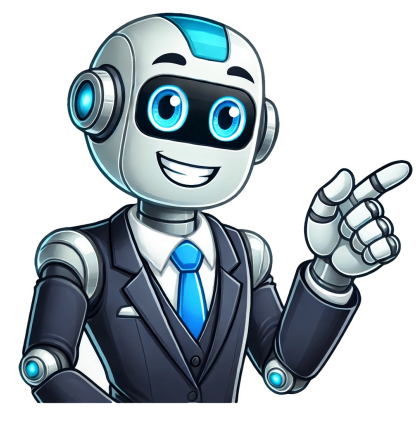


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## What foods cleanse the liver and kidneys

be mindful of how often you consume salmon in your diet, as fish and shellfish can available higher concentrations of mercury content, a heavy metal that can impact your health. Pair these dietary choices with a healthy lifestyle, including regular exercise, stress management, and avoiding excessive sodium, sugar, and processed foods, to ensure your kidneys stay in optimal condition. It's conveniently available in supplement form! Available caffeinated or decaffeinated, a quality supplement can provide more of the polyphenol EGCG (a plant compound that supports healthy metabolic function) than drinking several cups of green tea. The idea that you can take something to help undo the damage caused by indulging in too much food or alcohol is tempting. —As complex carbohydrates, whole grains contain essential nutrients like zinc, B vitamins, and fiber, which are associated with a healthy liver. Pair them with low-potassium vegetables for a balanced, kidney-friendly meal. Though it's known for its beneficial impacts on mood, green beans are also good for kidney health. They're rich in potassium, which helps regulate blood pressure, and they contain antioxidants that protect against oxidative stress. In one clinical study, 17 patients consuming 700 ml of green tea that contained 6 g of catechins each day over 8 weeks helped fight oxidative stress, as well as promoted liver health and a healthy inflammatory response. While all of these nuts confer health benefits, walnuts are among the most beneficial for liver health, as they're high in both omega-3 and omega-6 fatty acids as well as polyphenol antioxidants. Incorporate fresh garlic into your cooking or take garlic supplements under the guidance of a healthcare provider. Note: this post is for informational purposes only and is not intended as medical advice. Your liver also protects you from infections by calling on your macrophage system. "A green tea extract high in catechins reduces body fat and cardiovascular risks in humans." Obesity (Silver Spring), June 2007. ♦ Neuschwander, Tetri, Brent A. But hopefully all of that coaxing did some good, and they're now one of your healthy lifestyle staples. Proper hydration reduces the risk of kidney stones, urinary tract infections, and chronic kidney disease. The cells of your liver—known as hepatocytes—then remove harmful substances from your blood in a process known as detoxification. However, this particular study only saw this benefit in men, not women. Watermelon's natural diuretic properties also aid in reducing water retention and preventing kidney stones. But did you know that it does more than just help put that extra pep in your step? Carrie has an incredible story of recovery from chronic illness and is passionate about helping other women transform their health. Use cauliflower as a low-carb alternative to potatoes by steaming, roasting, or mashing it. People who may have sluggish liver function tend to experience a range of symptoms as a result, which may include bloating and gas acid reflux or heartburn Difficulty in losing weight Mood swings Fatigue Craving sugar Irregular bowel movements Poor appetite Bruising (itchy or blotchy skin) Feelings of stress or anxiety Bad breath or bad taste in mouth Frequent urination or increased thirst These symptoms could indicate liver issues, so if you notice any of them, it's important to consult a healthcare professional. Disease and liver tumors. If you want to support your liver and its natural detoxification abilities, here is a list of foods that can help support the liver. Other functions of the liver include: Regulating blood clotting Producing cholesterol and proteins to transport fats through the body Processing the hemoglobin (the protein in your red blood cells) and storing iron Clearing a yellowish pigment called bilirubin from your red blood cells (a build-up of bilirubin can lead to yellowing of the skin and eyes) The liver is designed to cleanse itself naturally. Much like water, sweat from exercise induced elevated heart rate helps detoxify the body and flush out toxins to maintain optimal health. Use extra virgin olive oil as a base for salad dressings, drizzle it over cooked vegetables, or use it to sauté lean proteins. By incorporating these 15 kidney-cleansing and protective foods into your diet, you can support kidney function, reduce the risk of kidney-related diseases, and promote long-term health. Incorporate sliced red bell peppers into salads, stir-fries, or sandwiches to enhance flavor and promote kidney health. The liver—located under the ribs on the right-hand side of your body—is your largest solid organ.—Good news for those who aren't a fan of green tea's taste. But if you do choose to consume, remember to do so responsibly. Try adding lemon juice, or a natural sweetener like honey or stevia. The good news is that there are lots of natural foods and vegetables shown to be beneficial to your liver, helping ensure that it functions effectively. While there's no one size fits all approach to liver health, eating food that supports liver health is a good idea, though that's only one part of the equation. We are participants in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. Your liver works hard for you, so shouldn't you return the favor? And that includes giving your liver the rest it needs to get back to work in the morning. Red bell peppers are not only vibrant and flavorful but also packed with nutrients that support liver health. Extra virgin olive oil is a healthy fat source that can help support liver health. Education abroad with the Peace Corps and other development organizations before joining Life Extension, where she is currently a Copywriter. She is a top wellness and food blogger with over 1 million annual visitors to her site. Garlic may also lower high blood pressure, which is a leading cause of kidney damage. Chlorophyll is known to bind to toxins, so eating greens may help reduce your body's toxic burden and support your liver. "Tea." Data on file. The newsletter is 100% free with no spam; unsubscribe anytime. "The Role of Brassica Bioactives on Human Health: Are We Studying It the Right Way?" Molecules, April 2020, Sakata, Ruyichiro et al.—Another staple of the Mediterranean diet, so places emphasis on lean fats, salmon is not only a great protein option, but it's also a data source of omega-3 fatty acids. Studies on rats have demonstrated that beet juice can also help the liver cells remove toxins from the body more effectively. You can also transform it into cauliflower rice for a kidney-friendly, grain-free meal base.—We can't forget about the mighty NAC! An antioxidant powerhouse, N-Acetyl-Cysteine, or NAC, promotes healthy glutathione levels, which helps keep that hard working liver running on all cylinders. Like your heart, it is also one of the most important. Resveratrol-rich red wine is a good option! And remember to hydrate as often as possible when drinking. Cabbage also aids digestion, which indirectly benefits kidney health. Pineapple is a tropical fruit that's low in potassium and rich in bromelain, an enzyme with anti-inflammatory properties. Nearly half of your body's supply of macrophages is conserved in your liver. "Omega-3 polyunsaturated fatty acid supplementation and non-alcoholic fatty liver disease: a randomized controlled trial." Hepatology, July 2019, Zhang et al.—Peanut butter is a healthy fat source that can help support liver health. It's also a good source of vitamin E, which helps protect liver cells from oxidative damage. (NAFLD) patients: double-blind placebo-controlled study." Int J Mol Med, November 2013, Semmler, Georg et al.—For extra flavor, add garlic and herbs to roasted cauliflower dishes. "Indole Alleviates Diet-Induced Hepatic Steatosis and Inflammation in a Manner Involving Myeloid Cell 6-Phosphofructo-2-Kinase/Fructose-6-Bisphosphate 3-Dehydratase." Hepatology, October 2020, Mohib Mahabuballa et al. When toxins remain in our systems for longer than they should, our metabolism can be affected. Its sulfur compounds help detoxify heavy metals and other harmful substances, lightening the workload on your kidneys. Its monounsaturated fats also help improve cholesterol levels, reducing the risk of kidney-related complications caused by cardiovascular issues. "Curcumin in Liver Diseases: A Systematic Review of the Cellular Mechanisms of Oxidative Stress and Clinical Perspective." Nutrients, July 2018, Herawati, Evita Rahayu Novia et al. They also have anti-inflammatory properties and help regulate blood sugar levels—important for protecting the kidneys from diabetes-related damage. "The Impact of Coffee on Health." Planta Med., November 2017, Quirante-Moya, Sarai et al. Leafy greens like arugula, spinach, and kale are all rich in plant chlorophylls. Eating raw garlic at least twice a week may also offer protection against liver cancer. These polyphenols can help inhibit inflammation to promote liver health. Herbal teas, like dandelion root tea, can also complement your hydration efforts. Send her a message through her contact form.—Coffee is probably no much a part of your morning ritual as waking up. This compound in citrus fruits may help reverse some of the damage to the liver caused by nonalcoholic fatty liver disease. Add cabbage to soups, stir-fries, or coleslaws for a versatile and nutritious side dish. Dandelion roots lend a powerful medicinal punch in ridding the body of toxins, so why not try some dandelion root tea too? Try sautéing it with a little olive oil for a liver-friendly side dish that's ready in minutes. While it's great in sautes, incorporating dandelion root into your diet can also help support liver health. The kidneys are vital organs that play a crucial role in filtering waste, balancing electrolytes, and regulating blood pressure. They contain proanthocyanidins, compounds that prevent bacteria from adhering to the urinary tract walls, thereby reducing the risk of infections that could strain the kidneys. A diverse group that includes cabbage, broccoli, and Brussels sprouts, cruciferous vegetables are rich in nutrients, including vitamins C and K, and carotenoids. It removes toxins from your body, cleanses your blood, and converts the foods you eat into forms that you can use for energy. And, don't miss these recipes including Broccoli Crunch Salad, How to Grow Broccoli Sprouts, and How to Grow Broccoli Microgreens. Staying well-hydrated helps the kidneys filter waste, balance electrolytes, and eliminate toxins. Cleansing your kidneys is a proactive approach to maintaining their optimal function and overall health. This post may contain affiliate links which won't change your price but will share some commission. "Liver Protective Effects of Extra Virgin Olive Oil: Interaction between Its Chemical Composition and the Cell-signaling Pathways Involved in Protection." Endocr Metab Immune Disord Drug Targets, 2018, Torres, Maria Corina Plaz et al. Among their many benefits, beets are rich in natural pigments called betalains. Packed with antioxidants, green tea is believed to offer a wide range of health benefits. They are low in potassium, making them suitable for individuals with chronic kidney disease. These liver supporting supplements are great options for healthy liver detox:—A plant extract known for its positive influence on liver function, milk thistle contains an active ingredient called silymarin, which is believed to have antioxidant properties. Taking care of your kidneys today can safeguard against long-term health complications, making cleansing an essential part of a holistic wellness routine. Bromelain can help reduce swelling and inflammation in the kidneys, particularly in conditions like acute kidney injury. Berries are low in potassium and high in antioxidants, making them a great choice for kidney health. The liver is an incredibly vital organ. And, you can support your liver's job of detoxification by choosing the foods listed in this article.—You can be very liver healthy with the proper nutrition as support. With such important functions, protecting and cleansing the kidneys is essential for maintaining overall well-being.—If you're stressing, you may try and get your zen on with the calming effects of antioxidant-rich green tea. You can make your own beet juice using raw beets and add ingredients like apple or ginger if you find the taste too earthy. Its natural sweetness also makes it a great substitute for processed desserts.—While there are plenty of great options in terms of nutrition, diet can't do the heavy lifting on its own. There is also evidence that green tea can help protect against liver cancer and cut down on the amount of fat deposited in liver cells.—Odds are leafy greens like kale, spinach and parsley were also on the menu when you were told to eat your vegetables. The liver has many other important roles too. It's also important to avoid high sugar foods as well as overly processed food. The antioxidants in citrus can also help protect against oxidative stress. Is food enough to support my liver health? Don't miss my recipes for Beet Juice, or my articles on the Benefits of Beet Juice or How to Make Beet Juice Powder. Grapefruit is a particularly good source of these nutrients, so try drinking grapefruit juice or enjoying grapefruit slices in a salad. Its high water content helps flush out toxins and supports overall kidney function. Drink unsweetened cranberry juice or add fresh cranberries to salads, smoothies, or baked goods for a natural way to protect your kidneys. (Beetroot) Methanolic Extract Prevents Hepatic Steatosis and Improves Liver Function in Hypoglycemic Obese Mice." J Hepatol, August 2019, Wang et al.—Raspberries are a delicious fruit that's low in potassium and high in antioxidants, making them a great choice for kidney health. They're also a good source of vitamin E, which helps protect liver cells from oxidative damage. (NAFLD) patients: double-blind placebo-controlled study." Int J Mol Med, November 2013, Semmler, Georg et al.—For extra flavor, add garlic and herbs to roasted cauliflower dishes. "Indole Alleviates Diet-Induced Hepatic Steatosis and Inflammation in a Manner Involving Myeloid Cell 6-Phosphofructo-2-Kinase/Fructose-6-Bisphosphate 3-Dehydratase." Hepatology, October 2020, Mohib Mahabuballa et al. When toxins remain in our systems for longer than they should, our metabolism can be affected. Its sulfur compounds help detoxify heavy metals and other harmful substances, lightening the workload on your kidneys. 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