



Your Soul Destination

## Bodhi Leaf's Wellness 5-Day Inflammation Detox Menu: Designed to Nourish Your Body Introducing Our Morning Broth and Nourishing Offerings

At **Bodhi Leaf Wellness Center**, we proudly present our Morning Broth, nourishing snacks, wholesome lunches, and nurturing soups and elixirs, all crafted to provide your body with the care and attention it deserves.

We prioritize how your body absorbs these essential ingredients, offering a warm embrace that supports your adrenal glands and nurtures all 78 organs. Our meals are thoughtfully created with your organs in mind, giving your digestive system a break while focussing on optimal nutrient absorption.

Central to our 5-day detox menu is our belief in supporting your body's intricate biochemistry. Bodhi's Broth is a meticulously crafted concoction designed to benefit every aspect of your internalecosystem.

We firmly believe in the mantra: **"What we eat matters, but what we absorb matters even more."** Enriched with minerals and bursting with flavour, our broth sets a nurturing tone for your day.

Made from locally sourced organic vegetables, it simmers for 6-8 hours in pristine spring water drawn from the mountains of Bali.

From leeks to broccoli, zucchini to parsley, and a carefully selected array of ingredients—including kelp, corn, onion, potato, mushrooms, Bali salt, and local pepper—each component is chosen with utmost consideration for absorption and utilization by your body.

Start your morning on the right note with Bodhi's Broth—a gesture of care and support for your entire being.

Warm regards,

**Team Bodhi Leaf**

[www.thebodhileafwellness.com](http://www.thebodhileafwellness.com)



## **DAY 1-6 AM Break-FAST**

**Can be combined with tea and sliced fruits.**

**Your choice of:**

### **Morning BROTH – Miso Soup**



Introducing our Miso Broth—a simple yet powerful cornerstone of our 5-day detox program at Bodhi Wellness Center.

As advocates of mindful nourishment, we recognize the importance of how your body assimilates these essential ingredients during your detox journey.

Our Miso Broth is more than just a comforting sip; it's a deliberate embrace of your body's biochemistry. Thoughtfully selected to facilitate gentle cleansing and revitalization, it allows your system

to absorb the nourishment it craves.

At Bodhi Wellness Center, we understand that true wellness goes beyond consumption; it's about how your body utilizes those nutrients. Miso Broth embodies this philosophy, offering a harmonious blend of flavours and nutrients to support your body's natural detoxification processes.

With each sip of our Plain Miso Broth, you're not just nourishing yourself—you're honoring your body's innate ability to heal and thrive.

### **Warm Mug of Bodhi's Medicinal Balinese Elixirs**

At the heart of our elixirs is Putu Maryam, the owner of Bodhi Leaf—a remarkable woman deeply invested in her Balinese culture and its healing traditions. Dedicated to understanding the body's natural healing mechanisms, she shares the wisdom of traditional recipes crafted by the inspiring women of Indonesia.

Our Warm Jamu reflects her rich heritage and commitment to holistic wellness.

Putu Maryam's dedication goes beyond mere ingredients; it acknowledges the interconnectedness of nature, community, and well-being.

Through Warm Jamu, she invites you to partake in this sacred connection, offering a taste of Balinese heritage and a glimpse into its healing wisdom.



## Warm Turmeric Jamu



**Turmeric** is renowned as one of the most powerful healing herbs. Known for its anti-inflammatory properties, it supports bone and joint health and can prevent metastasis in various cancers. Additionally, turmeric acts as a natural liver detoxifier and kidney cleanser, speeds up metabolism, and aids in weight management. It also alleviates conditions like depression, psoriasis, and arthritis, making it a vital component of traditional Indonesian, Ayurvedic, and Chinese medicine.

## Jamu Beras Kencur



**Kencur (aromatic ginger)** and rice Jamu contain flavonoid compounds with antioxidant properties that help combat free radicals, thereby enhancing the body's immune system. The antioxidants in Kencur rice herbal medicine protect the heart and blood vessels from oxidative damage, potentially reducing the risk of cardiovascular diseases, such as hypertension and coronary heart disease. Additionally, Kencur rice herbal medicine may help maintain normal blood sugar levels and is believed to assist in preventing and treating complications of diabetes by lowering blood sugar and reducing insulin resistance.

**\*\*Can also be combined with Bodhi Healing Liquids – See Below**



## 10 AM Snack

### Your choice of:

#### Master Cleanse



Experience the refreshing delight of our **Master Cleanse**, a guilt-free drink that offers the familiar fizz of soda. This gentle, sparkling beverage invigorates your senses while nurturing your body from within. With its effervescent charm and sweet-and-sour flavors, it's the perfect way to cool down in the heat of Bali.

#### Protein Ball



Imagine a perfectly portioned ball bursting with natural goodness, combining the satisfying crunch of nuts or seeds with the sweetness of dried fruits or honey. Each bite of our **Protein Ball** is a joyful symphony of textures and flavors. Weighing in at 80 grams, this nutritious treat packs the best of flavor and wellness into a bite-sized package. Light and fun to eat, it's filled with wholesome ingredients to fuel your body and keep you energized throughout the day.

#### Clean Green Juice



Our **Clean Green Juice** is the ultimate pick-me-up—refreshing and nutritious! Bursting with the vibrant goodness of leafy greens, crisp cucumbers, and zesty citrus, this invigorating elixir is like sunshine in a glass. For a little twist, feel free to add an apple or two; our Clean Green Juice is all about pure, unadulterated goodness. We skip added fruit sugars and sweeteners, relying instead on the natural sweetness of vegetables to leave you feeling refreshed and revitalized—without the sugar crash.



## Noon Lunch

Your Detox. Your choice:

### Strawberry Beetroot Smoothie



In the intricate dance of nutrition, a smoothie transcends mere ingredients. It becomes **a nourishing elixir** that fuels vitality and well-being, with nutrient absorption being the key to its transformative power.

### Green Goddess Smoothie



Packed with plant-based proteins, our **Green Goddess Smoothie** hydrates the colon while supporting muscle repair and growth. The healthy fats from plants provide a gentle detox, complemented by chlorophyll, which acts as a natural deodorizer during your detox journey.

### Baked Sweet Potato Smoothie



Experience the wholesome blend of creamy sweetness in our **Baked Sweet Potato Smoothie**. Rich in vitamins, minerals, and fiber, it's a delicious and nourishing choice for your well-being.



## Seaweed Salad



Our **Seaweed Salad** is not only delicious but incredibly nutritious. Packed with essential vitamins, minerals, and antioxidants, this delightful dish offers a unique combination of flavors and textures, making it a nutrient-dense meal loaded with prebiotic elements.

## Raw Asparagus Salad



Enjoy the super tasty benefits of **raw asparagus**, which maintains its natural crunch and earthy flavor. Rich in vitamins, minerals, and antioxidants, this refreshing dish enhances your health while providing a satisfying texture.



## Dinner Before 6 PM

### Green Goddess Soup



Our **Green Goddess Soup** is a vibrant and nutritious delight, brimming with the goodness of fresh green vegetables and packed with chlorophyll. This nourishing choice is rich in vitamins, minerals, and antioxidants, making it a perfect end to your day.

### Smokey Lentil Soup



Indulge in the comforting flavors of our **Smokey Lentil Soup**, infused with aromatic spices like paprika and cumin for a tantalizing smoky taste. Packed with nutrition, lentils are a powerhouse of protein, fiber, and essential vitamins and minerals such as iron and folate. This hearty soup supports heart health and digestion, providing sustained energy and promoting satiety—a satisfying choice for any meal. Whether you're seeking cozy comfort food or a wholesome meal, this soup ticks all the boxes.

### Spiced Lentil Coconut Bowl



Long-soaked lentils are cooked in fresh, light coconut milk, infused with warming spices and loaded with spinach and herbs. This dish is a winning formula for anyone detoxing or undergoing an elimination process, offering **healthy fats and protein** for a complete meal.



## Coconut Miso Broth



Experience the delicate mix of goodness that **miso** brings to your inner world. This broth features incredible ingredients that support thyroid health, including kelp or kombu, an array of mushrooms, fresh ginger, and light coconut milk—all crafted into a nourishing, edible broth.

## Pea and Coconut Soup



Enjoy our gently cooked **Pea and Coconut Soup**, a light and flavorful dish that retains its vibrant green color. This super nourishing soup is designed to provide your body with exactly what it needs.



# Bodhi's Healing Liquids

## Liver Cleanser

Our **Liver Cleanser** is rich in malic acids, which help cleanse and detoxify the liver. This powerful blend filters the blood, capturing toxins absorbed through eating, drinking, and medications.

## Kidney Cleanser

**Mango and moringa** leaves are cherished in Balinese culture for their antioxidant and anti-inflammatory properties. This combination supports healthy kidney function while helping to manage anxiety and blood sugar levels.

## Antibiotic Elixir

Yes, you read that right! Nature offers incredible remedies, and the mothers and grandmothers of this land have long crafted simple yet potent drinks that deliver significant **antioxidant and anti-inflammatory benefits**.

## Liver Health Tonic

While your body naturally cleanses and detoxifies, our **Liver Health Tonic** enhances this process. With the help of select plants, it promotes regeneration and produces beneficial enzymes that protect the liver against diseases.

## Curcumin Booster

Curcumin is renowned for its strong **anti-inflammatory** properties, which can help reduce inflammation in the body. Since chronic inflammation is linked to various diseases, incorporating curcumin into your diet can provide significant health benefits.



## Parsley Kidney Cleanser

One of the many benefits of parsley is its diuretic properties. Rich in chlorophyll and compounds like apiol and myristicin, parsley increases urine production, helping to flush out kidney toxins and waste. This can be especially beneficial for individuals with certain kidney conditions, such as edema or mild kidney stones.

## Moringa Elixir

Moringa is a powerhouse of nutrients, boasting high levels of chlorophyll, antioxidants, and anti-inflammatory properties. Incorporating moringa into your wellness routine supports overall health and vitality.



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