 1 tablespoon freshly squeezed lemon juice if desired
- 1 tablespoon of protein powder or spirulina powder

Directions:

- Mix all the ingredients.
- If you prefer to use other fruits, it is also possible.

Steamed Beet

Ingredients:

- 1 cup water or coconut water
- ½ medium avocado, pitted
- 2 celery stalks, roughly chopped
- 1 cup frozen strawberries
- 1 medium beet, ends trimmed and roughly chopped
- 1 lemon, juiced

- 1 tablespoon virgin coconut oil
- 4 large ice cubes
- 1 apple, cored and roughly chopped

Instructions:

- Steam beet if necessary before starting.
- Put all the ingredients into a high-speed blender and blend on high until smooth. Adjust sweetness if desired, adding an apple to taste if needed.

Apple Pancake (Grain-Free, Paleo, Gluten-Free)

This apple pancake is perfect meal for breakfast.

Ingredients:

For the apples:

- 2 small apples (we used Gala), peeled, cored and cut into bite-size pieces
- 2 tablespoons coconut sugar (you can use sucanat, maple sugar or your favourite granulated sweetener)

- 2 tablespoons unsalted butter or ghee, melted
- 1/4 teaspoon ground cinnamon

For the batter:

- 3 large eggs, room temperature
- 2 tablespoons coconut sugar ((you can use sucanat, maple sugar or your favourite granulated sweetener)
- 1 cup whole milk (or 3/4 cup canned coconut milk plus 1/4 cup water for Paleo option)
- 1/4 cup coconut flour
- 1/4 cup tapioca flour
- 1/4 cup arrowroot flour
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Toppings:

- 2 tablespoons maple syrup for drizzling (optional)

Directions:

- Preheat the oven to 400 degrees F and the adjust rack to middle position. Place the apples, coconut sugar, butter, and cinnamon in a medium bowl and stir

until combined. Pour the apple mixture into a 10" cast iron skillet (or buttered 9" pie plate). Set aside.

- Blend together the eggs, coconut sugar, milk, coconut flour, tapioca flour, arrowroot, cinnamon and vanilla in a blender until smooth. Set aside.
- Place the skillet with the apples in the oven and bake for 5 minutes. Carefully pull out the oven rack and quickly pour the pancake batter over the apples. Bake for 20-25 minutes until golden brown on top. Cool for 5 minutes. Serve with a small drizzle of maple syrup.

Green detox drink

This vegetable detox drink is good for your everyday drink. It is made up of green vegetables, which is effective in cleansing the digestive system naturally.

Ingredients:

- 3 carrots
- 3 kale leaves
- 2 celery stalks

- 2 beets
- 1 turnip
- ½ bunch of spinach
- ½ cabbage
- ½ bunch of parsley
- ½ onion
- 2 garlic cloves

Directions:

- Mix all ingredients with water and puree in a blender.

Breakfast Smoothie

This breakfast smoothie is an easy to prepare breakfast yet nutritious and delicious. It is mainly made up of fruits. This will also help to reduce weight.

Ingredients:

- 150g (5oz) strawberries
- 75g (3oz) raspberries
- 1 banana

- 200ml (7floz) pomegranate juice
- 4tbsp soya yogurt

Directions:

- Just mix everything in a blender.

Lunch Recipes (Solid Meal)

Brown Rice Nachos (gluten and wheat free)

Ingredients:

Nachos

- 3 brown rice tortillas
- ¼ cup minced scallions
- ¾ cup olives
- 1 red onion, peeled and diced

Sauce

- 1 cup cashews
- 2 tablespoons nutritional yeast
- 1 garlic clove
- 1 teaspoon sea salt
- 1/8 teaspoon garlic powder
- juice of 1 lemon
- 3/4 cup water

Directions:

- Take 3 large tortillas, brush them with olive oil and cut them into 8 parts with the help of pizza cutter, season with garlic powder and sea salt. Put them into the oven and Bake them at 350 degree for 12 to 20 minutes or until just warm and crisp.
 - For sauce, put all the sauce ingredients into blender. Pure until thick. Set aside
 - Chop onions, olives and scallions. Take out tortillas from oven and spread all the ingredients over the tortillas, place tortillas back in the oven bake until the sauce begins to brown. Remove and serve.
-

Fried Chicken

Ingredients:

- 4 small chicken breasts cut into thin pieces
- 1/4 wheat free tamari
- 1 teaspoon Chinese five spice powder
- 2 tablespoons coconut or olive oil
- 1 small red cabbage, chopped
- 3 cloves of garlic, peeled and minced
- 1 cup water chestnuts
- 1 cup chopped Angelino plums
- Sesame seeds to garnish

Directions:

- Cook everything in coconut, sesame or olive oil over medium high heat in a large saucepan, stir until the chicken is cooked and cabbage is tender. Serve warm garnish with sesame seeds.

Squash Noodles

Ingredients:

- 2 large summer squash (thin strips)
- 1 small package anchovy fillets (packed in olive oil only) without additives, minced
- 1 tablespoon basil leaves, minced
- 2 tablespoons almond butter
- 2 wheat-free tamari sauce
- 1 tablespoon minced rosemary fresh or dried (1 teaspoon)
- 2 teaspoons curry powder
- 3/4 cup kalamata olives, pitted
- A pinch of sea salt to taste (optional)

Directions:

- Mix all the ingredients together in large bowl and serve.

Carrot Ginger Soup + Cabbage salad

Carrot ginger soup

Ingredients:

- Juice from 4 carrots
- 1 avocado
- Juice from $\frac{1}{4}$ a lemon
- $\frac{1}{3}$ teaspoon grated ginger
- $\frac{1}{4}$ teaspoon allspice

Directions

- Put everything in high speed blender and blend till smooth and thick. Serve slightly warm.

Cabbage salad

Ingredients:

- 1 cup chopped cabbage
- 1 tablespoon olive oil
- $\frac{1}{2}$ teaspoon vinegar
- 1 tablespoon chopped fresh parsley

Directions:

- Combine all ingredients in a bowl and serve.
-

Cream spinach soup + fresh tomato salad

Cream spinach soup

Ingredients:

- 2 cups spinach
- 1 cup cucumber juice
- ½ cup cashews
- 2 tablespoon lemon juice
- Dash of nutmeg

Direction:

- Put everything in blender, blend until smooth. Serve at room temp.

Fresh tomato salad

- 4 tomatoes, sliced
- 1 tablespoon olive oil
- ½ teaspoon vinegar
- 1 tablespoon chopped fresh basil

Direction:

- Combine all ingredients in bowl and serve.

Chicken Lettuce Wraps

Ingredients:

- 1 tablespoon olive oil
- 1 head butter lettuce
- 1 pound ground chicken
- 2 cloves garlic, minced
- 2 green onions, sliced
- 2 tablespoons soy sauce
- 1 onion, diced
- ¼ cup hoisin sauce
- 1 tablespoons freshly grated ginger
- 1 tablespoon rice wine vinegar
- 1 can whole water chestnuts, drained and diced
- 1 teaspoon Sriracha, or more
- Kosher salt and ground black pepper, to taste

Directions:

- In saucepan take olive oil heat over medium high heat. Add ground chicken and cook until browned (3 to 5 minutes) make sure to crumble the chicken as it cooks; drain excess fat. Add ingredients (onion, garlic, hoisin sauce, rice wine vinegar, soy sauce, ginger, and Sriracha) stir about 1 to 2 minutes. After this add chestnuts and green onions stir them until tender, about 1 to 2 minutes; season with salt and pepper, to taste.
- Serve (Spoon chicken mixture into the center of a lettuce leaf)

Sweet Potato with Greens

Ingredients:

- 2 pricked sweet potatoes
- 1 sliced avocado, divided
- 1 Tablespoon extra-virgin olive oil
- 1 thinly sliced small onion
- Cayenne
- 1 stemmed and chopped bunch Swiss chard

- Coarse salt
- Lemon

Directions:

- Bake sweet potatoes in oven at 400 degrees until tender.
- Cook onion in olive oil over medium high flame until tender.
- Add chard and cook it about 5 minutes. Add salt.
- Serve chopped potatoes with half sliced avocado and greens. Squeeze lemon, add cayenne and salt for taste.

Black Bean with Quinoa Chili

This spicy dish is very good for winters; this gets flavors from variety of spices and herbs.

Ingredients:

- 3 can black beans, rinsed
- 1 cup quinoa, uncooked, rinsed

- 3 cups vegetable broth
- 2 cups water
- 2-3 tablespoons chili powder
- 1 can hominy or yellow sweet corn, rinsed
- 1 can diced tomatoes
- 1 teaspoon cumin powder
- 1/2 medium onion, diced
- 1 teaspoon onion powder
- 1 tablespoon fresh cilantro, chopped
- 1 poblano pepper, finely diced
- 1 tablespoon minced garlic
- 1 green pepper, chopped
- 1 cinnamon stick
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt

Directions:

- Put all ingredients in a large pot. Heat over medium high flame and bring to boil. Then, cover and let it simmer on low for about an hour, serve with green onions or avocado.

Dinner Recipes (Light meal) or Salad

Raspberry Salad

Ingredients:

- 4 large red potatoes
- 1 cup fresh raspberries
- 1 tablespoon coconut oil, melted
- ½ cup snap peas
- ½ large red onion, thinly sliced
- 4 cups loosely packed arugula or baby spinach
- 1 tablespoon finely chopped fresh sage
- ½ teaspoon honey
- ¼ teaspoon crushed red pepper
- 1 tablespoon sesame seeds
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions:

- Boil lightly salted water in large pot over medium heat add potatoes and cook it for 20 minutes or until tender.
- Remove from heat, drain and run under cool water for 1 minute. Dice potatoes and serve in a large bowl.

Mango Avocado Salad

Ingredients:

- 2 ripe mangoes, peeled and chopped
- 1 large avocado, peeled, pitted, and chopped
- 2 teaspoons olive oil
- 1 tablespoon black sesame seeds
- 1 tablespoon cilantro leaves
- 1 tablespoon lime juice

Directions:

- Mix all the ingredients together in a bowl and serve.

Spicy Chicken

Ingredients:

- 1 chicken breast (vegetarians could use half cup cooked chickpeas)
- 1 ripe mango peeled, cut into medium chunks
- 2 large handfuls of fresh spinach
- 1-2 tablespoons olive oil
- 1 teaspoon cumin seeds
- 2 tablespoons red onions, sliced
- 2 teaspoons ground paprika
- ¼ teaspoon ground coriander seed
- 1 tablespoon lemon juice
- 1 teaspoon sea salt for taste

Directions:

- Take chicken breast and brush olive oil on it; add paprika, sea salt, coriander and cumin on the top. Bake this in preheated oven for 12 to 15 minutes at 350 degrees (check with fork, whether it's fully cooked or not) after baking remove it from oven and let it cool down. Cut chicken breast in thin pieces.
- Take large pan add 1 tablespoon coconut oil in it. Cook onions for 2, 3 minutes, add mango and cook it

until warmed. Add thin pieces of chicken with lemon juice and spinach, mix it well. Cover the pan and allow mixture to cook properly, add sea salt for taste and serve immediately.

Raw vegetable salad

This vegetable salad is made up of raw vegetables which are added with oils that can help in detoxifying.

Ingredients:

- 2 cups raw spinach leaves
- 2 tablespoons extra virgin olive oil
- ½ lemon, juiced
- ½ teaspoons cayenne pepper
- 2 cloves of raw garlic, minced
- ½ cup shredded carrots
- ½ cup raw red bell pepper, sliced
- ½ avocado
- 5 slices raw cucumber

Directions:

- In a medium sized bowl, add spinach, carrots, and red bell pepper.
- In a small bowl, mix the olive oil, lemon juice, garlic and cayenne pepper. Pour mixture over salad.
- Top with avocado and cucumber slices.

Ginger Pasta Salad

Serves 4

Ingredients:

- 1 lb. gluten-free pasta
- 1/4 cup finely chopped parsley
- 1/2 cup almond milk
- 1/4 cup dried cranberries
- 1 teaspoon fresh ginger
- 1/4 teaspoon freshly ground white pepper
- 1 Tablespoon fresh orange zest
- 1 Tablespoon pine nuts, toasted

- 1/4 teaspoon sea salt
- 1 teaspoon ground cinnamon

Directions:

- Cook pasta, drain it and take it to the large bowl.
- Add all the ingredients to the pasta and mix them to combine, serve warm.

Almond Egg Hummus

Ingredients:

- 1 (15 oz. can) chickpeas, drained and rinsed
- 2 large eggs, hardboiled
- 1 large red bell pepper, diced
- 1/4 cup slivered almonds
- 1 Tablespoon tahini
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot sauce
- 1 Tablespoon fresh dill, finely chopped
- 2 Tablespoon fresh lemon juice
- 1/4 teaspoon sea salt

Directions:

- Except almonds, add all the ingredients in the food processor blend until smooth. Take it to the serving bowl. Add almond, mix to combine.
- You can serve with whole grain crackers, spread mixture on toast or inside a sandwich.

Italian Pasta Salad

It is a salad which is mainly made of vegetables. This is good for your dinner.

Ingredients:

- 2 cups chopped zucchini
- 1 cup sweet grape tomatoes, halved
- 1/2 cup sweet red pepper, chopped
- 1/2 cup sweet yellow pepper, chopped
- 2 scallions, diced
- 4 cups cooked pasta (Brown Rice Pasta)
- 1/2 cup Italian Dressing

- Optional: 2 cups diced cooked chicken (light meat), black olives, mozzarella cheese

Italian Dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

Directions:

- While the pasta is cooking, add all your chopped veggies to a large bowl.
- Take your pasta off the heat and drain it prior to it being fully cooked, al dente is best with this dish so the pasta doesn't get mushy. Cool the pasta over cold running water, drain and then add it to the veggies. If you are using chicken add it now as well.

- Place all your dressing ingredients in a small bowl and whisk until combined well. Pour the dressing over the pasta salad.
- Refrigerate overnight or at least an hour before serving.
- Serve with optional toppings on the side for guests.

Spicy Veggie Burgers (Gluten-Free, Soy-Free, low fat)

Ingredients:

- 2 tablespoons shredded carrots
- 1/4 cup bell pepper, grated
- 1/4 cup onion, grated
- 1 teaspoon olive oil
- 1 1/2 cups cooked lentils (drained)
- 1/2 cup flax seed, ground
- 1/2 teaspoon chili powder
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon tomato paste
- 1/2 teaspoon fresh ground black pepper

- 2 garlic cloves, crushed
- 1/4 teaspoon ground red pepper
- 1/2 teaspoon curry powder
- 1 teaspoon soy sauce
- 2 tablespoons shredded celery (remove veins with a veggie peeler)
- 1/2 cup almonds or 1/2 cup other nuts, crushed
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Optional: 1 fresh jalapenos or 1 other hot pepper, finely minced

Directions:

- Preheat oven at 350 degrees f. remove excess moisture by Squeeze bell pepper and grated onion in a paper towel. Mash lentils.
- Mix or combine all the ingredients. For best flavor let the mixture (covered) to sit for an hour.
- Use 1/3 or 1/2 cup measuring cup to scoop the mixture, fill tightly into cup then invert onto greased baking sheet.

- By using your hands or flat surface smash each scoop into a patty shape.
- Bake it for 25 to 30 minutes, flipping in between. Be careful when you flip them as they are very delicate to handle.
- Serve with whole grain buns. Add all the condiments (ketchup, salt for taste)

Snacks

Kale Chips

Ingredients:

- 1 bunch (about 6 ounces) kale
- 2 tablespoons nutritional yeast
- 1 tablespoon olive oil
- Sea salt, to taste

Directions:

- Rinse and dry the kale, remove the stems and center ribs of the kale. Cut into pieces and toss with olive oil in a bowl then add salt. Arrange leaves on baking sheet Bake for 20 minutes in (preheated oven 300°F), or until crisp.

Roasted Chickpeas

Ingredients:

- 2 cans chickpeas
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon sea salt

Directions:

- Place the chickpeas in a bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas on a rimmed baking sheet and bake it in preheated oven (400°F) until crisp, about 30 to 40 minutes.

Drinks

Lemonade

Ingredients:

- Juice of 2 lemons
- 8 oz filtered water or soda water
- Stevia to taste

Directions: Stir and enjoy.

Coffee Granita

Ingredients:

- ½ cup non-dairy milk (coconut, rice, almond, and hemp)
- 2 tablespoons raw cacao powder
- 1 teaspoon lucuma powder
- 1 tablespoon maca powder
- 1 teaspoon mesquite powder

- 1 tablespoon vanilla extract
- 1 cup ice
- A pinch of stevia (powder) or liquid to taste (few drop)

Directions:

- Blend all the ingredients together.

Salad Dressing

Vinegar Dressing

Ingredients:

- ¼ cup balsamic vinegar
- 3 cloves garlic minced or pressed
- 1 tablespoon gluten-free miso (brown rice)
- ½ cup olive oil
- 2 tablespoons wheat-free tamari
- 1 tablespoon mustard
- Salt and pepper to taste

Directions:

- Blend and enjoy.

Tahini Ginger Dressing

Ingredients:

- ½ cup tahini

- ½ cup water
- ½ cup olive oil
- ¼ cup wheat-free tamari
- 1 garlic clove, squeezed
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 2 teaspoons ground ginger
- Black pepper

Directions: Blend and enjoy.

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CHAPTER 7

Body Detoxification

FAQ

1. Is detox diet for everyone?

Answer: There are people who are not allowed to have a detox diet. Pregnant women as well as nursing women are not allowed to have a detox diet. Similarly, people who have health problems like heart, liver and kidney issues should not go on a detox diet unless there is a prescription from the physician. Therefore, before going on detoxifying, people should consult with the physician if they are allowed to have detoxification.

2. Are there any side effects after detoxification?

Answer: Body detoxification has no side effects. In fact, it has a wide array of benefits for the body. There is only a

bad effect when you are not capable of having detox most specifically to the young and has health issues.

3. How long your body need to detoxify?

Answer: There is no specific time for you to have a body detoxification. It only depends on your body needs and condition. You can have a short term or long term diet depending on where you are comfortable at. However, it is still needed to consult the doctor before making any decisions.

4. Is body detoxification suggested while having breast feeding?

Answer: If you are breastfeeding, you are not allowed to have a body detoxification. It is not good for your health and for your child as well.

5. Does meditation and yoga help to detoxify the body?

Answer: Yes, it can also help. In fact, meditation and yoga can help in removing toxins in the body and increasing the digestive function as well.

6. What is detoxifying?

Answer: It is a process in which a person is entitled to undergo a program involving some diet changes in order to eliminate the unwanted substances or toxins in the body.

We cannot deny the fact that we are living in an environment which has plenty of chemicals that are usually harmful to our body and we cannot avoid that. These harmful chemicals can be acquired from our workplace, stores, and even in our homes. Indeed, these harmful chemicals are everywhere. These chemicals can only be eliminated by our bodies through bowel movements, sweat, urine and breathing.

However, even if our bodies are processing to dispose the harmful substances, still there are toxins which are remaining in our body. This is because these toxins stay

in the fat cells and in organs. That is why it is important to remove the remaining toxins in our body. In this case, a detox program is recommended in order to eliminate all these toxins even just two to three times every year.

7. Is body detoxification an easy to do work?

Answer: Yes, it is. However, it is not good if you give a rush on it. Detoxifying takes time. Thus, done it naturally and start slow. Observe on how your body is reacting to the process.

8. Is there lighter feeling after the detoxification?

Answer: After the program, you will feel better and lighter. In fact, your lifestyle will be changed. After several days of doing a detoxification, you will observe a good result in your body and even more once you continue for more weeks and maintaining the same products.

9. Will I experience any reaction while doing a detoxification?

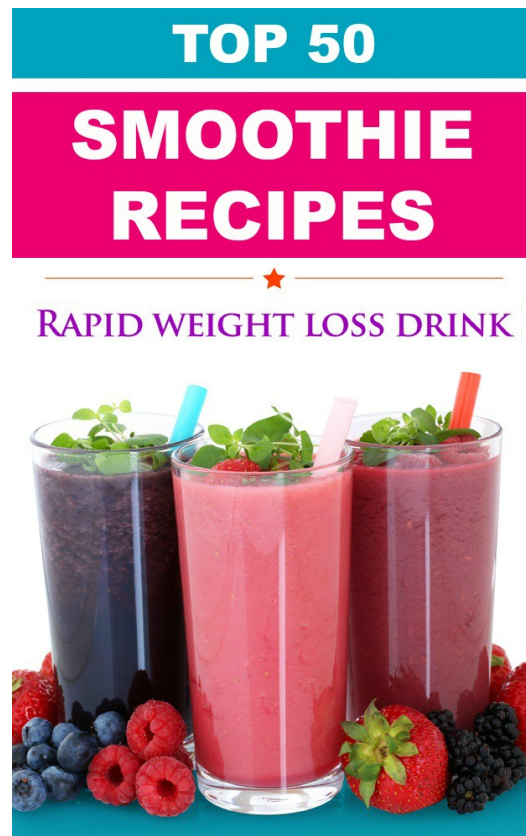
Answer: Yes, you will experience some once you are already removing the toxins in your body. You are also

bringing back a healthy body and that is the reason why you will experience some reactions during the program. However, it will not take too long.

10. Can I bring back my normal diet after detox?

Answer: Yes, you may. But, in order for you not to have again too many toxins in the body, avoid some of the sources as you can.

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Smoothies for weight loss: Top 50 delicious smoothie recipes (smoothie recipe book, smoothie cleanse, green smoothie, smoothie diet, healthy smoothies, smoothie recipes with nutrition facts)

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Quick Introduction:

In today's fast world, we barely get a time for ourselves. It becomes quite easy to forget to eat healthy food, because of this unhealthy habit we experience lot of immunity issues like weakness, skin problems, weight problems and allergies etc...

To overcome these problems, our body needs nutrients. So question is that how will we get these nutrients easily? Answer to this question is smoothies.

Smoothies are fantastic not just for their taste but also for the healthy reasons, they are very rich in nutrients and minerals. They are also easy to make.

This book provides simple yet powerful smoothie recipes for healthy body, so enjoy these delicious and healthy smoothie recipes.

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Thanks and good luck for healthy lifestyle.

