

# Detox Cheap and Easy Without Fasting – Recipes Included

This is more than a detox article. This is a lifestyle article. If you want to be disease free, vibrant, and truly healthy, it's time to develop continuous detoxification habits that you do daily.

A very thorough detox can be expensive and challenging to complete. Some people who are very sick, or otherwise very toxic, need this kind of detoxification protocol, but most don't, and most cannot afford to spend hundreds, or even thousands of dollars on supplements. The good news is that with the right habits, anyone can detoxify all the time without doing a "detox" that takes up all of your time, energy, and money.

The trick to detoxifying without fasting is to eat foods that help you to detoxify the body, and to drink plenty of water. Even better than water, here's a recipe to kick off your detoxification protocol.

**Related: *How To Heal Your Gut***

## Cranberry Lemonade Recipe

- Glass gallon jar
- Safe, clean, spring water or distilled water
- 1 cup of unsweetened, organic cranberry juice, not from concentrate
- 3 organic fresh lemons
- A citrus juicer
- Liquid stevia
- Liquid cayenne

Fill the jar to about 85% capacity with spring water (or distilled water). Squeeze the lemons and pour the juice into

the water. Add cranberry juice. Add stevia to taste and then add cayenne to taste. The amount of cayenne used is up to you, but the more the better.

### **Recommended: *How To Heal Your Gut***

If you don't have access to a good source for spring water, use other clean, drinking water that does not contain fluoride. If you don't have access to organic lemons, use conventional. Fresh is best. If there are no fresh lemons, use organic bottled lemon juice. If you can't get cranberry juice that is not from concentrate, get the reconstituted kind (just don't get any kind of cranberry juice that has any other ingredients like sweeteners or other juices). If you can't stand cayenne, don't use it. No glass jar? Use plastic.

Since it's cranberry season again, if you have a blender, try whole cranberries instead of juicing them. You can also throw in some of the organic lemon peels, as much as you can stand to taste. (Only organic. Don't use peels from conventional lemons.) It's pretty sour, but it has lots of benefits.

If you have powdered cayenne and/or powdered stevia, I recommend using a blender to mix some of the liquid with the powders so they don't settle later.

The lemon juice will help flush the liver. The cranberry juice will help flush the kidneys. If you drink a lot of it, every day, you will feel an amazing difference in your health and vitality. This recipe is a far better choice for most people than the Master Cleanse.

## **Salad Recipe That Detoxifies**

Produce detoxifies. Fresh, whole, raw vegetables, herbs, and fruits pull toxins from the body, repopulate healthy, beneficial gut bacteria, and give the body the nutrients it needs including enzymes and other phytonutrients that are almost non-existent in most modern diets.

Try to eat a huge salad every day with lots of greens, plenty of other colors, garlic, cilantro, ginger, and more. Check out this salad recipe.

## **The Salad Base**

- Spinach
- Arugula (I prefer baby arugula, mature arugula tastes funky)
- Collard Greens (they're very bitter; use sparingly)
- Lettuce (mix it up, try an organic spring mix)
- Kale
- Beet greens (the tops of beets)
- Red cabbage (thinly shred like a slaw or a little thicker, depending on the texture you prefer)
- Rainbow chard

## **Shredded, Grated**

- Carrots
- Zucchini
- Beetroot
- Diakon (or other radish)

## **Chopped or Diced**

- Leeks
- Red onions
- Red and yellow bell peppers
- Cucumbers
- Cilantro
- Asparagus (try cooking in a balsamic vinger first)

## **Extras**

- Pomegranate seeds
- Olives
- Raisins or dried cranberries

- Sesame seeds
- Ground papaya seeds and/or ground pepper
- Avocado
- Eggs (try soft boiled)
- Beans (black, pinto, kidney, green, garbanzo, etc.)
- Garlic
- Turmeric
- Chia seeds

It's not an exact recipe, and it doesn't have to be. Mix it up. Try new things. My salads generally have about 15 ingredients. Make them big; make them diverse. Just imagine you're in nature, not modern society, and all you have to eat is nothing but a wide variety of the best, whole, fresh, healthy vegetables and herbs. This is what a big salad a day can do for you: it's life changing.

I throw in chick peas or a three-bean salad combination. If you're not vegan, try a sheep feta cheese with this salad, and throw on some eggs. It's good with meat, too, like chicken or steak.

Don't ruin it with a crappy salad dressing! All this salad needs is a little balsamic vinegar (apple cider is better, but I don't like the taste as much in my salads), or some fresh lemon juice or something. It doesn't take much.

## **Daily Habits for Constant Detoxification**

- Breathe in deeply, fully and properly
- Eat a big salad every day (I make seven every Sunday)
- Drink lots of cranberry lemonade every day
- Bodyweight squats every day.

That last one is more important than you may think. We expel more toxins through our skin and breathing than we do through bowel movements and urination. Get up, sweat, get your heart

rate going, and breathe! I recommend bodyweight squats because it's an important movement in nature (we used to squat a lot!), and it helps detoxify the body as you do them. Practice good form of course, and build up slowly. Start with 20, take a day off, but get up to 100 a day.

**Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones***

Imagine that. 100 squats, a big huge salad, and a gallon (or so) of cranberry lemonade every day. If you can do it, you will reverse and set back disease for many years and feel amazing. When you are detoxifying, stick with the salads, squats, and lemonade. When you're not, just fill in the rest of your diet with unprocessed, whole foods (organic whenever possible) and you'll be healthier than anyone you know.

That's pretty much my secret to good health. I make an 11 cup salad every day, I drink a gallon of cranberry lemonade every day, and I do squats. Sometimes I juice, but it's done with lots of turmeric and ginger, and it's not very sweet. I do enjoy an ultra healthy smoothie, and I put in lots of "superfoods" (I kinda hate that phrase, but, oh well), with Total Nutrition Formula.

When I need to go through a serious detox, I typically throw in SF722, Blood Detox, and some probiotics.

If you're suffering from serious illness, or you know it's coming soon if you don't change your habits, this protocol will bring you to another level in health, but at some point you may want to do a more serious protocol that targets all of the elimination organs, and seriously address your gut health.

If you'd like to see some more recipes (and if you want to make your own tinctures and teas for your detox):

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## **Recommended Products:**

- Mother Earth Organic Root Cider – Barrier Island Organics
- Formula SF722
- Floramend-Prime by Thorne
- Shillington's Blood Detox Formula

## **Further Reading:**

- *How to Kill Fungal Infections*
- *80% Raw Food Diet*
- *One Gallon Challenge*
- *Cheap and Easy Detox Protocols*