

Organic Vegetable Soup

Ingredients:

- ◆ Two cartons (32 ounce), organic free range chicken (or vegetable) broth
- ◆ One large can (28 ounce), organic diced tomatoes, not drained
- ◆ One cup organic carrots, diced small
- ◆ One cup organic celery, diced
- ◆ One cup organic onion, diced
- ◆ One cup organic green peppers, diced
- ◆ Two cups organic green cabbage, diced
- ◆ Two cups organic zucchini, diced
- ◆ Two cups fresh organic green beans, cut into bite sized pieces
- ◆ Two cups fresh organic asparagus, cut in bite sized pieces
- ◆ Three large handfuls fresh organic spinach
- ◆ Spices to taste: Celtic sea salt, pepper, thyme, rosemary, cumin, garlic, etc.

Preparation:

Mix one carton of broth with carrots, celery, and onion together in a large sauce pan and bring to a boil. Let boil for five minutes and add the second carton of broth with the tomatoes and juice, cabbage, green peppers, zucchini, green beans, and asparagus. Bring to a boil again and add the spinach and spices. Reduce to a simmer for ten to fifteen minutes **until all vegetables are tender.**

Chicken Cleansing Soup

Ingredients:

- 1 whole organic or free range chicken
- 3 - 4 quarts of filtered water
- 1 tbsp. raw apple cider vinegar
- 4 medium onions coarsely chopped
- 8 carrots peeled and coarsely chopped
- 2 - 4 zucchinis chopped
- 4 tbsp. Extra virgin coconut oil
- 1/2 cup fresh or frozen green peas
- 4 inches of grated ginger
- 1/4 - 1/2 tsp. cayenne pepper
- 6 celery stalks, chopped
- 1lb of green beans
- 1 bunch parsley
- 5 garlic cloves
- 2 - 4 tbsp. of Celtic sea salt

Preparation:

If using a whole chicken, remove fat glands and gizzards from the cavity. Place chicken or chicken pieces in large pot with water, vinegar, garlic, salt, cayenne pepper, oil, and all vegetables except parsley. Let stand 10 minutes before heating. Bring all to a boil removing the scum that comes to the top. Cover and cook for 8 - 12 hours on low temp. The longer you cook the stock, the more cleansing it will be. About 15 minutes before finishing the stock, add parsley. This will impart more mineral ions to the broth. Remove from heat and take out the chicken. After it cools, remove the chicken meat from the carcass. Discard bones and put meat back into the soup.

Liver Cleanse

****DRINK FIRST THING IN THE MORNING****

NO FOODS for 1 hour after drinking cleanse

Ingredients:

- ⇒ 2 tbsp. olive oil (1 oz.)
- ⇒ 1 tbsp. lemon juice (1/2 oz.)
- ⇒ 1-2 cloves of garlic (2-4 caps or 4-6 drops of oil)
- ⇒ 1/4 tsp. red pepper (cayenne)
- ⇒ 1 tbsp. (1/2 oz.) 100% Grade B Maple Syrup

Preparation:

Blend or mix thoroughly together with 8 oz. glass of citrus (Orange, Grapefruit, Papaya, or Pineapple) juice. If your system can not handle citrus use 100% cranberry juice as a substitute. If you have nausea or headache, drink more juice (2-3 glasses) to flush your system.

Lemon Cleanse

Ingredients:

- ◇ 1 gallon of purified or filtered water
- ◇ 6 large lemons squeezed (no seeds)

Preparation:

Mix the juice from the lemons to the gallon of water.

****If you must sweeten drink, Stevia is a herb sweetener which can be found at any grocery or health food store. Stevia can be added to your drink as an option for sweetening. Use according to instructions on package.****