

[Detoxify Your System](#) – 3 Unlikely Foods that [Detoxify Your System](#)

You might think of detoxification as a harsh procedure that is disruptive to your social life. Here is a more delicious idea. Day by day eat foods that constantly [detoxify your systems](#) – like the colon, liver, and circulatory system and keep you in tip top shape at the cellular level where disease and aging starts .

Natural, fresh, as yet inexpensive and definitely bearing gifts, here comes parsley. Parsley [detoxifies your body](#) at the cellular level. It is high in Vitamin C which supports and cleanses the immune system. This gives chemo- protective rescue from internal damage at the cellular level where most illnesses are conceived. It has chlorophyll that cleanses the bowels, liver and lungs. Chlorophyll also has anti-inflammatory properties, which means less aches and pains.

It is a misuse of parsley to use it only as a garnish. To get more food benefits make parsley pesto. Use a food processor or blender. Blend parsley with other enhancing and cleansing foods like lemon juice, pine nuts or walnuts, garlic and olive oil. [To detoxify your system](#) use it regularly as a sauce, as a snack spread it on bread or just stir it into cooked rice or pasta.

Parsley should not be cooked. Cooking destroys Vitamin C and changes the characteristics of chlorophyll thus destroying its chemo-protective abilities.

Parsley can also be added to green food smoothies. Parsley has high antioxidant behavior which stops tumor formation, keeps the blood toxin and oxidant free and even helps you to resist cancer. With the use of parsley's chemo protective properties you might never have to hear you doctor utter these scary words- "you need to have chemotherapy"

Tahini made from hulled sesame seeds ground into a paste like softened butter is a gem of a food for everyday detoxing. You might not be too familiar with food made from sesame seeds but it is a staple in the Mediterranean, North African and Asian cuisine. A recipe you might want to weave into your diet is Hummus. Hummus is made by blending tahani with lemon juice, garlic and chickpeas. With the fiber from the chickpeas and the healing properties of the tahini, detoxing can become a delicious snacking experience. Try it! Tahini has been reported to drive microorganisms like bacteria and fungus from the colon.

You might be familiar with the taste and flavor of toasted sesame seed oil. It is used in Asian cuisine in dressing and soups to give a unique flavor. The pure oil has been reported to have detoxifying effects on the mouth by removing gum and teeth pathogens. It is also known to drive parasites from the colon. This food has been used by ancient civilizations and testimony to its health benefits has been reported in Vedic scriptures.

Pineapple is a tropical fruit that has bromelain, a natural enzyme that can detoxify your system starting with your colon. Pineapples are grown in Hawaii and the tropics and are readily available in most super markets. Eat only fresh pineapple to get super benefits

from this fruit. It is high in Vitamin C a volatile substance that is easily destroyed by cooking. That means no pineapple upside down cake. But how about pineapple salad made with papaya, grated carrots, a touch of cilantro, white balsamic vinegar and grape seed oil – a yellow sensation on your plate- cellular detox for your whole body.

Seize the meal! Regular use of these 3 foods can help you expand the boundaries of eating all the way to extreme health and ultra protection.

Celia Westberry M.S is the author of Eat Yourself Younger Effortlessly. She coaches people to eat their best every day to be healthier, happier and more contented.

To get her free eBook: Secrets of Healthy Eating Revealed click: [Here](#)

To get her book with snacks and salads to detoxify your system day by day click: [Here](#)
Copyright, CeliaWestberry 2007. All rights reserved.