



SPRING RECIPE - Sharnell Lawrence

Delicious Coriander Pesto (to remove heavy metals)

I got this recipe from a friend who got it from her naturopath and have since past it on to many customers with great results and it really is delicious. Heavy metal poisoning is rampant, it is a major cause of hormonal imbalances, cancer, thyroid problems, neurological disturbances, learning problems, depression, food allergies, parasites etc etc. 2 tsp of this pesto a day will detox your body of heavy metals and also act as a preventative measure.

Ingredients

- 4 cloves garlic
- 1/3 cup of brazil nuts
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 2 packed cups fresh coriander
- 2/3 cup flaxseed oil
- 4 tbs lemon juice
- 2 tsp dulse flakes
- splash of Bragg's Liquid Aminos or Japanese Miso

Action

Process the coriander and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice, blend until a smooth paste. Add a squirt of Bragg's or ½ tsp Miso and blend again. Store in a dark jar if possible and refrigerate.

Coriander has been proven to chelate toxic metals from our bodies in a relatively short time. Combined with the benefits of the other ingredients this is also a powerful tissue cleanser. Two teaspoons of this pesto daily for 3 weeks is purportedly enough to increase urinary excretion of mercury, lead and aluminium, thus effectively removing these toxic metals from our bodies. You could consider doing this cleanse for 3 weeks at least once a year. It is delicious on toast, baked potatoes, pasta and in soup.