

3-Day Anti-Inflammatory Detox

Are you looking to get back on track? Instead of crash diets that don't work, get back to basics. Focus on dramatically increasing your greens, do a 3-day cleanse to reduce cravings and increase vitality and immunity. Avoid another diet that makes you feel like you are in food prison!

After this 3-day Anti-Inflammatory Detox we can extend with reducing inflammation with the Standard Process 21 Day Purification Program. From there we will develop a food plan to help with stabilizing gut health and prepare you for your personalized anti-inflammatory program that will provide all the healing nutrients you need to heal. You will be provided with the book "Go With Your Gut". It is full of recipes and how to create a truly healthy lifestyle.

To successfully detox, ease into it and eat enough to stay full. For 3 days preceding your detox, eat balanced meals, 40% carbs, 30% protein and 30% healthy fat every 3 hours to keep your energy up and prevent craving-causing drops in blood sugar.

The 3-Day Anti-Inflammatory Detox is very soothing. All foods are blended to give your digestion system a rest...just make sure to drink slowly to ensure you stay full.

The focus is on nutritional cleansing – not costly supplements, strict regimens and a lack of satiation. We will work to increase your liquids, creating super-fast soups and smoothies and work toward an energy boost.

You will be supplied with 3 daily menus to follow to get the most out of your detox. Play around with the detox – maybe dinner suggestions as breakfast, hot lunch or soup or cold lunch smoothie!

Enjoy!

Daily Practice

Each morning begin by filling a 3-4 cup Mason Jar with herbal tea. By refilling this jar twice through the day and drinking all that tea, you will consume 9 cups of water to assist your cleanse. If you are detoxing from coffee, try Green Matcha or White Tea to provide a trace caffeine to reduce headaches.

Breakfast Smoothie

Each morning enjoy the easy, delicious Berry Boost Smoothie by simply putting all the ingredients into a blender and create a puree.

Maca Powder is full of minerals and vitamins which are required for a healthy body. . .calcium, magnesium, iron, vitamin C, B1, B2, B6 and B12. It is also full of fiber and 18 healthy proteins. Ashwagandha Powder affects multiple body systems and promotes emotional well-being, mental sharpness and physical well-being.

Snacks & Liquid Lunch

Mid-morning – ½ avocado with sea salt and a large glass of herbal tea or lemon water.

Lunch: Just pop everything in the blender, blend on high till silky smooth. If you begin to feel you are drowning in liquids, eat an organic apple cut into small strips.

Afternoon: 300 ml of coconut water (or 400 ml of veggie broth) and 1 tbsp ground flax (or chia) with ½ cup apple sauce.

Soup Supper

Each evening, by utilizing a wand blender, you can create a smooth cleansing broccoli lentil soup without heavy fats. Broccoli is loaded with protein and fiber. Fiber is necessary to soak up the toxins dumped into the intestines by the liver. Without fiber, the toxins are reabsorbed into our bodies, wreaking havoc on our systems.

Day 1

Daily: Detox Dandelion Tea

Brew 4 tbsps of dried dandelion root with 4 cups of boiling water for bold flavor. For a bitter brew – 2 tsp of crushed dandelion leaves with 1 cup boiling water and allow it to brew for 10 minutes. To create a nutty replacement for coffee, steep the Detox Dandelion Tea in your mason jar for up to 8 hours. Dandelion is one of nature's best detox foods. Rich in Vitamin A, potassium, iron and calcium, Detox Dandelion Tea is a diuretic that will eliminate bodily toxins through your liver, lymph and kidneys.

Breakfast: Berry Boost Smoothie

- 2 cups spinach, chopped
- 1 cup coconut beverage or non-dairy milk
- 1 tbsp honey or coconut nectar
- 1 cup organic blueberries and/or strawberries
- 4 tbsp hemp hearts
- ½ tsp cinnamon

Optional Superfood: ½ to 1 tsp maca powder or ashwagandha powder

Hot Lunch: Spinach Smoothie Soup

- 8 cups loosely packed spinach
- 3 tbsp lemon juice
- 1 tbsp coconut butter (raw is best)
- 1/4 cup green onions (use greens)
- 3 cups heated vegetable stock OR
- 3 cups boiling water with an organic bouillon cube* to taste pink or grey sea salt (if using low sodium stock or bouillon)
- 1/2 cup hemp hearts, divided
- 1 cup cooked squash or pumpkin (optional)
- drizzle organic olive or hemp oil (optional)

Directions:

1. Put all ingredients (except hemp) in a blender and blend on high.
2. Let soup cool slightly for about a minute, then add hemp seeds and continue to blend till silky smooth.
3. Garnish with 1 tsp hemp seeds and enjoy.

Supper: Cleansing Broccoli Lentil Soup

- 4 cups chicken broth
- 3 cups broccoli, chopped

- ¾ cup dried green lentils
- ¾ onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 1 ½ tbsp coconut oil
- 1 tbsp dried basil
- 2 tsp crushed garlic
- 1 tsp sea salt

Optional: 1 cup shiitake mushrooms, chopped

Garnish: 2 green onions, chopped

Directions:

1. Heat coconut oil in a large soup pot over medium heat.
2. Add onions and garlic and saute' for 3 minutes
3. Add carrots, celery and basil and cook for a few more minutes until the spices coat them nicely.
4. Add the rest of the ingredients (except broccoli) and bring to a boil.
5. Reduce heat and simmer for 45 minutes to an hour, covered.
6. Cut broccoli into small florets, add to pot and cook for 10 more minutes.
7. Using a wand blender, puree until smooth. Garnish with green onions if desired.

Day 2

Daily: Cranberry Detox Drink

To make cranberry Detox Drink, dilute 1 part pure cranberry juice in 4 parts water. Sweeten with 5 drops of liquid stevia extract, if preferred. Then, add 2 tsp ground chia, flax or psyllium fiber to stimulate gentle intestinal elimination.

Breakfast: Berry Boost Smoothie

- 2 cups spinach, chopped
- 1 cup coconut beverage or non-dairy milk
- 1 tbsp honey or coconut nectar
- 1 cup organic blueberries and/or strawberries
- 4 tbsp hemp hearts
- ½ tsp cinnamon

Optional superfood: 1 tsp maca powder or ashwagandha powder

Cold Lunch: Cilantro Pina Colada

- 3 cups cilantro or parsley, chopped
- 3 cups coconut beverage
- 2 cups fresh pineapple
- 1 ½ cups water
- 2 tbsp lemon juice

Optional sweetener: 5 drops liquid stevia extract

Frozen pineapple will make this smoothie thicker, as will swapping ice for water. Be sure to blend before adding ice, so the coconut oil doesn't freeze into chunks that won't blend.

Supper: Cleansing Broccoli Lentil Soup

- 4 cups chicken broth
- 3 cups broccoli, chopped
- ¾ cup dried green lentils
- ¾ onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 1 ½ tbsp coconut oil
- 1 tbsp dried basil
- 2 tsp crushed garlic
- 1 tsp sea salt

Directions:

1. Heat coconut oil in a large soup pot over medium heat.
2. Add onions and garlic and saute' for 3 minutes
3. Add carrots, celery and basil and cook for a few more minutes until the spices coat them nicely.
4. Add the rest of the ingredients (except broccoli) and bring to a boil.
5. Reduce heat and simmer for 45 minutes to an hour, covered.
6. Cut broccoli into small florets, add to pot and cook for 10 more minutes.
7. Using a wand blender, puree until smooth. Garnish with green onions if desired.

Day 3

Daily: Lemon Ginger Detox Drink

This drink is the perfect way to start your day!

Add the juice of ½ lemon to a 12-ounce glass of water (at room temperature). Finely grate a ½ inch knob of ginger root with a zester and add it to your glass of water. If desired, add 5 drops of liquid stevia extract, to taste.

Breakfast: Berry Boost Smoothie

- 2 cups spinach, chopped
- 1 cup coconut beverage or non-dairy milk
- 1 tbsp honey or coconut nectar
- 1 cup organic blueberries and/or strawberries
- 4 tbsp hemp hearts
- ½ tsp cinnamon

Optional superfood: 1 tsp maca powder or ashwagandha powder

Cold Lunch: Cilantro Pina Colada

- 3 cups cilantro or parsley, chopped
- 3 cups coconut beverage
- 2 cups fresh pineapple
- 1 ½ cups water
- 2 tbsp lemon juice

Optional sweetener: 5 drops liquid stevia extract

Frozen pineapple will make this smoothie thicker, as will swapping ice for water. Be sure to blend before adding ice, so the coconut oil doesn't freeze into chunks that won't blend.

Supper: Spinach Smoothie Soup

- 8 cups loosely packed spinach
- 3 tbsp lemon juice
- 1 tbsp coconut butter (raw is best)
- 1/4 cup green onions (use greens)
- 3 cups heated vegetable stock OR
- 3 cups boiling water with an organic bouillon cube* to taste pink or grey sea salt (if using low sodium stock or bouillon)
- 1/2 cup hemp hearts, divided
- 1 cup cooked squash or pumpkin (optional)
- drizzle organic olive or hemp oil (optional)

Directions:

1. Put all ingredients (except hemp) in a blender and blend on high.
2. Let soup cool slightly for about a minute, then add hemp seeds and continue to blend till silky smooth.
3. Garnish with 1 tsp hemp seeds and enjoy.

Deepen the Detox

Deep Detox

Enjoy Lemon Juice or Apple Cider Vinegar in your water before meals.

Take a good probiotic to assist in the elimination of toxins.

Take a good quality sustainable fish oil that is free of toxins. Omega-3 reduces inflammation, assists in reducing hunger, and boosts moods.

Take a magnesium before bed and incorporate pumpkin seeds or almonds – to help your body cope with stress overload.

Deeper Detox

Bulk up on fiber – flax, chia, apple pectin – to stay full

Go alkaline by focusing your menu on leafy greens. Feel free to add extra greens to any recipe (i.e. kale, Swiss chard, dandelion, spinach), which balance the body's pH levels, reduce inflammation, and keep blood sugar levels under control.

Avoid sautéing the onion and garlic and add it to the soup raw near the end of the cooking process. Raw garlic and onion is powerfully anti-fungal but can be a bit intense.

Deepest Detox

Dance, do yoga or walk for 20 minutes each day to assist your lymph system – but avoid excessive exercise while detoxing.

Add ¼ cup raw fermented vegetables as garnish to your soups. The live bacteria is very detoxifying and healing.

Consider adding liver cleansing herbs and spices: ¼ tsp turmeric can be added to any shake or soup (it will alter the taste so add in slowly). This yellow root is a cousin of ginger and a powerful liver protector, capable of regenerating liver cells. It stimulates enzymes responsible for flushing out toxins. Others? Burdock, Yellowdock, Milk Thistle, Artichoke and Peppermint.

Delve Further Into Detoxing

Three days is a great start to a full detoxification and cleanse. If you want greater results, consider extending the cleanse to encompass the 21 day Standard Process Purification Program. We will discuss this and your plan for moving forward after your cleanse. We will have a plan in motion so when your cleanse is complete, you can continue on your way to a healthy gut.

Detox Shopping List

Vegetables

- Avocado (2)
- Broccoli (2 head)
- Carrots (3 large)
- Celery (3 stalks)
- Cilantro or Parsley (3 cups)
- Green Onion (5 greens)
- Spinach (12 cups)
- Shiitake Mushrooms (2 cups)
- Yam or Pumpkin (1 cup)
- Onion (2 large)

Seasonings

- Basil, dried (1 tbsp)
- Cinnamon (2 tsp)
- Coconut Butte or Oil (2 tbsp)
- Flax or Chia Seed (4 tbsp)
- Garlic (2 clove)
- Ginger (3 large bulbs)
- GoBio Bouillon (6 cubes) or Vegetable Broth
- Grey Sea Salt or Pink Rock Salt (2 tbsp)
- Honey (1/4 cup)
- Stevia (liquid)

Protein and Fruit

- Green Lentils (2 cups dried)
- Hemp Hearts (2 cups)
- Blueberries and/or strawberries, frozen (3 cups)
- Lemons (12 large) or Lemon Juice (large organic bottle)
- Pineapple (1 fresh)

Liquids

- Coconut Beverage or non-dairy milk (6 cups)
- Herbal Tea (your choice)
- Olive Oil (1/2 cup organic)