

THE 3-DAY LIVER CLEANSE BREAKTHROUGH



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3-Day Metabolic Breakthrough Liver Cleanse— Lose Up To 10 Pounds In 3 Days

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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.

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CHAPTER 1

Why Cleanse Your Liver?



Before we get started with the three-day liver cleanse, let's take a quick look at the liver itself with a quick peek at how it functions. If you're wondering whether you really need this cleanse, understanding just how important the liver is in terms of your overall health may help you to hop on board.

Your liver: It's a large, four-lobed organ that is located in the right side of your upper abdomen, beneath your lower ribcage. This glandular organ is basically a filter through which all substances—nutrients and toxins alike – must pass before they enter your bloodstream.

The liver works together with your gall bladder, pancreas, and intestines to digest, absorb, and process the food that you take in. Next to the skin, it's your body's largest organ. It is also the only organ that has the capacity to regenerate itself after damage has occurred!

How does all of this work? The liver takes a two-phase approach to cleansing every single nutrient and every pint of blood that circulates through your body. During the first phase, it latches onto a toxin and uses oxidation, hydrolysis, or reduction to convert it onto a less-harmful substance. These chemical reactions induce other toxic byproducts that the body deals with via antioxidants consumed in the daily diet, and via the second phase of the liver's ongoing detoxification process.

In the second phase, the liver attaches buffer molecules to the toxins released from the first phase, making them even less toxic. Next, toxins that began in a fat-soluble state are transformed into water-soluble substances before being passed to the kidneys and bladder for excretion in urine.

If you are like most people, you are probably not eating enough antioxidant-rich foods (like red fruits and vegetables, leafy greens, etc.) to keep your liver operating at an optimal level. That means that it has to work overtime just to keep up!

I mentioned before that your liver is both essential and hard working. In all, it is responsible for more than 500 functions! Here is a list detailing just a few of the many jobs it does for you, day in and day out:

- ➔ Produces Kupffer's cells, which eat up harmful bacteria and worn-out blood cells
- ➔ Helps regulate body temperature
- ➔ Metabolizes all substances, including medications and alcohol, transforming certain toxins and poisons into less harmful substances
- ➔ Makes cholesterol
- ➔ Stores fat soluble nutrients including copper, iron, and vitamins A, D, and B12
- ➔ Blocks harmful substances and prevents them from entering the bloodstream

- ➔ Produces the amino acids heparin, thrombin, and prothrombin, which your body needs to ensure that blood clots in the event of an injury
- ➔ Produces urea, which is the main waste component in your urine
- ➔ Maintains the body's glucose levels
- ➔ Converts glucose into energy or glycogen
- ➔ Aids in the breakdown of lipids (fats) through the production of bile salts
- ➔ Filters all the blood that circulates through the digestive tract before passing it on to the rest of the body
- ➔ Filters and processes hormones; without proper liver function, excess estrogen, poor insulin production and other imbalances can result

Your liver is just a single organ, and it has to do all of these things at once! As a result of all this hard work, it can become overloaded with toxins that have accumulated from a variety of sources:

- ➔ Artificial food additives including sweeteners and preservatives
- ➔ Fast food and junk food
- ➔ Carcinogens
- ➔ Medications

- ➔ Alcohol
- ➔ Pesticides and herbicides from food and the environment
- ➔ Pollution from the air you breathe and the water you drink

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 pumping 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 vitamins 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 micronutrients 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 overloaded 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. The pounds come off faster when your liver is clean.

CHAPTER 2

Why You'll Find Leafy Greens in Every Recipe



You'll notice that each and every recipe this book contains calls for some kind of leafy green vegetables, and that's not just because I like them. While it is vital that we take in a wide variety of vegetables and fruits from different plant families, leafy greens contain the highest level of nutrients for the lowest amount of calories and sugars. Not only do these nutritional powerhouses contain plenty of vitamins, they also contain minerals, enzymes, electrons, alkalizing salts, phytonutrients, and chlorophyll.

Chlorophyll is only found in fresh vegetables and fruits, and though all plants contain some, leafy greens contain the highest levels. Chlorophyll is the substance, which creates the green color in plants; it is the key player in the process of photosynthesis. It is chlorophyll, which allows plants to take in energy from the sun's light; in essence, it is a plant's lifeblood.

You may be wondering why chlorophyll so important in the human diet. After all, this might be the first time you've heard it even mentioned outside biology class. In short, chlorophyll has similar chemical components and a similar molecular structure to that found in the blood that courses through our own veins. Blood's hemoglobin is made up of oxygen, carbon hydrogen, and oxygen, all of which are organized around a singular atom of iron. Chlorophyll is exactly the same; except for its central atom is magnesium instead of iron.

Due to the similarity in structure, chlorophyll aids in allowing our blood cells to deliver oxygen throughout the rest of the body's cells, and it reduces the risk of cancer-causing agents eventually binding themselves to the DNA inside our bodies.

What about alkaline salts? When you think of a salt, you may be thinking about the white crystals in the shaker on the dining room table. In fact, there are many different types of salts, and many of these – including a small amount of sodium – are essential to human health. Alkaline salts protect our cells against acidity, aiding in neutralizing harmful substances called microforms. Without alkaline salts, our cells eventually take on an excessive load of toxins, and when that happens, they perform in a slow, sluggish way.

Antioxidants are micronutrients that prevent oxidization within the body's cells. Another way to say this is that antioxidants are miniature packages of nutrition, which protect cells from damage. That's why today, more than ever, we hear doctors, nutritionists, and other health experts discussing the important role antioxidants play in preventing cancer and other, less deadly illnesses and diseases. So whether you want to reduce your chances of catching a cold or being sick with the flu, or if you hope to reduce the odds that you will eventually suffer from cancer, it's vital that you take in a substantial amount of antioxidants each day.

Leafy green vegetables deliver the energy of the sun and essential minerals from the earth to our bodies, and the

easiest way to ensure that we are getting enough of these nutrients is to blend most of our vegetables rather than simply chewing them up. So by all means, enjoy plenty of salads and add chopped greens to soups and stews once your fast has come to an end, but never stop blending. It's the best way to harness the powerful healing agents leafy green vegetables contain.

How Greens Supercharge the Detox Process and Make Your Detox Even More Successful

No other substance detoxifies like greens can. This is because leafy green vegetables provide an incredibly high level of antioxidants and vitamins to the body's cells, allowing them to essentially work overtime to eliminate harmful substances.

Nutritionists recognize that eating lettuce and other greens contributes to detoxification, and when you drink large quantities of smoothies containing these potent greens, the detoxification effects are magnified greatly.

The detoxification process is basically a thorough internal cleansing of the entire body. It promotes self-healing while increasing overall health, and while removing addictive substances like alcohol, nicotine, prescription drugs, and recreational drugs from the body. While there are many

methods of detoxification, including exercising and deep breathing, and while all effective detoxification routines work by cleansing the liver, the colon, and the kidneys of impurities, detoxing works on a cellular level.

With fasting from solid food and taking in only smoothies containing leafy green vegetables and other nutritious vegetables and fruits, you allow your body to restore itself from the inside out; using all of the nutrients the smoothies contain to push toxins out via your breath, your sweat, your urine, and your bowel movements.

Many of the toxins stored within your body are locked inside its fatty tissues. In essence, the more fat you have on your body, the more toxins you are able to store. Pretty scary, isn't it? When you begin eliminating this fat by undertaking a detox fueled by leafy greens, you don't have to utilize a separate detoxification process as is recommended when losing weight following standard diets.

So kick-starting your weight loss with a detox and then keeping it going by blending green veggies on a regular basis is not just a great method for getting rid of excess weight, it's also an excellent method for purifying your body as you rid yourself of unwanted fat stores.

Our bodies are equipped with their own natural healing systems, and when the body is in balance, these systems work perfectly. We can help to improve our overall health while losing weight by enhancing the body's systems with fresh green smoothies.

While nourishing yourself on a cellular level with smoothies made from organic leafy greens, you will also be aiding the body's natural cleansing process by:

- ➔ Giving major digestive organs a rest during your fast
- ➔ Stimulating your liver so that toxins are driven from the body more rapidly
- ➔ Promoting the elimination of toxic substances via the kidneys, intestines, skin, and breath
- ➔ Improving blood circulation while removing toxins from blood cells and promoting healthy cell turnover
- ➔ Refueling your body with the healthy nutrients it needs

When you detoxify, you address the specific needs of each and every one of the cells your body contains. Essentially, you enhance your entire life, one tiny cell at a time. While you might lose weight by following other methods, only smoothies containing leafy green vegetables enhance the entire process in this way.



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CHAPTER 3

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 first thing I'd like you to do is take photos of yourself. Get a close-up shot of your face, plus a full-body photo. You may feel a little reluctant to take these steps, but these photos are going to let you see how you looked before the cleanse once it has been completed. Most people find that they look younger!

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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 after 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 3-Day 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 3-day 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.



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Before you start—Guidelines for a Successful 3 Day Liver Cleanse

Planning in advance is the key to a successful liver detox. While going on a liver detox is not at all difficult, advance preparation makes the fast much easier – and it allows you to spend more time focusing on the many peripheral activities which can help you make the most of your fast.

Get Into the Right Mindset

First, it's important to get yourself into the proper mindset. Recognize that you are planning to undergo a fast not to deprive yourself of anything, but to improve your health and lose weight. Know that what you are doing is for the good of your body, and recognize that you will feel revitalized and energized after your fast has come to a conclusion. You'll be hitting an internal "reset button" by fasting, and you will notice some immediate changes in your body.

Prepare Yourself Physically

Second, it's vital that you prepare your body for the fast. If you have been following a steady diet of junk food, alcoholic beverages, and lots of animal products, you will need to wean yourself off of these items and replace them with healthy foods before you consider a fast. Once you have cleaned up your eating and drinking regimen, take a week to gradually prepare your body for fasting. Focus on eating lots of salads, cooked and raw vegetables, fruits, and fresh

smoothies. Gradually increase the number of smoothies you are enjoying each day – if you normally have one, increase that number to two or three.

Begin by selecting the time that’s best for you to fast. Most people who enjoy three-day fasts choose quiet weekends to undergo fasting. Some take a Monday or Friday off work to ensure they are able to completely focus on the fast. Select a weekend during which you’ll have no obligations to anyone – no errands to do, no social gatherings to attend, and no appointments to take care of. Your liver detox weekend is all about you.

Once you have set the dates for your fast, begin to cut down on the amount of regular food you are eating. Start with meat, eggs, and dairy. Don’t let yourself go hungry; instead, replace these heavy foods with vegetables and fruits. Cut back on processed foods and sugary foods gradually, and cut back on alcoholic beverages, soft drinks, and caffeinated beverages. If you normally use artificial sweeteners, stop using them. If you smoke or use smokeless tobacco, try to quit before your fast begins. Adding more toxins to your body during a fast is not at all helpful.

If your diet and daily living habits are extremely unhealthy, you may need longer than a week to clean up your act before getting into your fast. The cleaner your system is when you begin, the more comfortable you will be throughout your fast, and the more benefits you will reap.

Determination and discipline are part of fasting. You will be much more successful if you continually remind your-

self of the benefits you'll receive from your fast. As with so many important events in life, the more effort you put into ensuring that your fast is successful, the more you will get out of it.

Prepare Your Home

It's important that you be completely comfortable during your fast. Prepare your home in advance by cleaning it completely. During the cleaning process, consider eliminating any remaining junk food items from your pantry and kitchen. If you don't like the idea of wasting food, give these items away to a charitable organization. Since you want to lose weight, it's best not to have any foods around which might trigger overeating or cause you to break your fast prematurely.

Do all of your laundry before undertaking your fast, and decide what clothing you want to wear. Choose soft, loose-fitting items that you feel comfortable in. You want to be able to relax comfortably and move freely during these three days.

You may also choose to purchase aromatherapy bath and body products that contain pure essential oils, and you may want to purchase high-quality candles to aid in relaxation and meditation. Queue up your favorite music, and set inspiring reading materials aside.

If you share your home with others, consider sending them on a fun weekend trip while you are fasting. If this is not

possible, choose a quiet space where you will spend the majority of your time during the fast. Place your candles, your reading material, and other items into this space, and courteously ask others to leave you to yourself while you are there.

What Not to Do When Getting Ready for a Detox

There are a few things you should not do while preparing for a fast. These primarily involve intentionally or accidentally exposing yourself to additional toxins. The lower your toxic load is going into this fast, the better your results will be – and the more comfortable you will stay throughout the period you’ve set aside for fasting.

First, avoid consuming anything that could add to your toxic load. Alcoholic beverages, foods containing animal fats, and foods containing trans-fats should be avoided, as should foods containing artificial sweeteners, artificial colors, or artificial flavorings or flavor enhancers such as MSG.

Second, don’t overeat as you are preparing for your fast. Some people fear that they’ll starve, so they spend the week before a fast eating even more food than they normally would. Some take it a step further, indulging in a “last supper” of sorts – having an extravagant meal right before undergoing the fast. Neither of these things will benefit you.

Third, do not starve yourself. Detoxing is about nourishing your body at a cellular level – not starving it!

During the Fast

Three-day fasts are wonderfully effective for breaking negative cycles such as binges. You may feel very hungry by the end of the first day, but the hunger will fade as long as you stay hydrated and feed your body with healthy smoothies. Instead of focusing on the discomfort hunger causes, focus on following your instincts and listening to what your body has to say to you.

CHAPTER 4

Do's and Don'ts: Tips for a Successful Liver Detox

Helpful Tips!



Since detoxing can cause a number of side effects, which we'll discuss in a coming chapter, it is best not to go to work, go shopping, or spend a lot of time in social settings.

Drink plenty of water throughout your fast. Ensure that you drink at least eight large glasses of water every day, and try to drink a little more than that. Water helps to facilitate the removal of toxins, and staying hydrated will help prevent stomach cramps and excess hunger. If you like, you can replace some of the water with herbal tea; you'll find there are several detox teas available. If you choose to drink tea, select an organic variety and enjoy it without added milk, sugar, or artificial sweeteners. You can add stevia extract for sweetness if you'd like.

If you are working on spiritual issues as well as physical ones, consider limiting the amount of time you spend with your smartphone, your computer, and your television. If you are not quite ready to delve deep into the spiritual side of fasting and you feel you need these distractions to keep you from breaking your fast, then use technology as a tool for motivation and success.

While exercise is necessary for a healthy body, I recommend that you take it easy during your liver detox. If you are used to intense workouts, now is a great time to give your body a break so your cells can focus on healing. If you do not work out at all, now is not the time to start. Wait until after your fast to begin an exercise regimen.

I do recommend very light movement during this fast. Walking at a slow, relaxed pace while turning your thoughts

inward can be wonderfully beneficial. If you enjoy yoga, doing some easy poses may help to aid the detoxification process. Gently stretching all of your muscles will also help the body release its toxic load.

If possible, schedule a massage during your liver detox. Having the entire body massaged is an excellent way to help facilitate detoxification. Be sure the massage therapist uses natural body products on you; you do not want to have artificial fragrances or chemicals applied to your skin at any time, but even less so during this period of intense cleansing.

Try to spend some time in the sun during your fast. Not only does the sun energize the body, it also imparts vitamin D, boosting your immune system. You don't need a lot of time in the sun – just 15 to 30 minutes will benefit you.

By undergoing a liver detox, you are essentially telling your body that you are ready to detoxify and heal yourself. Your bowels will respond accordingly, and you may find that you have several bowel movements each day. It is best to stay near a restroom so that you can easily accommodate your body's need to release its toxic load.

Additional Tips for Successful Detoxing

Many people find it helpful to use motivational tools during their liver detoxs. I recommend that you use several different methods for keeping your motivational level high. Some of the best include:

- ➔ ***Making a vision board with images of all the things you hope to achieve through fasting.*** This is a fun, creative activity that will help you to keep your mind off hunger during the first day of the fast.
- ➔ ***Write specific goals for yourself.*** These goals don't have to be completed during the fast itself; instead, they should be things you can aspire to later, after the fast has come to an end. Keep in mind that you are not going to lose all the weight you need to lose during this three day period. Instead, you're going to jump-start your weight loss. Using this time to create healthy goals won't just help you keep your head in the game over the course of your fast, it will also help you to stay motivated later.
- ➔ ***Get a journal and write in it.*** Be thorough as you explore your hopes, your dreams, and your fears. Don't worry about grammar or spelling, instead, focus on getting your feelings out into the open, where you can examine them. Often, there are stressors and problems in our lives that lead us to

give in to emotional eating, which in turn causes us to gain extra pounds. While thinking about problems that may have contributed to your weight gain may be difficult or emotionally painful, confronting them head on is the best way to eliminate them. Your journal isn't meant for anyone else to read, and it doesn't have to be fancy. A simple notebook will work.

- ➔ ***Exercise your inner artist.*** Draw, paint, or sculpt something. Again, this doesn't have to be perfect – it's a form of therapy for releasing more pent up feelings and keeping yourself motivated.
- ➔ ***Indulge and pamper yourself.*** Take long baths, using your favorite essential oils to scent the water. Exfoliate by brushing your skin and by using body scrubs. Moisturize your skin using natural oils, and pay close attention to caring for all of your body parts, particularly those you may sometimes neglect, including your elbows, knees, and feet. If you have access to a sauna or hot tub, use it, ensuring you remain hydrated.

It is best to plan the three-day experience for a weekend when you will have the ability to nurture yourself as your liver clears itself of toxins.

Besides focusing on what to eat and which supplements to take, it is vital that you take some time out to reset your entire system – body, mind, and spirit – by relaxing and pampering yourself as much as possible.

Plan for some easygoing walks in nature or some time engaging in gentle yoga poses. If you normally spend part of your day exercising, you can continue your usual exercise as long as you do it at a relaxed pace. Swimming, stretching, and easygoing bicycling are some good activities to do during the cleanse. Skip running, heavy weightlifting, challenging yoga sessions, and other activities that really get your heart rate up.

Give yourself permission to take as many naps as you feel like taking. Let others know that it's important for you to rest during this time, and consider disconnecting by shutting off your phone and staying off social media sites. Reading is the best form of entertainment for a detox. If you can't avoid television, try to avoid anything scary, fast-paced, upsetting, or highly stimulating as these will increase your stress level and force your liver to deal with toxins. Opt for things that are uplifting, nostalgic, or fun to watch. Nature films, interesting documentaries, old movies, and entertaining sitcoms are ideal.

Stock up on whatever you need to pamper yourself, too. Your favorite bath salts, body lotion, candles, and whatever else you need to enhance relaxation will help you to focus on caring for yourself.

Lastly, try to meditate for a little while during each day of the cleanse. When I talk about meditation, some people think I'm suggesting this as a religious pursuit; but what I am really advocating is introspection with a focus on healing. Where are you in your life now? What brought you

here to this point where you are ready to make a change? How do you plan to approach your health in the future? Guided meditation sessions, including some from top hypnotherapists, are available for free on YouTube. If nothing else, consider using some of these for positive affirmations or for helping you to get to sleep a bit earlier than usual.

CHAPTER 5

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 3-day 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 [EveryDay 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 cucumber. 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.

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 it makes a fantastic addition to the healthy pantry.

Apple Cider Vinegar: While this product is an amazing 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 3-day 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 3-day 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](#).

CHAPTER 6

How To Do the 3-Day Liver Cleanse



Some cleanses call for some pretty crazy stuff! You won't be chugging vast amounts of olive oil or cod liver oil on this cleanse, nor will you be completely starving yourself. What you will be doing is using the first day to gently transition from your usual diet to one consisting entirely of whole foods, and then using days two and three to treat your liver to incredible nutrition.

You will be taking all of the supplements you chose on each day of the cleanse. I recommend all of them, however you will still benefit if you take just one or two. The choice is all yours. As for how much of which liver cleanse supplements to take, you'll be following the manufacturer's instructions. This is because supplements from different sources offer different concentrations, and dosages differ from one brand to the next.

Day One:

A.M.: Upon waking, stir one teaspoon of apple cider vinegar into an 8-ounce glass of water and drink it down.

Stretch: Stretch all of your muscles. 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.

Take your supplements as recommended. Be sure to drink a full glass of water with them.


Breakfast: Time for your first smoothie!

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.

- 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

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.



Exercise: 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.

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 a snack of chopped vegetables sprinkled with a little apple cider vinegar. Enjoy a piece of fruit afterward if you are still hungry.

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.

Lunch: 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.

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

Entertainment: Spend some time reading. Try to avoid TV and the internet right now, unless you plan to listen to music or do some guided meditation. The goal is to relax deeply.

Nap: Try to take a nap. You may not feel very tired today; in fact, you may be feeling somewhat invigorated by the exercise you did earlier. If you can't nap, just rest for a while and listen to soothing music while you let your mind wander.

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 fruit or cutup vegetables, either with or without the apple cider vinegar.

Exercise: 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.

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

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

Veggie Zinger

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

- 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

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.

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Downtime: 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.

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: 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.

Day Two:

A.M.: Upon waking, stir one teaspoon of apple cider vinegar into an 8-ounce glass of water and drink it down.

Stretch: Stretch all of your muscles. Notice any areas of tightness and give them some extra attention.

Take your supplements as recommended. Be sure to drink a full glass of water with them.

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

Gingered Apple Smoothie

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

- 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

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.



Exercise: Take a relaxing walk, ride your bike, or just do a bit of yoga.

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 a snack of chopped vegetables sprinkled with a little apple cider vinegar. Enjoy a piece of fruit afterward if you are still hungry.

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.

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

Lemon-Orange Crush Smoothie

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.

- 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)

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.



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: Read a book or catch up on your magazines.

Nap: Try to go to sleep for a little while. If you have trouble sleeping, listen to a guided meditation or enjoy some soft music.

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: Eat some fruit or have more vegetables. Really savor the flavors.

Exercise: Take another short walk or do some yoga. If you're feeling really tired and not up to exercise, just stretch all of your muscles again while breathing deeply.

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: 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

Green Giant Smoothie

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.

- 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

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.

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Downtime: Have a nice soak in the tub. Watch a movie or spend some more time reading.

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: Try to go to sleep a little earlier than usual tonight. Your liver is right in the middle of detoxing and the extra rest will be very helpful.

Day Three:

A.M.: Upon waking, stir one teaspoon of apple cider vinegar into an 8-ounce glass of water and drink it down.

Stretch: Stretch all of your muscles gently. Breathe deep!

Take your supplements as recommended. Be sure to drink a full glass of water with them.

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

Berry-Beet Blast

The bright colors of the berries and beets hide the spinach in this smoothie. I like the tart taste. If it's too sour for you, add a packet or two of stevia powder.

- 2 cups fresh or frozen blueberries
- 2 cups fresh or frozen strawberries
- 1 beet, peeled and cut into chunks

Pulse the berries in the blender. Add the beet and blend until smooth. If your smoothie is too thick, add filtered water in ¼ cup increments.



Exercise: Take a relaxing walk or enjoy some easy yoga poses.

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 a snack of chopped vegetables sprinkled with a little apple cider vinegar. Enjoy a piece of fruit afterward if you are still hungry.

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.

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

Kiwi Zinger

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.

- 1 cup filtered water, chilled
- 4 kiwis, peeled
- Juice from one lemon
- Juice from two limes
- 2 handfuls baby spinach
- 1 tablespoon coconut oil, warmed to liquefy
- 2 packets stevia powder
- ½ inch section fresh ginger, peeled (optional)

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.

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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, either 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.

- 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

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.

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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.

CHAPTER 7

Exercises and Activities to Supercharge your Cleanse



When did you last take several days to focus on yourself and your own needs? For many of us, the answer is “never.” One of my favorite things about the three-day fast I’ve created is that it is designed expressly for focusing not only on weight loss, but for turning inward and getting to know ourselves a little better.

The distractions of daily life are many. What to wear, how to accomplish our daily workload with the greatest efficiency, and just dealing with stressors like traffic and social pressure can sometimes weigh us down – and it’s a well-known fact that stress is a major contributor to overeating. Besides fasting from solid food, now is a great time to fast from things that contribute to our stress load.

Earlier, I mentioned how taking a break from TV, the phone, and your computer could prove to be therapeutic. While I’m not saying you shouldn’t use technology at all during this time – particularly since some activities might be easier with the help of your smartphone or computer – I am suggesting that you replace some “automatic” activities like turning on the TV with some intentional activities designed to help the inner you to heal. With this in mind, I’ve come up with a long list of activities you can do during your fast. Don’t be surprised if you like some of them so much that you decide to keep on doing them after your fast has come to an end.

Therapeutic Journaling – This is the easiest form of writing. It doesn’t require you to draw on anything other than the thoughts that come to you naturally. It helps you

to express feelings, work on your personal journey, and acknowledge thoughts you might otherwise suppress. You will never have to show your journal to anyone, and if you'd like to rip out the pages and throw them away after writing, you can do that.

All you need is paper and a pen or pencil that is comfortable for you to hold. Just sit quietly, maybe listening to relaxing music, maybe with a candle lit nearby, and focus on your thoughts. Start writing. Do not go back and read what you have written until the end – just let your thoughts flow. You may be surprised at what messages the “inner you” has to share.

Many people choose to write in a journal daily. If pen and paper don't work for you and you'd rather type, you can use a word program or even an online journal. Entries don't have to be long – they can be just a few sentences long if that's all you have time for.

Therapeutic Artwork – Therapeutic artwork is not about creating masterpieces or making realistic images on paper. Instead, it's about allowing inner creativity to be expressed freely with no restrictions. Having pleasant music in the background can help you to enter a relaxed state of flow and work toward fully expressing yourself.

You do not need any fancy supplies – although having paint, pastels, or even colored markers on hand can help you to be more expressive. Plain paper and a pencil or pen will work. Sit comfortably and begin by doodling a simple

shape. Add to the shape and keep on working with your image. Once you have filled one piece of paper, move on to the next. Work to bring your emotions to the forefront as you do this exercise. Do not worry about how the image looks, just focus on releasing pent-up emotion. No one has to see this artwork, and like your journal entries, you may decide to discard it after completing it.

If you like, you can also get some clay for sculpting figures, shapes, or words. Let your mind relax while you do this, and don't think of it as "doing nothing." While you are in a state of flow, your mind is free to wander and to work out solutions to problems that may be bothering you.

Many people enjoy knitting and crocheting. This is a simple way to let your mind roam while making something useful for yourself or someone else. There are a number of free tutorials online, and the supplies needed are simple.

You may find that you enjoy the creative process of therapeutic artwork so much that you decide to do it twice weekly or so. If you feel like it, consider taking an art class at some point. Being creative is good for your mind and spirit, and when you are creating things, you are not as likely to reach for unhealthy foods and beverages.

Meditation – You do not have to be religious or even spiritual to meditate. Meditation is simply a process of turning your thoughts inward and focusing on a mantra, a feeling, or a single thought. There are many different forms of meditation; some include walking, some include following a specific process such as making tea while focusing on being present for each and every action, and some involve seeking an answer to a question. Some people find that they enjoy praying while meditating.

If you are brand new to meditating, guided meditation is probably the best choice for you. You can use it to focus on your weight loss goals, or you can use it to relax. You can also use it to work out problems in your daily life.

There are a number of free guided meditation downloads available online, and you can also find CDs and audio files available for sale at reasonable prices. If you choose to purchase guided meditation sessions, it's a good idea to read reviews from other users before making a decision, as quality varies from one product to the next.

Some people meditate on a daily basis, while others do so only weekly or bi-weekly. If you find that you enjoy meditating while on the three-day detox, I encourage you to continue the practice, as it will help you to overcome obstacles and improve the quality of your life.

Reading – I'm sometimes surprised when someone tells me they rarely read. The fact that you're reading this book tells me that you are interested in reading to improve your life; you may or may not read for entertainment on a regular basis. If you do, then you won't need this next piece of advice; if you don't, then you will love the way reading can relax you and help the hours pass.

Choose a few things to read during your detox. I always like to choose a spiritual book, a non-fiction book or self-help book, a novel or two, and several magazines to keep me company when I am fasting. This way, I have material to suit my mood and to educate or entertain me, and I am never bored. I am always sorry when my fast comes to an end simply because I enjoy reading and relaxing so much.

You can listen to music while you read, although it's best to listen to instrumental tracks or music in a language you don't understand while reading – this way, the words of the

music will not distract you from your reading. Some people prefer to read in absolute silence, and this is fine too; whichever method you prefer will work.

If you like you can journal as you read. What are your thoughts concerning what you have read? How does a story make you feel? Do you identify with the characters in a novel? Digging deep and participating fully in the process of reading will help you to get more out of it.

Exercise – Walking is the perfect exercise anytime – particularly when you are fasting. All you need are comfortable walking shoes, comfortable clothes, and perhaps some music or an audiobook to listen to. Focus on walking at a comfortable pace, and try to take your walks in a place where you can enjoy the sights, sounds, and scents of nature.

I also recommend yoga and stretching, since these activities can help the body rid itself of toxins. When stretching, do so gently, focusing on slowly lengthening each muscle group. Stretching should feel good – not painful or uncomfortable. There are many free yoga and stretching tutorials available online, and there are also DVDs available for sale. If you're new to yoga, be sure to choose a routine labeled for beginners.

You should exercise at least a few times each week after the fast comes to an end. Not only will exercising help you to lose weight, it will improve your moods and enhance your sense of self-esteem.

Sleeping – We all know how to sleep, and when you're fasting, you should not find it at all difficult to fall asleep. Nap whenever you feel like it; and don't be surprised if you find yourself falling asleep earlier than usual and sleeping a little later than usual during your fast. If possible, turn off alarm clocks, shut blinds, and eliminate or muffle sources of noise that could disturb you while you are resting.

CHAPTER 8

After Your Cleanse



Congratulations on finishing the 3-Day Liver Cleanse! You can now gradually go back to a diet of whole, healthy foods, or embark on the 14-day red smoothie detox found in my book, *Red Smoothie Detox Factor: 14 Days to Rapid Weight Loss, Limitless Energy, and Vibrant Health*. Because you have just finished detoxifying your liver, you are in an excellent position to continue with a full-body detox that will help you achieve better health overall. This cleanse is based on four Incan superfoods, and you can do it one of two ways. The full cleanse is a complete regimen of smoothies and healthy snacks, while the modified cleanse incorporates a healthy meal into each day along with the smoothies and snacks.

If you elect to go back to a diet of whole foods instead of embarking on the red smoothie cleanse, be sure to transition gradually. 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. It is of course 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.

Additionally, you should keep drinking a little apple cider vinegar with water each morning, and you should keep on drinking plenty of water with lemon or lime each day. Keep drinking herbal tea, too! There are so many delicious varieties that are wonderful hot or iced, that there's really no reason to keep on chugging drinks filled with sugar or artificial sweeteners.

Last, but certainly not least, repeat this liver cleanse three to four times each year. I prefer to cleanse my liver every three months, as the seasons change. This keeps my metabolism high, ensures that I have the energy I need to get through each day, and helps me enjoy good health overall! Of course I do follow my own advice and drink plenty of fresh smoothies and juices throughout each day.

Living a healthy lifestyle can be challenging at first! I know, as I was once a bona fide junk food junkie. But by jumping in with both feet with this cleanse, you have done something extraordinary for your health. Your cravings for unhealthy foods are now at a low point. You are hydrated, relaxed, and caught up on sleep. You have been getting a little exercise each day, and you have been eating a diet based on whole fruits and vegetables. Now that you've begun these habits, why not keep them for life? You'll look better, feel comfortable in your body, and enjoy good health. Best wishes for a vibrant future!