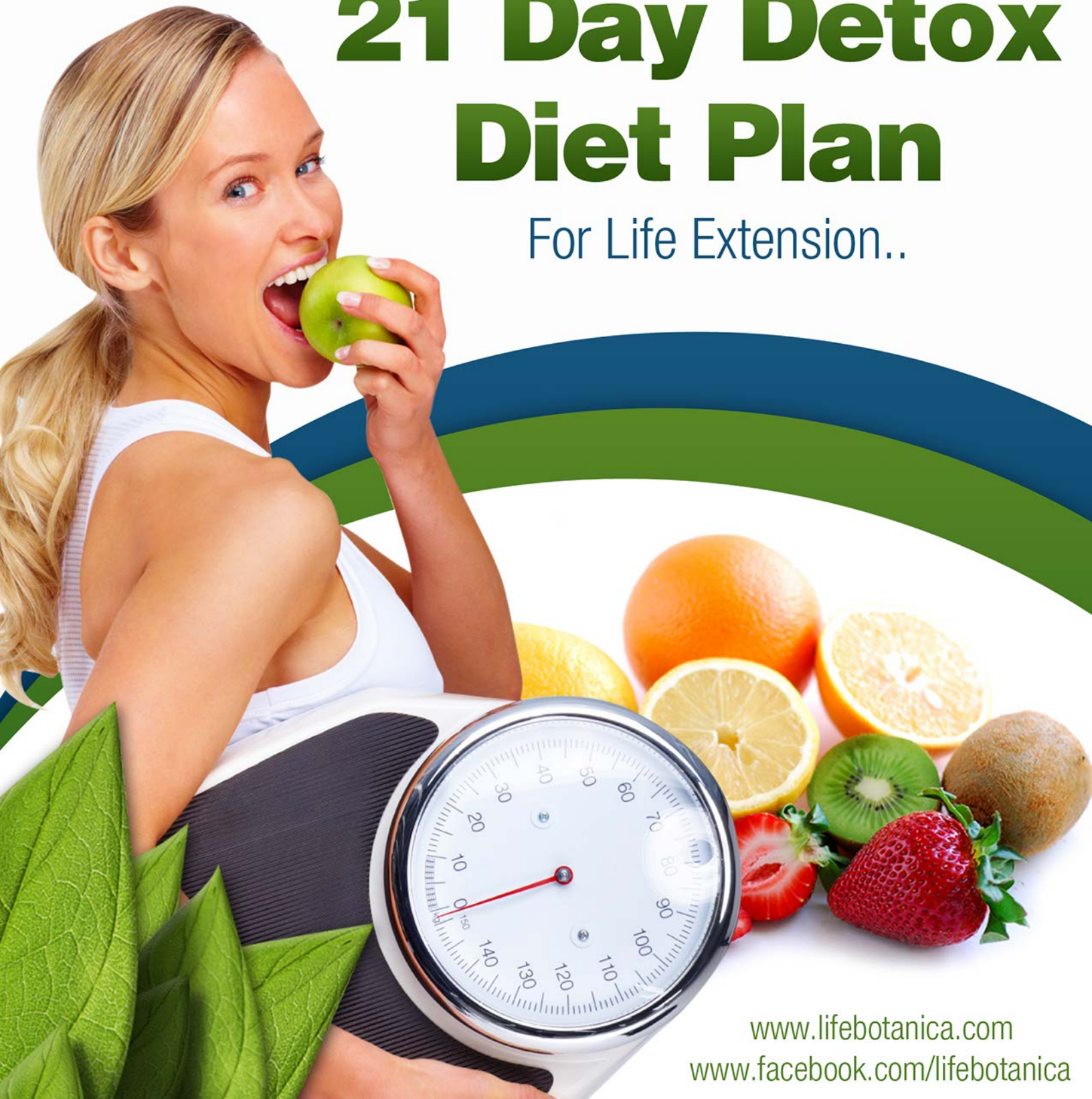
LifeBotanica

21 Day Detox Diet Plan

For Life Extension..



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Start Your Life FRESH by Rejuvenating Yourself Guaranteed to flush fat, toxins and the sludge holding you back!

What is DetoxComplete?

A complete life changing Detoxification Program based on a 200-year old European Botanical Formula that has improved and enriched the lives and health of many people throughout Europe!

Why does body detoxification matter?

The human body accumulates Toxins over time due to a variety of Environmental factors, such as Diets, Water, or even the air you breathe. These Toxins may prevent your body from functioning as effectively as it should. Key Herbs are a major benefit in supporting its vital functions at the Glandular, Cardiovascular, and Digestive levels, and may help your body get Stronger.

The KEY to eliminating toxins

But, in order to function effectively, your body has to eliminate those toxins. Body detoxification is the process of eliminating these toxins that have built-up, and Detox Complete is your best way to accomplish this.

Proven Formula for Complete Body Detoxification

Detox Complete has proved to be a magical formula that contributes to your body's detoxification (purification and cleansing). It becomes extremely powerful when combined with a healthy diet and regular Exercise.

Popular detox diets promise to flush poisons from your body, purge pounds of excess fat, clear your complexion and boost your immune system. But experts say there's little evidence that extreme regimens such as the Master Cleanse or Fruit Flush do anything more than lead to unpleasant, unhealthy side effects or giving serious side effects. Still, these super-restrictive eating plans are hotter than ever, thanks to being linked to lanky celebrities including Gwyneth Paltrow and Angelina Jolie. Beyonce Knowles attributed her 20-pound weight loss for the movie "Dreamgirls" to the Master Cleanse — a starvation diet whose adherents swallow nothing but a concoction of lemon juice mixed with maple syrup, water and cayenne pepper, as well as salt water and a laxative tea for 10 days. The idea of detoxifying or purifying the body of harmful substances has been around for centuries and cycles back into popularity now and again.

Here are a few type of Extreme Diets:

- **The Master Cleanse** - Also called the lemonade diet, a fast that involves drinking only lemonade, grade B maple syrup, and cayenne pepper.

- **Juice fasting** - A type of fast that calls for consuming only fresh vegetable and fruit juices, such as *beet juice* and *wheatgrass juice*, and water. Commercial juice fast programs include the Blueprint Cleanse.

- **Smoothie and shake fasting** - Involves drinking pureed or blended vegetable and fruit smoothies, such as green smoothies.

- **Commercial cleanse programs** - Specially designed protein powders, vitamins, nutrients for detoxification. Examples include the *acai* cleanse and *Bowtrol*.

- **Raw food detox diet** - Based on the *raw food diet*. Involves only eating food that is raw or hasn't been heated above 118 degrees.

- **Ayurvedic detox diet** - An Ayurvedic cleansing and rejuvenation plan called *pancha karma*.

    - Other diets that are sometimes used as detox diets include the brown rice diet, *elimination diet*, a *candida cleanse*, *macrobiotic diet*, and a digestive cleanse.

Some plans restrict all solid foods and instruct dieters to survive on only low-calorie beverages for days at a time. Some other holistic diet involves an elaborate list of so-called acid-forming foods to avoid for three weeks, including seemingly healthy veggies and grains. Other will recommend different types of water or juice fasting, but very few have incorporated a full body, organ specific cleanse that has designed in this program.
That's why some nutrition experts sounding the alarm over possible risks from extreme Diets.

Risks of Extreme Diets:

The consequence of Extreme Diets are Vitamin deficiencies, muscle breakdown and blood-sugar problems not to mention frequent liquid bowel movements are some of the seriously unpleasant drawbacks to these plans, which are skimpy on solid foods and often call for laxative.
Because the crash diets can upset blood sugar, potassium and sodium levels in the body, people with diabetes, heart or kidney disease or women who are pregnant or nursing shouldn't try them, experts say. Children, teens, older adults or people with certain digestive conditions should also steer clear.

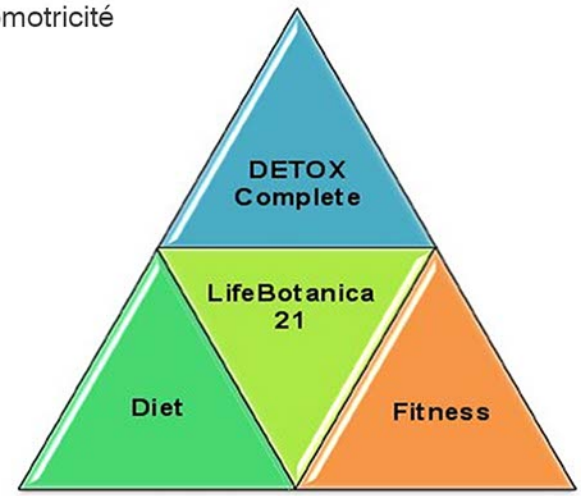
Although general fasting definitely provides overall benefits, targeted detoxing takes advantage of certain herbs, nutraceuticals, or alternative health protocols to greatly accelerate the process – particularly in regard to specific body systems and/or organs. The combined diet with an organ-specific Detox offers the most powerful cleansing program for overall health of the body. The specific detoxes include the colon detox, heavy metal detox, kidney cleanse, and finally the liver & and pancreas

Recommendation :

If you are considering a Detox diet, get the O.K. from your doctor first.

Choose a program from LifeBotanica 21, a program unlike other Complementary Alternative Medicines (CAM) and adjuvant programs, specifically offers much more customized regiment to match individual conditions, metabolic rate and lifestyle preferences. It is a healthy trend for individuals willing to explore the alternative therapy option besides the "safety of the status quo," which is conventional doctors and their medicines. Despite all the claims of other programs and therapy regimens, the most critical aspect of selecting LifeBotanica Program is Integrative Longevity Platform.
Remember, LifeBotanica 21 is a completely natural, non-invasive, effective, and more economical than conventional practices with modest turnaround time of 21 days! Serious as well as trendiest spas offer this integrative platform under erudite and careful monitoring thereby avoiding your risk of self-diagnosis and treatment.
LIP is an effective tool for longevity, bien-Ãªtre, due to the cumulative effect of each component:

- DETOX Day & Night Complete, complete cleansing supplementation
- Diet encompassing eclectic nutritional regime
- Fitness action series, ergomotricité



LifeBotanica Integrative Platform (LIP)

Cutting back on high-fat foods, eating in moderation and consuming more vegetables and fruits may not seem as glamorous as starving yourself like a celebrity for days, but it's healthier for you in the long run and certainly sexier than rushing to the bathroom all day.

LifeBotanica Customer Testimonials

Doctors and patients alike are thrilled with the power of LifeBotanica's Detoxcomplete Program.

LifeBotanica Detoxcomplete is made from natural products that were discovered nearly 200 years ago in Romania, and continue to provide us with amazing results today!

"I can hardly wait for the next three months so that I can re-commence the LifeBotanica 21-Day Detox Program! After my first regimen, I felt more energetic and lively than I've been in a long time.

Since I was so impressed with how I felt, I later purchased enough for twenty people. I have given it to my friends and family and now, they are absolutely stunned with how they feel. They have lost weight, increased skin tone, and are generally happier. Even my neighbor who suffers from arthritis claims that her arthritic pain is greatly reduced. I'm so glad that I have found the perfect and ultimate gift of life!

For me personally, I feel full of energy. By the end of the 2nd week, I experienced this wonderful feeling of lightness. My constant burdensome bloating finally ceased to exist.

I was never able to understand how anyone could accomplish a full body detoxification after so many years of toxin exposure and consumption but now, I absolutely do! I recommend LifeBotanica DetoxComplete to anyone willing to go on the offensive and finally take their health seriously."

Sarah Kesner
New York

"I never believed in the validity of detox products till I tried out the Life Botanica 2-Step Detoxcomplete program. I just followed what my pal Jim told me to do as he is a medic. I enjoy drinking and partying on weekends which can leave my body worn out. After 3 weeks on this program I could not believe how exceptional I felt. My body was rejuvenated and full of energy. Even my friends say that I appear to be behaving as if I'm 10 years younger."

Joseph Stanford
Connecticut, USA

"I started on the "Detoxcomplete" 21 days ago and I am very happy to report that I feel great! I I lost 10 pounds without any effort. My appetite has changed I don't have the cravings that we very well know are caused by toxicity in different organs of the body. My bowel movements have been very regular during the 21 days. I had one colonic and it was more productive than usual. Years ago I had been diagnosed by an Iridologist with inability to release toxicity through my skin and one of the things I noticed was that my skin dropped a layer all over my body (for lack of a better term) and now I am able to perspire! My ability to focus and stay on task is happening without much effort. The level of energy is even through out the day not jittery and when I go to sleep I have no trouble falling asleep. Besides being a Colon Hydrotherapist, Massage Therapist, Meditation Instructor and a few other things I am 58 years young and Grandmother of 3 (10 months old, 3 years and 4 1/2 years old) so you know I need energy to keep up with them. This 21 days I felt the best I have in years! Thank you so much for bringing this product to us! I highly recommend it and I have suggested it to some of my clients with excellent feedback."

Estrella Caban
LMT CHT

The benefits of LifeBotanica:

- ✔ *Weight-loss*
- ✔ *Removal of Body Waste and Toxins*
- ✔ *Kidney Cleansing and Repair*
- ✔ *Liver and Pancreas Support*
- ✔ *(Natural Detoxification Process)*
- ✔ *Immune System Boost*
- ✔ *Improved Skin Radiance and Luminosity*
- ✔ *Entire Body Protection with Botanical Shield.*

"You are what you eat"

- **LifeBotanica** food plan will help your body be all that it can be, in 21 days.
- To avoid constipation and facilitate colon cleanse, we recomment daily use of Day and Night **LifeBotanica** **Detox Complete**.
- **LifeBotanica** offers a program which is beyond just color cleansing which results in quick weight loss and water weight reduction.

Samples of Food to help you achieve your goal:

LifeBotanica's Basic Diet

The recipes included in the 21 Day Detox can be used as follows:

Breakfast

- Healthy Oatmeal
- Fruit Salad
- Green Smoothie
- Herbal Detox Tea

Lunch

- Roasted Root Vegetables
- Veggie Curry Burger
- Sesame Grapefruit Salad
- Wild Rice Stuffed Acorn Squash
- Vegan Cream of Broccoli Soup

Dinner

- Spicy Black Bean Burger
- Italian Pasta and Beans
- Vegetarian Chili
- Carrot-Sweet Potato Bisque
- Mustard Greens in Coconut Milk
- Minestrone Soup

DIET DETOX PLAN: WEEK 1

For 1 Day A WEEK

BREAKFAST: 2 grains & 2 fruits and LifeBotanica AM Formula
LUNCH: 2 grains & 2 fruits
DINNER: 2 grains & 2 fruits

For 6 DAYS A WEEK

BREAKFAST: 1 grain, 1 non-fat dairy & 1 fruit and LifeBotanica AM formula
LUNCH: 3 grains, 3 vegetables, & 1 fruit
DINNER: 3 grains, 3 vegetables, & 1 fruit and LifeBotanica PM formula

21 DAY DIET DETOX PLAN: WEEK 1				
ONE GRAIN Plus Legumes	**ONE VEGETABLE**	**ONE FRUIT**	**ONE DAIRY**	**ONE FISH PROTEIN**
1/2 cup cooled grain suhs as Quinoa or Oat groats	1/2 cup tomato	1 medium apple, orange, grapefruit, peach, pear	1 cup soy or grain milk	
1/4 to 1 cup sprouted grain cereal	1/2 cup steamed broccoli, green beans, cabbage	3 prunes, 3 figs, 1oz dried fruit	1 cup nonfat Greek yogurt	
1/3 cup cooked Brown rice, Wild rice or Millet	1 cup spinach (raw) kale, romaine lettuce salad	1/2 banana, 2 tablespoons raisins	1/2 cup dry curd cottage cheese	
1 slice sprouted whole grain bread w/ Almond Nut Butter	1 cup raw carrots or celery or cucumbers	1/2 Avocado	1 cup skim milk	
1/2 cup Oats (Steel Cut)	1/2 cup Edamame	1/2 cup of blueberries, strawberries, raspberries or blackberries	1 cup almond or unsweetened coconut milk	

DIET DETOX PLAN: WEEK 2

For 1 DAY A WEEK

BREAKFAST: 2 grains & 2 fruits and LifeBotanica AM formula
LUNCH: 2 grains & 2 fruits
DINNER: 2 grains & 2 fruits and LifeBotanica PM formula

5 DAYS A WEEK

BREAKFAST: 1 grain, 1 non-fat dairy & 1 fruit and LifeBotanica AM formula
LUNCH: 3 grain, 3 vegetables, & 1 fruit
DINNER: 3 grain, 3 vegetables, & 1 fruit and LifeBotanica PM formula

FOR 1 DAY A WEEK

BREAKFAST: 2 grains & 1 fruit and LifeBotanica AM formula
LUNCH: 3 grains, 3 vegetables, & 1 fruit
DINNER: 3 grains, 3 protein (or 2 dairy), 3 vegetables & 1 fruit and LifeBotanica PM formula

21 DAY DIET DETOX PLAN: WEEK 2				
ONE GRAIN Plus Legumes	**ONE VEGETABLE**	**ONE FRUIT**	**ONE DAIRY**	**ONE FISH PROTEIN**
1/2 cup cooled grain such as Quinoa	1/2 cup tomato, sweet potato, winter squash	1 cup melon, 1 apple, plums, 1/2 grapes	1 cup skim milk	1 oz cooked wild caught flounder
3/4 cup Organic Cereal	1/2 cup steamed brocolli, green beans, cabbage	1 cup strawberries, cherries, mango, papaya	1 cup soy or grain milk	1 oz cooked wild caught salmon
1/2 cup cooked steel-cut oats	1 cup spinach (raw) salad, romaine lettuce	1/2 banana, 1 Persimmon	1/2 cup dry curd cottage cheese (<65 mg sodium)	1 oz canned tuna in water
1/2 cup beans of your choice, rinsed and cooked	1 cup raw carrots, cucumber, celery, mushrooms	2 tablespoons raisins, dried fruits, figs	1 cup Greek nonfat yogurt	1 oz canned kippers or sardines

LifeBotanica Life Extension Recipes

The following recipes will support your body during the cell renewal process for life extension.

Healthy Oatmeal

Ingredients:

1 cup rolled oats, steel-cut oats or oat groats (not quick or instant oats)
3 cups of water
Pinch of sea salt - optional
½ teaspoon cinnamon
1 teaspoon vanilla
½ cup raisins or fresh diced apples
¼ cup ground flax seed
½ cup ground nuts (almonds, walnuts, or pecans)
Natural sweetener to taste, such as honey, grade B maple syrup, stevia or agave nectar
top with rice, almond or oat milk – optional

Directions:

1. Boil water and sea salt in a saucepan, then turn down heat and add the oats.
2. Stir regularly and cook for allotted time (rolled – 15 minutes, steel-cut – 30 minutes, oat groats – 90 minutes).
3. Add the raisins or apples, cinnamon and vanilla when 5 minutes left to cook.
4. Turn off heat and stir in the flax seeds and nuts. Cover and let sit for several minutes.
5. Add sweetener, top with fresh fruit, and serve with rice, almond or oat milk.

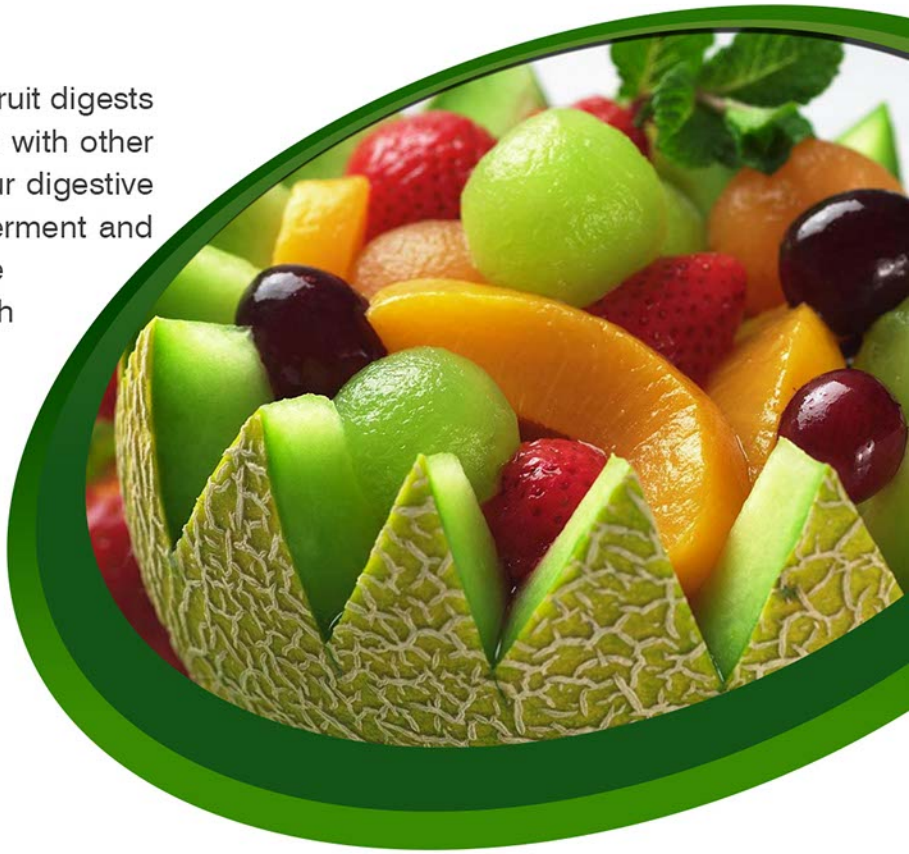
Serves 2

- If using a pressure cooker, add the water, oats, fruit, cinnamon and vanilla to cook for the allotted time (rolled – 5 minutes, steel-cut – 10 minutes, oat groats – 30 minutes), then add the flax seeds, nuts and sweetener.

- Try other dried or fresh fruit as long as they have no added sugar. Dried coconut flakes are a favorite; just make sure they are not sweetened.

- Oats often contain residual gluten from processing. If you are sensitive to gluten you may find that oatmeal in the morning can make you feel sluggish through the day. As always, listen to your body and pay attention to what works for YOU.

Fresh Fruit Salad



It's best to eat fruit on an empty stomach. Fruit digests very quickly on its own but when combined with other types of food it can get slowed down in your digestive tract. When this happens it can begin to ferment and cause gas and/or bloating. If you experience gas and bloating when mixing your fruits with other foods, try eating fruits as a meal all by themselves.

Ingredients:

Use any or all of the following fresh fruits:
apples • oranges • bananas • peaches • nectarines • strawberries • blueberries • pineapple • kiwi • grapefruit • raspberries • plum • melons • mango • star fruit • papaya • tangerine • cherries • grapes • pomegranate • pears • plums • apricot

Use the following dried fruits sparingly (unsweetened only):
raisins • figs • dates • coconut

Top with your choice:

cinnamon • cardamom • vanilla extract • lemon juice • mint leaves • nuts

Directions:

1. Peel, chop and slice your fruits into bite-size pieces and place in a bowl. Leave peels on for the fruits you can. Often the best nutrients are in the peel.
2. Mix well and top with a delicious garnish from the list above.
3. Add raw nuts and seeds sparingly to your fruit salad for protein.
4. For super food power and increased nutritional and cleansing properties, sprinkle a little Goji or acai berries, spirulina, maca powder, flax meal or raw cacao on top.

Eat fresh and enjoy!

Cinnamon Apple Granola

Ingredients:

(use organic whenever possible)
2 ½ cups regular rolled oats
½ cup amaranth flour
½ cup raisins
½ cup chopped almonds
½ cup pumpkin seeds
1 apple diced
2 tablespoons ground flax
2 teaspoons cinnamon
½ cup grade B maple syrup, agave nectar, juice concentrate or brown rice syrup
½ cup safflower, sunflower oil or coconut oil

Directions:

1. Preheat oven to 350 degrees F.

2. Mix dry ingredients in a large bowl.

3. Add wet ingredients and stir well until entire mixture is moist.

4. Spread evenly over two baking sheets.

5. Bake for 25-30 minutes or until golden brown. Stir or flip with a spatula after 15 minutes of baking.

6. Allow to cool before storing in an airtight container. Granola will become crunchy while cooling.

Makes 10 cups

Variations:

Nuts: almonds, walnuts, pecans, cashews, brazil, macadamia
Fruits: apples, coconut, blueberries, raisins, pears, figs, dates, cherries, cranberries, acai berries, Coji berries
Seeds: pumpkin, sunflower, flax, sesame, chia, hemp
Spices: cinnamon, ginger, vanilla, cardamom, nutmeg

Roasted Root Vegetables

These roasted root vegetables make grounding and deeply nourishing meal that will help you feel satisfied and full during your detox. Roasted vegetables are the ultimate healthy comfort food.

Ingredients:

(Use organic whenever possible)

Use any or all of the following root vegetables:

Onions • Garlic • Leeks • Carrots • Potatoes • Daikon Radish • Yams • Winter Squash • Turnips • Parsnips • Beets

Use one of the following spice suggestions:

Basil & oregano • curry • garam masala • thyme & sage • cumin & garlic powder • rosemary & parsley • Spike, Old Bay or Chinese 5 Spice

Directions:

1. Preheat your oven to 375 degrees F.

2. Chop root vegetable into fairly uniform bite sized pieces.

3. Toss with olive oil and herbs/spices of your choice and salt to taste.

4. Bake in a casserole dish for about 45 minutes or until vegetables are tender to a fork and browned a bit. Check after 30 minutes and toss.

5. If you're using beets and you don't want them to dye everything red keep them off to the side in the pan instead of mixing them in with everything else.

Spicy Black Bean Burger

This black bean burger recipe provides a hearty vegetarian meal that will keep you satisfied during your detox.

Ingredients:

(use organic whenever possible)
2 cups cooked quinoa
1 tablespoon olive oil
1 clove garlic
½ red onion
2 carrots
1 small head of bok choy
1 teaspoon mild red pepper flakes
1 teaspoon coriander
2 teaspoons cumin
1 teaspoon sea salt
3 cups cooked black beans or kidney beans (or two cans)
½ cup arrowroot powder
¼ cup lemon juice
¼ cup pure water
1 tablespoon safflower oil

Directions:

1. Cook quinoa.
2. Mince garlic and onions. Grate carrots. And chop bok choy.
3. Saute these vegetables with red pepper, coriander and cumin in olive oil.
4. Blend beans, arrowroot powder, salt, lemon juice and water in a blender until smooth.
5. Combine blended beans, cooked quinoa and sautéed vegetables in a large bowl and mix well.
6. Refrigerate this mixture for 1-2 hours.
7. When you're ready to cook the burgers, start by getting your skillet nice and hot. Oil it with safflower oil.
8. Form ¼ inch thick patties from the refrigerated dough and fry in safflower oil for about 5 minutes on each side, until well browned.

Wild Rice Stuffed Acorn Squash

Ingredients:

(use organic whenever possible)
1 large acorn squash (or another variety of winter squash)
1 tablespoon olive oil
4 ounces mushrooms
2 cloves garlic
¾ teaspoon ground dill seed
4-5 green onions
3 cups cooked wild rice or wild rice/brown rice blend
½ cup lightly toasted hazelnuts or walnuts
2 tablespoons fresh parsley
sea salt and freshly ground black pepper – to taste

Directions:

1. Cut squash lengthwise and scoop out seeds. Place cut side down on a lightly greased baking dish. Bake at 350 degrees F until tender (about 25 minutes).
2. Chop mushrooms, onions and parsley. Mince garlic.
3. Heat oil in a skillet over medium heat. Add mushrooms, garlic and dill seed. Sauté 1-2 minutes. Stir in green onions, parsley, rice and 1/3 cup of nuts.
4. Season with salt and pepper to taste.
5. Spoon stuffing into baked squash, press into cavity with back of spoon and pile it high.
6. Arrange stuffed squash in baking dish and sprinkle with remaining nuts.
7. Bake at 350 degrees F for 30 minutes, or until squash is steaming and the nut topping is lightly crisp.
8. Arrange on platter and serve.

Serves 2-4

Pasta Fazole - Italian Pasta and Beans

Ingredients:

(use organic whenever possible)
olive oil
2 cloves of garlic
1 medium red onion
2 stalks of celery
1 can kidney beans (or 1 1/2 cups cooked kidney beans)
1 can diced tomatoes (or 1 1/2 cups fresh diced tomatoes)
fresh or dried basil to taste
sea salt & pepper to taste
4 servings of elbow rice pasta (Tinkyada Rice Pasta is a great gluten-free pasta alternative)

Directions:

1. Cook the pasta according to package instructions.

2. Chop onions, garlic and celery.

3. Sauté in olive oil until onions are translucent.

4. If using canned, rinse and drain the beans (until bubbles go away).

5. Add beans and tomatoes to onions, garlic and celery. Let simmer for 10-15 minutes.

6. Serve over pasta.

Carrot-Sweet Potato Bisque

Ingredients:

2 sweet potatoes

2 cups baby carrots

1 cup water

2 cups Pacific vegetable broth

½ teaspoon Celtic sea salt

1 packet stevia

¼ teaspoon cumin

½ teaspoon coriander powder

¼ teaspoon minced ginger

¼ teaspoon minced garlic

Directions:

1. Bake the sweet potatoes and boil the carrots until soft.

2. In a blender, mix all ingredients and process until uniform.

3. Pour mixture into large saucepan and heat to taste.

Veggie Curry Burger

This curry burger recipe makes a satisfying vegetarian meal with an exotic flavor. It's a great way to sneak in millet and extra veggies for kids and grownups. The subtle flavor combinations and convenient burger format of this recipe make it a more exciting way to eat millet and vegetables than a traditional stir-fry.

Ingredients:

(use organic whenever possible)
3 cups cooked millet
1 small zucchini
1-2 medium carrots
1/2 red onion
1 large clove garlic
1 tablespoon curry powder
1 medium large yam
1/3 cup arrowroot powder or tapioca starch

Directions:

1. Cook millet in advance.
2. Chop the yam and boil it.
3. Grate the zucchini and carrot.
4. Chop the onion and garlic.
5. Sauté carrots and zucchini with the onion, garlic, and curry powder until softened and reduced in bulk.
6. Mash the cooked yam.
7. Combine all ingredients in a bowl and mix well.
8. Refrigerate for 1 hour.
9. Form patties and bake or pan fry. Brown both sides until firm.

Vegetarian Chili

Ingredients:

(use organic whenever possible)
1 tablespoon olive oil
1 onion, peeled and chopped
1-2 garlic cloves, crushed
2 stalks celery
4 carrots
2 bell peppers
2 cups sliced mushrooms
2 tablespoons chili powder
1 tablespoon cumin powder
1 (6 oz.) can tomato paste
1 (14 oz.) can tomatoes (or 1 1/2 cups chopped fresh)
2 (15 oz.) cans red kidney beans (or 3 cups cooked beans)
2 cups cooked millet
2 cups fresh or frozen corn
1 tablespoon lemon juice
water to cover
sea salt & pepper to taste

Directions:

1. Chop onions, garlic, celery, carrots, peppers and mushrooms.

2. Sauté vegetables in olive oil with spices.

3. Add tomatoes, paste, beans, millet and corn.

4. Add lemon juice and cover with water.

5. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

Sesame Grapefruit Salad

Ingredients:

(use organic whenever possible)

2 large handfuls of mixed greens

1 grapefruit

¼ cup sesame tahini

3 tablespoons almonds or walnuts

2 tablespoon raw honey

Directions:

1. Wash and place mixed greens in a medium bowl.
2. Peel the grapefruit and remove skin.
3. Chop flesh in bite size pieces and add to greens.
4. Top with remaining ingredients and mix gently.
5. Serve immediately and enjoy!

Mustard Greens in Coconut Milk

Ingredients:

(use organic whenever possible)
2 teaspoons olive oil
1 medium red onion
1 clove of garlic
1 teaspoon brown mustard seeds
1 ½ cups coconut milk
1 teaspoon ground coriander
1/8-1/4 teaspoon cayenne
1 cinnamon stick, broken in half
3 cups peeled and cubed yam
1 large bunch of mustard greens (about ¾ pound)
sea salt to taste
fresh lemon or lime juice to taste

Directions:

1. Chop onion and mince garlic.

2. Sauté onions in olive oil until translucent. Then add garlic and mustard seeds and sauté until the seeds begin to pop.

3. Add coconut milk, coriander, cayenne, cinnamon stick and yam.

4. Cover and allow to simmer for about 10 minutes, until yam begins to soften.

5. Strip mustard leaves from stems and chop into bite sized pieces. Discard the stems.

6. Stir in greens and simmer, covered, over medium-low heat for about 15 minutes. Remove from heat when the greens are tender and the yams are soft.

7. Adjust salt to taste, remove cinnamon stick and squeeze in lemon or lime juice just before serving.

Vegan Cream of Broccoli Soup

Ingredients:

(use organic whenever possible)
Olive oil
1 medium red onion
2 cloves garlic
3-4 stalks of celery (with leaves)
1 tablespoon cumin
2 teaspoons turmeric
2 teaspoons coriander
½ teaspoon ginger powder
a pinch of cayenne
2 heads of broccoli
3-4 medium potatoes
water to cover
1 can of coconut milk

Directions:

1. Chop onion, garlic and celery.

2. Sauté in olive oil with spices.

3. Chop broccoli and potatoes.

4. Add them to the soup pot with just enough water to cover them (not too much).

5. Bring to a boil, reduce heat and let simmer for 20-30 minutes.

6. Remove from heat and blend soup with coconut milk using a blender

Minestrone Soup

Ingredients:

(use organic whenever possible)
olive oil
1 large onion
3 cloves garlic
2 stalks celery (plus inner stalks with leaves)
3-4 tablespoons Italian spices (basil, oregano, rosemary, thyme, marjoram)
2-3 carrots
1 15 oz. can diced or crushed tomatoes (or 1 1/2 cups chopped fresh tomatoes)
1 15 oz. can kidney beans (or 1 1/2 cups cooked beans)
1 15 oz. can garbanzo beans (or 1 1/2 cups cooked beans)
salt and pepper to taste

Directions:

1. Chop onions, garlic, celery and carrots.

2. Sauté onion and garlic in olive oil until transparent.

3. Then add celery and spices and sauté a few more minutes.

4. Add carrots, tomatoes and beans.

5. Add enough water to cover what's in the pot.

6. Bring to a boil. Lower and simmer 20 minutes or longer.

7. Add salt and pepper to taste before serving.

Fresh Homemade Salsa

Ingredients:

(use organic whenever possible)

4-5 medium tomatoes

2 small cloves of garlic

¼ of a red onion

1 jalapeno pepper

¼ cup lemon or lime juice

½ cup chopped cilantro

sea salt and pepper to taste

Directions:

1. Chop tomatoes into ½" cubes. Use a very sharp knife for this to make it easier.
2. Finely mince garlic, onions and jalapeno. The more finely minced the easier their flavors will be distributed. Be careful not to touch your eyes or face while handling the jalapeno. Wash your hands well afterward.
3. Chop cilantro.
4. Combine all ingredients in a bowl and mix well. Chill in the refrigerator to allow flavors to set before serving

Fresh Guacamole

Ingredients:

(use organic whenever possible)

2 ripe avocados

2 tablespoons lemon or lime juice

1 diced tomato

3 tablespoons chopped cilantro

½ teaspoon sea salt

Directions:

1. Cut avocados in half and remove seeds. Scoop flesh into a bowl and mash with fork.

2. Mix in the other ingredients. If serving later, add the lemon/lime juice last and leave it sitting on top – mix in when ready to eat.

3. Garnish with cilantro and serve with rice crackers, flax crackers or as a topping for your salad or entrée.

Herbal Detox Tea

Our herbal detox tea is one of the most important parts of a successful whole body detox diet. The medicinal herbs in this tea will enhance your body's ability to detox effectively by supporting and strengthening your detoxifying organs.

Ingredients:

(use organic whenever possible)
2 quarts filtered water
2-3 inches fresh ginger root
2 cinnamon sticks
2 tablespoons dandelion root (dried)
1 tablespoon burdock root (dried)
2 sticks, or 2 tablespoons of crushed, licorice root (dried) WARNING: Licorice may raise blood pressure. If this is a concern for you simply make the tea without the licorice.
3 tablespoons milk thistle seed powder
½ cup nettles leaf (dried)

Directions:

1. Slice ginger into a few big chunks.

2. Combine ginger, dandelion, burdock, licorice and cinnamon with the water in a medium sauce pan and cover.

3. Bring water to a boil and simmer for 20 minutes.

4. Remove from heat. Add nettles leaf and milk thistle seed powder. Stir gently. Cover and let steep for at least 20 minutes.

5. Strain through a fine mesh strainer and enjoy.

Basic Green Smoothie

Ingredients:

2 cups filtered water

2 bananas

2 oranges

1 apple

1 lemon

1/2 inch chunk fresh ginger (optional)

½ - 1 head of romaine, spinach, chard, beet greens, or kale

Directions:

1. Add the water.

2. Then fill your blender half way with fruit and the rest of the way with greens.

3. Depending on the power of your blender, you may need to add slowly while blending.

4. Blend for 1-2 minutes, or until very smooth.

5. Filtered water and organic fruit and greens are best – but again, do the best you can with what you have. Apples and berries are more important to select organic than are peeled citrus and bananas.

6. Chop the fruit and ginger - a stronger blender can take larger chunks. The orange and lemon can be juiced or just peeled with seeds removed. Apples and ginger can be left unpeeled for extra nutrients.

Additional Green Smoothie Recipes for Detox

Green smoothies are best fresh, but can be kept cold for up to three days. Make certain to use a wide variety of greens over time - your body needs the varying nutrients and the smoothies will become less appealing if you always use the same greens.

Tropical Pineapple

Ingredients:

2 cups water
1/4 of a fresh pineapple
2 bananas
1 orange
1/2 head romaine
Strawberry Delight
2 cups water
1 pint strawberries
1 apple
1 banana
2 cups spinach
Mango Mama
2 cups water
2 mangos
1 apple
1/2 bunch parsley
4-5 leaves kale or chard
Chocolate Power
2 cups water
2 handfuls spinach
1/2 bunch romaine
2 bananas
1 apple
1 pear
1-2 tablespoons raw cacao powder or nibs
1 teaspoon spirulina or other green powder

WARNING: *Raw cacao can be very stimulating. When eaten late in the day it may interfere with your ability to sleep.*

More Juicing Recipes

Potassium Juice

3 carrots
3 stalks celery
½ bunch spinach
½ bunch parsley

Ginger Root Boost

1 inch slice ginger root Juice
from 1 fresh lemon
6 carrots with tops
1 seeded apple

High Blood Pressure Reducer

2 garlic cloves
1 handful parsley
1 cucumber
4 carrots with tops
2 stalks celery

Yummy Green Drink

½ bunch spinach
2 big kale leaves
¼ cup OJ
1 small banana
1 kiwi

Homemade V8 (6 glasses)

6-8 tomatoes
3-4 green onions with tops
½ green pepper
2 carrots
2 stalks celery with tops
½ bunch spinach
½ bunch parsley
2 lemons (just the juice)

Cleansing Veggie Broth

BOIL:3 carrots
3 kale leaves
2 celery
2 beets
1 turnip
½ bunch spinach
½ head cabbage
¼ bunch parsley
½ onion
2 garlic cloves

LifeBotanica Customer Testimonials

"I have met Petronely at a "Joie de vivre circle" where she gave a presentation of her LifeBotanica Detoxcomplete product. I was very impressed with her presentation and decided to try this product. I ordered it online as soon as I got home. The product arrived (surprisingly fast) by Saturday of that week. I was feeling sick that day and felt a flu infection on the way. I was coughing and sneezing and feeling low energy and decided to give it a try just to see if it would help. Within 3 hours I was feeling stronger, had more energy and the body aches eased off. I was astonished at how well it worked. I have only tried a body cleanse once before this and did see some improvement, but this time it is both: amazing and fast.

I am sold on this brand and will continue using it. I am feeling noticeable difference already and I have only taken it for 3 days. My cold is almost gone and I feel more energy and less hunger."

Teresa Kaczmarczyk
New York, USA

"I ordered my first pack of Life Botanica Detox Complete last Spring. I wanted to start the new season with a fresh outlook and feeling...I must say that the results were very surprising! I had a lot of build-up in my bowels, as well as, sinus problems due to excess mucus. Since completing the Detox pack my body has changed completely. I feel rejuvenated, healthy and youthful; despite being 71 years old. I ride my bike, swim and maintain a beautiful garden. I would not have been able to do all this without your help."

Harriett Hackensack
New Jersey, USA

"My name is Juan Sanchez and my experience with the Detox Complete 2-Step Cleansing has been wonderful. I have been following the instructions and taking the right doses everyday and have had continuously great results. Before using this product I could not regulate going to the bathroom. If I went once a day I was lucky. Now my body cleanses itself like clockwork. My stomach feels lighter and I maintain my energy level throughout the day. I no longer feel drained after a difficult work day. Before, I would feel tired and sleepy after eating dinner but now I have more energy to spend time with the family, or prepare for the next day at the office.

I would definitely recommend this product to other people. I really loved the way this European formula kept me going all day long...it worked for me!"

Juan Sanchez
Virginia, USA

"I never believed in the validity of detox products till I tried out the Life Botanica 2-Step Detoxcomplete program. I just followed what my pal Jim told me to do as he is a medic. I enjoy drinking and partying on weekends which can leave my body worn out. After 3 weeks on this program I could not believe how exceptional I felt. My body was rejuvenated and full of energy. Even my friends say that I appear to be behaving as if I'm 10 years younger.

Joseph Stanford
Connecticut, USA

Thank You!

To Find Out More, please visit:

www.lifebotanica.com

To Learn More

Live a Healthier Life

Cleanse • Balance • Detox

21 Days to a Radiant New You...

Not all Detox Diets are the same! Many diets and detox programs promise to slim you down but the LifeBotanica Detox program offers more.

The LifeBotanica Detox program offers supplements and complete nutrition guidance that help your body rid itself of toxins and regain its optimal balance. You will lose weight and feel nvigorated, all the while learning to make choices that will keep you on the path to optimal health - for life.

Detox diets differ in many ways, making it difficult to determine which one is the best. Some embrace a reduction in daily calories, often with a list of forbidden foods while others involve a three tier process.

There are many Detox Plans that cause a weight loss that does not last, as they are based on waste elimination only. Others offer complicated diet plans that don't fit into a busy lifestyle or everyday budget.

So, how does one find a Detox plan that is simple and offers an easy way to transform your life and health for good?

Detox Complete is a pure and natural herbal supplement from Europe with 200 year history of success in helping create body balance that leads to optimal health.

What differentiates our product from other supplements?

We support the body cleansing both Day and Night! Our products not only help with constipation and colon cleansing but with your life line (liquids in your body), that support healthy kidney function, the center of body cleanse and detoxification. Our formula also supports the liver, which helps remove and process the toxins.

The LifeBotanica Detox cleanses during the day and helps the body repair the liver at night. In short, our 21 days diet program is designed to help you achieve your goals of looking and feeling your best.

What makes LifeBotanica exceptional?

Brought to the U.S. for the first time, LifeBotanica uses 200 years of European history and science.

LifeBotanica embodies the realization that holistic healing is an essential component of wellness.

Our focus is to help your body achieve harmony and optimal holistic health through detoxification products and program. Everyday stress and the food we eat make it hard to maintain balance and put a great strain on our body's normal functions.

Stress and toxins affect the digestive, circulatory and excretory systems, resulting in metabolic disorders and fatigue.

LifeBotanica offers a simple approach to achieving balance with our natural botanical therapies.

Achieving Balance with LifeBotanica Detox:

Feel younger, more vibrant and more energetic!

This program provides a diet plan that supports mind - body connection.

When all three are in place you will experience "Mens sana in corpore sano" (healthy mind in a healthy body).

Are you tired, have low energy?

Had difficulty losing weight?

Have issues with digestion and constipation?

Have aches and pains?

It may be your diet. The average American diet is heavy in sugar, fat and carbohydrates causing an acidity imbalance. This in balance can age you faster, sap up your energy and cause many other issues.

In addition to diet, our lives are full of pollutants. We breathe polluted air; eat foods that are laden with pesticides and live stressful and hectic lives. These negatively impact our immune system, sleep and our energy levels.

The LifeBotanica Solution

LifeBotanica's program can help you restore youthful energy and reach your best health, help you make better food choices, relax and repair the toxin damage.

Fundamentals of LifeBotanica Detox program:

1. Diet information. Only 25% of us eat enough fruits and vegetables, the cornerstone of great health. We recommend the investment in organic fruits and vegetable when possible to help eliminate the toxins and pesticides found in so many fruits and vegetables.

2. Breathing exercises and relaxation techniques. You can live 2 weeks without food, 4 days without water, but only minutes without air? We have two powerful lungs and simple breathing techniques can help you relax, restore energy, aid your digestion and more.

3. Exercise and sweat. Our body is designed to detoxify with sweat. Exercise moves oxygen through the body, helping us sweat and detoxify, burn more calories and therefore have more energy. We will give you simple tools to help you regain the body you deserve. Our yoga primer will help you re-discover your body, stretch your muscles and relax.

4. Nutritional support. Your kidneys, liver, lungs and digestive tract are the powerhouse organs to help you repair, rejuvenate and eliminate. LifeBotanica supplements can help provide added support to help your body defend itself by day and repair by night, for maximum detoxification and rejuvenation.

5. Sleep. The majority of your repair is done at night, yet most of us get little sleep. We provide tips and tools to help your body relax and rest for maximum results.

6. Energy healing. The energy in your body can be rebalanced via "chakra" healing. Three sessions will help you feel energized and ready to take on the day.

7. Massage therapy. Did you know that massage can help release the toxins built up in the blood and help you repair? This is why athletes use the power of massage to help them recover from exercise. It can help you feel better, lighter and happier.

8. Skin care. Your skin is the largest organ in your body. Don't' take it for granted. Our Detox facials and body care can help you feel and look your best.

Program options. 7 day or 21 day Detox programs are available.

References:

The Raw Food Detox Diet by Natalia Rose

Healing with Whole Food by Paul Pitchford

Eat To Live by Joel Fuhrman, M.D.

Ultra Metabolism by Mark Hyman, M.D.

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*** Special Contribution by Michele Loesch ***