HEALTHY NEWS

Top 10 Liver Cleansing Foods

By bestfolkmedicine · 12/05/2021 · 3 min read



Our liver is a potent organ-it's in charge of various tasks, including production of proteins, cholesterol, and bile, storing vitamins, etc.

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It also plays a role in dissolving toxins from alcohol, meds or byproducts from metabolism. Therefore, keeping this essential organ in optimal shape is very important for the overall health.

One of the best ways to do this is by adding certain foods to our diet. Here are the 10 best ones for a thriving liver!

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10 Liver Cleansing Foods

1. **Tea**

Tea is good for our health and science especially promotes it for its liver advantages.

In fact, a study done in Japan concluded that consuming 10 cups of green tea on the daily led to better blood markers of liver health.

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And, another review of a study discovered that the people who consumed green tea had lower risk of liver cancer.

- **Coffee**

If you want to promote your liver health, choose a cup of coffee.

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According to studies, consuming coffee lowers the risk of liver disease, even in those who have problems with it.

Several studies have concluded that coffee consumption helps reduce the chance of cirrhosis in people with chronic liver illness.

Coffee is also anti-inflammatory and antioxidant.

- **Blueberries & cranberries**

Blueberries and cranberries are rich in anthocyanins which have been linked with a long list of health advantages.

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And, some animal studies have found that cranberries and blueberries and their juices help maintain the liver health.

What's more, the extract from blueberries was found potent in impeding the human liver cancer cell growth.

- **Beetroot juice**

Abundant in betalains, potent antioxidants, beetroot juice may help you better the cardiovascular health and lower inflammation and oxidative damage.

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However, most of the studies have been done with animals. To learn more about its effect on humans, studies done with humans are necessary.

- **Nuts**

Rich in nutrients and fats, including vitamin E, nuts are great for your liver.

Vitamin E is beneficial for the heart, but also for the liver.

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One study from 2019 linked a diet high in nuts with lower risk of non-alcoholic fatty liver disease.

Moreover, another observational study concluded that the men who consumed small amounts of seeds and nuts experienced higher risk of NAFLD than the group of men who consumed larger amounts of nuts and seeds.

- **Olive oil**

This healthy fat has a long list of benefits, including healthier heart and better metabolism. But, it can also have a positive influence on your liver.

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A study found it beneficial for bettering liver enzyme and fat levels in people with NAFLD. And, it also increased the protein levels linked with improved metabolism.

- **Grapefruit**

Grapefruit is abundant in antioxidants which keep the liver safe naturally.

Animal studies have found it potent in keeping the liver safe from injuries. Its protective effects happen by either lowering inflammation or protecting the cells.

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- **Grapes**

Grapes, particularly the red ones, are abundant in plant compounds.

The most popular one is resveratrol.

Studies have concluded it has several advantages, including reduced inflammation, lower risk of damage, and higher antioxidant levels.

Moreover, one small-scale study done with people who have NAFLD found that grapeseed extract supplementation helped better their liver function.

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- **Prickly pear**

This edible cactus has fruit and juice that are commonly consumed.

For long period of time, it has been used as a healing agent for wounds, tiredness, ulcers, and liver illness.

In fact, one study from 2004 found it beneficial for reducing the signs of hangover. The participants dealt with less dry mouth, nausea, and low appetite.

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And, their likelihood of a severe hangover was reduced by 50 percent if they took the extract before they drank.

1. **Cruciferous veggies**

Brussels sprouts, mustard greens, and broccoli are rich in fiber and have a unique taste. And, they’re rich in healing compounds.

Animal studies concluded that Brussels sprouts and broccoli sprout extract helped elevate the detoxification enzymes and thus, protected the liver from potential damage.

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Another study done with human liver cells concluded that this effect stayed even after the sprouts were cooked.

You can prep them by lightly roasting them with some lemon juice and garlic or balsamic vinegar.

Sources:

HEALTH LINE

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