

DETOXING GREENS

Each day for three days, include as many of these in your diet as possible:

- One cup of hot water and lemon first thing in the morning. It'll jumpstart your liver and help balance your pH
- At least eight glasses of water per day
- Include generous amounts of fresh culinary herbs to meals and snacks (no spices or salt) - parsley is particularly good, especially when juiced with apple juice
- Take any combination of two of the following for your liver: Two cups dandelion, chamomile or fennel tea, one medium glass pure carrot and beetroot juice, a fresh garlic clove, a medium bunch of black grapes
- Two cups of parsley or yarrow tea for your kidneys
- Kelp supplements (only if you are not allergic to iodine or seafood) - the iodine will help keep your metabolic rate balanced
- One portion of rice (preferably short-grain brown rice)
- At least three portions of vegetables (one of these to be eaten raw)
- At least three portions of fresh or dried fruit
- Three or more portions of salad
- Two portions of either pulses, nuts, fish or olive oil
- Walk for at least 30 minutes a day

