

Nine Super Cleansing Foods

Foods to help you feel better and live healthier!



Apples – Contain fibre that binds to toxins

A great source of pectin, a fibre that binds to toxins and cholesterol in the colon and helps eliminate them through the stool, making it easier for the liver to handle detoxification during a cleanse.



Lemons - Alkalizing, liver stimulating

Lemons are renowned as liver detoxifiers. Drinking the juice of half a lemon in warm water on an empty stomach first thing in the morning is a great way to stimulate your liver to produce bile to aid in fat emulsification in the intestines. It also is very alkalizing for the blood, and an alkaline environment discourages dis-ease elements.



Beets - Purifies the blood

Beets are super for purifying the blood, providing iron for red blood cells, and detoxifying the liver. If you have the beet tops handy, don't forget to include those too!



Kale – Contains chlorophyll for blood cleansing

Kale is king of the dark leafy greens, and it is a powerful ally in supporting liver cleansing. It protects the liver by neutralizing chemicals and heavy metals. The chlorophyll content, which gives kale its dark green colour, helps draw waste from the blood and the organs, while alkalizing the body. For maximum benefit, consume your greens raw or lightly steamed.



Cabbage - Flushes out carcinogens and scrubs intestines

The fibre in cabbage helps scrub the digestive tract clean. Eating cabbage also activates liver enzymes that flush out carcinogens and other toxins and help break down excess hormones. It has been shown to neutralize harmful chemicals found in cigarette smoke as well.



Avocados - Complete food stimulates glutathione production

One of the most complete, nutrient-dense foods available, avocados help the body produce glutathione, a substance necessary for cleansing the liver of harmful toxins.



Artichokes - Supports liver and bile production

They have been shown to support healthy liver function, including stimulation of bile production. Bile helps emulsify fats in the intestines for better assimilation and elimination. It also helps improve absorption of fat-soluble vitamins while transporting toxins away from the liver and into the colon to be excreted.



Cilantro - Neutralizes heavy metals

This inexpensive and readily available herb is wellknown for its ability to detoxify the body of heavy metals. It is ideal to consume 2-3 tablespoons of cilantro pesto daily over several weeks along with good colon cleansing.



Parsley - Kidney cleansing

Another everyday herb, parsley provides a simple way of cleansing your kidneys and increasing elimination of urea, which is a common problem in gout and diets high in refined foods. Compounds in parsley can neutralize carcinogens from smoke. Its flavonoids increase antioxidant levels in the blood~ this neutralizes free radicals that are a common source of inflammation.

