

BROUGHT TO BY
Undisputed
STRENGTH CO.

THE ULTIMATE GUIDE TO
DETOX
YOUR
BODY

THE BLUEPRINT FOR CLEANSING

1. Eliminate Refined Sugar and Processed Foods

Processed foods are high in sugar, white flour, vegetable oils, and preservatives which are all toxic for our body. By reducing or eliminating these products from our body we greatly reduce the toxic load on our system. Instead, stick to Clean Eating by choosing unprocessed foods that have all their nutrients still intact! White sugar, white bread, cereals that have been overly processed can be replaced with clean sources like sweet potatoes, oats, brown rice, and dates or date syrup.

2. Eat High Quality Protein

Proteins, or more specifically-amino acids, play an important role in detoxification. Amino acids are needed to make enzymes and other molecules that are necessary to the detoxification pathways in our body. This is why a juice or raw food cleanse may not be the best option when compared to a Clean Eating detox. The best protein sources during a detox include organic free range or grass fed meats that are free from growth hormones. Fish can be an option but be sure to choose wild caught fish that is low in mercury (which is toxic to our body). Plant-based options such as beans, lentils, nuts and seeds are an excellent clean protein choice that are free from any growth hormones and contain fiber that can further promote detoxification by keeping us regular! Plus, fiber can bind to toxins and remove them from the body.

3. Wash Your Produce Well

Conventional produce is heavily sprayed with toxic pesticides and herbicides that have been shown to contribute to health issues such as abdominal pain, diarrhea, nausea, and weight gain. Washing your produce very well before using can help remove these harmful chemicals. If it fits your budget, opt for organic produce whenever possible-specifically if you are going to consume the skin of the food-to avoid these pesticides all together.

4. Stay Hydrated And Jazz Up Your Water

Drinking water is vital in the detoxification process as it helps flush out toxins through our detox pathways. To boost the detox power of your water add some fresh lemon or lime juice. This stimulates the liver; the primary detox center in our body, and is also high in Vitamin C which further supports the immune system.

5. Boost Your Glutathione Levels

Glutathione is a powerful antioxidant that plays a big role in removing heavy metals, free radicals, and toxins from the body. Glutathione is mainly found in the liver where it performs its detoxifying functions. Sulfur is needed for the synthesis of glutathione so to boost glutathione levels consume more sulfur rich veggies like cabbage, broccoli, brussels sprouts, garlic, onions, leeks, and bok choy.

6. Add Fresh Herbs and Spices To Meals

Herbs and spices have long been used for their many medicinal properties. Modern research has confirmed that many of these plants offer many health benefits. Cilantro for example is often used as part of a heavy metal detox. Parsley is a gentle diuretic so it helps flush toxins out naturally. Basil can help remove toxins from the blood. Turmeric is a powerful detoxifier for the liver and digestive system and is excellent for reducing inflammation. So when you need more flavor, be generous with these herbs and spices in your next meal!

7. Eliminate Alcohol and Reduce Salt Intake

While fine in moderation, alcohol and salt aren't the best choices when trying to detox. Consuming too much alcohol or salt can lead to water retention and constipation. Two things we don't want while detoxing!

Remember, we want those toxins moving out of our bodies, not sticking around. As mentioned above, herbs, spices, vinegars, and lemon juice can help add flavor (and detox power) to meals and water, too!

8. Incorporate Dry Brushing

Beyond eating a clean nutrient dense diet, there are other things we can incorporate to further detoxify our bodies. Our skin plays a major role in detoxifying our body. Dry brushing your skin can reduce inflammation by moving the lymphatic fluid in our bodies, increasing circulation, and opening up our bodies detox pathways. A side-effect is smoother skin which I think is something we can all get behind!

9. Practice Yoga

Exercise can be helpful during a detox as it helps remove toxins from your body through sweat. While we love exercise of any kind, yoga can be especially beneficial during a detox. Sometimes the best exercise is one that helps center and calm our minds and bodies instead of adding extra stress. Whether you prefer gentle Yin yoga or a fast pace Vinyasa practice, you will be doing your body good by increasing circulation of blood and lymph while easing tension.

10. Get Some Sleep

Getting enough quality sleep is so important for our health. Our bodies do some of their best work, repair, and detoxing while we are asleep. Sufficient rest reduces inflammation, stress, and weight gain. It can also help keep our cravings and moods in check. Create a high quality sleeping environment by setting and sticking to a bedtime,

Fresh Fruit and Herbs Health Benefits to make incredible Fruit Infused Detox Water:

Lemons – a natural detoxifier and aids with bloating and fluid retention

Cucumber – help cool the inflammatory response in body. Hydrates body, reduces puffiness and bloating, and flushes toxins.

Mint – soothes the stomach and reduces inflammation

Watermelon – high in lycopene and antioxidants

Lime – helps with digestion and natural detoxifier

Basil – anti-inflammatory and anti-bacterial benefits

Strawberries – high in antioxidants and boost immunity

Cantaloupe – great skin and hair benefits

Pineapple – has digestive enzymes that aid in digestion

Blueberries – the healthiest fruit on the planet, high in antioxidants

Peaches – high vitamin C content is beneficial for the skin

Oranges – high in Vitamin C and helps to alkalize the body

Fruit Infused Detox Water Blends

Ultimate Detoxifier:

Cucumber + Lemon + Mint Leaves

Sweet Watermelon:

Watermelon + Mint Leaves + Basil

Strawberry Basil:

Strawberry + Orange + Basil

Pineapple Mint:

Pineapple + Mint Leaves

Blueberry Peach:

Blueberries + Peaches

Raspberry Lime:

Raspberries + Lime + Basil

Cantaloupe Cucumber:

Cantaloupe + Cucumber

Fruit Virgin Sangria:

Peaches + Blueberries + Strawberries + Mint + Lemon + Lime +
Watermelon + Pineapple + Oranges

Instructions:

Fill pitcher with ice cold water.

Add fresh fruits and herbs. Herbs have a very strong flavor so a little goes a long way. Use sparingly.

Let chill and infuse for at least 30 minutes in refrigerator.



Green Detox Smoothie

INGREDIENTS:

2 cups baby spinach
2 cups baby kale
2 ribs celery, chopped
1 medium green apple, chopped
1 cup frozen sliced banana
1 cup almond milk
1 tablespoon grated fresh ginger
1 tablespoon chia seeds
1 tablespoon honey



DIRECTIONS:

Combine spinach, kale, celery, apple, banana, almond milk, ginger, chia seeds and honey in blender until smooth.
Serve immediately.

The Best Detox Smoothie Recipe

INGREDIENTS

1 cup raw coconut water or filtered water,
plus more as needed
1 medium green apple, skin on, cored and diced
1 small raw red beet, peeled and diced (grated for conventional
blenders)
1 cup frozen strawberries
1 cup frozen pineapple
1/2 small avocado, pitted and peeled
1 cup baby spinach
1 tablespoon fresh lemon juice
Pinch of cayenne pepper

Optional nutritional boosters:

1/4 cup frozen raw broccoli
1/8 teaspoon finely grated lemon zest

METHOD

Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.



Carrot Orange & Ginger Soup

Ingredients:

1 1/2 lbs. raw carrots, chopped
3 cups vegetable stock
3 cups filtered water
1 whole orange (about 1 cup)
1/2 cup sweet onion, chopped
1 stalk celery, chopped
2 cloves of garlic, chopped
3-4 dates, pitted (adjust to sweeten)
1 1/2 inch fresh ginger root
2 tablespoons coconut oil
1 tablespoon orange zest
1 teaspoon sea salt (to taste)
GARNISH // pumpkin seeds, hemp seeds, fresh cilantro,

Directions:

In a large soup pot, on medium heat add coconut oil, garlic, onions, sea salt, and celery to soften. Cook for about 5-8 minutes.

Add chopped carrots and cook for about 10 minutes allowing the vegetables to slightly caramelize.

Add vegetable stock and filtered water.

Cook until the carrots are fork tender, about 15 minutes.

Carefully pour the hot liquids with vegetables in a high speed blender (or if you have an immersion blender you may use this as well) with all remaining ingredients and blend until smooth.

At this point, add the orange and fresh ginger and blend again until smooth. You can adjust the liquid at this point, if you like a thinner soup just add more water or leave it be and the soup will be thicker.

Reheat as needed on the stovetop or else store in the fridge for leftovers!

Garnish with your favorite seeds and fresh herbs or cashew cheese.

Enjoy!

Slimming Detox Soup

Ingredients

2 Tbsp olive oil
1 large shallot, peeled and thinly sliced
2 cloves garlic, minced
1 thumb sized piece of fresh ginger, peeled and grated
32 ounce carton of Swanson® Unsalted Chicken Broth
1 large carrot, peeled and thinly sliced
1 medium golden beet, or several baby beets, peeled and sliced
a handful of small broccoli florets
a handful of small cauliflower florets
1 hot chili pepper, I used a Serrano pepper, sliced (optional)
a handful of pea pods, any type, halved if large
several mushrooms, sliced
a handful of shredded red cabbage
1 bell pepper, any color, cut in strips
salt and black pepper to taste
handful of baby kale and or spinach leaves
handful of small grape tomatoes, cut in half
a sprinkling of grated Parmesan or other hard Italian cheese



Instructions

Heat the olive oil in a large heavy bottomed pan. Gently saute the shallot, garlic, and ginger for a few minutes until softened. Add the broth to the pan and bring up to a simmer. Add the carrots and beets and simmer for several minutes. Add in the broccoli and cauliflower florets and the hot pepper, if using, and simmer for another couple of minutes. The veggies should be just barely tender. If not, cook a little longer. Next go the pea pods, mushrooms, red cabbage, and bell pepper. Bring back to a boil and then turn down the heat again, these veggies

don't require much cooking at all. Season to taste with salt and black pepper.

When you are ready to serve, throw in the leafy greens and the tomatoes and give everything a stir.. Garnish each bowl with a sprinkle of cheese.

notes:

I use 'handful' as a measure for this recipe – don't stress over it – veggies are difficult to measure, and there's lots of leeway here for you to decide how much or how little of each ingredient you want to add. Do you want a super chunky soup? Add more. A lighter more broth-centered soup? Just add less.

This recipe has plenty of room for improvisation when it comes to what ingredients you choose, too. You can use any vegetable you like, but to stay true to the slimming and detox theme, you might want to avoid starchy veggies like potatoes, corn, peas, lima beans, etc. Other ideas might be asparagus, Brussels sprouts, Napa cabbage, celery, green beans, onions, bok choy, eggplant, edamame beans, summer squash, etc.

This is not a strongly flavored soup, it's mild and focuses on the flavors and textures of the vegetables themselves, which I find is part of the 're-setting' process. But don't leave out the shallot, garlic, and ginger, they form a flavor base for the broth. If it is too mild for you you might try adding a can of crushed tomatoes for another layer of flavor.

Detoxifying Raw Green Soup

Ingredients

1 cup filtered/spring water
1 cucumber
1/2 stalk celery
1/2 large avocado
1/4 red onion
2 stalks fresh dill
Juice of 1 lemon
1 clove garlic
chilli powder to taste



Blend all ingredients until smooth and creamy.

Dollop some coconut yogurt on top or chopped vegetables like tomatoes or avocado for extra texture.

Detox Chicken Vegetable Soup



Ingredients

2 Tablespoons olive oil
2.5 pounds chicken breasts - cut into 1.5-inch pieces
kosher salt and freshly ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon red pepper flakes
1 medium onion - chopped
1 stalk leek - rinsed and chopped
2 large carrots - chopped
2 stalks celery - chopped
3 cloves garlic - minced
8 ounces bella mushrooms
8 ounces shitake mushrooms
kosher salt and freshly ground black pepper - to taste, season in layers
additional garlic powder and onion powder - to taste, season in layers
7-8 cups low-sodium chicken broth
3 cups cabbage - chopped
1/2 cup pearl barley
2 whole bay leaves
cilantro or parsley - to serve

Instructions

Season the chicken with salt, pepper, garlic powder, onion powder, and red pepper flakes. Heat a large stock pan to medium heat and add one tablespoon of olive oil and then the chunks of chicken breasts.

Cook for approximately 15-20 minutes, or until chicken is browned and just barely cooked through. Remove from pan and set aside on a plate.

Rinse out pan and place back on stove with another tablespoon of olive oil. Then add onion, leeks, carrots, and celery. Season with salt and pepper, and sauté for 6-7 minutes or until veggies are softened.

Add garlic and mushrooms to pan, and stir for another 3-4 minutes.

Add chicken broth and heat until soup reaches a slow simmer. Add cabbage, bay leaves, and pearl barley. Cook for about 30 minutes, or until barley is done.

Shred the chicken chunks, and add them back to the soup. Simmer on low for another 10 minutes.

To serve, top with cilantro or parsley.

This soup is very adaptable. You can add or subtract veggies and quantities.

Beet Detox Soup

Ingredients

3 medium beet roots
2 carrots, finely diced
1 onion, finely diced
2 garlic cloves, crushed
1 small leek, finely diced
1 tsp coconut oil
2 cups vegetable broth, warm
¼ tsp sea salt
1 tbsp chia, sunflower and pumpkin seeds, 1 teaspoon coconut milk,
to garnish



Instructions

Place the unpeeled beet roots in a pot, cover with water, bring to boil then simmer for 30 minutes until tender.

Drain from water and set aside to cool.

Heat the coconut oil in a cast iron skillet, add the onions, garlic, leek, and carrot and cook for 5-7 minutes over low heat. Remove from the heat and transfer onto a plate.

Peel the beet roots, cut into cubes, and add into the blender, together with the cooked vegetables and warm vegetable broth.

Process to obtain a smooth cream.

Season with salt and serve garnished with mixed seeds.

FALL SUPERFOOD DETOX SALAD

INGREDIENTS

1 small cabbage - red or green
5-6 carrots
1 red beet
1 avocado
1/2 cup fresh dill
2/3 cup chopped walnuts
For the dressing:
2-3 garlic cloves
1/2 cup olive oil
1/4 cup unfiltered apple cider vinegar
salt



INSTRUCTIONS

Shred cabbage(s), carrots and beets in food processor. Remove to a bowl.

Chop the walnuts roughly (or pulse a few times in the food processor)

Make dressing by mixing oil, vinegar and pressed garlic cloves.

Add the chopped fresh dill, and walnuts to the veggies, a few pinches of salt, and pour the dressing over. Mix really well and adjust the salt and acidity if needed (it's better to do this 10-15 min before serving).

Chop the avocado, and add to the salad, mix lightly. Serve with more chopped walnuts on top

Zucchini Noodles with Cilantro Pesto

Ingredients

For the cilantro pesto:

1 bunch cilantro
1/4 cup olive oil
Juice of 1/2 lemon
2-3 cloves garlic, minced
1/4 cup pine nuts
1/2 teaspoon salt

For the zucchini noodles:

2 large zucchini
1 tablespoon olive oil
2 heirloom tomatoes, sliced
Pinch of salt
Instructions

In a food processor, add the cilantro, olive oil, lemon juice, garlic, pine nuts, and salt. Pulse until finely chopped. If desired, transfer to a mortar and pestle to further grind and release flavors. Set aside.

Chop the ends off the zucchini so both sides are flat. Attach to a spiralizer using the thin julienne blade and make noodles.

Heat the olive oil in a skillet over medium heat. Add the zucchini noodles and sliced heirloom tomatoes. Heat and toss about 3-5 minutes until zoodles are tender, but still holding shape. Sprinkle with salt.

Top the zucchini noodles and heirloom tomatoes with the cilantro pesto and serve while warm. Enjoy!



chopped winter detox salad with roasted cauliflower + chickpeas + kale salad

INGREDIENTS

- 1 head of cauliflower
- 1 bunch of green kale, chopped
- 1 small fennel bulb, diced small
- 1/2 cup toasted and salted pumpkin seeds
- 1 15.5 oz can chickpeas (or for a bean free option you could use diced apple, quinoa, or chicken // turkey)
- 4 tbsp avocado oil, divided into 2 tbsp, and 1 and 1
- 2 tbsp apple cider vinegar
- 6 green onions, thinly sliced
- 2 tbsp chopped fresh dill
- 1 tsp maple syrup
- 1 tbsp + 1 tsp lemon juice
- 1 tsp salt, divided + more to taste
- pepper



INSTRUCTIONS

Preheat oven to 475

Cut cauliflower into small florets, you can include the stem and dice small. Toss with 2 tbsp avocado oil, about 1/2 tsp salt and freshly ground black pepper.

Spread thin on a roasting sheet and roast for 10 minutes.

Take out and toss, and return to the oven for another 5 minutes, taking out to toss every 5 minutes or so after, until soft and nicely browned. About 20-25 minutes total. If the cauliflower is soft but you haven't quite achieved the nice brown color we're looking for you can broil on high for a few minutes to caramelize those edges.

Set aside to cool.

While cauliflower is roasting:

Core and dice fennel, toss in a small bowl with 1 tsp lemon juice, 1/2 tsp avocado oil and a big pinch of salt. This softens the fennel slightly and takes away some of the bite.

Chop kale into bite sized pieces and wash. Dry and move to a large bowl. Drizzle with 1 tbsp avocado or olive oil, 2 tbsp apple cider vinegar, and 1/2 tsp salt. Massage until leaves turn dark green and soft. Set aside.

Add roasted cauliflower, kale, fennel, dill, green onions, chickpeas, and toasted pumpkin seeds to a large bowl and toss. Drizzle with 1 more tbsp avocado or olive oil, 1 tbsp lemon juice, 1 tsp maple syrup and salt to taste.

Dig in!

Radish & Tangerine Detox Salad

Ingredients

2 small sweet potatoes
1/2 cup quinoa
2 cups chopped lettuce
3 tangerines
1 cup small radishes



Instructions

Preheat oven to 425 degrees.

Peel sweet potatoes and cut into small pieces. Place on a baking sheet and spray with coconut oil. Bake for 25 minutes (or until soft).

While the sweet potatoes are baking, cook the quinoa according to directions.

Remove the skin from the tangerines, wash and cut the radishes, and finely chop the lettuce (optional). Toss in a bowl together.

Add in the cooked quinoa and baked sweet potatoes. Serve and enjoy!

One-Pot Healthy Zoodles Pasta

1 tablespoon of olive oil
2 8-ounce boneless skinless chicken breasts
2 cups of sliced asparagus stalks
1 cup of peas
4 each spiralized green zucchini and yellow squash
3 cups of sliced assorted tomatoes
½ cup of vegetable stock
1 cup of ciliegine mozzarella
½ cup of bread crumbs
¼ cup of shredded parmesan cheese
Fresh basil leaves and sliced green onions for garnish
Kosher salt and fresh cracked pepper to taste



DIRECTIONS

Heat the olive oil in very large sauté pan over high heat and add in the chicken breasts. Season the chicken with salt and pepper once it's in the pan.

Flip the chicken over after 3 to 4 minutes or until it's golden brown, turn the heat to medium-high, and season the other side with salt and pepper. Continue to cook until the chicken is cooked throughout, about 7 to 8 minutes.

Remove the chicken from the pan.

Add the asparagus, peas, zucchini and squash to the hot pan and saute for 3 to 4 minutes or until the veggies become lightly browned.

Next, add in the tomatoes and vegetable stock and cook for a further 3 to 4 minutes over high heat.

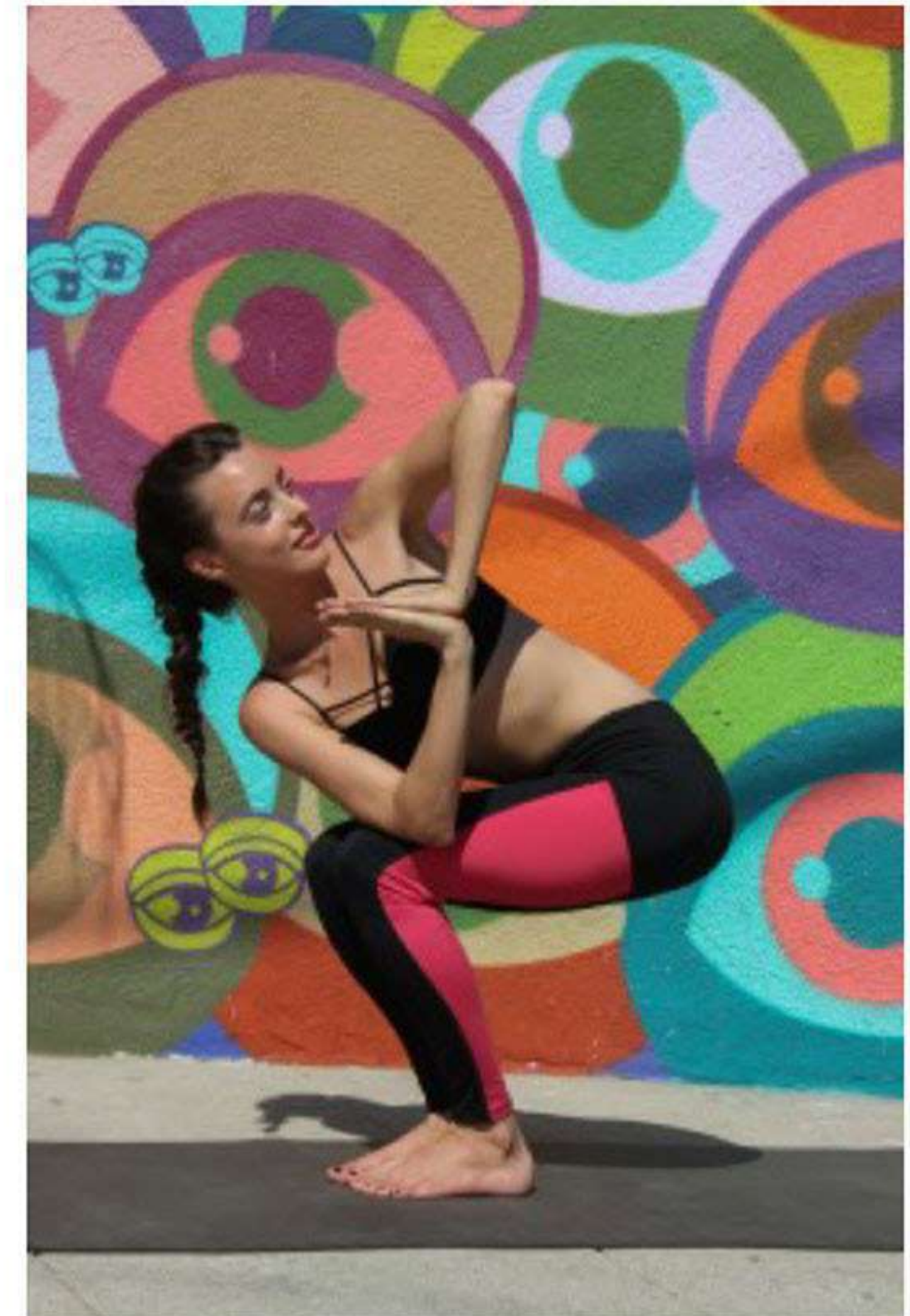
Season everything with salt and pepper and transfer the mixture to a large bowl.

Slice the chicken and add it to the top of the pasta along with the mozzarella, bread crumbs, parmesan cheese, basil leaves and sliced green onions.

Serve hot!

Parivrtta Utkatasana (Revolved Chair Pose)

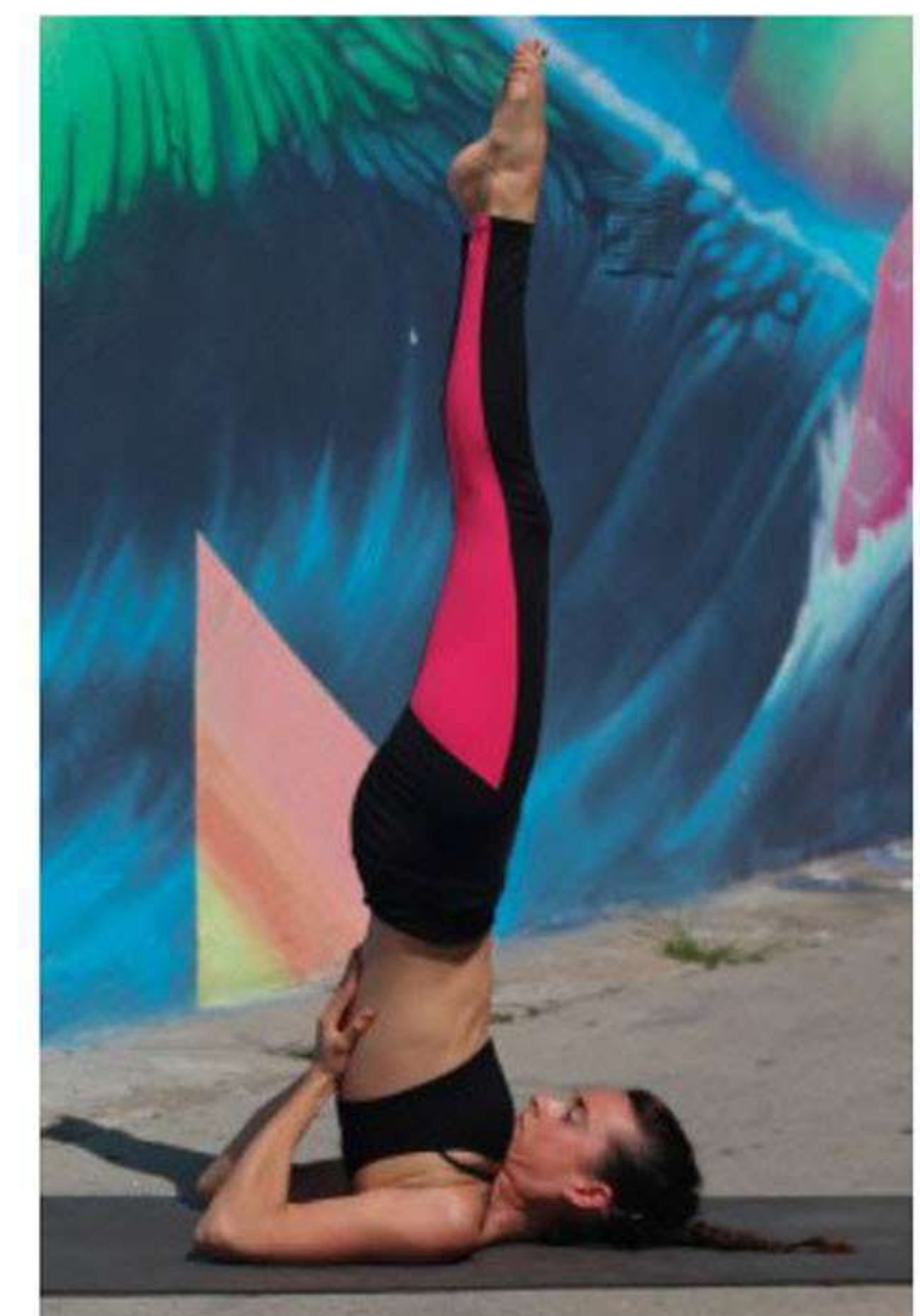
Bring your feet either hip-width apart or together (depending on your comfort level). Bend your knees as if you are sitting on a chair; make sure your knees are aligned with the center of your feet. Bring your hands together at the heart center and bring one elbow to the opposite knee, pressing your palms firmly together. Squeeze your shoulder blades together and open your chest wide.



Detox benefits: In addition to improving the health of the spine and vertebrae, this asana stimulates the liver, spleen, and digestive system, while toning the abdominals and improving the elimination process.

Sarvangasana (Shoulder Stand Pose)

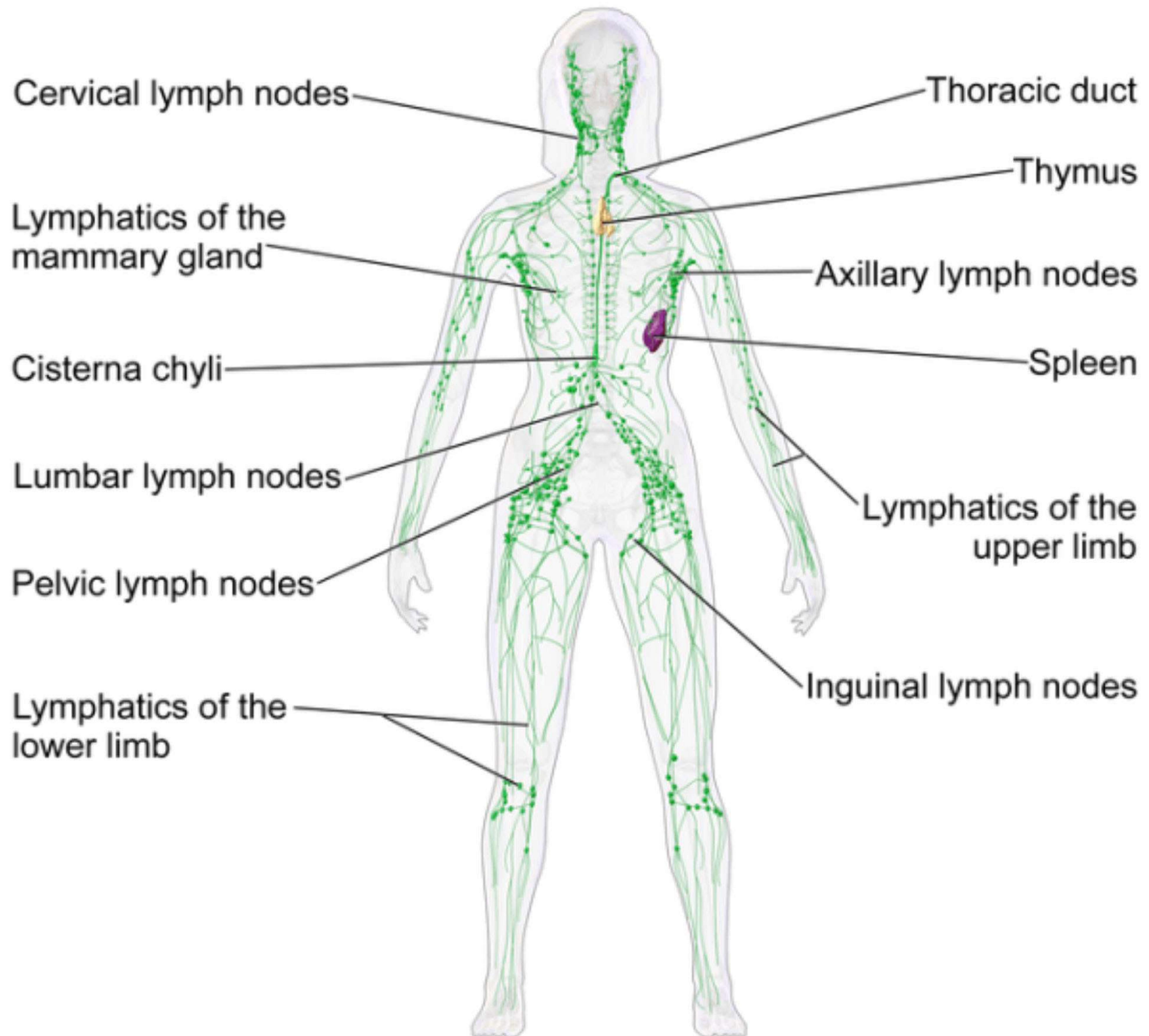
Start by lying on the floor. Draw your legs back over the head coming into a plow pose. Bring your hands to either side of the spine and slowly bend both your knees and press your feet up into the air. Lift the kneecaps and draw the belly toward the spine. Gaze towards your toes and avoid moving your head to either side. Lower to plow on your way down and return to your first position.



Detox benefits: Inverted poses such as the shoulder stand help drain accumulated lymph fluid from the legs and upper body. This is a wonderful pose to do at the end of a practice as all toxins that were released during the practice are then flushed toward the heart to be oxygenated and cleansed.

The Lymphatic System and Dry Brushing

The reason that dry brushing provides so many health benefits is because it supports the lymphatic system. The lymphatic system is a network of “tubes” that run throughout the body. You have as many lymph vessels and capillaries as blood vessels and capillaries. Virtually all of your cells are surrounded in lymph fluid!



You might think that your blood is responsible for delivering oxygen, nutrients and white blood cells to your cells. But, in actuality, your

capillaries don't come into contact with cells. Instead, your blood capillaries leak out the oxygen, nutrients, and immunity cells. Lymph fluid catches them and transfers them to your cells. The lymph also catches waste from the cells, toxins, and harmful organisms.

Unlike your circulatory system, your lymphatic system doesn't have its own pump. But all of that lymph fluid needs to be moved around your body so it can be re-circulated. To move the lymph fluid, the body relies on muscle motion. The lymph fluid gets moved through lymph vessels and capillaries into the lymph nodes. The lymph nodes contain white blood cells. They filter the lymph fluid to remove waste and kill any disease-causing organisms – including toxins and pathogens. The filtered, clean lymph fluid then reenters the lymphatic system so it can be used again.

The lymphatic system is key for immunity, but it also works to protect other systems, including your digestive system and respiratory system — hence why dry brushing is said to have benefits like improving digestion and reducing asthma.



4 Ways to Improve Your Sleep

1. Increase Bright Light Exposure During The Day

Your body has a natural time-keeping clock known as your circadian rhythm.

It affects your brain, body and hormones, helping you stay awake and telling your body when it's time to sleep

Natural sunlight or bright light during the day helps keep your circadian rhythm healthy. This improves daytime energy, as well as nighttime sleep quality and duration.

In people with insomnia, daytime bright light exposure improved sleep quality and duration. It also reduced the time it took to fall asleep by 83%.

A similar study in older adults found that two hours of bright light exposure during the day increased the amount of sleep by two hours and sleep efficiency by 80%.

2. Reduce Blue Light Exposure in the Evening

Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect.

Again, this is due to its impact on your circadian rhythm, tricking your brain into thinking it is still daytime. This reduces hormones like melatonin, which help you relax and get deep sleep.

Blue light — which electronic devices like smartphones and computers emit in large amounts — is the worst in this regard.

There are several popular methods you can use to reduce nighttime blue light exposure. These include:

Wear glasses that block blue light.

Download an app such as f.lux to block blue light on your laptop or computer.

Install an app that blocks blue light on your smartphone. These are available for both iPhones and Android models.

Stop watching TV and turn off any bright lights two hours before heading to bed.

3. Don't Consume Caffeine Late in the Day

Caffeine has numerous benefits and is consumed by 90% of the US population.

A single dose can enhance focus, energy and sports performance.

However, when consumed late in the day, coffee stimulates your nervous system and may stop your body from naturally relaxing at night.

In one study, consuming caffeine up to six hours before bed significantly worsened sleep quality.

Caffeine can stay elevated in your blood for 6–8 hours. Therefore, drinking large amounts of coffee after 3–4 p.m. is not recommended — especially if you are sensitive to caffeine or have trouble sleeping.

If you do crave a cup of coffee in the late afternoon or evening, stick with decaffeinated coffee.

4. Try to Sleep and Wake at Consistent Times

Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset.

Being consistent with your sleep and waking times can aid long-term sleep quality (42).

One study noted that participants who had irregular sleeping patterns and went to bed late on the weekends reported poor sleep (43).

Other studies have highlighted that irregular sleep patterns can alter your circadian rhythm and levels of melatonin, which signal your brain to sleep (43, 44, 45).

If you struggle with sleep, try to get in the habit of waking up and going to bed at similar times. After several weeks, you may not even need an alarm.