

Liver-Cleansing Foods

Several nutrient-boosting foods are known to naturally help cleanse the liver because they assist the body through either Phase 1 or Phase 2 of a liver detoxification program.

- **Apples** promote detoxification because of their high fiber content and powerful antioxidants known as flavonoids. Apples help stimulate bile production and are needed for Phase 1 of liver detoxification. Buy only organic apples to limit exposure to pesticides.
- **Artichokes** contain phytonutrients known as cynarin and silymarin that aid the liver in producing bile and protecting and regenerating liver cells.
- **Asparagus** contains plant pigments known as flavonoids, including kaempferol, quercetin and rutin, which are necessary for Phase 1 of liver detoxification.
- **Beets** are high in plant flavonoids that help the first phase of liver detoxification.
- **Broccoli, cabbage and Brussels sprouts**, also known as cruciferous vegetables, contain sulfur-based substances, such as sulforaphanes, indole-3-carbinol and calcium-D-glucarate, that help stimulate the production of enzymes that detoxify cancer-causing toxins in the body. When broccoli is sprouted, it offers more benefit – up to 20 times more sulforaphane than broccoli florets.
- **Carrots** are high in plant flavonoids, which aid the first phase of liver detoxification.
- **Garlic** is useful for its sulfur content, which stimulates the liver to produce glutathione, an antioxidant that prevents damage to certain cellular components caused by heavy metals and free radicals, among other factors.
- **Green tea** contains catechins, antioxidant flavonoids that are between 25 and 100 times more potent than vitamin C and aid in the first phase of liver detoxification. Its antioxidant property makes it useful for protecting the body from oxidative damage.
- **Lemons** contain vitamin C, which helps stimulate both phases of liver detoxification by aiding in the production of glutathione. Vitamin C is also useful for making bile the right consistency during production as it flows from the gallbladder to aid fat digestion. A common naturopathic prescription is to squeeze the juice of half a lemon in a cup of hot water first thing in the morning to stimulate

bile flow and aid detoxification.

- **Seaweed**, such as nori or kelp, contains sodium alginate, which can help remove heavy metals from the digestive tract.
- **Spinach** contains large amounts of chlorophyll, a green plant pigment that converts the sun's rays into plant energy, a process known as photosynthesis. Chlorophyll helps eliminate environmental toxins and metals by binding with them to prevent absorption in the digestive tract.