

Foods That Clean Our Organs Naturally

Liver Detox



- Lemon
- Garlic
- Turmeric
- Beetroot
- Leafy Greens



Healthy Lungs



- Apples
- Ginger
- Berries
- Garlic
- Green Tea

Strong Heart



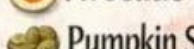
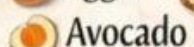
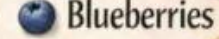
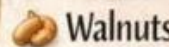
- Oats
- Walnuts
- Fatty Fish
- Olive Oil
- Dark Chocolate



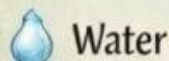
Brain Health



- Walnuts
- Blueberries
- Eggs
- Avocado
- Pumpkin Seeds



Kidney Cleanse



Water



Cucumber



Watermelon



Cranberries



Lemon Water



Gut & Blood Health



Yogurt

Chia Seeds

Spinach

Beetroot

Pomegranate

