

Filtered Water

Drink 2.5 to 3 liters or gallons of filtered water daily. Fill a 2-gallon glass jug with chlorine-free water and drink it, plus a little more, throughout the day.

HEALTHY RECIPE***Metal Clearing Alkaline Broth Soup***

- 2 sweet potatoes (high in beta carotene, alkaline)
- 2 onions (liver support, antibacterial)
- 4 carrots (high in potassium and beta carotene, alkaline)
- 3 celery stalks (alkaline, high in sodium)
- 1 bunch parsley (kidney cleanser)
- 6 stalks asparagus (kidney cleanser)
- 2 cups organic spinach (rich in minerals)
- 2 cups cilantro (pulls out heavy metals)
- 3 cloves garlic (liver support, antibacterial)
- 2 gallons filtered water
- 2 tbsp turmeric (liver support, anti-inflammatory)
- 1 tbsp dulse powder (rich in minerals, alkaline, restores thyroid)
- 1 tsp cayenne (increases circulation)
- Brown rice miso (or freshly ground flaxseeds if intolerant)

DIRECTIONS

Chop vegetables. Fill large soup pot with water and add chopped vegetables. Add turmeric powder, dulse powder, and cayenne. 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. Mix 2 tsp miso in a cup with 2 tbsp of the soup broth and stir until it dissolves — then add this amount to each bowl of soup before serving. The miso should not be boiled. If you do not tolerate miso or if you have a problem with candidiasis, substitute freshly ground flaxseeds for the miso. The soup broth will keep for 4 days; freeze any extra in half full glass jars.

SERVING

Drink 2–3 cups of warm broth three times daily, at 8:00 a.m., noon, and 5:00 p.m. for 1 week. Continue to have this soup several times a week, with the vegetables included, for another month to help with metal detoxification.