

A top-down view of a white ceramic bowl filled with a variety of fresh, vibrant green vegetables. The assortment includes several stalks of asparagus, a bunch of fresh basil leaves, a sprig of thyme, and several pieces of broccoli. Two avocados are sliced in half, with their pits still in place. There are also green bell peppers and a piece of cauliflower. The bowl is set against a light-colored, possibly marble, background. A dark green rectangular banner is overlaid in the center of the image, containing the text 'DETOXIFYING FOODS' in white, bold, uppercase letters.

DETOXIFYING FOODS

TOP FOODS FOR DETOX

1. Cruciferous Vegetables & Leafy Greens
2. Dandelion Greens
3. Lemon
4. Avocado
5. Apples
6. Celery
7. Beets
8. Wild Blueberries
9. Onion
10. Garlic
11. Cilantro
12. Ginger
13. Rosemary
14. Turmeric
15. Chlorella

- **Cruciferous Vegetables & Leafy Greens**

- Members of the cruciferous family contain many nutrients, including key vitamins, minerals, antioxidants, and fatty acids. In addition to these conventional nutrients, they contain powerful compounds called glucocinolates, which are potent detoxifiers. Cruciferous vegetables and leafy greens are on almost every list of the world's healthiest foods, and when consumed, have powerful effects on the body.
- This class of leafy veggies includes broccoli, cauliflower, cabbage, collard greens, mustard greens, brussels sprouts, bok choy, among others.

- **Dandelion Greens**

- The dandelion plant used to be considered, and by many still is considered, an herb. Dandelion greens themselves are high in iron, calcium, Vitamins A, C, K and B2 among other vitamins and minerals, and at one point were used for medicine. They are potent liver detoxifiers, improve the flow of bile and increase urine flow.

- **Lemon**

- The citric acid in lemons can protect liver function and prevent oxidative (stress-related) damage. Lemon water consumption has also been linked with decreased blood pressure

- **Avocado**

- Avocados are filled with antioxidants & nutrients and the fatty acids in avocados help protect against damage caused by d-galactosamine, a powerful liver toxin

- Apples

- Apples are rich in the soluble fiber pectin. Pectin helps purge toxins from the bloodstream and lower LDL cholesterol.
- The acids in apple (malic and tartaric) also helps aid digestion.

- Celery

- Studies show that celery helps reduce fat build-up in the liver. The nutrients in celery protect the liver, and actually, help the liver produce enzymes that help flush fat and toxins out. Celery juice improves digestion by increasing circulation in the intestines.

- Beets

- Beets contain high levels of antioxidants and other health-promoting properties, and beet juice has been found in studies to amplify specific enzymes that support the liver and aid in detoxification.

- Wild Blueberries

- Blueberries are nutrient-dense and are an abundant source of antioxidants. Berries have been found to enhance the activity of the body's natural killer cells, which fight against cancer cells and have been shown to lower blood pressure, boost vascular health, fight cancer, protect lungs, and prevent Alzheimer's.

- Onion

- Rich in sulfur, onions are detoxifying superfood. They are rich in antioxidants, antibacterial, and anti-inflammatory and have been linked to decreased blood pressure and cholesterol.
- Due to their sulfur content, onions help to facilitate the detoxification process in our bodies by removing toxins and heavy metals.

- **Garlic**
 - Garlic contains about 33 sulfur compounds and researchers found that garlic can inhibit the activation of carcinogens, enhance detoxification, and even protect DNA.
- **Cilantro**
 - Cilantro is a chelator that can naturally remove heavy metals from the body.
 - Cilantro has specifically been found to enhance mercury excretion and decrease lead absorption, and is a powerful herb used to bind things out of the body
- **Ginger**
 - Ginger is full of nutritious properties that can ease bloating by enhancing motility and accelerating stomach emptying, making it easier to eliminate toxins.

- **Ginger (cont.)**

- Gingerol, the active compound in ginger, was used for centuries to treat illness and promote health naturally. Studies have found that gingerol supports inflammation balance and can reduce oxidative stress by eliminating free radicals in the body

- **Rosemary**

- Rosemary is a powerful herb known for its anti-cancer, anti-inflammatory, and liver cleansing properties. Rosemary boosts liver function, regulates bile flow, and it increases the rate at which water leaves the body, thus flushing out pathogens, salts, toxins and excess fat from the body.

- **Turmeric**

- Turmeric is a perennial herb in the ginger family containing a phytochemical called **curcumin**. Studies suggest that curcumin is effective in promoting and encouraging optimal detox pathway activity, in addition to supporting a healthy inflammatory response and fighting free radicals.

- **Chlorella**

- This freshwater algae is a superfood replete with phytonutrients, amino acids, chlorophyll, beta-carotene, potassium, phosphorous, biotin, magnesium and B vitamins. It is by far one of the most nutrient-dense superfoods for supporting your immune system.
- Chlorella provides a host of health benefits and helps your body detox **heavy metals** such as lead, cadmium, **mercury**, and uranium.