

# 10 very good foods for the liver that you should not ignore

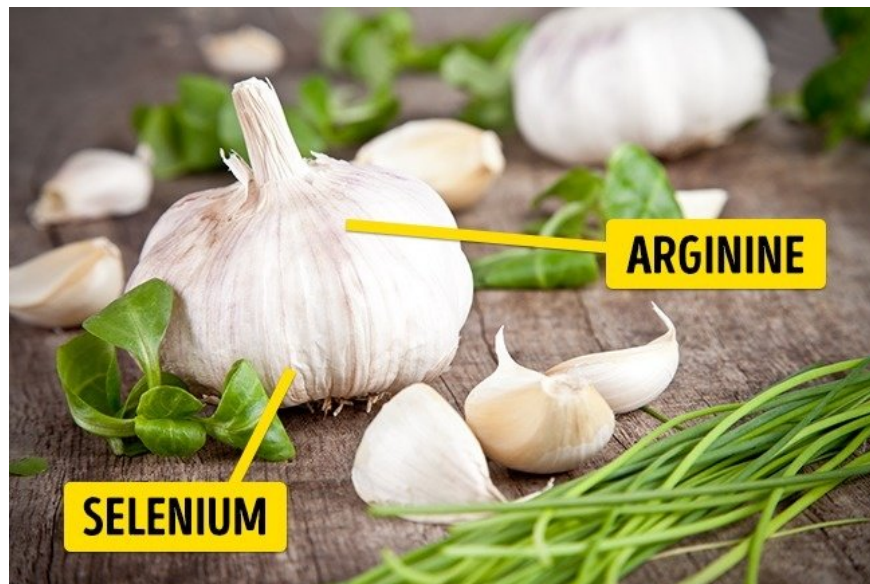
Please join us to refer to 10 extremely good foods for the liver that you should not ignore in the article below!

1. Check out 10 types of special foods that are harmful to teeth
2. 10 common mistakes when shopping make you spend more money
3. 12 food quality testing tips to avoid poisoning

Almost all harmful substances from the outside put into the body must be through the liver for treatment. This is why each of us needs to take good care of our liver.

Today, we will be sharing a list of foods that help clean the body if used on a regular basis. Here are **10 very good foods for the liver that you should not ignore** , put them on your family menu more often!

## 1. Garlic



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We all know, garlic contains many beneficial substances for liver, rich in **selenium** to enhance the effect of antioxidants and detoxify the body.

Moreover, garlic also contains **arginine** , an amino acid that relaxes blood vessels and reduces blood pressure in the liver.

Besides, **vitamin B6** also has anti-inflammatory effects, vitamin C reduces cell oxidation and limits cell damage.

## 2. Olive oil



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Olive oil will help your liver a lot when regulating activities when working. It provides **basic lipid** to consume toxins in the body, joins the liver's work and reduces the burden on the liver when working.

## 3. Herbs and green vegetables



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Green leafy vegetables are proven to protect the liver, neutralize metals, chemicals and pesticides in food and the environment. **Spinach and chicory** enhances bile flow, eliminating harmful substances in the body.

**Natural beetroots** help clean blood, increase the effectiveness of the liver and create nutrients.

**Cauliflower, vegetables and some leafy vegetables** help the liver produce enzymes to treat toxins.

## 4. Green tea



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Green tea is rich in antioxidants, specifically **catechines** belonging to the flavonoid organic group. Many studies show that green tea helps protect the body against various types of cancer.

## 5. Grapefruit



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Grapefruit contains not only **vitamin C** but also **glutathione** secreted by the liver. Vitamin C is involved in the production and restoration of tissues, the production of chemicals and proteins, and the restoration of the immune system. In addition, grapefruit contains more than 70mg of glutathione, which helps the liver create detoxifying enzymes.

See also: 9 great benefits from grapefruit you may not know

## 6. Walnuts



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Like garlic, walnuts contain **arginine**, **glutathione** and **omega 3 fatty acids** can support the detoxification function of the liver. Walnuts are rich in antioxidants and healthy unsaturated fats that help prevent fat from

accumulating in the liver. Moreover, these healthy fats are necessary to make cell membranes around liver cells.

## 7. Apples



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Apples are rich in **pectin**, essential for cleansing the body and removing toxins from the gastrointestinal tract, which helps reduce the "*burden*" of the liver.

## 8. Art



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The main active ingredient in turmeric is **curcumin**, a powerful antioxidant and anti-inflammatory. Turmeric helps protect bile ducts, speed up bile flow and clean the liver.

Moreover, turmeric can rejuvenate liver cells, release toxins, prevent alcohol from turning into harmful compounds. In addition, when adding turmeric to food, they are not only more delicious but also beneficial to your health.

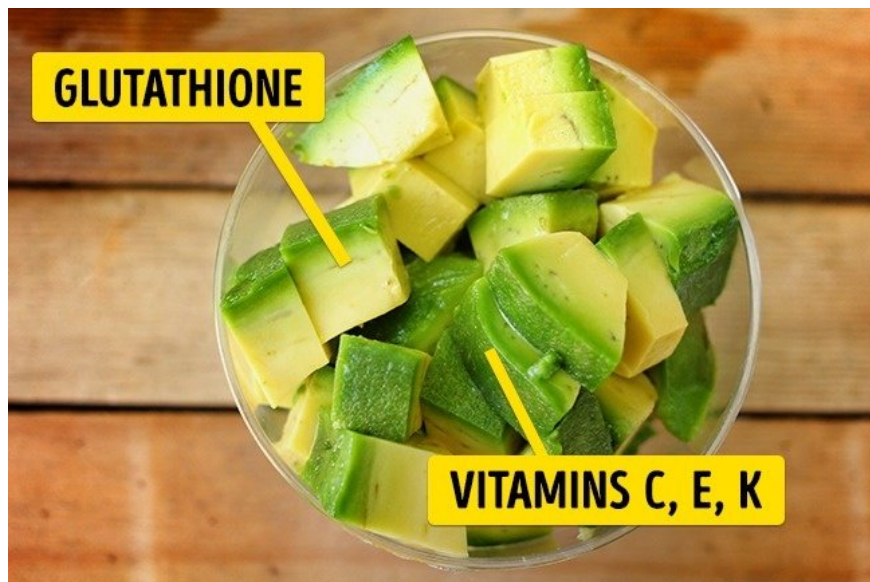
## 9. Lemon



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Lemon contains a lot of vitamin C, which is known to **turn toxic substances into water-soluble compounds**, which can be easily removed from the body. Drinking a little fresh lemon juice every day helps stimulate liver activity.

## 10. Avocado



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Butter is a kind of " *super fruit* " that benefits the liver. Butter contains **glutathione, vitamin C and E, antioxidants** to neutralize free radicals and protect liver cells from injury.

**Vitamin E and vitamin K** contained in this fruit have an anti-inflammatory effect, protecting the liver from harmful effects. Besides, healthy fats in butter can also regulate cholesterol levels.

See also: 14 harmless foods but if overdose can cause death

Having fun!

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