

3 DAY CLEANSE & DETOX

A 3-day seasonal guide to cleansing and detoxing without feeling hungry.



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The Wild Carrot ©

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Morning Juices

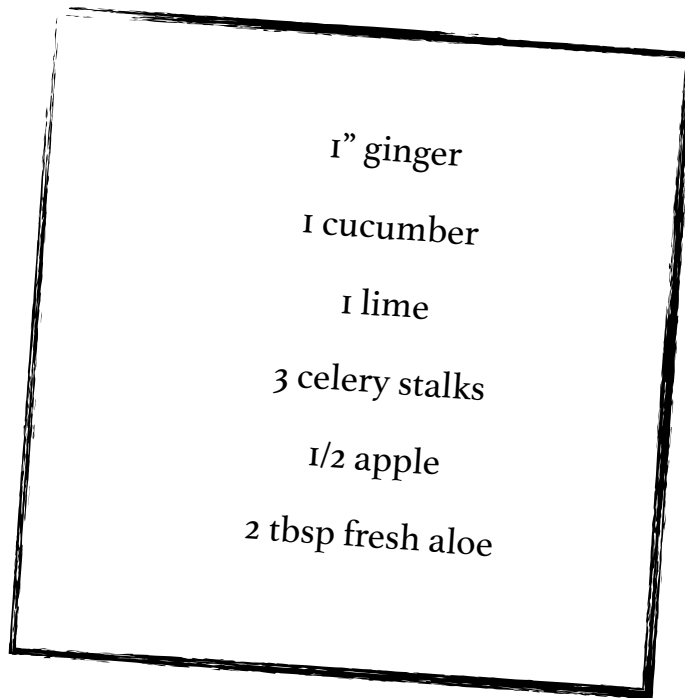
These juice selections are the ones most effective for the first juice of the day. They can also be used again throughout the day if you choose to.

Kickstart Green Juice

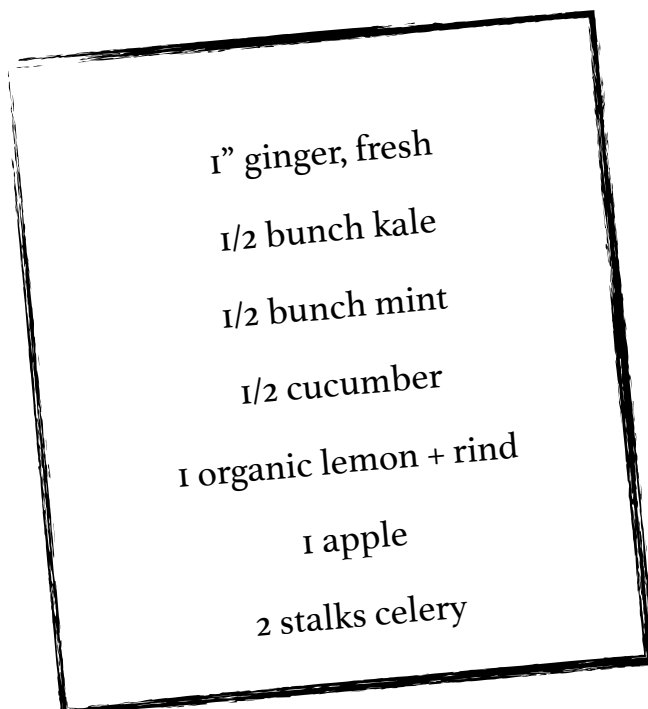
1/2 bunch Kale
handful spinach
handful romaine lettuce
small handful parsley
1/2 cucumber
3 stalks celery
1 green apple
1/2 lemon
1 tbsp fresh aloe



GoGo Juice



Hydrat-o-rama



Snack Juices

Whoa thats fresh!

This is one of those juices that is amazing during the cold and flu season, with a combination of ginger and garlic to fight off those pesky bugs. The hydration from your celery and cucumber and of course the heavy metal cleansing effects from the watercress, parsley and cilantro, this juice is power packed with health benefits.



- 1" ginger
- 1 cucumber
- 1 lemon (with rind)
- 1 small bunch watercress
- 1 small bunch parsley or cilantro
- 1 clove garlic
- 2 stalks celery
- 1/2 apple



Beet Bliss

This is one of my favourite juices. Beets pack a nutritional punch, energy and anti-inflammatory compounds. Did I mention beets are a detoxifier of the blood and while I am at it I should mention they are a natural aphrodisiac. Loved by runners for the boost in energy and performance beets really are one of my favourite ingredients.

You can throw these juices into your day as a snack or as lunch. Just remember to be drinking plenty of water throughout the day.

1" ginger
1 beet (with greens)
1 lemon (with rind)
2 carrots
1/2 apple
1 celery stalk
2 drops olive oil



Fresh & Green, this juice is mean!

Not in the mood for a juice?
Why not try this anti-inflammatory shake?

Anti-inflammatory Shake

Shakes



6 kale leaves
1 green apple
1 cucumber
3 celery stalks
1/2 lime or lemon
2 inches ginger (that's going to be spicy)

cucumber is high in zinc, the kale has betacarotene and add in a drop of olive oil you have perfect assimilation and absorption of vitamin A which is fat soluble

1 handful arugula
1 handful kale/spinach
1/2 inch ginger
1 1/2 cup coconut water or almond milk
1/2 tsp ground turmeric
1/2 tsp cinnamon

Want more protein? Add some pre soaked chia seeds, this will also aid in cleaning out the colon, I like to call these little guys the street sweepers of the intestine.

Now that's different

1 handful spinach
3 stalks celery
1 small handful parsley
1 small bunch watercress
1/2 cucumber
1/2 lemon
2 carrots
3 broccoli flowerettes

1/2 cup torn kale leaves
1/2 cup spinach
1 cup romaine lettuce
1/2 cup celery chopped
1/2 cup chopped cucumber
1 cup coconut water or spring water
1 tbsp mint
1 tbsp parsley, fresh
1/2 lemon, peeled
1.2 tbsp soaked chia seeds
1/4 inch ginger, peeled
pinch of cayenne
pinch of cinnamon

Not sweet enough? throw in half an apple, cored with seeds removed.

Shake it UP!

Add a drop of coconut oil too, that combined with the zinc from the cucumber will help the betacarotene in the greens be absorbed and assimilated into vitamin A

Blender Baby



1 bunch spinach
1 avocado
1/2 lemon
1/2 apple
1 celery stalk
1/2 cucumber
2 tbsp hemp seeds

I like to add a little fat and a little zinc for conversion of beta carotene to vitamin A optimal absorption.

Highly anti-inflammatory this soup will carry you throughout the night on the cold winter cleanse days.

In the mood for a little more than shake or a juice? Add some soup into the mix, these soup recipes will keep you warmed to the toes and feeling full a little while longer. Here are a few of my favourites for dinner. Soups

Carrot Detox Soup



1 medium onion, sliced
1 inch ginger, chopped
1 tbsp coconut oil
2 lb bag of carrots, chopped
1 tsp cumin powder
1 litre vegetable stock
1 tsp turmeric
fresh ground black pepper with oils intact.

Sauté the onions and ginger until translucent, add the carrots and cook 5 minutes.

Add the stock, cumin powder, turmeric, black pepper.

Simmer for approx 1 hour, you can cook it for less time if you cut the carrots up smaller. Make sure they are cooked right through to release the benefit of the betacarotene.

Pure the soup in the blender, salt and pepper to taste.

Detox Beet Soup

Detox Beet Soup

1 tbsp coconut oil

1/3 cup diced green onion

1/3 cup chopped celery

1 cup peeled beet, cubed

1/2 cup chopped carrot

1 cup chopped asparagus, cut off the ends but leave the tips whole

Fresh scallions, chopped

1 small bunch, flat leaf parsley, chopped

1 tbsp minced ginger

5 cups water

3 tbsp miso paste of choice (you may want to dissolve this in some of the broth before adding it to the soup).

Sauté the onions in coconut oil, add celery, scallions and half the parsley, sauté for another minute.

Add water, beet, carrot, ginger, salt and pepper to taste, increase to high heat. Bring to a boil then reduce heat to med and simmer 10-15 min.

This is a good point to take a lade of the soup and dissolve the miso, then add to mixture. Make sure it has been fully combined before adding it to your soup or you will never get rid of the chunks.

Add the asparagus, cook another 5 min. Remove from heat, stir in remaining parsley and serve.



No cream, creamy soup



- 2 cups spinach leaves
- 1 avocado
- 1/2 English cucumber
- 1 green onion
- 1/2 red bell pepper
- 1/4 cup vegetable broth
- 1 clove garlic
- 1 tbsp fresh lemon juice
- 1 tbsp Brags soy seasoning
- pinch chilli powder (optional)
- salt/peper to taste

Throw all the ingredients into the blender until smooth. Done! Yes you can warm it up if you like.

Instructions

This detox cleanse is meant to last 3 days, it's a kickstart to getting you back on track with healthy eating and a way to ditch those post holiday cravings. Don't be afraid to use that same juice or shake more than once during the 3 days.

Start each day with warm lemon water, the key is that it is warm. If it is hot you will destroy the integrity of the lemon, cold is too hard on the system. I like to boil the kettle the night before and then it's ready to go the next morning when I get up. I fresh squeeze the juice of half a lemon into an 8 oz cup, adding 1 tbsp of Bragg's apple cider vinegar and a pinch of cayenne.

Wait about 30 minutes before adding your first juice of the day, try to stick to the juices I recommended for the morning ones, after that feel free to go to whichever ones you like best.

Juices can be snacks or lunches, however you decide to arrange this detox is up to you. I like to have soup for dinner but some prefer to have a shake for lunch and a juice for dinner then a soup for lunch and a juice for dinner, it really is up to you.

This is meant to be a seasonal cleanse, not a juice fast, so make sure to incorporate all the recipes along the way, at least once.

You can have as many juices during the day as you like, so if you feel hungry add one in, if you really can't handle it then go make a shake or munch on a few carrot sticks, but make sure you chew them well. The idea is to give your digestive tract a bit of a break.

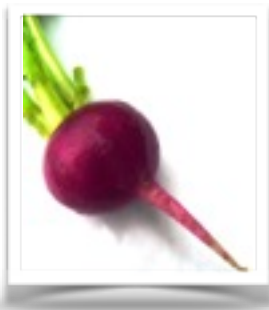
Side note

Want the break down of what some of these ingredients are doing for you? Not a problem, I have you covered! Check this out.

Ingredient Breakdown

Beets

60 calories, 4 grams of fiber, 2.5 grams of protein, 34% folate, 28% manganese, 15% potassium, 14% copper, 10% magnesium, plus iron, vitamin C and B vitamins.



High in cancer protective antioxidants, anti-inflammatory properties, heart health supporting, natural blood cleanser, maintains healthy sex drive, anti-aging properties, boosts endurance, stamina and muscle recovery

Turmeric and Curcumin

You will want to make sure to have some black ground pepper added to anything you put this in, it enhances absorption by 2000% (due to a substance called piperine. It also happens to be fat soluble so throw some coconut oil in the mix, it's healthy fat so it's only doing extra good.



Anti-inflammatory, increases the antioxidant capacity of the body, boosts brain derived neurotrophic factors shown to improve brain function and lower risk of brain disease, lowers heart disease, it may help prevent and treat certain cancers according to new studies, prevents and treats Alzheimer's, can help with symptoms of arthritis, antidepressant properties, may help delay aging and fight age related chronic diseases. I could go on but I think you get the hint.

Chia seeds

Did you know that chia means strength? In folklore these seeds were used as an energy booster, which makes sense since they are packed with healthy omega 3's, protein, fiber, calcium and antioxidants.



Ginger

This awesome little spice improves the absorption and assimilation of essential nutrients in the body. It clears the 'microcirculatory channels' of the body, including the sinuses which is great this time of year. Joint pain relief due to anti-inflammatory properties, according to Ayurvedic medicine ginger has some aphrodisiac properties as well.



Cucumber



Vitamin K is essential to building strong bone tissue and for nourishing your kidneys, not to mention blood clotting. Copper, calcium are also big hits in this tasty little green veg. I should also mention they fight inflammation, contain antioxidant properties, freshen your breath, protect your brain, reduce your risk of cancer, help you manage stress, support healthy digestion due to the water and fibre content, help maintain your weight and support heart health. wow that is a lot isn't it!

Most people don't know that the combination of cucumber and celery makes for a complete protein, they have a complimentary amino acid profile. The numbers vary depending who you talk to but the reality is you really only need 5%-10% of your calories to come from protein, just think how much of that can come from other sources not just meat. So you don't have to worry so much over these three days.

Celery



just a couple of stalks of this in a juice (which is why I add it to almost every juice) will help you manage acidity in the body, balancing the pH. It's great for post workout as it helps to replace the electrolytes lost and to rehydrate due to its rich mineral content. Did you know that celery contains at least families of anti-cancer properties, it's been shown in studies to stop the growth of tumour cells. Great for lowering cholesterol, fantastic at preventing colon cancer and stomach cancers, great for constipation, it's great for kidney function and at lowering blood pressure. Due to the

potassium and sodium content in celery it helps to regulate body fluid and stimulates urine production, making it important in aiding the release of excess body fluid. For those of you with gallbladder stones or urinary stones, it has been shown that celery juice aids in the breaking down and elimination of the stones. It's also great for curbing your sweet tooth. Got a bit of insomnia? Have some celery juice, the organic alkaline minerals have a calming effect on the central nervous system.

Cilantro



antibiotic properties, anti-cancer, anti-microbial, anti-inflammatory, it is one of the few herbs used as a heavy metal detox agent for mercury, aluminum, and lead. It has cholesterol lowering properties, great for bone health, contains beta carotene and antioxidants so it's great for your eyes, boosts the immune system, aids in the prevention of insomnia and of course helps reduce the risk of kidney stones.

Parsley



Packed with vitamin C this herb is great to prevent hardening of the arteries and dissolve the sticky substances and maintain the elasticity of the blood vessels. The high chlorophyll content is an excellent blood purifier and blood builder, great for those who are anemic. Anti-inflammatory, great for preventing and treating bad breath, fantastic for those who suffer from bladder/kidney/urinary tract problems. Great for getting rid of water retention, immune building, heart healthy, it helps neutralize cancer causing agents like tobacco smoke,

great for your vision and even may help regulate your monthly flow... There is so much more but I think you get the basic idea.

Aloe

You may notice a lot of people drinking aloe, my it to your juice, or a shake. Make aloe. Read my article before you



touting the weight loss benefits of recommendation is that you add sure you are getting fresh, edible jump into adding this to your

shakes as you may end up with a bitter slice! <http://thewildcarrot.ca/3-tricks-for-more-energy-and-a-slim-waistline-no-joke/>

Now that we have that part out of the way let's get to all the benefits of adding aloe to your daily regime. Compounds like salicylic acid, C-glucosyl chrome and a wicked enzyme called bradykinase all make this a great addition to your anti-inflammatory toolbox. A study back in 2006 found that aloe has some hyperglycaemic effects, which is good news for those with the two diabetes, a second study done in 2009 confirmed these findings.

I will however advise that if you are pregnant or nursing to avoid this additive, plenty of other green stuff you can substitute it for. Aloe is high in vitamins and minerals such as A, C, E, folic acid, choline, B1, B2, B3 (niacin), and B6. You may want to eat a little fat with this or throw some olive oil into that shake to help with the absorption of the active vitamin A along with the other fat soluble vitamins. It is high in amino acids, somewhere in the range of 18-20, since there are only 22 and the body only requires about 8 of these I think it's safe to say this plant has us covered. Since amino acids are the building blocks for protein you will want to get some of those bad boys. We're building a temple here folks. Oh and essential fatty acids can't forget to mention those. Now we all know I'm all about digestive health, well it aids in digestion, oh and it's also an adaptogen (this means it helps the body resist illness and cope with stress better. It's detoxifying, alkalizing and fantastic for cardiovascular health.

“Take care of your body, it's the only place you have to live.”

Jim Rohn

Make sure to be drinking plenty of water while on this detox, it helps to flush everything out and keep you feeling a little less hungry. Did you know many hunger cravings are actually your body telling you it's thirsty? It's true.

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The ideas worded and presented here ARE NOT intended to be medical advice, endorsements or recommendations. HOWEVER, this guide is a practical and useful reference tool with information to assist readers to plan a detoxification (detox) plan and strategy: that you decide is the best for you and your situation circumstances and condition. It is always best an recommended to consult with your doctor prior to making drastic changes to dietary plans you may already be on.

There are many other benefits to all the ingredients in these juices, for more information feel free to ask in the online FB group. Don't forget to follow along and ask questions along the way. Once you have signed up you will be sent an invite. This will help you along the 3 days, not that you need any help because you are all rockstars!



“All disease begins in the gut” Hippocrates, the father of medicine

