

AMALUNA WELLNESS

LIVER DETOX PROTOCOL FOR OPTIMAL WELL-BEING



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MEET CAITLIN & KAYLA



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Caitlin is a functional medicine clinician, board-certified acupuncturist, and transformative health coach based in Boulder, Colorado. Owner of Amaluna Wellness (founded in 2013), Caitlin treats patients online and in-person. She specializes in detoxification protocols and treating stress, anxiety, and depression without pharmaceuticals.



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Kayla is a Holistic Nutritionist & Personal Chef based out of Boulder, CO. Owner of Sage Nourishment, Kayla focuses on a Holistic wellness model incorporating mind/body connection through nutrition and lifestyle into her coaching. She specializes in chronic illness, lyme disease support, food allergies/intolerances, detoxification, and athletic performance to support you as a whole individual. You can work with her both in-person or online.





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redefining



“Committing to radically changing how you eat for a short-period of time can effectively jolt you out of habitual tendencies and reset your body’s optimal health.”

- Caitlin Gordon, M.S., L.Ac.

DETOX REDEFINED

The term detox has become a bit controversial. There’s a lot of orthorexia and disordered eating that is packaged as cleansing or detoxing and this misalignment can be off-putting to the idea as a whole.

The concept of cleansing (or detoxing) goes back thousands of years in nearly every healing tradition. Our view of detox is taking steps to lighten our total toxic load. This can be in the form of the **food we eat, the products we use, the relationships we engage in, our physical space, and more.** Spring & Summer is the optimal time to lighten our load as energetically it’s time to shed layers from winter hibernation. What we accumulated in the slower internal months of winter is ready to be released so that new life may spring forth. It’s no coincidence that the produce that is in-season is supportive for our primary detox system, the liver.

The act of lightening our total toxic load is beneficial for our physical bodies, our minds, and our spiritual growth. Cleansing inevitably brings up personal growth edges as it forces us to confront our attachments. **Letting go is an enlightening practice.** Whether it’s letting go of old sentimental t-shirts, our coffee or sweets addiction, that ex we keep texting, or the morning self-criticism when we look in the mirror, we become lighter with each release.

WHAT DOES THE LIVER DO?

The liver is the largest organ in your body and works as a filter and chemical-processing center. It performs over **500 functions for the body and is essential for keeping you well.** In Traditional Chinese Medicine (TCM), the liver and gallbladder organ systems are paired.

Our liver is the primary detoxifier of our bodies, in fact, every single thing you eat/drink/consume is filtered through your liver. Additionally, from the TCM view, strong emotions such as anger, frustration, and resentment are also processed by the liver system. The gallbladder produces bile which binds the toxins filtered through the liver so they can be safely excreted through the bowel. As you might expect, most modern humans have a very overloaded liver. Supporting liver function can improve your health in nearly every way.



FUNCTIONS OF THE LIVER:

- Processes all the nutrients after they're digested
- Breaks down and helps eliminate every single toxic substance that enters your bloodstream
- Balances hormones and cholesterol
- Eliminates excessive/harmful hormones and cholesterol
- Helps produce bile for fat digestion and toxin elimination
- Stores nutrients, sugars, and blood
- Manufactures substances essential for the immune system
- Contributes to blood sugar and fluid balance

"And you?
When will you begin that long *journey into yourself?*"

- Rumi

The liver first breaks down and then removes unwanted chemical compounds. This is accomplished in two parts known as Phase I & Phase II Detox.

During Phase I, the Liver relies on a group of 50-100 enzymes called Cytochrome p450 to convert harmful substances from lipid soluble compounds (fats) to water soluble compounds.

These substances are caffeine, over-the-counter drugs (ibuprofen, aspirin, anti-histamines, naproxen, etc), pharmaceuticals, hormones, steroids, nicotine and alcohol. For Phase I to work properly, the body needs to have ample nutrients to support the process.

These nutrients are as follows:

- Glutathione
- SOD (detoxes free radicals generated by P450)
- Selenium
- Vitamin C & E (antioxidants)
- Magnesium
- Iron
- B-Vitamins
- Flavonoids

With the use of these nutrients and Cytochrome p450, Phase I breaks down toxins into raw materials and moves them to Phase II to be conjugated by adding another molecule to turn them into excretable substances. This takes place in 6 main conjugation pathways known as the Methylation pathway, Sulfation pathway, Glucuronidation pathway, Glutathione pathway, Acetylation pathway, and the Amino Acid Pathway. Each of these pathways relies on its own unique set of nutrients from diet to fuel the process.

(See the next page for a breakdown of some of those nutrients.)

PHASE 2 PATHWAYS

	Methylation pathway	Sulfation pathway	Glucuronidation pathway	Glutathione pathway	Acetylation pathway	Amino Acid pathway
Purpose	Detoxifies: Estrogens Catecholamines (dopamine, L-dopa, norepinephrine, epinephrine) Histamine Toxic heavy metals	Detoxifies: Neurotransmitters Bile Hormones Drugs Chemicals	Detoxifies: OTC drugs Valium Morphine Food additives Hormones Bilirubin	Detoxifies: Acetaminophen Penicillin/ Tetracycline Nicotine Organophosphates Bacterial toxins Aflatoxin Lipid peroxides Ethyl alcohol Prostaglandins	Detoxifies: Sulfa drugs Benzodiazepines Mescaline Serotonin PABA & choline Histamine Caffeine Tyramine	Detoxifies: Aspirin & food additives Poorly functioning pathway for people with: Hepatitis Alcoholic liver issues Carcinomas Hypothyroidism Chronic arthritis Toxemia of pregnancy Excessive chemical exposures
Supportive foods & nutrients	Eggs Methionine: beans, fish, garlic, onions, leeks, eggs, dairy, meat Leafy greens (folate) Ghee (betaine) Animal Protein (dietary source of B12) Vitamins B6 & B12 Folic Acid	Cruciferous family: Cauliflower Cabbage Bok choy Broccoli Brussels sprouts Allium family: Garlic Onions Leeks Chives Scallions Shallots Egg Yolks	Fish oil Glutathione Calcium D-Glucarate SAME (consult w/ practitioner before taking)	Brassica family All citrus Zinc Vitamin B2 & B6 Undenatured whey Sulfur-rich foods Vitamin C NAC Exercise Nuts/Seeds Beef/Lamb Asparagus Avocado Walnuts Fish	Vitamin C Vitamin B2 (riboflavin) Vitamin B5	Animal Protein Plant Protein

Activating these pathways is what allows for proper detoxification of toxins, both exogenous and endogenous, out of the body through bowel movements, urine, and sweat. This is why proper nutrition plays a critical role in detoxifying the liver. As you can see, you need to give your body the Phase 2 conjugating nutrients via your diet or the excretion of these toxins will come to a stop resulting in an overloaded system.



healing

WHAT ARE THE TOXINS THAT CAN BURDEN OUR BODIES?

Our fast paced modern world has evolved our way of living for more convenience, but what is the cost to our bodies? Our water, air and food have been polluted with chemical byproducts from pesticides, herbicides, chemicals, radiation, pharmaceuticals, over the counter drugs, personal care products, fracking, mold, vehicle emissions, etc. **Whether we like it or not, we are exposed to these toxins everyday.** It is the main job of our liver to safely excrete these toxins from the body. When the body becomes overburdened with toxins, it becomes inflamed, weakening our natural defenses to protect against disease and illness.

Many lifestyle factors can also inhibit the liver's ability to properly remove toxins from the body.

Chronic stress, lack of physical exercise, poor sleep, unhealthy lifestyle habits and poor diet can all combine to hinder the liver's ability to detoxify.

So how does this translate into symptoms? Gallbladder and liver imbalance can present in many ways.

COMMON SYMPTOMS:

- Migraines/headaches especially in the temples, behind one eye or of a throbbing nature
- Red or itchy eyes, night blindness
- High-pitched ringing in the ears
- Cold sores, shingles, genital herpes, yeast infections, oozing rashes
- Tendonitis, tight ligaments
- Rib tenderness/tightness along sides of body
- Feeling of something stuck in the throat
- Mood swings, frustration or irritability, or a sensation of being disconnected
- Difficulty making decisions, inability to make plans
- Craving for sour foods or alcohol
- Sour or bitter taste in mouth
- Irregular or incomplete feeling bowel movements (soft to hard), constipation, small broken stools
- Painful cramping or irregular menstrual cycles
- Poor vision, floaters in vision, blurred vision
- Waking in the night between 1 am and 3 am
- Stressful or anxious dreams
- Nail fungus, brittle or ridged nails
- Belching, acid reflux, vomiting/nausea
- Jaw clenching/teeth grinding
- Fatigue
- Jaundice
- Dizziness
- Hypertension
- Sensitivity or aversion to windy weather
- Weight gain and/or cellulite
- Chemical sensitivity

THE POWER OF DETOX

BENEFITS OF SUPPORTING LIVER DETOX:

- Reduced inflammation
- Weight loss
- Increased energy
- More restful sleep
- Better digestion
- Improved mood (fewer anxious and depressive symptoms)
- Reducing or eliminating headaches and migraines
- Higher alcohol tolerance
- Fewer allergies (seasonal, food, chemical, etc.)
- Easier periods
- Hair growth
- Reduced risk of chronic illness
- Reduced risk of cancer
- Improved skin tone and clarity
- Brighter eyes
- Aid in autoimmune disease remission
- Improved cholesterol numbers
- Improved blood sugar

WHO NEEDS A DETOX?

If you have any of the following conditions or symptoms above, you may benefit from following this protocol.

- Autoimmune disease
- Overweight, difficulty losing weight
- Constipation
- Migraines or headaches
- Acne
- Liver disease, fatty liver
- Blood sugar imbalance
- PMS, irregular periods
- Fibrocystic breasts
- Exposure to heavy metals
- Exposure to chemicals
- Cellulite
- High cholesterol
- Chronic fatigue
- History of alcohol or substance abuse
- Eczema or hives
- Food sensitivities
- Seasonal allergies
- Chemical sensitivities
- Gallstones, gallbladder disease
- Candida
- Mold exposure
- Lyme

THOSE WHO SHOULD NOT FOLLOW THIS PROTOCOL:

- Pregnant
- Breastfeeding
- Heavy metal toxicity (consult a functional medicine provider)
- Underweight
- Undergoing chemo
- Children
- Heavily medicated
- Unmanaged severe mental illness



releasing

UNDERSTANDING “DETOX” OR HERXHEIMER REACTIONS

Herxheimer reactions are a **systemic inflammatory response** to endotoxins released into the bloodstream when pathogens (bacteria, yeast, mold, viruses, etc) are killed off or expelled from storage in fat cells. Some people also refer to this as a healing crisis or die-off reaction. Detox reactions can be pretty uncomfortable.

COMMON HERXHEIMER REACTION SYMPTOMS:

- Fatigue
- Joint or muscle pain
- Headaches
- Stomach pain
- Change in bowel movements-- constipation or diarrhea
- Brain fog
- Insomnia
- Anxiety
- Depression
- Change in appetite
- Acne
- Nausea
- Cognitive impairment
- Poor coordination
- Change in body temp

WHAT HELPS EASE HERXHEIMER REACTIONS:

- Slowing down treatment or taking a few days off to let your body's liver and kidneys flush out the endotoxin buildup
- Dry brushing
- Lymphatic massage
- Jump roping or rebounders
- Enemas or gentle natural laxatives
- Acupuncture
- Sweating, infrared saunas or exercise
- Increasing water intake
- Upping the leafy greens and antioxidants
- Getting extra sleep
- Increasing glutathione
- Certain supplements which help metabolize or bind to endotoxins and anti-inflammatories.
- Epsom salt baths

SUPPORTING ELIMINATION AND MINIMIZING DETOX REACTIONS

During this protocol, you're going to release some stored toxins. Whether you are detoxing from heavy metals, mold, chemical exposure, alcohol, medications, food, recreational drugs, or other environmental toxins, the following will support your body in lowering total toxic load and managing detox symptoms.

Choose one detox activity daily for best results.

DRY BRUSHING: Dry brushing stimulates the flow of lymph and blood, which is important for proper detox. For more on dry brushing, visit the Amaluna website.

DETOX BATHS: Take hot baths with Epsom salt, bentonite clay, and baking soda to help the body detoxify. Magnesium (in Epsom salt) is best absorbed through the skin and helps block heavy metal absorption and storage in the tissue. Baking soda has an alkalizing effect and it protects against radiation. Bentonite clay binds to metals, molds, and other chemicals via its negative ionic charge.



IV THERAPY: IV therapy with glutathione phosphatidylcholine, Vitamin C, or B- vitamins can be an effective way to support detoxification. IVs bypass compromised digestive function and allow the cells to utilize the nutrients immediately.

ORAL SUPPLEMENTS: Specific supplements such as glutathione, activated charcoal, and clays work both to bind toxins for excretion and to reduce oxidative stress to lessen the damaging effects of toxins. You can increase your dose of either activated charcoal and/or glutathione if you begin experiencing strong detox symptoms. You can also add in some of the optional recommended supplements.

ACUPRESSURE/ACUPUNCTURE: Acupuncture and acupressure stimulates the parasympathetic nervous system and peristalsis, improves circulation and lymph flow, regulates stress chemistry, and acts as a natural anti-inflammatory, all of which promotes proper detox. (You can do self-massage on your feet or get foot reflexology to help stimulate the elimination pathways as well.)

SAUNA/SWEATING: Infrared sauna, conventional sauna, and good old-fashioned sweating in the heat all help the body remove toxins through the pores. We recommend sauna sessions of no more than 45-minutes at a time, and no more frequently than 3x per week. If you're new to detox, start with a single 30-minute session and wait 48 hours to gauge detox reactions.

MEDITATION: Meditation strengthens vagal nerve tone (a natural anti-inflammatory) and optimizes liver and digestive function for detox. Some good apps for guided meditation: Insight Timer, Yoga Nidra Relaxation, and Calm.

COLONICS OR ENEMAS: Both colon hydrotherapy and at-home enemas help to stimulate bile flow and the vagal nerve, which aids in detox.

LYMPHATIC MASSAGE: See a massage therapist trained specifically in techniques that stimulate lymph drainage to benefit detox.

REBOUNDERS/EXERCISE: Rebounders are mini-trampolines. Jumping stimulates the flow of lymph, an essential process for effective detox. Exercise such as running, hiking, interval training, or other cardiovascular activity helps pump lymph as well. Our lymphatic system has no pumping mechanism of its own, so we must move to get it flowing.



HYDRATION: Aim to drink enough water that your urine looks like diluted lemonade throughout the entire day. Proper hydration is essential for having healthy bowel movements and flushing toxins out via the kidneys.



nourishing

12-DAY LIVER DETOX PROTOCOL

This protocol allows for 3 days to ease-in, 5 days of full detox nutrition, and 4 days to reintroduce foods slowly. This is designed to be long enough to notice improvement but not too long that the average busy human can't commit! We highly recommend repeating the protocol several times throughout the year and incorporating some of these habits into your daily routine.

During the 12 days, you will be removing common pro-inflammatory foods like gluten, dairy, corn, processed sugar, caffeine, factory-farmed meat, and alcohol.

The first 3 days you will be cutting back on fat and protein while increasing liver supporting foods. The next 5 days you will be removing all animal protein, eating a diet high in fruits and veggies with some specific fats and liquids to support the liver and elimination pathways. On day 9, you will be consuming only liquids. This gives the digestive system a break, so that energy can be devoted to toxin-cleanup. The final 4 days you will be slowly reintroducing animal proteins and legumes.

Each day, you'll start your morning with a lemon water or herbal tea. This helps get liver metabolism working while giving your body the needed hydration to metabolize and excrete waste products generated during sleep.

Each meal option is designed to be soothing and supportive for your stomach and spleen system from both an Eastern and Western perspective. Every snack, sauce, and spice recommendation is intentional. We have chosen specific ingredients for balancing blood sugar, giving the liver nutrients needed to properly process toxins, and supporting bile and elimination pathways.

OVERVIEW OF EATING FOR DAYS 1-4

SUPPLEMENTS	Probiotics
BREAKFAST	16oz Hot Lemon Water (half a lemon) OR Herbal Tea with half lemon. Choice of: - Buckwheat Breakfast - Detox Breakfast Smoothie - Steamed Sweet Potato w/ sautéed greens (spinach, kale, collards, bok choy, dandelion, any dark leafy)
SNACK	Choice of: - Bone Broth - Walnuts - Apple w/ cinnamon - Buckwheat breakfast - Hummus & carrots - Steamed veggies
LUNCH	Meal of the day to have animal protein with a veggie and choose sauce option listed below. No dairy. Vegans/Veggie choose legumes as protein. Choice of: - Chicken & Kale Caesar salad - Raw Brussel Sprout Salad w/ chicken or fish - Cabbage & Carrot Slaw with protein of choice (chicken, fish) - Greek Salad: chopped parsley, cucumber, red onion, artichokes, tomato, Italian herbs - Tomato/Avocado Salad - Steamed Asparagus/brussels with Protein of choice w/ lemon olive oil dressing Sauce Options: - Chimichurri - Lemon Olive Oil - Avocado, Parsley, Lemon - Slaw dressing
SNACK	Choice of: - Bone Broth - Walnuts - Apple w/ cinnamon - Buckwheat breakfast - Hummus & carrots - Steamed veggies
DINNER	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho (green or red) - Minestrone (black beans & garbanzo are ok) ** Magnesium Supplement w/ Dinner
SNACK	Apple/Pear (baked or raw with cinnamon, baking spices)
SUPPLEMENTS	Activated Charcoal

OVERVIEW OF EATING FOR DAYS 5-8 & DAY 9

	Days 5-8	Day 9
SUPPLEMENTS	Probiotics	Probiotics
BREAKFAST	16oz Hot Water w/ half a lemon or Hot Herbal tea w/ hot lemon Smoothie: - Coconut water - Frozen Berries - 1 banana - MCT Oil 1 Tbsp.	16oz Hot Water w/ half a lemon or Hot Herbal tea w/ hot lemon Smoothie: - Coconut water - Frozen Berries - 1 banana - MCT Oil 1 Tbsp.
SNACK	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies	Bone Broth
LUNCH	Pick Salad & add 2 tbsp of fat of choice (Olive Oil dressing, ½ avocado, Chimichurri with Olive Oil) Choice of: - Kale Caesar salad - Raw Brussel Sprout Salad - Cabbage & Carrot Slaw - Greek Salad: chopped parsley, cucumber, red onion, artichokes, tomato, italian herbs - Tomato/Avocado Salad - Steamed Asparagus/brussels	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho - Vegetable Minestrone
SNACK	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies	Bone Broth
DINNER	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho (green or red) - Minestrone (black beans & garbanzo are ok) ** Magnesium Supplement w/ Dinner	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho - Minestrone ** Magnesium Supplement w/ Dinner
SNACK	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies	Bone Broth
SUPPLEMENTS	Activated Charcoal	Activated Charcoal

OVERVIEW OF EATING FOR DAYS 10 & 11-12

	Day 10	Days 11-12
SUPPLEMENTS	Probiotics	Probiotics
BREAKFAST	16oz Hot Water w/ half a lemon or Hot Herbal tea w/ hot lemon Choice of: - Buckwheat Breakfast - Detox Breakfast Smoothie - Steamed Sweet Potato w/ sautéed greens (spinach, kale, collards, bok choy, dandelion, any dark leafy)	16oz Hot Water w/ half a lemon or Hot Herbal tea w/ hot lemon Choice of: - Buckwheat Breakfast - Detox Breakfast Smoothie - Steamed Sweet Potato w/ sautéed greens (spinach, kale, collards, bok choy, dandelion, any dark leafy)
SNACK	Bone Broth	Choice of: - Bone Broth - Walnuts - Apple w/ cinnamon - Buckwheat breakfast - Hummus & carrots - Steamed veggies
LUNCH	Pick Salad & add 2 tbsp of fat of choice (Olive Oil dressing, ½ avocado, Chimichurri with Olive Oil) Choice of: - Kale Caesar salad - Raw Brussel Sprout Salad - Cabbage & Carrot Slaw - Greek Salad: chopped parsley, cucumber, red onion, artichokes, tomato, italian herbs - Tomato/Avocado Salad - Steamed Asparagus/brussels	Lunch: Meal of the day to have animal protein (no dairy) Vegans/Veggie can have legumes of choice Choice of: - Chicken & Kale Caesar salad - Raw Brussel Sprout Salad w/ chicken or fish - Cabbage & Carrot Slaw with protein of choice (chicken, fish) - Greek Salad: chopped parsley, cucumber, red onion, artichokes, tomato, Italian herbs - Tomato/Avocado Salad - Steamed Asparagus/brussels with Protein of choice w/ lemon olive oil dressing Sauce Options: Chimichurri Lemon Olive Oil Avocado, Parsley, Lemon Slaw dressing
SNACK	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies
DINNER	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho - Minestrone ** Magnesium Supplement w/ Dinner	Choice of: - Butternut Squash & Ginger - Broccoli Soup - Rst Cauliflower Soup - Kabocha - Gazpacho - Minestrone ** Magnesium Supplement w/ Dinner
SNACK	Choice of: - Bone Broth - Apple w/ cinnamon	Choice of: - Bone Broth - Apple w/ cinnamon - Steamed veggies
SUPPLEMENTS	Activated Charcoal	Activated Charcoal

FOODS TO REMOVE & ADD

FOODS TO REMOVE:

- Eggs
- Beef/Lamb/Game
- Sausage
- Pork
- Sugar & substitutes like stevia, monk fruit, coconut, etc
- All Grains
- Processed or packaged foods
- Dairy
- Nuts/Seeds including Chia/Hemp (EXCEPTION FOR WALNUTS)
- Protein Powders
- Fish
- Chicken
- Legumes EXCEPT in first 4 days
- Vinegar (Apple Cider Vinegar allowed)
- Coffee, Soda, Sparkling Water (LaCroix), Energy Drinks (Mineral Water Allowed)
- Soy
- Corn

If you have a history of disordered eating or food addiction, we strongly encourage you to ignore the “Foods to Remove List” entirely, and focus only on the foods to add in. You will still get great benefits from following the plan loosely without removing any foods or food groups. It is important to be mindful not to trigger restrictive or bingeing behaviors by subscribing to a strict food plan.

FOODS TO ADD:

- Garlic
- Apples
- Pears
- Berries (fresh or frozen)
- Ginger
- Grapefruit
- Cherries
- Pineapple
- Celery
- Cabbage
- Cauliflower
- Broccoli
- Butternut Squash
- Spaghetti Squash
- Brussel Sprouts
- Carrots
- Cucumber
- Zucchini
- Fennel
- Onion (all variety)
- Beets
- Kale
- Collard Greens
- Beet Greens
- Arugula
- Swiss Chard
- Radish
- Parsley
- Basil
- Mint
- Cilantro
- Figs
- Oranges/Tangerines
- Lemon
- Lime
- Sweet Potatoes
- Tomatoes
- Bananas
- Turmeric
- Hot Peppers
- Avocado
- Dates
- Detox Support Teas:
 - Dandelion Tea
 - Milk Thistle Tea
 - Peppermint/Spearmint/Ginger tea
 - Green Tea

Recommended Supplements/ Herbs:

- Activated Charcoal
- Magnesium Glycinate
- Probiotics

Optional supplements/herbs:

- NAC
- Digestive Enzymes

UNDERSTANDING THE LIVER DETOX PROTOCOL

WHY EVERYTHING MUST BE ORGANIC

Why everything must be organic. This is a detox plan, meaning we are helping you reduce your total toxic load. Pesticides are a major source of toxic burden on your liver and body. Organic food reduces your exposure to pesticides, particularly glyphosate which disrupts the healthy balance of your microbiome, a key component of good health. Please only consume organic foods, and choose animal proteins from grass-fed, pastured sources. If possible, shop locally at your farmer's market! If fully organic isn't possible, check out the **dirty dozen list** for the most important produce to purchase organic.



WHY FAT IS NEEDED

Many cleanses and detox diets out there are based on juice alone, or raw fruits and veggies. When fat is completely removed from the diet, the gallbladder isn't prompted to pump out bile. **Bile is what breaks down fats, and it's an essential component of eliminating toxins.** The bile produced by the gallbladder (and some by the liver) when we eat fat, binds to toxins so that they can be excreted through the bowel. Too much fat can overtax the liver and gallbladder system, but small to moderate amounts help keep bile thinned out and flowing smoothly.

WHY BINDERS ARE NEEDED

This protocol includes daily use of activated charcoal. **Activated charcoal** is used in emergency rooms for drug overdoses due to its incredible ability to bind toxins for safe excretion. It's a safe and effective supplement for binding a wide range of chemicals that you will be mobilizing from fat tissue and organs during this 12-day protocol. Activated charcoal will help ensure you aren't simply redistributing toxins as they're released into the bloodstream. Many of the detox reactions outlined early in the protocol can be avoided with proper use of binders.

WHY YOU MUST POOP

Most of what your liver will be processing is going to get excreted through your bowel movements. For this reason, **it's essential that you're having at least one complete bowel movement each day.** The protocol is designed to support your elimination pathways, which means you may find yourself having more bowel movements than normal. That's a good thing! If you are not used to a high-fiber diet or are dumping a lot of toxins quickly, you may find things slowing down digestively. This needs to be addressed immediately. We recommend increasing water, cooking more of your veggies, and switching to magnesium citrate as a supplement (this has a mild laxative effect). **Aloe juice, enemas, and high doses of Vitamin C** may also be helpful to keep things moving.

WHY SUPPLEMENT

The nutrition portion of this program is designed to be nutrient-dense and balanced. However, additional support in the form of **probiotics and magnesium glycinate** is recommended. **Magnesium glycinate** is a soothing and well-absorbed form of magnesium which can ease anxiety, muscle tension, and aid in restful sleep. Proper amounts of magnesium are difficult to get from food due to depleted soil conditions where most food is grown. Magnesium helps the liver perform its detox functions better. **Probiotics** perform an anti-inflammatory function systemically, while helping you make good use of all the amazing prebiotic fiber you're consuming during these 12 days. A healthy microbiome also allows the liver to do its job efficiently.

Optional Supplements: **Digestive enzymes** help you break down and process all the fiber in this diet. If you find yourself feeling bloated or gassy, first focus on slowing down during meals and chewing thoroughly. If that doesn't fix it, try a digestive enzyme. **NAC** is an amino acid which acts as a precursor to glutathione. **Glutathione** is a cellular antioxidant which protects the liver from oxidative stress (cellular death). Increasing your body's production of **glutathione through NAC supplementation will reduce stress** on the liver while countering some of the inflammatory impact of mobilizing toxins.

Supplement Instructions:

- **Magnesium Glycinate:** 300-600mg with dinner each evening, any brand
- **Probiotics:** recommended brands are Culturelle and Florastor
- **Digestive Enzymes:** 2 capsules with each meal, any brand
- **Activated Charcoal:** 2-4 capsules before bed, any brand

PREPARING FOR CUTTING OUT CAFFEINE

We don't recommend that you remove caffeine cold turkey if you consume it daily. Start by reducing down to half-caffeine or diluting your coffee or tea with water or nut milk first. If you're a coffee drinker, you can switch to **black tea, then to green tea, and finally to no caffeine**. Give yourself at least a week to reduce caffeine slowly if you currently consume 2 or more cups of coffee a day.





preparing

PREPARING FOR DETOX

This 12-day protocol is designed to support all of the functions of the liver and gallbladder to process and bind toxins while being mindful to keep your other elimination systems working well too. Elimination systems that excrete toxins processed by the liver are your kidneys (through urine), skin (through sweat) and bowels (through stool). Every piece of this protocol from the fat content to the specific produce included was **designed to be safe, ultra-effective, and doable without superhuman will power.**

Please take the time to read these next sections which answer questions about exercise during the protocol, following the diet if you have a history of disordered eating, tips for best results, and more.

EXERCISE DURING 12-DAY PROTOCOL

Release your workout agenda and your exercise plan completely for the 12 days of this detox protocol. **Each day, listen to your body.** If you have energy to burn, by all means do movement that feels good. If you feel tired or sluggish, skip the workout and do some gentle stretching, side twists, or an easy hike or walk instead. While we don't recommend being completely sedentary (for lymph reasons above), you don't need to be doing intense exercise for good results.

In addition to the above activities, it's important to **detoxify your water, air, personal care products, diet, and relationships.** Total toxic load should be actively lessened and future toxic exposures should be prevented for best results.



“The physician who knows how to harmonize the liver knows how to *treat a hundred diseases.*”

- From Zhou Xuehai, 1895

MANAGING FOOD CRAVINGS

Eating according to this protocol might be fairly boring for your taste buds if you're used to a diet high in fat, salt, and sugar. That's not a bad thing. When food is so based around pleasure, taking salt/sugar/fat out of the equation forces you to relate to food as purely physical nourishment. Instead of food being a way to get that dopamine kick (emotional reward center), food is just there to fuel your body and mind. That's not to say there's no pleasure in fresh veggies and fruits, but just doesn't impact the brain the same way as fats, refined sugars and added salts.

It's going to be important to support yourself emotionally. This may mean working less, taking more alone time, getting more sleep, connecting with friends or family, or carving out some time for non-food related pleasure (reading, baths, massage, art, etc.). The good news is this protocol will break the food addiction habit and reset your cravings. **When you're well nourished emotionally, you're able to tune into food cravings for the nutrients your body truly needs.** A balanced body without food addictions does not crave junk.

CHEWING & EATING MINDFULLY:

Eat seated and as relaxed as possible. Take three deep breaths from your belly before eating to stimulate digestion and reduce the fight or flight hormones, like cortisol. Take your time to ensure you're chewing your food thoroughly as this is the first step to healthy digestion and nutrient absorption. When you chew, not only are you beginning to break down proteins, you are signaling to your stomach to begin to secrete enzymes and acid to digest what's coming down the hatch. Some of the gas and bloating symptoms people experience can be caused by rushed eating and inadequate chewing.



MANAGING EMOTIONS & ENERGY

EMOTIONAL DETOXING:

Moving toxins from the liver can be an emotional process bringing up anger, frustration, emotional releases, irritability, etc. **This is completely normal and is good to “let go” of emotional stagnation.** Meditation is an incredible tool to help calm the central nervous system to learn to let go of any attachment to emotions over time with practice. Journaling can be a helpful active tool to release emotions through writing them down on paper to get them out of your mind. Remember, toxicity can also be directed towards one’s self through negative self talk. During this time of slowing down, you may start to notice areas where old, worn out thoughts have taken over. Ask yourself, would you say that thought to your childhood self? If not, how can you reframe it to make it more loving, kind and empowering? It can start with a simple hand over the heart and whispering “I love you” to yourself once a day. Watch how changing your self talk can bring more compassion and awareness to your thoughts.

THE SLOW DOWN:

As you’ve probably started to notice, this is a time for you to slow down -- to nurture your body and listen to its needs. You may begin to release stagnation and any built up toxicity. This can look different for each person since we are all biologically unique. **You may start to release toxicity in your body, mind, relationships, environment, etc. so give yourself the space to witness your world around you to notice and ask:** What no longer serves me? How can I bring more space for peace and self care into my life? Where in my life do I feel heavy, resentful, or resistant? Are these things I need to let go of?

A holistic approach to this liver detox may just bring more peace, clarity and health to your life. If you wish to implement a full spectrum clearing, here are some practices to integrate into your daily routine:

- Meditation
- Journaling
- Nature time
- Feel good movement like dance, yoga, stretching, running, hiking, walking
- Limiting screen time and social media
- Phone on airplane mode after 9pm
- Create!
- Or ask yourself: What’s one thing I’d LOVE to do for myself that I never make time for? Do that!

LIVER DETOX APPROVED SHOPPING LIST

Everything that is on this list is approved for the protocol. Please stick with these foods only.

PRODUCE:

- Garlic
- Apples
- Pears
- Berries (fresh or frozen)
- Ginger
- Grapefruit
- Cherries
- Pineapple
- Celery
- Cabbage
- Cauliflower
- Broccoli
- Butternut Squash
- Spaghetti Squash
- Brussel Sprouts
- Carrots
- Cucumber
- Zucchini
- Fennel
- Onion (all variety)
- Beets
- Kale
- Collard Greens
- Beet Greens
- Arugula
- Swiss Chard
- Radish
- Parsley
- Basil
- Mint
- Cilantro
- Figs
- Oranges/Tangerines
- Lemon
- Lime
- Sweet Potatoes
- Tomatoes

- Bananas
- Turmeric
- Hot Peppers
- Avocado
- Dates

DRY STOCK:

- Extra Virgin Olive Oil
- Coconut Oil
- Avocado Oil
- Anchovy filets
- Anchovy paste
- Walnuts (only allowed nut)
- Ghee
- Molasses
- Coconut Milk
- Buckwheat Cereal
- Canned Tomatoes (paste & whole)
- Canned beans
- Banza Pasta (or any garbanzo bean pasta comparable in ingredients)
- Sir Kensington's vegan mayo (or comparable ingredients)
- Apple Cider Vinegar
- Veggie Broth
- Chicken Broth

SPICES TO FOCUS ON:

- Cinnamon
- Cayenne
- Turmeric
- Ginger
- Italian Seasoning blend
- Mediterranean blend
- Tarragon
- Full Mineral Salt (pink, grey, sea

salt)

- Black Pepper

ANIMAL PROTEIN: *Organic, grass fed, pasture raised to the best of your ability*

- Chicken
- Turkey
- Sustainable and/or wild caught Cold Water Fish (salmon, cod, mackerel, anchovy)

SUPPLEMENTS FOR PROTOCOL:

- MCT Oil (to add to smoothies)
- Magnesium glycinate
- Probiotics
- Activated Charcoal

ADDITIONAL SUPPLEMENTS IF DESIRED:

- Aloe Vera (add to smoothies)
- NAC
- Digestive Enzymes

TEA:

- Lemon Balm
- Dandelion (daily)
- Milk Thistle
- Nettle
- Red Clover
- Hibiscus
- Peppermint/Spearmint/Ginger tea
- Green Tea



making

PREPARATION

Timing is everything. In preparation to begin this health journey, we suggest that you plan in advance when the most supportive time would be for you to follow this protocol. First, look to your calendar to find two consistent weeks where you can be dedicated without many distractions like weddings, travel plans, major deadlines or high stress situations. **Try to do your best to see this as a time to make you and your health a priority.** By doing so, you may have to say no so that you can say yes to you!

Tips for Success:

- **EAT AS MUCH AS YOU NEED.** This is not a calorie restrictive protocol. Balancing your blood sugar is important to not have your liver work overtime for you.
- **STAY HYDRATED!** Drink at least half your body weight in ounces per day of clean, filtered water. Many detox symptoms can be alleviated by drinking more water to help flush out the toxins. Add a pinch or two of full mineral salt to add important minerals and nutrients.
- **MEAL PREPARATION:** Make sure you have plenty of protocol approved food prepared in advance. It will save you time in the long run and you will be glad you did it!
- **SNACKS:** Have plenty of snacks on hand, in your bag, at work, in your car, etc. This will help you stay on track and keep those “hangry” moments at bay.
- **SLEEP & REST:** It is important to try for at least eight hour of sleep each night. This is the time your body goes into deep repair and healing mode. If you need to take a nap, do that. Your body is working hard to support you during this time. Magnesium before bedtime may help to have more restful sleep.
- **SELF CARE:** This truly is an important part of this protocol. Do your best to slow down & listen to what your body needs.

COMMON MISTAKES:

- **WAITING TOO LONG BETWEEN MEALS OR MISSING SNACKS.** This will lead to a blood sugar crash. Make sure to eat every four hours, have snacks on hand, and eat until you feel completely satisfied.
- **EATING TOO MANY RAW VEGGIES.** If you feel bloated or notice undigested food in your stool, it's time to eat more cooked food or soups. Raw foods can also leave you unsatisfied and feeling hungry. You can always sauté your greens to make a warm salad if that is more appealing to your tastes.
- **EATING TOO MUCH FRUIT.** This can also cause bloating, upset stomach, and imbalance your blood sugar. Make sure to eat some fat, like a handful of walnuts or half an avocado, if you start to notice you become hungry soon after. One half cup to one and one half cup of whole fruit is recommended per day.
- **NOT EATING ENOUGH FAT.** Healthy fat is our friend; it helps to balance blood sugar, gives us energy and can aid in transporting toxins out of the body. A little bit goes a long way, so make sure to have a fat source with each meal.
- **NOT EATING ENOUGH FOOD AT BREAKFAST.** This is easily the most important meal of the day to balance blood sugar. Try your best to eat within one hour of waking and be sure to eat until you are satisfied. Remember, healthy fats are your friends here too!
- **NOT DRINKING ENOUGH WATER!** Yes, this is listed above as well because it is that important. Stay hydrated and make sure to get enough liquid in each day. This can be a combination of tea, water, or broth.

Please note: Depending on the state of your health when you begin the protocol, you may feel worse during days 3-10. This is normal. Everyone responds differently to the protocol. If you experience any symptom that is worrisome and outside of the detox symptoms listed above, please contact your medical health practitioner.



PRE-BREAKFAST

½ LEMON IN WARM WATER (OR) DANDELION TEA

OPTIONAL SUPERPOWER ACV MORNING DRINK

*This morning drink mixture helps you cleanse and detox your liver, reduce inflammation, rev your metabolism, support digestion, boost your immune system and alkalize your blood for better health. **ACV = the incredible apple cider vinegar.***

INGREDIENTS:

- 1 large glass filtered water
- ½ lemon, juiced
- 1-2 Tbsp. apple cider vinegar (ACV)
- 1 Tbsp. MCT oil
- 1 tsp. black pepper
- 2-3 tsp turmeric (powdered or fresh grated)

BREAKFAST & SNACKS

BREAKFAST

BUCKWHEAT CEREAL: RECIPE FOR 2 SERVINGS

INGREDIENTS:

- 1 cup Buckwheat Cereal (recommend Bob's Red Mill)
- 1 cup water
- 1 cup unsweetened coconut milk
- 2 teaspoons cinnamon or pumpkin pie seasoning
- 1 mashed ripe banana for sweetness if desired
- Optional: Top with fresh berries

Tip: Make large batches & store for the week ahead.

DETOX BREAKFAST SMOOTHIE

INGREDIENTS:

- Healthy Fat: ½ an avocado OR ½ cup coconut milk OR 2tbsp MCT oil
- Antioxidants: 1 cup frozen or fresh berries
- Optional Fiber: 1 cup kale, arugula or romaine
- 1 cup water

Tip: You can make baggies in advance of these smoothies so all you need to do is take them out of the freezer and add it to the blender. If you are prone to bloating or fatigue after meals, use fresh berries and serve this at room temperature.

STEAMED SWEET POTATO & SAUTÉED GREENS

INGREDIENTS:

- 1 steamed sweet potato w/ cinnamon, ghee or coconut oil & full mineral salt
- 2 cups sautéed greens (spinach, kale, collards, bok choy, dandelion, any dark leaf)

SNACK IDEAS

BONE BROTH

WALNUTS

APPLES (with cinnamon) or APPLE SAUCE (unsweetened & apples only)

BUCKWHEAT BREAKFAST

HUMMUS & VEGGIES

STEAMED VEGGIES

LUNCH IDEAS

Tips:

- *Meal of the day to have animal protein for all days EXCEPT days 5-10*
- *Make sure to have a healthy fat with each salad (olive oil in dressing or an addition of ½ avocado)*
- *Vegans/Veggie can have legumes of choice EXCEPT days 5-10*
- *Keep protein to about 3oz-4oz (approximately ½ a cup) animal protein or 5 oz beans/legumes*

ZUCCHINI NOODLE PESTO + PROTEIN OF CHOICE

- Zucchini Noodles (served cold or lightly sautéed)
- Chopped kale or arugula
- Chimichurri dressing

KALE CAESAR SALAD + PROTEIN OF CHOICE

- Chopped kale
- Protein
- Cesar dressing

RAW BRUSSEL SPROUT SALAD + PROTEIN OF CHOICE

- Shaved brussel sprouts
- Diced apple
- Red onion (optional)
- Walnuts (see days where walnuts are allowed)
- Chopped Dates

CABBAGE & CARROT SLAW + PROTEIN OF CHOICE

- Shaved red cabbage
- Shredded carrots
- Green onion or red onion
- Cilantro (optional)

LUNCH IDEAS, CONT.

GREEK SALAD + PROTEIN OF CHOICE

- Parsley
- Cucumber
- Tomato
- Artichokes (optional)
- Red onion (optional)
- Lemon Vinaigrette

TOMATO & AVOCADO SALAD + PROTEIN OF CHOICE

- Tomatoes
- Avocado
- Arugula/Kale (optional)
- Lemon Vinaigrette

GRATED BEET SALAD + PROTEIN OF CHOICE

- 1 medium-sized beet, grated
- 1 large carrot, grated
- Lemon olive oil dressing (optional chopped parsley or mint)

STEAMED ASPARAGUS AND/OR BRUSSEL SPROUTS + PROTEIN OF CHOICE

- Dress in lemon vinaigrette or ghee

SAUCES

CHIMICHURRI

INGREDIENTS:

- 1 bunch Organic Parsley
- 1 bunch Organic Cilantro
- 1 container or .75oz Organic Basil
- 5 cloves garlic
- 2 tbsp Lemon Juice
- 1 tsp Full Mineral Salt (to taste)
- 1 cup Extra Virgin Olive Oil

DIRECTIONS:

Cut off the extra stems of the parsley & cilantro bunches just below where the bunch begins. Note: there will be some stems left with the leaves. This is ok since it will be blended & is full of nutrients. Add the parsley & cilantro to a food processor. Remove all of the basil leaves from the stems & add to the blender. Then add the lemon juice, garlic and salt. Blend on low speed while slowly adding the olive oil. Depending on consistency, you may need extra olive oil. Taste & add any extra salt or lemon to your preference. You can freeze any extra in a container or ice cube trays for easy use.

SLAW DRESSING

Tip: This is the basis of a “creamy” vinaigrette to add to any slaw mixture of cabbage, carrots, broccoli, carrots, brussel sprouts, cauliflower, etc. Add any spice blends that you like to taste (approximately 2 tbsp). Some favorites are cajun spice & curry spice.

INGREDIENTS:

- ½ cup Vegan Mayo (recommend Sir Kensington’s) **if not Sir Kensington’s read ingredients to make sure it is liver detox approved**
- ¾ cup Apple Cider Vinegar
- 1 tbsp Molasses (optional)
- Pinch of Full Mineral Salt

DIRECTIONS:

Add all ingredients to a bowl & whisk together. Pour just enough to lightly coat your slaw mixture. The apple cider vinegar will breakdown the veggies over time so a little bit goes a long way. Let the slaw marinate for at least 30mins & taste before adding additional dressing.

SAUCES, CONT.

CAESAR DRESSING

INGREDIENTS:

- 1.5 oz container of flat anchovies (recommend Crown Prince Flat anchovies)
- .90 oz anchovy paste (½ of a standard 1.75 tube)
- ½ cup organic walnuts
- 4 whole garlic cloves
- 2 tbsp lemon juice (approx 1 lemon)
- ¾ cup - 1 cup Extra Virgin Olive Oil
- Full Mineral Salt & Black Pepper to taste

DIRECTIONS:

Add all ingredients minus the olive oil into a food processor. Slowly pour in olive oil and blend. Once oil is fully mixed in, increase speed to fully blend. Add salt & pepper to taste as desired. You can freeze any extra dressing to future use.

LEMON OLIVE OIL DRESSING

Tip: This is a simple base dressing. You can add herbs like fresh garlic, fresh parsley, Italian blend, Mediterranean blend, Tarragon, etc. to spice it up. Feel free to get creative!

INGREDIENTS:

- 3 tbsp lemon juice (about 2-3 lemons)
- 1 cup Extra Virgin Olive Oil
- 1 tsp Full Mineral Salt

DIRECTIONS:

You can simply make this in a jar with a lid or add to a blender. Simply add ingredients to jar/blender and shake/blend until emulsified.

DINNER

This is specifically soup-focused to help minimize digestive energy output and increase ability to absorb nutrition.

CARROT-GINGER SOUP

INGREDIENTS:

- 3 lbs carrots, cut into 1-inch pieces
- 10 cups cold water or home-made vegetable broth; start with 8 cups then add more if needed
- 1 tsp salt
- 3 Tbsp olive oil
- 2 cups yellow onion, chopped
- 2 tsp fresh ginger, grated
- 1/2 tsp curry powder
- 1/4 tsp ground ginger
- 1/8 tsp ground cinnamon
- 1/8 tsp ground allspice

DIRECTIONS:

In a 6- to 8-quart pot, combine the carrots and the water. Cover and bring to a boil over medium-high heat. Add 1 tsp of salt and decrease the heat to medium-low. Cook until the carrots are very tender, about 20 minutes. Drain and reserve the cooking liquid and carrots in two separate bowls. In the same pot, heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add the ginger, curry, cumin, cinnamon, allspice, coriander and stir to combine. Deglaze the pan with 1 cup of the carrot cooking liquid. Add the carrots to the pot and mix well to coat with the onions and spices.

In a blender, puree the soup in batches, adding the cooking liquid first and then the carrots. Blend until very smooth. Add additional liquid to reach the desired thickness. Taste and adjust the flavor with a little lemon juice or salt.

Recipe from Rebecca Katz

DINNER, CONT.

BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 medium to large butternut squash
- 1 large onion
- 3 garlic cloves
- 1 Tbsp ginger
- 1.5 cups vegetable or chicken broth (check ingredients to make sure protocol approved)
- 6 oz can coconut milk
- Full Mineral salt to taste

DIRECTIONS:

Peel squash and cube. Steam until squash is fork tender. Sauté onion, garlic, and ginger together until soft. Add steamed squash to sautéed veggies. Add mixture to a blender and add broth until desired thickness. If you have an Insta Pot, you can add all the ingredients together and cook on soup setting. Once finished, add ingredients to blender to puree.

GREEN GAZPACHO

INGREDIENTS:

- 2 large seedless cucumbers
- 2 cloves garlic
- 2 cups coarsely chopped arugula
- 2 cups mix of herbs (mint, basil, parsley and/or cilantro)
- 3 tbsp sherry vinegar or red wine vinegar
- $\frac{3}{4}$ - 1 cup extra virgin olive oil
- Full mineral salt to taste

DIRECTIONS:

Purée cucumbers, garlic, and $\frac{1}{2}$ cup water in a blender until smooth. Add arugula, herbs, vinegar, and a large pinch of salt and purée, stopping to scrape down the sides of the blender as needed, until very smooth. With the motor running, slowly stream in oil; blend until emulsified. (The mixture will turn pale green and look creamy, almost like a salad dressing; add more oil and/or water if needed.) Taste gazpacho and season with more salt and vinegar as desired—you want it to be borderline too salty and acidic at room temperature. Transfer gazpacho to an airtight container; cover and chill until very cold, 4–12 hours.

Recipe via Bon Appetite.

DINNER, CONT.

VEGGIE MINISTRONE

INGREDIENTS:

- 1 tablespoon avocado oil
- 1 medium onion, minced
- 3 garlic cloves, minced
- 2 large carrots, minced
- 5.5 oz can tomato paste
- 4 cups vegetable broth
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 teaspoon each: oregano, thyme, black pepper
- 28oz can of whole organic tomatoes
- 15oz can bean of choice OR Banza chickpea pasta (omit for days 5-10 of cleanse)
- 1 bunch kale chopped
- Juice from 1/2 lemon
- Sea salt, to taste

DIRECTIONS:

Heat the oil in a large pot over medium-high heat. Add the onion, garlic, and carrots and let them cook, stirring occasionally, until the carrots and onion start to soften (approx 10 minutes). Add tomato paste and cook it until for about 3 minutes. Add the vegetable broth, celery, zucchini, black pepper, oregano, and thyme to the pot. Pour the juice from the tomatoes into the pot then use your hands to crush the whole tomatoes before adding them to the pot. Bring the pot to a boil then reduce the heat to low, cover the pot, and simmer for 20 minutes. Add the beans, kale, and lemon juice to the soup and let the kale wilt and the beans warm through. If adding Banza pasta, cook in separate pot until cooked thru add to soup or keep on the side to add when reheating.

DINNER, CONT.

ROASTED CAULIFLOWER SOUP

INGREDIENTS:

- 1 medium cauliflower (approx 1.5lbs) roughly chopped
- 1 medium fennel bulb roughly chopped
- 4 whole garlic cloves
- 2 tbsp ghee or coconut oil
- ⅛ tsp ginger powder
- 2 cups chicken or veggie broth (check label)

DIRECTIONS:

Preheat oven to 400 degrees. Put cauliflower, fennel & whole garlic cloves on sheet pan. Coat with ghee or coconut oil and salt. Bake for 30-40 minutes until tender. Place roasted veggies into food processor/blender and add ghee/coconut oil and broth. Puree until smooth. Add full mineral salt & pepper to taste.

BROTH RECIPE

VEGGIE OR BONE BROTH

INGREDIENTS:

- 2 quarts spring water
- 1 onion (white or yellow) or 2 leeks, chopped in chunks
- 4 stalks of celery, chopped in chunks
- 8 cloves garlic, chopped in chunks
- 4 carrots, sliced in chunks
- 1 bunch parsley
- 1 bunch greens (either collards, kale or chard)
- Optional: Additional herbs rosemary, thyme, sage, ginger, turmeric
- To make chicken broth, add 1-2 whole chicken bones to the above

DIRECTIONS:

Bring water to a boil, add all ingredients cover and let simmer on low for 2-4 hours for veggie broth and 5-6 minimum for bone broth. Let it cool then strain to discard veggies and/or chicken bones. Can be used as a base for soup or served as a broth. Reheat in small quantities as desired.

"Don't wait for illness to *value wellness.*"

