



SPRING DETOX

SUPPORT DIGESTION AND DETOX

Bitter foods help to stimulate gastric acid and pancreatic enzyme production as well as improve the flow of bile from the gallbladder to aid in digestion and food assimilation.

Examples of bitter foods: Kale, Arugula, Mustard Greens, Dandelion greens, Burdock root

Bitter herbs:

Gentian (*Gentiana lutea*), Blue flag iris (*Iris versicolor*), Burdock root (*Arctium lappa*), Dandelion root (*Taraxacum officinale*), and Chamomile (*Matricaria recutita*) among others. You can find tinctures formulated with these herbs. Take 1 dropperful 10-15 minutes before meals to aid digestion. Another option is to add 1 tablespoon of apple cider vinegar or squeeze half a lemon into 8oz warm water and drink it 10-15 minutes before meals to add to the effect of gastric digestive juices.

Foods that support detoxification:

Beets and carrots: High levels of beta-carotene support overall liver functioning. Beets enhance the flow of bile.

Artichokes: The leaves contain caffeoylquinic acids which improve the flow of bile.

Sauerkraut juice: Drinking a cup by itself 1-2 times a week can help improve bile output.

Garlic: Contains high amounts of constituents allicin, selenium, and sulphur which help support liver

Walnuts: High the antioxidant glutathione. High in the amino acid arginine which helps the liver detoxify ammonia.

Cruciferous vegetables: These sulfur containing foods support chemical reactions that allow the body to excrete toxins. They also support the production of glutathione, an important antioxidant involved in detoxification. Kale, cabbage, broccoli, cauliflower, collard greens, arugula, radishes, mustard greens, at

Milk Thistle: (*Silybum marianum*) Seeds can be ground up and added to grain dishes such as quinoa. Widely recognized as a effective way to support the liver through glutathione production.

Other ways to support Detoxification:

Epsom Salt Baths: Add 3-4 cups of Epsom salt to a warm bath and soak for at least 20 minutes.

Skin brushing: This will improve lymphatic drainage and support the removal of toxins from the body.

Castor oil Packs: Apply the oil to your abdomen, wear an old shirt you do not mind getting stained, and apply heat for 30 minutes. This also has an antiinflammatory and pain relieving effect.

Daily sweating from sauna use or exercise: This is one of the best ways to detoxify.