

BEST FOODS FOR ORGANS



HEART

Spinach, nuts, fish, berries, olive oil, flaxseeds, beans.



LUNGS

ginger, garlic, apple, turmeric, kale, pineapple, onion, turmeric,



KIDNEYS

berries, bell pepper, eggs, spices, red grapes, onion, garlic, lean meat.



INTESTINES

Yogurt, kimchi, sauerkraut, kombucha, leafy greens, papaya, ginger.



SKIN

Avocado, nuts, sweet potato, kiwi, dark chocolate, red meat.



EYES

Carrots, eggs, citrus fruits, sweet potato, bell peppers, fish



BRAIN

Berries, chia seeds, turmeric, red grapes, green tea, dark chocolate



RESPIRATORY

Ginger, garlic, peppermint, honey, pineapple, broccoli



JOINTS

bone broth, walnuts, fish, leafy greens, broccoli, sweet potato.



LIVER

Brussel sprouts, beets, lemon, garlic, grapes, green tea, avocado, turmeric