



JENNINGS
HOLISTIC HEALTH COACHING

9 Day Liver Cleanse



Safe * Gentle * Natural

INTRODUCTION

The liver is fundamental to the overall health of the body. The goal on this plan is to dig a little bit deeper, particularly if you're struggling with weight loss or any other health symptoms you have been stuck with. The way the plan is structured into three-day increments is crucial; a three day preparation phase (the 3), internal cleansing (the 6), and detoxification (the 9). It's important not to skip any of the days – they are all important.

The 3 – Key Points:

- This is an adjustment period to ensure the full cycle of the cleanse is successful and that your liver is able to cope.
- Apples and dates can be blended if preferred (rather than eaten whole)
- The liver thrives on apples and eating large quantities is transformative
- Dates heat up the liver to prepare for detox
- Liver Rescue Morning – hydrate well and eat no radical fats before lunchtime
- Drastically reducing fats gives the liver the energy it needs to detox.

The 6 – Key Points:

- Celery juice is incredibly beneficial to the liver. Always drink it on an empty stomach and wait 20-30 minutes before consuming food
- The Liver Rescue Smoothie will nourish the liver. The antioxidants in the fruit will help bring the liver back to life
- Avoid preparing vegetables with oil
- Asparagus, brussels sprouts and potatoes are liver-healing foods
- Asparagus and brussels sprouts are appetite suppressors and help calm the adrenal system
- Don't ever force food down if you're not hungry.
- If you are hungry, don't hold back on the food. The liver needs fuel, not starvation

The 9 – Key Points:

- The first 6 days are about preparing the liver to drive out all the garbage and poison in the body.
- The liver will be excreting packages of waste for delivery out of the body
- Spinach and cucumber support the adrenal system
- Hydration is crucial at this stage, but feel free to lower the portion sizes of the juices if you need to.
- Cooked, healing foods help to slow down the process of toxins being released so the body doesn't get overwhelmed by detox symptoms
- The blend of celery, cucumber and apple gives the body the right balance of mineral salts, potassium and natural sugar to stabilise glucose levels as the body rids itself of toxins.
- Take it easy on Day 9 and get lots of rest.



Days 10 and 11

Aim to follow the Liver Rescue morning on days 10 and 11 to prevent the liver going into shock!

You can repeat the cycles of 3:6:9 if you want to.

THE 3

	DAY 1	DAY 2	DAY 3
UPON WAKING	500ml lemon or lime water	500ml lemon or lime water	500ml lemon or lime water
MORNING	Breakfast & mid-morning snack of your choice (within guidelines)	Breakfast & mid-morning snack of your choice (within guidelines) One apple (or one serving applesauce)	Breakfast & mid-morning snack of your choice (within guidelines) Two apples (or two servings applesauce)
LUNCHTIME	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)
MID-AFTERNOON	Two apples (or two servings applesauce with 1-4 dates (or substitutions below)	Two apples (or two servings applesauce with 1-4 dates (or substitutions below)	Two apples (or two servings applesauce with 1-4 dates (or substitutions below)
DINNERTIME	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)
EVENING	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Follow the Liver Rescue Morning • Avoid these foods – gluten, dairy, eggs, lamb, pork products, canola oil • Reduce your normal consumption of radical fats (nuts, seeds, oils, coconut, animal proteins etc) by 50% and wait to eat fats altogether until dinnertime • If you enjoy animal products, stick to one serving per day, eaten only at dinner • Substitutions for afternoon dates: raisins, grapes or figs (dried or fresh) • Focus on bringing in more fruits, vegetables and leafy greens each day. 		

THE 6

	DAY 4	DAY 5	DAY 6
UPON WAKING	500ml lemon or lime water	500ml lemon or lime water	500ml lemon or lime water
MORNING	500 ml celery juice Liver Rescue Smoothie	500 ml celery juice Liver Rescue Smoothie	500 ml celery juice Liver Rescue Smoothie
LUNCHTIME	Steamed asparagus with Liver Rescue Salad	Steamed asparagus with Liver Rescue Salad	Steamed asparagus with Liver Rescue Salad
MID-AFTERNOON	At least 2 apples (or two servings applesauce) with 1-4 dates (or substitutions) plus celery sticks	At least 2 apples (or two servings applesauce) with 1-4 dates (or substitutions) plus celery sticks	At least 2 apples (or two servings applesauce) with 1-4 dates (or substitutions) plus celery sticks
DINNERTIME	Steamed asparagus with Liver Rescue Salad	Steamed brussels sprouts with Liver Rescue Salad	Steamed asparagus and brussels sprouts with Liver Rescue Salad
EVENING	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Avoid radical fats (nuts, seeds, oils, coconut, animal proteins etc) entirely • Stick to the foods outlined in the chart above • Eat as much as you need to feel full. 		

THE 9

	DAY 7	DAY 8	DAY 9
UPON WAKING	500ml lemon or lime water	500ml lemon or lime water	500ml lemon or lime water
MORNING	500 ml celery juice Liver Rescue Smoothie	500 ml celery juice Liver Rescue Smoothie	Over the course of the day, consume: 2x 500ml celery juices (one morning, one early evening) 2x 500ml cucumber-apple juices (anytime) Blended melon, frozen mango, or fresh squeezed orange juice (as many servings as often as desired) Water (sip at least 250ml every 3 hours)
LUNCHTIME	Pear & Rocket Salad with lots of salad vegetables	Pear & Rocket Salad with lots of salad vegetables	
MID-AFTERNOON	500ml celery juice At least 2 apples (or two servings applesauce) plus cucumber slices & celery sticks	500ml celery juice At least 2 apples (or two servings applesauce) plus cucumber slices & celery sticks	
DINNERTIME	Steamed squash, sweet potatoes, or potatoes with steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	Steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	
EVENING	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 500ml lemon or lime water Hibiscus or lemon balm tea	500ml lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Continue to avoid radical fats (nuts, seeds, oils, coconut, animal proteins etc) entirely • Stick to the foods outlined in the chart above; eat or drink as much as you need to feel full. 		



LIVER CLEANSE RECIPES

Liver Rescue Smoothie

Makes 1-2 servings

The first smoothie option below is a fast, simple, antioxidant-rich tonic for deep liver healing. The second smoothie option is a light alternative that brings together greens and fruit. If you've never thought of adding sprouts to your smoothie before, now is a perfect time to try it out. They're powerful and mild and they blend perfectly.

OPTION A

2 bananas or ½ cup of melon or mango, cubed

2 cups fresh or frozen or 2 tbsp powdered wild blueberries

½ cup water (optional)

OPTION B

1 banana or ¼ papaya, cubed

1 cup of mango (frozen is fine)

1 celery stalk

½ cup sprouts (any variety)

½ lime

½ cup water (optional)

Combine all ingredients in the blender. Blend well until smooth. If desired, stream in up to ½ cup of water until desired consistency is reached.

Liver Rescue Salad

Makes 1-2 servings

These two salad options are packed with healing properties for your liver. They're great for when you want a lighter meal, and they're also perfect additions to a cooked meal such as the steamed vegetables from the 3:6:9 plan. Feel free to try the sweet orange dressing too.



OPTION A

- 3 cups chopped tomatoes
- 1 cucumber, sliced
- 1 cup chopped celery
- 1 cup chopped coriander (optional)
- ½ cup chopped parsley (optional)
- ½ cup chopped spring onions (optional)
- 8 cups of any variety of leafy greens (spinach, rocket etc)
- 1 lemon, lime or orange, juiced

OPTION B

- 2 cups thinly sliced red cabbage
- 1 cup diced carrot
- 1 cup diced asparagus
- 1 cup diced radish
- 2 cups diced radish
- 2 cups diced apples
- ½ cup chopped coriander
- 8 cups any variety of leafy greens (spinach, rocket etc)
- 1 lemon, lime or orange, juiced

OPTIONAL ORANGE 'VINAIGRETTE' DRESSING

- 1 cup orange juice
- 1 garlic clove
- 1 tbsp raw honey
- ¼ cup water
- 1/8 tsp sea salt (optional)
- 1/8 tsp cayenne (optional)



Place the salad vegetables and the leafy greens of your choice in a bowl and mix together to form the base of the salad. Drizzle the fresh lemon, lime or orange juice over the top to taste. Alternatively, make the Orange 'Vinaigrette' by blending all of its ingredients until smoothly combined. Toss your salad in the straight citrus juice or Orange 'Vinaigrette' Dressing until well mixed.

Spinach Soup

Personally, this recipe is not one that I am that keen on so I left it out of my personal challenge. Instead I used a Brussel Sprouts recipe that I have included the program. However you can add this into your program in days 7 and 8.

Serves 1

1 ½ cups of cherry tomatoes

1 stalk of celery

1 garlic clove

1 orange

4 cups of baby spinach

2 basil leaves

½ avocado

Blend the tomatoes, celery and garlic with the juice of 1 orange until smooth. Add the spinach by the handful until completely incorporated. Add the basil and the avocado (if desired), blending until creamy and smooth.

Roasted Spicy Brussel Sprouts

Brussel sprouts are very ideal as a colonic cleanser. Serves two to three people.

1 kg of brussel sprouts

2 TBLS lemon juice

3 TBLS maple syrup

1 garlic clove

¼ tsp cayenne

¼ tsp paprika

¼ tsp red pepper flakes

½ tsp sea salt



Preheat oven to 230C. Remove stems from sprouts and slice into halves. Place all other ingredients into a blender and blend into a smooth marinade. Mix the marinade and sprouts together. Spread out the sprouts face down on a piece of baking paper in an oven proof dish. Leave the unused marinade in the bowl.

Roast the sprouts for about 20 minutes until golden brown. Return the sprouts to the marinade bowl and mix quickly. Serve immediately.