

# NUTRITION FOR A DETOX LIFESTYLE

The body's natural detoxification process is best supported by a balanced diet full of nutrients from all food groups. Vitamins and supplements can be helpful when unable to obtain an adequate amount of nutrients through diet. However, it's always best to get these nutrients from whole food sources when possible. Despite how far science has progressed, we are simply not able to create compounds or processes that work as well in the complex ecosystem of our bodies as nature is able to.

## THE FOLLOWING NUTRIENTS CAN HELP SUPPORT NATURAL DETOXIFICATION FOR BETTER GUT HEALTH.

### Vitamins and Minerals

- **B vitamin sources:** Brewer's yeast, liver, and wheat germ
- **B12 sources:** Clams, eggs, lamb, liver, oyster, salmon, sardines, trout, and tuna
- **Folic acid sources:** Black eyed peas, brewer's yeast, kidney beans, lima beans, mung beans, rice germ, wheat germ and bran
- **Vitamin A sources:** Apricots, carrots, collard greens, dandelion root, kale, liver, mustard greens, parsley, spinach, and sweet potatoes
- **Vitamin C sources:** Acerola, collard greens, guava, kale, parsley, red chilli peppers, and red sweet peppers
- **Vitamin E sources:** Almonds, peaches, safflower oil, spinach, sunflower seeds, wheat germ, wheat germ oil, and whole wheat flour
- **Selenium sources:** Beef, Brazil nuts, halibut, sardines, and yellowfin tuna
- **Copper sources:** Almonds, beef, chocolate, lentils, and sunflower seeds
- **Zinc sources:** Beans, beef, chickpeas, dairy, oysters, and whole grains
- **Manganese sources:** Leafy greens, nuts, and whole grains

### Antioxidants:

- **CoQ10 sources:** Beef, broccoli, cauliflower, sardines, and spinach
- **Thiol sources:** Arugula, cruciferous greens, coconut milk, eggs, and garlic
- **Flavonoid sources:** Apples, berries, citrus fruit and juice, legumes, red wine, and tea
- **Silymarin sources:** Milk thistle
- **Bioflavonoid sources:** Apples, berries, black tea, citrus fruits, cocoa, and green tea
- **Glutathione sources:** Apples, cruciferous vegetables (broccoli, collards, cabbage, cauliflower, kale, and watercress), garlic, onions, spinach, and whey protein

### Other:

- **Phospholipid sources:** Egg yolks, rapeseeds, soybeans, and sunflower seeds
- **Amino acid sources:** Animal protein, avocado, chlorella, collagen, gelatin, quinoa, and spirulina
- **Spices that support detoxification:** Coriander and turmeric

## REFERENCES:

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