

## Detoxifying your liver

**Beets and Carrots:** Carrots are rich in glutathione, a protein that helps detoxify the liver. Both are extremely high in plant-flavonoids and beta-carotene. Eating beets and carrots can help stimulate and improve overall liver function.

**Tomatoes:** They have abundant amounts of glutathione which again, are a great detoxifier for the liver. As a side effect lycopene in tomatoes will protect against breast, skin and lung cancer.

**Grapefruit:** Another source of the liver cleansing glutathione. It's also high in vitamin C and antioxidants, this boosts the production of the liver detoxification enzymes and increases the natural cleansing process of the liver.

**Spinach:** Raw Spinach is a major source of glutathione that triggers toxin cleansing enzymes of the liver.

**Citrus Fruits:** Lemons and lime contain high amounts of vitamin C, which helps stimulate the liver and aids the synthesising of toxic materials into substances that can be absorbed by water.

**Cabbage:** The isothiocyanates (ITCs) made from cabbage's glucosinolates provides liver detoxifying enzymes that help flush out toxins.

**Turmeric:** Turmeric is the liver's favourite spice and helps boost liver detoxification. It does this by assisting enzymes that actively flush out dietary carcinogens.

**Walnuts:** Walnuts are a good source of glutathione, omega-3 fatty acids and amino acid arginine, which support the normal liver cleansing actions, especially in detoxifying ammonia.

**Avocados:** The nutrient dense super food, avocado helps the body produce glutathione

**Apples:** They are high in pectin and other chemicals essential to cleanse and release toxins from the digestive tract. Apples make it easier for the liver to handle the toxic load during the cleansing process.

**Brussels sprouts:** Brussels sprouts are high in sulphur and antioxidant glucosinolate, which forces the liver to release enzymes that block damage from environmental or dietary toxins.

**Garlic:** Garlic is loaded with sulphur that activates liver enzymes that help your body flush out toxins. Garlic also holds high amounts of allicin - and selenium, two natural compounds that aid in liver cleansing.

**Dandelion:** Dandelion root tea assists the liver in breaking down fats, producing amino acids and generally ridding it of toxins.

**Leafy Green Vegetables:** Green veggies are extremely high in plant chlorophylls that absorb environmental toxins, increase bile production, neutralise heavy metals, chemicals and pesticides, which lowers the burden on the liver.

**Cruciferous Vegetables:** Eating broccoli and cauliflower will increase production of enzymes glucosinolate in your system that help flush out carcinogens and other toxins.

**Asparagus:** Asparagus is a great diuretic helping in the cleansing process and sharing the detox load of the liver and kidneys.

**Green Tea:** Green tea is full of plant antioxidants known as catechins, a compound known to assist liver function.

**Olive Oil:** Cold-pressed organic oils such as olive, hemp and flax-seed are great support for the liver, providing the body with a liquid base that can suck up harmful toxins in the body.

**Alternative Grains:** Gluten rich grains such as wheat, flour, or other whole grains increase the load on the liver's detox function and enzyme production. Switch to alternative grains like quinoa, amaranth and buckwheat.