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Dr. Pina's Three-Day Detox

In the summer, you want to look your best (and.... swim suits are really not the most forgiving ☺).

Dr. Pina has a plan for you.

She explains to Dr. Oz how to naturally reduce the bloat, decrease the flab, and get your body healthy at the same time.

Now, you won't lose all the weight you may want in three days, but, you will lower inflammation, minimize the bloat, and start the process to help you move into the shape you have always wanted.

Try the following for 3 days in a row:

IN THE AM:

video 1: Introduction and licorice tea:

<http://www.doctoroz.com/article/3-day-summer-teatox>

Get going with a cup of licorice tea (recipe below), and have this instead of your coffee. Add it to a good healthy breakfast that has plenty of protein, and is low in simple carbs and sugar. You can also sip this tea during the day, but try not to have it at night, as it may be stimulating. Remember, if you have high blood pressure you may need to avoid licorice tea. Licorice is great for your digestion and your adrenal gland function.



licorice recipe:

What you'll need:

- 4 tbsp of licorice root or ½ tsp of licorice root extract
- 1 inch of fresh ginger peeled and sliced fine
- 1 cinnamon stick
- honey – to taste
- handful of mint

Add the licorice, ginger and cinnamon stick to about 5 cups of water and steep for 20 minutes.

Strain and add the mint.

Cool the tea in the fridge.

Then give it one more strain, add some ice and enjoy.

Remember, if your digestion does not like cold water, you can always drink it warm.

AFTERNOON TEA:

video 2: Oolong Tea and recipe

<http://www.doctoroz.com/recipe/iced-oolong-tea>

Try some high antioxidant and anti-inflammatory oolong tea in the afternoon. It is a great for a gentle afternoon pick me up (it has some caffeine). And eat a good healthy lunch packed with protein, healthy fats and carbohydrates from vegetables. Try fruit if you are hungry in between meals.



Oolong Tea recipe:

Pour two cups of boiled water over 2 tsp of organic oolong tea leaves and let steep for 5 minutes. Then strain and add honey to taste. Enjoy!

EVENING THISTLE:

video 3: Milk thistle tea and recipe

<http://www.doctoroz.com/recipe/nighttime-milk-thistle-tea>



For your evening meal, try to eat light, choosing more healthy protein, healthy carbs, and some healthy fats. Try some milk thistle tea at bedtime. Milk thistle helps the liver restore itself, and decreases the day's bloating. There's no milk in milk thistle – it gets its name because the veins of the leaf have a milky look to them.

Milk thistle recipe:

Steep 2 tsp of milk thistle tea in boiled water, then strain and drink in the evening

Check Out all the Videos and Recipes on the Dr. Oz Show:

video 1: Introduction and licorice tea:

<http://www.doctoroz.com/article/3-day-summer-teatox>

video 2: Oolong Tea and recipe

<http://www.doctoroz.com/recipe/iced-oolong-tea>

video 3: Milk thistle tea and recipe

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