

Detox

A little detox can go a long way in helping your body recover from processed foods and catch up on much-needed nutrition.

As we discussed in the book, there are 4 main objectives to the detox:

1. Detoxify the body
2. Reset the palate
3. Jump-start fat loss
4. Supercharge the body with nutrients

Smoothies are one of the easiest and most efficient methods for getting tons of nutrition into your system. Master this habit and you'll probably find yourself consuming a whole lot more fruits and vegetables than ever before.

DETOX GUIDELINES

Running a detox is very simple and there are many ways to go about it. The way that works for one person may not be ideal for another, so you have to experiment and find your own approach.

But to give you some general guidelines:

- You can do the detox for 1, 2, 3, or even more days (I find that somewhere between 2-3 days is a good place to start)
- During these days, you limit your diet to the following:
 - 1) Fresh smoothies, made from organic fruits and vegetables
 - 2) Filtered water
 - 3) Raw vegetables (if you're craving solid food)
 - 4) Chia pudding (optional)
- Get plenty of fresh air, good sleep, and some sunlight, if possible
- Take it easy and avoid strenuous activity

Those are the general guidelines. But if you'd like some specifics, here's how I would approach this mission:

DOING THE DETOX

Every day of the detox, I would have at least 1, but ideally 2 green smoothies (recipe below).

I would also include 2-4 other smoothies, which may have some vegetables in them, but may also be fruit-only.

If I didn't feel like making the smoothies myself, I would buy them from a quality juice bar or organic grocer like Whole Foods.

I would eat a serving of Chia Pudding or some raw, organic vegetables if I was craving solid food.

I would drink plenty of water, but not a crazy amount, since the smoothies have lots of water in them already.

DETOX RECIPES

Green Juice Thing (2 servings)

Ingredients

1 cup filtered water
2-3 stalks of kale, hard centers removed
1 cup packed spinach
½ cup packed parsley
½ cup packed cilantro (optional)
1-2 stalks of celery, cut into pieces
1 medium cucumber, peeled and cubed
1 apple, cored and cubed
½ lemon, skin removed
Piece of ginger (to taste)
1 teaspoon raw honey (optional)

Preparation

Put all of the ingredients into a powerful blender and blend into oblivion.

Drink within 30 minutes of preparation.

Smoothie Algorithm (2 servings)

Use the following guidelines to design and experiment with your own smoothie recipes.

Base: 1 cup total

Almond milk
Cashew milk
Coconut milk, light
Coconut water
Cold-pressed juice (apple works well)
Filtered water
Hemp milk

Power Greens: 2-3 cups total

Kale
Collard Greens
Mustard Greens
Rainbow chard
Swiss chard
Romaine
Spinach
Cilantro (for flavor, not too much)
Parsley (for flavor, not too much)

Veggies or Fruits: 1-2 cups total

Avocado
Cucumber
Celery
- - -
Apple
Peach/Nectarine
Banana
Strawberry
Cherry
Raspberry
Blueberry
Lemon
Lime
Mango
Melon
Pear
Pineapple

Notes:

1. When putting ingredients into a blender, put them in the following order:

Liquids go in first, followed by any leafy greens, then fresh fruits/vegetables, and finally frozen fruits/vegetables go on the very top.

2. If you want something without greens/vegetables, then just use fruit. But do try to have at least one 'green' smoothie per day.
3. For sweetness, add more fruit, use a fruit juice base, or add a teaspoon of honey.
4. To cut down on sweetness, use a neutral base like water or almond milk and decrease the amount of fruit in the recipe.
5. If you're craving solid food, feel free to eat raw, organic vegetables. Or add chia pudding to your detox menu.