

# Cleansing Foods to Favor During Detox:

**Asparagus** - Diuretic, good for reducing inflammation. arthritis, asthma, rheumatism, water retention. Cleans kidneys, good for all women's concerns except those related to estrogen level issues and during pregnancy. Lightly steam or coat with olive oil or ghee and bake in the oven until vibrant green

**Bitter Melon** - Weight loss, diabetes, detoxifying liver and pancreas, helps metabolize sugar, builds appetite, supports pancreas, cleans blood, helps with breathing problems and chronic cough. skin allergies, scrapes toxin from liver and blood. can aggravate vata. Unclogs and enlivens the taste buds.  
To prepare: Chop, deseed, and simmer until soft or prepare in a subji or lightly coat with ghee and bake in the oven

**Coconut** - Somagenic food, cooling and heavy, yet has enough agni to support its digestion. sends prana directly to the heart, purifies the bladder and improves urinary flow, grounding and cooling - pacifies pitta and vata. Use with digestive enhancing spices.

**Drumsticks** (moringa fruit) , Moringa Leaf- Serious detox for blood, liver, and eyes, clean body tissues all the way to bone marrow. Help with fat metabolism. Increase the digestive flame, drying, heating - eat with proper combination so it doesn't spike pitta. Always cook with cumin and curry leaves. softens bitterness. Leaves have even more detoxifying effect.

**Okra** - one of best binders for toxins eliminated via the [colon.at](http://colon.at) its best with vata and pitta problems. a prebiotic. add cumin, coriander, turmeric and ghee. Always dry toast first on the skillet before sautéing with ghee and spices (to avoid sliminess)

**Lauki** - (also called bottle guard) - Nourishes all 7 tissues, builds Ojas, nourishes the fetus in pregnant women, nourishes the heart, Pacifies all 3 doshas.  
Can be prepared like zucchini. A nice cleansing simple soup recipe: Chop Lauki, cover in a saucepan with broth. Add a little bit of ghee, salt, santosha masala, and curry leaves (if available). Once the Lauki has softened, place all ingredients in a blender and puree. Sip on for a snack or enjoy with a meal! Can be garnished with cilantro if desired.

**Tapioca** - Sticks to toxins and helps escort them out of the body. Also feeds friendly bacteria in the digestive system.

**Stewed Apples and prunes** - Absorb toxins in the GI tract and help with elimination.  
Peel and chop 1-2 apples, place in a pot with 3-4 dried (unsulfured) prunes, add water to cover bottom of pot, simmer until prunes and apples are soft (can add a pinch of cinnamon if desired)

**Other foods to favor that aid with cleansing:** Dark leafy greens, Lime, Cilantro, fresh ginger, Ash guard, Zucchini, homemade broth, fresh green herbs