



## Helpful Foods for Healing Digestive Issues

Sweet Potato	Miso	Celery Juice
Wheat Grass	Beets	Papaya
Chia Seed	Grapes	Aloe
Cucumber	Coconut Water	Lemon Water
Yellow Dragon Fruit	Dandelion Root	Barley Grass Powder

### Drinks & Supplements:

Magnesium Glycinate – for bowel movements, relaxation, and sleep  
(Vimergy.com)

Mag07 – for bowel movements (NBPure.com)

Lakewood Aloe or fresh aloe added to smoothie or coconut water

Celery Juice – we recommend drinking 8-32oz of straight celery juice daily on an empty stomach for digestion, bowel movements, and many other benefits  
(Omegajuicers.com)

### Smoothie Recipes:

Detox Smoothie – 2 cups Wild Blueberries, 1 cup Cilantro, 1-2 Bananas, 1 teaspoon Spirulina, 1 teaspoon Barley Juice Grass Powder, 1 good pinch Atlantic Sea Dulse. *Optional: Add Schisandra Berry or Aloe to help with bowel movements*

Liver Rescue Smoothie – 2 Bananas or ½ Maradol Papaya (cubed), ½ cup fresh or 1 packet frozen Red Pitaya (Dragon Fruit), 2 cups fresh or frozen Wild Blueberries, ½ cup Water

### Suggested Morning Routine:

Start your day with 16-32oz Lemon Water with Raw Honey. Drink 16-32oz Celery Juice 15-30 minutes later. 15-30 minutes later Smoothie. Later add Fruit. No fats added in the morning.

**Recommended No Foods** – Corn, Canola, Pork, Dairy, Wheat, Soy, Eggs