

Detox Cheap and Easy Without Fasting – Recipes Included

This is more than a detox article. This is a lifestyle article. If you want to be disease free, vibrant, and truly healthy, it's time to develop continuous detoxification habits that you do daily.

A very thorough detox can be expensive and challenging to complete. Some people who are very sick, or otherwise very toxic, need this kind of detoxification protocol, but most don't, and most cannot afford to spend hundreds, or even thousands of dollars on supplements. The good news is that with the right habits, anyone can detoxify all the time without doing a "detox" that takes up all of your time, energy, and money.

The trick to detoxifying without fasting is to eat foods that help you to detoxify the body, and to drink plenty of water. Even better than water, here's a recipe to kick off your detoxification protocol.

Related: *How To Heal Your Gut*

Cranberry Lemonade Recipe

- Glass gallon jar
- Safe, clean, spring water or distilled water
- 1 cup of unsweetened, organic cranberry juice, not from concentrate
- 3 organic fresh lemons
- A citrus juicer
- Liquid stevia
- Liquid cayenne

Fill the jar to about 85% capacity with spring water (or distilled water). Squeeze the lemons and pour the juice into

the water. Add cranberry juice. Add stevia to taste and then add cayenne to taste. The amount of cayenne used is up to you, but the more the better.

Recommended: *How To Heal Your Gut*

If you don't have access to a good source for spring water, use other clean, drinking water that does not contain fluoride. If you don't have access to organic lemons, use conventional. Fresh is best. If there are no fresh lemons, use organic bottled lemon juice. If you can't get cranberry juice that is not from concentrate, get the reconstituted kind (just don't get any kind of cranberry juice that has any other ingredients like sweeteners or other juices). If you can't stand cayenne, don't use it. No glass jar? Use plastic.

Since it's cranberry season again, if you have a blender, try whole cranberries instead of juicing them. You can also throw in some of the organic lemon peels, as much as you can stand to taste. (Only organic. Don't use peels from conventional lemons.) It's pretty sour, but it has lots of benefits.

If you have powdered cayenne and/or powdered stevia, I recommend using a blender to mix some of the liquid with the powders so they don't settle later.

The lemon juice will help flush the liver. The cranberry juice will help flush the kidneys. If you drink a lot of it, every day, you will feel an amazing difference in your health and vitality. This recipe is a far better choice for most people than the Master Cleanse.

Salad Recipe That Detoxifies

Produce detoxifies. Fresh, whole, raw vegetables, herbs, and fruits pull toxins from the body, repopulate healthy, beneficial gut bacteria, and give the body the nutrients it needs including enzymes and other phytonutrients that are almost non-existent in most modern diets.

Try to eat a huge salad every day with lots of greens, plenty of other colors, garlic, cilantro, ginger, and more. Check out this salad recipe.

The Salad Base

- Spinach
- Arugula (I prefer baby arugula, mature arugula tastes funky)
- Collard Greens (they're very bitter; use sparingly)
- Lettuce (mix it up, try an organic spring mix)
- Kale
- Beet greens (the tops of beets)
- Red cabbage (thinly shred like a slaw or a little thicker, depending on the texture you prefer)
- Rainbow chard

Shredded, Grated

- Carrots
- Zucchini
- Beetroot
- Diakon (or other radish)

Chopped or Diced

- Leeks
- Red onions
- Red and yellow bell peppers
- Cucumbers
- Cilantro
- Asparagus (try cooking in a balsamic vinger first)

Extras

- Pomegranate seeds
- Olives
- Raisins or dried cranberries

- Sesame seeds
- Ground papaya seeds and/or ground pepper
- Avocado
- Eggs (try soft boiled)
- Beans (black, pinto, kidney, green, garbanzo, etc.)
- Garlic
- Turmeric
- Chia seeds

It's not an exact recipe, and it doesn't have to be. Mix it up. Try new things. My salads generally have about 15 ingredients. Make them big; make them diverse. Just imagine you're in nature, not modern society, and all you have to eat is nothing but a wide variety of the best, whole, fresh, healthy vegetables and herbs. This is what a big salad a day can do for you: it's life changing.

I throw in chick peas or a three-bean salad combination. If you're not vegan, try a sheep feta cheese with this salad, and throw on some eggs. It's good with meat, too, like chicken or steak.

Don't ruin it with a crappy salad dressing! All this salad needs is a little balsamic vinegar (apple cider is better, but I don't like the taste as much in my salads), or some fresh lemon juice or something. It doesn't take much.

Daily Habits for Constant Detoxification

- Breathe in deeply, fully and properly
- Eat a big salad every day (I make seven every Sunday)
- Drink lots of cranberry lemonade every day
- Bodyweight squats every day.

That last one is more important than you may think. We expel more toxins through our skin and breathing than we do through bowel movements and urination. Get up, sweat, get your heart

rate going, and breathe! I recommend bodyweight squats because it's an important movement in nature (we used to squat a lot!), and it helps detoxify the body as you do them. Practice good form of course, and build up slowly. Start with 20, take a day off, but get up to 100 a day.

Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*

Imagine that. 100 squats, a big huge salad, and a gallon (or so) of cranberry lemonade every day. If you can do it, you will reverse and set back disease for many years and feel amazing. When you are detoxifying, stick with the salads, squats, and lemonade. When you're not, just fill in the rest of your diet with unprocessed, whole foods (organic whenever possible) and you'll be healthier than anyone you know.

That's pretty much my secret to good health. I make an 11 cup salad every day, I drink a gallon of cranberry lemonade every day, and I do squats. Sometimes I juice, but it's done with lots of turmeric and ginger, and it's not very sweet. I do enjoy an ultra healthy smoothie, and I put in lots of "superfoods" (I kinda hate that phrase, but, oh well), with Total Nutrition Formula.

When I need to go through a serious detox, I typically throw in SF722, Blood Detox, and some probiotics.

If you're suffering from serious illness, or you know it's coming soon if you don't change your habits, this protocol will bring you to another level in health, but at some point you may want to do a more serious protocol that targets all of the elimination organs, and seriously address your gut health.

If you'd like to see some more recipes (and if you want to make your own tinctures and teas for your detox):

Menu

- Total Nutrition

- Information
- Recipe
- Purchase
- Intestinal Cleanse

- Information

This formula works to detoxify the intestinal tract, eliminate the non beneficial bacteria, kill parasites and Candida, and get the bowels to eliminate easily.

This is the best formula for constipation.

Dosage: Take this formula 5 to 6 times each day (every 2 to 3 hours) for 6 days. For each dose, mix 1 heaping teaspoon of Intestinal Detox Powder with 4-8 ounces of distilled water or diluted juice. The powder mixes best if you shake it in a small jar. Repeat this action another 4 to 5 times every 2 to 3 hours throughout your day.

Precautions: It is a good idea to drink an additional 4-8 ounces of distilled water or freshly squeezed juice after each dose of Intestinal Detox to ensure you do not become constipated or dehydrated.

- Recipe

One part by volume of each of the following:

- Curacao Aloe Leaf (Aloe Spicata)
- Cape Aloe Leaf (Aloe Ferox)
- Senna Leaf and Pod
- Cascara Sagrada Aged Bark
- Barberry Root Bark
- Ginger Root
- Garlic Bulb
- Habanero Pepper
- Wormwood
- Black Walnut Hulls

All of the above should be finely powdered, thoroughly mixed and encapsulated. (Sometimes the Aloe Spicata or Ferox are hard to come by and each of these can be substituted with 1 part Buckthorn Bark or 2 parts Turkey Rhubarb)

- Purchase
- Intestinal Detox
- Information

Ingredients: Psyllium seed and husk, flax seed, apple fruit pectin, pharmaceutical grade bentonite clay, slippery elm inner bark, marshmallow root, fennel seed, and activated willow charcoal.

Dosage: Take this formula 5 to 6 times each day (every 2 to 3 hours) for 7 days. For each dose, mix 1 heaping teaspoon of Intestinal Detox Powder with 4-8 ounces of distilled water or diluted juice. The powder mixes best if you shake it in a small jar. Repeat this action another 4 to 5 times every 2 to 3 hours throughout your day.

Precautions: It is a good idea to drink an additional 4-8 ounces of distilled water or freshly squeezed juice after each dose of Intestinal Detox to ensure you do not become constipated or dehydrated.

- Recipe

Each part by volume:

- 2 parts Flax Seed (course ground)
- 2 parts Apple Fruit Pectin
- 2 parts Bentonite Clay (Aztec)
- 3.5 parts Psyllium Seeds
- 3.5 parts Psyllium Husks
- 1 part Fennel Seed
- 1 part Activated Willow Charcoal
- 1 part Marshmallow Root

- 1 part Slippery Elm Inner Bark

All the above are finely powdered with the exception of the Flax seeds, then well mixed and put in a jar.

- Purchase
- Tooth & Gum
- Information
- Recipe

Be sure to shake well before each use.

- 10 oz Echinacea Tincture
- 1/4 cup of Tea Tree Oil
- 4 oz. Bayberry Tincture
- 2 oz. Oak Gall (or 3X Oak Bark) Tincture
- 2 TBS. Cayenne Tincture
- 2 1/2 Dropperfuls of Peppermint Oil
- 2 1/2 Dropperfuls of Clove Oil

A Dropperful is considered to be about 1/2 way up the dropper. Use Organic ingredients where ever possible.

- Purchase
- Total Tonic
- Information

Give your immune system a boost, or aid the body during detox with garlic, ginger, onion, horseradish, turmeric, cilantro, habanero, and cayenne in a base of organic apple cider vinegar. Use Total Tonic's 100% organic ingredients to strengthen your immune system without damaging intestinal flora.

- Garlic and onions are anti-bacterial, anti-viral, anti-fungal, and anti-parasitic
- Cayenne and ginger stimulate blood

circulation

- Turmeric is a natural antiseptic, a cancer preventative and a liver detoxifier
- Cilantro is nature's natural chelator—vital in removing heavy metals while it controls blood sugar levels and lowers cholesterol
- Horseradish brings the benefits of Total Tonic up into the sinus cavities benefiting both the sinuses and the brain.

Dosage: 1 to 2 dropperfuls anytime.

Precautions: None.

▪ **Recipe**

- 1 handful of garlic cloves
- 1 handful of chopped onions
- 1 handful of chopped ginger
- 1 handful of chopped horseradish
- 1/2 handful of chopped habanero peppers
- Raw apple cider vinegar

Throw in a blender and cover with an inch or two of organic raw apple cider vinegar. All ingredients should be organic, but don't let that stop you from making this great formula (as long as the garlic is not from China). You can use the mash right away or wait two weeks and allow it to turn into a tincture.

▪ **Purchase**

▪ **Blood Detox**

▪ **Information**

When blood travels to and from various locations in the body, it picks up toxins, slowing down and compromising its nutrient distribution system. An essential part of purifying blood and sustaining

healthy circulation, the Organic Solutions Blood Detox Formula contains organic and wildcrafted red clover, chaparral, poke root, periwinkle lower, cayenne, garlic, mullein, burdock seed and root, yellow dock root, goldenseal root, Oregon grape root, and bloodroot.

- Red clover reduces blood clots and the buildup of arterial plaque
 - Chaparral prevents the growth of tumors, treats arthritis, and cleans the blood
 - Poke root possesses antiviral properties, calms inflammation, and purges poison from the body
 - Periwinkle flower contains many of the alkaloids used to treat cancer such as leukemia, reduces inorganic calcium buildup, and soothes headaches
 - Cayenne is the most effective herb for stimulating blood circulation
 - Garlic augments the immune system, lowers blood pressure, and fights bacteria
 - Mullein cleanses blood toxins, alleviating congestion in the glands
 - Burdock seed and root and yellow dock root eliminate toxins throughout the blood and entire body
 - Goldenseal root is antibacterial, anti-inflammatory, and has been used to help treat diabetes
 - Oregon grape root increases blood platelet count and helps eject waste
 - Bloodroot lowers a high pulse, slows down the heart rate, and eases heart palpitations
- Recipe

Blood Detox Tincture

Mix the following by volume, and make a standard tincture using 100 proof vodka as your menstrum.

- 2 - parts Red Clover Blossoms
- 2 - parts Chaparral
- 1 - part Lobelia
- 1 - part Cayenne
- 1 - part freshly chopped Garlic Bulb
- 1 - part Burdock Seed & Root
- 1 - part Poke Root
- 1 - part Yellow Dock Root
- 1 - part Goldenseal Root
- 1 - part Oregon Grape Root
- 1 - part Blood Root Sap
- 1 - part European Mistletoe
- 1 - part Periwinkle Flowers

Blood Detox Tea

Use the exact same herbs as above in exactly the same proportions and make as a decoction only. Bring to a boil and let simmer for 15 minutes, then drink.

- Purchase
- Liver/Gallbladder
- Information

When blood travels to and from various locations in the body, it picks up toxins, slowing down and compromising its nutrient distribution system. An essential part of purifying blood and sustaining healthy circulation, the Organic Solutions Blood Detox Formula contains organic and wildcrafted red clover, chaparral, poke root, periwinkle lower, cayenne, garlic, mullein, burdock seed and root, yellow dock root, goldenseal root, Oregon grape

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- Recipe

Liver/Gallbladder/Pancreas Tincture

All parts are by volume and not weight.

- 2 parts Roasted Dandelion Root
- 1 - Part Cinnamon Bark
- 1 - Part Cardamon Seed
- 1 - Part Licorice Root

- 1 - Part Juniper Berry (Mono Sperma is best)
- 1 - Part Ginger Root
- 1 - Part Clove Buds
- 1 - Part Black Peppercorns
- 1 - Part Uva Ursi Leaf
- 1 - Part Burdock Root
- 1 - Part Pau d' Arco
- 1 - Part Fennel Seed
- 1 - Part Horsetail Herb
- 1 - Part Orange Peel
- 1 - Part Parsley Root
- Purchase
- Kidney/Bladder
 - Information

The kidney and bladder sift through all of the toxins and debris accumulated in the body and monitor pH levels and fluid. Proper functioning of the kidneys and bladder are key to controlling your level of fatigue. Using organic and wildcrafted juniper berries, corn silk, uva ursi leaves, horsetail herb, pipsissewa leaf, burdock root, and goldenrod flowers, Organic Solutions Kidney and Bladder Formula flushes the renal system for a fresh and invigorating feeling.

 - Horsetail herb helps regulate the calcium stored in the body and soothes urinary tract inflammation
 - Uva ursi leaves increase renal circulation and limits the acid content in urine
 - Corn silk reduces the risk of recurring kidney stones and helps treat bladder infection
 - Burdock root is a well-known blood detoxifier, unclogging blood vessels and improving overall circulation
 - Juniper berries and pipsissewa leaf increase

the flow of urine and clear out urinary tract infections

- Goldenrod flowers fight urinary tract infection and help flush out kidney stones
- Recipe

Kidney/Bladder Tincture

As with all my formulae, a part is a part by volume and not by weight unless otherwise specified.

- 2 - Parts Juniper Berry (Mono Sperma is best)
- 1 - Part Corn Silk
- 1 - Part Uva Ursi Leaf
- 1 - Part Horsetail Herb
- 1 - Part Pipsissewa Leaf
- 1 - Part Burdock Herb
- 1 - Part Goldenrod Flowers
- 1 - Part Gravel Root
- 1 - Part Hydrangea Root

Kidney/Bladder Tea

All parts are by volume and not weight.

- 2 - Parts Juniper Berries (Mono Sperma is best)
- 1 - Part Uva Ursi Leaf
- 1 - Part Dandelion Leaf
- 1 - Part Corn Silk
- 1 - Part Parsley Leaf
- 1 - Part Horsetail Herb
- 1 - Part Goldenrod Flowers
- 1 - Part Orange Peel (or Lemon Peel)
- 1 - Part Peppermint Leaf
- 1 - Part Hydrangea Root

- 1 - Part Gravel Root
- Purchase

Recommended Products:

- Mother Earth Organic Root Cider – Barrier Island Organics
- Formula SF722
- Floramend-Prime by Thorne
- Shillington's Blood Detox Formula

Further Reading:

- *How to Kill Fungal Infections*
- *80% Raw Food Diet*
- *One Gallon Challenge*
- *Cheap and Easy Detox Protocols*