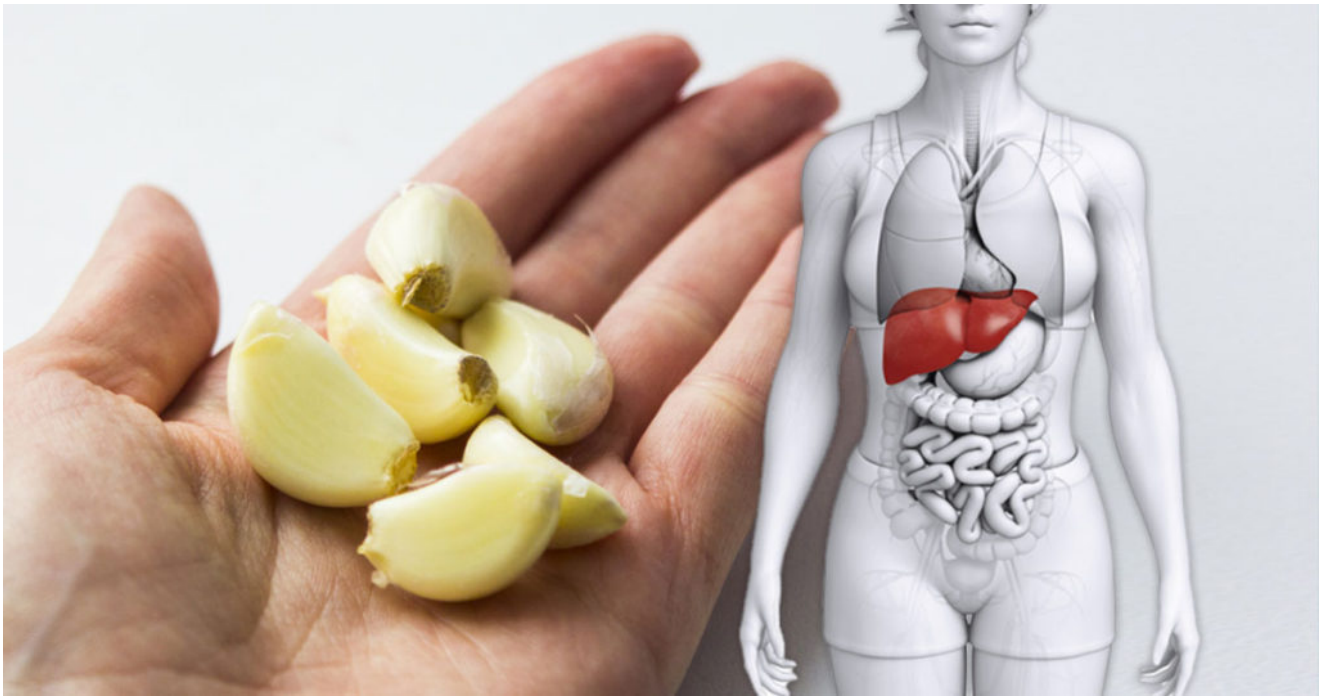
HEALTHY TIPS

9 Foods to Stimulate the Liver to Remove Toxins Fast

By bestfolkmedicine · 04/12/2018 · 2 min read



In today's world, we are surrounded by toxins and chemicals from all sides-whether from the foods we eat or the air we breathe- these toxins are making us sick and prone to pain, inflammation, and illnesses. This is why it is essential to perform external detoxifications that will help our internal organs for detox, but other organs as well, to function optimally and expel the toxins more efficiently.

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Preserving the Health of the Liver

The liver is the major organ for the elimination of toxins from our body and thus, it is the most frequently attacked organ by the harmful substances. Though our liver has its own system for detoxification and filtration, excessive toxins can overburden it and result in diseases.

The Important Roles of the Liver

- Cleanses the blood
- Produces bile needed for fat digestion
- Stores vitamins and iron
- Converts sugar to usable one
- Destroys old red blood cells
- Breaks down hemoglobin, insulin, and hormones

Which Foods to Eat for a Healthy Liver?

- **Cabbage**

The glucosinolates in cabbage are known to stimulate ITCs production and this aids the enzymes to remove toxins from the liver.

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- **Leafy green veggies**

The chlorophyll in these vegetables is able of absorbing the toxins in the body and expelling them out.

- **Turmeric**

This is an excellent herb to fight against inflammation and to detoxify the liver from dangerous substances.

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- **Spinach**

This vegetable is abundant in glutathione which is a substance known to enhance the functioning of the cleansing enzymes in the liver.

- **Garlic**

The sulfur from garlic will enhance the functioning of the liver enzymes and thus, help expel all waste.

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- **Green tea**

Catechins are powerful antioxidants in green tea which will help better the functioning of the liver.

- **Asparagus**

This delicious green veggie is also a potent diuretic which is good for the liver, but for the kidneys too.

- **Olive oil**

Cold-pressed organic oils, not just olive oil, but hemp and flaxseed oil too, are an excellent method to alleviate the burden in the liver.

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- **Walnuts**

Walnuts are abundant in glutathione, omega-3 fatty acids, and amino acid arginine, all of which are highly beneficial for the liver's well-being.

Recipe for a Potent Liver Detox Smoothie

You will need:

An apple, sliced and cored

½ lemon, peeled

¼ inch ginger root slice

A tbsp of chia seeds

A cup of kale

A beet, small one

Preparation: Put all of the ingredients in a blender and blend for a minute or two. Once homogeneous, you need to transfer the content into a glass and drink right away.

For optimal effect, drink the smoothie on the daily.

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