

Superfoods & detoxing: Why and where do I find it?

Superfoods describe foods that are high, nutrient dense foods with a significant content of antioxidants. They are extremely beneficial for the body because of their health giving properties and ability to detoxify on a cellular level.

Most are easy to source organic and best to choose Australian made or manufactured if possible to limit the chance of contamination.

The best Superfoods

Cacao beans – Buy them in nibs or whole. Remember they have caffeine so it is best not to over consume them if you are sensitive to caffeine. 5 whole beans a day is sufficient.

Spirulina – High antioxidant content and good at pulling toxins safely from the body

Chlorella – Similar to spirulina and often found in combination in supergreen mixes

Wholefoods – nuts and seeds, Raw and unroasted. Sunflower, pumpkin, Chia, coconut

Berries – blackberries, blueberries, raspberries, goji berries -mix them up and have them all

Green tea – it is all about the Epigallocatechin 3-O-Gallate

Natural Vitamin E- tocopherol concentrated foods – wheatgerm, nuts, eggs, green organic vegetables and seeds

Tumeric – organic and plentiful. Tumeric works as an anti-inflammatory and also supports healthy liver detoxification.

Sea Vegetables – Wakame, kelp, Nori, Kombu – high in Iodine which is alkalising among other things.

Fermented foods – Natto (Japanese soya bean), Tempeh, Kimchi, Saukraut, Miso paste

Broccoli sprouts – buy the seeds and sprout them yourself. Make sure you get organic seeds suitable for sprouting. They support all cells, especially the liver phase 2 detoxing.

Also consume apple cider vinegar, lemon juice and other wholefoods daily. There are a lot more foods which could be classed as superfoods, but these are the most potent and ones I recommend. Enjoy them daily.