

Foods that help Detoxify



Lemon

You need to keep the fluids flowing to wash out the body and fresh lemonade is ideal. Its vitamin C, considered *the* detox vitamin, helps convert toxins into a water-soluble form that's easily flushed away.

Green, leafy vegetables

Eat them raw, throw them into a broth, add them to juices. Their chlorophyll helps swab out environmental toxins (heavy metals, pesticides) and protects the liver.



Garlic

Add it to everything -- salads, sauces, spreads. In addition to the bulb's cardio benefits, it activates liver enzymes that help filter out junk.



Brassica Veggies

Great detox vegetables include broccoli, cauliflower, broccoli sprouts, Brussel sprouts, eggplant, cabbage, kale, collards, turnips. These are high in Diindolylmethane (DIM) an immune booster and cancer fighter.



Spirulina

Works like an antioxidant in *detoxifying the body of pollutants*. Helps to sanitize the bowel by *detoxifying the colon* and promoting the growth of friendly bacteria. Stimulates and potentiates the immune system to destroy invading disease organisms. Decreases cholesterol.



Psyllium

A plant that's rich in soluble fiber, like oat bran, but more versatile. It mops up toxins (cholesterol too) and helps clear them out. Stir powdered psyllium into juice to help cleanse your colon.



Coriander (Cilantro)

Some studies have shown that the leaves of the coriander plant can accelerate the excretion of mercury, lead and aluminum from the body. This delicious herb, when added to food, can greatly contribute in the detox process.

