

Chet Day Presents:

Apple Detox: A Simple and Highly Effective Cleansing Program

By Dr. Ben Kim

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I thought I'd share with you a simple detoxification routine involving apples that you can follow without making any major changes to your daily routine.

Here's what you do:

Eat nothing but apples - any variety you like - whenever you are hungry, from the time that you wake up to the time that you usually have dinner. Apples are a good choice for a cleansing program because they don't tend to contribute to dental caries the way that large amounts of other fruits like bananas, dates, and oranges do. For dinner, you can have what you usually have. But it would be best if you could have your dinner meal consist of at least 50% green vegetables.

Here are a few examples of optimal dinner meals:

Example A

Steamed broccoli

Brown rice

Avocado

[Healthy dressing from our recipe section](#)

Example B

Steamed kale

Quinoa

2 organic eggs, scrambled

[Healthy dressing from our recipe section](#)

Example C

Steamed asparagus, spinach, and green peas

3 ounces of wild salmon

[Healthy dressing from our recipe section](#)

If you find yourself looking for a snack later on at night, go back to munching on apples.

If you're using [Nature's Best Greens](#) and/or [Carlson cod liver oil](#), take one or both with your dinner meal.

That's it.

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Many people who have followed this detox routine on my recommendation have reported losing unwanted weight, feeling more energetic, having clearer skin, and just plain feeling better than they have in a long time.

And because this routine will supply your body with healthy calories whenever you are hungry, the detoxification effects will not be so abrasive that you will have to take time off of work or from your daily routine to get extra rest.

Another beautiful feature to this routine is that you can benefit from following it for one day, several days, or even a few weeks. As long as you don't have or develop a problem with your blood sugar level, you can follow this program for as long as it feels right for you. I have some good Russian friends who have successfully followed this regimen for years.

Just one note of caution: if you have high blood sugar or any problems related to your blood sugar regulating mechanisms, you may want to substitute the apples with non-sweet vegetables like lettuce, celery, tomatoes, and cucumber. And of course, before following this or any other detoxification routine for more than a few days, it's prudent for you to consult with a health care provider who can provide you with personalized guidance as you seek to get healthier.

About the Author

Dr. Ben Kim teaches about natural health on his website at <http://drbenkim.com> where you can also learn how to improve your health and well-being by signing up for this free newsletter.

A Note from Chet Day

I'm really happy to share Dr. Kim's wonderful Apple Detox program with you.

If you'd like to learn more about natural approaches to health, I invite you to take a look at <http://chetday.com> – where I make available everything I've learned since 1993 on this particular topic.

Yours for a Healthy and Loving World,

Chet Day

P.S. Please print and share this document with as many people as possible. After doing that, visit <http://dayzines.com> and subscribe to some of my free newsletters devoted to natural health tips, recipes, and a whole lot more.