

TOP SUMMER DETOX TIPS AND RECIPES FOR TIMELESS BEAUTY

by Viktoriya and Oksana Gruzdyn



hydrating green beauty smoothie



mint chocolate smoothie

For those who have never done a detox program and wish to start, the best way is to seek the guidance of a certified nutritionist or a naturopath doctor.

After a winter of heavy foods that nourish us and keep us warm, it feels natural to cleanse and detoxify in the spring. Every day, we are exposed to a variety of toxins in the air, in the water, in the food, and in the environment. Detoxifying and clearing the waste out can bring us vibrant results and timeless beauty. The best time to detoxify is in the spring and early summer.

Here are our top three tips that are aimed to detoxify, energize, and give us timeless beauty:

Eat variety of plant-based protein and drink green smoothies.

Plant-based protein is extremely abundant in spring/summer. It is alkaline, light, and hydrating and it is essential for muscle recovery after long hikes out in nature! Summer foods that are rich in plant-based protein are dark leafy greens, such as kale and swiss chard, and nuts and seeds, such as hemp seeds and pumpkin seeds. Cellulose in raw vegetables is very hard to digest. It requires a strong stomach acid and an enzyme called cellulase, which our pancreas does not make. The best way to get most out of greens is to blend them in a smoothie. Blending greens in a high speed blender, breaks down cellulose and exposes vitamins and minerals that our body can quickly utilize. In addition, dark leafy greens contain an abundance of chlorophyll, a pigment that is known to give gorgeous, glowing skin. We can nourish our bodies and at the same time give us the glow from inside out from blended green drinks!





Oksana Gruzdyn

Oksana is an immunotherapy cancer researcher based in Detroit, MI. She is the left-handed, analytical twin. Besides her cancer research studies, she also enjoys Bachata music, creating plant-based recipes, web designing, meditating, and reading books on self-development and spiritual growth. Viktoriya is a multi-media creative artist. Viktoriya's love for all types of creative work has driven her to seek experiences in a variety of art-related fields. She loves doing sculpture, set and concept design, as well as motion graphics, and stop motion animation.

www.viktoriyaandoksana.com



Viktoriya Gruzdyn

In addition to dark leafy greens, a variety of seeds and nuts are loaded with high-quality protein. Hemp seeds contain all nine essential amino acids, 30 grams of protein per serving, and two essential fatty acids: Omega-3 and Omega-6. They are great in smoothie drinks and in salads! They are also known to reduce the symptoms of PMS and Menopause!

More plant-based protein sources include chia seeds, flax seeds, pumpkin seeds (help remove intestinal parasites and are rich in one of the most important minerals in the body: magnesium), almonds, brazil nuts (high in selenium), buckwheat (an ancient seed), lentils, and variety of superfoods (spirulina, maca, and chorella).

All raw nuts and seeds should be soaked overnight before consuming to dissolve enzyme inhibitors and increase nutrient bioavailability!

Serving size: 1

Green delight protein smoothie:

- 3 cups of spinach (or kale or spring mix)
- 1 ripe banana
- ½ cup of almond milk (or coconut milk)
- 1 serving of protein powder (Marilyn Farms' Essential Meal VEGAN)
- A teaspoon of stevia (or one date) (optional)
- A pinch of sea salt (optional)

Hydrating green detox smoothie:

- ½ lemon (or lime)
- 1 cucumber
- 1 teaspoon grated ginger
- 1 teaspoon grated turmeric
- A handful of parsley (or cilantro)
- 1/3 cup of water

Hydrating green beauty smoothie:

- 2 celery sticks
- 1 large cucumber
- 1 green apple (or pear)
- 1 cup of spinach (or spring mix)
- 1 teaspoon of flax seeds (or chia seeds; soaked overnight)
- Top with blueberries (optional)

Mint-Chocolate Smoothie:

- 1 frozen banana
- 1 cup of spinach
- 1/2 avocado
- 1/2 cup of almond milk (or coconut milk)
- 3 tablespoons of cacao (or carob)
- handful of mint leaves (or tablespoon of dry mint)
- 1 teaspoon of vanilla extract or vanilla powder
- pinch of sea salt (optional)
- Top with shredded coconut and grated lemon peel (optional)

Instructions:

Blend all the ingredients until smooth. The smoothies are best consumed within one hour or stored in a tight-seal container for one day.

Stay hydrated with green juices, fruit-flavored drinks, and water-rich fruits and vegetables!

Green juices, fruit-flavored drinks, and water-rich fruits and vegetables are perfect for hot summer days because they are loaded with electrolytes and minerals and have a cooling

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summer days, because they are loaded with electrolytes and minerals, and have a cooling effect on the body. To prepare a fruit flavored drink, simply cut strawberries, or cucumber, or lemon into a bottle of water and drink that throughout the day. To prepare fruit salads, simply cut celery, cucumber, strawberries (or pineapple), bell peppers on a bed of iceberg lettuce or spring mix and top with sunflower seeds, hemp seeds, or pumpkin seeds for extra crunchiness. Celery is one of the most underrated vegetables. It is rich in electrolytes, such as potassium, sodium, and many vitamins. It removes water retention, which is a sign of being dehydrated, and instead of drinking water, drink celery juice after a workout! Cucumbers are also great for detoxifying the kidneys, liver, cleaning the bowels, and they even silica, sulfur, and enzymes that are great for skin and hair. There are dozens of ways to incorporate these hydrating vegetables into your diet by mixing and matching different fruits and vegetables in salad bowls.

Stay active

In addition to eating a diet high in fruits and vegetables, we also need some form of exercise every day for optimum health and beauty. Every cell in our body produces some form of toxic waste, which needs to be eliminated. Fruits and vegetables assist in eliminating these toxins, but in addition, moving the body assists the lymphatic system in waste elimination. Here are some suggestions that may help increase your activity level in the summer: climb stairs whenever possible, stand while working in front of the computer, walk or bike to work or to the store, do jumping jacks during the 5-10 minute work breaks, replace coffee breaks with walking breaks, park far away from the entrances, plant your favorite vegetable or plant in your yard, move around while making phone calls, take your significant other out on the date in the park, and enjoy carefree walks in early mornings or late evenings. "I work out for my head as much as I do for my body. I'm a thinker. A lot of my ideas come to me more easily when I am running. That is why I like to run in the morning, when there are no distractions ... Now some of my best ideas are born on the run." – Grete Waitz, *On the Run: Exercise and Fitness for Busy People*.

