



## FOOD FOR THOUGHT:

### **Nutrition Tips for Detox**

Your diet plays a huge role in overall detox, elimination, liver health and your lymphatic system. Choosing nutrient-rich foods which are free or low in pesticides, toxins, antibiotics, and additives is the first step in reducing the burden on the body. Additionally, choosing

foods which are free of common allergens and intolerances (or known allergies you may have) can help further support detoxification pathways.



### **Common Allergens and Toxin-Laden Foods:**

- Dairy, Eggs, Soy, Corn, Nuts, Wheat/gluten containing foods
- Refined sugars, chemical additives and preservative-rich foods, conventionally raised meat, and deep water fish



### **Foods that Support Detox:**

A whole foods-based diet abundant in fruits, vegetables, clean protein sources and healthy sources of fats is the best way to ensure that you are supporting overall metabolic health. These foods are naturally high in vitamins, minerals, and antioxidants. Adding herbs and spices into your recipes can be a great way to add flavor as well as nutrition.



**Supportive Herbs and Spices:** Turmeric, ginger, rosemary, and cayenne pepper all support liver detoxification and stimulate the digestive system.



**Cruciferous Vegetables:** Cruciferous vegetables are abundant in the mineral sulfur. Sulfur is necessary in the production of glutathione – the master antioxidant and superior detoxifying compound of the body. Cruciferous veggies help shuttle toxins from the body.



<b>Broccoli</b>	<b>Cauliflower</b>	<b>Brussel sprouts</b>
<b>Cabbage</b>	<b>Kale</b>	<b>Radish</b>
<b>Arugula</b>	<b>Watercress</b>	<b>Collard Greens</b>

**Other Glutathione Supporting Foods:**

<b>Asparagus</b>	<b>Avocado</b>	<b>Garlic</b>
<b>Chives</b>	<b>Cucumber</b>	<b>Tomatoes</b>
<b>Onions</b>	<b>Organ meats</b>	

**Fiber-Rich Foods:**

There are many benefits to adequate fiber intake, from maintaining healthy cholesterol numbers to blood sugar balance. In detoxification, fiber supports a healthy GI tract and regular elimination. Without regular bowel movements during active detoxification, toxins cannot be safely excreted from the body and can easily become reabsorbed.



Incorporating high-fiber foods (aim for 35 grams or more daily) can ensure healthy elimination. There are two different types of fiber, soluble and insoluble; soluble fiber dissolves in water and has been shown to support healthy glucose levels and blood cholesterol. Insoluble fiber increases stool bulk and can help move things along in the digestive tract.

**Soluble Fiber Foods:**

Sweet potatoes, prunes, figs, beans, oats, barley



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Insoluble Fiber Foods:**

Beets, apples, strawberries, blueberries, lentils

**Fermented Foods:**

The fermentation of foods has been around for centuries as a method to increase good bacteria in the gut as well as preserve the shelf-life of food. Including fermented foods in your diet can increase healthy bacteria in the digestive tract and help stimulate elimination and detoxification. Sauerkraut, kombucha and kimchi are all well-known foods which are fermented before consumption. If you are new to fermented foods, be sure to go slow when incorporating them into your diet.



<b>Kefir (fermented milk)</b>	<b>Yogurt</b>	<b>Pickles</b>
<b>Sauerkraut</b>	<b>Kombucha</b>	<b>Kimchi</b>
<b>Miso</b>		

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