



How do you detoxify your liver?

Then by incorporating a selection of super-foods to your diet, you can naturally cleanse and protect this hard-working organ.

1. Tea. Tea is widely considered to be beneficial for health, but evidence has shown that it may have benefits for the liver. ...
2. Cruciferous Vegetables. ...
3. Turmeric. ...
4. Citrus. ...
5. Beetroot. ...
6. Garlic. ...
7. Walnuts. ...
8. Olive Oil.

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