

10 Good Food Solutions to Detox Your Body and Mind



Good Food Solutions

Why Detox?--

As residents of this planet, we are bombarded each and every day with a multitude of toxins from our air, food, and water. These toxins include pesticides, mercury in our oceans and dental fillings, prescription and over-the-counter drugs, chemicals from plastics, and artificial ingredients in food. These are just a few of the tons of toxins dumped into our environment each year. This toxic overload in our environment can easily cause toxic overload in our bodies.

Your liver plays a crucial role in the detoxification of your body, and in your overall sense of health and well being. In addition to neutralizing and breaking down toxins, your liver is responsible for many other functions including: metabolism of fats, hormones, and sugars; storage of fat-soluble vitamins; and bile production. It's simple -- a liver overburdened with toxins is unable to function efficiently and effectively. Toxins are then reabsorbed, and stored in cells, tissues, and fat. The warning signs of toxic overload show up in many ways -- including mood swings, weight gain, brain fog, poor digestion, allergic symptoms, fatigue, and serious disease.

Fortunately, Nature has provided us with a wealth of delicious solutions to help us detoxify our systems. My **Transform Your Life Diet** integrates the best of

these detoxifying foods into a nourishing, whole foods diet program, designed **to boost energy, immunity and digestion**. To learn how to transform your life, one meal at a time, visit www.goodfoodsolutions.com.

The following **Good Food Solutions to Detox Your Body and Mind** are highlights from the Transform Your Life Diet. Enjoy!

1. **Eat Organic When Possible**– Pesticides and fungicides can disrupt the endocrine system, by activating, mimicking and/or blocking hormones such as estrogen, thyroid and testosterone. Many pesticides act as neurotoxins, disrupting neurological function. In addition to reducing your toxic load, you'll get an extra boost of nutrition from organic produce. Produce grown without chemical fertilizers and pesticides contain more cancer-fighting phyto-nutrients and minerals. Simply by choosing to eat organic, you will provide your body with many of the nutrients it needs to boost your mood, metabolism, energy, and clarity!
2. **Boost your detox power with sulfur-rich vegetables** -- Vegetables such as **garlic, onions, cabbage, daikon radish, cauliflower, and broccoli**, all contain sulfur compounds which stimulate the production of glutathione, the body's major detoxifier. Glutathione binds with and

removes free radicals, mercury, pesticides, and other toxins from your body. Understanding the power of these stinky vegetables might make you appreciate their distinctive perfume just a little bit more.

3. **Cleanse with Sea Vegetables.** Sea vegetables such as **wakame** and **kombu**, contain **alginic acid**, which binds and removes toxins and heavy metals (such as lead and mercury) from your body. Both can be easily integrated into your every day diet. Sprinkle a couple of pinches of mild-tasting wakame in salads, soups, and stir-fries. Or, add a piece of kombu to the pot when cooking sauces and beans, and remove after cooking. Seaweed has long been valued for its ability to beautify skin and hair. So, enjoy your seaweed, and know that you are becoming more beautiful with each and every bite.
4. **Liven up with probiotic foods.** Probiotic foods are foods which have been fermented with live cultures – including **yogurt, kefir, miso, Kimchi,** and **naturally fermented sauerkraut.** These foods contain the beneficial microflora which protect you from harmful bacterial and yeast overgrowth. Beneficial microflora also help to neutralize and transform toxins into harmless substances. By cleaning up toxic build up, the microflora help

keep your intestines and your liver clean. Eat a probiotic food or supplement each day, and add some life to your diet!

5. **Spice it up with Turmeric** -- Turmeric helps detoxify the liver and regenerate liver cells. Turmeric has been shown to increase levels of two liver enzymes important for detoxification. Use turmeric as a seasoning for legumes, grains, soups, curries and vegetables. In addition to aiding detoxification, turmeric is also a powerful anti-inflammatory.

6. **Purify your blood with Burdock Root** -- Burdock root stimulates the liver's kupfer cells, which help filter out toxins before they pass through rest of liver. A blood purifier, burdock increase blood flow through the liver, relieving congestion, and helping to eliminate wastes and toxins through the skin, kidneys, breath and bowels. Burdock looks like a long brown carrot, or stick. You'll find it at health food stores, or Chinese Markets. Scrub well, slice into rounds, and add to stocks and soups.

7. **Add extra fiber with Flax Seed** – Flax seed gently stimulates the bowel to remove waste. Efficient bowel function is crucial to prevent toxic build

up in the colon and liver. Sprinkle ground flaxseed on oatmeal, salad, vegetables, or add to water. Use 2-3 tablespoons a day. Be sure to refrigerate or freeze pre-ground flax seed to preserve the beneficial omega-3 fatty acids. .

8. **Clear your colon with Aloe Vera Juice** –Aloe gently loosens and clears out toxic colon build up. It contains amino acids which work to detoxify heavy metals and aid in the metabolism of carbohydrates, fat and protein. This prevents a build up of fat in the liver and the arteries. A congested colon forces the re-absorption of toxins into the body, resulting in low energy and disease. Try 2 tablespoons - ¼ cup of aloe in water once or twice a day to clear constipation. A powerful anti-inflammatory, aloe works well to soothe acid indigestion.

9. **Enjoy a nice, crunchy, organic green apple.** Green apples contain malic and tartaric acids, which inhibit toxic fermentation in the stomach. The sour taste of green apples promotes cleansing of the liver and gallbladder. Pectin promotes beneficial intestinal flora and supports normal colon function. An apple a day....

10. **Relax with a cup of Green Tea.** Green tea is rich in antioxidants which boost the production of detoxifying GTS enzymes. These enzymes

protect the body against carcinogens and other toxins, by helping to neutralize and remove them via the urine or the bowel. Green tea also contains theanine – an amino acid which promotes relaxation.

These are just a few of the many **Good Food Solutions** to boost your energy, immunity, digestion and mood. It can feel difficult, and even overwhelming, to integrate dietary changes into your everyday life. That's why I've created the Transform Your Life Diet and Jumpstart Your Life Diet Coaching Programs. I will coach you step by step, to help you stay on track, as you transform your life, one meal at a time. To learn more visit www.goodfoodsolutions.com or call me at 973-762-6727.

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