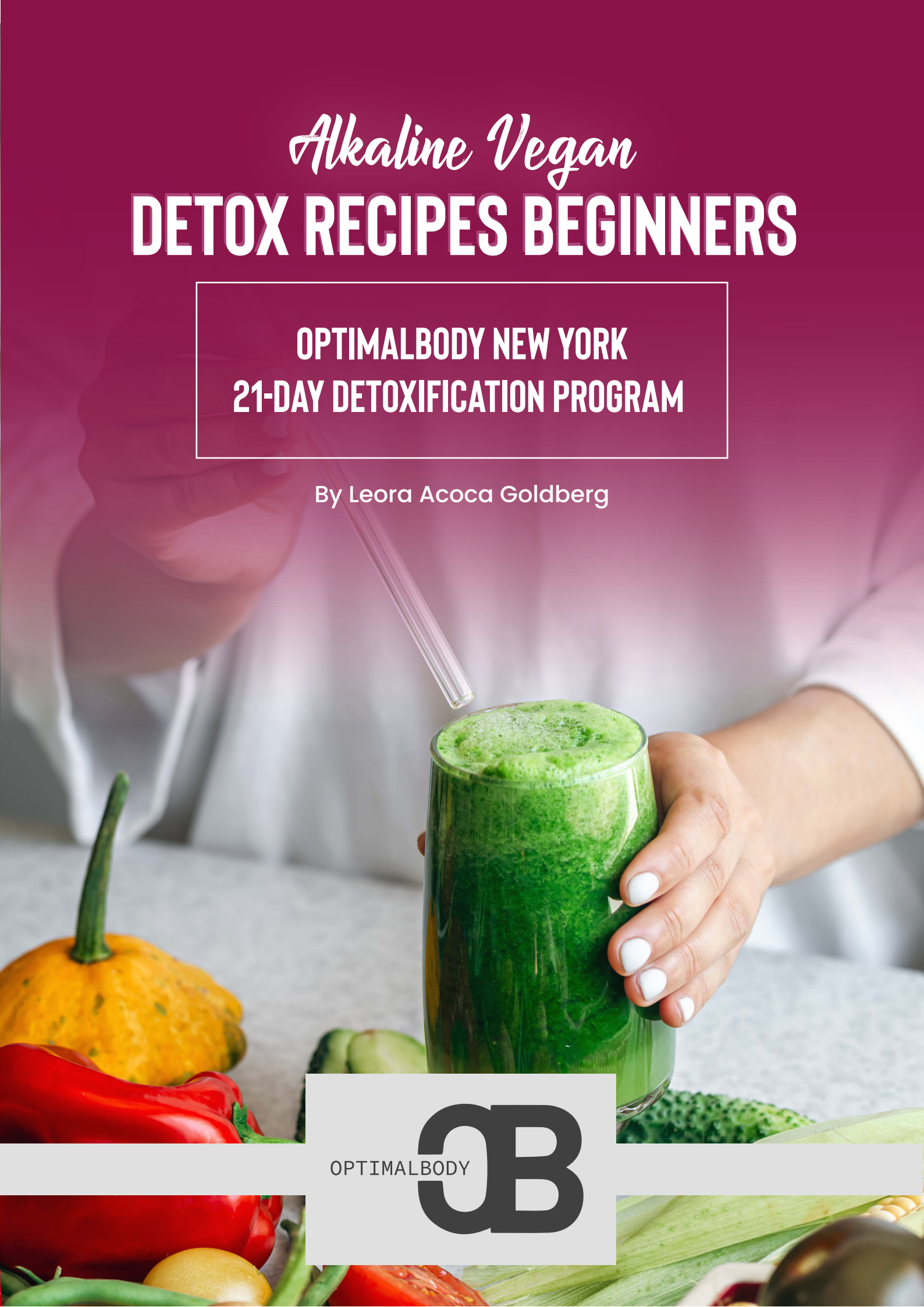


*Alkaline Vegan*  
**DETOX RECIPES BEGINNERS**

**OPTIMALBODY NEW YORK  
21-DAY DETOXIFICATION PROGRAM**

By Leora Acoca Goldberg



OPTIMALBODY



# INTRODUCTION:

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Optimalbody collection of detoxification, weight loss, and skin rejuvenation recipes. This guide focuses on recipes that help balance your body's pH by emphasizing foods that create an alkaline environment conducive to health and healing.

These recipes showcase a creative use of vegetables and seaweeds, providing a delightful culinary experience while boosting your health with essential nutrients. Enjoy these dishes as part of your regular meal planning to benefit from their health-enhancing properties. The vegan recipes have an alkaline pH that is more suitable for our bodies. In addition, foods that have an alkaline value are ideal for detoxification and cellular rejuvenation. Acidic foods should make up the smallest part of the diet. During the detox program, try to eat at least 80% of the foods on the alkaline side while keeping the remaining 20% acidic. However, try to choose foods and drinks that are not too acidic. You will find the pH level in the chart.



## ALKALINE FOCUS:

Ensure that 80% of your diet consists of alkaline foods to maximize detoxification and promote cellular rejuvenation. We provide a detailed pH level chart to help you identify and select suitable foods.

## AVOID ACIDIC FOODS:

Limit acidic foods, which can impede detoxification.

## AVOID OR MINIMIZE DURING YOUR DETOX THE FOLLOWING:

- ◆ Meat, fish, shellfish
- ◆ Dairy products, including cheese and yogurt
- ◆ Processed fats and oils (trans fats, margarine, saturated fats, hydrogenated oil, corn oil)
- ◆ Refined sugars and sweeteners
- ◆ Most nuts, except almonds
- ◆ Gluten and Yeast products, all White flour except occasional almond flour.
- ◆ Alcohol and caffeinated beverages (Limit consumption)



**FEATURED RECIPE:****GREEN HEALING JUICE**

This powerhouse juice is perfect for detox, weight loss, and enhancing skin health, made entirely from organic greens like celery, cucumber, and parsley, with a zesty kick from ginger and lime.

**INGREDIENTS:**

- ◆ 2 bunches of celery
- ◆ 2 large green apples
- ◆ 2 limes
- ◆ Fresh ginger
- ◆ 1 package of sprouted sunflower seeds
- ◆ A handful of parsley

**PREPARATION:**

- ◆ Use a juicer – Wash and place in Juicer.
- ◆ Drink it slowly for up to 30 minutes.





## ADDITIONAL RECIPES:

## 01 THE MEDICAL MEDIUM'S HEAVY METAL DETOX SMOOTHIE

According to the medical medium Anthony Williams, this smoothie is designed to include five key ingredients that work together to pull toxic heavy metals out of your organs where they accumulate. I believe that this smoothie is perfect for women who are experiencing breast implant illness symptoms and in need of a detox. This smoothie is essential after you have removed your breast implants, as you will likely have heavy metals in your system.

Toxic heavy metals are present in breast implants, foods, aluminum cans, aluminum foil, batteries, metal cookware, pesticides, herbicides, medications, makeup, scented candles, crowns over your teeth, teeth implants, and more. As a result, they are bleeding into our system for prolonged periods. This, Damages the liver, kidneys, and brain. It disrupts nerve function and the immune system. The neurotoxins can also inflame our brain, causing multiple symptoms that are typical of Breast Implant Illness, such as memory loss, brain fog, fatigue, and depression. Toxic heavy metals can also promote inflammation in the digestive tract, releasing poisons into our gut, which according to Anthony Williams feed the bacteria and viruses in the gut.



Heavy metals can create an overgrowth of multiple bacteria in our gut, resulting in bloating, abdominal pain, diarrhea, constipation (or both), and nutrient deficiencies.

Here is what makes it especially interesting for BII survivors- when viruses such as Epstein-Barr and shingles feed off toxic heavy metals, this can produce symptoms such as tingling, numbness, fatigue, anxiety, heart palpitations, ringing in the ears, dizziness, vertigo, eczema, rosacea and psoriasis, as well as neck pain, knee pain, foot pain, pain in the back of the head, and a variety of other aches and pains that are often attributed to other causes - Which are typically BII symptoms. Periodic detox as part of your lifestyle is essential in keeping your body in balance.

Removing them from our organs is relatively simple if we consume the right foods. Adding the following smoothie together with a mostly plant-based diet will help rid our body of heavy metals:

## SPIRULINA

Spirulina draws heavy metals from your brain, central nervous system, and liver. Take two teaspoons mixed in water, coconut water, juice, or the smoothie recipe below daily.



## BARLEY GRASS JUICE EXTRACT

Barley grass juice extract prepares the metals for complete absorption by the spirulina. This nutritious grass can draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Use 1-2 teaspoons mixed in water or your smoothie.

## CILANTRO

According to the medical medium, it goes deep into hard-to-reach places and then extracts the toxic metals



## FROZEN WILD BLUEBERRIES:

These help draw heavy metals out of your brain tissue. Wild blueberries are best because of their exceptional detoxifying capabilities. These antioxidants help reverse any oxidative damage done by the heavy metals. Eat at least one cup daily. You can also use wild blueberry powder if you can't access fresh or frozen wild blueberries.

## ATLANTIC DULSE:

Besides mercury, it binds to lead, aluminum, copper, cadmium, and nickel. The dulse is a powerful force for removing mercury on its own. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. 2 TBS daily







## MEDICAL MEDIUM HEAVY METAL DETOX SMOOTHIE RECIPE

### INGREDIENTS:

- ◆ 1 banana
- ◆ 2 cups wild blueberries
- ◆ 1 cup cilantro
- ◆ 1 cup orange juice
- ◆ 1 tsp barley grass juice powder
- ◆ 1 tsp spirulina
- ◆ 1 small handful of Atlantic dulse
- ◆ Optional: water to blend Dulse (¼ spoon)

### PREPARATION:

- ◆ In a high-speed blender, blend all ingredients until smooth. Add up to 1 cup of water if a thinner consistency is desired. Enjoy!

### NOTE:

This is a meal for itself, and the added superfood will cut your cravings.



## 02: CELERY JUICE

**Celery** is known to clean the liver and kidneys and is helpful in weight loss.

### PREPARATION:

1-2 organic bunches of celery washed and dried. Place it in your juicer and pour it into a glass jar or glass. Try to drink at least 16oz; aim for 34 oz daily.

### HEALTH BENEFITS

According to the medical medium - One of the greatest secrets inside celery juice that makes it so effective at helping all kinds of symptoms and illnesses is its undiscovered sodium cluster salts. These sodium cluster salts starve and fight off unwanted pathogens and bacteria-troublemakers that science and research don't yet know are responsible for many symptoms and conditions, including autoimmune diseases-and neutralize toxins, which are another key contributor to all kinds of illnesses. They also restore hydrochloric acid over time and help the liver to produce bile, both of which are critical not only for solid digestion but also to help kill off pathogens. These incredible sodium cluster salts are just one of the miraculous secrets celery juice holds inside.

Celery juice also helps with bloating, digestion, and weight loss. These blends function differently than the one Anthony William recommends as your most excellent tool for recovering your health: pure celery juice is taken on an empty stomach. Drinking celery juice first thing in the morning will also strengthen your digestion of the foods you eat for the rest of the day.



## 03: CARROT GINGER, TURMERIC, AND ORANGE JUICE

Turmeric and ginger roots have an anti-inflammatory effect. Both are also good for digestion. Turmeric improves the liver's ability to detox toxins. Ginger is excellent if you are coughing. Compounds in ginger are known to stimulate bile and saliva production and to increase mobility through the digestive tract. Ginger can help with digestion issues. This mix is also rich in vitamins A, C.



### INGREDIENTS:

- ◆ 10 carrots
- ◆ 2-4 inches ginger root
- ◆ Turmeric root 12 inches

### PREPARATION:

Place in your juicer and drink.  
Juice from 3-4 oranges

### NOTE:

Orange supports the body during the autumn and winter seasons. It is rich in vitamins C and A and will protect the body against.



## 04: BLENDED SOUP SALAD

This is one of my favorite dishes because it quickly hydrates your body with minerals, vitamins, and powerful antioxidants. It is powerful and highly nourishing, leaving you feeling full and happy.



### INGREDIENTS:

- ◆ 2 cucumbers
- ◆ 1 ripped tomato
- ◆ 1 cup of Sunflower sprouts
- ◆ Handful of parsley
- ◆ One lemon pilled
- ◆ 1 red pepper

### PREPARATION:

Blend all ingredients in the Mixer and eat.

## 05: AVOCADO SMOOTHIE WITH GRAPEFRUIT SEED GSE EXTRACT:

This quick-healing green avocado smoothie is sugar-free and dairy-free. It is low in carbs and will not raise your blood sugar levels. Adding 20 drops of GSE (grapefruit seed extract) will heal the gut. In addition, the dense nutritional value has such an impact on the skin and a total rejuvenation effect on the entire body that it is a perfect healing meal by itself.

A nutrient-dense smoothie that supports gut health and skin rejuvenation, featuring avocado, lime, and grapefruit seed extract.



**INGREDIENTS:**

- ◆ 1/2 or 1 small avocado
- ◆ 6-8 lettuce leaves
- ◆ 1/2 lime without the skin  
a handful of sprouts and green fresh herbs
- ◆ 1/2 glass of cold water
- ◆ Twenty drops of grapefruit extract.

**PREPARATION:**

Place all ingredients in the blender and mix, add 20 drops of the extract to the smoothie.

**HEALTH BENEFITS**

Grape seed extract (GSE) is a dietary supplement made by removing, drying, and pulverizing grapes' bitter-tasting seeds. Due to its high antioxidant content, GSE can help prevent disease and protect against oxidative stress, tissue damage, and inflammation.

GSE may help reduce blood pressure, particularly in young to middle-aged people and those with excess weight.

GSE has been shown to improve blood flow and reduce the risk of blood clotting, which may benefit those with circulatory.

GSE may protect against oxidative stress and inflammation damage, thus promoting kidney health.

GSE may inhibit various microbes and offer protection against antibiotic-resistant bacterial strains, foodborne bacterial illnesses, and fungal infections like candida.

GSE appears to protect your liver.

Heal skin candida .

**NOTE:**

Adding supplements to the smoothie increases its healing potency and adds to its nutritious value.

## 06: GLUTEN-FREE ALMOND BREAD:

**A versatile, gluten-free bread made with almond flour and psyllium fibers, perfect for those sensitive to gluten.**

What is a Gluten free bread –Gluten is a general name for the proteins found in wheat (wheat berries, durum, emmer, semolina, spelt, farina, farro, graham), rye, barley, and triticale – a cross between wheat and rye. This recipe does not contain gluten and is free of traces of gluten. This protein, also known as lectin, can damage the intestines and may cause as many as 200 symptoms, from headache to bloating and weight gain, and may even compromise the immune system.

**INGREDIENTS:**

- ◆ 2 cups of almond flour
- ◆ 1/2 cup water
- ◆ 3 tablespoons coconut oil
- ◆ 3 tablespoons Psyllium fibers
- ◆ a pinch of sea salt

**PREPARATION:**

- ◆ Mix all ingredients.
- ◆ Place a large spoon of the mix on top of a baking sheet (brush it before with coconut oil to avoid sticking to the bread). Flatten the mix with a spoon to create small flat cookies, or place the entire mix on the baking paper and flatten it with the back of a spoon (approximately 1-inch thickness).
- ◆ Place it in the oven at 200 degrees
- ◆ Bake for about 15-20 minutes or until ready serve with honey or blueberry jam

**NOTE:**

This bread is flat and crunchy and very tasty.

## 07: VEGAN KETO SANDWICH

**A hearty sandwich with almond flour bread filled with tempeh, miso-tahini spread, and fresh sprouts.**

This vegan keto sandwich is made of toasted almond flour gluten-free bread. It will not leave you feeling deprived. On the contrary, its dense protein and good fats will keep you happy for a few hours.

### INGREDIENTS:

- ◆ Almond flour bread without yeast -well done, toasted
- ◆ 2-3 pieces of roasted or fried Tempe (fermented soy)
- ◆ Miso Tahini spread (look below)
- ◆ Alfalfa sprouts or sunflower sprouts -a handfuls and Lettuce

### PREPARATION:

- ◆ Spread the Tahini Miso on both slices.
- ◆ Add the Tempe (use coconut oil to fry the Tempe until it turns light brown).
- ◆ Layer the Sprouts and lettuce on top of the Tempe.
- ◆ Cover with the second slice of bread.





## 08: CREAMY RED VEGAN DRESSING

A vibrant dressing made with red peppers, cilantro, and a hint of cayenne, perfect for salads or dip.



### INGREDIENTS:

- ◆ 1-2 red pepper
- ◆ Cilantro
- ◆ 2 limes- juice
- ◆ 1 carrot
- ◆ 1 garlic clove
- ◆ 1 spoon of toasted sesame oil
- ◆ 1 tablespoon of almond butter spread
- ◆ A dash of cayenne pepper.
- ◆ 1 tomato -optional or 1 mango

### PREPARATION:

Add all the ingredients to the blender and blend (you may need to start by blending the red pepper and lime juice and then add the hard ingredients.

## 09: WARM MISO SOUP

A comforting soup that follows the principles of macrobiotic diets, featuring miso paste and a variety of root vegetables. This soup is rich in protein and enzymes and will help your digestion.

**PREPARATION:**

First, add the miso and stock it with the ingredients except the miso. Cook all vegetables and the Kombu in a large pot with 4-6 glasses of water. When the stock is ready, use some hot water to dissolve the miso. The rule is to add one spoonful of miso for each glass of water. When the miso is dissolved, you have two options: either to remove the cooked vegetables or keep it in the soup. Then add the miso paste to the soup, mix well, and cook on a low flame for another 3-5 minutes. The miso has living enzymes and good bacteria, and over-cooking will kill these good bacteria.

Serve with garnished greens or chopped green onion and topped with lemon juice. Select a light brown Miso color from the Health store (Miso -not from wheat).





## 10: HIJIKI SEAWEED CARROT DAIKON SALAD

This nutritious root salad is enriched with hijiki seaweed, known for its high mineral content. These include iron, calcium, and magnesium, which aid digestion and prevent anemia. Regular consumption will improve your digestive patterns.

### INGREDIENTS:

- ◆ 1-2 cups hijiki, soaked and softened
- ◆ 1-2 tablespoons Bragg Liquid Aminos or natural soy sauce
- ◆ 2 carrots, julienned
- ◆ 1 tablespoon mirin
- ◆ 4-5 dried shiitake mushrooms, sliced
- ◆ 1 daikon, julienned
- ◆ 1 tablespoon toasted sesame oil
- ◆ A dash of cayenne pepper
- ◆ 1 small red onion, sliced
- ◆ Juice of 1 lemon

### PREPARATION:

- ◆ Soak the hijiki and shiitake mushrooms in separate bowls until soft. Drain and squeeze out excess water.
- ◆ Combine all ingredients in a large bowl. Toss with lemon juice and sesame oil.
- ◆ Serve as a refreshing side dish. Recommended serving: 2 tablespoons daily.





# 11: RED CABBAGE HIJIKI SESAME SALAD

This vibrant salad is a delightful mix of textures and flavors, offering a nutritious boost with every bite.

## INGREDIENTS:

- ◆ 1/2 head red cabbage, thinly sliced
- ◆ 1 medium daikon or parsnip, julienned
- ◆ 1-2 medium carrots, julienned
- ◆ Juice of 1 lemon
- ◆ 1 tablespoon Bragg Liquid Aminos
- ◆ 3 tbs dried hijiki seaweed
- ◆ 2 tablespoons sweet white miso paste
- ◆ 1 teaspoon rice vinegar
- ◆ 3 tablespoons toasted sesame oil
- ◆ 2 tablespoons green seaweed or finely shredded nori
- ◆ 4 tablespoons toasted white sesame seeds
- ◆ A handful of lightly roasted almonds, crushed

## PREPARATION:

- ◆ Chop all vegetables and toss aside
- ◆ Prepare the dressing by mixing miso, ume vinegar, rice vinegar, Bragg Liquid Aminos, and spices in a small bowl until creamy.
- ◆ Presoak hijiki in water until soft, then drain the water.
- ◆ In a large bowl, combine all chopped vegetable hijiki and toss with lemon juice and dressing.
- ◆ Toast sesame seeds in a dry pan, then add to the salad along with crushed almonds.
- ◆ Garnish the salad and serve immediately.



## 12: POTATO CELERY SALAD

A simple yet satisfying dish, perfect for a quick meal or a healthy snack.

### INGREDIENTS:

- ◆ 2 medium boiled potatoes, cubed
- ◆ 1 cucumber pickle, diced
- ◆ 1 small red onion, chopped
- ◆ A handful of cilantro, chopped
- ◆ 1 carrot, finely diced

### PREPARATION:

- ◆ In a large bowl, mix all ingredients. Season with Bragg Liquid Aminos, dulse flakes, and lemon juice.
- ◆ Add a tablespoon of oil if desired. Mix well to combine.
- ◆ This salad can be refrigerated for 1-2 days, making it a great make-ahead dish.



## SERVING SUGGESTIONS AND TIPS:

Each recipe includes specific preparation tips and variations to help you customize the dishes to your taste and nutritional needs. Add as many greens to your foods that will induce weight loss and toxins elimination.

- ◆ Embrace a healthier lifestyle with these alkaline vegan recipes that nourish the body and help it cleanse and rejuvenate. Follow our guide to transform your eating habits and enjoy the benefits of a balanced, detoxified body.
- ◆ The general rule during the detox is that fatty meats, dairy products, sweets, alcohol, salty foods, and tobacco are to be eliminated. Building up blood and internal organs. As a result, the skin becomes beautiful .
- ◆ ADD SUNFLOWER SPROUT WHENEVER YOU CAN TO YOUR SALAD, juice, or smoothie – Sunflower sprouts contain a balanced supply of essential amino acids and are rich in vitamins A, D, E, and B complex, including folate. They also boast high levels of potassium, calcium, magnesium, and iron. Sprouting sunflower seeds activates the powerhouse nutrition contained in the seeds at a reduced calorie count. Parsley helps detox the kidneys and is particularly rich in vitamins A, C, and K.
- ◆ The vitamins and beneficial plant compounds in parsley may improve bone health, protect against chronic diseases, and provide antioxidant benefits. It's High in Nutrients.
- ◆ Cucumbers are low in calories but high in many important vitamins and minerals. containing vitamin C, k, potassium, and antioxidants. Cucumber helps with weight loss and hydration of the skin, thus creating glowing skin.
- ◆ The Ginger root contains gingerol, which has powerful medicinal properties. It treats many forms of nausea, especially morning sickness. It also helps with weight loss and with osteoarthritis. Ginger drastically lowers blood sugars and improves heart disease risk factors while also treating chronic indigestion.
- ◆ Celery juice is most powerful when you drink it solo. While it's great to consume other green or vegetable juices and add spinach, kale, parsley, cilantro,