

Detox Coleslaw

Are you ready to jump on a band-wagon of healthy detoxification that can be optimized by eating diverse foods? Forget about “healthy” juice cleanses and fasting to lose weight and detox. Why am I not a fan of both those highly-promoted methods? As you stop eating and start losing weight while fasting, your fat cells decrease in size and also release the toxins that you accumulated in the fat cells. If you drink juice for several days, you get a huge amount of fructose: let’s face it – who is going to fast with celery juice alone? You, probably, would add an apple and some oranges or even carrots for taste and color. But as you increase the fat breakdown, you have no means to poop the released with bile toxins, because you strip the veggies you juice from fiber, no bulk is formed, and you develop constipation. This very constipation is causing you to reabsorb all the toxins you just released back into your bloodstream. The vicious circle will continue indefinitely if you do not change your approach to detoxification.

I love getting more color into my family and my diet. Getting more vegetables also helps to increase the fiber in your diet; color helps to increase antioxidants and phytonutrients; cruciferous vegetables help to get the toxins out via the promotion of liver detoxification pathways naturally.



Ingredients:

- Brussel sprouts, shredded finely
- Beets, grated
- white and purple cabbage, chopped finely
- 4 tablespoons olive oil
- Apple cider vinegar
- 1 teaspoon Dijon Mustard
- 1/4 teaspoon salt

Directions:

1. Combine the dressing ingredients (Apple cider vinegar, olive oil, mustard) together in a small bowl and mix well.
2. Combine all the coleslaw ingredients in a bowl and

- squeeze the mixture to get some juices out.
3. Add the dressing and mix well.
 4. Place in a fridge and let it get saturated for at least 2 hours.

Let me know what you think about this salad. I love the colors and how easy it is to make it! I do NOT like to write long descriptions on the dishes I feature here, I just like to get straight to the point: Why, Ingredients, and Directions!