

Food/Herbs	How It Helps	Daily Amount/Dose
Flax Seeds	Helps to bind and eliminate toxic by-products through your BM	1-2 tablespoons daily of freshly ground seeds added to whole grain cereal, morning shake, or on top of salad. Don't heat.
Leafy Green Vegetables	Aids liver detox, provides nutrition, assists elimination	At least 2 cups
Berries (blueberries, raspberries, blackberries, strawberries)	Antioxidants in berries protect your cells from damage from chemicals naturally produced in the detox process, and also against free radical damage from direct exposure to environmental toxins.	½- 2 cups
Pomegranate	Improves detoxification in the liver; helps keep cholesterol and blood sugar balanced	2 ounces of unsweetened juice concentrate mixed in 8 ounces of still or sparkling water
Olive Oil	Improves cholesterol, reduces inflammation	2-4 tablespoons
Dark Chocolate	Improves mood, keeps blood pressure and cholesterol in check	2 ounces
Turmeric	Anti-inflammatory, regulates metabolism of toxic chemicals	1000-2000 mg of curcumin extract daily; 2-10 grams of the powdered spice in cooking or a shake
Green Tea	Boosts liver detoxification, antioxidant, anti-inflammatory	200 mg of green tea catechins, or 4-8 cups of green tea
Resveratrol	Antioxidant, improves detox in the liver, anti-inflammatory	From eating fresh berries or red grapes, or take a supplement containing 10-25 mg of resveratrol
Artichoke leaf extract	Supports liver detoxification, antioxidant	320-640 mg of the extract three times