

Cranberry Water	
<p>ingredients</p> <ul style="list-style-type: none"> • 1L bottle of Water • 1/3 c. Cranberry Concentrate • 1/3 c. Agave Nectar - blue or amber <p>or</p> <ul style="list-style-type: none"> • 1 500 mL bottle of Water • 2 or 3 tblsp Cranberry Concentrate • 2 or 3 tblsp Agave Nectar - blue or amber <p>→ option: Stevia packets</p>	<p>instructions</p> <ul style="list-style-type: none"> • Funnel cranberry concentrate and agave into bottle of water. Shake vigorously. <p>notes</p> <ul style="list-style-type: none"> • Note that it is cranberry concentrate, which is highly concentrated liquid cranberry. Cranberry juice with processed sugars is not concentrate, and is not recommended for any detoxifying cleanse. • Stevia can take the place of Agave Nectar; add until cranberry's tartness is minimized. • Bottles of water aren't necessary, just convenient for mixing, storage, and/or transport.

Lemon / Maple Water	
<p>ingredients</p> <ul style="list-style-type: none"> • 1L bottle of Water • 1/3 c. Lemon Juice • 1/3 c. Maple Syrup (dark robust) <p>or</p> <ul style="list-style-type: none"> • 500mL bottle of Water • 2 or 3 tblsp Lemon Juice • 2 or 3 tblsp Maple Syrup (dark robust) <p>→ option: a few drops of liquid cayenne</p>	<p>instructions</p> <ul style="list-style-type: none"> • Funnel lemon juice and maple syrup into bottle of water. Shake <p>notes</p> <ul style="list-style-type: none"> • Lemon Juice from concentrate (bottled lemon juice) can be used, though fresh squeezed is recommended. • Dark robust maple syrup is sweeter and less processed than amber, and is, therefore, recommended.

Kidney Cleanse Green Smoothie	
<p>ingredients</p> <ul style="list-style-type: none"> • 1/2 c. Water • 1 Lemon's Juice (approx. 3 tblsp) • 1 Avocado • 2 c. Spinach • 1 cucumber • add any Sweetacular for great taste <p>→ option: 2 or 3 scoops of protein powder → option: 1 tsp of a super green</p>	<p>instructions</p> <ul style="list-style-type: none"> • Blend thoroughly in blender. <p>notes</p> <ul style="list-style-type: none"> • "Sweetacular" is honey, maple syrup, agave nectar, or Stevia • DetoxifyU will use copious amounts of a Sweetacular if that's what it takes to edge the smoothie to sweetness.

Kidney Jolt	
<p>ingredients</p> <ul style="list-style-type: none"> • 1 Cucumber, peeled if not organic • 1/2" fresh Gingerroot, peeled • 1 Lemon, peeled • 1 handful Parsley • 1 piece of Celery <p>→ option: 1 Lime's juice</p>	<p>instructions</p> <ul style="list-style-type: none"> • Blend thoroughly in blender. <p>notes</p> <ul style="list-style-type: none"> • Time saver: Double the recipe, make enough for two days.