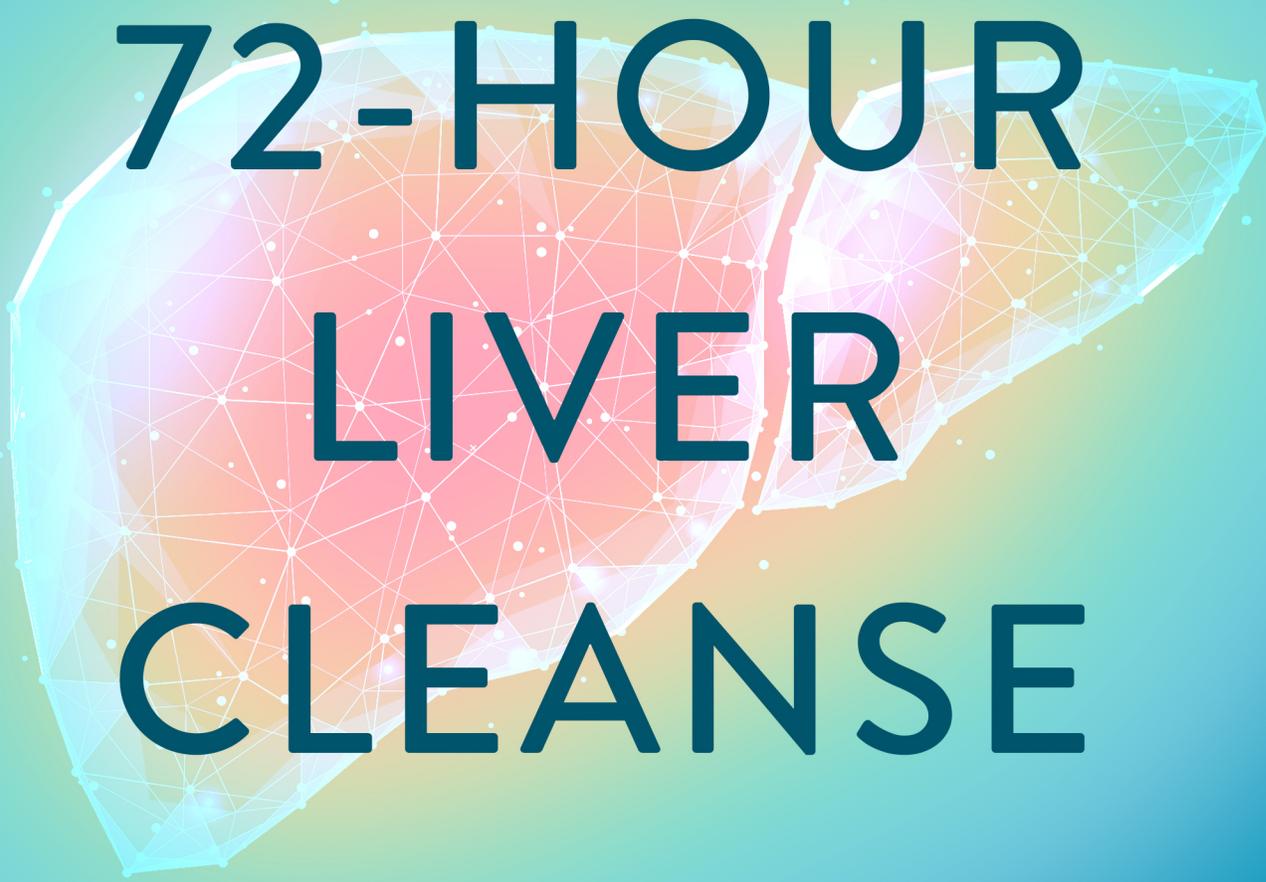


TC24 EXCLUSIVE BONUS



# 72-HOUR LIVER CLEANSE

DISCOVER THE HIDDEN KEYS TO  
LOWERING LDL CHOLESTEROL WHILE  
BOOSTING YOUR T-LEVELS FOR A  
HEALTHIER, MORE VIBRANT LIFE.

# Introduction

**Congratulations** on your decision to take an active role in caring for one of your body's hardest-working organs! You can't survive without it, and when it is at its healthiest, you will feel the difference in your energy level, your mood, your ability to sleep, and of course, improved metabolism. If you have struggled with weight loss in the past, you might be surprised to discover just how quickly your newly cleansed system works to eliminate those extra pounds.

You'll reap a number of rewards by following this plan now and up to four times annually in the future. Your immune system will get a boost, your stress level will drop, and issues with unexplained pain, headaches, and irritating skin conditions will probably decrease. As the toxins that have been amassing in your body for months or perhaps even years are flushed away, you may notice that a subtle sense of lethargy is lifted, and you look forward to each new day with an eager sense of anticipation.

To your success!

Dr. Edwards



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# Top Reasons to Detoxify Your Liver

You may already know that you need to treat yourself to a detox, and knowing why can help you not just now, but in the future as you make certain choices about the way you fuel your body.

## **You drink alcohol or use medications.**

Alcohol and drugs including over-the-counter painkillers like acetaminophen

are among the hardest substances for your liver to handle. You might know that alcoholics and people who overuse certain medications are subject to liver disease, but even mild to moderate use can contribute to toxicity over time. I'm not saying you should never drink or take something for a headache; just using caution with the amount and frequency will be very helpful in the future.

## Your diet contains a lot of fat.

While some plant-based fats, such as olive oil, are essential for good health, others contaminate your entire body including your liver! If you consume a lot of saturated or processed fats including margarine, corn oil, peanut oil, canola oil, or foods that contain these, then your liver function is probably quite sluggish. Animal fat from non-organic sources (this is typically loaded with antibiotic, steroid, hormone, GMO, pesticide and herbicide toxins) is also difficult for the liver to manage efficiently. Fried foods also tough for it to deal with, especially if they contain processed carbohydrates.

## You eat a diet that's high in processed carbohydrates.

Processed carbohydrates like white bread, white pasta, desserts, sugary drinks, and candy are very hard on your liver. Because part of its job is to keep your blood sugar levels stable, it has to work extra-hard to keep up with the demands these foods place on it. Just like processed fats, chemicals and medications, processed carbohydrates are not part of the diet that we humans are designed to eat. Many of them contain GMOs, pesticide and herbicide residue, heavy metals, artificial colors, and artificial flavors, which the liver must work double-time to remove.

### **You don't get much sleep.**

Sleep is essential to all the body's functions, as it makes important repairs while you are resting. Did you know that your liver has an internal clock? It is most active between the hours of 1 and 3 a.m., and if you are still awake (or worse, out partying!) at this time, then it isn't able to make repairs efficiently.

### **You over or under exercise.**

Wait, what?! Exercise is supposed to be good for you! The truth is that if you exercise to the point of overworking yourself on a regular basis, you end up releasing a lot of byproducts and free radicals into your system, all of which the liver must handle. You do need to exercise though! Not exercising at all prevents your blood and lymph from pump-

ing correctly. Building a little exercise into each day will help everything work as efficiently as possible.

### **You breathe polluted air.**

Unless you live in a pristine environment, then you are probably breathing quite a bit of polluted air. You may have thought that it was up to your lungs deal with the pollutants, but all of the toxins that pass through your body's air filters end up in your bloodstream, and have to be run through your liver for processing.

### **Your diet is poor, overall.**

Now that you know just how much your liver depends on natural sources of nutrients for proper function, you may realize that it's time to improve your eating habits. You need lots of folic acid and vi-

tamins B6, B3, and E, along with many other nutrients, just to let your liver complete phase one of the ongoing detox process. For phase two, it needs calcium, along with essential amino acids including taurine and glycine.

Diets that are high in processed foods and low in fresh, colorful fruits and vegetables may provide you with enough protein and fat, and you might even be getting enough dietary fiber if you are eating whole grains. Your processed breakfast cereal might be giving you some extra vitamins and folic acid. But you are probably not getting any of the tiny micro-nutrients that are only found in fruits and vegetables! The good news is that this cleanse will introduce your body to a new way of eating, and if you follow up with a

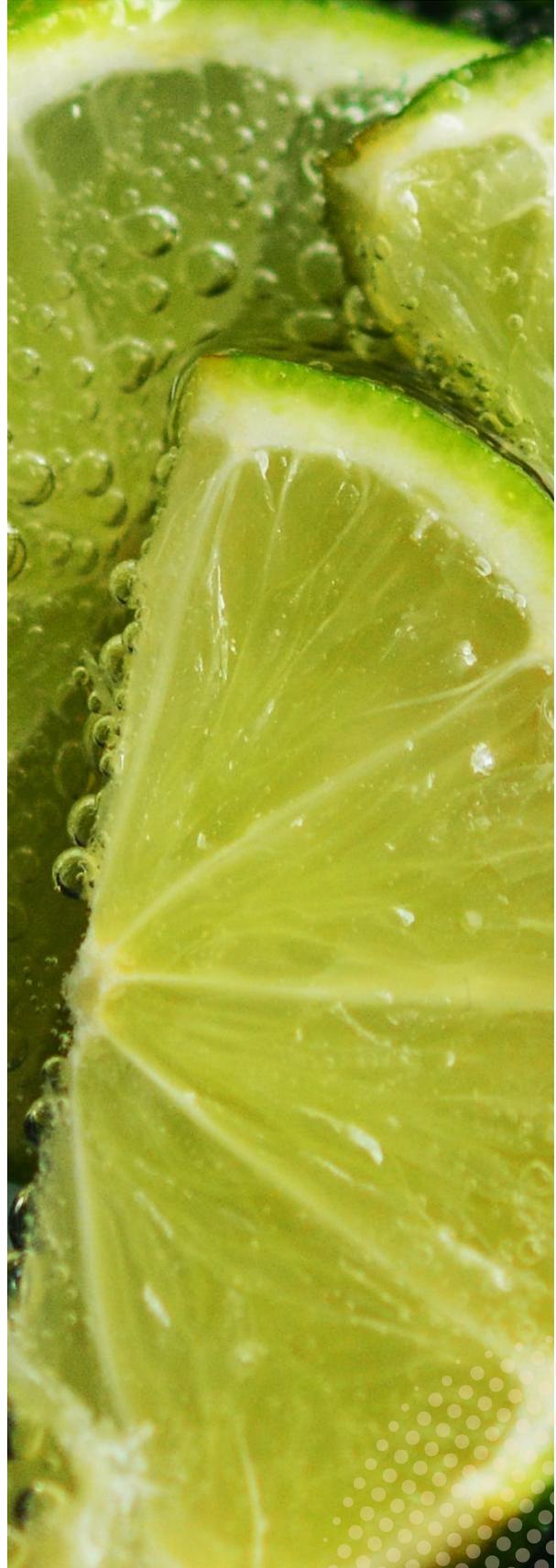
full-body detox filled with red fruits and vegetables, you will emerge healthier than ever. Keep up the good habits, and your liver, along with the rest of your organs, will hum along nicely.

There are some additional reasons to treat yourself to a liver cleanse, even if you don't overuse alcohol or take medications, and even if you are fairly careful about what you eat. Because this organ is a filter that works a bit like the one in your car, it gets clogged over time. When you cleanse your liver, you eliminate the clogs, providing relief to the overload organ and improving your health in several ways:

- Detoxification
  - Increase your energy by 25-50%
- 

- Weight loss and a healthier appearance
- Improved nutrient absorption
- Better health overall, with less chance of developing disease
- Bring hormones back into balance

You might be wondering about the connection between your weight and the state of your liver. One of the main reasons so many people are overweight is that the liver is congested, and that same organ is responsible for breaking down fat. Your liver doesn't work at peak efficiency when it is dirty, so weight loss is more difficult for the body to achieve – no matter how many calories you are counting or how much exercise you're doing.





## Getting Ready for the Cleanse

Now that you know more about the liver, its many jobs, and how you'll benefit, it's time to get ready for the liver cleanse.

The next step is to take stock of where you are, whole-body health wise. Knowing where your body is now in terms of overall health will help you recognize improvements af-

ter the cleanse. Take some notes about how you feel, how you look, and what your state of mind is. Write a few sentences about your reasons for deciding to do the three-day liver cleanse.

Be sure to weigh and measure yourself before you start the 72-hour liver cleanse. You need to do both, because

some people who lose very little weight end up losing inches. You don't want to miss out on the celebrating afterward! Measure your chest, waist, hips, thighs, calves and upper arms. Take measurements for your left and right sides, as limbs are rarely identical.

Mentally prepare yourself by knowing what to expect. Many people who employ this liver cleanse experience side effects such as fatigue, diarrhea, flatulence, nausea, and headaches.

There are some reasons these issues pop up:

- Increased fluid and fiber intake can cause an upset stomach, diarrhea, and flatulence, especially if you are accustomed to a diet containing mostly processed foods.
- Stopping caffeine and nicotine can lead to headaches
- Stopping sugar and caffeine can make you feel sleepy



If this is your first time on any kind of liver cleanse, then it's important to remember that your liver has been spending a lifetime working nonstop to keep toxins out of your bloodstream and away from other vital organs.

All of these changes might come as a bit of a shock, even though they are healthy!

There are some people who should not engage in liver cleansing without medical supervision.

### **These include:**

- Children under age 12
- Teenagers, unless recommended by a health care professional
- Women who are pregnant or breastfeeding

- Individuals with cancer, HIV/AIDS, or heart conditions
- Diabetics
- Organ transplant recipients
- Anyone with a compromised immune system
- Individuals suffering from heart conditions

If you suffer from any chronic illnesses or take prescription medications, check in with your physician or naturopath to ensure that this liver cleanse is suitable for you. He or she may recommend a longer, gentler dietary approach that will come as less of a shock to your system. Do not stop any prescription medications without your doctor's approval!

Additionally, if you are coming down with a cold, the flu, or any type of “bug” then it’s best to wait until you feel like yourself again before starting the 72-hour liver cleanse. This process works best when your immune system isn’t working overtime.

If you are frequently constipated, then you can make this cleanse more comfortable by having a colon cleanse before

beginning the detoxification process. Because some of the toxins that come out of your liver will make their way into your intestinal tract, it’s best to ensure that everything is moving smoothly before getting started. Many people decide to have a colonic after the cleanse as well as before, just to ensure that all of the toxins are gone.



# Shopping for Your Liver Cleanse

Shopping for your liver cleanse is easy and fairly inexpensive, since you need just a few whole foods and some supplements that support your liver while the toxins make their way out of your

system. Alongside each entry on this list, I have provided a brief explanation of what each item on this list is and/or why it is important to the 72-hour liver cleanse.



**Milk Thistle:** This humble herb helps to repair your liver while protecting it from further damage. If you take any medications, smoke, or drink alcohol after the cleanse has been completed, it's a good idea to include [milk thistle](#) in your daily supplements.

**Nettle and Burdock Tea:** Not only does stinging nettle cleanse the liver, it serves as a tonic for the kidneys. It is a mild diuretic that will help flush the toxins away, and it contains natural iron and vitamin K, which nourish your liver during the cleanse. Burdock is a common pasture "weed" improves digestion and helps your liver function as efficiently as possible. While it is possible to take these supplements separately, I like to use Organic [Every-Day Detox tea](#) from Traditional Medicinals.

**Dandelion Root:** The root of the humble dandelion is high in vitamins and minerals that support the liver during cleansing. It also acts as a mild laxative that helps keep your bowels moving so that the toxins from your liver are ejected from your body as



quickly as possible. Be sure to choose an [organic dandelion root](#) supplement.

**Chicory:** Chicory has a long history of use as a detoxifying agent, and it helps to support the liver during this cleanse. This supplement also helps to mitigate some of the normal side effects of liver cleansing; it alleviates headaches and indigestion, plus it helps improve your mood. A [chicory tincture](#) is best for liver cleansing.

**Turmeric:** Turmeric is best known for its ability to impart a savory taste and a beautiful yellow color to food. As a liver supplement, it flushes toxins away from the body, combats the effects of carcinogens, and stimulates enzymes while eliminating inflammation. Be sure to choose [organic turmeric](#).

**Ginger Root:** Ginger helps to cleanse and detoxify the liver, plus it reduces oxidative stress caused by excess fat and inflammation. You can take a [ginger root supplement](#) or, if you like the spicy taste, you can add fresh ginger root to your smoothies as recommended. If you get fresh ginger root, buy a piece that's about six inches long.





**Beets:** Buy at least 4 fresh beets, preferably organic.

**Carrots:** Purchase 5 pounds of organic carrots.

**Celery:** Purchase at least one stalk of organic celery.

**Mango:** Purchase one mango or a small container of frozen mango chunks.

**Lemons:** Buy 12 organic lemons. Some will go into your smoothies, and you'll also be adding them to water and tea if you like.

**Limes:** Purchase 6 organic limes. Get more if you enjoy adding lime to your water.

**Oranges:** Buy 2 organic oranges

**Apples:** Purchase 3 tart apples, such as Granny Smith (these go into a smoothie), along with a few others for snacking.



**Blueberries:** Buy at least 16 ounces of organic blueberries. Fresh or frozen will do! 2 cups will go into a smoothie. The rest are for snacking.

**Strawberries:** Purchase at least 16 ounces of organic strawberries. Fresh or frozen will work! 2 cups will go into a smoothie and the rest can be enjoyed at snack times.

**Kiwi Fruits:** Purchase at least 4 ripe kiwi fruits.

**Tomatoes:** Purchase 4 ripe, organic tomatoes

**Purple Cabbage:** Buy 1 small head of purple cabbage. Some will go into a smoothie; the rest is ideal for snacking.

**Cucumber:** Purchase at least 1 unwaxed organic cucum-

ber. If you like cucumbers, get a few more. They make fantastic snacks that support your cleanse by increasing hydration.

**Leafy greens:** Buy one bunch of kale and one bag of baby spinach, plus a head of romaine lettuce. Be absolutely certain that these are organic. If you cannot find organic versions of these, choose the darkest-colored organic lettuces that you can find, and get at least two heads.

**Garlic:** Purchase 1 bulb of fresh, organic garlic.

**Avocado:** Buy 1 ripe avocado. Half of it will go into a smoothie. Have the other half as part of a healthy snack.

**Fresh Broccoli:** Purchase ½ pound of fresh, organic broccoli to snack on.

**Cauliflower:** Buy 1 head of fresh, organic cauliflower for snacking.

**Stevia Powder:** Purchase a box of organic stevia packets if you don't already have some on hand.

**Sea Salt:** Buy a small package of sea salt if you don't already have some in your pantry.

**Cayenne Pepper:** If you don't already have some on hand, purchase a small container of cayenne pepper.

**Pomegranate Juice:** Purchase a small container of organic pomegranate juice. Some of it will go into smoothies; the rest is ideal for sipping or adding to your tea or water for a bit of extra flavor and an antioxidant boost.

**Extra-virgin Olive Oil:** If you don't already have this pantry staple in your cupboard, purchase a bottle. Organic is best.

it makes a fantastic addition to the healthy pantry.

**Apple Cider Vinegar:** While this product is an amazing



**Coconut Oil:** Purchase a small container of organic coconut oil. This is one of the healthy fats you'll be enjoying during this cleanse, and

one for your overall health and has lots of uses around the house, it does a wonderful job of helping to clear liver toxins and supporting its natural filtration process.

Purchase a bottle of [organic unfiltered apple cider vinegar](#) “with the mother” if you don’t have one on hand already. I prefer Bragg, which is available at some supermarkets, health food stores, and online.

**Blender:** If you don’t already have a blender, borrow or buy one to use during the 72-hour liver cleanse. I strongly recommend purchasing a good blender for yourself, since smoothies are a very convenient way to add lots of healthy fruits and vegetables, along with some fantastic superfoods, into your daily diet. I have a [Vitamix](#), which I use daily for smoothies and general food prep.

**Juicer:** If you’re familiar with my other books, you already know that I am a big believer in juicing! Fresh green juices are ideal for including in your 72-hour liver cleanse and they’re fantastic for adding nutrition to your daily diet. While juices are not essential to this endeavor, they help to nourish your body in no time and can make the detox more effective. It’s a great idea to borrow or buy a juicer if you don’t already have one. Some of the best brands are [Breville](#) and [Omega](#).



# How To Do the 72-hour Liver Cleanse

Home cleanses don't require extreme measures! You won't need to consume large amounts of olive oil or cod liver oil, and you won't have to starve yourself. Instead, you'll use the first day to gently transition from your regular diet to one consisting entirely of whole foods. Then, on days two and three, you'll provide your liver with incredible nutrition.

During the cleanse, you'll take all the supplements you've

chosen for each day. I recommend all of them, but you'll still benefit from taking just one or two. The decision is entirely up to you. When it comes to the amount of each liver cleanse supplement to take, follow the manufacturer's instructions. This is because supplements from different sources have different concentrations, and dosages vary from one brand to another.

## Day One

## Day Two

## Day Three

	Day One	Day Two	Day Three
<b>WAKE TIME</b>	<p><b>Stir one teaspoon of apple cider vinegar</b> into an 8-ounce glass of water and drink it down</p> <p><b>Stretch all of your muscles.</b> Be gentle, especially if it has been a long time since you really stretched. Breathe deeply and massage any areas that feel extra tight. Take as long as you like to do this.</p> <p><b>Take your supplements as recommended.</b> Be sure to drink a full glass of water with them.</p>	SAME AS PREVIOUS DAY	SAME AS PREVIOUS DAY
<b>BREAKFAST</b>	<b>RED SUNRISE SMOOTHIE</b> (Recipe Further In The Book)	<b>GINGERED APPLE SMOOTHIE</b>	<b>BERRY EXPLOSION SMOOTHIE</b>
<b>8AM - 12PM</b>	<p><b>Exercise:</b> Take a relaxing walk or just do a little yoga. It is important to bring your heart rate up just a little, but not so much that you are breathing heavily. Aim for 15 to 30 minutes of walking.</p> <p><b>Hydrate:</b> Have a glass of water or enjoy a big cup of herbal tea, either hot or iced. Add some lemon or lime if you like.</p> <p><b>Snack:</b> Have a snack of chopped vegetables sprinkled with a little apple cider vinegar. Enjoy a piece of fruit afterward if you are still hungry.</p> <p><b>Hydrate</b></p>	SAME AS PREVIOUS DAY	SAME AS PREVIOUS DAY
<b>LUNCH</b>	Make a salad dressed with olive oil and some apple cider vinegar. Have some nuts, beans, chopped hard-boiled egg or a little skinless chicken breast or turkey breast on top if you are feeling very hungry.	<b>LEMON ORANGE CRUSH SMOOTHIE</b>	<b>KIWI ZINGER SMOOTHIE</b>
<b>1-5PM</b>	<p><b>Hydrate</b></p> <p><b>Entertainment:</b> Allocate some time for reading. It is recommended to limit TV and internet usage, unless you intend to listen to music or engage in guided meditation. The objective is to achieve deep relaxation.</p> <p><b>Consider taking a nap.</b> Although you may not feel particularly tired at the moment, you might be feeling somewhat energized from the exercise earlier. If you are unable to nap, take some time to rest and listen to soothing music while allowing your mind to wander.</p> <p><b>Hydrate</b></p> <p><b>Snack:</b> Have some fruit or cutup vegetables, either with or without the apple cider vinegar.</p> <p><b>Exercise:</b> Stretch all of your muscles again, then go for a short walk or do a few yoga poses. 15 minutes is enough; go longer if you want, but remember not to stress your body at all.</p> <p><b>Hydrate</b></p>	SAME AS PREVIOUS DAY	SAME AS PREVIOUS DAY
<b>DINNER</b>	<b>VEGGIE ZINGER</b> (Recipe Further In The Book)	<b>GREEN GIANT SMOOTHIE</b>	<b>CUCUMBER CRAVER SMOOTHIE</b>
<b>BEDTIME</b>	<p><b>Downtime:</b> Relax with a book and take a warm bath. Again, try to avoid TV. Focus on letting your body and mind rest while you get ready to go to bed.</p> <p><b>Hydrate</b></p> <p><b>Sleep:</b> See if you can go to sleep early. Stay away from bright lights and focus on your breathing. Do a guided meditation for sleep if you find that your mind is overly active.</p>	SAME AS PREVIOUS DAY	SAME AS PREVIOUS DAY

# Red Sunrise Smoothie

Today your liver is in for a nutritious treat – a wonderful smoothie with plenty of tart sweetness and lots of cleansing power.

## Ingredients

- 1/2 cup pure pomegranate juice
- 1 cup frozen mango chunks
- 1 beet, chopped
- 1 carrot, peeled and cut into 1-inch chunks
- 1 rib celery, long strands removed
- 2 packets stevia powder (more to taste, if needed)
- Juice from 1/2 fresh lemon

## Instructions

Pour the pomegranate juice into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add filtered water in 1/4 cup increments.

# Veggie Zinger

Not all smoothies are sweet! This one is perfect for lunch or dinner anytime.

This savory smoothie satisfies, and the capsaicin in the cayenne pepper revs up your metabolism.



## Ingredients

- 1 cup filtered water, chilled
- 1 beet, chopped
- 2 carrots, peeled and cut into 1-inch chunks
- 3 ribs celery, long strands removed
- 2 ripe tomatoes
- Juice from one lime
- 1 cup chopped purple cabbage
- 1 cup baby spinach leaves
- 1 teaspoon extra-virgin olive oil
- A pinch of cayenne pepper (add more or less to taste)
- Pinch of sea salt

## Instructions

Pour the water into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add more filtered water in  $\frac{1}{4}$  cup increments.

# Gingered Apple Smoothie

This smoothie is super-satisfying, with a sweet, spicy taste. Love it? It makes an amazing breakfast or snack any day of the week.

Naturally delicious, this tart smoothie has just the right amount of sweetness. The fresh ginger supports your cleanse while increasing your metabolism.

## Ingredients

- 1 cup filtered water, chilled
- 1 beet, chopped
- 1 carrot, peeled and cut into 1-inch chunks
- 3 tart apples, such as Granny Smith, seeds removed
- 1-inch section fresh ginger, peeled

## Instructions

Pour the water into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add more filtered water in  $\frac{1}{4}$  cup increments.



## Lemon-Orange Crush Smoothie

Light and lemony, this fresh-tasting smoothie acts as a natural diuretic that helps your body flush toxins faster.

Lemons, oranges, and carrots give this smoothie a sweet, tart taste. If you like fresh ginger, add a bit for a whole new take on this delicious detox treat.

### Ingredients

- 1 cup filtered water, chilled
- 2 oranges, peeled and seeded
- Juice from one lemon
- 3 carrots, peeled and cut into 1-inch chunks
- ½ to 1 inch section fresh ginger, peeled (optional)

### Instructions

Pour the water into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add more filtered water in ¼ cup increments. If it's too tart, feel free to add some stevia powder to taste.

# Green Giant Smoothie

A savory green smoothie makes a light, delicious dinner any time. Be sure to chill all the ingredients before beginning. If you ever feel like you're coming down with a cold, give this smoothie a try.

Fresh garlic gives this dinner smoothie an irresistible taste while supporting your cleanse. Avocado adds a creamy texture while providing just a little healthy fat to facilitate the extraction of all the fat-soluble vitamins in the greens.

## Ingredients

- 1 cup filtered water, chilled
- ½ avocado, peel and pit removed
- 2 cups baby spinach
- 1 cup kale
- 2 cups romaine lettuce
- Juice from one lemon
- ½ teaspoon apple cider vinegar
- 3 ribs celery, long strands removed
- 2 cloves fresh garlic, peeled (add more or less to taste)
- Pinch of sea salt

## Instructions

Pour the water into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add more filtered water in ¼ cup increments.

# Mixed Berries Detox Smoothie

Berries give this breakfast smoothie plenty of zip while treating your liver to a big dose of antioxidants.



## Ingredients

- $\frac{3}{4}$  cup (180 ml) unsweetened almond milk
- 1 cup (155 g) mixed berries frozen
- $\frac{1}{2}$  cup (60 g) fresh cranberries
- $\frac{1}{4}$  cup (10 g) baby spinach
- 1 banana chopped
- 1 tablespoon flax seeds
- 1 tablespoon almond butter
- the juice of half lime
- $\frac{1}{4}$  teaspoon cayenne pepper
- 1 teaspoon chia seeds

## Instructions

Combine all the ingredients in a blender and blend on high until creamy and smooth.

Enjoy your mixed berry detox smoothie!

# Kiwi Zinger

**Lightly sweet and wonderfully satisfying, this smoothie contains lots of greens to support your cleanse.**

Sweet kiwi, lemon, lime, and greens combine with a bit of healthy coconut oil and some fresh ginger to create a tropical treat for your taste buds. If this smoothie is too sour, feel free to add a little more stevia.

<b>Ingredients</b>	<b>Instructions</b>
<ul style="list-style-type: none"><li>• 1 cup filtered water, chilled</li><li>• 4 kiwis, peeled</li><li>• Juice from one lemon</li><li>• Juice from two limes</li><li>• 2 handfuls baby spinach</li><li>• 1 tablespoon coconut oil, warmed to liquefy</li><li>• 2 packets stevia powder</li><li>• ½ inch section fresh ginger, peeled (optional)</li></ul>	<p>Pour the water into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add more filtered water in ¼ cup increments. If it's too tart, feel free to add some stevia powder to taste. Be sure that you liquefy the coconut oil before adding it! Skipping this step can leave little chunks in your smoothie.</p>

**Hydrate:** Have a glass of water or enjoy a big cup of herbal tea, either hot or iced. Add some lemon or lime if you like.

**Entertainment:** Remember to spend some time enjoying yourself!

**Nap:** Lie down and rest for a while, either listening to soothing music or sleeping.

**Hydrate:** Have a glass of water or enjoy a big cup of herbal tea, either hot or iced. Add some lemon or lime if you like.

**Snack:** Have some sliced fruit or some vegetables, ei-

ther with or without apple cider vinegar.

**Exercise:** Take a walk, alone or with a friend. You don't have to go far.

**Hydrate:** Have a glass of water or enjoy a big cup of herbal tea, either hot or iced. Add some lemon or lime if you like.

**Dinner:** This wonderful smoothie might remind you a bit of gazpacho! While it supports your cleanse, it is so zesty and delicious that it makes a wonderful hot-weather meal.

# Cucumber Craver

Juicy cucumber takes the place of water in this recipe. If you cannot find an unwaxed cucumber, peel your cuke before adding it to the blender.

## Ingredients

- 1 cucumber, cut into one-inch chunks
- 2 fresh tomatoes
- Juice from one lemon
- 2 handfuls romaine lettuce leaves
- 2 handfuls baby spinach
- 1 teaspoon extra-virgin olive oil
- 2 cloves garlic, peeled (add more or less to taste)
- 1 pinch sea salt

## Instructions

Process the cucumber in the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to be too thick, add some filtered water in  $\frac{1}{4}$  cup increments.

**Downtime:** Now is a good time to meditate or enjoy a warm bath.

**Hydrate:** Have a glass of water or enjoy a big cup of herbal tea, either hot or

iced. Add some lemon or lime if you like.

**Sleep:** Go to sleep as early as you can. Try to get nine hours or more.



## After Your Cleanse

### **Congratulations on finishing the 72-hour Liver Cleanse!**

You can now gradually go back to a diet of whole, healthy foods.

It is a good idea to spend the first day after your liver detox eating the same way you did on day one, and then enjoying a smoothie and two healthy meals each day after that. Your meals should revolve

around nutritious foods that will help keep your liver – and the rest of your body – clean and running smoothly.

You should continue taking a few supplements for good liver health, even after the cleanse has been completed. Follow the manufacturer's recommendations for taking them, and keep avoiding the foods, drinks, and situations that can lead to a toxic liver.



Of course, it's impossible to avoid breathing polluted air, and if you are on any prescription drugs that are metabolized in the liver, you will need to keep taking them unless your doctor advises otherwise.

Furthermore, it is important to continue drinking a small amount of apple cider vinegar with water each morning. Additionally, keep hydrating with plenty of water infused with lemon or lime throughout the day. Make sure to also continue drinking herbal tea, as there are numerous delicious varieties that can be enjoyed hot or iced, eliminating the need for sugary or artificially sweetened drinks.

Lastly, but certainly not least, it is recommended to repeat this liver cleanse three to four times a year. Person-

ally, I prefer to cleanse my liver every three months to coincide with the changing seasons. This practice helps maintain a high metabolism, ensures sufficient energy for daily activities, and contributes to overall good health. I also adhere to my own advice by consuming plenty of fresh smoothies and juices throughout the day.

Adopting a healthy lifestyle can be challenging at first. I understand, as I was once a devoted junk food enthusiast. By wholeheartedly embracing this cleanse, you have taken

an extraordinary step toward improving your health. Your cravings for unhealthy foods have likely diminished. You are well-hydrated, relaxed, and have caught up on sleep. You have been incorporating some exercise into your daily routine and have been following a diet based on whole fruits and vegetables. Now that you have established these habits, why not maintain them for life? You will look better, feel comfortable in your body, and enjoy good health. Best wishes for a vibrant future!

