



Cleanse with Zoë

It's time to cleanse
*become our most
High Vibrational Selves
and live in harmony with Nature*

The Health benefits of using fruits,
lemons and limes in to your dieet

www.cleansewithzoe.com

By Zoë Julia

The benefits of Cleansing with Nutrition



- Reduce your toxin and pathogen load (it's toxins and pathogens that are behind chronic illnesses and symptoms).



- Healthier skin, hair, and nails. The more you Cleanse, the more it will show from the outside and your skin.

Weight loss or achieve a healthy weight for you.

- More happiness, joy and energy to live your life. As toxins and pathogens leave your body; you become the most pure, cleansed and High Vibrational Self

By Cleansing physically, you automatically heal on an emotional and mental way as well, which results in a stronger mind, and more



*Cleansing isn't just a physical journey.
As you cleanse your body and bring in the right healing foods,
you will heal on an emotional and spiritual level also.*

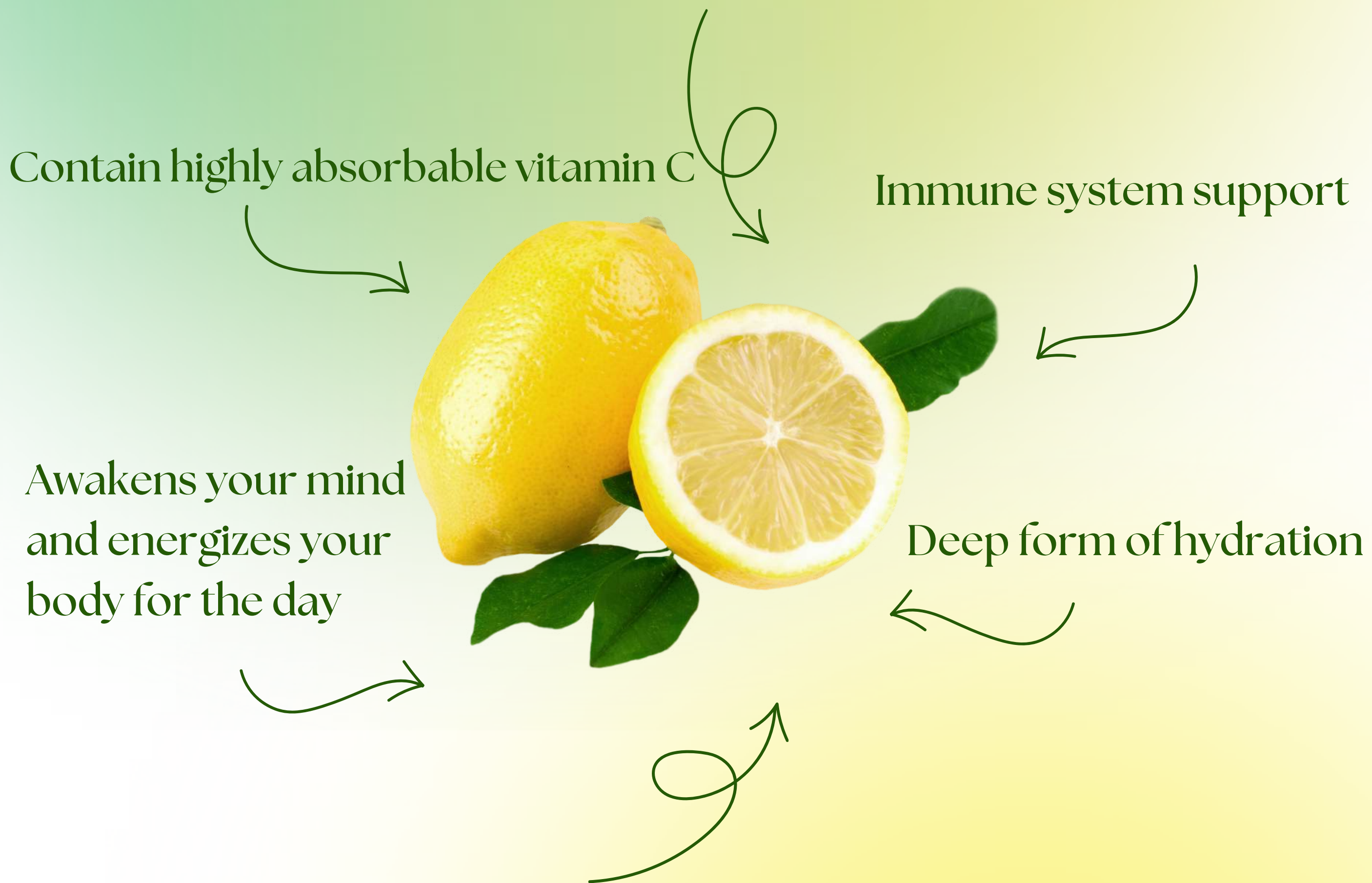


Health benefits of *lemon*



Lemon water is the perfect way to hydrate, purify and revitalize your body each morning. Water coming straight from the tap or a bottle has lost its vitality and its innate living structure. By adding fresh squeezed lemon juice, you “wake up” the water and bring it back to life. This allows it to travel more deeply into your tissues and cells and carry the essential nutrients and compounds you need in order to thrive.

Excellent for weight loss



Contain highly absorbable vitamin C

Immune system support

Awakens your mind
and energizes your
body for the day

Deep form of hydration

Eliminated unwanted toxins
from the body

Lemon water is an excellent source to cleanse out toxins, chemicals and viruses out of the body. It is a good source of vitamins C and B and minerals such as calcium and magnesium, and works excellent for weight loss, the immune system, alkalizing the body, controlling high blood pressure, anti-aging, detoxification and more :)

Lemon water gives us that refreshing feeling, and hydrates our bodies on a deep level. Hydration is the key factory to give our body the opportunity to Cleanse toxins out.

A tall glass of lemon water upon waking is an excellent way to hydrate and cleanse the body first thing in the morning!



Lemon Water

Ingredients

*½ lemon or lime (or as many as you'd like)
16 ounces water (2 cups)*

Directions:

*Squeeze half a lemon/lime into 16-32 ounces of water and drink in the morning.
You can also drink more throughout the day to flush and hydrate the body*



Lemon Ginger Honey Water

Ingredients:

*1 to 2 inches fresh ginger
2 cups water
½ lemon
2 teaspoons raw honey*

Directions:

Grate the ginger into 2 cups of water. Allow the water to steep for at least 15 minutes and ideally longer. You can even leave it steeping in the fridge overnight if you wish. Strain the ginger out of the water when you're ready to drink it, add the lemon juice and raw honey.

Drink 16-32oz every day upon waking, and use lemons and limes as salad dressing, in fresh juices and smoothies, squeeze it on top of fruit bowls, steamed vegetables, or any other meal. Fresh lemon in tea and added to wraps, hummus, guacamole, and nori rolls is another great way to add this healing and nutritious fruit into your diet.

Is lemon water bad for my teeth?

Contrary to popular belief, lemons are highly mineralizing and loaded with calcium. Fresh lemon kills the bad bacteria in your mouth that causes tooth decay



The healing power of *Fruits*

The natural way to a healthier you

Skin Health Glow

Beauty and health go together! Enjoying the delicious and healing fruits of Mother Earth will show itself from the outside too, and result in to beautiful skin, nails and hair health. Real glowy skin starts with a Cleansed body, and the incredible Vitamin C source coming from fruits.

Fruit Stops Aging


We all hear that fruit has antioxidants, but what does that mean? In short, fruit stops and prevents oxidation, which is the process that ages us.

Fruit is Antiviral and Antibacterial

When you eat fruit, it kills off bacteria and begins to remove it from the body. It is the quickest and natural detox process.

Fruit for Gut Health


There is a common trend that suggests fruit should be avoided if you have a gut problem. Fruit should actually be a food you enjoy in abundance when trying to heal from any gut issues. Try making fruit the first food of your day. Also, eating fruit on its own is the best way to easily digest it and you may find you can consume more fruit when eaten this way



Sugar, while it may sound like an enemy to avoid because of our conditioning, actually runs every single cell in our body, especially our brain. It's just a matter of having the right kind of sugar that's found in fresh fruits and high-carbohydrate vegetables...



From Fruit Fear to Fruit Love

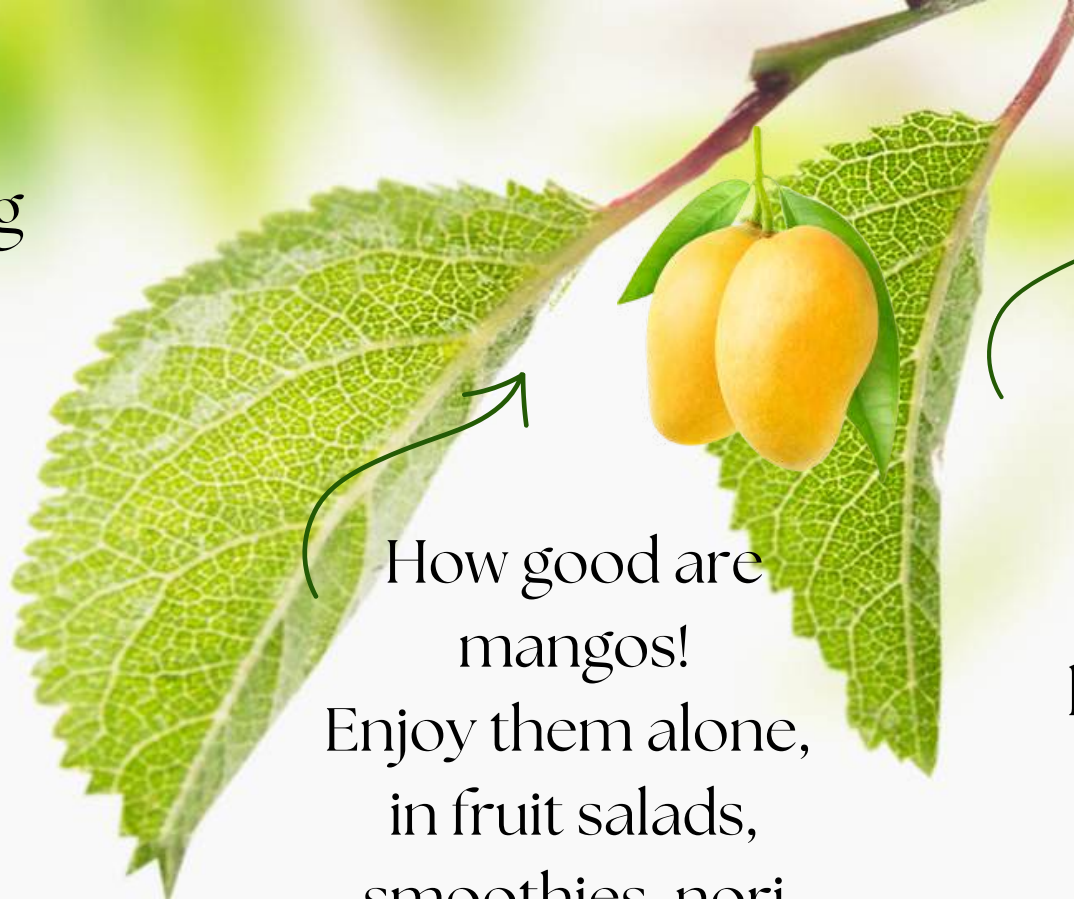


There are many nutrients that are not necessary for our survival, but we need vitamin C. We cannot live without it. It is absolutely necessary in order to continue living. And what are the highest vitamin C sources? All of the different fruits available to us.

The question will probably be asked, if this were true, how could someone who never eats fruit be able to continue living? The answer is that a lot of people accidentally get vitamin C without realizing it because many processed foods are fortified with synthetic vitamins, or they take multivitamins that contain a small amount of vitamin C, or they simply eat a piece of fruit randomly from a blueberry muffin, slice of apple pie, or snack on an apple on occasion.



The best fruits for gut health!
Using bananas as a base during
the day is a great idea



How good are
mangos!
Enjoy them alone,
in fruit salads,
smoothies, nori
wraps and more



The wild blueberry, the
most healthy fruit.
Smaller than the regular
berry, but way more
powerful. She fights heavy
metals and other toxins
out of our brain and body

cleansing tools



Second most cleansing fruits!
Thank You Mother Earth :)

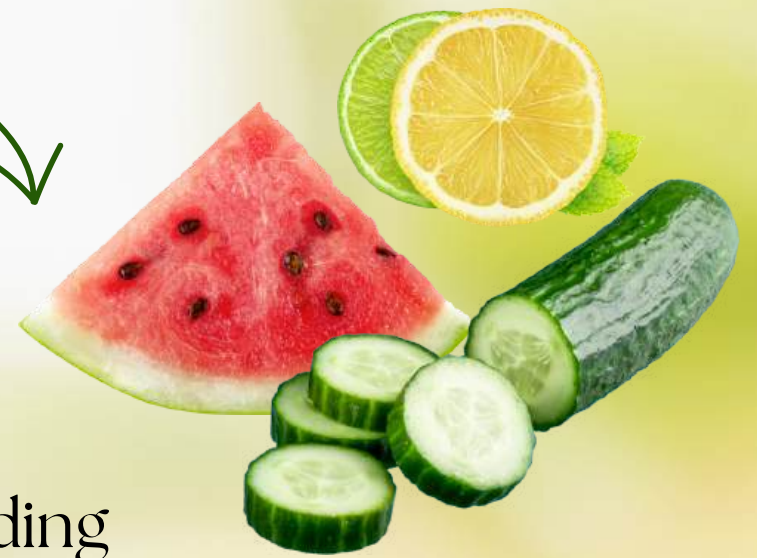
The classic red skin apple:
The number 1 most
cleansing fruit!



Great sources of vitamin C!
And so yummy



The most refreshing,
hydrating fruits, and
also very cleansing.



Great glucose sources!
How delicious are medjool dates, you
can add them to your smoothies too!



Not a fruit, but a very grounding
comfort food, with the right
glucose and healing benefits.
Potatoes like to be eaten in their
pure form, steamed or cooked
and without any oil.
A squeeze of lemon, lime, leafy
greens or pure spices are fine :)

Raw leafy greens like spinach
and kale: So important for daily
use. The more, the better.
Enjoy them in a smoothie with
banana and orange juice, or
with steamed potatoes. Did
you know that the taste of the
cilantro herb depends on how
many toxic heavy metals we
have inside the body? The
more you'll eat them, the
better they taste!

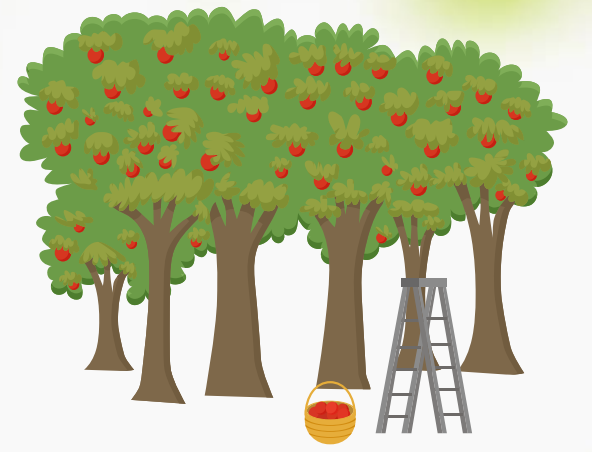


So delicious...



did you know?

The Truth about Fruit



Fruit is a great way of cleansing and working towards great results. Some people don't feel the best when they start consuming fruit, and think that fruit is not healthy for them or has too much sugars.

The real reason is because fruit is highly detoxifying and helps to rid our bodies of toxins. This can cause some temporary discomfort.

Fruit is what our body's are truly made for, and you can use it as a great base. You can eat as many fruits you'd like, and do not need to fear for the 'Fruit Fear' myth.

Fruit sugars do not work in the same way as Coca Cola, fruit sugars are natural sugars, coming from Mother Earth. The Truth is also; that the water inside fruits and vegetables is the purest, healthiest, and cleanest water that exists on Earth, it carry's living water in them.

We are all human beings and our body's are designed to receive great benefits from any kind of fruit.

It is our main natural food source here on Earth.



Easy & Quick Recipes

Changing up the way you eat your fruits and veggies can make all the difference when you are choosing to eat a healthier diet. Peeling your fruit or blending a smoothie are luckily both easy ways to prepare your food.

Here are some examples for a snack, salade and smoothie base, to get more healing fruits into your diet in a fun way :)

Fruit Salad

Ingredients:

- 2 tbsp freshly squeezed lime juice
- 1 tbsp raw honey
- 2 cups halved black, purple, or red grapes
- 2 cups strawberries, blackberries, and/or raspberries
- 2 cups chopped peaches, nectarines, and/or apricots
- 1/4 cup loosely packed fresh mint, finely chopped

Directions:

Place lime juice and raw honey in a medium-sized bowl and whisk until uniform. Add the grapes, berries, peaches, and mint. Gently stir until evenly mixed and serve.

Serves 1-2

Refreshing Smoothie

Ingredients:

- 2 cups chopped pineapple (fresh or frozen)
- 2 cups chopped mango (fresh or frozen)
- 1 inch piece peeled ginger
- 1 cup water or coconut water
- 6 ice cubes (only if you use fresh fruit)

Directions:

Place all ingredients except ice in a blender. If you are using frozen fruit, you may need 1.5 to 2 cups of water. Blend until smooth. If you used fresh fruit rather than frozen, add ice and blend again. Sip and enjoy!

Date Snack

Ingredients:

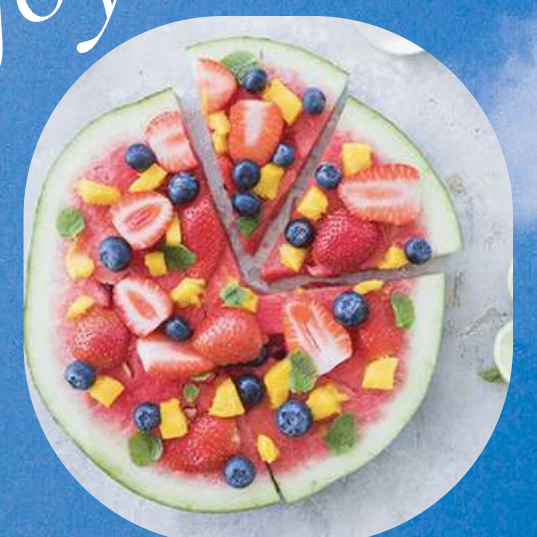
- 1 apple
- 1/2 teaspoon cinnamon
- 6 medjool dates

Directions:

Cut the apple into thin wedges, removing the core and seeds. Lay the slices flat on a plate or platter and sprinkle with cinnamon. Make an incision on one side of the date and remove the pit. Open the date and place a cinnamon apple wedge in the middle. Repeat with the rest of the dates and serve. Makes 2 servings.



Enjoy!



How delicious and fun. You can always snack on fruits during the day (:

Want to know more about our original food sources, the benefits of Cleansing or personal guidance for optimal health results?

With the Information I discovered coming from a Cleaner, Higher Source, I would love to share more about it with you!

Book a free online session at
www.cleansewithzoe.com

*Lets Bloom in to our most
High Vibrational Selves*

*Love & Light,
Zoë Julia*

Cleanse with Zoë
www.cleansewithzoe.com