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Advocare cleanse food guidelines

West Coast Surfer/ShutterstockPerhaps the most irritating food in terms of maturation, avocados should be kept out of the fridge until they are at their optimum freshness (which, if you've ever bought one, takes about 5 minutes). Once they are ripe, you can put them in the fridge for 5-10 days. Tip: Keep the pit in half of the avocado you won't eat; it keeps it fresher, longer. Photokava/ShutterstockThis may come as a surprise, but your favorite healthy lunch snack actually makes it better in the fridge. The oils in nuts can become rancid after a few months if left at room temperature. Fun fact: They can also be frozen because they have such a small water content. Only FOOD/ShutterstockMeats, which you usually find on a cheese board, such as salami, hardened ham and chili peppers, should be put in the fridge as soon as you open them. The cutting end becomes seriously prone to bacterial growth when left on the counter or in the pantry. Make sure you know exactly how long each type of meat will keep in the fridge. imDerek/ShutterstockThe real stuff has no preservatives and can become mouldy after opening if it is not cooled within a few weeks or months. But if you use commercial, processed maple syrup, it is good to stay in the pantry. If you're not looking forward to pancakes with cold maple syrup, pour out a portion size and pop them into the microwave for 30 seconds – it takes your flapjacks to the next level. Fotoluminate LLC/ShutterstockRip bananas stay at their perfect climax for another week when you convert them to the fridge – but wait until they are soft with lots of stains. If you put green or not quite ripe bananas in the fridge, it will stop the ripening process and you will never get the perfect banana... unless you like 'em green (tip: there is less sugar in them this way!). BaLL LunLa/ShutterstockEntire garlic onions can be left on the counter for up to 3-4 months, while individual cloves last up to 10 days. And if you're afraid you're not using it fast enough, you can store whole, unpeeled garlic in the freezer and remove cloves as you need them. But who doesn't use garlic quickly? Here are 10 other foods you didn't know you could freeze. 3DConcepts/ShutterstockMoisture lets spuds blah go; Store for up to three weeks in the pantry or on the counter. Once you see 'em start to grow sprouts or become soft, that's a sign to use them quickly (especially in soups and stews!) or dig them. Also be careful: potatoes emit (non-fragrant) vapours when they sit out, the other how onions can spoil faster. Don't miss these 12 foods that you should never store together. MaraZe/ShutterstockThe oils in natural peanut butter can quickly become rancid in warm temperatures. Remove your PB from the fridge 15-20 minutes before use and give it a good stir to soften it. Commercial, processed peanut butter, which contains more than just peanuts as an ingredient, can be left in the pantry for up to a year, as preservatives are absorbed into the mixture. AlmarinaStudio/ShutterstockAcidic, vinegar-based foods like this fiery seasoning are fine at room temperature. However, you can chill it for longer lasting taste, just make sure to bring it into the room temp before use. Space Creator/ShutterstockNothing makes breads stand up faster than a stint in the fridge. Freeze what you don't eat within a few days. Now that eating bread is less popular in the American diet, we recommend popping your loaf into the freezer when you come home from the supermarket. This way, you don't even have to worry about keeping an eye on mold. K321/ShutterstockAll oils can become rancid after a few months on the counter, especially the oils that are used less frequently (input: coconut oil). Coconut oil is a solid fat, whether it's in the pantry or in the fridge, so all you need to do is pop it in the microwave for a few seconds to bring it into its liquid state. Read these 12 surprising articles that you need to cool down. Toma Stepunina/ShutterstockChilled Air dries it out no matter how well wrapped it is; unless frost is literally melting, store cakes on the counter. However, if your kitchen is hot and humid, the cake can quickly spoil, so cooling is not the worst option. iStockphoto/ThinkstockAvoid the fridge at all costs: tomatoes become muddy and bland. They are best left out of zipper-locked pockets and placed in a paper bag instead until they are ripe. Once matured, you can keep 'em on the counter. Here are the other foods you've spoiled by putting them in the fridge. triocean/Shutterstock Keep it cold: ButterWhile butter is on the USDA's unrefrigerated food list, it stays in the fridge for much longer. If you have a hot or humid kitchen, your butter could spoil within a few days, so it is best kept chilled. Next, look at 11 other foods that you're likely to store all of them wrong. Sources: Real Simple, Eating Well, snopes.com, losethebackpain.com, farmersalmanac.com, huffingtonpost.com Originally Published: July 06, 2018 PublishedOriginally in Reader's Digest Cleanse Me Mike Mendell / The Ultimate Book of Modern Juicing print recipe rating: (77 rated) About the recipe: Detoxifying, Cell Repairing and cholesterol lowering. Rich in vitamins A, C, K and B12, which helps your immune system to get strong. Bones and nervous systems improve while excess fluids are flushed out of the body. This smoothie can help your blood pressure tone the heart. Anti-inflammatory properties can promote digestion and relax stiff muscles. More Mimi Kirk: Kirk says this drink is good before or after exercise, thanks to the anti-inflammatory properties of celery and pineapple. The Greens provide an enormous amount of energy and nutrients that our bodies need for energy and repair, she adds. Ingredients 1 to 1/2 cups filtered water or green tea 1 cup spinach 1/2 bunch parsley 1 cup pineapple 1 celery stem, chopped preparation Mix all ingredients in in listed in a high-speed mixer. casanisa/ShutterstockCertain times of the year are better for cleaning, especially to support the liver, says Josh Axe, DNM, CNS, DC, founder of Ancient Nutrition and DrAxe.com. Early spring is the best time, in March and April, when in traditional Chinese medicine the liver is considered their strongest. To cleanse the liver properly, Axe says, you should look for a balance of flavors in your diet – salty, sweet, sour and bitter. Most people get enough sweets and salt in their diet, but not nearly enough bitter and sour, axe says. Sharper tasting detox foods such as arugula, kale, watercress, mustard and dandelion greens, are bitter leafy greens that pack a nutritional bang along with their detoxifying effect. Fascinadora/ShutterstockStart your day by filling a jug with a few pressed lemons, ice cream and water – just like in the spa! Drinking lemon water gives you extra vitamin C – plus potassium, magnesium and copper – and helps you absorb more nutrients like iron and calcium from the other foods you eat. According to Dr Axe, better nutrient intake often means less bloating. Lemon water stimulates the liver and rinsing of toxins because it acts as a mild diuretic, which can also help you shed excess water weight. Don't miss these 15 detox foods that nutritionists recommend. romeovip_md/ShutterstockThere are herbs and supplements that help detoxify the liver, such as milk thistle, the ancient herb bupleurum (a revered natural remedy in Chinese medicine), and dandelion root. Dr. Axe: Bupleurum has been shown to improve general liver function and detoxification, as well as to prevent certain cancers in women and treat depression associated with PMS and menopause. Make a tea with the herbs, adding a slice of sour lemon and fresh lemon balm or mint for a balance of flavors extra feel-good phytochemicals. Ekaterina Markelova/ShutterstockOur grandmothers and great-grandmothers knew the wisdom of using chicken and meat bones to make a strong broth for occasional diseases and as a basis for savoury soups. Bone broths are good for your immune system and soul, says Dr Axe. It is his first line of treatment for leaky bowel syndrome, improving joint health, and strengthening the immune system. It's one of my favorites when I do a detox because it's really rich in amino acids like glycine, which actually supports liver detoxification, he says. I add lots of vegetables and even green apples. Learn more about the only cleansing diet that nutritionists advocate. Rimma Bondarenko/ShutterstockLemon Water is fine, but if you Seriously mean with spring cleaning with detox food, you need more water of any kind. How much should you drink? Dr Axe advises his clients to share their body weight by half and drink so much in ounces. So if you weigh 130 pounds, your water intake should be 65 ounces per day. If this seems overwhelming, make your water more interesting with spicy additives such as berries and Mint, diced melon and sliced jalapeno or cool cucumber slices with lemongrass. Theerawan/ShutterstockAmong its many benefits, Matcha green tea is known as a powerful anti-carcinogen, and it also helps you lose fat. Epigallocatechin (EGCG) is a component found in the leaves used to make matcha that can convert fat into fuel in the bloodstream through a process called thermogenesis. The process helps you shed pounds, especially if you add the caffeine in Matcha; it has three times more than normal green tea. High-quality matcha – it's worth spending a bit more – is a brilliant green colour with a slightly grassy, slightly bitter aftertaste. It makes a refreshing iced tea as well as a hot tea. Dr Axe points out that Matcha's detoxifying ability is due to its naturally high amount of chlorophyll, which helps cleanse your body and remove toxins from the liver. Alena Haurylik/ShutterstockAs a blood purifier, beets produce nitric acid, which increases blood flow throughout the body. According to Dr Axe, eating beets or drinking juice provides a boost to vitamin E, carotenes, phenolic acids and betalaines, a type of antioxidant that helps repair and regenerate cells in the liver. Make a cleansing beets, grapefruit, baby greens and feta salad or combine turnips, apples, celery, lemon juice and a few spherical coriander for a power refresher. Try these cleansing juices to drive through the day. casanisa/ShutterstockA really big salad with the freshest power greens (think baby greens, spinach, watercress, beet green and arugula) is an unbeatable combination of detox food for your body. Top with spring radishes, shaved fennel and crispy hemp and chia seeds. Instead of goopy bottle dressing, keep things clean by gently tossing the salad with a tablespoon or two extra virgin olive oil and lemon juice. I think from a salad point of view, it's a great detoxifier to keep things with lots of greens, combined with nuts and seeds that are sprinkled with a more acidic, tahini-lemon dressing with garlic or just apple cider vinegar, with lots of greenery, says Dr Axe. You will also make sure that you get two to five servings of powerhouse vegetables a day, most of your fiber, and a healthy dose of monounsaturated fatty acids from the oil; They also fill more. Iryna Melnyk/ShutterstockOf the four seasons, spring is the time when your body performs well with a smaller amount of protein, says Dr Axe. He advises reducing fatty pieces of meat and instead focusing on meals made from three-piece vegetables to some of the meat, poultry or consist of the Go for traditional Chinese dishes such as veggie-heavy stir fries and Mediterranean cereal and vegetable dishes - they're good, lighter detox foods to support their spring cleaning, he says. Look out for the 8 most dangerous detoxes you could send to the hospital. Viktor Kochetkov/ShutterstockOne of the most nutritious vegetables you can eat, algae is rich in antioxidants and has a range of phytochemicals such as and fucoxanthin. Algae such as Dulse, Wakame, Nori and Kombu are an ancient food source for marine communities; they are also popular in traditional Chinese medicine for the treatment of everything from urinary tract infections to tumors. Recently, studies in Asian women found a low incidence of breast cancer in women who dated a lot of algae. If you look at Asia and Japan, they have the longest life expectancy in the world and a diet rich in algae, says Dr Axe. (He suggests that you avoid hijiki, often in Japanese cuisine, as it may contain arsenic and higher amounts of mercury depending on its source). The strong nutrients of algae can help detoxify your blood and kidneys and have diuretic properties to help you shed excess water while increasing your immunity. Kiian Oksana/ShutterstockIf there was such a magical plant, it would be turmeric. Used in Ayurvedic and traditional Chinese medicine for thousands of years to treat a number of diseases – including liver and indigestion – turmeric helps to detoxify the liver by increasing bile production in the gallbladder; The liver then uses bile to eliminate toxins and digest fats, says Dr Axe. A substance in turmeric called curcumin happens to become a polyphenol, a potent anti-inflammatory and antibacterial agent. A recent study that examined clinical trials from 50 years of age confirmed the possible therapeutic effects of taking curcumin to treat a variety of diseases: irritable shell disease, cancer, Alzheimer's disease, cardiovascular disease, diabetes, heavy metal poisoning and liver disease – among many others. You can get a daily dose by adding half a teaspoon (or to taste) of turmeric to a morning smoothie, or try swearing cauliflower in olive oil and a little turmeric before frying and serve it with Greek yogurt. Here are 20 healthy ways to detoxify without juice. Natali Zakharova/ShutterstockAnother reason to buy them through the bag, avocados were shown to pick back liver damage caused by liver toxins, according to a study published in the Journal of Agricultural Food Chemistry. An important ingredient is glutathione, a powerful antioxidant that helps the liver detoxify fat before bile is emitting, helping to rid your body of unwanted toxins. So say yes to your avocado toast! Africa Studio/ShutterstockLike turmeric, artichokes naturally increase bile production and are loaded with vitamins C and K, antioxidants, and provide almost 10 grams of fiber in just one throttle. It is also ideal for fat casting. The thing about artichokes is that there is a It takes to eat because there's a lot of fiber in the leaves, says Caroline M. Apovian, MD, director of the Nutrition and Weight Management Center at Boston Medical Center. It is also low in calories and fat and has many antioxidants to offer. A super-simple detox recipe is to steam whole artichokes until tender and then dip the base of the leaves into a mixture of butter, extra virgin olive oil and lemon juice. Here are the 15 15 Add spring superfoods to your detox diet. Larisa Blinova/ShutterstockPineapples not only have more vitamin C than oranges, but also contain the digestive enzyme bromelain, which helps cleanse your colon and helps with digestion. Researchers have also tested bromelain to treat muscle strains, reduce joint pain and manage indigestion - the enzyme appears to have anti-inflammatory abilities, says Dr Axe. Pineapple flavor intensifies with a gentle sweat on the grill (great for a summer dessert!). Agent Penguin/ShutterstockIn ancient times, detoxifying foods like fennel became famous for its medicinal uses, especially as a digestive aid. Researchers have studied this crispy, anise-flavored vegetable, which is used like celery in recipes; They have found that it has antimicrobial and anti-inflammatory properties, and it helps to sink gas and reduce bloating. Rich in vitamin C and flavonoids, phenolic compounds, fatty acids, fiber and amino acids, fennel is also low in calories, making it an ideal detox food. Use fennel in a juice with apples and carrots, or try this simple ingenious recipe by Giada De Laurentiis for roasted fennel with parmesan. Next, you'll find out exactly what happens to your body when you do a juice cleanse. Originally published: 11 September 2018 2018

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