HEALTHY TIPS

Top 6 Detox Foods That Will Help You Cleanse Your Body

By bestfolkmedicine · 13/06/2018 · 2 min read



With the holiday season ending, we all want to prepare ourselves for the upcoming summer and quit unhealthy habits, try to lose weight, prevent colds and the flu, and improve our overall health. Did you know that one beneficial method to achieve this is without doubt through a detoxification of the whole body? Though the body has its own cleansing processes, it is never a bad idea to give it a boost.

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How to Cleanse the Whole Body

This article is focused on presenting the most beneficial foods that will purify the body from toxins, bad bacteria, and viruses and normalize its functioning. These are the foods that you should include to your daily diet:

Chia seeds

These seeds are abundant in fiber, i.e. a tbsp has 5 grams of fiber! Therefore, make sure to consume several tbsp of the seeds daily to satisfy the body's need for fiber. They will asisst in the stool formation and enhance the bowel movements. What's more, they are highly recommendable for the regulation of cholesterol and they will prolong your feeling of satiety and prevent overeating. Feel free to add them to pancakes, puddings, oatmeal, smoothies, etc.

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Bone broth

When combined with fresh herbs, veggies, and vinegar, bone broth will provide amazing anti-inflammatory and antioxidant properties and it will supply your body with vitamins, collagen, minerals, and electrolytes. It will soothe the digestive tract and ease the body's cleansing.

Beetroot

This veggie is an excellent way to give yourself an energy boost, purify the blood, and nourish the liver. It is also recommendable for emotional stability, colds and flu, and for complete body detox. It is abundant in fiber, manganese, folate and it is recommendable for those who want to avert tiredness.

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Fennel

According to numerous studies, fennel is good for the digestion and it can also strengthen the immunity with its antibacterial abilities, fiber, and vitamin C. You can use it in tea, eat it raw, or cook it. Fennel essential oil is recommendable against stomach cramps, bloating, and for the reduction of colic symptoms in infants.

Berries

They make an excellent addition to smoothies, desserts, oatmeal, and yogurt and are rich in antioxidant and anti-inflammatory characteristics, so make sure you add them to your diet. Goji berries have the power to trigger loss of weight, better the digestion, and contribute to vitality, durability, and longevity.

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Dark green leafy veggies

In traditional medicine, chard, kale, mustard greens, and dandelion are advised as a natural cure against diabetes, liver problems, gallstones, and kidney issues. Moreover, dandelion root posesses anti-aging characteristics and it can enhance the digestion and bring relief from constipation. Bitter green vegetables have taraxacin, a compound know for its power to make the immunity stronger, lower the risk of cancer, trigger weight loss, and balance the hormones. Since they are rich in magnesium, water, and fiber, they are good for body detoxification

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