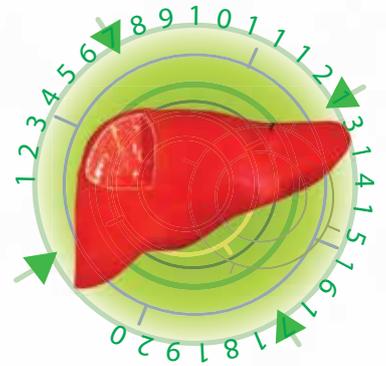


# Dr Sandra Cabot's Vital Principles for Liver Cleansing





An unhealthy liver can:

- ruin your health
- make you overweight
- stop you from losing weight
- make you diabetic
- cause cirrhosis and liver failure

I have been practicing medicine for almost 40 years and, during that time, have seen patients heal themselves from so called “incurable” diseases and dozens of common and chronic health problems when they concentrated on improving their liver function. And, unfortunately, I have also seen patients lose their lives because of liver failure.

The truth is, in most cases, serious illnesses do not happen overnight.

Your body produces warning signs and symptoms of a potential or evolving health problem. The problem is that most people don't know how to interpret or detect these signals early enough to do anything about them.

Liver disease is an emerging epidemic and education and knowledge are the most powerful tools we have available today to prevent it.

I am happy to share some of my liver cleansing tips and healthy eating guidelines with you and hope you enjoy incorporating them into your daily life.

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# liver cleansing the twelve vital principles

## Think raw

Eat plentiful amounts of raw fruits and vegetables, especially dark green leafy vegetables and orange, yellow, purple and red colored fruits and vegetables. Thirty to forty percent of the liver diet should consist of raw fruits and vegetables. Try to eat some raw fruits or vegetables with EVERY meal, as they contain living enzymes, vitamin C, natural antibiotic substances and anti-cancer phyto-nutrients. Great recipes can be found in my award winning book, "The Liver Cleansing Diet".

## Oil but don't grease your body

Avoid the fats that present a high workload for the liver and gallbladder. These include margarines, processed vegetable oils (hydrogenated fats), deep fried foods, foods that are not fresh and contain rancid fats, preserved meats and fatty meats.

Healthy fats are found in cold pressed oils (e.g. olive, coconut, avocado and macadamia), avocados, fish (especially oily fish such as salmon, tuna, sardines, herring, cod, flounder, trout, bass and mackerel), raw fresh nuts, raw fresh seeds such as flaxseeds (linseeds), sunflower seeds, chia seeds, sesame seeds, hemp seeds, alfalfa seeds, pumpkin seeds and legumes (beans, peas and lentils). Seeds such as flaxseeds can be ground freshly everyday (in a regular coffee grinder or food processor) and can be added to cereals, smoothies, fruit salads and vegetables.

Do not use margarine on your breads and crackers. Replace it with tahini, hummus, pesto, tomato paste or freshly minced garlic and cold pressed oil (chilli or other natural spices can be added if enjoyed), nut-spreads, fresh avocado or cold pressed olive oil. Butter may be used as a spread but spread thinly. The good fats are essential to build healthy cell membranes around the liver cells. As we get older we need to "oil our bodies and not grease our bodies".



## Be diverse

Consume a diverse range of proteins from raw nuts, seeds, legumes, eggs, yogurt, cheese, seafood and, if desired, free range chicken and lean fresh red meats. If you do not want to eat red meat or poultry this is quite acceptable as there are many other sources of protein.

It is safe to be a strict vegetarian (vegan), however you need to take supplements of vitamin B12, iron, taurine and glutamine to avoid anemia and a weak immune system. To obtain first class protein, strict vegetarians need to combine 3 of the following 4 food classes at one meal – grains, nuts, seeds and legumes; otherwise valuable essential amino acids may be deficient. If your body is lacking amino acids you will be fatigued and you may suffer with mood changes, reduced cognitive function, hypoglycemia, poor immune and liver function, and hair loss. I have met many strict vegans who felt unwell because they were lacking amino acids, iron and vitamin B 12 and, after supplementing with these nutrients and modifying their diets, they quickly regained excellent health.

## Watch that sweet tooth

Use natural sugars from fresh fruits, honey, date sugar, coconut sugar, maple syrup or rice syrup. If you have a fatty liver, it is best to limit use of any sugar - even these natural types of sugar - to very small amounts and only use them as a treat. Avoid refined white sugar, candy, soda drinks, cakes and cookies made with refined sugars.

If you find you crave these foods on a regular basis you may have the very common metabolic imbalance of insulin resistance known as Syndrome X. By following our eating principles and taking a supplement such as Glicemic Balance to rebalance the metabolism, you can get cravings under control; this makes weight loss much easier.

## Rehydrate your body

Drink large amounts of fluids such as water, raw juices and teas (green tea, herbal and regular weak tea is fine). Aim for two litres of fluid daily as this will prevent constipation problems and help your kidneys to eliminate the toxins that the liver has broken down.

Use a household water filter. Water filters with sub-micron, solid carbon block filters are able to remove parasites and many toxic chemicals. Shop around and take a look at different types of filters before you buy and get professional advice as technology is improving rapidly.

The liver is the major organ involved in detoxification, however it is still important to support the other body organs of elimination. The skin and the kidneys eliminate toxins through sweating and urine and this is why saunas and a high intake of filtered water can reduce symptoms of toxic overload.

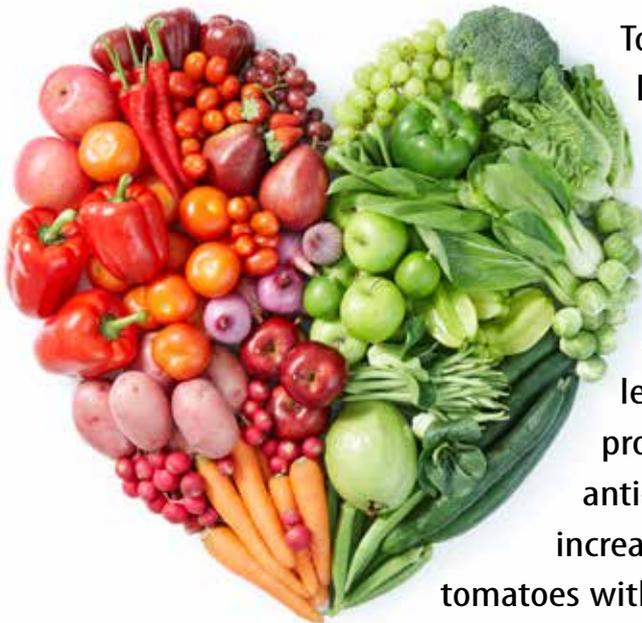


## Let food be your medicine

Many diseases can be overcome by eating healing foods that contain powerful medicinal properties. Optimal health and the prevention of disease is only possible by including these healing foods regularly in your diet. The healing substances found in certain foods or therapeutically active chemicals are known as phyto-chemicals.

The culinary habits of different cultures have been recognized for decades as being influential in the incidence of diseases and longevity. Mediterranean countries have a lower prevalence of cardiovascular diseases because of the protective effect of traditional Mediterranean foods, such as olive oil, tomatoes and legumes.

Broccoli and other vegetables in the cruciferous family are known to reduce the risk of bowel cancer, but it is only recently that scientists have isolated the phyto-chemicals which confer this protection. Broccoli has been found to contain a phyto-chemical called sulphoraphane, which enhances the phase two-detoxification pathway in the liver. Sulphoraphane has also been found to block mammary tumor formation in rats.



Tomatoes contain a powerful antioxidant called lycopene which, according to a paper published in the American Journal of Clinical Nutrition (1997:66:116-22), is the most powerful of all the dietary carotenoids. The researchers found that the dietary intake of lycopene was linked to a lower risk of prostate problems. They also found that higher levels of lycopene in the blood lowered the risk of cell proliferation, which would theoretically exert a powerful anti-cancer effect. Cooking or chopping tomatoes increases the absorption of lycopene into the body. Eating tomatoes with oil increases the availability of the lycopene to the body, which is another reason that Mediterranean cuisine confers health benefits.

Beets are a beautiful deep purple color because they contain the antioxidant anthocyanidin. Constituents of beet have been shown to exert anti-viral and anti-tumor effects in animal studies. Other foods, which also exert these properties, although to a lesser degree, are red and green bell peppers, red onion, paprika and cranberry. These foods contain healing phytonutrients such as carotenoids, capsanthin and anthocyanins.

All legumes such as beans, peas and lentils contain beneficial phytoestrogens (plant hormones), which lessen the risk of certain types of cancer.

Asian and Mediterranean cuisines are now integrating themselves into the old fashioned Western diet which consisted of meat, bread and four vegetables. This new culinary multiculturalism has proven benefits for our health and also for our enjoyment.

A wide range of Asian foods is now available from supermarkets and fruit and vegetable stalls as well as Chinese grocery stores. Typical Asian foods and vegetables such as ginger, chilli, garlic, Chinese water spinach, bok choy, lemongrass, coconut, turmeric, curry, Chinese mushrooms and many others can be experimented with, and gradually introduced into the liver diet if you want to expand the horizons of your taste buds.

## Take a liver tonic every day

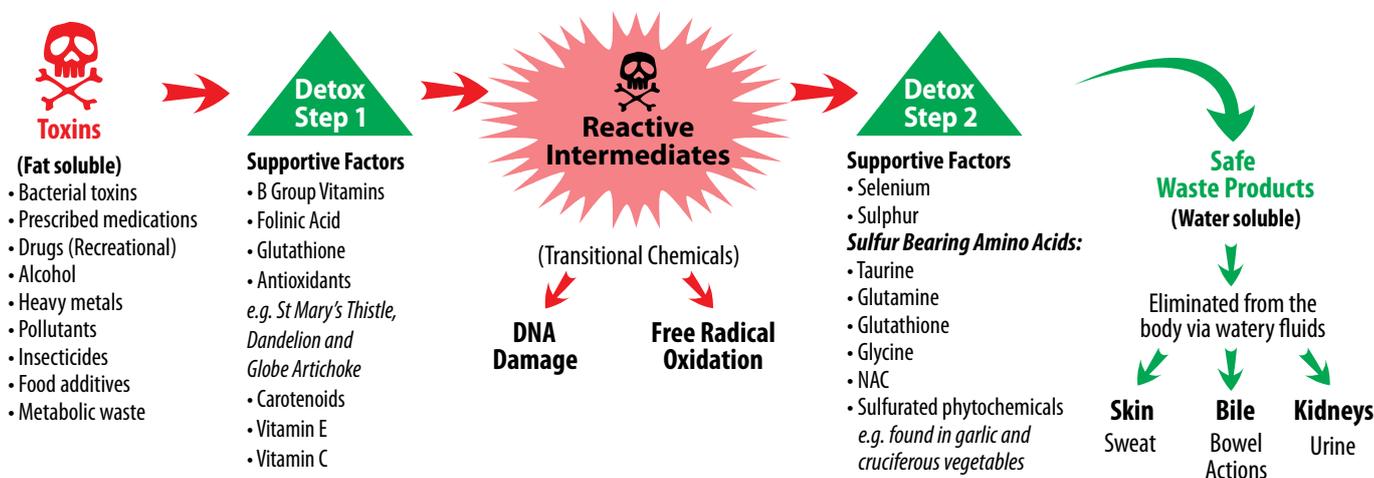
Scientifically formulated liver tonics such as LivaTone Plus promote the repair of damaged liver cells and facilitate the fat burning and detoxification functions of the liver; they can also speed up weight loss.

LivaTone Plus now also contains the activated form of folic acid – this is called L-methyl folate or folinic acid and it helps the most important biochemical process in the body known as methylation. Methylation is a natural chemical process which occurs in a cycle in your body's cells. Methylation is vital to enable your cells to make other substances work correctly and is one of the body's most important and most common chemical processes.

The process of methylation occurs in all the body's cells but is especially crucial to healthy liver function. When a substance receives its methyl group it can go out in the body and perform its functions. If your body is slow or inefficient at making this cycle happen correctly, you will be prone to depression, anxiety, inflammation and fatigue and many other problems.

Methylation is a primary method of removing toxins in the phase 2 liver detoxification process. Methylation converts toxins of all kinds from insoluble or fat-soluble compounds into water soluble compounds. Once these toxins are made water soluble they can then be easily eliminated from the body via watery fluids such as the urine, sweat and bile. If this does not occur these toxins cannot be eliminated and build up in the body.

## Detoxification Pathways in the Liver



© Liver Doctor

## Think natural

Avoid artificial chemicals and toxins such as insecticides, pesticides, and artificial sweeteners and colorings, (especially aspartame), flavorings and preservatives.

Choose natural and chemical free cosmetics.

## Go organic

Although it is ideal to be able to purchase and consume organic products, this may not always be feasible or possible because of financial or logistical reasons. Please do not become too stressed by this, as even if the food you consume is NOT organic, the types of food you eat are even more important!

Not many people want to eat fruits and vegetables that have been sprayed repeatedly with insecticides and fungicides, ripened with ethylene gas and perhaps waxed with an insect secretion. It is a little off putting while biting into your lovely red juicy steak to think that this animal may have been fed antibiotics and the ground-up remains of thousands of dead animals, and had potent sex hormones implanted into it to accelerate its growth.

Organic food is sometimes called biodynamic food and is produced without synthetic herbicides, insecticides, fertilisers, post-harvest fungicides, antibiotic growth-promoters, or size enhancing hormones.

It relies upon Mother Nature's forces, recycling of nutrients and sustainable methods of production.

Foods certified as organic must be grown on farms that are inspected and fully certified according to a stringent set of standards. Packaged and/or processed organic foods are free from artificial preservatives or additives, and should not contain irradiated or genetically modified ingredients.

Why not start your own vegetable garden? A great way to get the ball rolling is to plant some herbs, either in the ground or in pots, as they are quick and easy to grow and can be added to salads and other dishes for flavor and goodness.



## Keep your bowels moving

Avoid constipation by having plenty of fiber, found in unprocessed food and raw and cooked fruits and vegetables.

One really good trick to keep your bowels moving is to grind flaxseed (linseed), sunflower seeds and almonds (LSA), in a blender or coffee grinder to produce a fine powder, and eat 1 to 2 tablespoons of this powder daily. You can add chia and hemp seeds to increase the fiber content of the powder. Add this powder to smoothies, vegetables, soups, cereals and fruit salads.

Another excellent source of fiber to improve your bowels is called FiberTone powder; add this to juices, water or cereal. Sweet corn, either raw or lightly cooked, is an excellent source of bowel cleansing fiber. Fiber acts like a broom in your bowels and sweeps their walls clean of accumulated layers of waste products, which can then be eliminated in the bowel actions (feces).

## Be a gourmet, not a gourmand

Be selective and aim for food taste and quality, instead of quantity.

Chew slowly so that you can tune into the subtle tastes of natural foods, oils, spices and herbs. Do not overeat, and listen to the messages from your body. When you feel full and satisfied, stop eating. Consistently overeating greatly increases the workload of the liver, and this may reduce its capacity to detoxify harmful substances efficiently. Overworking the liver also reduces its ability to burn fat so that you will be more likely to develop a fatty liver. Many people unwittingly dig their grave with their teeth.

## Pamper your liver

Eat foods to increase nutrients beneficial to liver function. These are:

- Vitamin K and folic acid – green leafy vegetables, alfalfa sprouts and fresh green herbs such as cilantro, basil, parsley, oregano and watercress.
- Glutamine – this amino acid helps the liver to detoxify ammonia, which is a toxic waste product of protein metabolism. This is best taken in powder form in cool beverages as glutamine is damaged by heat. Glutamine combined with selenium improves the function of the most powerful antioxidant in the liver, namely glutathione.



- Antioxidants – found in fresh raw juices such as carrot, celery, beets, dandelion, apple, and green drinks like wheatgrass and barley-grass juice. Fresh fruits are best eaten whole or in smoothies. Most fruit is too high in sugar to use in your raw juices (except in small amounts) - the exception being citrus fruit such as lime, lemon and grapefruit which are great for your liver.
- Selenium – sources of selenium are Brazil nuts, kelp, brown rice, molasses, seafood, wheatgerm, garlic and onions. Many people need to take selenium as a daily supplement to ensure their body gets enough of this vital antioxidant, as soils are often extremely depleted.
- Methionine – is essential for detoxification. Is found in legumes, eggs, fish, garlic, onions, seeds and meat.
- Essential fatty acids – oily fish, cod liver oil, and fish oil. Seafood may be fresh, canned or frozen such as sardines, salmon, mackerel, tuna, trout, mullet, calamari, tailor, herring, blue eye cod and gemfish.  
Fresh avocado, fresh raw nuts and seeds, eggplant, flaxseeds (linseed) chia seeds and hemp seeds.
- Natural sulfur compounds – are found in eggs (preferably free range), garlic, onions, leeks, shallots and cruciferous vegetables such as broccoli, cauliflower, cabbage and Brussels sprouts.



## Practice good hygiene

The liver filter removes micro-organisms from the blood stream, which prevents them from getting deeper into the body where they may cause serious infections. To avoid overloading the liver filter it is important to avoid eating foods that are contaminated with high loads of unfriendly or dangerous (pathogenic) micro-organisms.

Although standards of living and sanitation have improved, cases of food poisoning from parasites, bacteria and viruses have been gradually increasing. This is often due to poor hygiene, such as inadequate cleansing of areas where food is prepared and stored, and lack of hand washing before preparing and eating food. This is more common today because people have a false sense of security brought about from antibiotic drugs, however, many new viruses and pathogenic bacteria resistant to antibiotics are emerging.

People are eating out more and there is less cooking done in the home so it is difficult to control standards of food preparation for your family. People purchase foods from supermarkets where food may have travelled long distances and be stored or refrigerated for long periods, picking up microorganisms along the way.

Many processed foods contain preservatives, which do not eradicate microorganisms, but merely keep them in a dormant state. When this food gets into your intestines, the preservatives are diluted and the bugs start to multiply.

This is why it is important to purchase only fresh high quality foods. The risk of food contamination is increased by long storage times, the number of people who handle and package food, and inadequate cooling and re-heating temperatures.

### Tips for good hygiene

- Wash your hands thoroughly with soap and hot water before preparing and eating food, and after handling any raw meat or seafood. Brushing under the nails with a nailbrush can remove inaccessible bacteria. Wash kitchen utensils such as cutting boards, grinders, juicers, and blenders and can openers thoroughly after each use. Replace cloths, bottlebrushes, pot scratchers and sponges used to wash dishes frequently.
- Only purchase fresh foods and avoid foods that are moldy or look too old. Avoid processed or preserved meats such as hamburger meat, ham, smoked and pickled meats and fish, beef jerky, bacon, sausages, cabanossi, pizza meats, corned beef, meat loaf, rolled meats as found in delicatessens, and seafood that has been mishandled or poorly stored.
- Do not let food stand in warm temperatures for more than two hours.
- Hot foods should be cooled quickly at room temperature and then refrigerated, because gradual cooling allows microorganisms to grow. For the same reasons, do not eat food that has been cooked, cooled and reheated more than once. It is times like these that pet dogs and cats are great for recycling food.
- Refrigerate raw meat, seafood or chicken as soon as possible to reduce bacterial multiplication.
- Defrost poultry, seafood or meat in a microwave oven or overnight in the refrigerator and not on a counter.
- Cook all poultry, seafood and meat thoroughly because the centre of the food must reach 160°F to kill bacteria.
- Store raw meat and poultry at a lower level in the refrigerator to avoid their juices contaminating other foods.
- Always refrigerate eggs and foods containing eggs, and discard eggs with cracks.
- Avoid nuts with mold on their shell/kernel, or those with a bitter taste.
- Boil for 5 minutes all tap water used for drinking, food preparation and cooking.
- Use antiseptics when cleaning the toilet, bath and shower recess. Tea tree oil and eucalyptus oil have useful antiseptic properties. Avoid sharing toothbrushes and razor blades, as serious blood borne infections can be transmitted this way.



## pantry essentials

- Organic apple cider vinegar
- Synd X Slimming Protein powder
- Coconut milk and coconut cream
- Onions and garlic
- Tamari or soy sauce
- Beans, lentils and chickpeas
- Green superfood powder such as Nutrasumma Greens
- Brown rice, quinoa and amaranth
- Oils - Cold pressed virgin olive, flaxseed, walnut, coconut or macadamia
- Tahini or hummus, nut butters e.g. peanut, almond, hazelnut, cashew or macadamia
- Herbs (dried and fresh) and spices such as turmeric, cumin, oregano, thyme, parsley, cilantro and paprika
- Nori and dried seaweeds such as kombu, arame, dulce, wakame
- LSA (ground linseed, sunflower seed and almond)
- Raw nuts and seeds – almonds, walnuts, cashews, Brazil, hazelnuts, pine nuts, sunflower, chia, pumpkin and hemp seeds
- Canned fish – salmon, sardines, mackerel and tuna
- Teas - green tea, liquorice, peppermint, chamomile, dandelion, ginger tea and rooibos



# refrigerator basics

- Eggs - free range
  - Parsley, cilantro, basil and mint
  - Avocados
  - Grass fed (preferably organic) beef, lamb and free-range chicken
  - Cruciferous vegetables - cauliflower, broccoli, broccolini, Brussel's sprouts, red and green cabbage
  - Lemons, limes and oranges
  - Hummus and babaganoush dips
- Black and green olives
  - Dark, leafy greens – spinach, watercress, mustard greens, pak choy, choy sum, bok choy and other Asian greens
  - Bitter greens – rocket and radicchio
  - Plain (unsweetened) plain or Greek yogurt
  - Beets, carrots, celery, fennel, globe artichokes, asparagus, green beans, sugar snap peas and snow peas
  - Sprouted beans – alfalfa, mung bean sprouts, sunflower sprouts and snow pea sprouts
  - Fresh fish (locally caught whenever possible) - salmon, sardines, mackerel, tuna and white fish (not basa due to contamination risk)
  - Sweet potato and pumpkin, corn, bell pepper (red and green), tomatoes, eggplant and red radish
  - Ginger
  - Dijon and seeded mustards
  - Cheeses - ricotta, fetta, plain cottage only (sheep, goat or cow) and aged cheeses
  - Berries, watermelon, pineapple, pear and apples
  - Leeks and shallots

# super quick shopping list

- Free range eggs
- Vegetables - lettuce (all types), carrots, tomatoes, onions, broccoli, spinach, kale and cucumber. Garlic cloves (use in salad dressings and cooking) - pop a couple of cloves into the garden and grow your own!
- Fruit - berries, apples, grapes, plums, oranges, lemons and avocado
- Raw nuts and seeds - raw almonds, raw cashews, pine nuts, chia seeds, hemp seeds, sunflower seeds and pepitas
- Grass fed red meat
- Free range chicken, duck or turkey
- Oils - cold pressed - extra virgin olive, macadamia or coconut
- Cheese - goat, sheep or cow (e.g. ricotta, feta, parmesan, romano, aged cheddar)
- Greek or plain yogurt
- Canned salmon, tuna, sardines and mackerel (for lunches on the run!)
- Fresh seafood (locally caught where possible) - fish (not basa due to contamination risk), prawns, calamari and canned seafood
- Vinegar - organic apple cider and balsamic
- Brown rice



# detox superfoods

The foods listed below will give you an extra boost when detoxing - try to include some in your diet every day!

- Globe artichokes, olives, parsley, onions, garlic, leeks, shallots, turmeric, ginger
- Broccoli, broccolini, cauliflower, white and red cabbage, watercress
- Bok choy, choy sum, other Asian greens, cilantro, parsley
- Carrot, celery, asparagus, red radish
- Bitter greens – rocket, radicchio
- Seaweeds – nori, kombu, wakame, arame, dulse, kelp – great in soups, stews, casseroles and some in salads (e.g. arame)
- Fruits especially citrus, blueberries, strawberries, apples
- Super greens – wheatgrass, barley grass, spirulina, chlorella
- Herbal teas - liquorice, peppermint, chamomile, dandelion, ginger, rooibos, fennel, rosehip or calendula tea



# what to avoid

- Processed meats and delicatessen meats such as cabanossi, devon, hot dogs, pepperoni, ham, canned meats, sausages or bacon
- Processed fats and oils - such as margarine, canola, peanut or vegetable oils, corn oil and palm oil
- Excess coffee (more than 1-2 cups per day)
- Processed Foods - contain many artificial preservatives and additives
- Gluten - approximately 1 in every 70 people are celiacs, however, research now shows that more and more people are suffering from Non Celiac Gluten Sensitivity. Find out more about this by reading Dr Cabot's book, "Gluten - is it making you sick or fat?"
- Sugar and white flour products
- Soda drinks, high energy beverages, diet soda drinks and artificial sweeteners especially aspartame (visit [www.dorway.com](http://www.dorway.com) for more information about aspartame)
- Deep fried foods and fast foods
- Recreational drugs, smoking and excess alcohol (more than 1 standard drink per day)
- Insecticides, pesticides, solvents and other chemicals
- Cooking with a microwave oven



# very important!

First thing on rising drink two large glasses of purified water with the juice of a fresh lemon, lime or grapefruit to cleanse the liver.

If you have time, extra benefit would be gained by having a raw vegetable juice made with carrot, celery and parsley or any other recipe from the recipes in this book or in my “Raw Juices Can Save Your Life” book.

Remember - you can make the juice in bulk and freeze it immediately. It will last for months in the freezer.

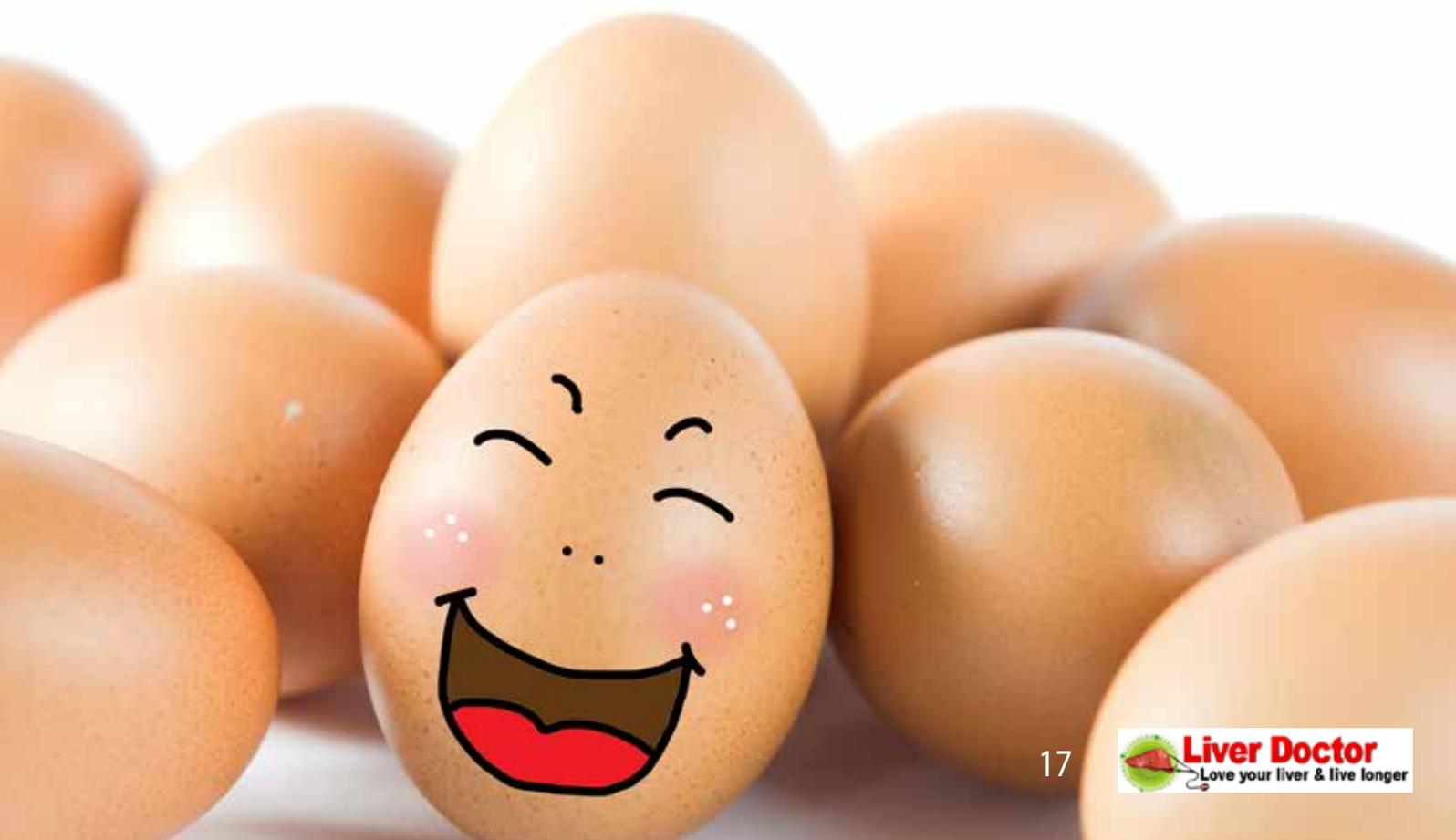


# breakfast ideas

Choose any one of the following -

- Plain unflavored acidophilus or Greek yogurt with 1 to 2 pieces of fresh fruit, LSA, hemp and/or chia seeds can also be added; if desired use a pinch of stevia powder to sweeten
- High protein unprocessed home made muesli - may need to be gluten free (see recipe overleaf)
- 2 to 4 eggs - poached, hard boiled, scrambled, easy over with a little cold pressed oil, or as a vegetable omelette
- Protein powder smoothie (see recipes for Synd-X protein powder shakes overleaf)
- Fresh fruit salad with handful raw nuts and seeds – sprinkle the fruit with 1 tbsp of Synd-X protein powder and 2 dollops of Greek yogurt
- If you aren't hungry, just have a raw vegetable juice - fasting is healthy and slimming

*You must have some raw vegetables and/or fruit with every breakfast - good choices are apples, pears, kiwifruit, oranges, cantelope, honeydew melon, watermelon, paw paw, pineapple (not canned), persimmons, grapefruit, stone fruits and berries of all types are the most slimming of all fruits (plums, blueberries, strawberries etc).*



# no grain, low carb, high protein breakfast cereal

*Mix together equal parts of:*

Whey protein powder or Synd-X slimming protein powder

Psyllium husks

Linseeds (flaxseeds), ground

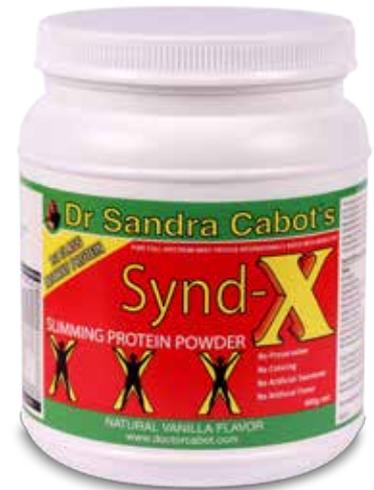
Pumpkin seeds, ground

Hemp seeds

Sunflower seeds

Chia seeds

Almonds, ground



*Mix psyllium husks, seeds and nuts together and add whey protein or Synd-X protein powder and mix well.*

*Best milks to use are: A2 cow's milk, goat's milk, coconut milk, rice milk or almond milk.*

*If you prefer you can use plain unflavored yogurt instead of milk.*

# protein smoothies

## Passionfruit Slimming

½ cup unsweetened plain acidophilus yogurt (dairy or coconut)

2 tablespoons Synd-X Slimming Protein Powder

½ mango, peeled and chopped

Pulp from 3 passionfruit

½ cup ice

*Place in a blender, blend until smooth - serve immediately.*

## Banana and Coconut

4 tablespoons canned coconut milk

¼ cup unsweetened plain acidophilus yogurt (dairy or coconut)

1 ripe banana, chopped

2 tablespoons Synd-X Slimming Protein Powder

4 tablespoons water

½ cup ice

*Place in a blender, blend until smooth. Sprinkle with nutmeg and cinnamon (helps to burn fat) - serve immediately.*

## Peach and Nut

1 medium peach, chopped

1 cup water

1 heaped tablespoon almond butter/paste

2 tablespoons Synd-X Slimming Protein Powder

*Place all ingredients in blender, blend until smooth. Scrape the sides of the blender with a spatula if needed. Add more water, or a pinch of stevia powder for your desired consistency and sweetness.*

## Berry Slimming

4 tablespoons canned coconut milk

2 tablespoons Synd-X Slimming Protein Powder

½ cup water

½ cup ice

1 cup berries (fresh or frozen)

*Place in blender, blend until smooth.*

# lunch and dinner ideas

*You must have a vegetable salad (dressing from cold pressed oil, lemon juice, lime juice or organic apple cider vinegar) and/or any cooked vegetables (including green vegetables and starchy vegetables such as potato, pumpkin, carrot, parsnip etc.) with all lunch and dinner meals.*



## Liver Cleansing and Healing Soup

Serves 4

- 8 cups water
- 2-3 tbsp of cold pressed olive oil
- 2 potatoes, chopped
- 3 tomatoes, chopped
- 2 carrots, chopped
- 2 beets, chopped
- 1 bunch sliced bok choy
- 1 large red onion, chopped
- 1 leek, chopped
- 1 inch ginger, finely chopped and peeled
- 1 clove garlic minced (optional)
- 2 cups mushrooms , sliced
- 2 stalks of celery, chopped (incl. the tops)
- 2-3 fresh artichoke hearts (if in season)
- ¼ cup arame or wakame seaweed, chopped
- 1 cup cooked beans or lentils

Add small amounts of celery seed, turmeric, pepper and miso (or tamari) to taste

*In a large saucepan add the oil and bring to a moderate - high heat. Add the celery (plus tops), ginger, turmeric, tomato, potato, carrots, beets, onions, celery seed and garlic and some pepper. Stir continuously so the vegetables do not stick to the bottom.*

*When the vegetables begin to brown carefully add the water. Bring to the boil then reduce the heat to a simmer. Add the seaweed, mushrooms, artichoke hearts, lentils/beans and stir. Simmer for about 2½ hours.*

*Add the bok choy 15 mins before you serve. Stir in the miso/ tamari to taste.*



## Spinach Salad

Serves 4

- 1 bunch small leaf spinach
- 4 tbsp sesame seeds
- 2 tbsp cold-pressed virgin olive oil or macadamia oil
- 1 tbsp lemon juice freshly squeezed
- 1 tsp soy sauce
- A dash of Tabasco or sambal olek (chilli paste) - optional
- 8oz can water chestnuts, drained, sliced
- 8 fresh button mushrooms, sliced



*Remove the spinach stems, wash thoroughly, dry in a clean tea towel and place in the refrigerator to crisp. Toast sesame seeds in a pan over moderate heat, shaking constantly. Remove from the pan and let cool.*

*Mix the oil, lemon juice, soy sauce, and Tabasco as dressing. Place the torn spinach leaves, water chestnuts and mushrooms in a salad bowl and coat with the dressing.*

## Chilli and Lime Fish

Serves 4

- 2 tbsp cold pressed olive oil
- 2 tbsp ginger, grated
- 1 tbsp fish sauce
- 2 tsp rice syrup or brown sugar
- 2 tbsp lime juice
- 2 tbsp sweet chilli sauce
- 2 cloves garlic crushed
- 2 bunches baby bok choy
- 4 snapper fillets washed  
(or fish of your choice)
- 1 cup cilantro leaves
- steamed jasmine or basmati rice



*Combine chilli sauce, lime juice, oil, sweetener, ginger, garlic and fish sauce. Add all but 2 tbsp of mixture to a wok and bring to the boil. Add bok choy, cover and cook. Stir until leaves are bright green and stalks feel tender (around 2 mins). Remove from heat and keep warm.*

*Brush the fish fillets with the leftover lime juice mixture. Grill for 2 to 3 mins on each side. Serve fish sprinkled with cilantro leaves on a bed of rice.*

*Place bok choy on the side of the rice.*

## Delicious Roast Vegetables

*Serves 4*

- 2 parsnips
- 1 leek
- 3 carrots
- 1 large turnip
- 1 large sweet potato
- 1 brown onion
- 2 sprigs fresh rosemary, chopped finely
- 2 bay leaves
- 2 tbsp cold pressed olive oil
- Sea salt and black pepper
- 1 tsp thyme
- 1 tsp mixed spice
- 1 tbsp tamari or soy sauce

*Cut all vegetables into thick strips like large potato wedges, except onion and leek. Slice onion into medium slices and leek into large pieces. In a large baking dish put oil and tamari and roll vegetables into this mixture, coating well. Add all the spices.*

*Bake in a moderate oven for 30 mins in covered pan. Remove from oven, stir and place back in oven, uncovered for 20 to 30 mins to brown.*

## Chicken and Cashew Stir Fry

Serves 4

- 2 tbsp olive or coconut oil
- 1 tsp sesame oil
- 16oz free-range chicken breasts, sliced
- 2 garlic cloves, crushed
- 1 inch piece ginger, peeled, finely grated
- 4 shallots, cut diagonally into lengths
- 1 red chilli, finely chopped
- 3½ oz snow peas, trimmed
- 3½ oz baby corn, cut into lengths
- 1 bunch broccolini, cut into flowerets
- 2 tbsp tamari or soy sauce
- ¼ cup roasted cashews



*Heat a wok over high heat until hot. Add ½ tbsp oil. When hot, add half the chicken. Stir-fry for 2-3 mins or until browned. Transfer to a bowl. Repeat with ½ tbsp oil and remaining chicken strips. Add last tbsp oil and sesame oil to wok. Add garlic, ginger, shallots and chilli. Stir-fry for 30 secs. Add vegetables and 2 tbsp water. Stir-fry for 2-3 mins or until broccolini is bright green.*

*Return chicken to wok with tamari. Stir-fry for 1 min or until combined. Stir through cashews.*

## Mushroom and Avocado Salad

Serves 4

- 2 tbsp lemon juice, freshly squeezed
- 1 large ripe avocado, peeled, chopped into chunks
- 3 large oranges, peeled and chopped
- 1 iceberg lettuce, washed and finely chopped
- 6oz fresh button mushrooms, thinly sliced and marinated (instructions below)

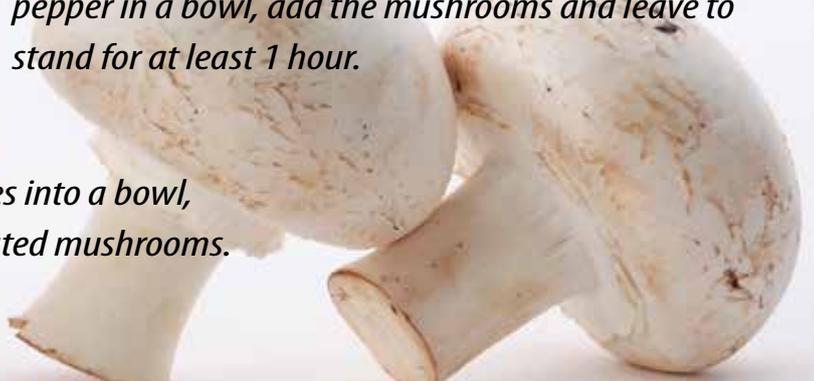
### Marinade:

- 5 tbsp freshly squeezed orange juice
- 1 tbsp finely grated lemon zest
- 1 pinch sea salt
- Freshly ground black pepper

### To marinate mushrooms:

*Mix together the orange juice, lemon zest, salt and pepper in a bowl, add the mushrooms and leave to stand for at least 1 hour.*

*Place the lemon juice, avocado, and oranges into a bowl, then toss together with lettuce and marinated mushrooms.*



## Eggplant with Red Lentils and Yogurt and Herb Sauce

Serves 4

2 medium eggplants

Olive oil spray

1 cup red lentils

1 tbsp coconut or olive oil

1 garlic clove, crushed

1 tsp each ginger and lemongrass, finely chopped

1 red chilli, deseeded and finely chopped

2 cups water

Juice of 1 lemon

½ cup fresh cilantro

### **Yoghurt and Herb Sauce**

1 cup plain unflavored yogurt

½ bunch fresh mint leaves

1 tbsp fresh parsley, chopped

1 garlic clove, crushed

### **To make sauce:**

*Mix together all of the ingredients and season to taste.*

*Cut eggplants into 2cm thick rounds. Sprinkle with salt, leave for 15 mins. Wash in water to remove salt and pat dry. Spray with olive oil spray, grill until golden brown and cooked through. Cover, set aside and keep warm.*

*Rinse and drain the lentils in a sieve. Heat oil in a heavy based pan, add garlic, ginger, lemongrass and chilli. Sauté for 5 mins, add lentils and cook for 1 min. Add water, bring to the boil before lowering the heat. Cover, cook for 15-20 mins or until tender, stirring occasionally. Add lemon juice, cilantro and season.*

*Place eggplant slices onto serving plates. Add spoonfuls of lentils and drizzle with the yogurt and herb sauce.*



# salad dressings

## French

½ cup balsamic vinegar or lemon juice

½ cup cold pressed olive oil

1 tbsp tamari or soy sauce

1 tsp mixed herbs

*Put all ingredients into a jar, shake until well mixed. Store in refrigerator.*

## Garlic and Lemon

½ cup cold pressed sesame oil

1 tbsp fresh garlic, crushed

½ cup lemon juice

½ tsp cumin, dried

*Put all ingredients into a jar, shake until well mixed. Store in refrigerator.*

## Hummus

400g chickpeas, drained and rinsed (canned or cooked)

3 tbsp tahini

1 clove garlic, crushed (more if desired)

2 lemons, juiced

*Mix all together in a blender.*

## Honey Mustard

1 tbsp honey

2 tsp grainy mustard

2-3 tbsp cold pressed olive oil (optional)

2 lemons, juiced

*Mix all together in a jar.*

## Minty Citrus

½ cup natural unsweetened yogurt

½ cup lemon or orange juice

1 tbsp mint, chopped

*Mix only as required.*



## Low Carb Ice Cream

700ml coconut cream

½ cup Synd-X Slimming Protein Powder

1 cup cooked or sugar free canned fruit, drained or 1 cup fresh or frozen berries or fresh fruit of choice

½ teaspoon stevia

½ teaspoon coconut essence

*Using electric beaters, mix together coconut cream, protein powder, stevia and essence until smooth and free of lumps.*

*Fold in your fruit of choice, pour into a flat container, cover with food wrap and freeze until firm around the edges.*

*Remove from freezer, break up mixture and place in a large bowl. Beat again until smooth and creamy, return to freezer until firmly set, then serve in scoops.*

*Alternatively, after folding in your fruit of choice, you can use an ice cream making machine.*



## Chia Pudding

*Used as a dessert or even a breakfast- chia puddings take little time to prepare and even less skill!*

1 cup coconut cream - coconut milk, A2 dairy milk or water are also optional.

½ cup Chia seeds

¼ cup honey, coconut sugar or stevia

½ tsp vanilla extract

*To flavour your Chia Pudding, your imagination is the limit!*

*Use your choice of flavoring:*

Acai powder

2 tbsp cacao powder

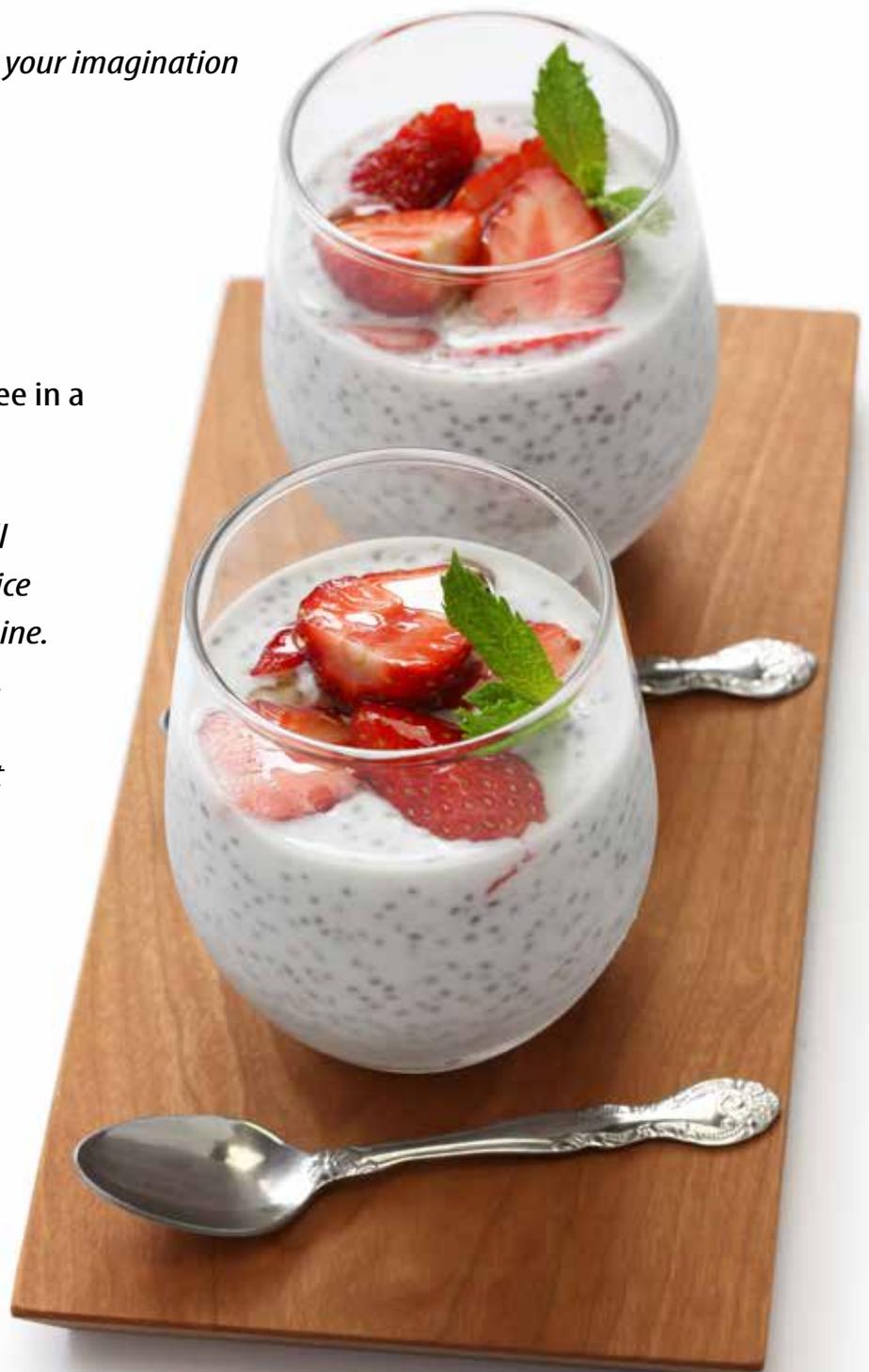
¼ cup lemon juice

Coconut flakes

¼ cup berries of choice - Puree in a blender

*In a medium size bowl, mix all ingredients and add your choice of flavoring. Mix well to combine. Transfer pudding into glasses.*

*Refrigerate the pudding for at least 2 hours.*



# Chocolate Zucchini Cake

*Sugar and Gluten Free*

Don't be deterred by the addition of Zucchini to this recipe - the flavor of Zucchini is totally undetectable within the cake - don't tell them and they won't know! Zucchini provides the chewy texture to your cake.

2½ cups gluten free flour  
¾ cup cacao powder  
1 teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon salt  
3 teaspoons of Rapadura  
6 tablespoons butter, room temp  
½ cup coconut oil, room temp  
2 free range eggs  
1 teaspoon vanilla extract  
1½ teaspoons chocolate liquid stevia  
½ cup plain full fat yogurt  
3 cups finely shredded zucchini  
½ cup dark cacao chunks

*Preheat oven to 350°F*

*Sift together the first 6 ingredients in a bowl.*

*In a stand mixer, add the butter, coconut oil, eggs, vanilla extract, sweetener and yogurt and blend until well combined.*

*Place the shredded zucchini into blender and blend until smooth like a thick soup.*

*While the mixer is on low gradually pour the zucchini into the egg mixture until incorporated.*

*Keep the mixer on low and in two batches, slowly pour in the flour mixture - scraping down the sides of the mixer bowl as you continue to incorporate flour.*

*Grease a 13 inch x 9 inch baking tin. I prefer to use Silicone non grease tins.*

*Sprinkle Chocolate chunks onto the bottom of the tin (this will end up as the top of the cake).*

*Spread batter evenly into your baking tin and bake for 30 minutes.*

*To confirm your cake is baked properly - stick a bamboo skewer in center, if it comes out clean, your cake is done.*

*Note:  
Use a GF flour that contains Xanthan Gum - if your GF flour does not contain Xanthan gum- add ½ teaspoon*



## Cinnamon Vanilla Crunch Recipe

2 cups coconut chips  
1 cup almonds  
1 cup cashews  
1 cup pecans  
1 cup walnuts  
1 cup sunflower seeds  
1 cup pumpkin seeds  
½ cup chia seeds  
½ cup coconut oil, melted  
2 tablespoons coconut syrup  
1½ tablespoons vanilla extract  
1 tablespoon ground cinnamon  
½ teaspoon sea salt

*Preheat the oven to 300°F.*

*Place the coconut, nuts and seeds in a large bowl and stir to mix together.*

*In a small saucepan, melt the coconut oil and coconut syrup together. Whisk until well combined.*

*Pour the liquid mixture over the nuts and seeds and then toss to get everything evenly coated.*

*Add the vanilla, cinnamon and salt and stir until everything is coated.*

*Line a baking tray or sheet pan with baking paper and spread the nut mixture in an even layer.*

*Don't make it too thick of a layer. Depending on the size of your baking tray or sheet pan, you may need to do this in two or three batches.*

*Place the sheet pan / baking tray in the oven for 20-25 minutes, or until the nuts are crispy, stirring occasionally. Watch very closely, as these can burn fast.*

*Using the top rack of the oven gets better results.*

*When the nuts have turned a golden brown, remove the pans from the oven and let cool. They will get crunchier once they are cooled.*

*Store in an airtight container in the fridge or freezer.*



# Raw Juices

Raw juices are packed with living enzymes to assist the digestive process, which means that your gut, liver and pancreas do not have to work too hard to provide you with vital nutrients.

Generally speaking, your juice should be comprised of 80% vegetables and 20% fruit, although you may like to reduce the amount of fruit more, to reduce the carbohydrate content. You don't even really need to include any fruit at all and can make your juice with vegetables only; generally fruit is used to improve or vary the taste of the juice.

Making raw juice is so easy, just wash, trim and chop all ingredients and process through your juicer. Add ice, a little filtered water or cold herbal tea to dilute if necessary. Drink at least 250-300mL of your chosen raw juice daily.

All of the raw juice recipes in this eBook (and many more) can be found in Dr Sandra Cabot's book, *Raw Juices Can Save Your Life*.

If you are looking for a juicing bible, you should grab yourself a copy!



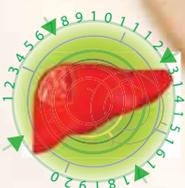
## Liver Tonic

- 1 carrot
- 4oz fresh asparagus
- 4oz cucumber - leave skin on
- 1 orange
- 2 dandelion or 2 cabbage leaves

## Super Energy

- 1 carrot
- 1/4 medium beet and tops
- 2 turnip or kale leaves
- 1 cup fresh parsley
- 2 spinach or 2 cabbage leaves
- 1 medium apple or 1 stone fruit
- 1/2 clove garlic or small piece fresh ginger
- 1/4 cup wheatgrass

Your liver is the  
energy factory  
of your body



## Glowing Skin

- 1 carrot
- 1 red apple, skin on
- 1/4 beet and tops
- 2 sticks celery and tops
- 1/2 cucumber
- 2 spinach or 2 dandelion leaves
- 1 grapefruit or orange - leave pith on

## Healthy Teeth and Gums

- 2-3 dandelion or 2-3 spinach leaves
- 3 sprigs parsley
- 1/2 inch fresh ginger
- 1 apple
- 1 orange, with half peel on
- 1 grapefruit or 1 lemon
- 1 carrot



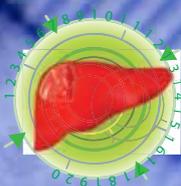
Your appearance reflects  
the health of your liver

## Memory Improvement

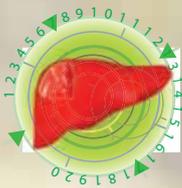
- 1 bok choy
- 1 choy sum
- 2 oranges
- 1 carrot
- 5 basil leaves

## Immune Booster

- 1 stick celery
- 1 ripe tomato
- 1 pear
- ¼ beet
- 1 lemon or 1 lime
- 1 grapefruit
- 1 carrot
- 2 dandelion or 2 cabbage leaves
- ½ inch fresh ginger
- 1 clove garlic or ¼ red onion



Your liver function affects your memory, immune system and weight



A healthy liver decreases the incidence of allergies and infections

### Anti-Allergy

- 1 red radish
- 1 clove garlic or  $\frac{1}{2}$  small red onion
- 1 carrot
- 1 pear or 1 orange
- 2 cabbage leaves

### Antibiotic Boost

- 1 carrot
- 1 beet including some green tops
- 2 spinach leaves
- 1-2 apples, skin on
- $\frac{1}{2}$  inch fresh ginger
- 1 inch horseradish root
- $\frac{1}{2}$ -1 clove garlic or  $\frac{1}{2}$  red onion
- $\frac{1}{2}$  cup watercress (optional)
- 2 limes or 2 lemons

### Sinus Support

- 1 small red radish
- $\frac{1}{2}$  inch fresh ginger
- 1 clove garlic or  $\frac{1}{2}$  small red onion
- $\frac{1}{2}$  inch horseradish
- 2 tsp fresh chopped oregano
- 2 tsp fresh chopped thyme
- $\frac{1}{4}$  fresh pineapple
- 1 carrot or 2 fresh apricots
- 1 orange
- 1 grapefruit - leave pith on

# To achieve and maintain optimal health, it is vital that you look after your liver!

One of the liver's main roles is detoxification; however with modern diets, pollution and high stress levels, you may need to give it some extra help.

Fatty liver disease has become so common that it now affects one in four Americans. Your liver is also the major fat burning organ in your body, which is why a healthy liver can help you to maintain a healthy weight.

Choose a liver tonic like LivaTone Plus which combines a clinically proven dose of St Mary's thistle with Selenium, Folic acid, B group vitamins, antioxidants and sulfur rich amino acids.

Our naturopaths can help you find the liver tonic that is perfect for you and your busy lifestyle!

Call 623-334-3232 or visit  
[www.liverdoctor.com](http://www.liverdoctor.com)