



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"/>	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.
	<ul style="list-style-type: none">• Broccoli
	<ul style="list-style-type: none">• Broccoli Seeds: enhances phase 2 liver detoxification
	<ul style="list-style-type: none">• Broccoli Sprouts: especially good for enhancing detoxification and as an anti-cancer food
	<ul style="list-style-type: none">• Cabbage

<input checked="" type="checkbox"/>	Foods and Herbs that Support Detoxification and Elimination of Toxins
	<ul style="list-style-type: none"> • Cauliflower
	<ul style="list-style-type: none"> • Daikon Radish
	<ul style="list-style-type: none"> • Kale
	<ul style="list-style-type: none"> • Mustard
	<ul style="list-style-type: none"> • Red Radish
	<ul style="list-style-type: none"> • Sprouts of any of the cruciferous vegetables
	<ul style="list-style-type: none"> • 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

☑	Foods and Herbs that Support Detoxification and Elimination of Toxins
	Grapefruit: contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	Green Juices: blood purifier, mobilizes heavy metals, enhances liver detoxification
	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