

DETOX the easy way

Freeing your body of unwanted toxins doesn't have to be a chore

Eliminate Environmental Toxins to Lose Weight,
Increase Energy, and Reverse Illness in
30 DAYS OR LESS

Cleanse Your Body, Clear Your Mind



Jeffrey A. Morrison, M.D.

quick takes

What's your favorite way to unwind?

I like to go for a run in Central Park. It's quiet, peaceful, and the air is so fresh!

What supplements are essential to your daily regimen?

Buffered vitamin C (1,000 mg daily), a multivitamin, and probiotics.

What is your favorite food?

I love Greek food, especially whole Branzini (Mediterranean sea bass) with a side of broccolini and beets.

What about a guilty pleasure food?

Dark chocolate (the darker the better).

What motivates and inspires you to do what you do?

My patients are an amazing inspiration, as well as teachers for me. I am blessed!

“Detox” evokes images of deprivation, but that’s not the way to do it, says Jeffrey Morrison, MD, an integrative physician and author of *Cleanse Your Body, Clear Your Mind: Eliminate Environmental Toxins to Lose Weight, Increase Energy, and Reverse Illness in 30 Days or Less*.

BN: Why do we need to detoxify?

JM: There are more than 20,000 different chemicals in our air, water, and food, and they accumulate in our bodies. At the same time, processed foods have become so pervasive that we’re becoming nutritionally depleted and our detoxifying systems are overloading. When you eat foods that are high in nutrients, the body is able to detoxify itself the way it was meant to. It’s like tuning up a car. All of a sudden, you get better gas mileage.

BN: Doesn't detoxification mean abstaining from normal food?

JM: Juicing or fasting for more than one day is bad for your body because you’re not getting enough protein and other nutrients that you need. The body loves lean proteins such as organic chicken, fish, and grass-fed beef, as well as lots of vegetables. Natural diuretics such as cucumbers, kale, carrots, and asparagus are especially great for ridding the body of fluid.

BN: Where should we start?

JM: I recommend a 30-day program with my detox shake (recipe at right) for breakfast, fruit mid-morning, the shake plus a salad for lunch, vegetables as a snack if needed, and a non-toxic dinner such as roasted fish with kale or Brussels sprouts. You can switch around lunch and dinner. You also need to drink one to two liters of water per day—either plain or with lemon juice. And try to get 8 hours of sleep each night. Your body can’t get rid of toxins when it’s deprived of sleep.

It’s very important to choose organic produce and avoid processed foods, bread, pasta, or sugar while you’re on the program. During this time, you’re avoiding major allergens such as gluten, dairy, and soy, but you can reintroduce them afterward and see how your body reacts.

The same program, done for 10 days each spring, summer, and fall will keep your body clean. If you eat clean food year-round, you may not need to do the program as often. We each have different levels of toxicity, and in my book and at www.dailybenefit.com, I developed tests to help you identify your own toxic burden.

DETOX SHAKE

SERVES 1

For flavoring, try a “mochaccino” with $\frac{1}{2}$ capfuls of almond and coffee extracts.

- 1 scoop brown rice, pea, or artichoke protein powder (15 g protein)
- 2 Tbs. lecithin granules
- 1 Tbs. ground flax seed or psyllium husks
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ capful alcohol-free almond, coffee, and/or vanilla extract, optional
- $\frac{1}{2}$ cup fresh or frozen organic berries, optional

Place dry ingredients in glass or blender, and combine with 1 cup water and extract, if using until smooth. Add berries, if using, and blend in blender until smooth.

PER SERVING: 245 CAL; 18 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 8 G CARB; 0 MG CHOL; 16 MG SOD; 3 G FIBER; 1 G SUGARS

