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The Seasonal Detox Diet: Remedies from the Ancient Cookfire

Carrie L'Esperance

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The Seasonal Detox Diet: Remedies from the Ancient Cookfire Carrie L'Esperance
A dynamic program for using healing fasts to detoxify, tone, and restore the body for optimum energy and performance.

• Includes vegetarian recipes designed around seasonal changes and geared toward individual health concerns.

• Enables the body to detoxify from daily exposure to chemicals, additives, and pesticides.

• Increases energy levels, aids overall digestion and weight loss, revitalizes the skin, and cleanses the internal organs.

A unique blend of dietary world wisdom, *The Seasonal Detox Diet* provides readers with a dynamic program for using healing fasts to detoxify, tone, and restore the body for optimum energy and performance. Traditional cultures worldwide have wisely followed the art of eating according to the natural rhythms of the changing seasons. Keeping the body in peak condition requires occasional fasts, periods of rest for the body's hard-working systems. Today, faced with exposure to an increasing array of chemicals, additives, and pesticides, our bodies need these healing respites more than ever. Unlike modern notions of fasting, Carrie L'Esperance's concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain. You will increase your energy levels, aid digestion, revitalize your skin, and cleanse your internal organs with a rich variety of delicious recipes from Banana Coconut Ice Cream and Big Scene Salsa Salad to Curry Potato Salad with Kidney Beans and Japanese Soba Noodles with Sesame Miso Sauce. The author also includes instructions for healing herbal baths and cleansers to round out your home healing program.

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