



Detox Food List- Promotes liver detox pathways

- Cruciferous
 - Broccoli
 - Cauliflower
 - Cabbage
 - Brussel sprouts
 - Watercress
 - Kale
 - Arugula
 - Swiss chard
 - Radish
 - Turnip
- Green tea
- Pomegranate
- Artichoke
- Garlic
- Berries
- Curcumin- turmeric root
- Beets
- Avocado
- Flaxseed