

Metal Clearing Cilantro Chelation Pesto:

For heavy metal toxicity:

4 cloves garlic

1/3 cup Brazil nuts (for Se)

1/3 cup sunflower seeds (cysteine)

1/3 cup pumpkin seeds (Zn, Mg)

2 cups packed fresh cilantro or Chinese parsley

2/3 cup extra virgin Olive oil

4 tbsp lemon juice (vit C)

2 tsp dulse powder (seaweed for minerals)

Braggs liquid aminos to taste

Blend oil and cilantro, add garlic, nuts, seeds, dulse, lemon juice and mix until a paste. Add a squirt of Braggs to taste and mix again. Store in dark glass jars if possible. Can freeze. Use to season foods.

Use daily for at least 3 weeks as an annual detox for Merc, Lead, Alum.

1 tbsp /day

Metal Clearing Alkaline Broth Soup

Ingredients:

- 2 sweet potatoes (high in beta carotene, alkaline)
- 2 onions (liver support, anti-bacterial)
- 4 carrots (high in potassium and beta carotene, alkaline)
- 3 celery stalks (alkaline, high in sodium)
- 2 zucchini (alkaline)
- 1 bunch parsley (kidney cleanser)
- 4 stalks asparagus (kidney cleanser)
- 2 cups organic spinach (rich in minerals, alkaline)
- 2 cups cilantro (pulls out heavy metals)
- 6 cloves garlic (liver support, anti-bacterial, anti-fungal)
- 2 tbsp turmeric (liver support, anti-inflammatory)
- 1 tbsp. dulse powder (rich in minerals, alkaline, restores thyroid)
- ½-1 tsp. cayenne (increases circulation)
- 1 tsp. black pepper
- 1 tsp. cloves
- 1 tsp sea salt
- Bragg's Liquid Aminos to taste (avoid if you have a soy allergy)
- 2 gallons filtered water

Chop vegetables. Fill large soup pot with water and add chopped vegetables. Add turmeric powder, dulse powder, and spices and bring to a boil. Simmer for 2 hours. Pour through a strainer into another pot. Compost the vegetables and keep the broth, or blend the vegetables separately and freeze them to add to another soup at a later date. The soup broth will keep for 4 days; you can freeze any extra in ¾ full glass jars.

Drink 1 liter of warm broth in divided doses, three times daily, i.e. at 8:00 a.m., noon and 5:00 p.m. Stir into each serving 1-2 tsp hemp protein powder.

After the 7 Day Cleanse, continue to have this soup several times a week, with or without the vegetables included, for another month to help with heavy metal detoxification.