

# ClearBeing Nutritional Rebirth RECIPES

## Liver Rescue 3:6:9 by Anthony William, Medical Medium

- The complete 9-day menu plus most recipes are found in Liver Rescue starting on page 331.
  - Although some of Anthony's previous cleanses have been fairly flexible, the 3:6:9 cleanse needs to be followed as closely as possible for best results.
  - That said, I've discovered and enjoyed certain recipes using the same or similar ingredients that you can check out below.
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### hibiscus-lemon balm tea

The 3:6:9 cleanse encourages lemon balm or hibiscus tea in the evening. I've combined them together in this recipe and make a big batch, which, once steeped, can be stored in the fridge. I use a 6-cup jar for this recipe. The amounts and proportions aren't super fussy so if your jar is smaller then use a little less, or use the same amount and have a stronger tea. You can't go wrong. I use Traditional Medicinal Teas, and sometimes fresh or dried lemon balm from my garden when I have it.

3 hibiscus tea bags

2 lemon balm tea bags (or 2 Tbs loose lemon balm leaves)

6 to 8 cups boiling water

optional: 2 inches sliced ginger OR 1 peppermint tea bag

1 – 2 Tbs raw honey

juice of 1 lemon or lime

- Put the tea bags and optional ginger in a 6 to 8 cup jar and add boiling water.
- Let sit for at least an hour but up to 8 hours.
- After about an hour add honey and stir to dissolve.
- Strain, add lemon juice and return to your container.
- Enjoy right away, warmed up, or cooled in the fridge.

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## **warm apple-cinnamon smoothie**

You are encouraged to eat 2 to 5 apples everyday on the 3:6:9 cleanse... you can eat them whole, blend them into apple sauce or include them in salads. Here is another suggestion.

2 chopped apples  
4 prunes  
2 dried figs  
1 banana  
1 – 2 celery stalks  
1 teaspoon cinnamon  
Hot water

- Put all the ingredients in the blender, pour in about 1 cup of hot water and blend until smooth adding more water if needed to achieve desired consistency. Enjoy!
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## **liver loving smoothie**

Anthony has provided 2 version of Liver Rescue Smoothie (page 372) which is to be consumed for breakfast on days 4, 5, 6, 7 and 8. Here is my version:

½ cup fresh or 1 packet frozen pitaya (red dragon fruit)  
1 banana  
1 cup fresh or frozen mango  
1 celery stalk, or handful spinach, or 1 teaspoon barley grass juice powder  
juice of ½ to 1 lime  
couple soft dates (pitted of course)  
½ to 1 cup water or coconut water (or a combination)  
1 cup frozen wild blueberries (optional)

- Blend on high for 1 minute adding more water as needed for desired consistency.

**Note: frozen pitaya can be found in grocery and health food stores. In the Richmond Hill area, I have found it at Yummy market and Nature's Emporium (the freezer in the supplement section). You can also buy fresh pitaya, or Dragon Fruit as it is commonly known (make sure it is the red fleshed version – they are all red on the outside but the flesh can be yellow, white or red). Warning both fresh and frozen red fleshed pitaya is expensive. About \$12 for an average sized fruit (which would make about 3 smoothies – I buy a few at a time, peel, chop and freeze) or \$10 for a bag of four ½ cup pouches or frozen pitaya pulp.**

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## RECIPES

### **liver loving salad**

On days 4, 5, and 6 it's recommended that you eat one of Anthony's versions of Liver Rescue Salad (page 384) for lunch and possibly for dinner as well. My version makes a large batch that can be kept in the fridge. I prefer to eat the salad greens that Anthony recommends for this salad separate, and might snack on romaine, spinach or arugula with an apple at another time.

1 small red cabbage, thinly sliced  
2 cups thinly sliced green cabbage  
2 carrots, peeled, quartered lengthwise and thinly sliced  
3 celery stalks, diced  
2 red apples, diced  
½ cup thinly sliced red onion  
1 cup parsley, finely chopped  
½ cup cilantro (optional)  
optional: fresh pomegranate seeds, or dried raisins, cranberries, mulberries or blueberries  
juice of 2 oranges  
juice of 1 lemon or lime  
1 Tbs honey  
¼ tsp salt (optional)

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### **spinach soup** from [medicalmedium.com](http://medicalmedium.com)

On days 7 and 8 Spinach Soup over cucumber noodles is on the menu for lunch. Here is the recipe for Anthony's spinach soup.

2 cups chopped tomatoes (1 pint of grape tomatoes, 3 plum tomatoes, 2 field tomatoes)  
1 bag of baby spinach or 1 bunch of leafy spinach (4 cups)  
1 stalk of celery  
1 small clove of garlic  
1 orange, squeezed  
1-2 basil leaves or a few sprigs of cilantro

1. Blend the tomatoes, celery, garlic and orange juice.
  2. Add the spinach a handful at a time until well blended.
  3. Lastly add the herbs and blend until creamy and smooth.
  4. Pour into a bowl and enjoy. This soup is best eaten soon after preparation.
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# ClearBeing Nutritional Rebirth RECIPES

## **everyday raw stew**

This recipe contains similar ingredients to the spinach soup over cucumber noodles and can be substituted for lunch on days 7 and 8.

2 tomatoes, or 1 pint cherry tomatoes.

1 cucumber

1 celery stalk

½ red, orange or yellow pepper (optional)

garlic, chives, onions or hot peppers (to taste)

salt (optional)

1 heaping Tbs honey

4 cups loosely packed spinach

- Place 2/3 of the tomatoes, cucumbers, pepper, garlic, onion, herbs or spices, plus honey in a high-powered blender and pulse until blended. Do not overblend... leave a little texture.
- Then add spinach in two batches and again pulse until blended. Taste and adjust seasoning adding salt if desired. Some people like to add hot peppers.
- Meanwhile, dice remaining vegetables.
- Pour blended mixture in a bowl and top with chopped veggies.

Optional ingredients:

- Italian stew: add sun-dried tomatoes, basil, dash oregano
- Mexican stew: add chili powder or cumin, hot sauce or hot peppers, and cilantro
- Indian stew: add curry powder

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After the 9 days:

## **Move on to the Everyday Deep Healing Diet**

- Keep your fruit and vegetable intake at 80% of your diet, with an emphasis on raw foods. Slowly add the following foods in the order shown, being mindful of how you feel as you add them back.
  - A wider variety of fruit
  - A wider variety of cooked vegetables
  - Small amounts of legumes such as chick peas, black beans, lentils, etc.
  - nuts and seeds (slowly increase and keep moderate – ¼ cup nuts, 2 Tbs seeds/day)
  - gluten-free whole grains (millet, quinoa, brown rice, buckwheat)
  - liquid cold-pressed oils (max 2 Tbs /day)
  - good quality meat if desired

## **Avoid (as long as you have symptoms that you would like to heal)**

- dairy (all types)
- eggs
- gluten
- corn (except possibly organic corn on the cob in season)
- soy
- pork
- canola oil
- MSG (all ‘flavors’ even natural ones, nutritional yeast)
- For some symptoms eliminating all grains even gluten free ones can be helpful (instead eat plenty of potatoes, sweet potatoes, squash)

**See the Everyday Deep Healing Book  
on your member’s page with all my favorite recipes**

*www.carolinedupont.com*