

## Beneficial Foods for the Liver

### As well as...

- **Improved Estrogen Production and Elimination**
- **Improved Thyroid Health**
- **Restored Adrenal Health**
- **Enhanced Energy**
- **Stabilized Blood Sugar (the secret to balanced hormones)**
  - Cruciferous vegetables, leafy greens and herbs (especially cilantro) – loads of fiber and anti-oxidants that help cleanse the liver (also rich in calcium for good bone health!)
  - Beet, carrot, tomatoes and color-rich plants – contain loads of phytonutrients that reduce toxins from the liver and organs)
  - Celery – stimulates the colon & lowers blood pressure too!
  - Garlic, onions and leeks- great for liver enzymes (high in sulfur to rid toxins)
  - Grapefruit (careful with meds) high in anti-oxidants to benefit liver
  - Green tea (especially matcha) for catechins (liver protective, loads of anti-oxidants and metabolism booster)
  - Avocado - glutathione to assist reducing compounds from the liver, as well as omega-3 fatty acids to protect your health and reduce your risk of heart disease and certain cancers
  - Apples with skins (rich in pectin fiber and polyphenols for healthy detoxification)
  - Olive oil, hemp, flax, macadamia, walnut oils – all omega 3 rich
  - Lemon (lemon-water in the mornings to help release toxic compounds from the body, as well as high amounts of vitamin C for a healthy immune system, hair, skin and nails
  - Turmeric (curcumin especially with the addition of pepper to help rid toxins from the liver)
  - Artichokes, Brussel sprouts, kale, asparagus – Rich in sulfur compounds that can rid toxins from your liver, also high fiber which helps with this as well
  - Burdock - Stimulate bile production and digestive juices in the gut, which helps the liver to rapidly process toxins and flush them from the system.
  - Dandelion – Can help flush out the system, eliminating excess toxins and reducing strain on the kidneys, and liver.
  - Chicory – contains phytochemicals that act as antioxidants and sweep out free radicals (reducing risks of chronic diseases like heart disease and cancer)