HEALTHY FOOD

Use these 8 Detox Foods to Rid the Body of Illnesses

By bestfolkmedicine · 11/06/2020 · 2 min read

Toxic heavy metals such as aluminium, copper, lead, mercury, chrome, steel and alloy can do excessive harm to our bodies.

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A lot of chronic illnesses and symptoms are associated and triggered by metal toxicity- it's a problem that millions of people worldwide are struggling with.

To fight off these toxins and chemicals that are poisoning us, we need to opt for foods that have detox properties; otherwise, our risk of illnesses significantly elevates.

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Where Are Heavy Metals Present & How We Expose Ourselves to Them

Heavy metals are all around us because of industrialization and the need for mass production of food for a growing population.

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Whether in our homes or outdoors, they're here.

They're commonly present in:

- Cooking utensils (knives, spoons, pots, etc.)
- Treated wood
- Disinfectants for the home
- Paint

- Rat poison
- Fish
- Herbicides, fungicides, and insecticides
- Cosmetic products
- Rice
- Hair dyes
- Floor polishes and waxes
- Amalgam fillings
- Chocolate
- Tobacco smokes
- Baking powder
- Foods that are canned
- Fabric softeners
- Tattoos
- Tap water
- Aluminum foil
- Laxatives
- Vaccines
- Air

8 Beneficial Foods to Cleanse Yourself from Heavy Metals

Spirulina

These blue – green algae can be used to pull out heavy metals from the brain, liver, and central nervous system.

They can also dissolve and eliminate heavy metals and isotopes.

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Chlorella

This green algae acts like a natural chelator for heavy metals, especially for mercury and lead.

It's rich in chlorophyll that absorbs heavy metals. It also contains proteins and peptides that bind to heavy metals to get them away from the body.

Bentonite clay

Clay acts like a sponge so it's very beneficial in the removal of toxins from the body. It can naturally absorb negatively charged toxins.

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You can use it topically; however, you can also find premium quality organic clay which you can take internally.

Wild blueberries

These blueberries have phytonutrients that are capable of detoxifying the body from heavy metals. They remove them from the brain tissue and help repair gaps from oxidation.

Always choose wild ones because the cultivated options may not have the same effect.

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Cilantro

This herb is able to penetrate into body areas and extract metals that may have been in your body since your birth!

It does it the best with lead and mercury; great for those with mercury fillings!

Activated charcoal

This substance can be useful for toxin removal through adsorption- since it's highly porous, activated charcoal' negative electric charge bonds to the positively charged toxins.

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However, make sure you only use one made from coconut shells.

Atlantic dulse

This edible seaweed is a great agent to expel lead, mercury, copper, nickel, and cadmium.

It searches through the digestive tract for heavy metals and attaches to them until they leave from the body.

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Opt for one from the Atlantic Ocean as the Pacific has radioactive compounds.

Juice powder from barley grass

This supplement will be of aid in removing mercury from the body- it helps prepare it for being entirely absorbed by spirulina.

Therefore, taking these two supplements together can be a potent combo.

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