

### 3 Detox Recipes for Indoor Air Toxins



As we shared earlier this week, indoor air can become very polluted and toxic during the cold winter months when we close all our doors and windows and trap that air inside our homes.

From chemical fumes emitted from your furniture, to smoke from your fireplace, all of these toxins can harm your immune system and [cause numerous harmful health effects](#). These three delicious recipes all contain vitamins, minerals and antioxidants to help detox your body from indoor air pollutants.

#### **Pomegranate Avocado Toast**

When it comes to detox meals, this is no ordinary avocado toast. Avocados are extremely high in gut-friendly, detox-enhancing fiber, which literally “scrubs” your digestive system and cleanses your body. The healthy fats in avocado also boost your body’s natural ability to absorb other nutrients, thus helping you to get more out of your day of detox meals.

Fresh herbs, such as garlic and cilantro, do more than just add vibrant flavor. They’re also classic ingredients in many detox products. Finally, the pomegranate seeds add a pop of sweetness that compliments the guacamole’s spicy profile, giving this quick and healthy lunch a depth that will surprise you.

1/2 white onion, minced

1 serrano chile, diced

3 ripe avocados, pit removed

1/4 cup fresh cilantro, minced

1 1/4 tsp sea salt

Juice from 3 limes

2 cloves garlic, minced

1/2 cup pomegranate seeds

Mash all the ingredients together. Enjoy spread on your favorite whole-grain bread, or try with your favorite crackers as a dip.

## Chlorella Berry Smoothie

Chlorella is a type of single-celled algae that grows in freshwater. It has a [range of health benefits](#) beyond simply [detoxing your body from environmental pollutants](#). Take your immune system, for example. One study found that after taking chlorella for a few weeks, [people produced more antibodies](#). Another study found that taking chlorella for eight weeks [led to significantly increased immune activity](#).

Some people find chlorella to have an odd, off-putting flavor. And that's what makes this delicious detox breakfast smoothie so amazing. You get a full dose of chlorella's detoxing powers, in a creamy shake filled with tangy ginger, tropical pineapple, and sweet banana. You won't even taste the greens!

1 cup frozen spinach

1 frozen banana

1/2 cup frozen pineapple chunks

1/2-inch fresh ginger root, peeled

1 tsp chlorella powder

1 cup chilled coconut water

Add all ingredients to a blender and blend until creamy. Enjoy!

## Carrot Ginger Soup

Rev up your family's appetite as you fill your home with the aromatic scents of this simmering, colorful dinner. Ginger is a long go-to for detoxing, because it supports your digestive system. It also is a potent antioxidant and anti-inflammatory, and strengthens your immune system.

3 tbsp grass-fed butter or coconut oil

6-7 large carrots, washed and very thinly sliced

2 yellow onions, diced

Pinch of salt and pepper

1 tbsp minced ginger

2 c stock

2 c water

In a frying pan, heat up the coconut oil or butter and saute the onions and carrots until the carrots are soft and the onions translucent. Add the sauteed vegetables and, and the rest of the ingredients, to a blender or food processor and blend until creamy. Enjoy hot or chilled as the perfect way to end a day of detox meals.

## More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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