



## 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.

<input checked="" type="checkbox"/>	<b>Foods and Herbs that Support Detoxification and Elimination of Toxins</b>
	<b>Apples:</b> contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	<b>Artichokes:</b> 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)
	<b>Avocado:</b> contain a nutrient called “glutathione”, a potent antioxidant enzyme that is used by your liver in phase 2 detoxification reactions
	<b>Basil:</b> enhances phase II detoxification pathways, increases glutathione activity and aids in elimination of xenobiotics
	<b>Beets:</b> contain betaine, which promotes the regeneration of liver cells and the flow of bile
	<b>Bitter Greens:</b> 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
	<b>Brassicas:</b> also known as <b>cruciferous vegetables:</b> 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.
	<ul style="list-style-type: none"><li>• <b>Broccoli</b></li></ul>
	<ul style="list-style-type: none"><li>• <b>Broccoli Seeds:</b> enhances phase 2 liver detoxification</li></ul>
	<ul style="list-style-type: none"><li>• <b>Broccoli Sprouts:</b> especially good for enhancing detoxification and as an anti-cancer food</li></ul>
	<ul style="list-style-type: none"><li>• <b>Cabbage</b></li></ul>

<input checked="" type="checkbox"/>	<b>Foods and Herbs that Support Detoxification and Elimination of Toxins</b>
	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Daikon Radish</li> <li>• Kale</li> <li>• Mustard</li> <li>• Red Radish</li> <li>• Sprouts of any of the cruciferous vegetables</li> <li>• Turnip</li> </ul>
	<b>Burdock Root:</b> 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).
	<b>Caraway:</b> induces phase 2 liver detoxification
	<b>Cardamom:</b> detoxes the body of caffeine, cleanses the kidneys and bladder, and stimulates digestion
	<b>Cayenne:</b> aids in elimination of toxins through perspiration
	<b>Chlorella:</b> enhances mobilization of heavy metals
	<b>Cilantro:</b> enhances mobilization of heavy metals
	<b>Cinnamon:</b> balances blood sugar, increases metabolic rate and fat burning
	<b>Dandelion:</b> stimulates the bile and liver, acts as a diuretic and stimulates the release of toxins via your urine.
	<b>Dill:</b> induces phase 2 liver detoxification
	<b>Echinacea:</b> stimulates the elimination of toxins by its effect on white blood cells
	<b>Fennel:</b> blood cleanser, liver anti-inflammatory
	<b>Garlic:</b> contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	<b>Ginger:</b> anti-inflammatory and protective against alcohol damage to the liver

<input checked="" type="checkbox"/>	<b>Foods and Herbs that Support Detoxification and Elimination of Toxins</b>
	<b>Grapefruit:</b> contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	<b>Green Juices:</b> blood purifier, mobilizes heavy metals, enhances liver detoxification
	<b>Jerusalem artichoke:</b> enhances phase II liver detoxification pathways
	<b>Kelp:</b> binds radioactive barium, strontium, cadmium and zinc in the gastrointestinal tract and aids in elimination by increasing fecal bulk
	<b>Leafy Greens:</b> 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
	<b>Milk Thistle:</b> potent anti-oxidant specific for the liver; can be taken as an herbal tincture or eaten as seeds, ground and added to food
	<b>Onion:</b> contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	<b>Oranges and Tangerines:</b> contain limonene, a potent inducer of phase 2 liver detoxification
	<b>Oregano:</b> anti-inflammatory, anti-microbial, enhances liver detoxification pathways
	<b>Peppermint:</b> enhances digestion and elimination of toxins
	<b>Rosemary:</b> decreases liver congestion and inflammation
	<b>Sea Vegetables:</b> bind heavy metals and toxins for excretion
	<b>Thyme:</b> has been shown in studies to ameliorate the toxic effects of alcohol on the liver
	<b>Turmeric:</b> induces phase 2 liver detoxification, potent anti-oxidant, anti-inflammatory, anti-cancer
	<b>Wheat Grass:</b> blood purifier, mobilizes heavy metals, enhances liver detoxification