

SUSIE CAMPBELL

SOUPING

The New Juicing
Detox, Cleanse & Weight Loss

Souping:

*The New Juicing - Detox, Cleanse &
Weight Loss*

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Introduction

The juice cleanse has long been in the mainstream of modern health food, growing in bounds from its previous place in the secret caches of health gurus and yogis. These days everyone is aware of the virtues of fresh fruits and vegetables and the irreplaceable antioxidants they can supply. Even the corner gas station is today's supplier of fresh-pressed juices.

But now a new craze is quickly obsessing with the health virtuosos of America! The concept of souping is pretty basic — instead of consuming versions of the kale and carrot and beet recipes, some 'soupy' additions are thrown into the mix, like chicken broth and broccoli puree. However, the entire 'souping' enterprise still 'boils down' to a basic liquid diet.

And of course the marketing behind it preaches nourishment and not deprivation. Instead of using plastic or glass bottles of juice, many of the soups are presented in appealing bowls and perhaps decorated with an attractive organic garnish. And the soups can be served hot or cold and can tout their organic ingredients. And instead of losing the vegetable pulp or the fiber you're getting the entire vegetable.

Also it ends up being much more cost effective since there is no necessity to buy expensive and up-to-date juicers with all the bells and whistles. Another appeal of souping is the multitude of recipes available on the Internet or recipe books that can be replaced with organic veggies and fresh vegetable juices.

Five days of soup sounds more do-able and attractive than guzzling down green liquid kale and cauliflower for the same amount of time. But for folks who undoubtedly screw up their faces at the mere thought of drinking your vegetables but find warm savory soup to be infinitely more appealing plus still get the benefit of the cleanse, the appeal of souping seems to make a lot of sense.

When you decide to heal yourself via juicing-hunger is a daily shadow and no matter how many jars of kale and carrot you end up consuming. And your uncomfortable stomach will torture you with its rumblings. It is used to nourishment in the form of solid food so, in this way, souping introduces some actual bulk into the mix including actual fiber and protein that should put a curb on that appetite for hours. If you have managed, in the past, to survive a five-day

juice cleanse, souping may seem like a veritable breeze.

Winter invites the right feel for souping as the thought of warmth from a bowl is very appealing. The brusque weather already dictates to our psyche to eat warm, comforting foods so the thought of making thick stews into thick and colorful bisques is not a stretch. In actual fact, the deliciousness of the cleanse definitely lessens the sacrifice and some people may actually look forward to it. Not many people will rush to do something if it is not appealing.

But the variety of soups now available from every day to the more exotic ones like curried lentil and kale, wild mushroom bisque and Moroccan chickpea and tomato might not sound like something that you'd look forward to on a "cheat day" but they are superbly alluring in themselves. Plus, when you actually make the soup at home you can incorporate the flavors of your personal tastes, not to mention individual and flavor-inducing spices and therefore, customize the end product to your liking.

And more to the point is the undeniable fact that getting more vegetables into the diet is a super way to get a power punch of nutrients and antioxidants that you probably would never get otherwise. Plus the fact that Flu season is still here and those germs are on the lookout for any run-down soul with low resistance, it is of superb wisdom to probably get a little more vitamin C and manganese, B vitamins, magnesium, *etc.* from all the vegetables. But keep in mind that souping is simply being used as a cleanse when it is incorporated singly into the diet. It is also a darn wonderful unit of gourmet food when eaten before a meal or with other food as well.

Are you also struggling from weight loss, if so then you need use a diet which must be natural, safe and it shouldn't have any side effects because if you'll use any artificial diet then it can be harmful for your body, like -- it can damage your liver, kidney etc.

Q. 'So which natural diet should I use??'

Ans. Do you know, there is a brand new diet that is all-natural, safe, and it doesn't have any side effects, and many health experts and coaches recommend that diet to use for fast and easy weight loss, that diet worked on everyone who used it, So which diet is that?? So that diet is 'The Ultimate Keto Meal Plan'

What Is The Ultimate Keto Meal Plan??

Due to its structure and lessons, This meal plan has become a favorite of many people all over the world. The keto diet, which encourages a low-carb, high-fat diet, is seen to be the most successful method of weight loss, according to researchers. People who suffer from epilepsy or diabetes can also benefit from it.

People with a variety of conditions have also found benefits from ketogenic diets. These meals have been designed in such a way that a person does not consume more than the recommended 50 grams of carbohydrates. Many of its effects.

Although this diet has had some success, especially for those who can follow the strict rules through to the end, many others have failed because of it. Fortunately, one should not worry thanks to the Ultimate Keto Meal Plan. The one-month Keto diet plan will guide you.

[Click Here To Get All The Details Of The Ultimate Keto Meal Plan](#)

Chapter One – Souping: More Appealing than Juicing

Just eating better is actually a viable alternative to depriving oneself of bulk and fiber, as it is in actual juicing. It's not our natural inclination to drink our meals, no matter how healthy the juice concoction is. As a quick cleanse it works well but the recipient quickly loses interest and goes into a "When will this be done? - mode."

The truth is that if we eat a veggie-loaded, well-combined diet on a regular, daily basis and at the right times with no late night binges or bags of cookies, our bodies will be able to actually go through its own natural cleanse without all the liquid.

To accelerate from eating no or very little vegetables to eating a load of them is almost a natural cleanse on its own. That is a good first step. Fine tuning it to eating so much more vegetables as you incorporate other healthy habits, raises the bar to a cleanse.

It has been said that everyone needs to detox and rest their body occasionally, but the select few who always eat a balanced diet, high in organic fruits and vegetables, devoid of excess sugar and fats, necessitate minimum detoxification

Proper souping is a less intensive, less extreme method of detoxifying our well-worked bodies.

What is souping?

Souping is a satisfying and delicious way to cleanse and infuse your body with tons of nutrients without the cold, impersonal method of drinking down cold juices.

How does it work?

Simple. Just make some batches of veggie-loaded soups and eat only these soups for a period of a few days. This allows your body to rest and get rid of toxins. It should also add notable energy to your step as you go.

Reasons Why Souping is the New Juicing

Souping is more cost efficient. Have you ever found yourself paying \$60 at the Organic Food counter only to be able produce a few glasses of green goddess homemade juice, you will understand the high cost of juicing. And then just to toss all that pulp? It can be almost heart-breaking. Soups are remarkably more inexpensive with absolutely no waste.

Souping has less sugar than juicing. During the juicing process, the natural sugars of the fruit or vegetable will become concentrated in the juice whereas there is much less natural sugar in vegetables and that sugar will stay with the fiber which will reduce the amount you are absorbing.

Souping needs no special equipment. There is no need to have to purchase an expensive juicer with all the components and features-you just need a large saucepan with a lid.

Soup is so easy to store. An added benefit comes in the fact that you can easily store your homemade soups in the refrigerator for up to four or five days and up to 4-6 months in the freezer making the whole venture more sustainable.

Souping retains the fiber of the vegetable. When you don't have to throw out the bulk of the vegetable as you do with the pulp of the fruit you hold on to a good part of the fiber. So, not only providing your body with a wide variety of nutrients and minerals, souping retains the fiber and the integrity of the vegetable. And don't forget that you can add barley, quinoa, brown rice and fiber rich potatoes to the mix to add even more fiber.

And since fiber supports detoxification, that fact is a very good thing. Soluble fiber will aid and promote successful movement of the feces through the intestines and colon, as it binds many of the toxins in the bowel. This improves elimination.

Souping is mentally less challenging to sustain than juicing. Because souping is more appealing it becomes more natural for the person doing the cleanse to participate. Souping is also kinder to your body and your mind. Naturally, it takes a bit of time for foods to travel to our stomachs and for our psyches to register that sensation of fullness. Juices are ingested quickly and take hardly any time to travel through the digestive system so rarely do you get that full feeling from juicing. Thicker more concentrated food takes a good deal more

time to digest. It can be critical to weight management, as well, to experience that sensation of fullness. It also leads to better assimilation of nutrients from the food.

It's also wise to give your body a little break for a few days or a week just consuming soups and provides a variety of vegetables that perhaps you have never had before or in such combination or amount.

Soups are loaded with a variety of veggies. Juicing allows you to pack more servings of vegetables into one single meal but soups provide the same benefit while adding a wide variety of diverse vegetables to be consumed. Vegetables and many legumes like beans, root veggies and green leafy vegetables can be easily pureed in a blender. They not only provide increased energy and all the antioxidants you need, but they stabilize blood sugar as well.

Soup allows a benefit of the addition of a variety of herbs, spices, and broth. Juicing uses fruits and sugars to create flavor and variety, but there are so many herbs and spices, as well as broths you can use to customize your soup.

Juice limits the flavor diversity. Since juices are basically sweet by nature, they become limiting in the amount of flavors we can incorporate; ginger, parsley, mint and cinnamon and any sweet-complimenting taste is all that can be done. Souping lends itself to a whole new world of savory flavors, such as cumin, turmeric, pepper, cayenne, coriander, lemon, citrus, *etc.* to flavor the dish.

More Benefits from Souping

Herbs, spices and vegetables are rich in phytonutrients, which are nutrients inherent in vegetables and plants and possess an array of other active ingredients that are associated with the prevention and treatment of many common illnesses, conditions and disorders. These include cancer, diabetes, Alzheimer's, high blood pressure, and cholesterol and even chronic skin diseases like psoriasis and eczema.

You can literally also boost a soup's nutritional power in an instant! By using bone broth, or adding a scoop of miso (be doubly sure the soup isn't too hot when adding), or stirring in some chopped greens like, a bit of parsley, kale, chopped spinach, finely chopped Swiss chard, dandelion, beet greens or collards.

It won't leave you feeling hungry. The extra bulk and fiber in soup, along with the soothing warmth will stay with you and not leave you wanting more food.

Raw foods are actually more difficult to digest than food that is cooked. With souping, not only are you cooking the foods, but the combination of more fiber and protein has staying power to keep you satisfied longer.

More textures. Juice can get a bit mundane as you get tired of just drinking your meals. The variety of textures can help so much in keeping you interested longer. So if we can get all the benefits of cleansing through a more satisfying, flavorful and comforting means then why not?

Are you also struggling from weight loss, if so then you need use a diet which must be natural, safe and it shouldn't have any side effects because if you'll use any artificial diet then it can be harmful for your body, like -- it can damage your liver, kidney etc.

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A Final Word

Souping is a 'soup-er' project to start now in the cooler weather but it really does work year round. Look at different recipes and start to enjoy the soothing warmth of soups as well as their detoxifying effects soon. Start by making a variety of soups so you can choose the ones you love the best and you can be on the receiving end of all that nutrition.

A soup cleanse is not as difficult as you think as it does taste great and is not difficult to do. Just write down some of your favorite recipes and look some up if you don't have any favorite soup recipes already.

Happy Souping!

Chapter Two - Cleansing and Detoxifying Your Body

What is it? Why should I do it? How can I do it? What's in it for me? What are the benefits compared to other cleanses out there and are there any disadvantages of souping? In this chapter we will take a look and discover the answers to all these questions so you can weigh up the pros and cons for yourself.

What is Body Cleansing?

Body cleansing, also referred to as detoxification is an age-old method of alternative medicine, dating back thousands of years. The premise of body cleansing is to rid your body of harmful toxins, chemicals and impurities that, if left to build up over time, can cause chronic pain, illness and a variety of life-altering ailments.

Detoxification History

While several forms of detoxification such, as reflexology, acupuncture, etc., have been used for centuries around the globe, a more recent form, emerging around the mid-1900s has become more prevalent. This more modern type of detoxification is more focused on cleansing the body through forms of diet alterations such as types of fasting and flushing away toxins through coercing and encouraging the bodies removal of waste. The main principal of fasting is avoiding solid foods and consuming only liquids of various types for certain periods of time. A balanced cleanse or fast is believed to flush toxins and impurities from our bodies and internal organs, giving them a chance to rest, therefore improving our overall health.

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Why Do I Need to Cleanse?

There are numerous reasons why cleansing is presumed to be essential for our health and well-being. It is inevitable that over time our bodies become overloaded with poisonous toxins and these toxins can cause disease, weight gain, circulatory issues, and overall life-altering health issues, but these ailments can be reduced and even eliminated entirely by regularly cleansing our bodies. One of the more common uses of body cleansing is weight loss, cleaning out our systems, boosting energy and basically kick-starting a more successful weight loss program.

Types of Cleansing

Body/Organ Cleanses Versus Liquid Cleanses There are countless forms of body cleansing and detoxification with new and improved trends, fads, and miracle cures surfacing constantly. A few of the more tried-and-true forms that have been researched, tested, endorsed by medical professionals, recommended by celebrities, and having proven success rates include, but are not limited to the following: **Body/Organ Cleanses** Colon Cleanse Kidney Cleanse Liver Cleanse Full-Body Cleanse **Liquid Cleanses** – liquid cleanses, one of the more popular types of cleansing, are based on the concept that no solid food is consumed during the designated time period, only the liquid of choice.

Water Detox – Water detox is the simplest form of liquid cleansing, consisting of only drinking water, although its success is based solely on drinking exact amounts of water at specific times, paying particular attention to avoiding over- or under-drinking. The purpose of this cleanse is to serve as a ‘clean detox’, giving you a clean, light feeling by flushing harmful toxins out of your system through the urinary tract. It is common to use this cleanse at the start of a weight loss program to eliminate excess water weight.

Juice Cleanse/Detox – Juice detox has become very popular as juicing machines or juicers have become more advanced and efficient. Fresh fruits and vegetables are simply put in the juicer, pureed together, and consumed. There is no heating, cooking, processing, chemicals, preservatives, *etc.*

Master Cleanse – The Master Cleanse, also referred to as the Lemonade Diet has been around longer than most of the liquid cleanses, dating back to 1940. The developer and author of the book, “The Master Cleanser” stated in his book that “This diet will prove no one needs to live with their diseases. A lifetime of freedom from disease can become a reality.” The premise of this cleanse is that the specifically prepared lemonade concoction includes enough calories and nutrients to not only cleanse an individual’s digestive system, naturally encouraging healing, it has been proven suitable for weight loss and approved and endorsed by millions of people from around the world.

Milk Fasting – Milk fasting, as the name infers, is a type of cleanse in which only raw milk and water are consumed. This cleanse has not been tested to the extent of some other liquid cleanses, however, an article posted on the website ‘Cooking God’s Way’ called “30 Day Raw Milk Fast” recounts the results of the

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