



Summer 3 day cleanse

A gentle cleanse using seasonal summer foods and produce to restore balance - great before or after your summer holiday or after excess and stress

This cleanse is ideal during the summer months when your energy is high – late June until mid September dependent on the weather. I recommend you take time for it – ideally 3 days of personal retreat over a weekend but anytime that suits you. This cleanse integrates well with my [Summer Seasonal Programme](#) although it can be used as a stand alone treatment. For the reasoning as to why I have written this cleanse, photographs and the products please look at my [Blog](#)

The summer cleanse is not about weight loss although most people will shed some pounds, it is a natural cleanse to (re) balance mind and body. It provides a gentle detox before or after holidays, encourages hormonal balance during the menopause or post failed assisted conception procedures and generally offers a feeling of wellbeing.

If you are wanting to go the “whole hog” I have included 3 optional extras – day 1 a relaxing Magnesium bath to help relax and begin to release the toxins, day 2 a castor oil liver pack to help move the cleanse on and day 3 an enema or colonic to ensure all the toxins have been released!!! Please look on my [Justine Evans Free Support page](#) for instructions as to how to do these.

You are required to drink an additional 1 litre of water daily in addition to the instructions below to ensure 2 litres of water are consumed daily. In addition you are welcome to drink herbal tea. I have not found that anything else is required, or did I suffer from hunger pangs!

Day 1

2 tablespoons apple cyder vinegar mixed with 250ml water. Add honey to taste (optional) 1st thing in the morning and then twice further during the day

Juice x 2 per day. Mid morning and mid afternoon. Add 1 teaspoon psyllium in each juice to start the cleansing effect. Remember to drink an additional 250ml water after each juice to ensure the psyllium husks bulk up sufficiently.

Lunch: Miso soup

Supper herbaceous bean salad with Tahini dressing

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Additional Support: 500gms Epsom salts in bath plus creation essence, 1 yoga class or 1 hour brisk walk

Day 2

Apple cyder vinegar mixed with water and honey (optional) as day 1. 1st thing in the morning and then twice further during the day

Juice x 2 daily - mid midmorning and mid afternoon. Add one teaspoon of psyllium in each juice to ensure it helps to cleanse your digestive system. Ensure you drink an additional 250ml water after each juice

Lunch 250ml smoothie

Supper: Greek salad

Additional Support: Castor oil liver pack, yoga class or 1 hours brisk walk

Day 3

2 tablespoons apple cyder vinegar diluted in 250ml water. Add half a teaspoon honey (optional) as before. Drink 1st thing in the morning and then twice further during the day

Juice x 2 daily mid midmorning and mid afternoon. Add one teaspoon of psyllium in each juice to maintain the bowel transit flow!. Don't skip the additional 250ml water after each juice

Lunch: Asparagus guacamole with crudités

Dinner: Baked sea bass on roasted vegetables

Additional Support: enema or colonic irrigation, yoga class or at least 1 hours brisk walk

Recipes:

Organic Mother Apple Cyder Vinegar with mother: Place 2 tablespoons of organic mother cyder vinegar in a large tumbler of filtered water (about 250ml). Add half a teaspoon on honey. Stir and sip.

You are required to have 3 of these daily (1st thing in the morning is essential, the other two servings can be at a time that suits but to support digestion I find before lunch and supper best)

Day 1:

Juice: Ginger Apple and Courgette Juice 2 apples, 1 mug of chopped fresh watermelon, 1 courgette, thumb ginger and a quarter lime (skin on). Juice and then place in 2 jars with lids. Add psyllium just before drink and you may wish to add additional water if the juice appears too thick before drinking mid morning and mid afternoon.

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Miso Soup: In a saucepan pan add 1 sachet miso soup paste with 250 ml boiling water. Flake 1 fillet cooked smoked mackerel and add to mixture. Now add 2 finely chopped spring onions, a handful of frozen peas, 1 floret of fresh or frozen cauliflower finely chopped and 1 carrot grated or ribboned. Heat through gently and serve with a handful of freshly chopped coriander.

Herbaceous bean salad with Tahini dressing

2 fistfuls organic green runner beans (stringless) or 2 handfuls broad beans

2 spring onions – thinly chopped

A gloss of fresh olive oil

2 handfuls chopped fresh herbs (mint, basil, dill, coriander, chervil or any you fancy, try to use 2-3 different ones for variety of flavour)

3 tablespoons tahini

2 tablespoon lemon juice

3-4 tablespoon water

1 small garlic clove, finely minced

If using broad beans shell them, if runner beans then trim off woody stems and add the beans to a pot of boiling water or steam til tender. Drain and run under cool water.

Mix the beans with the spring onions and a pinch of himalyan rock salt and black pepper. Fold through the herbs and add a little olive oil

Tahini Dressing : Whisk 3 tablespoons tahini with 1 tablespoon olive oil, 1 tablespoon lemon juice, 3 tablespoons water and a little finely minced garlic. Taste once smooth. Add more lemon and water if needed. Drizzle over the beans and serve.

Day 2:

Juice: Spinach and pear juice Juice half a bag spinach leaves, half a lemon including skin, half a fresh cucumber, and 2 pears. This should be enough for 2 juices. Place in glass jars with lids in fridge for the day, and drink one mid morning and one mid afternoon, add psyllium before drinking. You may need to add additional water as this is quite a thick juice and psyllium thickens the juice significantly.

Lunch: **Blueberry and Mint Smoothie** Smoothie blend 200 ml of non dairy milk (e.g. hemp, almond, coconut or similar) with 1 teaspoon psyllium powder plus a handful of frozen or fresh blueberries or raspberries and 5 fresh mint leaves. Add ice cubes and blend. Dilute with additional water if required

Supper: **Greek salad** . 100 grams feta cheese, half a romaine lettuce, one handful fresh sprouting seeds, 2 tomatoes chopped roughly, half a cucumber chopped, quarter a red onion coarsely chopped and 4 olives. Combine all ingredients, add Tahini dressing

Day 3:

Juice : **Beetroot ginger and apple:** 1 large raw beetroot and leaves or 2 baby beetroot and leaves, thumb ginger, half a lime and 2 apples. Juice and place in jars as before ready for drinking mid

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morning and mid afternoon. Remember to add 1 teaspoon psyllium husks to each before drinking and additional water as juice can become very thick.

Lunch : **Asparagus guacamole with crudités** 1 bunch (about 300g) fresh asparagus half red onion half a chilli 1 clove garlic 28grams fresh coriander zest and juice of a lime.

Snap the ends off the asparagus spears and discard. Cut into 1 cm slices and place in a steamer and cook for about 3 minutes. Leave to cool. Meanwhile finely dice the onion, deseed the chilli and finely chop it with the garlic and coriander. Mix them together in a bowl with the lime juice and zest. Place the asparagus with a sprinkling of sea salt into your nutribullet or blender and zap for about 20 seconds until it is lumpy. Stir this into the onion mixture and serve with crudités.

Supper: **Baked sea bass and vegetables*** – Heat oven at 180° . Wash your selected vegetables and cut into bite size pieces (onion, courgette and any other vegetables such as fennel, aubergine, cauliflower or broccoli). Add 2 cloves of garlic and a generous sprinkling of dried herbs (dill, tarragon or mixed herbs works well). Pour 2 tablespoons of rice bran oil over the vegetables and gently stir through. Place vegetables in a baking dish and put into the warmed oven. Bake for about – 15 minutes. Remove from oven, turn the vegetables and then place the fish fillets on top of the vegetables, skin side up. Cover with foil or baking paper and return to oven for about 10 minutes. Finally remove the foil or baking paper and return to the oven for a further 5-10 minutes to crisp the skin before serving.

* Please note that the length of time the sea bass needs to be cooked will depend on the size of the fillet/s. If using a whole bass then the fish will take 20-30 minutes. The recipe does not require the vegetables to be par boiled prior to being placed in the oven. The vegetables take about 30 minutes - longer if cut into larger pieces . I personally find that the vegetables taste fantastic when left to marinate for an hour before cooking. Please note that if you choose to use aubergine please be aware that you may need to add more oil during the cooking period.

Disclaimer: Please note this cleanse has been shared solely as my personal experience and support. It has been written for and meant as general information only. It should not be construed as recommendation. The suggestions do not take into account your health and is not suitable if you are pregnant, lactating or taking any medication. It may not be suitable if you are taking regular medication, are diabetic, suffer with food sensitivities or allergies or any other health issue. Naturopathic consultations and assessment are recommended on an individual basis and it is important to speak with a health professional or your GP before changing your diet.

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Shopping List: - vegetables may vary dependent on your choice for sea bass supper and for crudités

Apple Cyder Vinegar, psyllium husks, magnesium salts, enema bags, Castor Oil Pack kit and many other goodies can all be purchased from the Natural Dispensary on line. My code is Maple for 10% discount. See this [Link](#)

1 bottle Bragg's or Higher Nature raw unfiltered organic apple cyder vinegar with the "Mother"

Archturus psyllium husks or Lepicol psyllium husks

1 jar local honey (you can usually buy this from your local wholefood shop)

Wakame Miso Soup paste

1 jar Tahini (sesame seed)

Himalyan Rock Salt

Black Pepper

1 carton alternative milk (coconut, hemp, almond or similar)

Organic extra virgin olive oil

small bottle of rice bran oil

6 litres filtered water

2 spring onions

fresh herbs (mint, basil, dill, coriander, chervil)

1 lemon

1 lime

quarter fresh watermelon

1 small bulb garlic

1 ginger root

1 courgette

1 aubergine, onion, fennel, courgette
broccoli or cauliflower for baked vegetables

2 red onions

1-2 carrots, celery, cucumber for crudités

1-2 beetroot or small bunch of baby beetroot with leaves

Bag of organic spinach leaves

1 bunch (about 300g) fresh asparagus

1 chilli (colour to suit taste buds)

2 pears

blueberries or raspberries

2 apples

romaine lettuce

fresh sprouting seeds or grow your own

2 tomatoes

3 small bunch spring onions

1 cucumber

4 olives

frozen peas or cauliflower/broccoli

1 bunch asparagus

1 smoked mackerel fillet (ready cooked)

1 sea bass or fillets

100 grams feta cheese (greek, ideally from sheep or goat)

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