

My delicious potion for removing heavy metals from your bones

By Heather Mitchell



You will need:

- A handful of spinach & rocket
- 1/3 of a lettuce
- 3 sprigs of coriander
- Juice from ½ a lemon and ½ a lime
- 3 cloves of garlic
- 1 sachet of Isagenix Greens (containing chlorella and other freeze-dried greens)
- 200ml filtered water

Method:

1. Cut up all the greens and put all ingredients in a blender
2. Blend until completely smooth
3. Pour into a glass and enjoy
4. Drink on an empty stomach and wait at least half an hour before eating anything else
5. Make sure drink plenty of water once you start eating, to ensure that the heavy metals are ejected from your body (also brush your skin to open up more exits)