

Video 1: The Top 6 Detoxifying Foods

Transcription

Hey, guys. Dr. Axe here. Today, I'm going to be training on detoxification, answering your detox and cleansing questions and going over my top six herbs, foods, and supplements that are going to support your body in cleansing. Before I get into that though, let's talk about why should you cleanse. That's one of the most common questions I've got from patients over the years is, "How often should I do a cleanse or detox? How many days? How long? What is the best detox or cleanse to do?"

Let me say this first, I really believe the best way you can support detoxification in general is changing your diet. There's a lot of fad detoxes out there today. I wouldn't spend time doing those. In fact, for the most part, if you can get the toxic foods out of your diet, like genetically modified foods and high amounts of sugar and foods sprayed with pesticides, that alone is going to help your body detox, and then adding in these six amazing super foods and supplements. If you can do that, that's going to help you detoxify better than doing a three-day fast or a seven-day fast or anything like that. So if you can follow these, in a way, I believe you should be detoxing daily with the food you remove and the food you add in to your diet on a regular basis.

But toxicity is important because-- or this detoxification topic-- because toxicity causes a majority of health issues today. In fact, the World Health Organization came out and said that 80% of cancer is due to toxicity. Toxins actually turn on your DNA in a way that actually produces cancer cells. Also, another issue is toxicity causes you to gain weight, causes you to store body fat. Also, it causes heart disease. It's been linked to autoimmune illness and a number of other health issues. So why should you detox? Well number one, you need to do it to prevent disease. Number two, if you're struggling with a health issue, especially something like a thyroid condition, a digestive issue, autoimmune disease or any health problem, you've got to detox on a regular basis.

So the first detoxification herb you should be adding in your diet on a regular basis is milk thistle. Milk thistle, you typically get this in supplement form. You want to take around anywhere from 250 to 500 milligrams daily. This is a liquid milk thistle that I personally take, but it is great for detoxification. There have been studies done on milk thistle that's proven it to be the number one herb that supports liver detoxification. Your liver really is responsible for all environmental toxins that come in and helping your body eliminate those.

One of the most unique studies on milk thistle was that it was even proven to help your body detox from chemotherapy and radiation and if you've taken past medications that were toxic, like pain medications or steroids. Milk Thistle actually helped eliminate those toxins and support rebuilding your liver. So if there's only one detoxification herb you want to make sure you're getting in your diet as you go through a detox program, you want to make sure you're getting milk thistle.

The next thing you want to be making sure that you're getting on a regular basis are probiotics. Now I really believe the first place you should be getting probiotics is from your foods, doing super food dairy products like kefir, doing things like sauerkraut or kombucha. Getting these probiotics on a regular basis in your food should be your number one source. But in addition, especially if you're looking to do a more advanced detox, I would get a good quality probiotic supplement that has both soil-based probiotics and food-based probiotics.

So probiotics work because they line your digestive system, and they really help detoxify your colon. In fact, another unique thing about probiotics-- They actually help you produce minerals and vitamins that help your body detoxify, specifically vitamin K2 and vitamin B12. These vitamins actually support detox, and probiotics help you in detoxification. Really they say 80% of your immune system is located in your gut. So your gut is responsible for dealing with environmental toxins and invaders and things that are coming in. So making sure you're taking a good probiotic supplement, along with getting probiotic foods, the second most important thing you should do to detox daily.

One of my favorite herbs, probably the most popular herb today in terms of medical research is an herb called turmeric. This is used widely in Asia and India. Turmeric contains an active compound called curcumin, which has been shown to protect your body. So where milk thistle does a lot more in helping your body eliminate toxins, turmeric does it in a little bit of a different way. It does it really by protecting your body against what's called free-radical damage.

So when you have toxins that come in that can cause your cells to oxidize or become cancerous, turmeric actually protects your body against that from happening. So actually taking milk thistle and turmeric in combination together is a really powerful duo. There are over 6000 medical trials that have been done on turmeric and curcumin, proving it to be the most widely studied herb in the world today, with potentially the largest benefits for reducing inflammation and supporting detoxification.

The next amazing super food you want to be getting on a regular basis that supports detoxification is seaweed, specifically a seaweed or algae called chlorella. Chlorella has been shown to bind to heavy metals in your body. Listen. You're exposed to these things on a regular basis. We're exposed to heavy metals in our food supply if you've ever eaten out of a can, you know, can foods in your life. You're exposed to heavy metals from lead-based paints from China.

I mean, these things are all over our environment, as well as we're exposed to radiation. A lot of you guys have heard about some of the things that happened in Japan with Fukushima. That obviously in certain ways has probably even made it over this way. But probably the bigger issue we're finding today is that we get radiation when you fly on an airplane, radiation from cell phones. We're exposed to radiation all the time. Though a little bit isn't going to kill you, when you have-- When you're exposed to radiation every day for your entire life in different ways, that can build up over time, causing disease.

Chlorella, or green super food powders, can bind to these heavy metals and help get them out of your body. It can help you eliminate them. So you can do a green super food powder, like chlorella, or just buy a green super food supplement here, like green super food, that has chlorella in it along with other alkalizing grasses and herbs and other super algae like spirulina. I do one tablespoon a day in water and drink that to support detoxification.

The fifth thing you want to be taking to support detoxification is apple cider vinegar. Listen. Apple cider vinegar is tried and true. There's a lot of research on it now, showing that it supports detoxification. It works because it has an acid in it called acetic acid, and it's also loaded with enzymes. This type of acid actually supports the growth of probiotics. So it's great for digestive detoxification. Also, acetic acid in here along with some of the enzymes support liver detoxification. I do one tablespoon three times a day before meals or as part of the Dr. Axe secret detox drink. Doing apple cider vinegar daily is so important to support detoxification, especially of your stomach and of your intestinal system.

Last but not least, getting more of these green leafy vegetables in your diet can support detoxification, specifically cilantro. Cilantro contains what are called volatile oils, also known as essential oils, that support detoxing your body from heavy metals like mercury, arsenic, and lead. There are several great research studies to prove that. So again, there are different ways to get cilantro in your diet.

I'll throw a handful in a breakfast smoothie. I'll make homemade salsa and get some cilantro, or you can bust out your vegetable juicer if you have one, and actually juice cilantro along with some other great vegetables that support detoxification, like cucumbers, like parsley, like carrots. You can actually do some juicing. But cilantro is one of the best herbs that can help your body detox. And again, you can add it to a chicken recipe, salsa, guacamole. There's a lot of different ways to get that into your diet.

So remember these top tips. Number one, hey, we live in a toxic world. Eliminate or reduce your toxic exposure by buying organic foods, by making sure that you're not eating out of cans. Buy fresh foods from your local farmers market. Stay away from the processed packaged foods. That's step number one. Step number two, remember, start eating a whole food based diet, lots of fruits, lots of vegetables, and lots of wild-- Make sure it's organic meat that you're buying.

Then finally add in these top six detoxifying foods, herbs, and supplements. Hey, if you do that, you're well on your way to detox. By the way, if you want to learn more, if you want to get more advanced and go through my program, I've got an incredible program you're going to love, called "My Secret Detox Program". I get into all the benefits of detoxification and walk you hand-in-hand on how to detox daily for a 28 to 30 day period and transform your health for good. Hey, guys. So excited for you guys to detox and get in the absolute best shape of your life.