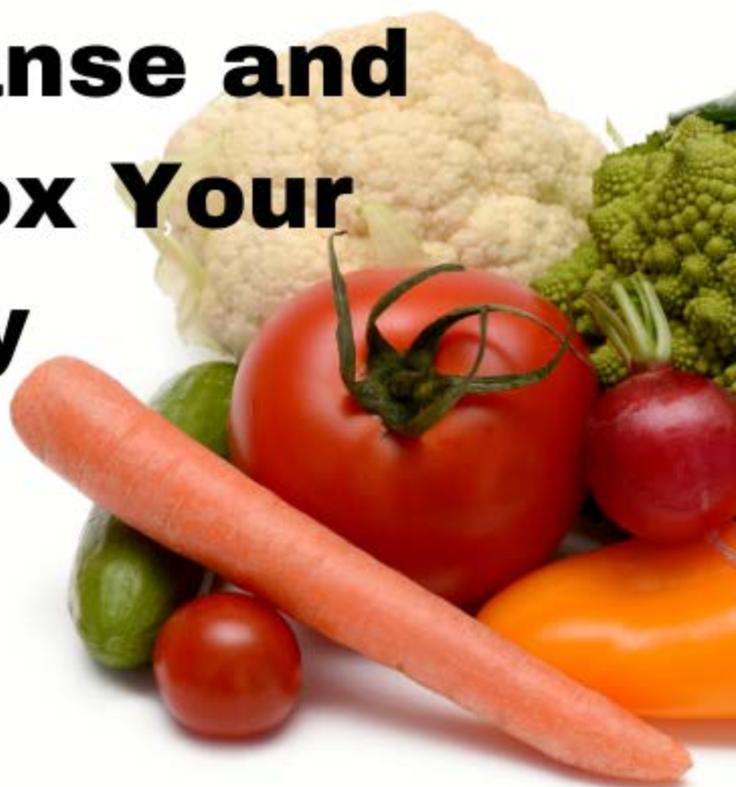


16

Delicious Foods

**That Help
Cleanse and
Detox Your
Body**



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16 Delicious Foods That Help Cleanse and Detox Your Body

There are many foods that you can consume that assist in cleansing and detoxing your body naturally. The list below is not all inclusive but can be used as a starting point of foods that should added to your diet for the benefit of cleansing and detoxing your body.

	FOOD ITEM	BENEFITS
1.	Garlic	Contains Selenium which helps detoxify the liver
2.	Turmeric	Flushes out toxins and contains antioxidants to repair liver cells.
3.	Beets	Breaks down waste for speed in excretion, cleanses the blood and increases oxygen, is fibrous and has vitamin Cleansing the blood

4.	Walnuts	Helps the liver detoxify ammonia, high in omega-3 fatty acid which support cleansing
5.	Berries (all)	Contains antioxidants that help reduce free radicals that contribute to cancer; Blackberries boosts anti-aging.
6.	Apples	Helps detoxify body and promote overall good health, fiber aids in weightloss
7.	Lemons / Citrus Fruit	Vitamin C, potassium, copper and magnesium - helps absorb nutrients from the other foods you eat; stimulates the liver and flushes out toxins, helps you shed excess water weight
8.	Dark Leafy Green Vegetables	Cooked or Raw; flushes out toxins and protects the liver from damage
9.	Carrots	Contains vitamin A which helps prevent liver disease
10.	Cabbage	Contains sulforaphane, a chemical which aids the body in the fight against toxins.

11.	Seaweed	Boosts immunity, helps detox your blood and kidneys and has diuretic properties to help you shed excess water
12.	Green Tea/ Matcha Tea	(no green tea extract) contains chlorophyll which helps cleanse your body and remove toxins; also helps you shed pounds
13.	Bone Broth	High in amino acids which support liver detox, good for leaky gut syndrome and boosts the immune system
14.	Fennel	A detoxant, reduces gas and bloating
15.	Pineapples	Helps clean the colon and aids in relieving joint pains (anti-inflammatory)
16.	Avocado	Contains glutathione, an antioxidant that helps the liver detoxify fat before bile is emitted.

For additional information about detoxing, please visit www.ckls101.com.

SPECIAL BONUS ADDITION:

CABBAGE SOUP RECIPE



Usually after the third day of a full (no solid food) cleanse, I will introduce food back into my system with Cabbage Soup. Remember, cabbage is on the list of “natural detoxing” foods listed above. The benefits of Cabbage Soup are numerous.

Cabbage Soup is rich in nutrients and vitamins and is loaded with fiber. Try my recipe for Cabbage Soup and tell me what you think!

CABBAGE SOUP

Ingredients:

- 1 tablespoon olive oil or canola oil
- 2 onions, chopped
- 1 shallot, chopped
- ½ green pepper, chopped
- 2 cloves chopped garlic
- 2 celery ribs, chopped
- 2 zucchini

2 carrots, chopped
3 tomatoes, chopped
1 small cabbage, chopped
3 tablespoons instant chicken or vegetable bouillon granules or bone broth (if using bone broth it is instead of the water indicated below - 12 cups of bone broth instead)
1/2 teaspoon salt
1/2 teaspoon pepper
12 cups boiling water (3 quarts)
2 tablespoons chopped fresh parsley
3-4 dashes Tabasco (optional)

Directions:

Heat oil over medium heat; add onion, shallot, garlic and celery.

Saute for 10 minutes or until onions become transparent. Do not burn. Add rest of ingredients; bring to a boil.

Turn down heat to medium-low and let simmer for 45 minutes to 1 hour. Taste to see if you want to add and more seasoning.

Add parsley and Tabasco and simmer a few minutes.

Remove from heat. Bon Appetit!!