



Body and Soul Nourishment

Inspiration for a Healthy Lifestyle

Elaine Bryan (760) 845-9459 elaine@bodyandsounourishment.com
www.bodyandsounourishment.com

Cilantro Chelation Pesto

Cilantro has been proven to chelate toxic metals from our bodies in a relatively short time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser. Two teaspoons of this pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead and aluminum, thus effectively removing these toxic metals from our bodies!

**4 cloves garlic
1/3 cup Brazil nuts (Selenium)
1/3 cup Sunflower seeds (cysteine)
1/3 cup pumpkin seeds (zinc, magnesium)
2 cups packed fresh cilantro (coriander, Vitamin A)
2/3 cup flaxseed oil or you can use olive oil as well
4 Tbls lemon juice (vitamin C)
2 tsp dulse powder
sea salt to taste**

Process the cilantro and flaxseed oil in a blender until the cilantro is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a pinch of sea salt to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year if desired.