

FULL BODY CLEANSE

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Full Body Cleanse: The Basics

If you do a Google search for **full body cleanse**, your web browser will bring up more than 2 million Web sites that offer information on how to experience a full body cleanse. If cleansing and detoxifying for health purposes wasn't a mainstream topic before, it certainly is now with the recent launch of Oprah's 21-Day Cleanse.

Here are some of the most common questions that I receive on a weekly basis from people seeking guidance on how to cleanse and detoxify their bodies:

What's the best way to detoxify my body?

How do I prepare for a cleanse?

How do I return to my everyday routine after a cleanse?

Is it okay to detox while I take my meds?

How do I cleanse my liver?

If you're not quite sure what to make of the whole cleansing and detoxing craze, I hope that this three-part series on cleansing gives you a solid understanding of this important health topic.

What Exactly is Detoxification?

Detoxification refers to the process of eliminating toxins from your body.

There are two major types of toxins that your body accumulates over time:

Environmental Toxins: Sometimes called exogenous (made outside your body) toxins, [environmental toxins](#) include all the chemicals and pollutants that you're exposed to through air, water, and food.

Common environmental toxins include pesticides, herbicides, prescription and over-the-counter medications, carbon monoxide, [triclosan](#), bisphenol A, phthalates, and volatile organic compounds.

Metabolic Toxins: Sometimes called endogenous (made inside your body) toxins, metabolic toxins are produced by each of your cells as they go about their everyday metabolic processes. Metabolic toxins can also be produced by microorganisms that act on incompletely digested food in your digestive tract.

It's normal for your cells to contain some toxins at all times. After all, your cells need to manufacture energy on an ongoing basis, and the manufacturing process results in waste (toxin) production.

Toxins only present a challenge to your health when they accumulate to a point where they interfere with cellular function - we call this state **toxicosis**.

The first effect of toxicosis is disruption of cellular function. If a group of cells experience significant toxicosis, specific health challenges develop, examples being thyroiditis, hepatitis, [prostatitis](#), unexplained chronic fatigue, and problems with vision. If toxicosis persists, it's possible for the DNA in your cells to become damaged, which may lead to abnormal cellular growth of the affected cells.

While the majority of chronic health challenges are caused by more than one factor, I hope that it's clear that allowing your body to accumulate toxins over the long haul can result in you developing any one of the chronic diseases that are plaguing people in industrialized countries. To be clear, toxicosis **can** contribute to coronary artery disease, high blood pressure, type 2 diabetes mellitus, respiratory illness, kidney disease, liver dysfunction, autoimmune illness, hormonal imbalances, skin conditions, and most types of cancer.

Your Body is Constantly Detoxifying and Cleansing

The good news is that your body is designed to constantly gather up and remove toxins from your cells. Most of the toxins that are stirred up from your cells are broken down in your liver, and then eliminated from your body via your kidneys, colon, skin, lungs, and mucus linings in your nose and ears.

Put another way, every time that you urinate, defecate, exhale, cough, sneeze, and experience an inside-out reaction with your skin, your body eliminates toxins from your system.

If your exposure to toxins rises, your body increases its output through the eliminative channels mentioned above. If your eliminative mechanisms cannot keep up with the number of toxins that are coming in and being generated in your cells, in an effort to preserve your health, your body attempts to store some of the toxins in your fat tissues. Even if you are lean for your body type, your body can store toxins in fat tissues that can be found interspersed between your muscle fibers and surrounding your organs.

The bottom line is this: Your body is committed to eliminating harmful toxins from your system at all times. Toxins can become problematic to your health if you accumulate enough of them to experience cellular dysfunction.

Full Body Cleanse

I hope that it's clear that your body is experiencing a full body cleanse at all times. Put another way, your body is constantly at work to keep every cell in your body as healthy as possible.

Any effective full body cleanse or any other type of cleansing program that you go through should be designed to accelerate the detoxifying process that your body is already engaged in.

There's not a lot that you have to do to encourage your body to rid itself of toxins.

You can accelerate cleansing and detox by reducing the number of exogenous and endogenous toxins that you are exposed to, and by giving your body the rest that it needs to devote its resources to its cleansing and detoxifying mechanisms.

Put another way, to experience a truly effective period of intense cleansing, you don't need to give your body much by way of nutrients. Actually, all you need to give your body are physical and emotional rest, fresh air, water, and enough fuel to sustain your most basic metabolic processes. And as people who understand water fasting know, the fuel that you need for intense cleansing can actually come from reserves found in your liver, muscles, and fat.

But this isn't an article about water fasting. This is an article about how to experience accelerated full body cleansing while going about most of your everyday routine.

Before we get into a specific protocol for intense cleansing, let's address one final point: your body cleanses and detoxifies itself evenly. What I mean by this is that there's no way for your body to cleanse your kidneys first, and then your liver, and then your eyes, and so on and so forth. Your body detoxifies all of its cells at about the same pace.

This doesn't mean that every part of your body will feel healthier at the same pace, as each of your body parts has its own history and genetic predisposition. Let's say, for example, that you have a long history of acne. If you begin a period of intense cleansing, it may be days or weeks or months after your internal organs have become significantly cleaner and healthier when you observe improvement in the health of your skin. And if other factors are contributing to your acne (such as an imbalance in your endocrine system), you may need years of healthful living to experience lasting improvement in skin health and tone.

Please don't forget this fact: many chronic health challenges take years to develop, so it's unrealistic to expect such challenges to fully heal within months, even if you fully support your cleansing mechanisms.

This last point is one that you probably won't find on most of the more than 2 million Web sites that discuss how to experience a full body cleanse.

Although it may be disheartening to know, the truth is that lasting improvement in your health may take many months or years to manifest itself. You may feel better within days, but I hope that what you're really shooting for is to build a foundation of health that will serve you for decades.

Also, please remember that the positive effects of an intense period of cleansing will last only as long as your dietary and lifestyle choices support your health after your cleanse. Your body is working its tail off to detoxify itself as you are reading these words, and it will continue to do so during an intense cleanse, and after an intense cleanse. Full body cleansing never stops - it is always happening at the pace that your daily choices allow. If you want to experience your best health, your job is to support your body's self-cleansing mechanisms every day.

How to Experience an Intense, Full Body Cleanse

As mentioned earlier, here are the most basic requirements for an intense, fully body cleanse:

1. Expose yourself to as much fresh air as possible.
2. Get as much physical and emotional rest as possible.
3. Stay hydrated with water-rich foods and liquids.
4. Minimize your exposure to exogenous and endogenous toxins

Full Body Cleanse: Diet

During an intense, full body cleanse, the goal with your diet is simple: it's to minimize the workload on your digestive organs while supplying your body with enough energy to carry out its everyday activities. Cleansing is performed primarily by your body's self-regulated cleansing mechanisms, not by the nutrients in the foods that you eat.

Vegetables, fruits, and their juices are excellent food choices for an intense, full body cleanse for the following reasons:

1. For most people, vegetables and fruits are extremely easy to digest.
2. Vegetables and fruits are naturally rich in water; staying hydrated is an essential requirement for an intense, full body cleanse.

For the vast majority of people, grains, legumes, nuts, seeds, and all cooked animal foods are harder to digest than vegetables and fruits. So for an intense period of cleansing, it's best to avoid everything but vegetables, fruits, their juices, and water.

How to Prepare for an Intense, Full Body Cleanse

Before beginning, it's ideal to take a week or at least a few days to taper your intake of the following:

- Coffee
- Alcohol
- Salt
- Sugar and other sweeteners
- All animal foods, including dairy, eggs, fish, shellfish, chicken, beef, pork, and all other flesh meats

These foods put significant strain on your digestive organs, and avoiding them "cold turkey" can sometimes create withdrawal symptoms that are too powerful for some people to tolerate.

It's fine to eat grains, legumes, nuts, and seeds right up until the day before you begin your intense period of detox - these foods are rich in fiber, and their remains should move through your digestive tract without too much difficulty during your intense cleanse.

If you don't wish to spend up to a week to taper your intake of the foods listed above, it's fine to begin right away; just be aware that you may experience highly uncomfortable symptoms of withdrawal, like strong headaches, lightheadedness, and nausea.

Other than tapering the foods-to-avoid during your cleanse, all that remains during the preparatory phase is to make sure that your kitchen is well stocked with vegetables and fruits that you enjoy.

Here is a list of vegetables and fruits that can be used for a highly effective cleanse:

- Dark green, leafy lettuce (romaine, red leaf, green leaf)
- Avocados
- Tomatoes
- Cucumbers
- Celery
- Carrots
- Red beets (one or two will last a week)
- Zucchini
- Bell peppers
- Broccoli
- Cauliflower
- Cabbage
- Asparagus
- Onions
- Corn
- Yukon gold or new potatoes
- Sweet potatoes or yams
- Acorn or butternut squash
- Watermelon
- Honeydew
- Cantaloupe
- Pears
- Apples
- Bananas
- Mangoes
- Papaya
- Peaches
- Plums
- Nectarines
- Grapes
- Coconut
- Oranges and grapefruit
- Blueberries, raspberries, blackberries, goji berries, and any other berries that you enjoy
- Any other fruits or vegetables that you enjoy raw or juiced

Clearly, it's best to choose fruits and vegetables that are in season. Organic varieties are best, but my experience has been that non-organic produce can also be used to experience an intense period of detox.

Regarding liquids: Have on hand plenty of water that you feel comfortable drinking. When weighed against all of the moment-to-moment dietary and lifestyle factors that affect your health, so long as your water isn't intentionally poisoned, even municipal tap water can be used to experience a highly effective cleanse.

It's fine to drink warm or hot water.

It's also fine to use sparkling mineral water as you desire, although you should mainly drink "still" water during your cleanse.

Regarding medications: Please do not taper or stop taking prescription medications without your physician's consent.

Regarding nutritional supplements: Avoid any supplements that contain synthetic nutrients, protein isolates, grains, nuts, seeds, or lecithin. It's fine to take whole food supplements that contain nothing but vegetables and/or fruits. It's also fine to take a probiotic as long as it doesn't have added protein, grains, nuts, seeds, or lecithin.

Regarding equipment: If you can chew your foods well, you don't need much by way of equipment. If you have access to a strong blender and a juicer, you can make smoothies and juices during your intense cleanse, but these aren't absolutely necessary.

The Full Body Cleanse Diet

Morning

Eat any raw, ripe fruits that you desire, along with any combination of lettuce, celery, and avocado, if desired.

If you have trouble staying full on just raw fruits and vegetables, be sure to have avocado with your fruit, as the healthy fatty acids found in avocado should help you stay satisfied until your next meal.

If you'd like, you can blend up your morning meal into a smoothie.

You can also have water, sparkling water, or a hot drink made with boiling water and peppermint or chamomile tea.

Afternoon

Eat a large vegetable salad with as many different vegetables as possible. If you would like a salad dressing, use extra-virgin olive oil, fresh lemon juice, fresh orange juice, fresh lime juice or any combination of extra-virgin olive oil and citrus juice. Try to avoid vinegar, honey, salt, and spices.

If you have trouble feeling full, again, try to include an avocado with your salad.

If you don't think you can make it to dinner on a raw vegetable salad with avocado, have a steamed Yukon gold potato, new potato, or sweet potato **after** your salad.

Feel free to have water, sparkling water, or peppermint or chamomile tea after your lunch meal. Also feel free to have any fresh, ripe fruits that you desire **after** your vegetable salad.

Evening

Eat any combination of raw vegetables and fruits that you desire, but aim to have at least as many vegetables as fruits.

If you're still hungry after eating raw vegetables and fruits, have any steamed vegetables that you enjoy, such as steamed broccoli, cauliflower, cabbage, corn, and asparagus.

If you're still hungry after eating steamed vegetables, feel free to have steamed root vegetables, such as steamed potatoes, sweet potatoes and carrots.

Have as much water, sparkling water, or peppermint or chamomile tea that you desire.

Snacks

Any raw fruits, vegetables, their juices, and smoothies made with raw fruits and vegetables are fine snack choices. For a dip to eat with raw vegetables, have guacamole made with avocado, red onion, and lemon or lime juice.

Full Body Cleanse Sample Menu

Morning

Big bowl of watermelon with a large handful of romaine lettuce leaves and 1/4 to 1/2 of an avocado.

Afternoon

A large vegetable salad made with leafy lettuce, cucumber slices, tomato slices, shredded carrots, shredded red beets, sliced red onions, shredded zucchini, 1/2 to 1 whole avocado, 1/2 a sweet bell pepper, and raw corn kernels.

Optional: Dressing made by mixing one part extra-virgin olive oil and one part orange juice.

Evening

Small bowl of romaine lettuce, celery sticks, mango, and blueberries.

Steamed cabbage, broccoli, and 1/2 to 1 whole raw avocado.

Snack

Smoothie made with banana, blueberries, mango, and water.

Full Body Cleanse Schedule

A nice feature of this full body cleanse is that you can follow it for however many days you desire and/or your schedule allows.

Initially, you may want to try it over the weekend, beginning on Friday evening, and ending on Monday afternoon.

Many people find that seven full days is quite manageable, and produces noticeable changes in energy level and sense of well-being. The first while can be tough for some people who experience severe symptoms of withdrawal, but for the majority of people who experience such symptoms, things start to look up after a few days.

If you like how this program of eating makes you feel, it's fine to continue with it for as long as you feel strong and healthy.

When you're ready to add other foods back into your diet, it's best to proceed slowly. On the first day of "breaking" your cleanse, you should follow the same diet, but add one additional food to your afternoon or evening meal, like hummus made with chickpeas.

On day 2, you can have two servings of protein-dense foods, say a serving of eggs with lunch and a serving of fish for dinner.

As you break into a long-term pattern of eating, the goal should be to keep the full body cleanse diet as the foundation of your diet, and to add small servings of healthy, protein-dense foods (grains, legumes, nuts, seeds, and animal foods) to your meals as your appetite dictates.

How to Use Fresh Juices During Your Full Body Cleanse

After a day or two of getting right into the full body cleanse diet, it's fine to try a day or two of having nothing but fresh juices.

Because juices are mostly devoid of fiber, they put even less burden on your digestive organs than the whole foods that they come from. Less digestive burden translates to more energy being available for your self-regulated cleansing mechanisms.

Here are some guidelines for juicing days:

1. Have as many freshly pressed juices as you desire.
2. Stick mainly with green juices that are made with a foundation of dark green, leafy lettuce and celery. Use only small amounts of sweet root vegetables like carrots and red beets.
3. If you want to have some freshly pressed fruit juice, mix it 50/50 with a non-sweet vegetable juice.

Here's an example of what a juicing day might look like:

Juice #1

6 leaves romaine lettuce
2 ribs celery
2 carrots

Juice #2

6 leaves green leafy lettuce
2 oranges

Juice #3

6 leaves romaine lettuce juice
2 leaves green cabbage
2 carrots

Juice #4

Big handful of kale or Swiss chard
2 ribs celery
2 apples

Juice #5

2 tomatoes
2 carrots

3 ribs celery
Squeeze of lemon juice

After your juicing day(s), go back to the full body cleanse diet described above for at least a day before adding protein-dense foods to your diet.

An alternative to doing full juicing days is to substitute one of your regular meals with a freshly pressed vegetable juice.

Full Body Cleanse: Lifestyle

During and after an intense, full body cleanse, you can expect to feel refreshed, like your body has become younger and lighter. To experience the greatest possible benefits during your intense cleanse, it's important that you minimize your exposure to endogenous and exogenous toxins.

Minimizing your exposure to endogenous toxins is relatively simple - you just need to follow the [full body cleanse diet](#), chew your foods well, and do your best not to overeat. This combination of actions will minimize production of toxins in your digestive tract and within your cells.

What follows is a list of suggestions on how to minimize your exposure to exogenous toxins:

1. Minimize use of cosmetics - it's best to use none at all during an intense cleansing period. It's most important to avoid use of cosmetics around your mouth to prevent accidental ingestion of chemicals found in many cosmetic products.
2. Minimize use of moisturizer and chapstick / lip balm. If you must use something on your skin and lips, consider using a small amount of [coconut oil](#).
3. Try not to use deodorants, antiperspirants, or perfumes/colognes.
4. Use the smallest amount of shampoo possible, and if your life circumstances permit, use a brand made with natural ingredients - there are plenty of such brands at most department stores these days.

Here are some additional suggestions on how to conserve energy and allow your body to devote the bulk of its resources to cleansing and detoxification:

1. Minimize use of soap - warm or hot water is sufficient for cleaning.
2. In looking to get as much physical rest as possible, don't neglect resting your eyes. Even while awake, you can enhance physical rest by closing your eyes for a minute or more at a time.
3. As your circumstances permit, take a break from activities that tend to promote emotional distress. For example, taking a week-long break from watching the evening news, or even taking a two-day break from surfing the internet and checking your e-mail may give your nervous system much needed rest.
4. Get plenty of fresh air. Your lungs are constantly expelling carbon dioxide into the air around you, and your cleansing mechanisms are best served by a steady stream of fresh, oxygen-rich air. If you live in a relatively unpolluted environment, sleep with your window cracked open.

5. Get sunlight exposure on your skin without getting burned, but be careful not to get so much sun that you become exhausted - about 15 minutes of direct sunlight exposure each day while at rest is optimal for many people; this doesn't include exposure while going about your daily activities.
6. Engage in light stretching, walking, and even mild sports activities, but don't participate in strenuous exercise during your intense cleanse. The goal is to keep your body moving and your blood circulation strong, but to conserve as much energy as possible for your cleansing mechanisms.

Clearly, the suggestions provided above can be beneficial to your health after you complete an intense period of cleansing. As you experience the intense, full body cleanse described in this series of articles, perhaps you can make it a goal to adopt some or many of these dietary and lifestyle suggestions into your everyday routine for the long term.

Full Body Cleanse: FAQ

What follows are a series of questions and answers regarding the [Full Body Cleanse Program](#).

If, after reading through this section, you have additional questions about cleansing and detoxification, please feel free to use our [Contact Form](#) to send us your question(s).

How important is it to stay away from coffee during the full body cleanse program?

Beyond stirring up and eliminating toxins, one of the goals of the full body cleanse is to restore optimal tone to your autonomic nervous system and all of the organs that your autonomic system governs.

One of the keys to restoring optimal tone to your autonomic nervous system is to avoid stimulants. The most common stimulants used in everyday life are alcohol, nicotine, and drinks that contain concentrated doses of caffeine, like coffee, most conventional teas, some types of soda, and energy drinks.

So the answer to this question is that it's quite important to try to avoid the use of coffee while on the full body cleanse program. While you can still experience significant health benefits if you drink coffee during your cleanse, you won't experience optimal improvement in the health of your autonomic nervous system.

What do you think about drinking just water, lemon juice, maple syrup/honey, and cayenne pepper for several days or a few weeks at a time?

Going on any calorie-restricted cleanse like the one described in this question may lead you to experience some symptoms of detoxification. It may also lead to some improvement in your health, especially if your everyday diet includes significant quantities of foods that aren't good for you.

But over the long term, cleansing programs that are severely limited in calories may contribute to a number of health challenges, the most common ones being binge eating and muscle loss.

Maintaining muscle mass is critical to promoting optimal health over the long term for a number of reasons, the most important one being that your muscles act as a reservoir for glucose, which is stored as glycogen. Maintaining a healthy amount of muscle mass for your structure can help keep your blood sugar level within a healthy range. Since people tend to lose muscle mass as they age, it's important to preserve as much muscle mass as possible through physical activity and a healthy diet.

How does the full body cleanse compare to water fasting?

[Water fasting](#) leads to rapid detoxification - no other type of cleansing program can match the pace at which toxins are stirred up and eliminated from the body during a properly conducted water fast.

The full body cleanse program can lead to significant detoxification and restoration of tone to your autonomic nervous system, but the changes that take place during the full body cleanse program take longer than they do during a water fast. The good news is that the changes that take place during the full body cleanse tend to be lasting changes, as the program promotes healthy dietary habits for the long term and preserves much of your muscle mass.

Can I take the greens and acerola cherry powder during the full body cleanse?

Yes, it's fine to take any whole food supplements that contain **only** fruits and vegetables during the full body cleanse program. It's best to ensure that the supplements that you take during your intense cleanse are free of grains, nuts, seeds, legumes, and protein isolates. For more guidance on choosing quality whole food supplements, view:

[Guide to Vitamins and Minerals](#)

Are we able to use other oils during the full body cleanse, such as flaxseed, pumpkin, hemp seed, or organic coconut? Why is olive oil allowed?

Oils are extremely low in protein, and are typically easier to digest than foods that are considered protein-dense (grains, legumes, nuts, seeds, and animal foods).

Still, oils are highly concentrated foods, and they require more work of your digestive system than vegetables and fruits do. So it's best to avoid oils during the cleanse. A small amount of extra-virgin olive oil is recommended only if you find it difficult to eat raw and steamed vegetables on their own.

Other oils may be suitable substitutes for olive oil. I recommend extra-virgin olive oil only because it's the one that I have long used with the full body cleanse program, and I know that the program can be highly effective with small amounts of extra-virgin olive oil.

I am allergic to avocados. Also, I am a very active athlete, and I exercise vigorously a minimum of 7 hours per week. Is there something that I can substitute for the avocados during the full body cleanse?

As mentioned in [Full Body Cleanse: Lifestyle](#), it's important to give your body as much physical rest as possible during the full body cleanse. The full body cleanse diet and physical rest are both essential requirements for experiencing significant detoxification and improvement in your overall health.

If you must exercise vigorously as a part of an athletic training program, it is likely in your best interest to include some protein-dense foods - like legumes, organic eggs, and fish - in your diet. Nuts and seeds are fine choices for most people as well, but my experience has been that legumes, organic eggs, and wild fish are better choices than nuts and seeds.

I have read that you should avoid cleansing within two years of planning to get pregnant. Do you believe this is true? Do you recommend any cleanses for women who are trying to get pregnant?

Regarding cleansing while pregnant, nursing or preparing to get pregnant: Unless a person has been exposed to extremely high levels of toxins in the past, I don't think that elimination of toxins presents a danger to a baby.

The main danger in experiencing an intense cleanse during these times is that if an extremely light, vegan diet - like the one described in this series - is followed for an extended period of time, it's possible to become undernourished in nutrients that are essential to a baby's development. For more information on potential problems with a strict vegan diet, please view:

[More Thoughts on Earthlings Documentary, Including Potential Problems with a Strict Vegan Diet](#)

While pregnant, nursing, or preparing to get pregnant, I believe that it's best to focus on getting as many nutrient-rich foods into your system as possible, including foods that are rich in healthy fat, protein, complex carbs, and micronutrients (vitamins, minerals, and enzymes).

I have read that it is not good to eat fruit and vegetables together as one hinders the digestion of the other. Also not to eat fruit at the end of a meal. Your thoughts on these thoughts?

If one's digestive tract is extremely sensitive or inflamed, it may be helpful to eat fewer types of foods per meal. In fact, "mono-meals" can be useful in some cases, where a person eats just one food at a time.

But for most people, I have found that most combinations of fruits and vegetables can be eaten together without any struggles. There's really no getting around observing how your body reacts to different foods and combinations of foods, and tailoring your choices accordingly.

Are dried fruits like figs and dates allowed during the full body cleanse?

Dried fruits are allowed, but they are not optimal choices, as they are highly concentrated in natural sugars. When eaten in large amounts and on a regular basis, dried fruits can

contribute to problems with your blood sugar and insulin levels. Dried fruits can also contribute to the development of cavities.

If you soak dried fruits in water for an hour or two before eating, they become much healthier choices, as re-hydrating dried fruits effectively decreases the concentration of natural sugars within.

In your everyday life, it's fine to eat a handful of dried fruits daily, but only if you eat lots of mineral-rich greens - like romaine lettuce - and you brush your teeth after each serving *and* you don't experience signs and symptoms of tooth decay, like tooth pain and sensitivity after eating.

Can I have my 3-year old do the full body cleanse?

I feel that it is best to have growing children eat a variety of foods, including foods that are naturally rich in healthy fat and protein.

Even when a young child has been exposed to antibiotics, other prescription meds, and a variety of environmental toxins, his or her self healing and detoxifying mechanisms are likely to be sharp enough to preserve good overall health while on a well balanced diet.

In short, I recommend the full body cleanse diet **plus** foods like legumes, organic eggs, grains, and small amounts of nuts and seeds for growing children and pregnant and nursing women.

Full Body Cleanse: Green Smoothie Recipes

Looking for more healthy recipes for the [full body cleanse](#) program? What follows are five green smoothie recipes - smoothies that are made with green vegetables and ripe fruit - that provide loads of flavor and nutrients to keep you going throughout the day. All of these smoothies are substantial enough to be full meals, so feel free to have "green smoothie days" during the full body cleanse program - days when you drink as many green smoothies as your appetite calls for, and nothing else.

Please note: all of the following recipes are made by blending the listed ingredients in a strong blender. Place the juiciest fruits at the bottom of the blender to create more liquid to liquefy the lettuce and spinach (or any other greens that you may use). If necessary, add a little water to ensure a good blend.

All of the listed ingredients produce approximately 2-3 servings. Enjoy these green smoothies!

Spinach Mango Smoothie

Ingredients:

2 cups spinach
2 mangos, peeled and chopped
1 banana

Spinach Peach Smoothie

Ingredients:

2 cups spinach
2 peaches, seeds removed
1 cup orange juice
1/2 cup water (optional)

Tropical Green Smoothie

Ingredients:

1 head romaine or green leafy lettuce
2 cups water
1 banana
1/2 pineapple, skin and core removed

Blueberry Green Smoothie

Ingredients:

1 head romaine lettuce
3/4 cup blueberries, fresh or frozen
1 apple, roughly chopped
1/4 lemon or lime
2 cups water

Grape Cooler Smoothie

Ingredients:

Large handful of red seedless grapes, stems removed
Basket of fresh or frozen strawberries, stems removed
1 frozen banana, peeled
1/2 head romaine lettuce

Put grapes at the bottom of blender to create enough liquid to blend the other ingredients; add a little water, if needed.

Full Body Cleanse: Juice Recipes

All of the following juice and smoothie recipes are suitable for our [Full Body Cleanse](#) program.

If you don't have a juicer and are thinking of getting one, I recommend the [Champion Juicer](#); we've had one since 2003, and it continues to serve us well.

If you prefer a lighter-weight and powerful juicer, I recommend the [L'Equip XL Juicer](#) - it's the best wide-mouth centrifugal juicer that I've ever used.

Juice Recipes for the Full Body Cleanse Program

Directions: Use your favorite juicer to juice the ingredients listed under each juice. Drink while fresh.

Tomato Tonic

3 large, ripe tomatoes
6 leaves leafy lettuce
Cucumber (about a 2-inch piece)
1 garlic clove
Handful of fresh cilantro or parsley
Small wedge of lemon or lime

Apple Fennel Splash

1/2 fennel bulb
2 apples
1/2 small red cabbage
Small wedge of lemon or lime

Greens Tonic

3 ribs celery
Big handful of spinach
2 stalks of asparagus
1 large tomato
1 carrot

Greens and Carrots

Big handful of parsley or cilantro
Big handful of spinach
2 ribs celery
3-4 carrots

Best Vegan Mayonnaise: Avocado and Basil Mayo Recipe

For most of us, there's no denying that mayonnaise makes everything better. And if you make [healthy, homemade mayonnaise](#) using extra-virgin olive oil, organic eggs, and other simple ingredients, you can continue making everything better with mayonnaise without compromising your health.

If eggs aren't your thing, a great alternative to egg-based mayonnaise is the following vegan mayo made with avocados and basil.

Avocados are abundant in healthy fat (mostly monounsaturated), fiber, potassium, and [folate](#). Avocados are one of nature's best sources of lutein, a natural antioxidant that is needed for healthy eyes and skin.

Basil is rich in volatile oils that have natural anti-inflammatory properties. Basil is also an excellent dietary source of vitamin K, fiber, [iron](#), [calcium](#), beta-carotene, and [magnesium](#), making it one of the most nutrient-rich herbs that you can eat.

Bottom line: When combined in the following vegan mayo recipe, avocados and basil provide loads of flavor and nutrient-density; enjoy this avocado-basil mayo recipe - it's the best vegan mayo we've ever tried.

Avocado and Basil Mayonnaise Recipe

Serves 4-6

Ingredients:

2 ripe avocados, halved, pitted, scooped out of skins, and cubed
Large handful of fresh basil leaves
2 tablespoons extra-virgin olive oil
2 teaspoons fresh lemon or lime juice
1 garlic clove, peeled and minced
Sea salt and black pepper, to taste

Directions:

1. Combine basil, garlic, and a pinch of sea salt in a small food processor and blend until ingredients form a paste.
2. Add avocados and process until smooth. Blend in the oil and lemon or lime juice, and then season with sea salt and pepper.

Use this delicious avocado and basil mayonnaise in place of regular mayonnaise - it's particularly tasty in whole grain sandwiches with tomato and a fried egg. It also makes a wonderful dip for baked crackers.

Please note: As long as you don't use salt, this recipe is suitable for the [Full Body Cleanse](#) program.

Two Foods for a Strong Immune System and Optimal Vision

When eaten together, carrots and avocado provide a combination of nutrients that can strengthen your immune system and support your vision.

The carotenoids in carrots and healthy fat in avocado can contribute to healthy vitamin A status, and [vitamin A](#) serves your immune system in the following ways:

1. Vitamin A and its metabolites help to maintain the structure and function of your skin and the mucosal cells that line your respiratory tract, digestive tract, and urinary tract; your skin and mucosal linings are barriers that act as your body's first line of defense against harmful microbes and substances.
2. Vitamin A plays an important role in the development and differentiation of your white blood cells, which play essential roles in your immune system.

Carrots and avocados support your vision in the following ways:

1. After carotenoids are converted to vitamin A in your liver, vitamin A travels to the back of your eyes, where it is transformed into a purple pigment that is needed for night-vision.
2. Carotenoids that are not converted to vitamin A serve as antioxidants that help prevent the development of [macular degeneration](#) and senile cataracts.
3. Lutein, an antioxidant that is abundant in avocados, helps prevent [free radical damage](#) to areas of your eyes and brain that are responsible for registering everything that you see.

To supply all of the nutrients mentioned above to your cells with one delicious meal, look no further than the following all-raw soup recipe:

Raw Carrot and Avocado Soup Recipe

Serves 2-4

Ingredients:

2 cups fresh carrot juice
1 avocado, pit removed, and cut into large chunks
1 teaspoon minced fresh ginger
3/4 cup fresh loose cilantro or parsley
2 green onions, finely sliced
1 tablespoon extra-virgin olive oil
1 tablespoon naturally brewed soy sauce or nama shoyu
Sea salt, to taste

Directions:

1. Blend carrot juice, avocado, and ginger at a medium speed until smooth.
2. Add cilantro or parsley leaves (not stems), extra-virgin olive oil, and soy sauce, and pulse at medium speed until well blended but with bits of cilantro and parsley still visible.

3. Season with sea salt, to taste.
4. Serve chilled, and sprinkle green onion slices on top just before serving.

Enjoy this all-raw, delicious and nutritious carrot and avocado soup; eating this soup a few times per week can greatly benefit your immune system, eyes, and overall health.

Please note: As long as you don't use salt, this recipe is suitable for the [Full Body Cleanse](#) program.

Homestyle Sweet Potato Soup Recipe

Earlier this month, I shared a [Sweet Potato and Pecan Salad with Lime Recipe](#) on this blog that generated several enthusiastic reviews. One appreciative reader even left a phone message of thanks for that recipe! Among the reviews were several requests for more recipes that call for sweet potatoes.

I hope that this recipe for homestyle sweet potato soup is appreciated as much as the last sweet potato recipe was. It's one of the first healthy recipes that I shared on this site, and it remains one of our family's favorite healthy soups.

In case you missed the previous sweet potato recipe, here is an excerpt that outlines the health-promoting properties of sweet potatoes:

Sweet potatoes are rich in a number of micronutrients, the most prominent of which are vitamin C and beta-carotene; both are powerful antioxidants that can significantly decrease your risk of experiencing cardiovascular disease, including diabetes, and various types of cancer, including colon cancer.

If your digestive tract is relatively healthy, and you regularly eat healthy fats, your body can convert some of the beta-carotene found in sweet potatoes into vitamin A. And vitamin A can promote optimal immune system strength, a healthy digestive tract lining, optimal vision, and healthy skin.

Sweet potatoes are also abundant in manganese, copper, dietary fiber, [vitamin B6](#), potassium, and [iron](#).

Homestyle Sweet Potato Soup Recipe

Serves 2-4

Ingredients:

- 1 large sweet potato, peeled and chopped into bite size pieces
- 2 medium carrots, peeled and chopped
- 2 ribs of celery, chopped
- 1 onion, peeled and chopped
- 3 tablespoons of extra virgin olive oil
- [Vegetable broth](#)
- Sea salt and pepper, to taste

Directions:

Cook all vegetables with olive oil over medium heat in a large pan until onions are translucent or vegetables are ever so slightly browned.

Transfer cooked vegetables into a large pot and add enough vegetable broth to cover.

Bring to a boil, turn down heat, then allow to simmer for five minutes or until all vegetables are tender.

Use a blender to blend all ingredients into a creamy soup. Return to pot.

Add sea salt and pepper, to taste.

We like to have this hearty and nourishing soup with a bowl of quinoa and a creamy avocado on the side. Enjoy!

Please note: As long as you don't use salt, this recipe is suitable for the [Full Body Cleanse](#) program.

Easy and Healthy Guacamole Dip Recipes

If I could choose only one fruit to eat for the rest of my life, avocados would receive serious consideration. Not only are avocados creamy and delicious, they are abundant in healthy raw fat, fiber, vitamin K, [folate](#), [vitamin B6](#), and [vitamin C](#).

If eating avocados straight up isn't your thing, give one of the following easy guacamole dip recipes a try. It's near impossible to mess up a guacamole recipe, and freshly made guacamole is far healthier than commercially prepared varieties, which sometimes don't even contain real avocados.

Chunky Guacamole Recipe

Serves 4-6

Ingredients:

3 large ripe avocados
1 small red onion, finely chopped
2 small tomatoes, finely diced
Juice of 1 lemon or lime
Handful of chopped fresh cilantro leaves
Sea salt, to taste

Directions:

Scoop flesh of ripe avocados into a large bowl. Add all other ingredients and mash lightly with a fork. Mash just enough to evenly distribute ingredients and break down avocado into chunky portions. If you want good texture, don't mash too much; mash just enough to evenly distribute the ingredients and break down the avocados into chunky portions.

Smooth Guacamole Recipe

Serves 4-6

Ingredients:

3 large ripe avocados
1 jalapeno chili, minced
Handful of chopped fresh cilantro
Juice of 1 lemon or lime
Sea salt, to taste

Directions:

Scoop flesh of ripe avocados into a food processor. Add jalapeno chili, cilantro, lemon or lime juice, and sea salt. Blend until smooth.

Enjoy these simple and delicious guacamole dips with baked corn chips, baked crackers, or a whole grain pita. The lemon or lime juice will prevent the guacamole from browning for a few hours. To prolong freshness, arrange the avocado seeds in the serving bowl with the guacamole.

If you have a favorite guacamole recipe that could change a person's life for the better, please consider sharing it in our comments section below. Thank you. :)

Please note: As long as you don't use salt, these recipes are suitable for the [Full Body Cleanse](#) program.

Red Beet Salad Recipe to Promote Longevity

I'm constantly on the lookout for recipes that call for raw red beets, as these root vegetables contain a variety of nutrients that can help prevent heart disease and certain types of cancer, especially colon cancer. Red beets are also rich in B vitamins, including folate, which makes them useful for preventing birth defects.

This past weekend, I was pleasantly surprised to find a raw red beet salad recipe in a book called [Jamie's Dinners: The Essential Family Cookbook](#), written by celebrity chef, Jamie Oliver. Jamie's recipe calls for horseradish, something that I am not a fan of, so I tweaked it a bit and came up with a mix of ingredients that worked for me.

Please note: The cancer-fighting pigment that gives beets their rich red color is called betacyanin. If you eat red beets on a regular basis and notice a red tinge to your urine or stools, there is no need to worry, as this simply indicates that your body is receiving plenty of a good thing.

Enjoy the many health benefits of the following raw red beet salad recipe:

Ingredients:

Small bunch of red beets, washed and peeled
Large handful of chopped flat-leaf parsley
Extra-virgin olive oil
Fresh lemon or lime juice
Sea salt and pepper

Directions:

Use a vegetable peeler or a mandolin vegetable slicer to transform the bulky beets into really thin slices.

Add parsley. Then add extra-virgin olive oil, lemon or lime juice, and sea salt and pepper to taste. Give this salad a good toss, and enjoy it as a nutritious side dish to a hearty bowl of soup.

Note: I also tried making this salad with a bed of crisp romaine lettuce and avocado slices. The greens and avocado added substantial volume, and actually combined really well with the beets. If you're a bit apprehensive about eating a salad that is mostly raw red beets, I encourage you to add some romaine lettuce and/or avocado to the mix.

Please note: As long as you don't use salt, this recipe is suitable for the [Full Body Cleanse](#) program.

Guacasalsa: A Super Tasty and Healthy Dip Recipe

If you want to ensure a program of nutritional excellence, it's essential that you include healthy fats -- like those found in avocados -- in your everyday diet. To the best of my knowledge, the low-fat era was essentially created and fueled by studies that did not differentiate between healthy fats and fats that have been damaged by excessive processing and heating.

Damaged fats like those found in hydrogenated oils, margarine, and fat-rich foods that have been heated at high temperatures are harmful to your health, and should be avoided as much as possible.

Healthy fats like those found in avocados, olives, olive oil, legumes, nuts, seeds, green vegetables, eggs from free range birds, and organically raised flesh meats that have not been cooked at high temperatures are essential to every aspect of your health. For a detailed discussion on this topic, please feel free to view [Understanding Fats and Oils](#) and [Healthy vs. Unhealthy Fats and Oils](#).

Enjoy the following guacasalsa recipe - it's super rich in healthy raw fat found in avocados, and goes well with baked corn chips, brown rice and beans, or any other dish that you typically eat with salsa or guacamole.

Ingredients:

2 ripe avocados (rough-skinned ones that give slightly to pressure)
2 tablespoons fresh lemon or lime juice
1/2 cup chopped fresh cilantro
1 garlic clove
2 green onions (scallions), thinly sliced on an angle
1/2 cup minced red onion
1 medium cucumber, peeled, seeded, and cut into small, bite-size cubes
1 jalapeno pepper, stem and seeds removed, minced (optional)
Sea salt

Directions:

Combine cilantro, green onions, garlic, red onion, cucumber, and jalapeno in a medium-size bowl.

Cut ripe avocados in half and remove pits. If you aren't accustomed to removing avocado pits, here's how: Hold the half that has the pit in your palm, pit side up, and allow the force of gravity to allow a sharp knife to fall down on the pit (maintain good grip on knife with other hand). With the knife slightly but firmly imbedded in the pit, turn the knife a quarter turn clockwise or counter-clockwise - the pit should come right out.

With pits removed, working on half an avocado at a time, make a series of 1/4-inch cuts vertically and horizontally with a knife, cutting down to the skin of the avocado but not piercing the skin. Use a spoon to scoop out diced flesh. Add diced avocado pieces to the bowl of mixed vegetables that you prepared above, add lime or lemon juice, and season with sea salt, to taste.

Be sure to be gentle in mixing the avocado pieces with the rest of the vegetables - this will keep the avocado pieces mostly intact, which will result in a wonderfully fresh and homemade look and feel to this delicious guacasalsa dip.

Enjoy the unforgettable flavors and health benefits of this guacasalsa recipe!

Please note: As long as you don't use salt, this recipe is suitable for the [Full Body Cleanse](#) program.

Hot Chocolate Smoothie Recipe

When made with healthy ingredients, hot chocolate can be a soothing *and* healthy evening drink, perfect for warming up your bones during colder months.

This recipe is rich in flavonoids and potassium, nutrients that are essential to supporting the health of your cardiovascular system. Be sure to include nutmeg and cinnamon - both combine beautifully with banana and raw chocolate powder.

Ingredients:

3/4 cup hot chocolate made by mixing 3/4 cup hot water and 2-3 teaspoons of [raw, organic chocolate powder](#)
1 ripe banana
Small pinch grated nutmeg
Small pinch ground cinnamon
2 teaspoons honey (optional)

Directions:

Combine all ingredients in a good blender and process into a hot chocolate smoothie.

Enjoy this warm and soothing hot chocolate drink.

Please note: As long as you don't use honey, this recipe is suitable for the [Full Body Cleanse](#) program.

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