

10 Foods That Detox the Body

When it comes to detoxing your body, there are many techniques you can follow and supplements you can take. But, the best way, is to eat lots of foods that detox the body. Below is a list of detox foods that I thought would be an great addition to everybody's diet.



1. Fruits: Fruits are extremely high in liquid-content, helping the body wash out toxins. They are also very easy to digest and are high in antioxidants, nutrients, fiber and many important vitamins like vitamin C.



2. Green Foods: When you are ready to detox your body, fill your refrigerator with blue green algae, barley, wheatgrass, kale, spinach, spirulina, alfalfa, chard, arugula or other organic leafy greens. These plants will help give a chlorophyll-boost to your digestive tract. Chlorophyll rids the body of harmful environmental toxins from smog, heavy metals, herbicides, cleaning products and pesticides. They also aid the liver in detoxification.



3. Lemons, Oranges & Limes: These citrus-wonders aid the body in flushing out toxins, as well as jump-start the digestive tract with enzymatic processes. They also aid the liver in its cleansing processes. To increase detoxification, start each morning with a warm glass of lemon water. Remember, vitamin C is one of the best detox vitamins around, as it transforms toxins into digestible material.



4. Garlic: This pungent bulb stimulates the liver in producing detoxification enzymes that help filter out toxic residues in the digestive system. Adding sliced or cooked garlic to any dish will help aid any detox diet.



5. Broccoli Sprouts: Extremely high in antioxidants, broccoli sprouts can help stimulate the detoxification enzymes in the digestive tract like none-other. The sprouts are actually more effective than the fully-grown vegetable, despite the picture on the right.



6. Green Tea: Packed full of antioxidants, [green tea](#) not only washes toxins out of the system through its liquid content, but also contains a special type of antioxidant called [catechins](#), known to increase liver function.



7. Mung Beans: The mighty mung bean has been used by Ayurvedic doctors for thousands of years. It is incredibly easy to digest, and absorbs toxic residue on the sides of the intestinal walls.



8. Raw Vegetables: Best for juicing detox regimens or eaten raw: Onions, carrots, artichoke, asparagus, broccoli, cabbage, kale, brussel sprouts, cauliflower, garlic, beet, turmeric, and oregano. The combination of these foods will help your liver purge toxins during the cleansing process. These are high in naturally occurring sulphur and glutathione. Sulphur helps the liver detoxify harmful chemicals.



9. Seeds & Nuts: Incorporate more of the easily digestible seeds and nuts into your diet. This includes flaxseed, pumpkin seeds, almonds, walnuts, hemp seeds, sesame seeds, chia seeds, Siberian cedar nuts and sunflower seeds. While detoxing, avoid nut butters.



10. Omega-3 Oils: Use hemp, avocado, olive oils or flax seed oil while detoxing. This will help lubricate the intestinal walls, allowing the toxins to be absorbed by the oil, and eliminated by the body.