



10+ DETOX SUPER FOODS

That Prevent and Fight Cancer

By Heidi Wald

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Foreword

My name is Heidi Wald and I would like to quickly introduce myself and this ebook.

I have brought this information together to introduce you to this 'super world' of super foods and how they can help prevent and fight cancer.

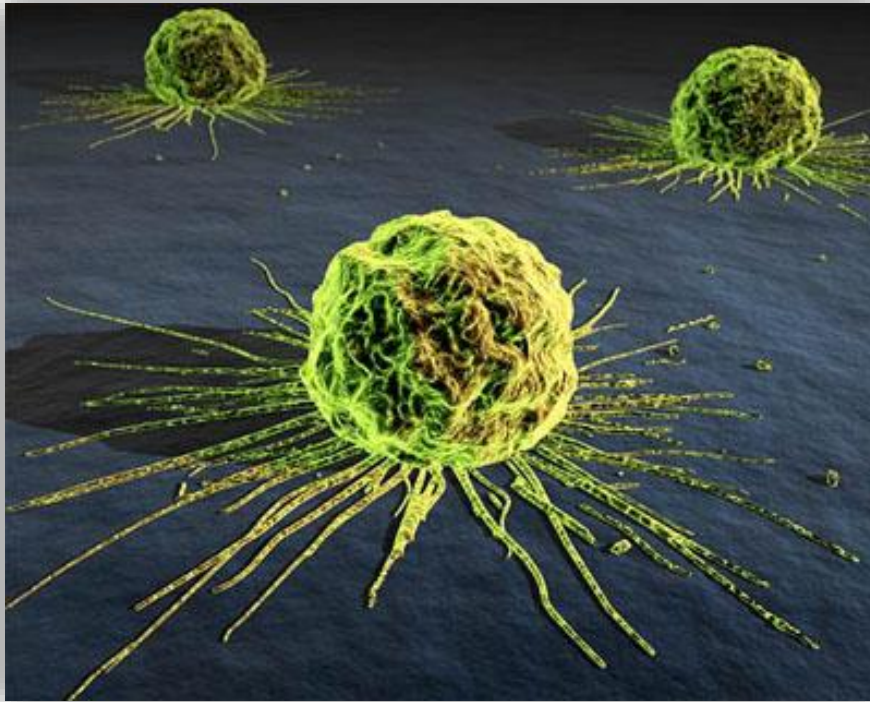
You will find here all the information you need to help you get a basic introduction – but like me – I am sure once you start to read you will want to read and learn more!

I trust you will find this information useful – please feel free to contact me should you require any further assistance in this subject.

Kindest Regards

Heidi

Introduction



Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death. Cancer is caused by both external factors (tobacco, infectious organisms, chemicals, and radiation) and internal factors (inherited mutations, hormones, immune conditions, and mutations that occur from metabolism). These causal factors may act together or in sequence to initiate or promote the development of cancer. Ten or more years often pass between exposure to external factors and detectable cancer. Cancer is treated with surgery, radiation, chemotherapy, hormone therapy, biological therapy, and targeted therapy. Anyone is at risk of cancer.

Cancer has become a worldwide epidemic and is one of the leading causes of death globally. About 1,660,290 new cancer cases are expected to be diagnosed in 2013. In 2013, about 580,350 Americans are expected to die of cancer, almost 1,600 people per day. Cancer is the second most common cause of death in the US, exceeded only by heart disease, accounting for nearly 1 of every four deaths.

If chemicals are a direct cause of cancer, then why are chemical additives added to food, personal care items, and household cleaning agents? Supporters argue that pesticide use is necessary to keep the cost of food production low and to maintain an abundant affordable supply of fruits and vegetables in the market. Opponents argue that since pesticide-free agriculture has never been tried on a large enough scale, we really do not know if the cost of food production would increase, or by how much. Researchers have studied the profitability of farms that do not use synthetic pesticides and found that results can vary depending on the kind of crop and region of the country. The good news is that we can help prevent and combat cancer with the food choices that we make. There are super foods that aid the body in ridding dangerous cancer toxins out of the system with a process called detoxification.

Why Detox?



We are going through a phase of chemical assault, where we consume everything but purity in the air we breathe, food we eat and the water we drink. It is as though we are a part of a project that aims at checking the potency of these prescribed chemical doses resulting in deterioration, diseases and death. We are at the point that almost everything we come in contact with, is harmful for internal intake. Toxins may end up entering our blood stream and continue to accumulate. With the accumulation of toxicities in the body, the system finds it hard to get rid of pollutants, as we feed the system with fresh toxins everyday! This consumption of chemicals increases the likelihood of the body to erupt with diseases; from liver dysfunction, lung infections to asthma and cancer. To obtain optimal health today, it is necessary for each individual to start a detox diet.

There are a number of ways that can prove beneficial and detoxify your body as the culminating result. By following certain methods, you are sure to develop a clearer and glowing skin, have a focused mind, and boost of energy which also serve to be fruitful in ceasing the development of chronic diseases.

How Not to Detox Your Body



One must not think look as fasting in the same way as a crash diet, as crash dieting is very harmful to your health. A person loses a lot of weight in a very short time by depriving their body of much needed nutrients. This occurs when a person wants to lose weight fast. The person does not think about the ending results. By the time they realize the effect of choosing crash diets as their ticket to detoxification which is nothing but disaster, it is indeed too late. Instead of making you feel light after the supposed release of toxins, all you get is a cranky mood, an irritable demeanor and depression accompanied with exhaustion. Not to forget the famine stricken look that you achieve as a bonus!

The process of detoxifying is simply ridding the body of toxins. Our bodies have the natural ability to detoxify the toxins that we are exposed to. If this is the case, then why are we so toxic? The exposure to various chemicals has been growing at an increased rate and have become a factor in our daily living. Several studies by The Environmental Group has identified a total of 167 chemicals in the blood and urine of the average individual. Certain chemicals have preliminary evidence to support carcinogenic (cancer promoting) and neurotoxic (damage to the nervous system) potential in the body.

Our bodies are not meant to consume chemicals, pesticides, or these toxins. The reason our bodies can not naturally fight off these toxins like it should is because our line of natural defense has been tampered with. The consumption of pollutants automatically brings imbalance to our system, opening up a realm of many diseases to come in. Have you ever heard the old saying “what goes in must come out”? Honestly I feel the sooner the better. It is in my opinion that everyone should detoxify even if you have had no previous health problems. If we know what the solution to the problem is, why wait until there is a problem. Preventive maintenance is a must to anyone that is health cautious. How often should one detoxify? A person should detoxify as often as possible. If you know you have been wrongfully eating over a period of time then you should detoxify for as long as you know you were eating wrong. For example, if you wrongfully ate for a month, then you should detoxify for a month.

Over time the human body takes in toxins from many different sources. The very air we breathe as well as the food and drinks we consume contain bacteria and germs. These bacteria and germs, if left unchecked, can add up to big health problems in the long run. The best way to take care of these harmful chemicals stored in the body is through detoxification, and there are a many food items that help aid in cleansing our system.

Step 1

Go on a fast. Fasting is one of the simplest methods for expelling built-up toxins in the body. Not so much because it removes them but, more so, because it doesn't add new ones. To help with your fast and actually eliminate some of the chemicals, drink lots of fluids. You can do either a short or long-term fast. Short terms could be as little as a day or two. Long-term could be weeks. It's important to note that organs generally start processing internal contaminant four days out from the start of a fast.

Step 2

Drink water with lemon. Because you need to stay hydrated, water is a good resource. Water will help the body move chemicals through the kidneys, purifying your system. Adding a slice of lemon to the water will add to the beneficial effects of hydration. Lemon helps to kill germs and bacteria on the organs and in the intestinal tract.

Step 3

Drink juice. Juice is not just a form of hydration. It also provides the body with some much-needed nutrients. Another positive aspect of juice is that it contains enzymes that stimulate the body's immune system, kicking it into overdrive and destroying even more of the harmful chemicals your body may hold.

Step 4

Eat high-fiber foods. High-fiber foods act as a sort of broom in your intestine, moving along and clearing out destructive particles as it goes. The other way high-fiber helps to eliminate toxins is by keeping you regular. The less constipated you are, the more easy it is for your body to flush out unwanted chemicals.

Step 5

Eat organic foods. I know that the cost of purchasing organic food is very high, but if you can not afford to eat organic food all the time, try doing it through short periods of a fast. You could also try growing your own food during the growing seasons. If you choose to grow your own food eliminate growing with pesticides or harsh chemicals that speed up the process of growing your food.

10 + Super Foods That Aid In Detoxification



1) Almonds

A high concentration of phytochemicals are present on an almond's dark brown skin. Studies show that this powerful natural compound, which plants use to protect themselves against pests, have been seen to fight off cancer cells. In various laboratory experiments, the phytochemicals found in almonds actually aid in keeping brain tumors from multiplying. There are even accounts of the tumors decreasing significantly. Eat ten raw almonds everyday. They contain laetrile which has anticancer properties.



2) Beets

They're packed with vitamins and minerals: vitamins A, B1, B2, B6 and C, choline, folic acid, iodine, manganese, organic sodium, potassium, iron, calcium, copper and phosphorus. Studies show that beets have fight cancer causing compounds especially stomach and colon cancer. Beet juice can detoxify the liver, gall bladder and kidneys. Choline in beets cleans the liver — and coupled with carrot juice cleans the gall bladder and kidney — and can alleviate jaundice, hepatitis, food poisoning, diarrhea or vomiting and gout. Beets help counter the effect of environmental toxins. Antioxidants clear free radicals and iron regenerates red blood cells to supply fresh oxygen to the body.



3) Grapes

Resveratrol, plant constituent found in skin of grapes, berries and in red wine, is one of the most promising agents for chemoprevention. The compound has been found effective in preventing skin cancer. Laboratory research points to resveratrol's ability to slow the growth of cancer cells and inhibit the formation of tumors in lymph, liver, stomach and breast cells. Resveratrol has also triggered the death of leukemic and colon cancer tumors. In one series of studies, resveratrol blocked the development of skin, breast and leukemia cancers at all three stages of the disease (initiation, promotion and progression).



4) Apples

An apple a day keeps cancer away. What's in Apples? Apples are a good source of fiber and vitamin C. Most of the antioxidant power they provide comes from phytochemicals, including: Quercetin-a flavonoid that shows anti-inflammatory and antioxidant properties, other flavonoids, including epicatechin and, in red apples, anthocyanins, and triterpenoids are found especially in apple peel, have slowed the development of cancers of the colon, lung and breast in several stages of cancer development. Current research suggests that protection may come as much from directly affecting cell growth as from antioxidant activity.



5) Carrots

Drinking carrot juice is one of the best ways to prevent or fight cancer. Carrot juice provides powerful antioxidants that support health and the immune system. Eating raw or cooked carrots are great ways to obtain vitamins, minerals and even fiber, yet it would be difficult to consume enough carrots in your daily routine to meet your body's cancer prevention needs. The juice from 1 lb. of raw carrots makes one glass of juice. Carrots contain the carotenoid alpha carotene, beta-carotene and potent antioxidants. Recent studies indicate that alpha carotene is a more potent cancer preventative and fighter than even beta-carotene. Carrots contain one of the few carotenoids with pro vitamin A activity, which means that the body converts the beta-carotene into vitamin A as needed. In addition, carrots contain calcium pectate, a source of soluble fiber, vitamin B-complex, C, D, E and K, iron, calcium and phosphorous and manganese.



6) Cabbage

Cabbage was promptly investigated, subjected to all the scientific tests which concluded it was indeed the cabbage which led to reduced rates of breast cancer. The scientific tests gave the accolade for this remarkable achievement to the phytochemicals 'indoles' and so began decades of research which eventually proven that the 'indoles' worked by altering the bodies ability to metabolize estrogen. The cabbage family of vegetables also contain high levels of sulforaphane from another family of phytochemicals that join the cancer fight and again they do this be increasing the protective activity of specialist enzymes within the body, infact 'sulforaphane' is believed to be the most potent inducer of this type of activity known to date.



7) Broccoli

An enzyme in broccoli called myrosinase must be present to help broccoli's cancer-fighting and anti-inflammatory compound – called sulforaphane – to form, and overcooking your broccoli destroys the enzyme. They found a nearly twofold increase in sulforaphane absorption with the combination – indicating the enzyme in the sprouts produced sulforaphane from both the sprouts and the precursor in the broccoli powder. For the rest of us who want to boost health benefits by combining foods with broccoli: Add some broccoli sprouts or other foods containing sulforaphane, such as mustard, arugula, wasabi, radishes, watercress or papaya, she said.



8) Kale

Kale works as antioxidants to disarm free radicals before they can damage DNA and cell membranes. Recent research indicates that the phytonutrients in vegetables like kale work at a much deeper level, signaling our genes to increase production of enzymes involved in detoxification, the cleansing process by which the body eliminates harmful compounds. Health-promoting phytonutrients in kale have been gaining attention for their powerful effects in combating cancer for decades. Kale is a rich source of organosulfur compounds, which have been shown to reduce the risk of many cancers, especially one of the most deadly forms, colon cancer. The cancer-protective compounds in kale have thus been the subject of intense research, particularly their role in blocking the growth of cancer cells and inducing cancer cell death (apoptosis).



9) Blue berries

As little as a cup of the nutritious berries each day could help prevent cell damage that has been linked to cancer. The berries are packed with antioxidants that protect cells by stabilizing free radicals. Moreover, blueberries contain other vitamins such as vitamin C that can help blood vessel health and enable the body to absorb iron. Researchers applied blueberry extracts to cell lines of triple-negative breast cancer, a type of tumor that is not hormone-driven, making it hard to treat. The results on mice, published in cancer research in May 2010, showed that after six weeks, the mice receiving blueberry extract had tumors that were 70 percent smaller and also less likely to migrate.



10) Oily fish

Vitamin A is an important vitamin in the fight against cancer. Oily fish is the best provider, with herring, mackerel and salmon top of the list. Fish oil will also give you long chain Omega-3 as well which has been linked to reduced levels of prostate, breast and colon cancer. You will also get a little vitamin D, a proven cancer-fighter too. Research is now finding potentially beneficial links between omega-3 and lower risks of skin cancer.

Fish oils contain long-chain omega-3 and, depending upon the fish, both vitamin A and vitamin D, while most contain good levels of selenium. These four all have research which suggests they may have active roles in fighting cancer. However, beware that because of pollution in our seas and to the fact that oil is a good solvent, impure fish oils may contain toxins such as mercury, PCB's, heavy metals and even radioactive poisons.

The truth is there are many cleansing foods that help aid the body in detoxification in terms of the prevention and aid in fighting cancer cells. A lot of what we eat such as things used to process common everyday foods, even seasonings that we use, we can not control but we can surely decrease our chances of becoming unhealthy if we follow a cleansing plan fortified for each individual. Cancer is the most preventable disease and dietary constituents can help in chemoprevention. The causes of cancer can be put under three heads — lifestyle, environmental and genetic factors. 2/3rd of cancer cases, caused due to first two factors, can be prevented through a disciplined lifestyle and consuming health promoting compounds. If we are stricken with health challenges, there is still hope. Knowing how disease occurs and how we can help fight and combat disease is power!



Foods You Should Eat While Detoxifying



Organic raw fruit is naturally rich in fiber and water making it suitable for a detox program. Fruit is high in minerals, amino acids, vitamins and fruit pectin that bind with heavy metals helping to rid them from your body. Try lemons, pears, oranges, grapefruits, cherries, apples, grapes, mangoes melons, tomatoes, pineapple and papayas. Buy the fruit, which is growing in your area, and only buy organic to cut down on mineral deficits and toxins.

Organic vegetables are good to eat while detoxifying, to help balance alkaline and acid levels while calming your body. Have an unlimited amount of garlic, carrots, beets, cabbage, watercress, celery, onions, broccoli, spinach or cucumbers. Legumes like lentils, chickpeas, beans and peas as well as brown rice, basmati, rice pasta or rice crackers are allowed. Grains like amaranth, millet, buckwheat and quinoa are healthy grains to eat during a detox.

A good source of vitamin E protein and essential fatty acids are nuts and seeds. During your cleansing, try pumpkin seeds, walnuts, cashews, hazelnuts, sesame seeds and chestnuts. Olive oil, hazelnut and sesame oils help to improve circulation used during detox periods.

Foods To Avoid While You Are Detoxifying



Dairy, red meat, wheat, fried foods and dried fruits are a few of the foods you want to avoid while doing our detox program. Sugar, artificial sweeteners, caffeine, yeast, alcohol, tobacco, chocolate and high fat foods are also on the list to avoid.

How To Choose Detoxifying Foods At Restaurants



A detoxifying diet includes as many fruits and vegetables that are required by the USDA and lean white meats. Make sure you stay away from fried foods as much as possible. When you choose to eat fried foods, use extra light olive oil. The next best oil that usually cost a little less is canola oil. Eating vegetables raw or as close to raw as possible is even better when it comes to putting our bodies through a cleansing. Learning how to dine out and eat healthy cleansing foods is really not very hard at all. Simply ask if there is a healthy menu and a vegetarian menu. Remember that eating fish while on a detox has many health benefits. You can eat lean parts of chicken and turkey as well, but stay away from crab meat, shrimp, lobster, clams etc... as they all are high in cholesterol.

The first thing one should look at in a restaurant menu is the salad selection. If the salads sound good with an abundance of greens and veggies, then this restaurant has a good selection of cleansing foods that a healthy meal can be constructed around. If there are no listed salads, or if the salad menu has very little to choose from then I would simply ask if they have any vegetable stir fries on the menu. Make sure if you are ordering a salad that there are no fattening toppings added like bacon bits or cheese. Watch the salad dressing also. A low fat salad dressing is fine. If a restaurant does not have a good selection of vegetables that are not cooked in pork fat then I simply move right along to another restaurant of choice.

Here are some restaurants that have great salad options- Mediterranean, Italian, Mexican and Japanese, just to name a few. Something else to look for: Does the restaurant have a lot of vegetable sides, or vegetarian side dishes, or do the meat dishes come with a lot of cooked veggies? If you are eating fish or any meat, you should ask for extra veggies and exclude any kind of starch, such as rice or potatoes. Beware of stewed vegetables that are sometimes stewed in meat fat. Do not be afraid to ask what ingredients your meal is prepared with. If you are eating vegetarian, the fact there is a lot of veggies at the restaurant gives you an indication you can get the chef to make you some kind of veggie platter, or at the very least order a bunch of sides and put them together if you have to. When ordering a beverage, simply ask if they have 100% fruit juices. If they do not have the juice, ask for lemon and water or 100% real lemonade. While on a detox remember that tap water is not a good choice at all. Better yet, you can always take your own beverage.

Top 10 Things To Do To Prevent Cancer



1. Stop smoking This is now a no-brainer.

We don't need more studies to remind us of the link between cancer and cigarettes.

2. Keep a Body Mass Index between 21 and 23 at a maximum.

This is very important. A body mass index of 21 to 23 is very low. In fact it's lower than what is recommended for simply "not being overweight" and what is recommended to prevent diabetes. Weight management is one of the most important things for cancer prevention and health in general.

3. Exercise at least 30 minutes per day, everyday.

It can be playing with kids, walking, dancing, yoga, anything, but you must get your body moving every single day.

4. Avoid processed foods.

This includes soft drinks, fatty foods, sugary foods and foods that contain additives, chemicals or other ingredients generally tagged as unhealthy.

5) Eat plenty of fresh, whole foods.

Of course, this means eating at least 5 portions of fruits and vegetables, but it also means to eat fiber-rich foods such as beans, legumes and whole grains, as well as other plant-based super foods such as nuts and seeds.

6) Limit your alcohol consumption.

No more than 1 glass of wine per day for women, or 2 for men. Of course, thanks to its antioxidant content, red wine has a clear advantage over any other type of alcohol.

7) Go low on sodium.

This one is interesting as salt intake is usually associated with high blood pressure and cardiovascular diseases. However research shows that too much salt also plays an important role in cancer development.

8) Drink more water.

Our signal for thirst may cause us to eat as we mistake it for hunger pains. Reach for water first and make sure you are well hydrated before eating any meal throughout the day. Breakfast, lunch and dinner included. Where possible make sure to drink your water at least 30 minutes before eating as this will allow time for the water to properly penetrate the cells of your body and hydrate your stomach lining in preparation for proper digestion. Adding lemon juice and apple cider vinegar to water or barley grass powder, wheatgrass powder, spirulina or chlorella can be very cleansing.

9) Avoid taking unnecessary vitamin supplements.

Aside from vitamin D supplements, which it's advised to take between 1000 to 2000 IU daily, vitamin supplements has shown no improvement when it comes to cancer prevention. This doesn't mean you shouldn't take supplements for other health conditions, such as vitamin B12 for vegans as example, but keep in mind that too much vitamins taken in supplement form could increase your cancer risks. Only a multivitamin a day is recommended.

10) Breastfeed your child for the first 10 months.

We're not sure yet exactly how, but mother's milk shows many health benefits over infant formula or other breast milk substitutes. On top of that, breastfeeding also protects the mother. Breastfeeding lowers the cancer risks of mothers, particularly for cancer types linked to hormones such as breast, ovarian and uterine cancers.

Cancer Detoxifying With Juicing



Cancer juicing, or juice therapy, has proven to be very effective due to cancer killing nutrients contained in certain fruits and vegetables. So what are some juices that help the body to rid itself of cancer?

Below are lists of foods that are known to fight and prevent cancer. These items must be consumed raw in order to get the full benefits, which is why juicing is such a powerful healing treatment.

Cruciferous Vegetables contain very powerful anti-cancer properties. Some cruciferous vegetables are:

- Cabbage, broccoli, cauliflower, collard greens

Beta Carotene is another powerful cancer fighting ingredient found in foods. These foods include:

- Carrots
- Peppers (chili, green, red, yellow)
- Leafy Greens (mustard, romaine, collards, kale, turnip greens, spinach, dandelion)

Proanthocyanidins (or PAC's) are powerful cancer fighters as well. Foods that contain PAC's include:

- BlueberryBeets
- Beets (including beet tops)
- Plums- Purple Grapes (with seeds and skin)

Other fruits that contain powerful cancer fighting ingredients include

- Tomato
- Pineapple
- Dark Berries (strawberry, blueberry, red raspberry, black raspberry)

There are also bottled juices that are power packed with cancer fighting nutrients. Please research the brands and only go with the best.

Recommended bottled juices include:

- Noni Juice
- Mangosteen Juice
- Goji Berry Juice.

Although the bottled juices listed above are great due to the powerful nutrients that they contain, fresh juice made from organic produce is definitely the best. During the juicing process, the fiber is removed with the pulp. Because of this, the nutrients needed to heal the body and restore the immune system go directly into the blood stream in the form of juice.

Many are amazed at the benefits of juicing because they quickly notice that they alleviate many other ailments as well including migraine headaches, allergies, dandruff, stiff joints, dull skin, dandruff, fatigue and high blood pressure. Many shed excess pounds as a result of juicing as well.

It is important to note that in order for juice treatments to truly be effective, the person must have a diet that does not include artificial chemicals, meat products or dairy products. Diet plays a major role in the healing process. Eating a natural diet and eliminating processed foods is essential to the healing process as well. Rebuilding damaged cancer cells through nutritional juice therapy is extremely effective and a much better alternative than chemotherapy, radiation and toxic drugs.

Healthy Juice Recipes



1. Fresh Tropical Fruit Juice

- ✚ Serves : 2
- ✚ Prep Time 10 minutes
- ✚ Total Time 10 minutes

This fresh tropical fruit juice is very refreshing and will give you tons of energy to begin your day! This is a great juicer recipe that will help you get started if you are new to juicing. It is full of antioxidants, vitamins and minerals to give you a mighty punch that goes right along with your new health kick!

If you're not convinced about juicing after trying a glass of this fresh tropical fruit juice, you just might need to try another glass! This recipe makes more than one glass, depending on how large of a glass you use. You might even be able to make it into 3 small glasses.

Ingredients

- ✚ 1 Kiwi - Peeled
- ✚ 6 Strawberries - Medium
- ✚ 1 Orange or 2 Clementines
- ✚ 1/2 Mango - Peeled and Sliced
- ✚ 1 cup Pineapple Chunks - Fresh
- ✚ 1/4 cup Coconut Water - Fresh or Canned

Instructions

Prepare fruit and process in a juice extractor. Stir in the coconut water.

2. Berry Elixir

- ✚ Serves: 2
- ✚ Prep Time: 10 minutes
- ✚ Total Time: 10 minutes

This is an all time favorite juicer recipe to have for a sweet treat. Add some agave nectar to the juice to sweeten it up a bit. Agave nectar is a little like honey, but it comes from a vegetable source...interestingly enough, the same plant tequila is made from! It has many healthy benefits on its own, including a low glycemic index to prevent a "spike" in blood sugar levels.

Ingredients

- ✚ 1 cup Raspberries
- ✚ 1 cup Strawberries
- ✚ 1/2 cup Blueberries
- ✚ 1/2 cup Blackberries
- ✚ 1 Cucumber - whole
- ✚ 1 Tbsp. Agave Nectar

Instructions

Juice the fruits and the cucumber. Pour into a glass and stir in the agave nectar.

5. Leafy Green Power Juice

- ✚ Serves: 1

If you don't eat enough green vegetables you will love this. There is no fruit to peel or slice in this recipe and everything is thrown into the juice extractor whole.

If a pure vegetable juice is a little too hardcore for you, the apples in this recipe sweeten up the greens and make it better.

Ingredients

- ✚ Kale
- ✚ Chard
- ✚ Spinach
- ✚ Sprouts
- ✚ Collards
- ✚ Dandelion

Instructions

You don't have to use the same ingredients every time. You can throw in a combination of whatever leafy green vegetables you available and an apple. The ingredients above are just suggestions for healthy dark greens to use for your green juice.

If you prefer to drink a sweeter juice, use 2 apples to create a sweet, fruity taste, and then add greens until you have enough juice for a whole glass. Carrots can also be used to sweeten up greens.

6. Healthy Vegetable Juice

- ✚ Serves: 1-2
- ✚ Prep Time: 10 minutes
- ✚ Total Time: 10 minutes

Are you a fan of V-8 juice? You can make your own at home! Here is a simple juicer recipe for getting the nutrients from 8 key sources for an all-around healthy juice choice!

If you don't enjoy this at first, give it a few tries. Just think about not having to eat your veggies - you can drink them instead!

You may get a different amount of juice every time you make it. It basically just depends on the size of the tomatoes and cucumber. You should get 1 to 2 glasses of juice from this juicer recipe.

Ingredients

- ✚ 1 Cucumber
- ✚ 1 Garlic Clove
- ✚ 1 Cup Broccoli
- ✚ 1 Stalk of Celery
- ✚ 1 Carrot – Large
- ✚ 1/2 Lemon/Peeled
- ✚ Tomatoes/Medium

Instructions

Run it all through the juicer and enjoy!

5 Detox Tips



Experience the benefits of increased health, energy and vitality by following these tips for a minimum of 7 days:

1. Start the day with a cleansing mug of hot water with $\frac{1}{4}$ squeezed lemon, slice of root ginger and a pinch of cayenne pepper.
2. Eat a fruit-based breakfast, such as stewed or fresh fruit salad with natural yoghurt, or a freshly made smoothie.
3. Avoid black tea, coffee and alcohol and replace with herbal tea, such as nettle to support the kidneys, or dandelion root coffee to aid liver function. It's important to stay well hydrated, so drink at least 1 liter of water daily. Fresh juices, such as carrot, beetroot, apple and cucumber are also fantastically nourishing and cleansing so aim to drink one fresh juice daily – ideally on an empty stomach for maximum benefit.
4. Eat at least five portions of fruit and vegetables per day, aiming for more. For lunch and dinner, cover at least 60% of your plate with vegetables and eat as much variety of colors as possible, aiming to cover the whole spectrum of the rainbow.

5. Incorporate lifestyle factors into your regime to support the process: get a good nights sleep, take a yoga class, treat yourself to a massage or sauna, try dry skin brushing before showering and use natural organic skin products.