



Things to Avoid

Alcohol can be hard on the liver and cause dehydration.

Caffeine pumps up the stress hormone cortisol which contributes to belly fat and wrinkles and increases acidity in your body.

Canned foods with BPA can cause hormonal imbalance. BPA mimics estrogen and throws off your natural hormonal balance. Buy canned foods without BPA.

Dairy can cause bloating and gas and increase acidity in the body. Eat organic and choose goat or sheep products which are easier to digest.

Fried foods have oils that have been heated to high temperatures that can become major sources of free radicals, reactive oxygen molecules that steal electrons from healthy molecules in our body, causing cellular damage in the process leading to inflammation.

Gluten can cause poor digestion or skin problems if one is intolerant. If you chose to eat products with gluten, go organic whenever possible (wheat, rye, barley).

Charred food is delicious but should be eaten sparingly. Charred foods are heavy in free-radicals, so eat anti-oxidant rich food to neutralize the free radicals.

Conventionally raised meats are abundant in omega-6 and lacking in omega-3 which can boost inflammation. Eat grass-fed meats whenever possible.

Conventionally farmed produce is laden with pesticides containing toxins that can cause free-radical burden on your body. If your liver is over burdened with toxins, it cannot function properly and can stymie efforts for weight reduction.

Processed foods are full of preservatives which increases free-radical build up in the body. Avoid at all costs.

Start Your Day Right: Since you cannot always control what you eat, starting your day with warm lemon water can help clean out your organs. Lemons are full of collagen building vitamin C and immune-boosting flavonoids. Lemons are great for your liver, digestive tract, gallbladder and kidneys. Also, reduces acidity in the body. Drink juice of ½ lemon with *warm* water every day. (Use a straw)