

Natural Foods and Products That May Aid in Detoxifying the Body

This is a list of foods that might help people with toxins. None of these are a cure but may be helpful in removing toxins and are rich in essential minerals. The main minerals I have been hearing about that you need to help with what we might be facing with radiation fallout from Japan are: potassium, magnesium, calcium, selenium, Vitamin C, and glutathione. Also, these foods are readily available – at least right now. Also, get organic, non-processed foods.

Protecting two very, very important organs: liver and kidneys and also the lymph – is key to helping the body's ability to remove toxins. Having a strong immune system is so important for the body to be able to fight off many things. Waiting for symptoms to appear means you are already further down the road to sickness than you realize.

While this list has many natural foods and products it is not complete – there are many wholesome foods that can help keep you healthier. Do your own research (learn and discern) and decide what is right for you.

NOTE: As with anything, you should check with your doctor if you have any health concerns or issues before taking any of the following foods or products as some may interact with medications.

Foods high in potassium and magnesium:

Prune Juice – helps remove toxins; drink 1 cup first thing in the morning or 2 cups if doing a detox (this will clean you out)

Raisins – very high in potassium

Potatoes – very high in potassium, baked is better

Miso - High in magnesium, potassium, selenium, and calcium. Also a good source of zinc and good for your immune system. This is a fermented soy product. The Japanese used this after WWII to stay well after the bombing. This is very high in sodium so a little bit goes a long way.

Cranberries – high in magnesium, calcium, potassium, selenium, and so much more

Sunflower seeds: high in magnesium, selenium, vitamin E, Vitamin B1. Vitamin E may help neutralize free radicals. Like apples are high in pectin which may help keep pollutants and toxins from being assimilated.

Asparagus – in season right now in California(March 2011) – high in vitamins A, C, B's, potassium, selenium, magnesium, calcium; eat it raw, it's delicious

Almonds

Cashews

Tomatoes

Spinach

Cilantro – high in magnesium, potassium; helps naturally chelate toxins, aids in digestion; juice it, eat lots; see my recipe for cilantro pesto under Healing Recipes

Rosemary – good source of magnesium, potassium, selenium. Make a tea with boiling water and fresh sprigs or just rub it all over your body. Puree some with olive oil and eat with veggies, hummus, bread

Winter squash – grate some raw into your salads

Bananas – a great food but not as high in potassium as people think

Spirulina – high in potassium, magnesium, selenium, and calcium plus much more. Add to a smoothie or take a heaping teaspoon mixed with water.

Molasses – high in potassium, magnesium, calcium, & selenium

Cider vinegar – raw, unpasteurized (Braggs is the most readily available) – high in potassium, calcium & magnesium. I take 1 tablespoon in water every morning. Helps pH balancing and much more.

Chia Seeds: high in omega 3 & 6 (essential fatty acids), potassium, protein, calcium. Add to a smoothie or just mix some with water and drink. Lots of chia seed information and recipes on the internet.

Foods high in iodine:

Kelp

Yogurt

Strawberries

Navy Beans

Cranberries – fresh or juice; be careful about the amount of sugar in juice

Fresh fish

Potatoes – baked is better

Foods high in glutathione:

Avocados

Broccoli

Garlic – also high in high in Vitamin B6, selenium, calcium

Spinach

Turmeric - make a tea with 1 tsp. of turmeric with 1 cup boiling water, put on and in food

Tomatoes

Raw eggs – make sure these are fresh and organic. There is a lot of controversy about raw eggs.

Unprocessed meats

Other Food items and Products:

Apples: High in fiber and supports the liver. The pectin in apples may help protect you from toxic exposure. This fruit is high in pectin which may bind and remove radioactive residue.

Sodium Bicarbonate-Baking soda: Buy bulk; it's very inexpensive – take baths with about 1 lb. of baking soda. Binds with uranium, helps the kidneys. Can take internally; helps regulate pH to be more alkaline. Aids in digestion, use on the skin. ¼ tsp. with half glass of water first thing in the morning; can do twice daily

Magnesium crystals: This is not for internal use. Add with the baking soda (at least 1 cup) in a bath, soak about 40 minutes, do a foot soak with ¼ cup of magnesium crystals with enough water to cover the feet and soak 30-40 minutes.

Extra Virgin Olive Oil: (cold pressed is better) – use on the skin and take internally; tends to go rancid quicker than other oils; store away from heat

Activated Charcoal: Its sole purpose is to take toxins out of the body. Every hospital has this on hand for poisonings and every household should have this on hand. Take 1 teaspoon with one cup of water

Brewers yeast – high in vitamin B's, selenium, and also has potassium. This is the one product on this list that I have not personally used as I am using many others.

Other things you can do to help the body's immune system:

Skin brushing – I do this daily and see the benefits to my skin. Helps with circulation, lymph stimulation and removes dead skin cells. Skin is controlled by the liver so I believe this also stimulates removal of toxins

A website for food health benefits that I utilize often is: <http://whfoods.org/>