

## Liver Detoxification

Our modern world, with its toxins, artificial chemicals and pollution, places a tremendous amount of stress on our liver.

Fortunately, nature provides many types of foods, antioxidants and supplements to cleanse and support proper liver health.

For example, red onions are a rich source of the amino acid cysteine, which is used by the liver to produce a vital antioxidant called glutathione.<sup>4</sup>

Additionally, a George Mason University study found that drinking coffee each day helps prevent non-alcoholic fatty liver disease by limiting the accumulation of fat deposits in the liver.<sup>4</sup>

## Kidney Detoxification

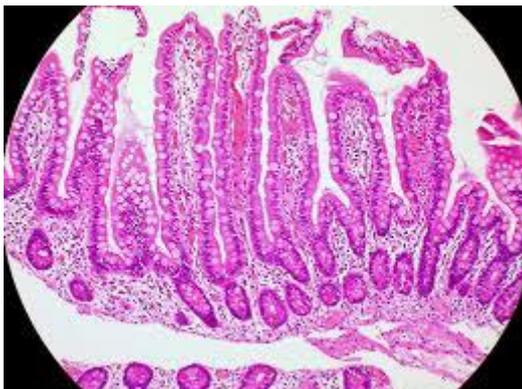
Each kidney contains approximately 1 million nephrons, the functional units that filter the blood and eliminate waste products. However, toxic chemical loads from daily life can begin to bog down our kidneys, so detoxification and proper nutrition is extremely important to maximize kidney function.<sup>14</sup>

In 2012, the *Journal of Thrombosis and Thrombolysis* reported that beta-carotene from carrots, sweet potatoes, spinach, and red peppers “reduced inflammation and helped repair damage to kidney filtering structures.” The study also found that beta-carotene effectively decreased kidney inflammation by blocking two separate pro-inflammatory genes.<sup>15</sup>

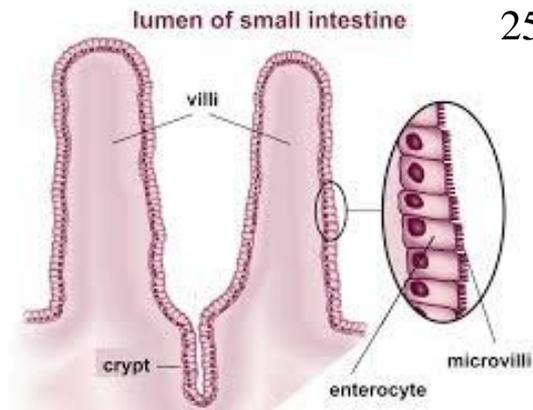
# Lymphatic System Detoxification

The lymphatic system plays an essential role in internal fluid balance and the elimination of toxins and waste. If it's not working properly, extra stress is placed on the immune system.

Detoxification of our lymphatic system actually begins in the digestive system, more specifically in the villi located in the small intestine. Villi are tiny finger-like tissues that, during digestion, **transport absorbed nutrients into the blood stream.** <sup>23</sup>



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