

ELIQ MARANIK

# DETOX SMOOTHIES

Lose Weight with Smoothies and Juices

*h.f.*ullmann

# WHAT IS A DETOX?

A detox is a dietary program that promotes the elimination of toxins and waste products from the system, making you feel well and more alert, and giving you smoother skin and shinier hair, a properly functioning digestive system, and a stronger immune system. The word “detox” itself derives from the word “detoxification.”

Through the ages, people have fasted and regularly cleansed their bodies in order to give them a chance to recover and detoxify. Detoxing means using various agents to actively encourage the function of those organs in the body that cleanse and detoxify it, for example using herbs that have a strengthening, cleansing, and regenerating effect. Vitamins, minerals, and antioxidants are another important part of a detox program.

To be on a detox diet means to give your body a “rest” for a period of time by excluding as many toxins as possible and eating a diet that is cleansing and full of antioxidants. This helps the body eliminate both toxins and waste products.

A detox regimen does not need to be dramatic or extreme, nor does it need to be unpleasant or painful. It is quick and easy to add green juices to your diet and eliminate “the worst offenders.” The program should not be so strict as to make you desperately crave a hamburger or a piece of chocolate. The idea is to give your body a bit of a break and to reload on effective energy that will help your system to recover.

Every single day the body goes through its own physiological detoxification process—meaning that you sweat, pee, and poop, among other things. But in this day and age, where the world is full of pollution, heavy metals, radiation from computers, cell phones, microwave ovens, cigarettes, strong home-cleaning products, industrial effluents, chemical pesticides, alcohol, and a whole lot more, the body is exposed to many different kinds of toxins. Every now and then it needs a little help and,—most importantly—you need to learn to keep your body relatively toxin-free and change your bad habits.

## KICKSTART TO A HEALTHY LIFESTYLE

A detox diet often serves as a kickstart to a new, healthy lifestyle. One reason for this is that as a result of detoxing you become aware of the importance of a balanced and, above all, healthy diet and of excluding foods that are bad for your body. A detox may also contribute to long-term weight loss. In today’s world, most people not only eat the wrong foods but eat too much, and this results in the body becoming overburdened and ceasing to function with optimal efficiency. A detox will help to boost your digestive system and, in the long term, encourage you to adopt a healthy lifestyle.

## TOXINS AND WASTE PRODUCTS

A lot of the food we eat contains substances that leave toxins and waste products in our bodies. These substances include trans fats, sugar, additives, pesticides, food colorings, and preservatives. But food is not the only culprit since waste products are also derived from external agents, such as exhaust fumes, emissions, or cigarette smoke. The body has an amazing ability to cleanse itself and manage smaller amounts of waste products and toxins. But when the quantities of waste products become too great and our systems become overburdened, the body is no longer able to take care of cleansing on its own. The liver, kidneys, intestines, and lymphatic system are detoxification organs that should work as effectively as they can. For example, if your liver is put under too much pressure, toxins might end up in your bloodstream and result



# WHAT TO EAT WHEN YOU ARE DETOXING

The primary aim of this book is to offer you an abundance of tasty recipes for juices and smoothies that work well as part of a detox program, but it also teaches the basics of detoxing and its benefits for the body.

There are many different levels of detoxification, some being almost identical to fasting and allowing only drinks for energy, some allowing most things. Obviously, you do not necessarily need to choose the strictest detox program; you will go far by just excluding some foods from your diet (see the list on the next page) and replacing your breakfast, snack, and/or dinner with chlorophyll-rich vitamin bombs. The important thing is that you and your body feel good and that you feel energized from all the pure energy found in fruit and vegetables. I believe you should have at least one hot meal a day, or preferably more, so that you do not feel hungry and so that you do not get cravings, because it is easy to give up in such situations. You should decide what works for you.

Make sure you have some good herbal teas to hand as a replacement for those cups of coffee and tea you are used to having every day. Another good idea, if and when you get a craving, is to eat some unsalted, unroasted nuts, homemade snack bars, or vegetable sticks. During the day, you can have as much filtered water or herbal tea as you like. Good teas include nettle, dandelion, chamomile, mint, green tea, Ayurvedic herbal blends, ginger tea, and other natural, caffeine-free teas.

Remember to avoid, as much as possible, anything that contains gluten, sugar, lactose, e-numbers, and preservatives. Eat vegetarian food and bear in mind that you can get protein from legumes, mushrooms, and tofu products. Try to buy locally produced and organic produce.

The lists below contain examples of what you can eat during your detox and what you should avoid for your body to recover optimally. Hopefully, your detox program will also prove to be the beginning of a lifestyle that is a little healthier.

## FRUIT AND VEGETABLES

- » Leafy vegetables (e.g. spinach, chard, nettle, dandelion, curly endive, lamb's lettuce, escarole, radicchio, romaine lettuce, iceberg lettuce).
- » Sprouts and shoots (e.g. alfalfa, fenugreek, mung beans, broccoli, radish, wheat, buckwheat, millet, quinoa, sunflower seeds, flaxseed, chia seeds, peas. For more information about sprouts, please see pages 39–40.)
- » All varieties of cabbage (e.g. kale, white cabbage, red cabbage, broccoli, cauliflower, kohlrabi, Brussels sprouts, Savoy cabbage, pointed cabbage).
- » Root vegetables (e.g. carrot, rutabaga, beet, radish, parsnip, celeriac, Jerusalem artichoke, horseradish, sweet potato).
- » Stem vegetables (e.g. celery, fennel, artichoke, asparagus, avocado, corn).
- » Fruit-bearing vegetables (e.g. cucumber, tomato, eggplant, bell pepper, pumpkin, squash, zucchini).
- » Legumes (e.g. peas, beans, haricot beans, soy beans).
- » Fruit (e.g. banana, pineapple, apple, pear, mango, papaya, kiwi, plum, apricot, nectarine, pomegranate, melon).
- » Berries (fresh or frozen).
- » Citrus fruit (e.g. grapefruit, lemon, lime, pomelo, orange, mandarin).

# RED BEET AND CELERY JUICE

Red beets contain calcium, vitamin C, iron, magnesium, phosphorus, and manganese among other nutrients. Red beets cleanse the blood and promote red blood cell growth. Studies have shown that beets increase the body's capacity to take up oxygen, which improves stamina during exercise. Beets are also considered helpful against high blood pressure and gastric ulcers. They remove toxins from the intestines, liver, and gallbladder.

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## Makes one glass

½ lemon  
1 yellow bell pepper  
2 stalks celery  
½ cucumber  
2 red beets

Rinse the ingredients. Remove the zest of the lemon, taking care not to remove the nutritious white pith beneath. Trim the tops and bottoms of the beets and chop all the ingredients into pieces small enough to feed through the juicer. Juice, pour into a glass, and serve.



# FENNEL AND TOMATO JUICE

Fennel is a member of the same vegetable family as carrot, dill, and parsley. In general, you can eat all parts of a fennel plant—root, stem, leaves, and seeds. Fennel is rich in vitamins A, B, and C as well as fiber, sodium, iron, zinc, and essential oils.

Fennel keeps for a couple of days at room temperature, or up to three weeks in the refrigerator. Put the fennel into a plastic bag, which will help to keep it fresh and crisp.

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## **Makes one glass**

3 tomatoes

½ cucumber

1 stalk celery

1 fennel

1 green apple

Rinse the ingredients. Chop all the ingredients into small pieces and feed through a juicer. Pour into a glass and serve.





# POMEGRANATE AND RED BEET SHOT

Pomegranate is a superfruit and has been grown for thousands of years. It originates from Persia. Pomegranate is particularly rich in folic acid and antioxidants, e.g. vitamin C, carotene, gallic acid, and anthocyanins (which give the pomegranate its characteristic pink color). Antioxidants strengthen the body's cells and help to fight disease. Folic acid is important for new cell growth and plays a key role in the formation of red blood cells.

Do you struggle to get those delicious seeds from a pomegranate? Here's a tip: roll the pomegranate back and forth on a hard surface and cut it in half. Then hold each half over a bowl, seeds facing down, and tap the skin with a wooden spoon—and there you have it!

Pomegranates are available fresh during fall and winter, but you can also use frozen or dried seeds when pomegranates are not in season.

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## Makes one shot

- 1 small red beet
- 1 pomegranate

Rinse the ingredients. Trim the top and bottom of the beet. Cut the pomegranate in half. Carefully peel away the skin and empty the seeds into a bowl. Process the beet and pomegranate seeds in a juicer. Pour into a glass and serve. This is a real dark-red energy bomb!



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## Abbreviations and Quantities

1 oz = 1 ounce = 28 grams

1 lb = 1 pound = 16 ounces 1

1 cup = approx. 5–8 ounces\* (see below)

1 cup = 8 fl uid ounces = 250 milliliters (liquids)

2 cups = 1 pint (liquids) = 15 milliliters (liquids)

8 pints = 4 quarts = 1 gallon (liquids)

1 g = 1 gram = 1/1000 kilogram = 5 ml (liquids)

1 kg = 1 kilogram = 1000 grams = 2¼ lb

l l = 1 liter = 1000 milliliters (ml) = 1 quart

125 milliliters (ml) = approx. 8 tablespoons = ½ cup

1 tbsp = 1 level tablespoon = 15–20 g\* (depending on density) = 15 milliliters (liquids)

1 tsp = 1 level teaspoon = 3–5 g \* (depending on density) = 5 ml (liquids)

\*The weight of dry ingredients varies significantly depending on the density factor, e.g. 1 cup of flour weighs less than 1 cup of butter. Quantities in ingredients have been rounded up or down for convenience, where appropriate. Metric conversions may therefore not correspond exactly. It is important to use either American or metric measurements within a recipe.

The purpose of the recipes and advice in this book is simply to give guidance on quality nutrition and how to increase your energy. If you have a medical condition you should consult your doctor.

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