

Liver Loving Foods



Cruciferous Vegetables and Choline

Aiding liver function and fatty infiltration in the liver.

- Broccoli, cauliflower, Brussel sprouts, collard greens, asparagus, cabbage, kale, radishes, bok-choy, turnip, Watercress, horseradish, wasabi (1 cup)
- Eggs (1 large egg)
- Green peas, navy beans (1/2 cup)
- Salmon, pork (100g)

Turmeric Paste

Anti-inflammatory

This turmeric blend helps decrease inflammatory pathways within the body

Ingredients:

- ¼ cup ground turmeric
- 1 tablespoon ground cinnamon
- 1 teaspoon of grated fresh ginger, or powdered ginger
- ½ teaspoon of black pepper
- 3 tablespoons of coconut oil
- ½ cup of water

Method:

Add everything to a small pan and heat over a medium heat. Turn the stove off once the coconut oil has melted and everything is mixed in. It is important that you do not overheat, as the primary component in turmeric (curcumin) will lose its benefits when it is heated for too long. For golden milk mix 1 teaspoon of paste in with 1 cup of hot milk of your choice. You can sweeten with honey or maple syrup

Bitter Greens

Stimulating bile production for break-down of fatty foods

(1 cup of each)

- Kale, Rocket
- Watercress
- Dandelion greens (find in health food stores)
- Collard greens
- Chard
- Chicory, Endive



Healing Ray Nutrition

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