

## Cleanses and Smoothies – Relieve the Toxic Load

### Daily Morning Cleanse:

#### 2 ways:

1. **Drink Celery Juice** 1st thing in the am on an empty stomach. Wash & juice fresh bunch of celery (or blend and strain) – drink alone with no other vegetables or fruits on empty stomach or 2 hrs. after a previous meal.

This is a powerful way to rebuild the HCA in the stomach, cleanse out the toxins in the gut. The mineral salts are bonded with many bioactive trace minerals and nutrients in a unique ability to restore and rebuild.

OR

2. **Lemon Blend:** *Blend and drink 1st thing in the morning before anything else is eaten or drunk: Whole Fresh Lemon, ElectroSport, Evergreen, Fortune Delight - SunnyDew*

1. **1 lemon** – whole with seeds & white skins (not outer skin) – As a table food, one of the most effective mucous expellers, amazing cleanser of liver, kidneys, spleen, thyroid, and gallbladder, helping purge the many toxic substances. Helps create alkalinity to help prevent growth of almost every type of cancer. Helps to bind the minerals and carry them into the body.
2. **1 vial of ElectroSport** – complete integration of electrolytes that is carefully formulated to actually bind 10 essential minerals to carry those minerals and nutrients more effectively into the cells. ElectroSport also helps restore our electrical system.
3. **1 vial Evergreen** – concentrated highly soluble chlorophyll in natural oil-soluble state (unlike other brands). Promotes better circulation & digestion, renewing tissues, promoting healthful intestinal flora, cleansing and healing to intestinal tract, improves liver functioning, cleansing radiation, inhibiting bacteria and fungus, internal and external antiseptic, cell stimulator and rejuvenator and red blood cell builder, lubricates the ileocecal valve, helps prevent constipation. Improves the absorption of nutrients. Helps ward off infection by enhancing the immune response. Promotes healthy cells by detoxifying and purifying the cells, cleans the blood, moisturizes and smoothes the skin, sweetens the breath, neutralizes body odors, helps with digestion and to neutralize gas. Fortifies the blood, bringing oxygen and repair to the cells. Equivalent to 4-5 suggested greens.
4. **1 pkg of Lemon Fortune Delight.** Nourishes the cleansing of the entire digestive system, promotes assimilation of food, includes electrolytes (minerals) for energy, restores normal fat balance in body, metabolizes stored/consumed fat/cholesterol, counters Candida overgrowth, effective against parasites, promotes alkaline pH, provides antioxidants to fight free radicals, promotes natural slenderness, replaces water with added nutrition. Fat-flushing, refreshes, restores, with many specially formulated herbs, including (green tea without the caffeine effect).

**You can add your SR to any of these:**

### **Liver Rescue Juice**

Juice or blend and strain

- 2 apples
- 2 c. coarsely chopped pineapple
- 1 inch ginger
- 1 bunch celery
- 1 c. loosely packed parsley

Optional Additions

- 1 c. sprouts
- 4 small radishes
- 1 c. loosely packed dandelion greens

### **Liver Rescue Soup**

Place all ingred. In high speed blender, blend till smooth, serve immediately

- 2 c. grape tomatoes
- 1 c. diced cucumber
- 2 celery stalks
- ¼ c. fresh cilantro, tightly packed
- ¼ c. parsley, tightly packed
- 4 c. leafy greens loosely packed (spinach, arugula, butter lettuce etc.)
- 2 T fresh lemon, lime or orange juice
- 1 c. chopped asparagus
- Opt. 1-2 medjool dates, 1-2 tsp. raw honey or Sunnydew
- ½ c. water

### **Heavy Metal Detox Smoothie**

Combine in blender, add up to 1 c. water

Serve and enjoy!

- 2 bananas
- 2 c. fresh or froz. Blueberries
- 1 c. fresh cilantro
- 1 tsp. Barley grass juice powder ( Evergreen)
- 1 tsp. spirulina (3 caps. Spirulina)
- 1 Tbsp. Atlanta Dulce (sea vegetables) (Electroport)
- 1 orange
- ½ to 1 c. water

## 7 Key Tools for a Heavy Metal Detox: 10-Day Cleanse or a Lifestyle

Dear Friends,

Are you interested in taking your health to the next level?

### Heavy Metal Neurological Symptoms:

Brain fog, memory issues, confusion, anxiety, depression, tingles, numbness, etc.

Can lead to Alzheimer's, dementias, ALS, Parkinson's, bipolar, mania and schizophrenia.

Then there is the multitude of other symptoms that are the result of viruses and bacteria feeding on the heavy metals.

There are 7 powerful tools at your fingertips to change your future:

1. Calli 1 bag/cup and then additional Calli thru the day
2. Blueberries (wild is the best) 2 cups.
3. Spirulina caps 6-8/day
4. Evergreen vial
5. Fresh cilantro - 1 cup
6. Atlantic Dulse - 1 Tbsp. excellent alternative to salting your food-they grab onto and eliminate toxic heavy metals and radiation from our bodies, they don't contain enough sea salt to interfere with detoxing. Take a break from adding table salt (even the Himalayan and other wonderful mineral salts) during a cleanse. They slow down the process.
7. Only Fruits and Vegetables

**Sunrider:** Typically Heavy Metal Cleanses are a 3-6 month cleanse.

Of course, adding Sunrider 3xs a day, speeds everything up and ensures much greater success.

**Successful Heavy metal cleansing:** Heavy metal cleansing depends where the metals are lodged as to which foods dislodge them and get them safely out of the body. Some metals are easy to reach and you only need 2 or 3 of the recommended foods, others are lodged deep in your organs, like deeper tissues of the brain and the core of the liver. It may take all 6 to safely remove them from the body. You want to include all 7 because you don't know just how deeply toxic heavy metals and their debris have settled themselves in your body

**Why 7 ingredients?** You want to start your day with drinking celery juice 1st thing in the morning 30 min. before anything else, because its sodium cluster salts have the ability to loosen toxic heavy metals, preparing them for these 6 ingredients to lift them out. Each ingredient has the potential to uproot heavy metals in the body, whether in easier-to-reach or unexpected places. These 7 have different degrees of carrying power for different toxic heavy metals. For example, one ingredient will hold onto aluminum in your system more easily to move it out of your body. Another will have more pickup power for copper or nickel, and another will do a better job with mercury. Then there are the alloys, where metals have fused themselves together as one, in addition to the corrosive, oxidative runoff that these metallic reactions create.

**Heavy Metal Smoothie:** You can consume these 7 as a smoothie (add an orange to make really delicious or consume individually over a 24 hr. period. Just make sure you **always start day with your celery juice or alternate days with lemon/lime** if you include Fortune Delight.

Note: If you blend your head of celery, you can eliminate the fiber and enjoy the powerful concentrated nutrients. If you alternate days with lemon or lime water (2 cups) be sure to add the Fortune Delight to help really clean up the gut to move these heavy metals out.

**Trouble Maker Foods** to avoid most all the time and especially during the 10 day Heavy Metal cleanse: Eggs, Dairy, Gluten, Soft Drinks, Excessive Salt, Pork, Tuna, Lamb, Corn, Soy, Vinegar, (all oils during the cleanse), Fermented Foods, Caffeine, Alcohol. If you mess up and eat foods with (oils and fats) or one of the troublemaker foods, add 3 days to your cleanse.

**Important key point:** The reason we eliminate fats and oils during a cleanse and significantly lower after the cleanse is that fats thicken the blood. Thick blood means less oxygen to the brain and body. When doing any kind of a cleanse, when you thin out the blood (no fats, even healthy fats), poisons can readily come out of the tissue and organs and enter the bloodstream freely. This gives our cells and blood the ability to carry toxins all the way out of the body and to start repairing the damage that pathogens and poisons left behind.

**Am I getting enough fat?** The fats that are in fruits, vegetables, leafy greens, sea vegetables, and herbs give natural omegas at gentle enough levels that won't overburden your liver, digestive system, and immune system. It's the perfect amount for your body to process when it's healing.

Yours to great health!

Donna