

A pair of hands, one at the top and one at the bottom, are shown in a cupping gesture, holding a large, vibrant green leaf. The leaf is the central focus, with its intricate vein structure clearly visible. The text 'BODY CARE MORNING' is written in a bold, white, sans-serif font across the middle of the leaf. The background is a plain, light-colored surface.

# BODY CARE MORNING

By Polina LeRoy, PhD

# DISCLAIMER

**The information contained in this ebook is for educational and informational purposes only and is not intended as medical advice. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified healthcare provider with any questions you may have regarding a medical condition.**

The nutritional information provided in this ebook is based on current scientific understanding and is subject to change as new research becomes available. The authors and publisher make no representation or warranties concerning the accuracy or completeness of the ebook's contents and specifically disclaim any implied warranties of merchantability or fitness for any particular purpose.

The authors and publisher shall have no liability or responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this ebook. Any reliance you place on such information is therefore strictly at your own risk.

The opinions expressed in this ebook are those of the authors and do not necessarily reflect the views of the publisher. The publisher does not endorse any specific product or service mentioned in this ebook.

All trademarks, service marks, trade names, logos, and graphics used in this ebook are the property of their respective owners.

# THE GREEN DIET

01

## Fruits

- Blueberries, Raspberries,
- Cranberries, Strawberries.
- Papaya, Pineapple
- Red Dragon Fruit
- Wild Blueberries
- Melon, Watermelon
- Apples. Pears.
- Mango. Kiwis
- Orange, Lemon
- Cherries, Peach,
- Plums, Apricots

02

## Vegetables

- Radish.
- Asparagus.
- Brussel Sprouts.
- Cucumbers.
- Tomatoes.
- Bell peppers.
- Cabbage.
- Broccoli.
- Cauliflower.
- Potatoes
- Sweet potatoes

03

## Leafy Greens

- Spinach.
- Arugula.
- Lettuce.
- Romaine Lettuce.
- Kale.
- Swiss chard.
- Dandelion Greens

04

## Grains and Beans

Rice, Buckwheat, Millet, Oats, Quinoa, Chia Beans, Chickpea, Lentil

05

## Orange foods: Seeds, Nuts, Poultry, Fish, Meat

Plant based yogurts and butters,  
Oils: Coconut, Avocado, Olive,  
Avocado, Almonds, Cashews, Walnuts, Nut butters,  
Chicken, Turkey, Wild Salmon, Sardines, Beef,

06

- Eggs (incl. as an ingredient in pastries, pasta, bread, mayo).
- Gluten (incl. as an additive)
- Dairy products, like milk, cheese, yogurt, kefir, butter. Raw and pasteurized,
- Corn, corn flour, high fructose corn syrup.
- Soy and soy products.
- Industrial oils: canola and vegetable.
- Pork and lamb.
- Caffein (coffee, tea, matcha).
- Chocolate.
- Refined processed sugar.

# FOODS THAT WORK AGAINST THE LIVER

You don't have to eliminate everything forever — but awareness is powerful.

- Excess fats (oils, nuts, seeds, avocado in large amounts)
- Fried foods.
- Meat, especially pork and lamb.
- Dairy.
- Eggs.
- Gluten.
- Alcohol.
- Caffein.
- Refined sugar.
- Artificial sweeteners.

Think less burden, not restriction.



# MORNING LIVER CARE ROUTINE

**Start slow. Add lemon water to your mornings first. Then 1-2 week later, start adding celery or cucumber juice.**

## Morning

- Lemon or lime water 16-32oz upon waking
- Celery or Cucumber Juice 16oz 15-30 min after lemon water. Start with 8-10 oz and then work up to 16oz.



## Breakfast 30 min after juice

- Fruit and berries rich fat-free breakfast
- Oatmeal with berries
- Dragon Fruit Smoothie
- Heavy Metal Detox Smoothie
- Asai Bowl with fruits and berries
- Fruit salad.
- **Avoid: dairy, yogurt, avocado, nut butters**
- **Avoid any fats until lunch or even dinner.**

## LEMON WATER

### Ingredients

- 16 oz purified water
- 1/2 lemon juiced
- Optional: 1 tsp raw organic honey

### Instructions

1. Squeeze juice from 1/2 lemon or 1 lime into 16oz purified water. Water shouldn't be hot. It can be room temperature or cold, but not hot.
2. Drink as soon as possible after awakening, because the body is usually dehydrated in the morning.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

# GINGER TURMERIC LEMON WATER

## Ingredients

- 1-2 inches of fresh ginger root
- 1 inch of fresh turmeric
- 16-20 oz of water
- Juice of ½ lemon
- Raw honey

## Instructions

1. Grate the ginger root and turmeric.
2. Add 16-20 oz of water and let it steep for while. Ideally leave it overnight.
3. In the morning strain it and squeeze juice of 1/2 lemon.
4. Sweeten with raw honey.
5. Enjoy warm or cold.
6. Make another one to sip throughout the day for its powerful protective properties against illness.



## CELERY JUICE

### Ingredients

- 1 large bunch (or 2 small ones) of organic celery.

### Instructions

1. Cut an inch from the bottom and remove the leaves.
2. Rinse the celery and run it through a juicer.
3. Drink immediately for best results.
4. Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Strain well and drink immediately.
5. You want to aim for at least 16 ounces of fresh celery juice every morning. Ideally slowly increase your celery juice intake, adding 3-4oz every week.
6. Celery juice is the most powerful when consumed alone. Avoid adding water, or lemon, or honey, or any other herbs and juices.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1



## DRAGON FRUIT SMOOTHIE

### Ingredients

- 2 bananas (or 1/2 papaya)
- 2 cups frozen or fresh wild blueberries, or 2oz pure wild blueberry juice, or 2 tbsps pure wild blueberry powder.
- 1 packet frozen or 2tbsp powder red dragon fruit
- ½ to 1 cup or more of water, coconut water.

### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more coconut water to reach desired consistency.
3. Taste and adjust sweetness if necessary with honey.



Preparation Time: 15 min



Total Time: 15 min



Servings: 1

## GUT HEALING SMOOTHIE

### Ingredients

- 2 bananas and/or
- 2 cups Maradol papaya cubed
- 2 kiwi or
- 2 cups cubed pineapple
- 4 cups leafy greens ( spinach, arugula, kale or lettuce)
- 1/2 lemon juiced
- 1 tsp honey

### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more water or coconut water to reach desired consistency.

