



## 24 HOUR KIDNEY DETOX

A kidney cleanse is important especially if you have suffered with any type of infection, fluid retention, a urinary tract infection or if you have kidney stone symptoms. Healthy kidneys need the best herbs, fruits and vegetables. This detox guides you through a safe and effective kidney cleanse.

### MORNING

<b>ON RISING</b>	Tall glass of warm water with juice from ¼ lemon & 1 tsp grated ginger
<b>BREAKFAST</b>	Kidney Smoothie
<b>SNACK</b>	Handful of dried cranberries
<b>DRINK</b>	1 glass of Nettle tea
<b>NOTE</b>	Aim to drink 4 large glasses of room temperature spring water throughout the morning

### AFTERNOON

<b>SNACK</b>	1 small bowl of fresh blueberries or black cherries
<b>DRINK</b>	1 glass of Nettle tea
<b>LUNCH</b>	Kidney Smoothie
<b>DRINK</b>	Tall glass of Cranberry Juice
<b>SNACK</b>	1 green apple and small pot of natural Greek yoghurt
<b>NOTE</b>	Aim to drink 4 large glasses of room temperature spring water throughout the afternoon

### EVENING

<b>SNACK</b>	Chopped carrots and celery with hummus
<b>DRINK</b>	1 glass of Nettle tea
<b>DINNER</b>	Grilled chicken breast dusted with turmeric and black ground pepper plus a large salad with mixed leaves, grated beetroot, celery and carrots. Glass of room temperature spring water
<b>DRINK</b>	Warm water with juice from ¼ lemon



## KIDNEY SMOOTHIE

This smoothie contains all the root vegetables and fresh fruits that help to cleanse the kidneys whilst boosting the body's natural defenses against pathogenic invaders

### INGREDIENTS

- 1 cup of blueberries/strawberries and cherries (fresh or frozen)
- 1 organic, peeled, raw beetroot
- 1 cup of chopped celery
- 1-inch cube of ginger peeled and grated
- ¼ lemon
- 1 teaspoon of spirulina powder
- 1 cup of coconut milk

### DIRECTIONS

- Combine and blend all the ingredients in a blender/Nutri-bullet
- Scrape down the sides from time to time until smooth
- Strain the juice
- Dilute with extra water if preferred