

# The 5-day detox

Look good, feel better, lose 8lb  
The ultimate liquid cleanse

**Tomorrow**  
The expert's  
guide to how to  
look younger



**Vicki Edgson**  
nutritionist

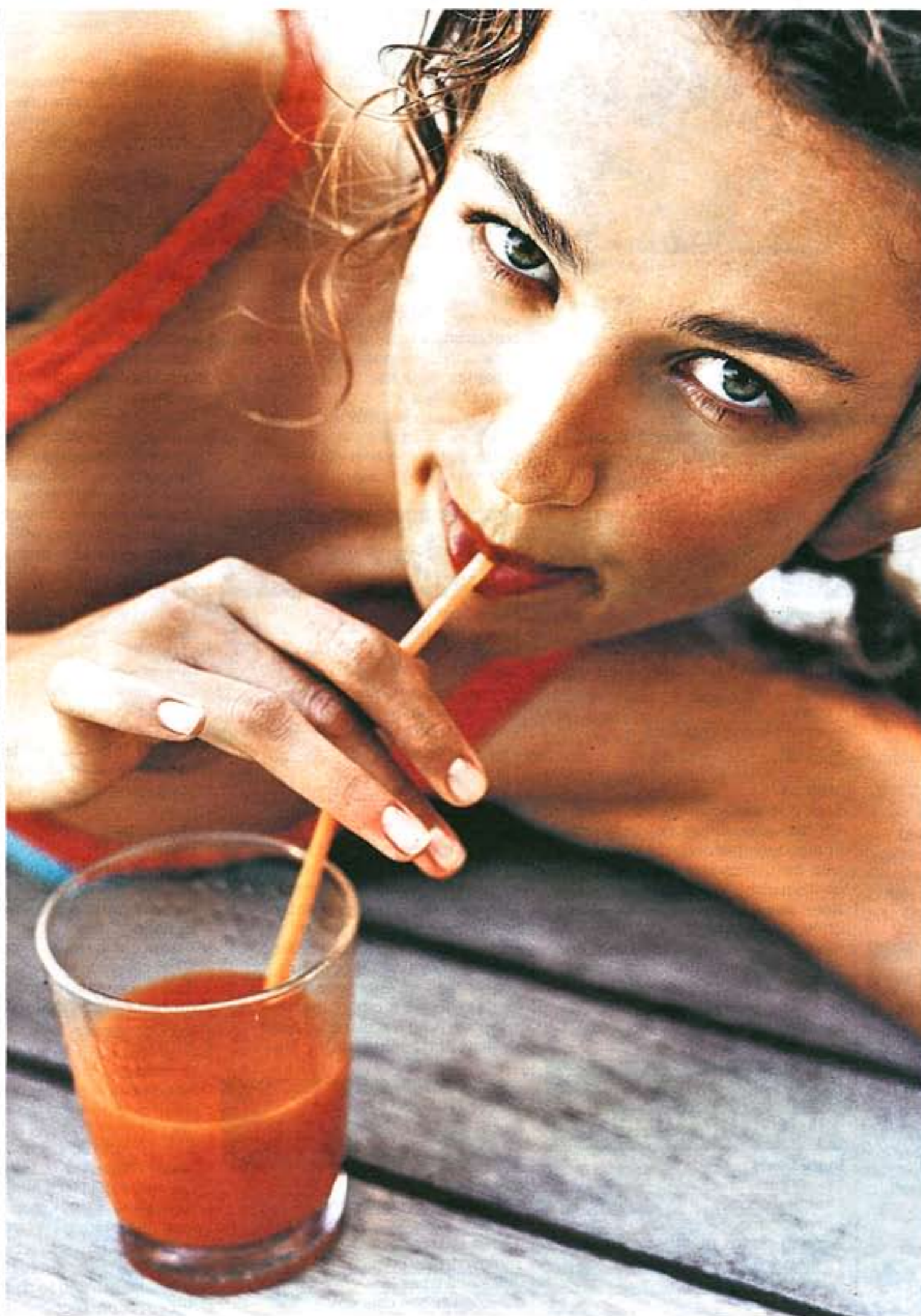
If you are feeling tired, sluggish and bloated, this is the kick-start for you. I recommend that my clients do this detox for five days every month to trim down, shape up and cleanse their digestive systems. Even if you do it just once you will immediately see the benefits.

This cleanse flushes your system with an abundance of fluids — herbal teas, soups, vegetable juices and extracts with fresh herbs — that all help the body to rid itself of accumulated toxins.

Some people may find that they suffer headaches and nausea in the first couple of days, but this is normal. So, how will you benefit from this hydrating cleanse? Firstly, you will look better because your skin will become clearer. You will also shed several pounds — in some cases up to 8-10lb.

The programme is easy to follow. You just need to be prepared. Some of the recommended juices call for a juicer, which is a juice extraction (where the juice is separated from the pulp), and some for blending of ingredients which include the fibre of the fruit or vegetable. Most households have a closed-jug or stick blender. You can find juicers from about £70 at most department stores. Take note: this is not suitable for pregnant women or those on multiple medications. Talk to your doctor before embarking on a detox.

Nutritionist Vicki Edgson is the co-author of *Honestly Healthy*, £20 (Jacqui Small LLP).



## How to start your detox

It's a good idea to start the cleanse on a weekend when you can rest and get used to making the juices easily and quickly, and perhaps even prepare sufficient potassium broth to last for the whole five days.

Throughout the cleanse you may swap days around and you may repeat one of the days if there is another that does not appeal. You should have four juices a day — two of which should be green — one serving of potassium broth and one soup. If you are finding it difficult to get through the day on vegetable juices, soups and broths only, then include a nut milk smoothie mid-afternoon to help balance blood sugar levels and reduce carbohydrate cravings.

If you end up eating a meal, simply carry on with your juice-and-soup programme, leaving out the nut smoothie for that day. By the fourth day you should already be noticing weight loss, brighter eyes and clearer skin. You will be sleeping better and have much more energy.

From day four onwards you may reduce the intake of fluids, either by one juice or by choosing to have the potassium broth instead of a soup.

Your body will be well hydrated and the toxic matter should be eliminated throughout the day. If you are having any problems with constipation, soak a large amount of chia seed overnight and add some to each of the juices.

Remember: every day four juices (two green), one potassium broth, one soup and an optional nut-milk smoothie.

For recipes and the 5-day plan, see next page ▶



## Juice recipes

Some of these recipes are juices (where the liquids are extracted from the pulp) and others are like smoothies in their fibrous consistency. Smoothies require blending with a closed-jug blender. Stick blenders work too although they are less powerful. All recipes with nuts should be blended. Juices should be made on the day of consumption, or the night before and stored in the fridge in an air-tight bottle. You are aiming for at least two green juices a day. Add an apple or two for natural sweetness to any of the recipes listed below.

### Hydrator juice (daily)

This is a light juice that can be drunk once or twice a day to stimulate the immune system while cleansing. Alternatively a concentrate of this mixture (use ¼ of the water) may be added to hot water daily

#### Ingredients

- 3 lemons
- 2 apples
- 200ml water
- ½ tsp turmeric powder

#### Method

Blend the apples, then squeeze the lemons and add water and turmeric powder (this will stain anything it touches, so be careful to add it gently). Shake vigorously in your water bottle. Choose glass bottles over plastic ones. Although the apples are blended the consistency is watery. Sip the juice through the day. Use a straw if you have recently had your teeth whitened to avoid stains.

### Ironman juice (green)

#### Ingredients

- 2 large handfuls washed spinach
- 3 celery sticks
- 1 large handful (or 1 bag), washed watercress
- 1 whole cucumber (including skin)
- 1 medium handful parsley (thick stems removed)
- Juice of 1 lemon

#### Method

Juice first five ingredients and add squeezed lemon juice at the end. (You can also blend these ingredients, apart from a whole lemon as its rind is bitter, for a more intense version.)

### Zinger smoothie

#### Ingredients

- 2 large carrots, scrubbed, unpeeled
- 1 small beetroot, scrubbed but not peeled
- 2 large handfuls red or green-stemmed chard, washed thoroughly, thick stems included
- 1 large handful watercress or rocket, washed thoroughly
- 2 apples, washed thoroughly
- ¼ root of ginger, skin scrubbed off

#### Method

Juice the carrots, beets and apples,



Nut milk smoothie

then pour into a blender. Add all remaining ingredients and mix. This will produce a thick, fibre-rich smoothie with all the stems from the chard and watercress or rocket macerated in the drink rather than discarded. Alternatively, if you prefer a juice, you can pop all the ingredients into your juicer and extract the liquid.

### Super anti-ox smoothie

#### Ingredients

- 1 small punnet blueberries
- 1 small punnet raspberries
- 1 large handful curly kale, woody stem removed
- 1 apple
- 1 dessert spoon chia seed
- 1 orange

#### Method

Soak chia seed overnight in 200ml filtered water. Juice kale, apple and orange together and add to a blender with the berries and chia seed. Blend until smooth. Note: owing to the gelatinous nature of the chia and blueberries, this mixture will set over a few hours and so may be poured into ramekins and stored in the fridge, covered, to have as a "juice dessert" when you come home from work.

### Skin boost smoothie (green)

#### Ingredients

- 1 small cucumber
- 1 handful parsley
- 1 gem lettuce
- 2 spring onions, outer leaves removed
- 1 lemon
- ½ avocado
- Black pepper

#### Method

Juice cucumber, parsley, spring onions and lettuce, and combine this juice with avocado and lemon juice in blender until smooth. Add black pepper to taste. This can also be prepared as a soup by adding the whole avocado and warming very gently as overheating will kill all the nutrients. Don't use a microwave.

### Supergreens juice (green)

#### Ingredients

- 1 large handful kale
- 1 large handful spinach (washed thoroughly)
- 2 celery sticks
- ½ large cucumber
- 1 small handful of dandelion greens (or beetroot leaves)
- 1 lime, juiced
- 1 tsp Spirulina powder

#### Method

Juice all the ingredients, add Spirulina powder and blend thoroughly. Top up with water if it's too strong. Spirulina powder has all the essential ingredients, such as B12, folic acid and protein, that are sometimes lacking in a vegetarian and, especially, a vegan diet. I believe it is one of the best superfoods on the planet. I favour Organic Burst Spirulina.

### Pinkie smoothie

#### Ingredients

- 1 small punnet raspberries
- 6-8 leaves basil
- 1 large slice watermelon, skin removed, pips intact
- Juice of 2 limes
- 1 dessert spoon chia seeds

#### Method

Soak the chia seeds overnight in 100ml spring or filtered water. Blend all ingredients (including chia with soaking water) until completely smooth, adding the lime juice near the end to preserve and flavour.

### Alkaline cucumber juice (green)

#### Ingredients

- 1 large cucumber (skin on, but washed thoroughly)
- 2 large apples, skin on
- Medium handful fresh mint
- 1 in fresh root ginger, skin on (well scrubbed)
- 1 small spring onion, outer leaves removed
- Juice of 2 lemons

#### Method

Juice first five ingredients and add lemon juice to preserve and alkalise. This is quite stimulating – you may reduce ginger if too strong.

## Soup recipes

### Potassium broth

Potassium broth is one of the essentials for cleansing, providing important antibacterial and antifungal nutrients that help the immune system to replenish itself. It is one of the fastest ways of rehydrating the body. This broth can be drunk throughout the day for a hot savoury drink. The cayenne pepper stimulates metabolism to help with excess weight loss and to push the toxins through your body at a faster rate. Cut this ingredient out if you find you are suffering from headaches, muscle aches and pains.

#### Ingredients

- 1 litre filtered water
- 3 carrots, scrubbed but unpeeled, diced or sliced
- 3 celery sticks, topped and tailed, strings removed, sliced thinly
- 1 large leek, halved lengthways, outer leaves removed, sliced thinly
- 1 fennel bulb (optional according to taste)
- 2 parsnips, halved lengthways, scrubbed and sliced
- ½ savoy cabbage, heart removed and shredded finely
- 2 large garlic cloves, sliced
- ½ tsp cayenne pepper
- Optional handful chard or kale, washed and shredded
- Juice of 1 lemon

#### Method

Place all the ingredients except the chard or the kale in the water and then simmer on a low heat for at least 1 hour. Add salt and pepper if needed. Then throw the chard or the kale in for the last 5 minutes of cooking. Allow the soup to sit for at least half an hour and then strain out all the vegetables to leave a clear broth. You could purée the remaining vegetables to add to a juice or discard altogether.

## The 5-day

Follow the daily



### Day 1

**On waking** 1 large mug hot water with two slices lemon, optional added sliced root ginger

- 1 Ironman
- 2 Pinkie
- Herbal tea green or white tea
- 3 Hydrator
- 4 Supergreens

**Potassium broth**  
**Soup** Asparagus and artichoke soup

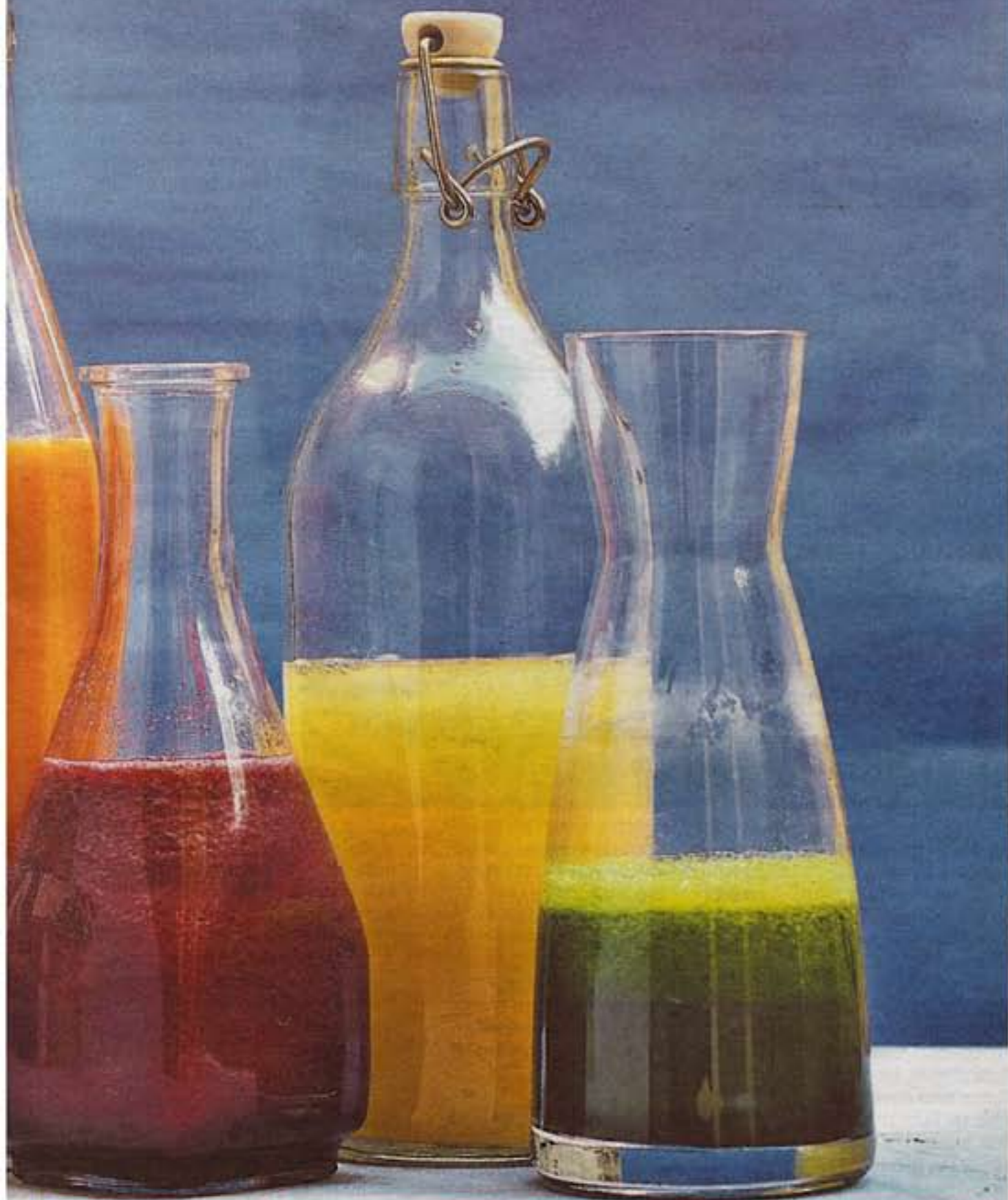
**Optional** Nut milk smoothie

**Bedtime herbal tea**  
Camomile or peppermint



## y detox

plans below. To get started, see cover



## Day 2

**On waking** 1 mug hot water and lemon with pinch cayenne pepper (as a coffee alternative)

- 1 Super Anti-ox
- 2 Skin boost
- Herbal tea Fennel
- 3 Supergreens
- 4 Hydrator

**Potassium broth**  
**Soup** Borscht

**Optional** Nut milk smoothie

**Bedtime herbal tea**  
Peppermint

## Day 3

**On waking** 1 mug hot water with fresh mint

- 1 Skin boost
- 2 Ironman
- Herbal tea nettle
- 3 Zinger
- 4 Hydrator

**Potassium broth**  
**Soup** Broccoli, ginger and fennel

**Optional** Nut milk smoothie

**Bedtime herbal tea**  
Passiflora, valerian and hops – known for their calming, relaxing and sleep-inducing properties

## Day 4

**On waking** 1 mug of hot water and lemon with root ginger

- 1 Ironman
- 2 Alkaline
- Cuclemnade
- Herbal tea Nettle or fennel
- 3 Supergreens
- 4 Hydrator

**Potassium broth**  
**Soup** Asparagus and artichoke heart (optional)

**Optional** Nut milk smoothie

**Bedtime herbal tea**  
Passiflora, valerian and hops

## Day 5

**On waking** 1 mug hot water with lemon and ginger

- 1 Super Anti-ox
- 2 Skin boost
- Herbal tea Green or white tea
- 3 Hydrator
- 4 Alkaline
- Cuclemnade

**Potassium broth**  
**Soup** Broccoli, ginger and fennel

**Optional** Nut milk smoothie

**Bedtime herbal tea**  
Fennel or nettle



Easy borscht

## Easy borscht with wakame

This is a simpler version of the traditional recipe that omits the sour cream.

**Ingredients**

- 1lb beetroot, topped and tailed, scrubbed (but not peeled) and chopped or diced
- 1 large red onion, chopped roughly
- 3 garlic cloves, pressed to extract juice

- 1 medium sweet potato, scrubbed but not peeled and chopped
- 2 thyme sprigs
- 2 in piece wakame (seaweed) to add to simmering water
- 500ml filtered water
- Sea salt and black pepper
- Several sprigs parsley

**Method**

Simmer all ingredients, except parsley, with thyme and wakame in a heavy-bottomed pan for 30 min. Turn off heat and allow to cool. Blend roughly, allowing some texture to remain or, if preferred, until smooth. Top with chopped parsley.

## Asparagus and artichoke with fennel and thyme

**Ingredients**

- 1 bunch asparagus, woody end of stem broken off
- 1 small tin artichoke hearts, rinsed (or small artichokes, boiled and hearts removed for soup)
- ½ red onion or 1 large leek
- 1 large garlic clove
- 3 sprigs fresh thyme (or 1 tsp dried)
- 1 tbsp pumpkin seeds (ground)
- 500ml filtered water
- Sea salt and ground black pepper to taste

- 1 tbsp olive oil
- ½ tsp fennel seeds

**Method**

Wash the asparagus and rinse the tinned artichoke hearts thoroughly. Set aside. Chop the garlic, onion or leeks and sauté very lightly in olive oil with the fennel seeds until transparent. Add water, herbs, asparagus and artichoke hearts together with the salt and pepper and simmer gently for 10-12 min. Allow to cool and blend until smooth. Stir in the ground pumpkin seeds before serving for added protein and essential fats.

## Broccoli, ginger, fennel, watercress

**Ingredients**

- 1 medium head broccoli, woody stem removed and cut into florets
- 1 white onion peeled, cut into thin rings
- 4-5 slices of root ginger
- ½ fennel bulb, washed, chopped and leaves removed
- 1 bunch watercress, washed thoroughly
- Sea salt and black pepper
- 1 tsp coriander seed, ground roughly
- ½ litre water

**Method**

In a saucepan, bring the water to a boil and throw in the coriander seeds. Leave to infuse in the water for about 5 min with the lid on to prevent evaporation. Reduce the heat to a simmer and add all other ingredients, except the watercress. Simmer for 10-12 min and turn off heat. Allow to cool slightly before blending thoroughly until smooth, adding the raw watercress to add bite, intensity of flavour, and dark green colour at the very end. Serve warm rather than scalding or take in flask to work.

**More recipes** ▶





You can add any or all of the following to any of the juices or soup recipes. These fruit and vegetables are good for any type of intestinal cleanse

- 1 Green leaves of all types – chard, kale, spinach, watercress, cabbage, lettuce, rocket
- 2 Beetroot, beet leaves
- 3 Garlic and onions, leeks, spring onions
- 4 Sea vegetables
- 5 Broccoli
- 6 Artichokes (globe)
- 7 Avocados
- 8 Apples
- 9 Lemons and limes
- 10 Celery

Include any of these herbs and spices to enhance your daily juices and soup recipes while you're on the 5-day liquid detox

- 1 Basil leaves
- 2 Coriander
- 3 Ginger
- 4 Peppermint (or fresh mint)
- 5 Coriander seed
- 6 Fennel seeds
- 7 Parsley
- 8 Cayenne pepper
- 9 Dandelion leaves and root
- 10 Turmeric powder

Broccoli, fennel and watercress soup



## The rules

- Aim to drink 2-2½ litres of nutrient-dense liquids a day in the form of vegetable juices, nut milk smoothies, herbal teas (but not fruit teas because these often contain mould spores), potassium broths and vegetable soups. You may have filtered water on top of this, but you should drink your allocated juices and soups as per the menu planner to ensure that you are getting all the nutrients you need.
- Sip your liquids throughout the day rather than at specific mealtimes to avoid highs and lows of blood sugar and the ensuing energy crashes.
- At least two of your daily juices and one of your daily soups should be green-coloured because these will provide you with abundant chlorophyll, iron and antioxidants.
- Take one or more flasks of warm soup and broth with you to work because I recommend that you combine some warm fluids with your juices.
- Make some soups from raw vegetables, rather than cooking all the ingredients, to preserve the nutrients. Only heat gently when the ingredients have been mixed.

● Nuts and seeds such as almonds, cashew nuts, sunflower seeds, pumpkin seeds and chia seeds are an important form of protein when on a juice cleanse. Choose only natural, unroasted, and unsalted nuts and seeds to add to juices and smoothies as roasting alters the structure of the essential fats they contain, and can damage them.

Soak all nuts and seeds for at least an hour (other than cashew nuts, which require only 15-20 minutes). I recommend grinding all nuts and seeds in a blender before adding the remainder of the ingredients to make sure that they mix properly with the fruits, vegetables and other ingredients. Make sure to include chia seed (preferably soaked) in at least two of your daily smoothies to aid hydration of the intestines, moving toxic matter through the gut safely while ensuring gentle elimination. Chia is the new flaxseed, and deservedly so.

● I have found that for people who are travelling to and from work and

who have a long day in the workplace the concept of getting by on vegetable and fruit juices simply isn't enough. Include one of the nut or seed milk smoothies, as the proteins they contain will be enough to get you through the afternoon without having to snack.

You may buy ready-made nut milks, but make sure they are unsweetened. Try Comvita almond milk, hazelnut or cashew milk. Those who have nut sensitivities can substitute them with ground chia seed, ground quinoa seed (red and white) or ground sunflower, pumpkin or hemp seed.

● No alcohol of any description should be drunk throughout the week.

● No coffee or black tea should be consumed unless you are drinking quality oolong tea for its phytonutrients and antioxidants. Green and white teas are allowed.

● No dairy, such as butter, milk, cream, yoghurt or ice cream should be added to any soups or juices as they interfere with the cleansing process.

● You may add organic extra-virgin olive oil or coconut oil when cooking soups for extra essential fats.

● Do not use a microwave to heat any of the soups. Unfortunately, although quick and easy, the microwave works by warming the

water molecules in the juice or soup until the heat radiates outwards, killing most of the waterborne nutrients in the process.

● You might find it useful to take supplements such as Vitabiotics Immunace (Boots) and Revive Active (reviveactive.com) and Organic Burst Spirulina, Chlorella and Maca powders to add to smoothies and juices.

● If you don't have time to make your own juices, the following companies are all doing their own versions of a liquid cleanse: [detoxkitchen.co.uk](http://detoxkitchen.co.uk), [honestlyhealthyfood.com](http://honestlyhealthyfood.com), [purifynecleanse.com](http://purifynecleanse.com), [purearth.co.uk](http://purearth.co.uk), [plenish.com](http://plenish.com), [radiancencleanse.com](http://radiancencleanse.com) and [noshdetox.com](http://noshdetox.com).

## Optional recipes

### Nut milk smoothie

To keep you going throughout the afternoon.

#### Ingredients

2 slices fresh pineapple, skin and core removed (or 1 small tin pineapple chunks, rinsed thoroughly to remove all sweeteners and preservatives)

1 tsp chia seed soaked in 100ml filtered water  
100ml coconut milk (plain, no added vanilla essence)  
100ml coconut water

#### Method

Soak chia seeds overnight and combine with other ingredients in blender. Blend until smooth. Use coconut water on its own if coconut milk is too rich.

### Super energy

#### Ingredients

200ml cashew nut milk (Ecomil or other)  
2 whole apricots, pitted, or 3 dried apricots, soaked in hot water to rehydrate  
1 tsp sunflower seeds  
1 tbsp protein powder (I prefer Sunwarrior because it is whey-free)  
Pinch of cinnamon

#### Method


Soak apricots until hydrated and blend all ingredients together until smooth. (There are lots of protein powders available, but many have additives. Sunwarrior is an organic complete protein and superfood mix.)

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