

Mini Detox – February

February Sugar Challenge

The focus of our detox journey this month is to become aware of our bodies' response to sugar, and what happens when you cut out sugar completely. Your detox journey should last for 3 to 5 days. No longer than that.

We are still in the winter season, even though the days are growing longer. Winter is the season in which the Water element is most dominant. The bladder and kidneys, which deal with the body's water, are the organs associated with the Water element and winter season. We are going to focus on supporting these organs with our diet and herbal teas for the next few days.

The Detox Plan:

Now, it's your choice how strict you want to go into these detox days. But I do recommend cutting out all caffeine, sugar, flour and grain products for the duration of your detox and only consume the recommended dishes and drinks from these pages.

Morning:

Start your day with a cup of warm water, and add some fresh lemon juice.

Breakfast, Lunch and Dinner:

Eat the High Protein Miso Soup for breakfast, lunch and dinner.

Snacks:

- nuts and seeds between meals
- apples and pears between meals

Evening:

Drink a cup of ginger tea.

“To Do” Daily

- ✓ Drink lots of water during these days. Drink about 1 gallon (16 cups) a day. Add a pinch of sea salt (or Himalayan pink salt) to each glass of water.
- ✓ Try to get outside and walk for 5 - 10 minutes after each meal.
- ✓ Go to bed early and have a good night sleep.



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- ✓ Don't schedule a lot of activities during the detox days. Go inward and stay home as much as you can.
- ✓ Stop all electronics use 2 hours before your bedtime. Turn off your phone, laptop and TV. Read, journal, meditate or do light yoga instead.

Additional herbal teas to enjoy (optional):

Nettle tea

Pour 1 cup of boiling water over 1 Tbs. of nettle leaves. Steep for 20 minutes and enjoy.

Comfrey root tea

Simmer 1 Tbs. of comfrey roots in 2 cups of water for 20-30 minutes. Strain and enjoy.

Flaxseed tea

Simmer 1 Tbs. of whole flaxseeds in 2 cups of water for 5-10 minutes. Strain and enjoy.

High Protein Miso Soup Recipe

This makes enough to last for you for 3-4 meals.

Ingredients:

5 cups of water

1 cup of bone broth (optional)

Some wakame or kombu seaweed

½ cup sliced carrots

½ cup sliced burdock root

1 cup sliced kale, collard greens or cabbage

1 small winter squash, sliced with skin

3 green onions, sliced fine

Ingredients per each servings bowl:

2 eggs (soft boiled)

1-2 Tbs. miso (barley miso, or white mellow, or any flavor)

Direction:

1. Bring water to a boil, add seaweed, burdock roots and carrot, and simmer on medium-low for 10 minutes.
2. Add kale (or what ever vegetables you using), squash and simmer for 10 minutes more.



3. Turn off the heat and add sliced green onions.
4. Add your 2 pre-cooked eggs and 1-2 Tbs. miso to each servings bowl just before you eat.

Ginger Tea Recipe

Simmer 5 slices of fresh ginger root in 1 cup of water for 10-15 minutes. Strain and enjoy. Again, make a bigger batch and just reheat 1 cup each evening.

Shopping List:

Lemons

Fresh ginger roots

Sea salt or Himalayan pink salt

Whole flaxseed (optional)

Comfrey root (optional)

Nettle tea leaves (optional)

Carrots

Burdock roots

Kale, collard greens or cabbage

Green onions

Winter squash

Seaweed, like wakame or kombu

Eggs

Miso

Home-made bone broth (optional)

“In winter people should retire early at night and rise late in the morning and they should wait for the rising of the sun.”

By Nei Ching



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