



Foods That Enhance Detoxification

These foods have a **favorable effect** on detoxification. Many of them enhance Phase II Liver Detox Pathways, which not only improves the removal of toxins, it decreases the uncomfortable cleansing reactions that many people experience during detoxification. Put a check mark beside those foods that you already eat regularly.

☑	Foods and Herbs that Support Detoxification and Elimination of Toxins
	Apples: contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	Artichokes: contains plant compounds known as caffeoylquinic acids, which increase the flow of bile (bile is necessary for carrying fat soluble toxins out through the colon)
	Avocado: contain a nutrient called “glutathione”, a potent antioxidant enzyme that is used by your liver in phase 2 detoxification reactions
	Basil: enhances phase II detoxification pathways, increases glutathione activity and aids in elimination of xenobiotics
	Beets: contain betaine, which promotes the regeneration of liver cells and the flow of bile
	Bitter Greens: greens like arugula, dandelion greens, mustard greens and chicory help increase the creation and flow of bile and aid in the removal of waste from your organs and blood
	Brassicas: also known as cruciferous vegetables: They contain Indole-3-carbonol and di-indole-methane which has been shown to be a potent detoxification inducer. These are best eaten blended into soups and dressings, pressed or massaged and marinated, or very lightly steamed.
	• Broccoli
	• Broccoli Seeds: enhances phase 2 liver detoxification
	• Broccoli Sprouts: especially good for enhancing detoxification and as an ant-cancer food
	• Cabbage
	• Cauliflower



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	• Daikon Radish
	• Kale
	• Mustard
	• Red Radish
	• Sprouts of any of the cruciferous vegetables
	• Turnip
	Burdock Root: enhances liver detoxification, is a traditional blood purifier, and enhances excretion of toxins as a diuretic (enhances kidney excretion) and diaphoretic (enhances excretion of toxins through the sweat).
	Caraway: induces phase 2 liver detoxification
	Cardamom: detoxes the body of caffeine, cleanses the kidneys and bladder, and stimulates digestion
	Cayenne: aids in elimination of toxins through perspiration
	Chlorella: enhances mobilization of heavy metals
	Cilantro: enhances mobilization of heavy metals
	Cinnamon: balances blood sugar, increases metabolic rate and fat burning
	Dandelion: stimulates the bile and liver, acts as a diuretic and stimulates the release of toxins via your urine.
	Dill: induces phase 2 liver detoxification
	Echinacea: stimulates the elimination of toxins by its effect on white blood cells
	Fennel: blood cleanser, liver anti-inflammatory
	Garlic: contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	Ginger: anti-inflammatory and protective against alcohol damage to the liver
	Grapefruit: contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	Green Juices: blood purifier, mobilizes heavy metals, enhances liver detoxification



☒	Foods and Herbs that Support Detoxification and Elimination of Toxins
	Jerusalem artichoke: enhances phase II liver detoxification pathways
	Kelp: binds radioactive barium, strontium, cadmium and zinc in the gastrointestinal tract and aids in elimination by increasing fecal bulk
	Leafy Greens: abundant in chlorophyll which has the ability to suck up environmental toxins from your blood stream and neutralize heavy metals, chemicals and pesticides; also cleansing to your colon as they provide an abundance of fiber to “sweep” your digestive tract clean
	Milk Thistle: potent anti-oxidant specific for the liver; can be taken as an herbal tincture or eaten as seeds, ground and added to food
	Onion: contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	Oranges and Tangerines: contain limonene, a potent inducer of phase 2 liver detoxification
	Oregano: anti-inflammatory, anti-microbial, enhances liver detoxification pathways
	Peppermint: enhances digestion and elimination of toxins
	Rosemary: decreases liver congestion and inflammation
	Sea Vegetables: bind heavy metals and toxins for excretion
	Thyme: has been shown in studies to ameliorate the toxic effects of alcohol on the liver
	Turmeric: induces phase 2 liver detoxification, potent anti-oxidant, anti-inflammatory, anti-cancer
	Wheat Grass: blood purifier, mobilizes heavy metals, enhances liver detoxification