

## **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: 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

(Please share with friends and family)