

A Delicious Chopped Salad Recipe That's Detoxifying, Fat-Busting, and Gets Sluggish Lymph Moving in the Body



This is probably my favorite salad of all time. Although I don't eat many salads when the weather is cold, I make an exception with this one – especially after I've indulged in heavy foods.

Spring is just around the corner and it's [Kapha Season](#) for those of us living in the Northern Hemisphere, according to the ancient system of healing called [Ayurveda](#).

It's the perfect time for cleansing and detoxifying the body, after a winter of heavier foods and often a more sedentary lifestyle.

Our bodies naturally try to detoxify at this time. You might feel like you have a lot of mucus trying to discharge. We can feel sluggish, heavy, lethargic, or damp (all characteristic of [Kapha dosha](#)).

The lymphatic system especially needs a boost at this time of year (or at any time of year if your body is overburdened, sedentary, or toxic).

This colorful salad is full of immune-boosting, detoxifying, lymph-moving foods like beets, pomegranates, apples, cabbage, kale, etc.

Sometimes I add just about everything but the kitchen sink.

Ingredients (Mix it up and use some or all of the following)

- Shredded raw or cooked beets
- Chopped cabbage
- Finely chopped kale (or any other greens – dandelion is a great choice)
- Handful of chopped parsley
- Shredded carrots
- Shredded radishes (any kind)
- Chopped celery
- Chopped apple
- Pomegranate seeds
- Sunflower or other seeds or nuts (optional)

- Goat cheese (optional) if you want to make this your main meal
- Olive Oil
- Apple cider vinegar
- Sea salt

Toss all ingredients and enjoy!

You can use this as your main meal or as a side salad to another cleansing-type meal such as [kitchari](#). Let me know what you think if you try it!

Much love,
Barbara

P.S. A great blood-purifying, detoxifying, and lymph-moving herb is [Manjistha](#). I often add this Ayurvedic herb to my diet while cleansing or when traveling (great for circulation). Note: I am not a medical doctor and am not dispensing medical advice. Always check with your healthcare practitioner before adding unfamiliar herbs to your diet.

About the Author

Barbara Sinclair is a weekly Writer for CLN. She is an artist and holistic health practitioner with a passion for Ayurveda, the ancient mind/body system of health and longevity. Barbara was able to heal herself from years of fibromyalgia, a chronic pain condition, by adopting an Ayurvedic lifestyle. You can learn more about her by visiting her website barbarasinclair.com. Barbara posts a new article every Wednesday morning on CLN. To read her former articles, click [here](#).

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