

## 24 HOUR CLEANSE

The 24 hour cleanse is like a reset button. See how your body begins to feel when it's fed healthy foods, is well hydrated and restored to a calm state. To optimize this one-day detox, make it a mind-body experience. Avoid sugar, processed foods, caffeine and alcohol.

### MORNING

<b>ON RISING</b> (empty stomach)	Tall glass of warm water with juice from ¼ lemon <b>To keep the body warm &amp; blood flowing do light stretching exercises or yoga</b>
<b>BREAKFAST</b>	2 glasses of Cleansing Juice made from the following: 4 large carrots, 1 apple, 1 pear, inch cube of ginger, ¼ lemon
<b>DRINK</b>	Green tea or warm water with juice from ¼ lemon
<b>SNACK</b>	Small cup of live natural yoghurt, handful of blueberries and dust with cinnamon. Drink plenty of natural spring water

### AFTERNOON

	<b>If sedentary try to get up and take a short walk every 20 minutes or use the 20:20:20 Rule; look away from your device every 20 minutes at a spot 20 feet away for 20 seconds</b>
<b>DRINK</b>	Green tea or warm water with juice from ¼ lemon
<b>LUNCH</b>	Smoothie Cleanser made from the following: Handful of baby Kale, 5 whole walnuts, 1 green apple, 1 cup coconut milk
	<b>Allow yourself 20 or 30 minutes for a walk</b>
<b>SNACK</b>	2 hard-boiled eggs and drink plenty of natural spring water

### EVENING

<b>SNACK</b>	Freshly chopped pineapple and drink 2 glasses of natural spring water
<b>PRE - DINNER</b>	Have a 20 minute warm bath with Epsom Salts
<b>DINNER</b>	Asparagus Soup plus drink plenty of natural spring water
<b>BEFORE BED</b>	Think of 5 reasons you are grateful today



## ASPARAGUS SOUP

Detoxifying soup contains high amounts of vitamins A, C, and K. And since asparagus is a natural diuretic, you'll feel much better after this soup

### INGREDIENTS

1/4 cup extra-virgin olive oil, plus more for drizzling  
1 large shallot, thinly sliced  
Pinch of crushed red pepper flakes  
Pinch Pink Himalayan salt  
1/2 teaspoon turmeric  
Pinch freshly ground black pepper  
2 bunches asparagus, trimmed, chopped  
1 cup loosely packed spinach leaves  
4 cups vegetable stock, preferably organic/homemade  
1/2 teaspoon lemon zest plus the juice of 1/2 a lemon

### DIRECTIONS

- In a medium saucepan, heat 2 tablespoons olive oil over medium heat
- Add shallot, red pepper flakes, pinch of salt
- Cook, stirring occasionally, until shallots are tender and just beginning to brown (about 5 minutes)
- Add chopped asparagus, and cook for 1 minute
- Stir in broth and bring to a boil
- Reduce heat to a simmer; continue cooking until asparagus is tender, about 15 minutes
- Remove from heat; add spinach.
- Carefully transfer to a blender, add turmeric, fresh ground pepper, lemon zest and lemon juice
- Blend for a few minutes to desired consistency

*Serve with a drizzle of olive oil, and a few asparagus tips scattered on top*