

Foods That Support!

Support Detox:

- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Cayenne pepper
- Ginger
- Kale
- Lemon
- Garlic
- Sea vegetables

Improve Inflammation and Alkalizing Your Body:

- Berries
- Dark green leafy veggies
- Extra virgin olive oil
- Nuts
- Avocados
- High-quality protein: organic poultry, wild seafood, non-GMO tofu and tempeh

Improve Gut Function:

- Pumpkin seeds
- Bok choy
- Arugula
- Kale
- Tomatoes
- Carrots
- Organic poultry, turkey, wild salmon
- Onions
- Parsley
- Probiotics
- Kimchi
- Sauerkraut

Balance Blood Sugar:

- Good protein is key! Preferably organic grass fed animal protein or wild salmon.
- Good fat: Avocado, olive oil, coconut oil, nuts,
- Fiber: Green leafy veggies, peas, artichokes, coconut, figs, prunes, brussel sprouts, asian pears