

# Paris Holistic Health



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Newsletter

## Foods for Detoxification

As the winter ends and we usher in spring, many people's thoughts turn to spring cleanses and detoxification. Traditionally, people preserved foods they harvested to get them through the winter and they also had their livestock. By the time spring rolled around, they were at the end of their winter rations and their bodies were ready for lighter and more vibrant fare. With the warmer spring weather, came the spring greens dandelion leaves, lamb's quarters, plantain leaves, chickweed, chicory, nettle, purslane and watercress. If you are not game to try these spring greens, here are some wonderful foods to support your detoxification system.



**Beets** — Beets are a good source of detoxification supporting nutrients vitamin C, folate, and magnesium. They have pigment chemicals that have antioxidant and anti-inflammatory properties. They also contain betaine, which has been shown to support liver health. Be aware that beets can make your urine and stool a reddish color so don't be alarmed. On a cautionary note though, raw beets or beet juice consumed in large quantities may cause nausea and vomiting for some people.

**Onions/Garlic** — Onions and garlic are in the same plant family, *Amaryllidaceae*. Onions are a good source of vitamin C, B6, and folate that support detoxification. Garlic is a good source of vitamin B6, vitamin C, copper and selenium. Both contain sulfur compounds that promote elimination of toxins from the body and support the liver's detoxification process. They are best eaten raw and parsley a cleansing plant as well can help to counter any bad breath. A great way to enjoy both is by making a bruschetta – dice tomatoes, dice half an onion, mince one garlic clove, chop fresh basil, dress with extra virgin olive oil and balsamic vinegar, and serve on toasted Italian bread.

**Radishes** — Radishes have riboflavin, vitamin B6, vitamin C, folate, copper, magnesium, and zinc and all of these nutrients help detoxify the body. The spicier radishes can even help with clearing out mucus in the sinuses. I like to eat mine raw with a little hummus.

**Artichokes** — Artichokes are the flower bud of a thistle plant. We actually eat the bracts of the flowers, the leaf like structures that surrounds the unopened flower as well as the heart area below the flower where the bracts come together. While the part that we eat is not as beneficial for the liver's detoxification process as the plant leaves, it still has benefits because of its nutrients riboflavin, niacin, vitamin C, folate, copper, and magnesium. Artichokes are my favorite. I usually use vinegar, oregano and a bay leaf when cooking them to add a lovely flavor.

**Cabbage** — Cabbage like onions and garlic is another sulfur rich vegetable that also has riboflavin, vitamin B6, vitamin C, folate, and magnesium. These nutrients and the sulfur play key roles in detoxification. Enjoy eating this vegetable raw, cooked or fermented as sauerkraut. If cabbage is not your favorite vegetable, try others in the same family, broccoli, cauliflower and Brussels sprouts.

I hope that you enjoyed learning about detoxifying foods. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary 30 minute session.

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