GRANDMA'S REMEDIES

10 Foods to Detox Heavy Metals from the Body

By bestfolkmedicine · 23/11/2021 · 4 min read



Heavy metal poisoning is a collection of several heavy metals in the body. Industrial and environmental factors can increase the risk of heavy metals, but also the foods we consume and the air we breathe.

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Some of these heavy metals like iron, copper, and zinc are actually good for us in smaller amounts. However, being overexposed to them increases the chance of poisoning such as the one in Wilson's disease which can be fatal.

The treatment depends on the exposure; there are meds that can be given intravenously at the hospital to expel the toxins. These meds bind to the metals through a process known as chelation. Then, the doctor does tests in the hair, urine, and blood to check for toxicity.

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Moreover, there's also an additional natural treatment called heavy metal detox. Although most of them aren't researched, many people swear by them. They add certain foods to their diet that are claimed to help with the removal of metals.

10 Foods that can Help with Heavy Metal Detox

Chlorella

This unicellular freshwater alga is a favorite source of omega3s, iron, and B12 for vegans. It's a nutritious superfood that also encourages body detox from heavy metals, especially ones accumulated in the muscles, ligaments, intestines, brain, and bones.

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Its richness in chlorophyll helps prevent their reabsorption in the body. Chlorella is also praised for its ability to lower inflammation, strengthen immunity, and balance blood sugar and cholesterol levels.

Cilantro

Also known as coriander, this herb has a lot of health benefits to offer.

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It's abundant in chlorophyll and helps encourage the removal of heavy metals such as mercury. Cilantro is also helpful in speeding up the removal of mercury after the removal of dental amalgam fillings.

Several studies have found that heavy metal chelation with chlorella and cilantro can naturally eliminate an average of 91 percent of mercury, 87 percent of lead, and 74 percent of aluminum within 45 days.

Milk Thistle

This flowery herb has some pretty amazing healing properties for the liver. Its active ingredient known as silybin encourages liver regeneration, removal of toxins, and reduces free radical damage. Moreover, milk thistle effectively reverses liver damage caused by heavy metals like cadmium, arsenic, and mercury.

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Spirulina

This blue-green alga has 55 to 70 percent protein and it became popular after NASA started testing it for using it in their space missions.

What's more, spirulina is abundant with beta carotene, B vitamins, and vitamin K.

Same as chlorella, spirulina is rich in chlorophyll that helps in the elimination of toxins from the blood, boosts immunity, and balances cholesterol levels.

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Turmeric

This perennial herb from the ginger family is rich in curcumin, a phytochemical that gives turmeric its sharp color. It's known for its anti-inflammatory properties and is also supportive of the body's detoxification.

Numerous studies have found that curcumin is beneficial in helping improve the body's detox capacities.

Ginger

Ginger tea is regularly promoted for reducing bloating and bettering digestion. And, this can ease the removal of toxins from the body. Gingerol is ginger's active compound and has long been promoted for its ability to boost health.

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According to studies, it possesses numerous healing properties, including anti-inflammatory ones that lower oxidative stress by removing free radicals.

Beets

Beetroot has long been praised for its ability to encourage the liver enzymes and boost the bile flow that further helping the liver to filter out toxins from digestion better.

Moreover, beets contain betalains and other phytonutrients that are helpful in lowering inflammation, reducing oxidative stress, and minimizing liver damage.

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Blueberries

These berries are an antioxidant powerhouse. When heavy metals accumulate in the body, they begin to oxidize the cells and speed up the aging process.

By adding blueberries to your diet, you help boost the body's antioxidant power and reduce oxidative damage.

Garlic

Garlic is one of the most popular herbs of all time. It's amazing for the body's detox too. It contains a natural chemical known as allicin which promotes white blood cell production and fights against toxins.

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It's also rich in sulfur that helps boost glutathione production in the liver and encourages the removal of heavy metals like arsenic and lead.

Leafy green veggies

These veggies support the body in the removal of toxins. Some leafy greens are the highest on the list, including kale, moringa leaf, spinach, parsley, and the alfalfa leaf.

They will supply the body with stunning nutrients, including magnesium, vitamins, potassium, iron, and calcium. Moreover, they offer plenty of fiber that will help cleanse the bowels during their digestion processes.

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