



Liver Detox Broth

Ingredients:

4-6 cups Water

4 Garlic Cloves

1/2 organic Lemon

1 large sprig of Rosemary

1-2 teaspoons of Black Salt (found at Indian grocers) or pink salt

1 Artichoke stemmed and halved

1/4 cup Olive Oil

Directions:

Place all ingredients into large pot and bring to a boil. Reduce to low, cover and simmer for 20 minutes.

Add olive oil. Stir, strain and sip warm broth throughout the day. Or drink 1 cup on an empty stomach in the morning and a second cup in the evening, over two to three days. The cooked artichoke, garlic and rosemary can be eaten, as well.

I recommend eating 1/2 fresh grapefruit prior to your first cup of broth. Eat primarily plant-based foods while enjoying this easy detox.

*(Do not take prescribed medications along with grapefruit. Grapefruit naturally lowers blood pressure. Taken along with medications may cause your blood pressure to become critically low.)



