
THE

NATURAL MD'S NATURAL DETOXIFICATION SUPPORT

WITH DR. *Aviva Romm*

DR. AVIVA'S GINGERY LEMON GREEN JUICE

Here's a basic green drink (does require a juicer or VitaMix) that provides a whopping 3 servings of fruits & veggies + detoxification support:

- 2 cups of spinach, chard, parsley
- ½ frozen berries or 1 large apple (unless you absolutely can't tolerate fruit)
- the juice of ½ lemon
- 1 thin slice of fresh ginger root (optionally if you have access, you can also several thin slices of fresh turmeric root or ½ tsp. turmeric powder)
- 1 cup of water (or almond milk or coconut water) and crushed ice

Enjoy, preferably in the late morning or mid-afternoon. While many folks suggest a green drink early in the morning, I think it can dampen digestive fire and slow digestion. Instead it can be a great afternoon energy booster.

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PHASE I NUTRIENTS

FOOD SOURCES OF NUTRIENTS THAT SUPPORT PHASE 1 DETOXIFICATION

NUTRIENTS	FOOD SOURCES
Riboflavin (vitamin B2)	Soybeans, spinach, tempeh, crimini mushrooms, eggs, asparagus, almonds, turkey
Niacin (vitamin B3)	Tuna, chicken, turkey, salmon, lamb, beef, sardines, brown rice
Pyridoxine (vitamin B6)	Tuna, turkey, beef, chicken, salmon, sweet potato, potato, sunflower seeds, spinach, banana
Folic acid	Lentils, pinto beans, garbanzo beans, black beans, navy beans, turnip greens, broccoli
Vitamin B12	Choose methylcobalamin for supplemental source, sardines, salmon, tuna, cod, lamp, beef
Glutathione	Undenatured whey protein, asparagus, curcumin, broccoli, avocado, spinach, garlic, foods high in vitamin C (e.g., citrus fruits) and selenium (e.g., Brazil nuts)
Branched-chain amino acids	Whey protein, chicken, fish, eggs
Flavonoids	Virtually all plant foods, including apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tomatoes
Phospholipids	Soy, sunflower seeds, eggs

INTERMEDIATE DETOXIFICATION NUTRIENTS

NUTRIENT	FOOD SOURCES
Carotenes (vitamin A)	Essentially all red, orange, yellow, and green plant foods
Ascorbic acid (vitamin C)	All will be higher in vitamin C if uncooked: Bell peppers, papaya, citrus fruits, broccoli, Brussels sprouts, strawberry, kiwi
Tocopherols (vitamin E)	Sunflower seeds, almonds, spinach, Swiss chard, avocados, turnip greens, asparagus, mustard greens
Selenium	Brazil nuts, tuna, sardines, salmon, turkey, cod, chicken, lamb, beef
Copper	Sesame seeds, cashews, soybeans, mushrooms (shitake), sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans
Zinc	Beef, lamb, sesame seeds, pumpkin seeds, lentils, garbanzo beans, cashews, quinoa, turkey
Manganese	Cloves, gluten-free oats, brown rice, garbanzo beans, spinach, pineapple, pumpkin seeds, tempeh, soybeans
Coenzyme Q10	Meat, poultry, fish
Thiols	Chives, daikon radishes, garlic, leeks, onions, scallions, shallots
Flavonoids	Virtually all plant foods, including apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tomatoes
Pycnogenol	Small amounts found in the peels skins or seeds of grapes, blueberries, cherries, plums

PHASE II NUTRIENTS

NUTRIENTS FOR PHASE II DETOXIFICATION PATHWAYS

NUTRIENT	FOOD SOURCES
Glycine	Beef, chicken, lamb
Taurine	Fish, meat
Glutamine	Beef, chicken, fish, eggs, cabbage, beets, beans, spinach, parsley
N-acetylcysteine	Most high-protein foods (e.g., chicken), garlic, cruciferous vegetables
Cysteine	Beef, chicken, lamb, fish
Methionine	Egg white/whole eggs, sesame seeds, Brazil nuts, soy protein, chicken, tuna, beef, chickpeas, almonds, pinto beans, lentils, brown rice
Sulfur	Chicken, Brazil nuts, haddock, sardine, cod, beef, dried peaches, egg, turkey, almonds, spinach, onion, cabbage, Brussels sprouts, chickpeas, figs, beans/peas, leeks, endive, potatoes
Glutathione	Duck, egg yolk, whey protein, red pepper, garlic, onion, broccoli, Brussels sprouts, gluten-free oats, sprouted lentils

SUPPLEMENTS THAT SUPPORT PHASE II DETOXIFICATION

Branched chain amino acids (BCAAs): help to bind and transport toxins out
N-acetyl cysteine (precursor to glutathione) and glutathione: antioxidants, help to transform toxic substances into less toxic, excretable forms
Calcium d-glucarate
Methylfolate, B complex
Bioflavonoids, antioxidants