

## The 5 day Liver Cleanse

First start by cutting out all coffee, tea, and alcohol for 3 days. This will prepare you for the cleanse and already the body will begin releasing toxins, so drink plenty of water to flush them through.

When you are ready to start the cleanse, you start each day with *The Liver Shake*, following it straight away with *The Liver Tea*.

It is important not to eat anything but fruit or freshly pressed juice until lunchtime. You may choose to only take juices during your cleanse, rather than solid food. If so, drink between four and eight glasses of juice made from combinations of carrot/ beetroot/apple/ broccoli/ Garlic/ ginger etc. You can add a dessert spoon of hemp seed oil to each glass of juice, which provides omega 3 and omega 6 essential fatty acids. Essential fatty acids support the function of the liver. Please make sure that what ever you juice is organic.

If you are eating, then eat as much fruit, salad and steamed or boiled veg as you like. You can also eat brown rice and quinoa, but avoid pulses unless they are sprouted (in which case they are very good).

Garlic, onions and broccoli assist the liver, so eat as much as you can of these.

Keep off all fried food, wheat products, dairy products, sugar, and processed food

Stretching your body helps the liver as does gentle exercise.

It is also good to do some deep breathing exercises.

### *The liver shake.*

Juice of one lemon

Juice of 2 oranges/ one grapefruit

2-3 tablespoons of virgin olive oil

One clove of garlic

$\frac{1}{2}$  teaspoon of Cayenne pepper

Liquidize all the above ingredients and sip slowly.

Follow immediately with the Liver Tea.

### *The liver tea.*

Equal parts of the following:

Mint

Liquorice root

Fenugreek seeds

Aniseed

Fennel

Put 2 heaped dessert spoons of the tea in a pan, add 500mls of water, and add to it 2 slices of fresh root ginger. Bring to the boil and simmer for 5 minutes.