

# PLANTS & NATURAL REMEDIES THAT SUPPORT THE WORK OF THE LIVER, KIDNEYS AND INTESTINES



## FOR LIVER

DANDELION  
ARTICHOKE  
THISTLE  
CURCUMIN  
GOTU GOLA  
GARLIC  
GINGER  
BURDOCK ROOT  
AVOCADOS  
TOMATOES  
SPINACH  
BEETS AND CARROTS  
ASPARAGUS  
GREEN VEGETABLES  
CRESS & TURNIPS  
RADISHES  
APPLE  
CITRUS FRUITS  
NUTS  
GREEN TEA

## FOR KIDNEY

DANDELION  
HORCETAIL  
SEAWEED  
FRUIT JUICES  
GRAPES  
CRANBERRIES  
SOY OR ALMOND MILK  
TOFU  
FORTIFIED CEREALS  
HYDRANGEA TEA  
STINGING NETTLE TEA  
SAMBONG TEA  
VITAMIN B6  
OMEGA 3  
POTASSIUM CITRATE

## FOR INTESTINES

ALOE  
FIBER-RICH FOODS  
(LIKE PSYLLIUM)  
GLUTAMINE  
PROBIOTICS  
GARLIC  
GINGER