
NATURAL DETOX: BEST FOODS FOR GETTING RID OF BODY TOXINS

Natural Detox: Helping Your Body's Natural Cleansing Process

A natural detox method is what you need if you want to remove toxins from your body. You don't need to take synthetic pills or do extreme cleanses. Your body has a natural detoxification process through your lungs, intestines, kidneys, lymphatic system, and even your skin. Your body, however, can get overwhelmed by the high amount of toxins you are exposed to each day. Your natural detox system gets compromised and fails to do its job.

When this happens, you need to help your body by nourishing it with food that promotes natural detoxification. You probably already have some of these foods in your kitchen. Here's a list of some of the most common yet effective foods for getting rid of your body toxins:

Brassica Vegetables

This vegetable family includes broccoli, kale, bok choy, Brussels sprouts, cabbage, and kale. They are a powerhouse of glucosinates. They protect your liver from damage. As you know, a healthy liver is needed for proper elimination of toxins.

Most of the phytochemicals found in these vegetables remain active even after cooking. In fact, cooking increases their bioavailability in some cases. The best way to cook them is by steaming and mixing them into salads. Brussels sprouts can be roasted with coconut oil and seasoned with cayenne pepper to turn it into a nutritious side dish.

Ginger

Ginger has been used as a digestive tonic for centuries. It helps stimulate digestion, circulation, and sweating. Our ancestors use ginger to relieve various stomach problems including diarrhea, constipation, gas, and bloating. Its anti-inflammatory and antispasmodic properties make ginger a must-have for those who are experiencing gastrointestinal issues.

Make a delicious, warm drink by grating some ginger and tossing it into your blender. Steep the grated root in hot water or add it to a cup of almond milk. Add some cinnamon or nutmeg.

Garlic

Garlic supports your liver enzymes, making it a natural detox ingredient. It aids in the production of glutathione, commonly known as “the mother of all antioxidants.” Garlic also has high amounts of vitamin C and anti-microbial properties which support your immune system.

Just mince some and add to your side vegetable dishes. Or crush some garlic using a wooden mortar and pestle then add some olive oil, lemon juice, and mint to turn it into a yummy sauce like the Toun, a Lebanese dipping sauce.

Citrus Fruits

The citric acid in lemon and other citrus fruits promotes the production of gastric juices. This helps you digest your food better so you can eliminate toxins regularly to avoid gas and bloating. Lemon juice also aids in the production of bile, a fluid produced by your liver to digest lipids.

The high vitamin C content of citrus fruits also protects you from cell damage. It aids in the production of glutathione, which, as mentioned earlier, is a powerful antioxidant that fights the negative effects of pollution and harsh chemicals.

Use lime, lemon, orange or grapefruit juice as a flavoring for your salad dressings and sauces.

Milk Thistle

Milk thistle extract has a unique flavonoid complex called silymarin which is a liver protector. It protects your liver cells by blocking the entrance of some toxins. It can also counteract alcohol and some medications in the liver. In fact, silymarin showed [hepatoprotective activity](#), according to a clinical trial published in the Hungarian Medical Journal. It improved liver functions in patients with chronic alcoholic liver disease.

You can find milk thistle as tea like the SuperHerb Organic Milk Thistle Tea.

Chlorella

Heavy metals such as mercury, arsenic, lead, and cadmium can enter our body through the foods we eat, beverages we drink, and the air we breathe. Fortunately, there's chlorella that binds to these heavy metals and flushes them out of our body.

This alga is packed with essential amino acids, protein, chlorophyll, minerals, and vitamins. You can incorporate chlorella in your diet by adding it to your cookie recipes. You can also sneak a little into your juices and drinks.

Beetroot

Beetroot has properties that can thin your bile, making it easier to flow through the liver and into your small intestine. Its betaine content makes it a great liver defender and anti-inflammatory. Moreover, it's packed with healthy substances like iron, folate, and fiber.

You can add beet to your hummus recipe to give it a pink color. Mix it with some ginger, lemon juice, fennel, and celery to make a refreshing drink.

Green Tea

Green tea has high antioxidant and polyphenol content that promotes the body's natural detox system. It's common knowledge that antioxidants actively seek out free radicals to neutralize them and prevent their damage to your body.

So, add a cup of matcha latte to your diet or simply sip on green tea in the morning.

Coriander and Parsley

Both herbs are rich sources of antioxidants, chlorophyll, vitamins, and minerals. Parsley is especially good for your kidneys. Coriander, on the other hand, acts as a chelating agent to keep heavy metals from circulating in your body.

Pair any of these herbs with chlorella. Chop them and mix into your favorite veggie dishes and salads. Use them to add flavor to your smoothies.

Organic Detoxification: Less Inflammation, More Energy

Use these ingredients to promote your body's natural detox system. Reduce inflammation and boost your energy the vegan way.