

Health thru Education® from Dr. Gloria's Kitchen

Architect of Wholistic Detoxification



To keep from getting bored with detox recipes, whether soup or green drinks, plan ahead so you can add variety by rotating. If you're on a special Wholistic Rejuvenation detox program, make a couple recipes ahead of time and vary them every other day.

This new series provides not only healthy recipes but also the health benefits of each ingredient.

Dr. Gloria's Cucumber Avocado Soup (hot or cold)



Ingredients

- 2-3 avocados (peeled & seeded)
- 1 cucumber, peeled
- Zest of ½ lime
- Juice of 1-2 whole limes (to taste)
- 4-6 TB finely chopped FRESH cilantro (to taste)
- Himalayan Salt & Pepper to taste

Directions



- ✓ Place all ingredients in a blender until well-blended.
- ✓ You can use as a cold soup like Vichyssoise served with a thin lime wedge or serve hot

Health Benefits of Ingredients

Avocado – High in healthy fats, its health benefits is highly supported by scientific research.

Avocados are jammed with nutrition and contain a wide variety of nutrients, including 20 different vitamins and minerals.

Contained in a single 3.5 ounce (100 gram) serving:

- ✓ Vitamin K: 26% of the RDA.
- ✓ Folate: 20% of the RDA.
- ✓ Vitamin C: 17% of the RDA.
- ✓ Potassium: 14% of the RDA.
- ✓ Vitamin B5: 14% of the RDA.
- ✓ Vitamin B6: 13% of the RDA.
- ✓ Vitamin E: 10% of the RDA.
- ✓ AND...it contains small amounts of Magnesium, Manganese, Copper, Iron, Zinc, Phosphorous, Vitamin A, B1 (Thiamine), B2 (Riboflavin) and B3 (Niacin).

Nutrition Facts: 160 calories, 2 grams protein, 15 grams of healthy fats. Although it contains 9 grams of carbs, 7 of those are fiber so there are only 2 “net” carbs, making this a low-carb friendly plant food. Avocados do **not contain any cholesterol or sodium.**

Cucumber – Here is a short list of the impressive health benefits:

- ✓ Keeps you hydrated. If you are too busy to drink enough water, munch on the cool cucumber, which is 96 percent water.
- ✓ Fights heat, both inside and out. Eat cucumber, and your body gets relief from heartburn. Apply cucumber on your skin, and you get relief from sunburn.
- ✓ Flushes out toxins. All that water in cucumber acts as a virtual broom, sweeping waste products out of your system. With regular use, cucumber is known to dissolve kidney stones.
- ✓ Lavishes you with vitamins. A B and C, which boost immunity, give you energy, and keep you radiant.
- ✓ Supplies skin-friendly minerals: magnesium, potassium, silicon. That’s why cucumber-based treatments abound in spas.
- ✓ Aids in weight loss.
- ✓ Cuts cancer. Several studies show its cancer-fighting potential.
- ✓ Stabilizes blood pressure. Patients of blood pressure, both high and low, often find that eating cucumber brings relief.
- ✓ Helps digestion and is high in fiber.
- ✓ Smooths hair and nails. Silica, the wonder mineral in cucumber makes your hair and nails stronger and shinier.
- ✓ Keeps kidneys in shape. Cucumber lowers uric acid levels in your body.
- ✓ Good for diabetics. Contains a hormone needed by the pancreatic cells for producing insulin.
- ✓ Reduces cholesterol via a compound called sterols that helps reduce bad cholesterol.

Lime – Packed with vitamin C, a cup of freshly squeezed contains 72.6 milligrams of vitamin C, essential for growth and repair of tissues as well as bones and teeth. Helps produce collagen, a protein that plays a vital role in production of blood vessels, skin, tendons, ligaments and cartilage. Studies show its antibiotic properties as well as being a potent anti-carcinogenic because of its high content of cancer-fighting compounds called flavonoids. Contains eight different liminoids, compounds that promote enzyme activity in the liver called glutathione-S-transferase or GST. This liver enzyme detoxifies a variety of cancer-causing chemicals by deactivating harmful substances and turning them into harmless chemicals that are then removed from the body via the urine. Additionally, it alkalizes the body which prevents the growth of organisms like viruses, bacteria and fungus.

Cilantro – In healthcare, most often cited as effective for detoxifying heavy metals because it binds to toxic metals and loosen them from the tissues. This is especially important for those with mercury exposure. The following are additional documented health benefits:

- ✓ May be able to help prevent cardiovascular damage.
- ✓ The School of Life Science in Tamil Nadu, India noted, after researching the activity of cilantro leaves and stem, “if used in cuisine, would be a remedy for diabetes” because of its blood-sugar lowering effect.
- ✓ Strong antioxidant activity.
- ✓ Has been shown to have anti-anxiety effects.
- ✓ May help improve sleep quality.

- ✓ Cilantro seed oil possess antioxidative properties, consumption may decrease oxidative stress.
- ✓ Research conducted by The Dental School of Piracicaba in Brazil found cilantro oil to be a new natural fungal cleansing formulation.
- ✓ Demonstrated activity against several types of harmful organisms.

Enjoy not only the taste but also in reaping the health benefits...

Dr. Gloria – Your Health Detective

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