DRINKS & SMOOTHIES

The One-Day Cleanse Jessica Alba's Nutritionist Recommends To All Her Clients During The Holiday Season

By bestfolkmedicine · 13/01/2019 · 3 min read

Jessica Albas' one day cleanse

T*he time of change is here, as it always arrives with nicer, warmer weather. Those of us determined to change their poor habits, and those who are trying to be healthier can take a lesson from Jessica Alba, and her nutritionist, and try this one day cleanse routine that leaves you refreshed and rejuvenated.*

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As most of us tend to overeat during colder days in order to get enough energy to stay warm, we become unaware of the consequences this leaves on our body. The cases of people with increased blood glucose levels, high cholesterol and triglycerides counts, spikes rapidly after Thanksgiving and in the final days of winter as well. All of these are risk factors for type 2 diabetes, stroke, heart disease, dementia, and even cancer.

Change your habits today, and be more like Jessica by following these simple steps:

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- *Wake up and drink water*

Having two big glasses of water as soon as you wake up is an excellent way to start your day. The water will flush your entire system from toxins and leave you rejuvenated and refreshed, especially if you consumed alcohol recently. During the day, having 10 glasses of water is recommended in order

to keep your glucose levels down and keep feeling fresh.

- *Get some physical activity*

Your day should start with two glasses of water, followed by a workout. You can pick your favorite activity, or one you hate the least; do some push-ups and sit-ups, go for a run or a swim, or just go for a 45 minute walk. The physical activity will cause your body to release happy hormones which reduce stress and, as the name suggests, make you feel happy. Hormones released will also help your body reduce cholesterol levels in a natural way, and physical activity will get rid of the stored glycogen in your muscles.

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In addition to these steps, that might seem pretty basic, you should also pay attention to your nutrition in order to cleanse your body. Here are some simple smoothie recipes that will leave you feeling full and happy:

Spa smoothie:

> *You will need:*

- *¼ avocado*
  - *1 small cucumber*
  - *A handful of spinach*
  - *1 freshly juiced lemon*
  - *2 tablespoons of chia seeds or flaxseeds*
  - *¼ cup of fresh mint*
  - *2 cups of unsweetened nut milk (almond or per preference)*
  - *1 scoop of vanilla protein powder*

Mix all the ingredients in a blender until a smooth consistency is reached and consume immediately. Make sure you're sipping on the smoothie throughout the day, and not having the entire batch at a time

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Carrot cake smoothie

You will need:

- *1 scoop of vanilla protein*
  - *A handful of spinach (optional)*
  - *2 cups of unsweetened almond milk*
  - *½ teaspoon of nutmeg*
  - *2 tablespoons of walnut or almond butter*
  - *1 cup of chopped carrots (you can used raw or roasted ones)*

Same as before, add all the ingredients to a blender and blend until smooth. Again, make sure you're sipping the smoothie.

Source: https://www.mindbodygreen.com

Read online: https://bestfolkmedicine.com/2019/01/the-one-day-cleanse-jessica-albas-nutritionist-recommends-to-all-her-clients-during-the-holiday-season/

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