

## 1. Vegetables

Avoid GMO (Synthetic Franken Foods), Seedless Vegetables & Fruits, Tomatoes, Potatoes, Grapes etc.

Vegetables are rich in phytochemicals (naturally-occurring plant chemicals)

After a few days of a cleanse/detox diet:

Incorporate vegetables into most meals 3-5 times a day.

Vegetables thought to be particularly good for a liver detox & other organs particularly the Mind:

onions, beets, artichokes, garlic & cruciferous vegetables, broccoli, cauliflower, cabbage (kimchi), kale, collard greens & brussels sprouts.

other vegetables to eat include asparagus, carrots, celery, cucumbers, endives, jicama, kohlrabi, leeks, lettuce, okra, parsnips, radishes, rutabaga, snow peas, spinach, swiss chard, sprouts, squash, sweet potatoes, turnips, watercress, yams, yucca, zucchini, and sea vegetables including arame, dulse, hijiki, kelp, nori sheets, and wakame.