

SPECIAL QUICK DETOX

This is can be a one day or weekend fast, primarily based on juices. You may wish to use a liver detox powder as in the Rapid detox (refer to book). You may also include vegetable broths.

There are other times you might want to use this detox method: for example when you are recovering from an operation or illness check with your doctor, after using antibiotics or if you are coping with a menopause process which is causing you discomfort with hot flushes, mood changes and broken sleep.

Here is an example of a Special Quick Detox:

Upon waking drink a full glass of warm water with half a lemon squeezed into it.

All day drink plenty of water!

Mid-morning:	glass of freshly squeezed vegetable juice
Before lunch:	cup of herbal tea
Lunch:	glass of freshly squeezed vegetable juice with ginger
Early afternoon:	cup of vegetable broth
Mid-afternoon:	glass of freshly squeezed fruit juice
Dinner:	two cups of vegetable broth
Before bed:	cup of herbal tea

SPECIAL VEGETABLE BROTH RECIPE

2 cups carrot tops
2 cups celery tops
2 cups beet tops
3 cups celery stalk
2 cups red skinned potato peeling ½ inch thick
1 small zucchini
7-8 cups filtered water

Chop all the vegetables into very fine pieces. Place them in filtered water and bring to the boil with the lid on. Lower the heat and simmer for 20-30 minutes. Strain and drink the broth. This broth will keep for 3 days in the refrigerator. Larger quantities can be made and frozen.