

24 HOUR COLON DETOX

A well-functioning colon is important for hormonal balance, appetite control, sleep and mental processing. The single best way to detox the colon is by removing harmful substances in your diet and eating nutrient-dense, real foods. Plan a day when you do not need to leave home to adjust to the colon cleansing changes in your body and the elimination of waste as you begin the detox and internal cleansing process.

MORNING

ON RISING (empty stomach)	Tall glass of warm water with inch cube of crushed fresh ginger and juice of ¼ lemon, pinch of sea salt
BREAKFAST	Small bowl of pro-biotic natural yoghurt with kiwi fruit & ground chia or flax seeds
DRINK	Room temperature spring water (up to 3 glasses before lunch)
SNACK	1 small Fennel bulb chopped, green olives and sprouted alfalfa

AFTERNOON

DRINK	Plenty of room temperature spring water (up to 2 glasses before lunch)
PRE - LUNCH	Colon Detox Drink 20 minutes before lunch
LUNCH	Sauerkraut and miso soup
DRINK	Room temperature spring water (up to 3 glasses before Dinner)
SNACK	1 green apple

EVENING

DRINK	Room temperature spring water (up to 2 glasses)
SNACK	1 avocado
PRE - DINNER	Colon Detox Drink 20 minutes before dinner
DINNER	Steamed asparagus and kale or spinach with baked wild salmon. 1 fresh mango. Glass of room temperature spring water
SNACK	Tall glass of Aloe Vera juice (organic) or fresh peppermint tea



COLON DETOX DRINK

A homemade colon cleanse can help flush out some of the toxins in your body

INGREDIENTS

- 1 glass of warm water ($\frac{1}{2}$ ltr)
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon grated or ground ginger
- $\frac{1}{4}$ teaspoon cinnamon
- 1 dash cayenne pepper
- 1 teaspoon raw, local honey (optional)

DIRECTIONS

- Warm the water (do not boil)
- Mix all ingredients together
- Best served warm but drink at desired temperature