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**Liver & Kidney
dETOX**

**Smoothie
Cleanse**

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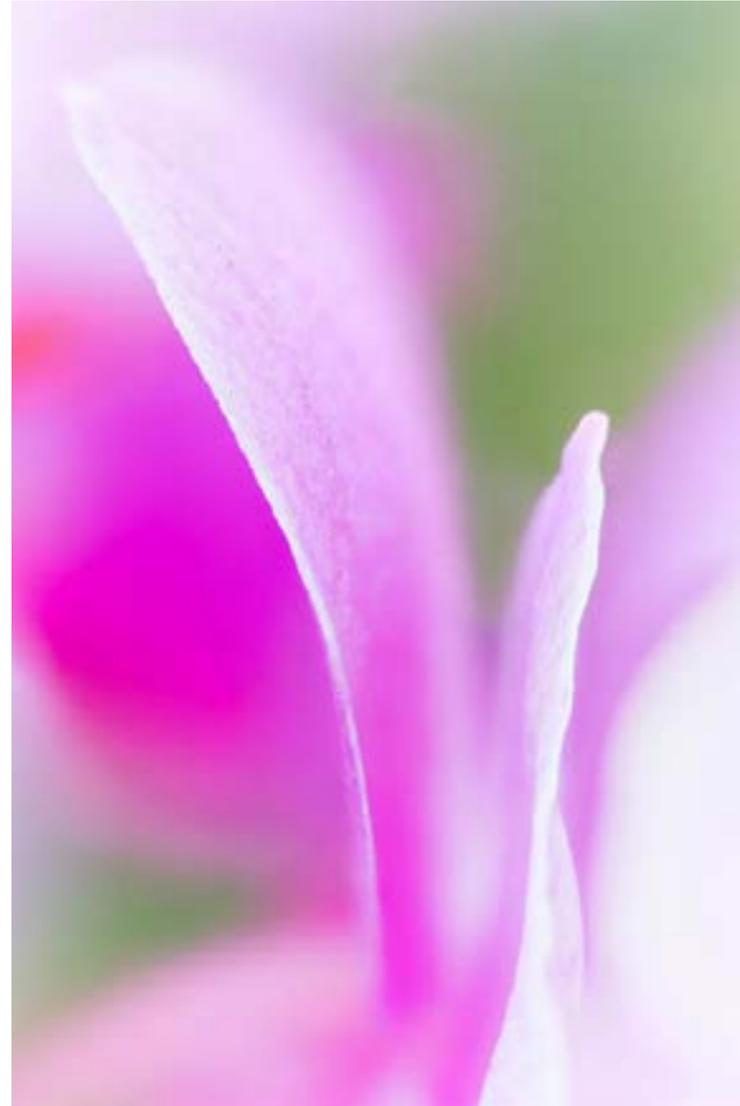
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Forward

An organic diet is an ancient regime and paramount to vitality and staying healthy. Equally, a smoothie detox is one of the best ways to cleanse the liver and kidneys.

In truth, I am convinced that it is the only way to stay healthy, lose weight and regain vitality. Frankly, a Liver and Kidney Detox Smoothie Cleanse is an effective, 'good for you' and tasty way to better health!



What you eat affects your health. And without your health, you have nothing!

An organic healthy diet is the ideal way to prevent numerous diseases like diabetes, obesity, heart problems, genetic disorders, cancer, tumors and many other illnesses.

This book contains several tips on detoxing the liver and kidneys to help you achieve a healthier you.

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The statements enclosed herein have not been evaluated by the Food and Drug Administration or any other health regulated agency. The products and information mentioned in this article are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of a healthcare professional.

Before starting any diet (including a sugar detox), seek expert advice.

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Introduction

Vitalizing 5-Day Detox Smoothie Cleanse

My greatest compliments on taking charge of your health! By giving your body what it needs – you will be healthier, trimmer and more energetic! And when you feel great, you cannot help but look wonderful!

Detoxing the Body

Cleansing the body for health precedes Biblical times. However, Gone are the Days when our air, water and food were pure. Frankly, today there are over 4 billion pounds of toxic chemicals released into our environment each year. In fact, 72 million pounds of these toxins are recognized carcinogens (cancer causing).

Don't forget our food supply and everyday living environment is loaded with toxic chemicals. But unfortunately, no matter where you live, it is nearly impossible to escape being exposed to daily poisons.

Current Studies- exposure to chemical toxins are linked to increasing numbers of health issues like:

- Cancer
- ADD/ADHD
- Hormonal imbalances
- Nervous system defects
- Liver and kidney disease
- Reduced cognitive abilities



Dangerous Detox Diets

With the huge hype on detoxing the body, you really can't be too careful when buying certain products. One of the most maddening and frightening things are the "so-called" detox products sold on the markets.

Be Careful! These 'supposed' detox products or supplements often contain harmful chemicals. Quite frankly, some of the ingredients include known toxins such as:

Microcrystalline cellulose - a toxic additive

Magnesium stearate - high doses cause skin and liver toxicity

Silicon dioxide - linked to arthritis, autoimmune diseases and kidney damage

Other harmful substances - sodium benzoate, dextrose, artificial flavors and colors

Regrettably, many detox products and diets can be **very** dangerous – they overwhelm your body with toxins in a haphazard effort to remove them.

However - You can easily Detox and Rejuvenate the body with a healthy Liver and Kidney Detox Smoothie Cleanse.

*Remember~
Without your health, you have nothing!*



Chapter 2

Does Your Body Contain to Many Toxins?

Since the liver and kidneys are two main organs responsible for filtering and removing toxins from your body, it is imperative that they function properly. Truthfully, it can greatly affect your health when these two vital organs get overworked.

A liver and kidney cleanse is needed when these organs become overloaded with toxins. Your body will show warning signs when they are overtaxed.

Symptoms of excess toxins in the body:

- Acne
- Bloating
- Allergies
- Brain fog
- Infections
- Irritability
- Depression
- Headaches
- Constipation
- Low energy
- Weight gain
- Chronic pain
- Achy muscles
- Poor digestion
- Chronic fatigue
- Substandard immune function
- Itchy skin and/or skin flare-ups
- In addition, recurrent infections like kidney, urinary tract and bladder issues are very common.

