

TOP FIVE FOODS FOR DETOX:

1) Dark Leafy Greens (bitter and astringent taste)

Kale, collards, nettles, dandelion greens, turnip greens, parsley... Bitter foods stimulate the body to release toxins on a cellular level. Toxins and waste are scraped from the cells and squeezed back into the blood stream where they are eliminated with the stool. Greens create lightness in body and mind with their high nutrient density. Greens are rich in chlorophyll, which oxygenates and alkalizes your blood. **Greens detox your lymph, blood and fat cells.**

Celery (salty taste) an additional "green" that consumes calories, stimulates digestion and adds moisture to your body during a detox.

2) Lemons & Limes (sour taste) gently stimulates digestion. Lemons stimulate the release of enzymes and helps convert toxins into a water-soluble form that can be easily excreted from the body. Drinking lemon water, which is alkaline-forming, first thing in the morning will balance your appetite and transform the acidity in your blood. Lemons and limes are foods that also detox your liver.

3) Sprouts (sweet taste) are baby plants. Abundant with newborn energy, sprouts have exponentially more nutrients (vitamins, proteins, minerals) than the adult plants they become. Sprouts are in the sweet taste phase of the plant, (even if it's a pungent sprout like radish). Sweet taste helps build muscle tissue and maintain high energy levels during detoxing. **Eat 1 cup per day.**

Sprouts provide great energy during detox and repair tissue.

4) Spices (pungent taste)

Turmeric, ginger, cayenne, cinnamon, fennel improve circulation, aid detoxification, and **stimulate the digestion of toxins** both in the digestive tract and on a cellular level. Spices detox your lymph, blood, kidneys and bowels.

5) Sweet Juicy Fruits (sweet taste) help those with **sugar cravings** cleanse with **MORE** ease. Fruits are high in fiber, and some, like apples, are high in pectin, which serves an intestinal broom to clear out toxins. Juicy fruits contain the purest, **most absorbable form of water** for our cells, keep you hydrated, and give you energy to detox while helping you get through the day.

Use one of each type to make a delicious cleansing green smoothie.