



SPRING DETOX

DETOXING THE MIND AND BODY

KEY FOODS TO SPRING CLEAN YOUR BODY

Create in me a clean heart, O God; and renew a right spirit within me. Psalm 51:10

The change of seasons from winter to spring is a great time to “open the windows, shake out the dust, scrub those nooks and crannies, and freshen up” the inside of our homes. Spring Cleaning has become an annual ritual, but let’s not forget that it is equally important to “Spring Clean” our body, mind and spirit as well. When we are “clean” on all levels, we have more clarity to see God’s purpose for our lives, and more energy to carry out the work He wants us to do.

When it comes to cleansing our bodies, all we need to do is eat good food and drink clean water. We may not be able to see the toxins that have built up inside our bodies over the long winter months, but we can sure feel them. The remnants of those holiday treats and dense cold-weather comfort foods can build up in our fat cells. Additionally, everyday toxins—pesticides on our produce, chemicals from household cleaning products, personal care products and cosmetics, food additives, tap water and environmental pollutants—add to the clutter we’ve accumulated over the winter. A spring cleanse offers us an opportunity to refresh and renew ourselves on every level.

Just as we must feed our minds and spirits the Word of God to cleanse away the emotional toxins of this world, we can feed our bodies with God’s foods to cleanse our internal toxins. The best type of cleanse is one that safely harnesses our body’s natural built-in systems for breaking down toxins and flushing them out. With a little assistance from some targeted healthy eating, we can support our body to do what it is naturally designed to do.

A safe cleanse doesn’t require you to fast or change your entire diet. Nor does it require expensive potions and pills. All you need to do is start incorporating some of nature’s best cleansing foods into your meals and snacks. Cleansing foods contain the vitamins, minerals and other nutrients that support your body’s detoxification organs. Once you start eating these foods as part of your regular routine, they’ll do the work for you. They’ll scrub your liver, clean out the nooks and crannies of your lungs, shake out your fat cells, and flush everything out through your kidneys and sweat. You’ll look and feel refreshed in a relatively short amount of time.

To help get you started, here’s a list of some the key foods God designed to help cleanse our bodies.

Our suggestion is to start where you are today, increase the amount of water you drink, and include at least one of the key foods daily. When possible, opt for organic produce, since organic is the way God made our food, and there’s no sense in adding more toxins while you’re working to rid them from your body.

Key Foods for Daily Gentle Cleansing

1. Citrus – lemons, limes, oranges & grapefruit

Your liver is your largest cleansing organ, and it loves citrus, especially lemons! Citrus fruits are a rich source of vitamin C – the ultimate cleansing vitamin. It helps to convert toxins into a non-toxic form so they are easily flushed from your body. Start finding some new ways to use citrus fruits; for example, adding a squeeze of lemon or lime juice to your water; or mix citrus juice with olive oil as a salad dressing; or squeezing some fresh orange and lime juice over a variety of crisp, stir-fried vegetables. Grapefruits make a great snack, or add an orange to your next smoothie.

Morning Lemon Water: Add the juice from half of a freshly squeezed lemon to an 8-ounce glass of warm water (about the temperature of a cup of tea). Drink this as part of your morning routine at least 20 minutes BEFORE eating or drinking any other beverages. The lemon juice is a powerful liver cleanser and aides its ability to remove toxins and fats from the body. If you don’t have lemons, you can use limes. If you need to sweeten it a bit, add liquid stevia or 1 teaspoon of raw honey.

Grapefruit: High in both vitamin C and antioxidants, grapefruit increases the natural cleansing processes of the liver. A half of a grapefruit or a small glass of freshly squeezed grapefruit juice will help boost production of liver detoxification enzymes that help flush out carcinogens and other toxins.

2. Apples

Apples contain a special fiber called pectin that helps to whisk out toxins from the digestive tract and helps to keep you regular. The pectin from apples makes it easier for the liver to handle the toxic load during the cleansing process.

How to Eat: The best to eat apples for cleansing is by eating them in their natural raw state, not cooked. Sliced apples are great additions to leafy green salads, or dipped in natural nut butter as a snack.

3. Bananas (and other fruits)

Bananas are great cleansers because they contain enzymes that help clear your colon of toxins that have been broken down by the liver. Bananas, along with other fruits, are easy to digest, high in antioxidants, nutrients, fiber. Fiber is especially important for cleansing your digestive system because it expands to sweep the intestines clean. In addition to the other fruits mentioned, you can gently cleanse your system by eating plenty of bananas, mangos, pears, strawberries, blackberries, dates, figs and plums.

How to Eat: Bananas and mangos are the perfect fruit base for smoothies, because their high content of soluble fiber makes your smoothies thick and creamy. Eat bananas and other fruits raw, not cooked, for the best cleansing.

4. Green Leafy Vegetables: arugula, beet greens, chard (all types), collard greens, dandelion greens, endive, escarole, frisée, kale, lettuces (all types except iceberg), mustard greens, radicchio, spinach, spring mix, turnip greens, watercress

Green vegetables are jam packed with magnesium, an essential mineral and one of the key nutrients that your liver needs to manufacture enzymes for toxin breakdown. Greens are also extremely high in chlorophyll—a phytonutrient that literally sucks up environmental toxins from the blood stream. With their distinct ability to neutralize heavy metals, chemicals and pesticides, these cleansing foods offer a powerful protective mechanism for the liver.

How to Eat: Chop up some leafy greens and throw them into your scrambled eggs, smoothie, or use as a base for your next salad. Larger leaves such as Romaine and chard make great wraps instead of tortillas.

5. Beets and Carrots

Both carrots and beets are extremely high in beta-carotene, a powerful antioxidant that helps protect the liver from damage caused by toxins. Eating both beets and carrots can help stimulate and improve overall liver function. Beets are a rich source of betaine, another powerful antioxidant that is found in only a few foods. Beets have long been known as a liver-healing food because they protect the liver from the harmful effects of alcohol, and remove impurities from the blood. They also cleanse the gall bladder and prevent the formation of gallstones. Beets are great sources of iron, calcium, sulfur, potassium and Vitamin C.

How to Eat: Beets and carrots can be eaten raw, steamed, or roasted, and can also be juiced along with their stems and green leaves. Roasted beets make a great side dish or a salad topping. Grate raw beets and carrots to add to salads or wraps.

6. Cruciferous Vegetables: broccoli, Brussels sprouts, bok choy, cabbage (all types), and cauliflower

Also known as the Brassica or Cabbage Family vegetables, these foods get regular attention in health news due to their strong anti-cancer properties. This is because they contain minerals, such as sulfur, and phytonutrients that are essential to the liver's detoxification processes. They help convert toxins into harmless substances that can be flushed from the body through the urine.

How to Eat: Cabbage, bok choy and broccoli are great in soups and stir-fries, while Brussels sprouts are wonderful sautéed or roasted and drizzled with pure maple syrup. Raw cauliflower adds a nice crunch to salads, and cooked cauliflower can be pureed and seasoned to make “mock” mashed potatoes.

7. Whole Grains and Legumes: beans, brown rice, buckwheat, chickpeas, millet, oats, quinoa, split peas

Grains and legumes are chock full of fiber which acts like a kind of “pipe cleaner” as it travels through your intestines, mopping up toxins and clearing them out. These foods are also high in the B vitamins necessary to aid the liver in dealing with the effects of alcohol, cigarette smoke and heavy metals, and are needed for the breakdown of several toxins.

How to Eat: Whole grains make great breakfast porridge. Both legumes and whole grains can serve as side dishes or the star of a meal. They make great additions to soups and salads too.

8. Avocados

This nutrient-dense super-food helps the body produce glutathione, which is a necessary antioxidant for the liver to cleanse harmful toxins. Recent studies indicate improved liver health when avocados are eaten regularly.

How to Eat: Avocadoes are great on their own either sliced or mashed, or used as a creamy base for smoothies, “pudding” and as a substitute for mayonnaise.

9. Eggs

The sulfur in eggs is the key player. Sulfur is a naturally occurring compound found in protein-rich foods and cruciferous vegetables, red bell peppers, onions and garlic. It is one of the main components of detoxification in the body. To help the body contend with the many toxins found in the environment today, a sulfur-rich diet can be a helpful step in the detoxification process.

How to Eat: Any way you like! Eggs make great breakfast, lunch and dinner foods, as well as snack. Add some broccoli, garlic, onion, and red bell pepper to an omelet for a great liver cleansing meal.

10. Spices: Garlic and Turmeric

Just a small amount of garlic has the ability to activate liver enzymes that helps your body flush out toxins. Garlic also contains high amounts of allicin and selenium, two natural compounds that aid in liver cleansing.

Turmeric is the liver's favorite spice—it is the highest known source of beta-carotene, which boosts detoxification by assisting liver enzymes that actively flush out known dietary carcinogens.

How to Eat: Add some garlic and turmeric into your soups, cooked rice or scrambled eggs for an instant liver pick-me-up.



Tips to Spring Clean your Meals

- Pick 2 “detox” friendly lunches and prepare over the weekend, serve all week for lunch.
- Make a family friendly muffin recipe for breakfast all week! Egg, veg, and quinoa “omelette” muffins and/or a whole grain/ gluten-free muffin
- Full detox plans are intimidating and time consuming. Instead, pick a few cleansing items a week to add to your current daily routine. For example, choose foods from the list above or recipes below to add to your week’s meal plan, include a drink from below, an inversion pose, or one item to “fast” and clear your mind of clutter.
- Identify your most toxic habit and create a plan to eliminate it. See below for example:
- Have a caffeine or soda habit? Reduce by one cup/can every other day (or more if you experience withdrawal symptoms).
- PLAN! Choose which one to eliminate: Eliminate one of three coffees in the morning, replace afternoon coffee with decaf herbal tea, eliminate a soda with dinner, etc.)
- Replace deli lunch meats with homemade roasted chicken or turkey breast (cool completely and slice as thin as possible).

Easy “Spring Clean” Recipes

BERRY-LEMONADE ACV CLEANSING DRINK



Makes 4 8-ounce servings

- 4 medium strawberries or 1/4 cup mixed berries (a small hand full)
- 1/4 cup apple cider vinegar (w/ the mother)
- 1/4 cup fresh lemon juice
- 1 tablespoon honey (optional, or to taste)
- 28 ounces water

Blend the berries, ACV, and lemon juice in a blender until smooth. Add the water and stir. Portion into 4 8-ounce mason jars and store in the refrigerator until ready to consume.

EVEN EASIER CRANBERRY-ADE ACV DRINK

- 1/4 cup pure cranberry juice
- 1 tablespoon fresh squeezed lemon
- 1 tablespoon apple cider vinegar
- Water to dilute
- Sweetener (optional, to taste)

Stir all ingredients in a glass to combine and enjoy!

MORNING LEMON WATER

- Juice from half of a freshly squeezed lemon
- 8-ounce glass of warm water (about the temperature of a cup of tea)
- Liquid stevia or 1 teaspoon of raw honey, if desired

The lemon juice is a powerful liver cleanser and aides its ability to remove toxins and fats from the body. If you don’t have lemons, you can use limes.

Drink this as part of your morning routine at least 20 minutes BEFORE eating or drinking any other beverages (water excluded).



EVERYDAY CLEANSING SMOOTHIE

This detox smoothie is packed with fiber, antioxidants, and immune boosting nutrients for optimum health. Perfect for breakfast or a snack.

Makes 2 servings

- 1 cup frozen berries
- 1 cup organic spinach or kale
- 1/2 cup bananas, previously peeled, sliced & frozen
- 1 Tbsp ground flax seed
- 1/2 cup non-dairy milk (almond milk or lite coconut milk)
- 1/2 cup water
- 1 scoop protein powder
- 1 scoop green superfood powder (optional)

Add all ingredients to a blender and blend on high until smooth. If too thick, add a splash more water. For more sweetness, add extra frozen banana, one or two Medjool dates, or a few drops of liquid stevia. Pour into two serving glasses and enjoy.

ORANGE AND DATE MIX

The sharpness of the orange juice cuts through the sweetness of the dates, making this a very satisfying snack.

Makes 2 servings

- 1 large juicy orange
- 4 medjool dates

Peel the orange with a knife over a bowl, removing all the pith but catching as much juice as you can. Slice it neatly. Slice the dates crosswise, quite finely. Put a few orange slices in a dish and scatter some dates over them, then add another layer of oranges. Sprinkle the remaining dates over the top, pushing them down among the oranges. Pour over the orange juice. Enjoy immediately, or cover and refrigerate for 2 hours or overnight to let the flavors meld.

Split into two portions to have for snacks on different days.

BLUEBERRY MAPLE REFRIGERATOR OATMEAL

Flavored with fresh blueberries and maple syrup.



- 1/4 cup uncooked old fashioned rolled oats
 - 1/2 cup almond milk or lite coconut milk
 - 1/4 cup organic plain whole milk yogurt*
 - 1-1/2 teaspoons chia seeds
 - 2 teaspoons maple syrup (more or less to taste)
 - 1/4 cup blueberries (or enough to fill jar)
- *Yogurt is optional. To omit yogurt, use 3/4 cup non-dairy milk.

In a half pint (1 cup) jar, add oats, non-dairy milk and/or yogurt, chia seeds, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled. Source: The Yummy Life

EASY PEASY SOUP

This clear-broth Chickpea soup is soothing, light and cleansing, with bright lemon notes and a kick from the cilantro.

Makes 1 serving

- 2 cups chicken or vegetable broth
- 1/2 (15 ounce) can garbanzo beans (organic brand preferred), drained and rinsed
- 1 scallion, chopped
- Juice of 1/2 lemon, about 1 tablespoon
- Sea salt + pepper, to taste
- 1 tablespoon chopped cilantro or parsley (for garnish)

Heat broth in a medium saucepan over medium heat and bring to a simmer. Add the chickpeas and green onion and let simmer until the chickpeas are warmed through. Remove from heat, add lemon juice, salt and pepper and stir. Serve with chopped cilantro or parsley.

Note: Save the rest of the chickpeas to add to lunch salad.

CLEANSING SPRING SALAD



This light & energizing salad will have you bursting with energy. It makes a lot so you can enjoy it all week long for easy, energizing lunches. The currants and raisins add a much needed sweetness to balance out the vegetables and lemon juice, so please don't leave them out! Feel free to use any herbs and spices you wish. It is also nice with a sprinkle of cinnamon on top.

Yield: 10 cups (enough for the whole week!!)

2 heads broccoli (1 bunch), stems removed
1 head cauliflower, stems removed
2 1/2 cups shredded carrots
1/2 cup sunflower seeds (could also use pepitas)
1 cup currants
1/2 cup finely chopped fresh parsley

1/2 cup raisins or chopped Medjool dates
4-6 tbsp fresh lemon juice, to taste
1/4 tsp. sea salt
Fresh ground black pepper, to taste
1/4 tsp. Herbamare season salt (optional), to taste
Pure maple syrup, to drizzle on before serving
1 tsp. ground cinnamon, sprinkled on before serving

In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.

Drizzle with maple syrup to taste.

Source: Oh She Glows

LENTIL SALAD WITH TOMATOES AND AVOCADO

Makes 2 servings

One (15-ounce) can lentils (organic brand preferred), rinsed and drained, or 1 1/2 cup cooked lentils
1/2 cup finely diced celery
1/2 cup shredded or finely diced carrot
1 small vine ripened tomato, cut into small dice, or 12 cherry tomatoes, quartered
1 avocado, quartered and then sliced
4 cups mixed salad greens
4 tablespoons dressing of your choice

Combine lentils, celery, carrot, tomatoes and dressing in a bowl and mix gently. Put 2 cups of salad greens on the bottom of the plate. Top with 1/2 the lentil mixture, then add sliced avocado.

Repeat with the other half of ingredients. Serve immediately.

MOROCCAN CARROT SALAD

Makes 2 servings

1/2 pound carrots, shredded or grated (a food processor helps!)
2 tablespoons extra virgin olive oil
juice of 1/2 small lemon (or more to taste)
2 tablespoons chopped fresh cilantro or parsley
1-2 cloves garlic, crushed
1/4 teaspoon ground cumin
1/2 teaspoon paprika
1/8 teaspoon cinnamon
1/2 teaspoon sea salt
1/4 teaspoon cayenne (optional)

Mix all ingredients in a large bowl. Cover and let marinate 2 hours or overnight. Split into two portions to have on different days.

BEGINNER INVERSION POSES TO HELP DETOX THE BODY

Inversion is simply the practice of bringing the head below the heart. Being upside down can have many benefits. This practice can increase oxygen and blood flow to the brain, help boost our metabolic rate, help improve circulation, and stimulate both the nervous system and the lymphatic system.



Here are 3 poses for beginners:

1) Legs Up the Wall: Lay on your back in front on a wall with your bottom up against the wall and your legs extended so that your feet rest on the wall. Either rest your hands on your belly or let your arms lie on the floor, palms up. Breathe deeply at least 10-15 times.



2) Downward-Facing Dog: Begin on the floor on your hands and knees. Set your knees directly below your hips with your hands slightly forward from your shoulders. Spread your palms and tuck your toes under. As you exhale, lift your knees off the floor and straighten your legs. Try to extend your heels to the floor while extending your chest to the floor and keeping your head between your upper arms. Your body will look like an upside down V. Stay here for 10-15 breaths.



3) Dolphin pose: From Downward-Facing Dog position, kneel and then bring your elbows, forearms, and hands (facing palms down) to the floor in front of your knees, shoulder-width apart. Keep your arms parallel as you curl your toes under and then exhale as you lift your hips. Walk your feet in a few small steps so that your heels lay flat on the floor. Try to keep your shoulders blades lifted up towards the hips so that they don't sag and tension is removed from the shoulders. Hold for 10-15 breaths.

JOIN A REV FIT CLASS

Rev Fit

Day: Mon/Fri

Time: 9am

Location: Fox Crossing Park - 3572 S Sandpiper Dr, Chandler, AZ 85248

Rev Fit Express

Day: Tues/Thurs

Time: 5:40 - 6:15 am

Location: Fox Crossing Park - 3572 S Sandpiper Dr, Chandler, AZ 85248



Detoxing Your Mind

To clear your mind of clutter, consider a fast from these things:

1. Television
2. Secular music
3. Social Media
4. Negative relationships
5. Reading or listening to the News

Consider taking communion daily during your spiritual cleanse. It will keep you in remembrance of Jesus and the Grace gift He has given all of us.

The Meal That Heals

As we eat the bread and drink from the cup, we should meditate on the finished redemptive work of Christ, recognizing that He suffered on our behalf and that through His death and resurrection we can be made whole in our spirit, soul and body. As we look upward to our High Priest, Jesus Christ, we should meditate on the goodness of God and His mercy toward us.

Luke 22:19-20

Then he took a loaf of bread; and when he had thanked God for it, he broke it apart and gave it to them, saying, "This is my body, given for you. Eat it in remembrance of me." After supper he gave them another glass of wine, saying, "This wine is the token of God's new agreement to save you—an agreement sealed with the blood I shall pour out to purchase back your souls.

Focus on the little things that matter!

Do one thing every day that will help bring you a little closer towards attainment of your goal. No matter how small the effort is, if done consistently, it will start compounding and before you know it, you have reached your goal.

Pick 6-8 little things you want to implement into your lifestyle. You may want to stop watching the news, drink lemon water in the morning, drink apple cider vinegar before a meal, or put your feet up on the wall.

Make a list of your little things. It's easy to remember to do the big things, but you may need remind yourself to do the little things.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

You can begin to implement all of these into your daily routine starting today, or you can start with one per month. The key is discipline—success will happen when you make them part of your daily routine.

Handle the little things well—for they can become the great things. Little choices do matter!



NOTES:

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