

## **SHOPPING LIST FOR 3-DAY DETOX**

*\*\*\*It is highly recommended that you purchase and use as much organic as possible\*\*\*  
We are cleansing the organs, so we want to be filtering the highest grade food nutrients as possible. Additional preservatives, pesticides or toxins could trigger a severe hyper-allergic response.*

**Herbs:** (some of these herbs may not work well if you have high blood pressure-check properties of each)

- **Milk Thistle** – seed, tea, or tincture
- **Licorice-** tea or tincture
- **Dandelion** (Taraxacum officinalis) harvest fresh or buy tea form
- **Schisandra** (Schisandra chinensis), a Chinese tonic herb. Available as berries, tea, or tincture.
- **Burdock** (Arctium lappa). Cook with the root, or tincture.

**Detox Foods** These foods harbor healing promise & they are safe to consume every day.

- **Apples**
- **Grapes**
- **Celery**
- **Artichokes**
- **Cranberries- Unsweetened cranberry juice** is available at health-food stores. (straight juice with nothing else added)
- **Leafy greens** like **chard, kale, spinach, dandelions, chickweed, and salad leaves**. Buy organic—or collect fresh greens that are harvested in spring from untreated soil.
- **Lemons** – Meyers have a great flavor
- **Simplexity SuperSun Soy Protein or Peak Protein (non-soy protein mix)** - EITHER are rich in amino acids, offers immune system and bone support.
- **Flax Seed** (purchased whole, you can grind them in a coffee grinder and refrigerate)

### **Master Cleanser**

- filtered water and plenty to drink through the day
- lemons (3-4 Meyers are best for flavor)
- maple syrup (optional)
- cayenne pepper (optional)

### **Cranberry Elixir**

- Unsweetened organic cranberry juice (1 small bottle)
- filtered water
- Simplexity Go Green Mix
- Emergen C vitamin c packets

**Recommended Supplements:** I highly recommend products from Simplexity. I have been consuming or using all of their products (nutritionals, skin/hair care, plant food and animal food) for 13+years. The reason- plain and simple: they work, are pure, and are of highest quality.

- Regular Formula or Super E-12 Digestive Enzymes
  - Acidophilus, Bifidus and Spectrabiotic
  - Alpha Sun and Omega Sun Blue Green Algae
- The above five products can be purchased in daily packets called Essentials or in separate bottles
- Herbal/Fiber Formula Cleanse
  - Peak Protein or Super Sun Smoothie Mix
  - StemPlex

Please **contact me for a FREE Health Consultation** and for assistance on the most appropriate products to match your needs and circumstance. I look forward to working with you!