



TDM 60-Hour Cleanse Recipes

Cleanse Dressing

- 2 tbsp apple cider vinegar
- 1 tsp lemon juice
- 1 tbsp honey
- 1 tbsp olive oil
- 1 clove garlic, minced
- Dash of sea salt & pepper to flavor

Whisk together in a small bowl, pour over salad and enjoy!

Mineral Broth

Add about one gallon of water to a large stock pot. To the water, add the following:

- 1 full bulb garlic, peel only outer-most layer, halve
- 1 large bunch cilantro, washed
- 1 large bunch parsley, washed
- 1 large yellow onion, peel only outer-most layer, halve
- 4 beets, washed, unpeeled, halved
- 4-5 stalks celery, washed, leaves on
- 4-5 large carrots, washed, unpeeled
- 4-5 leaves kale
- 1 red potato, washed, unpeeled, halved
- 1 red apple, washed, seeded, unpeeled
- 1 cup shitake mushrooms**

Add the following after vegetables have been removed

- 1 tsp turmeric
- ½ to 1 tsp cayenne pepper

**Note: shitake mushrooms, while incredibly healthy, contain purines that can trigger inflammation in people with gout. If you have gout, do not add mushrooms.

Bring pot with water and vegetables to a boil for about 20 minutes. Reduce to a simmer for about two hours. Allow to cool. Strain broth and discard vegetables. Refrigerate in glass containers. Add a small amount of sea salt, if desired, to flavor before drinking. Use

sea salt, not table salt. Table salt is acidic, where sea salt is alkaline. The goal is to maintain a more alkaline balance.

Cinnamon Berry Smoothie

Cinnamon is a great blood sugar regulator, which helps manage hunger. This smoothie possesses the nutrients in berries, too! Simply add these ingredients to a blender, and you've got a deliciously healthy addition to your day.

- 1 cup non-dairy, non-soy unsweetened milk (almond, coconut or hemp)
- 1 cup fresh, or frozen and thawed berries (any berry you prefer)

- ½ to 1 tsp of cinnamon
- stevia to sweeten

Blend and drink. Do not add ice to the smoothie. Cold fluids have a restricting effect on the colon and digestive tract, which can slow elimination of toxins.

Cranberry Avocado Smoothie

Cranberry juice is famous for cleansing the kidneys and keeping the urinary tract in good health. Compound those benefits with the much-needed healthy fat from avocado, and your body will be a clean and happy.

- 1 cup non-dairy, non-soy unsweetened milk (almond, coconut or hemp)
- ½ cup fresh, or frozen and thawed berries (any berry you prefer)
- ¼ cup unsweetened cranberry juice (see recommendations)
- 1 tbsp lemon juice
- ¼ avocado
- stevia to sweeten

Do not add ice to the smoothie. Cold fluids have a restricting effect on the colon and digestive tract, which can slow elimination of toxins.



Traci D Mitchell