

# POWERHOUSE LEAFY GREEN VEGGIES

You may eat any amount of these Leafy Greens throughout your 7-Day Detox Program

These powerhouse leafy greens will give you a boost of vitamins, minerals and other nutrients that help enable the detoxification process. Ideally, you will be able to find "organically grown" seasonal leafy greens at your local farmers' market, but if that option is not available, try to find them in the "organically grown" section of your super market. Be sure to rinse thoroughly before consuming any raw leafy greens.

- Arugula** Has one of the highest nitrate levels of any leafy green, also packed with flavonoids. May also prevent ulcers.
- Asparagus** Rich in vitamins A, C, K and folate. Also provides anti-inflammatory nutrients and inulin, fiber and asparagine to promote digestive health. For greatest nutritional benefit, consume within 48 hours of purchase.
- Bok Choy** A powerhouse cruciferous veggie, providing over 70 antioxidant and anti-inflammatory nutrients including omega-3s and zinc.
- Broccoli** A cruciferous veggie rich in vitamin C and a good source of vitamin A, potassium and folate.
- Cabbage** A cruciferous veggie rich in vitamin C and a good source of vitamin A, potassium and folate.
- Celery** Contains anti-inflammatory and antioxidant nutrients such as vitamin C and flavonoids, as well as vitamins A, K, B2, B6, folate, molybdenum, potassium, manganese, pantothenic acid, copper, calcium, phosphorus and magnesium. Celery's fibrous pulp acts like a scrub brush to cleanse the digestive tract. For greatest nutritional benefit consume within 5-7 days of purchase.
- Escarole** This nutrition superstar supplies fiber and heart-healthy folate, along with vitamins A, C and K.
- Kale** As a cruciferous veggie, Kale contains cancer-fighting plant compounds, anti-inflammatory omega-3 fatty acids, and is an excellent source of vitamins A, C and K, calcium, folate and potassium.
- Romaine** Loaded with vitamins A, K, folate and molybdenum, fiber, manganese, potassium, copper and iron. Romaine is also a good source of biotin and vitamins B1 and C.
- Spinach** An excellent source of vitamins A and C and folate, spinach also contains glycolipids (help protect the lining of the digestive tract), and anti-cancer carotenoids.
- Watercress** Packs a healthy punch of vision-protecting carotenoids and cancer inhibiting compounds.



Congratulation on your decision to make your health a priority!

It's time for a new beginning!

Published September 2015