

HEAVY METAL DETOX SMOOTHIE



WHAT YOU NEED

We are exposed to an ever increasing amount of heavy metals in our environments, our water supply and the food chain, which is why it's so important we take a proactive approach in detoxifying from heavy metals.

One way to do this is with a heavy metal detox smoothie (or you can use the first three ingredients only and add water to make the binder cocktail).

What you need:

- 1 tsp of zeolite powder
- 1 tsp of bentonite clay
- 2 tbsps of psyllium husks (to prevent constipation)
- Choice of superfoods
- Add filtered water for blending



SUPERFOODS

These binders only have affinities for positively charged minerals, like heavy metals and toxins, so can be mixed with foods. To learn more about the affinities, refer to the binders PDF.

Superfoods in particular help the body protect itself from the onslaught of EMDs, free radicals, air pollution, etc. Some examples you could choose from;

- Kale
- Spinach
- Swiss chard
- Berries
- Turmeric
- Ginger
- Chia seeds
- Flaxseeds
- Hemp
- Pumpkin seeds
- Sunflower seeds
- Nuts

