

## TWENTY FOODS TO USE WHEN DETOXING

1. Artichokes
2. Asparagus
3. Avocado
4. Beets
5. Broccoli
6. Cabbage
7. Dandelion greens
8. Garlic
9. Ginger root
10. Grapefruit
11. Green tea
12. Kale
13. Lemongrass
14. Living (sprouted) foods
15. Olive oil
16. Kelp
17. Turmeric
18. Water
19. Watercress
20. Wheatgrass