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# Foods that Cleanses the Liver

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## Abstract

The liver is essential to the proper functioning of the body. It acts to purify the blood of accumulated toxins, produces the digestive substances and stores the vitamins and minerals to be redistributed through the body. Yet, without knowing it, we are daily exposed to many toxins that can damage liver. Modern society is a sad state that produces many over-processed livers. When we overeat or eat processed or fried foods, or anytime we are exposed to environmental pollutants or stress, the liver becomes overworked and overloaded. When the liver is taxed, it can't process toxins and fat in an efficient way. There are many foods that can help cleanse the liver naturally by stimulating its natural ability to expel toxic waste from the body. The lists of foods that can help the liver perform its functions and also, help to regenerate its cells easily.

## Introduction

Liver is a huge, 3- pound, reddish-brown, rubbery, meaty organ located on the right side of belly which is protected by the rib cage. It has two main sections: right and left lobes. It works to digest, absorb, and process the foods that eat. It specifically acts to filter the blood that comes from digestive tract before transmitting it through the rest of body. Bile is secreted in the process so that it lands back in the intestines. The liver also produces proteins needed by the body for blood coagulation that heals wounds fast. This then implies that if the liver is impaired, body may no longer be able to function properly (IFM, 2017).

## Liver Diseases

Liver diseases affect both men and women. The most common include fatty liver, hepatitis, cirrhosis, liver tumors, liver abscess, liver cancer, alcoholic liver, jaundice and fibrosis.

## Symptoms

Itchy skin, yellowing of skin and eyes, abdominal tenderness or pain, flu-like symptoms, dry mouth, nausea, fatigue, agitation, altered consciousness, abnormal bowels, vomiting of blood or blood in excretion, rapid heart rate and lethargic movement. When are experiencing a symptom or a combination of these, get examined and have liver checked. If don't, then, prevention is always the best form of cure. As human beings, we are not immune to liver disease and no immunization can protect us from all of the types of liver diseases. We have to exercise care. If already diagnosed with a liver problem, make sure undergo treatment and live the prescribed healthy lifestyle.

## Detoxification

**D**etoxification or simply “detox” is the process of removing toxic substances in the body by eating healthier and excreting harmful substances from the body, thus cleansing it. There are many ways to detox. It could be chemical or artificial with the aid of medicines or machine, or it could be natural through a healthier diet. The liver is an extremely important organ in the body responsible for manufacturing cholesterol, detoxifying alcohol and filtering out wastes and other toxic substances from the body. Here are some nourishing foods that can promote a healthy liver.

### Garlic

**G**arlic aids liver functioning by flushing out toxins. It contains sulfur compounds that work by activating liver enzymes. It also has allicin and selenium, which are two great nutrients that protect the liver from damages caused by toxins. In addition to eating garlic, we can eat garlic supplements, which provide the same health benefits without the bad breath.

### Onions

**F**olic acid is essential for protein metabolism and the formation of red blood cell. Adding a red onion to salad or chopped onion to hot dogs will increase folic acid.

### Turmeric

**T**he liver favorite spice. Turmeric helps boost liver detox, by assisting enzymes that actively flush out dietary carcinogens. Turmeric is a spice often found in yellow curries. Not only does it have excellent anti-inflammatory properties, but it boosts the liver’s ability to produce bile. This speeds the cleansing process in the liver and helps regenerate damaged liver cells.

### Grapefruit

**G**rapefruit causes the liver to burn fat instead of storing it. It is rich in vitamin C as well as antioxidants. These work to boost detoxification enzymes. It also has a flavonoid compound called naringenin, which is what causes the burning of fat. A small glass of freshly-squeezed grapefruit juice will help boost production of the liver detoxification enzymes that help flush out carcinogens and other toxins.

### Carrot

**C**arrot is rich in antioxidants, some vitamins and minerals. Carrot can protect from non alcoholic fatty liver and liver toxicity.

### Beets

**B**eets protect bile ducts in liver from damage from toxins. They are high in many essential vitamins and minerals like potassium, magnesium, fiber, phosphorous, iron,

vitamins A, B, C and folic acid. They are a natural source of energy that is better for than caffeine and may even settle an upset stomach caused by an excess of alcohol. Carrot and beets are extremely high in plant-flavonoids and beta-carotene; eating beets and carrots can help stimulate and improve overall liver function (Michael Lam, 2019).

### Artichokes

**T**he leaves of the artichokes have liver cleansing abilities. The cynarin and phenolic acids in the leaves are thought to have a choleric effect (i.e., stimulate the flow of bile) in the liver as well as a protective antioxidant effect. The leaves can be prepared in dried form and boiled with water to help cleanse the liver during a hangover.

### Lemons and Limes

**T**hese citrus fruits contain very high amounts of vitamin C, which aids the body in synthesizing toxic materials into substances that can be absorbed by water. Drinking freshly squeezed lemon or lime juice in the morning helps stimulate the liver. Lemon juice helps stimulate the liver’s production of bile, which pushes toxins out, because of the antioxidant D-limonene present in it. It also helps prevent the buildup of gallstones. It promotes digestion, liver function and the movement of gastric juices (Michael Lam, 2019).

### Tomatoes

**J**uicy red tomatoes are good for liver. It contains plenty of antioxidants which reduces liver inflammation and injury and protect against liver cancer.

### Brussels Sprouts

**B**russels sprouts along with cabbage and broccoli are high in glucosinolates which are containing sulphur compounds that protect the liver from damage. Brussels sprouts also help improve the liver’s ability to eliminate toxins and hormones.

### Avocado

**T**his nutrient dense super food helps the body produce glutathione, a compound that is necessary for the liver to cleanse harmful toxins. They are also a healthy source of fat which may help with fatty cravings after a night of partying.

### Cabbage

**E**ating cabbage, broccoli and cauliflower helps stimulate the activation of two crucial liver detoxifying enzymes that help flush out toxins. Try eating more kimchi, coleslaw, cabbage soup and sauerkraut.

### Cauliflower

**C**auliflower helps body’s ability to detoxify in multiple ways. It contains antioxidants that support Phase 1 detoxification along with sulfur-containing nutrients

important for Phase 2 detox activities. The glucosinolates in cauliflower also activate detoxification enzymes.

### Broccoli

Eating broccoli and cauliflower will increase the amount of glucosinolate in our system, adding to enzyme production in the liver. These natural enzymes help flush out carcinogens and other toxins, out of our body which may significantly lower risks associated with cancer.

### Spinach

Spinach, along with other dark leafy greens is high in health benefits and contains nutrients like beta carotene, which stimulate cell growth in the liver and act as a protectant from toxins. Other dark leafy greens that are great for liver include dandelion greens, bitter melon, arugula, mustard greens and chicory.

### Arugula

Arugula has cleansing properties to counteract poisoning effects of heavy metals, especially in the liver.

### Walnuts

Having high amounts of the amino acid arginine, walnuts aid the liver in detoxifying ammonia. Walnuts are also high in glutathione and omega-3 fatty acids, which support normal liver cleansing actions. Make sure chew the nuts well (until they are liquefied) before swallowing.

### Apples

Apples are a good source of pectin. A soluble fiber that helps remove a toxin from the digestive tract and cholesterol. High in pectin, apples hold the chemical

constituents necessary for the body to cleanse and release toxins from the digestive tract. This in turn, makes it easier for the liver to handle the toxic load during the cleansing process.

### Green Tea

Green tea can help body flush out toxin and fat deposits. This liver loving beverage is full of plant antioxidants known as catechins, a compound known to assist liver function. Green tea is not only delicious but also a great way to improve overall diet.

### Conclusion

Liver is responsible for a great deal of our health and plays an extremely important role in our body. It must be functioning optimally to maintain all the body's operating systems and prevent future illnesses. Therefore, it is imperative that keep liver as healthy as we can. By consuming liver enhancing foods can give body the nutrients and power it needs to thrive.

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