Foods and recipes that cleanse your Liver after a wild night out

After a wild night out of drinking and partying, we often reach for coffee or other caffeines to cure our hangovers, or even worse, some “hair of the dog” from the night before. These only deposit more toxins into your already exhausted liver, and won’t cure your hangover either. Instead, try these foods that will detox your liver. They may not cure your hangover, but more importantly, they will help keep your liver healthy. In the long run, you will be doing your body a favor.

1. Milk Thistle

Milk thistle is an herb that can be dissolved in tea or blended with other herbs. It is one of the most widely used herbs to correct liver damage, especially for livers damaged by alcohol. It is also used by those who inhale a lot of industrial toxins and have damaged their livers.
2. Lemon

Drinking lemon juice or adding a slice of lemon to your water or tea is a good way to add lemon to your diet. Lemon juice helps stimulate the liver’s production of bile, which pushes toxins out. It also helps prevent the build-up of gallstones. It promotes digestion, liver function, and the movement of gastric juices.

3. Berries

Berries like strawberries, blackberries, and raspberries are rich in antioxidants, which help cleanse and detoxify the liver. Studies show that eating antioxidants in fresh foods are a much
better way to get them into your body than taking them as supplements, where the don’t absorb into your body the same way.

4. Garlic

Garlic aids liver functioning by flushing out toxins. It contains sulfur compounds that work by activating liver enzymes. It also has allicin and selenium, which are two great nutrients that protect the liver from damages caused by toxins. In addition to eating garlic, you can purchase garlic supplements, which provide the same health benefits without the bad breath.

5. Grapefruit

Grapefruit causes the liver to burn fat instead of storing it. It is rich in vitamin C as well as antioxidants. These work to boost detoxification enzymes. It also have a flavonoid compound called naringenin, which is what causes the burning of fat.
6. Avocado

Avocados contain glutathione-producing compounds, which prevent the liver from a toxic overload. They are also a healthy source of fat, which may help with your fatty cravings after a night of partying. Instead of reaching for an unhealthy burger or something fried, try slicing up an avocado in some salad.

7. Walnuts

Walnuts, which have high levels of L-arginine glutathione and omega-3 fatty acids, cleanse the liver of ammonia, which can cause diseases. While you’re making a salad with your avocado, try sprinkling some walnuts on top. They will add a great texture and you will also benefit from the added health aspects.
8. Turmeric

Turmeric is a spice often found in yellow curries. Not only does it have excellent anti-inflammatory properties, but it boosts the liver’s ability to produce bile. This speeds the cleansing process in the liver and helps regenerate damaged liver cells.

9. Brussels sprouts

Brussels sprouts, along with cabbage and broccoli, are high in glucosinolates, which are contain sulphur compounds that protect the liver from damage. Brussels sprouts also help improve the liver’s ability to eliminate toxins and hormones.
Spinach, along with other dark, leafy greens, are high in health benefits and contain nutrients like beta carotene, which stimulate cell growth in the liver and act as a protectant from toxins. Other dark greens that are great for your liver include dandelion greens, bitter gourd, arugula, mustard greens, and chicory.
11. Beets

Beets protect bile ducts in your liver from damage from toxins. They are high in many essential vitamins and minerals like potassium, magnesium, fiber, phosphorous, iron, vitamins A, B, and C, and folic acid. They are a natural source of energy that is better for you than caffeine, and may even settle an upset stomach caused by an excess of alcohol.
Easy Morning Detox Drink
1 tbsp Apple Cider Vinegar
1/8 tsp Cayenne Pepper
Juice of 1 lemon

Increase Metabolism
Suppress Hunger
Increase Energy
Reduce Bloating
Lower Cholesterol
End Indigestion

www.TheCrunchyMoose.com

Raw DETOX Salad

SALAD
- Rocket Leaves
- Sunflower Sprouts
- Grated Carrot
- Chopped Cucumber
- Fresh Mint
- Parsley
- Raw Sauerkraut

DRESSING
- 3 Cloves Chopped Garlic
- 10 Crushed Papaya Seeds
- 2 Tbsp. Organic Olive Oil
- 2 Tbsp. Raw Organic Honey
- 1 Lemon, Juiced
- Dash Cayenne Pepper
- Himalayan Salt to Taste
**Healthy Winter Detox Diet**

**Say Yes To**
- Simple, Nutrient Dense Foods
- Crocked Root Vegetables
- Grass Fed Meats
- Cold Water Fish (Salmon)
- Farm Fresh Eggs
- Crocked Greens (Kale, Collards, etc)
- Winter Squash
- Healthy Fats
- Bone Broth Soups
- Fermented Foods
- Bitters with Meals
- Warming Spices (Garlic, Ginger, Cinnamon, Pepper)
- Immune Supporting Herbs (Astragalus, Reishi, Cordyceps)

**Avoid**
- Cold Foods
- Excess Raw Foods
- Cold Dairy Products
- Processed Foods
- Sugar
- Excess Alcohol
- Cereal Grains
- Vegetable Oils (Canola, Sunflower)
3-Day Detox

Breakfast:
Green Tea w/ Lemon
1 cup Water
1 Tbs. Flaxseed
1 Cup Raspberries
1 Banana
1/4 Cup Spinach
1 Tbs Almond Butter
2 Tsp Lemon Juice

Lunch:
1/2 Cup Almond Milk
4 Celery Stalks
1 Cucumber
1 Cup Kale
1/2 Green Apple
1/2 Squeezed Lime
1 Tbs Melted Coconut Oil
1 Cup Pineapple

Dinner:
1 1/2 Cups Coconut Water
1 Cup Blueberries
1/2 Cup Mango
1 Cup Kale
1 Tbs Lemon Juice
1/4 Avocado
1/4 Tsp Cayenne Pepper
1 Tbs Flaxseed

Drink tea upon waking. Drink breakfast smoothie within 1 hour of waking. Follow with 1/2 multivitamin & fish oil supplement. Have another 1/2 multivitamin & probiotic supplement after lunch. Repeat favorite drink as snack between lunch & dinner if hungry.
Foods for Healthy Detox

**Detoxifying Vegetables**

<table>
<thead>
<tr>
<th>Brassica Family - Cruciferous</th>
<th>Detoxifying Starchy Vegetables</th>
<th>Detoxifying Amino Acids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula</td>
<td>Winter Roots - Parsnips, Turnips, Beets</td>
<td>Find clean varieties free of hormones and antibiotics</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Asparagus</td>
<td>Meat: Buffalo, Lamb, Venison</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Artichokes</td>
<td>Legumes: Peas, Beans, Lentils</td>
</tr>
<tr>
<td>Broccoli Sprouts</td>
<td></td>
<td>Poultry: Skinless Chicken, Turkey, Cornish Hen</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td></td>
<td>Protein Powder: Whey Protein Isolate, Pea Protein</td>
</tr>
</tbody>
</table>

**Detoxifying Leafy Greens**

<table>
<thead>
<tr>
<th>Bok Choy</th>
<th>Detoxifying Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chard</td>
<td>Blackberries</td>
</tr>
<tr>
<td>Chard</td>
<td>Grapes*</td>
</tr>
<tr>
<td>Collard</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Spinach*</td>
<td></td>
</tr>
<tr>
<td>Greens: Beet, Collard, Dandelion</td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td>Blueberries</td>
</tr>
<tr>
<td></td>
<td>Papaya</td>
</tr>
<tr>
<td></td>
<td>Raspberries</td>
</tr>
</tbody>
</table>

**Detoxifying Thios**

| Daikon Radish                      | Garlic                       |
| Garlic                            | Onion                        |

**Detoxifying Fruits**

<table>
<thead>
<tr>
<th>Phytonutrients (no sugar added)</th>
</tr>
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<tbody>
<tr>
<td>Blackberries</td>
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<tr>
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<tr>
<td>Papaya</td>
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<tr>
<td>Raspberries</td>
</tr>
<tr>
<td>Cherries</td>
</tr>
<tr>
<td>Pineapple</td>
</tr>
<tr>
<td>Strawberries*</td>
</tr>
</tbody>
</table>

**Detoxifying Grains**

| Buckwheat/Kasha                  |
| Quinoa                           |
| Whole Wheat                      |
| Brown Rice                       |
| Sorghum                          |
| Millet                           |
| Teff                             |

*Buy organic when possible.*

Source: Institute for Functional Medicine, 2011

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**Best Detox Drink Ever!**

**DETOX DRINK**

| Juice |

5 stalks of Kale / 3 Apples / 1 Lemon / 1 Cucumber

Makes (2) 8 oz Drinks

*This drink is so good!* Tangy, Tart & Sweet!

**Juicing Recipes for Everything!**
Gingers Dance on Air Stir-fry

**Ingredients:**
- 1 1/2 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger root, divided
- 2 tbsp olive oil
- 1 small head broccoli, cut into florets
- 1/2 cup snow peas
- 3/4 cup julienned carrots
- 1/2 cup sprouts
- 1 tsp sea salt
- 2 1/2 tablespoons water
- 1/4 cup chopped onion

**Directions:**
- In a large bowl, blend garlic, 1 teaspoon ginger, and sea salt.
- Mix in broccoli, snow peas, sprouts, carrots, and green beans, tossing to lightly coat.
- Heat 2 tablespoons oil in a large skillet or wok over medium heat.
- Cook vegetables in oil for a few minutes, mixing constantly to prevent burning.
- Stir in water.
- Mix in onion, remaining 1 teaspoon ginger.
- Cook until vegetables are tender but still crisp.
- Enjoy.

No Mozzarella Classic Caprese Salad

**Ingredients:**
- 1 large tomato
- 1/2 cup tofu, extra firm, cut in cubes
- 1 tbsp balsamic vinegar
- Fresh large basil leaves
- Sea salt
- Cracked pepper
- 3 garlic cloves, minced or chopped
- Olive oil

**Directions:**
- Pour a little balsamic vinegar in a small serving dish.
- Take your tomato, and slice it into 1/4 inch thick rounds.
- Take your block of tofu, and slice it as thinly as the tomato.
- Salt, pepper it, and lay a basil leaf on top and drizzle with olive oil.
- Then take a slice of your tofu and stack it on the basil leaf.
- Drizzle it with balsamic, salt it. pepper it, and baste it with a pinch of your garlic.
- Layer another tomato on top and repeat the pattern.
- Serve and enjoy.

Salmon and Guacamole Bowls

FindYourBalanceHealth.com
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SYNthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.