

# 8 types of foods that have a very good toxic effect, should be used this summer

Eating well is the best way for us to solve the problem, reduce the amount of toxic absorption into the body and improve the toxic function.

Polluted living environment, dirty food sources are sold rampant, . These are the main reasons for our body to be poisoned. Once poisoned will cause bad conditions that directly affect the health status of people.

In addition to the six agencies responsible for the body's toxins, skin, lungs, plasma system, kidneys, liver and intestines, one of the best supportive detoxification solutions you should do every day. It is to adjust the dining menu in conjunction with moderation exercise.

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To help you make the best choice, the following article will tell you about 8 great foods that are toxic to the body and are recommended by experts.

1. 5 "medicinal herbs" will turn into poison if you use the wrong time
2. Good fruits and vegetables for men, encouraged by experts
3. Did you know that these 7 foods are richer in iron than meat?

## 1. Bitter melon



The food at the top of the list of foods that help eliminate body toxins is bitter melon.

Bitter melon is a familiar dish for us, but because of its bitterness, many people do not like this dish. The bitterness of this fruit is extremely beneficial in detoxifying and purifying the body very effectively. Besides, bitter melon is also a food capable of preventing the growth of tumors, enhancing the body's immunity.

In this summer, please enhance the dish made from this bitter melon, or if possible, sliced and dried to make tea for use.

## **2. Green beans**



In summer, green beans are probably a favorite dish of many people because with hot weather a cup of green bean tea will be a good way to cool the body.

In addition to refreshments, according to Oriental medicine, green beans are also a very good food with the effect of detoxifying, excepting troubles, reducing swelling, regulating the five organs, cooking and cooling. heat disease. Green bean pods are non-toxic, have the effect of detoxifying poison, treating acne, ulcers .

## **3. Luffa**



Luffa is a familiar food for most of us Vietnamese. In melon contains plenty of water, nutrients and vitamins. And according to oriental medicine, the melon is sweet, cool and non-toxic, so it does not harm human health. All parts of the melon plant from fruits, leaves, and wire of the loofah have the effect of supporting healing.

In the summer, families increase the amount of food prepared from melon to pine, heat, and try quickly. When the intestine in the body is cleaned daily, it will limit the risk of accumulating harmful toxins into the body.

## 4. Carrots



As we all know carrots are a very good food for the eyes, carrots also contain ene-rich carotene, so eating them can help neutralize toxins.

In particular, fresh carrots are considered to have better detoxification ability. The use of detoxification heat of carrots will work if you eat them regularly, while laxity and convenience can enhance nutrient absorption.

## 5. Oats



Oats are a fairly familiar food for women in beauty, besides, oats also have many other benefits for our health such as anti-cancer, eliminating substances Toxic in the intestine quickly helps the intestines become clear and clean.

Besides adding oatmeal to your daily diet will help provide good fiber for your body. Therefore, you should eat oatmeal daily to support digestion, prevent constipation and regulate intestinal bacteria. In addition, fiber in oatmeal also reduces blood cholesterol levels, regulates blood sugar, reduces the risk of colon cancer.

## 6. Cu sen



Lotus root is a food with high nutritional value, which is very beneficial for health, especially for women.

According to Oriental medicine, lotus root has diuretic effect, can promote rapid excretion of waste and toxins from the body at a rapid rate, thereby cleaning the circulatory system, blood residues .

## **7. Carpentry**



Jupiter is also known as cat ear fungus, cat fungus is a familiar food for most housewives. Besides food used for cooking, wood ear is also used to treat diseases such as diabetes, diabetes, foot ulcers, blood cholesterol reduction, occlusive disease or rupture of blood vessels in hypertensive people . In addition to the above diseases, wood ear also supports absorption of nutrients, helps to eliminate residues, enhances excretion ability and expels toxins to the lungs and stomach.

## **8. Broccoli**



Broccoli, also known as broccoli, is a nutrient-rich, low-saturated and cholesterol-free food suitable for people with cardiovascular disease.

In addition, this is a vegetable rich in indole and thiocyanate ingredients that are very beneficial in removing toxins from the body, thereby reducing the burden on the kidneys, supporting and preventing formation and development. of cancer cells.

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