

TOP *Natural* MEDICINES



**and Nutrient-Rich
Superfoods
that Help Detox
Your Body**

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INTRODUCTION

In today's world, we are surrounded by so many toxic things, whether it be from the food that we eat, our lifestyles, the environment, the air, relationships, and even exposure to vaccine shedding.

As a result, the life expectancy in Western countries has significantly dropped in recent years. Severe life-changing diseases such as cancer and diabetes are on the rise. Even further, we are seeing unusual diseases in children who are expected to be young, healthy, and have a robust and more powerful immune system.

Children are being afflicted with diabetes, cancer, and even clogged arteries. Allopathic medicine would put the blame on genetics, but we know the truth – the root cause lies in the toxicity in our environment and our inability to aid our system in its already strained detoxification process.



Our bodies are equipped with amazing self-regulating systems that God has so amazingly designed that our bodies can create energy even without us thinking about it! The body also has an amazing ability to remove toxins and other harmful substances from the body.

However, this system is strained and struggling from all the toxicities that it is bombarded with day-to-day. Further, it also lacks the essential vitamins and nutrients that it needs to be able to do its function.

In this eBook, you will learn all the essential things that you need to know when it comes to supporting the body's natural detoxification – whether it be the essential nutrients and vitamins that you should be consuming, drugs and foods that you should be avoiding, as well as powerful herbal teas and nutrient-packed superfoods that you should consider in your diet.

You will also learn why a natural and holistic approach is better than traditional Western medicine and other crucial secrets to detoxification that you might not have tried or heard of.

Join me in this eBook as we dive deep into one of the greatest secrets to a healthier and better life – detoxification.

Chapter 1:

**WHY NATURAL MEDICINE
IS BETTER THAN
ALLOPATHIC MEDICINE**



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Allopathic versus Naturopathic Medicine



Allopathic-driven medicine refers to the traditional Western approach, which includes using Big Pharma drugs or surgery to “treat” diseases. This type of medicine will never look at the root cause of any disease and its primary goal is only to manage the symptoms.

On the other hand, naturopathic medicine is a holistic approach and includes a naturopathic physician who takes in-depth steps to identify and treat the root cause of the disease.

Unlike the consultations of allopathic doctors that take around 10-30 minutes before they prescribe a drug, naturopathic doctors take hours – sometimes, even weeks or months – just trying to understand what lifestyles led to your disease and what kind of natural substances you can use.

Furthermore, allopathic medicine is not cheap. Some Big Pharma drugs cost hundreds or even thousands of dollars! Sadly, these drugs can never treat the disease – in fact, you can expect that you will be using the same drug for years to come and at higher dosages, leading to more problems in the body!

On the other hand, naturopathic medicine uses natural, non-synthetic, and holistic approaches such as herbs and green leafy vegetables to cure your disease.

These practitioners believe that our God-given body is so amazingly designed that it can cure and reverse any kind of disease without the need for drugs. However, we just need to supply our immune systems with the right tools that they need – namely: essential nutrients.

To put it simply, naturopathic physicians actually care about your health and would guide you every step of the way, unlike allopathic-driven medicine. Naturopathy wins!



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Allopathic Drugs and Their Known Life-Threatening Side Effects

NSAIDs (Nonsteroidal Anti-Inflammatory Drugs)

These refer to a class of medications that are prescribed to relieve pain, reduce inflammation, and lower fever. They are commonly available over-the-counter.

NSAIDs work by inhibiting the production of prostaglandins in the body, a chemical that is associated with pain, inflammation, and fever. By reducing the levels of prostaglandins in the body, NSAIDs can give temporary relief to discomfort and swelling.

Common Examples of NSAIDs:

- Ibuprofen
- Naproxen
- Aspirin
- Diclofenac
- Celecoxib

The prolonged or high dosage use of NSAIDs is medically known to lead to gastrointestinal bleeding, ulcers, and kidney problems. NSAIDs can also increase the risk of heart attacks and strokes.

Opioid Pain Relievers

These refer to a class of medications that are used for the management of moderate to severe pain. From the term itself, opioid pain relievers are designed to mimic the effects of opium.

Common Examples of Opioid Pain Relievers:

- Morphine
- Oxycodone
- Hydrocodone
- Fentanyl
- Codeine

These classes of medications are well-known in the medical field to come with significant risks and side effects such as dependence and addiction, respiratory depression, overdose, tolerance, constipation, sedation, drowsiness, nausea, and vomiting.



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Anticoagulants (Blood Thinners)

These refer to medications that interfere with the blood's ability to clot. These kinds of medications can either be oral anticoagulants or injectable anticoagulants.

Common examples of anticoagulants include Warfarin (Coumadin), Direct Oral Anticoagulants (DOACs), Heparin, and Low Molecular Weight Heparins.

Known Side Effects of Anticoagulants

- **Bleeding** – This is the most significant risk associated with anticoagulants. Symptoms include easy bruising, prolonged bleeding from minor cuts or injuries, nosebleeds, gum bleeding, and gastrointestinal bleeding. In severe cases, this can become life-threatening.
- **Hematoma** – Anticoagulants can increase the risk of hematoma formation, which is characterized by the localized collection of blood outside the blood vessels. This condition can cause pain, swelling, and bruising.
- **Gastrointestinal Symptoms** – Some anticoagulants such as aspirin and NSAIDs can cause gastrointestinal irritation, ulcers, or bleeding. Some symptoms include stomach pain, heartburn, or black, tarry stools.



Tarry stools (melena) refer to stools that appear dark, sticky, and tar-like in consistency. The dark coloration is caused by the presence of digested blood in the stool.

- **Skin Reactions** – Studies have shown that some anticoagulants can cause skin reactions such as rashes, itching, and hives.

Hives (urticaria), refers to a skin condition characterized by the sudden appearance of raised, itchy, and often red or pink welts on the skin. It can appear anywhere on the body and is typically surrounded by an area of redness.
- **Bone Density Loss (Osteoporosis)** – Studies have shown that the long-term use of certain anticoagulants such as heparin may lead to this condition over time.

Bone Density Loss refers to the condition in which the bones become weaker, thinner, and more fragile over time. As a result, the bones are more susceptible to fractures or breaks, even from minor impacts or falls.

This is also referred to as the silent disease because it can develop gradually without causing noticeable symptoms until a fracture occurs.



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Chemotherapy Drugs

These refer to a group of medications that are used to “treat” cancer. They can be administered through different methods including oral tablets, injections into muscles or veins, and topical creams or gels for certain skin cancers.

Known Side Effects of Chemotherapy Drugs

- **Fatigue** – Many patients who undergo chemotherapy experience fatigue which can range from mild to severe and may persist for several days or weeks even after the treatment ends.

There are several reasons why chemotherapy drugs can cause fatigue in patients, one of which would be the fact that these kinds of drugs affect muscle cells, thus causing muscle weakness and contributing to overall fatigue.

Chemotherapy drugs can also interfere with the production of energy within cells. They are known to disrupt the cellular process responsible for generating energy (ATP) which can lead to feelings of tiredness and exhaustion.

- **Bone Marrow Suppression** – These kinds of drugs can suppress the bone marrow’s ability to produce new blood cells, including red blood cells that carry oxygen.

When the body’s ability to produce red blood cells is suppressed, several adverse things can happen such as an increased vulnerability to illnesses, delayed healing and recovery, and even increased infection risk.

- **Heart and Lung Impact** – Chemotherapy drugs can affect the heart and lungs, leading to conditions like cardiomyopathy and/or lung damage.

Cardiomyopathy refers to the condition where the heart muscle becomes weakened, enlarged, or stiff, which can affect the heart’s ability to pump blood effectively.

Antipsychotic Medications

These refer to a class of drugs that are used to treat psychosis. Psychosis is a condition that causes people to lose touch with reality. It can be caused by a wide array of mental health conditions including schizophrenia, bipolar disorder, and major depression. Generally, there are two kinds of antipsychotic medications:

- **First-Generation Antipsychotics** – the first type of antipsychotic medications that were developed that cause a number of side effects including weight gain, tardive dyskinesia, and akathisia.

Tardive dyskinesia is a movement disorder that is characterized by involuntary, repetitive, and purposeless movements of the face, tongue, lips, jaw, trunk, and extremities. The movements can be subtle or severe and can be disruptive to a person’s life and those around him.

Akathisia is a neuropsychiatric syndrome caused by an inner feeling of restlessness and an uncontrollable urge to move. It is described as “like having ants crawling under your skin.”



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Common examples of first-generation antipsychotics include Chlorpromazine (Thorazine), Haloperidol (Haldol), Fluphenazine (Prolixin), Perphenazine (Trilafon), and Pimozide (Orap).

- **Second-Generation Antipsychotics** – newer medications that are used to treat psychosis. Although they have fewer side effects, their side effects are more severe and life-changing such as weight gain, diabetes, high cholesterol, sexual dysfunction, and increased risk of death in elderly patients with dementia.

Common examples include Abilify (Aripiprazole), Clozapine (Clozaril), Iloperidone (Fanapt), Lurasidone (Latuda), and Ziprasidone (Geodon).

Cardiovascular Medications (Beta-Blockers and Antiarrhythmics)

These refer to drugs that are used to “treat” various conditions related to the heart and blood vessels. Some common cardiovascular disorders include hypertension (high blood pressure), heart failure, arrhythmias (irregular heartbeats), and angina (chest pain).

Common Examples of Cardiovascular Medications:

- **Antihypertensives**
 - » ACE inhibitors (e.g., lisinopril, enalapril)
 - » Angiotensin II receptor blockers (ARBs) (e.g., losartan, valsartan)
 - » Beta-blockers (e.g., metoprolol, carvedilol)
 - » Calcium channel blockers (e.g., amlodipine, diltiazem)
- **Diuretics**
 - » Thiazide diuretics (e.g., hydrochlorothiazide)
 - » Loop diuretics (e.g., furosemide)
 - » Potassium-sparing diuretics (e.g., spironolactone)
- **Antiplatelet Agents**
 - » Aspirin
 - » Clopidogrel
 - » Ticagrelor
- **Statins**
 - » Atorvastatin (Lipitor)
 - » Simvastatin (Zocor)
 - » Rosuvastatin (Crestor)
 - » Pravastatin (Pravachol)
 - » Lovastatin (Mevacor)
- **Antiarrhythmics**
 - » Amiodarone (Cordarone)
 - » Lidocaine (Xylecaine)
 - » Flecainide (Tambocor)
 - » Sotalol (Betapace)
 - » Procainamide (Pronestyl)
 - » Quinidine



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Key Principles of Naturopathic Medicine



If it's your first time having a consultation with a naturopathic practitioner or if you are still deciding whether to just try having a consultation with them after years of being under a drug-based "healing" approach, you can expect your naturopathic practitioner to be guided by the following principles in addressing your disease:

- **The Healing Power of Nature** – Healing does not come from supplying the body with synthetic, man-made drugs. True healing comes from supplying the body with substances and nutrients that are naturally occurring on our planet.
- **Identify and Treat the Root Cause** – This includes looking at your environment, lifestyles, relationships, and other factors and their possible link or contribution to the development of your disease.
- **Do No Harm** – In healing their patients, naturopathic physicians will never do any harm to their patients by using natural and non-invasive treatments. Thousands of medical literature have recorded adverse and life-threatening side effects of drugs, but using natural medicine is completely safe.
- **Treating the Whole Person** – Naturopathic medicine is holistic healing. Meaning, they address not only the physical needs of the individual but also their emotional, mental, and spiritual aspect.
- **Prevention** – In this type of medicine, prevention is the best cure. Expect that your physicians would recommend a change in diet, lifestyle, or environment to minimize the risk of contracting any disease.
- **Doctor as Teacher** – Naturopathic physicians view themselves as teachers. They would often educate their patients to help them understand their health conditions and make better-informed decisions.
- **Treatments Based on Evidence** – While this type of medicine draws on traditional healing, it does not mean that their treatments are unsupported by evidence. On the contrary, naturopathic treatments are heavily evidence-based.

Chapter 2:

HERBAL TEAS FOR DETOXIFICATION



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What Are Herbal Teas?



These refer to beverages made by infusing various parts of plants such as leaves, flowers, stems, roots, and fruits, in hot water to make a nutrient-packed refreshing drink. Herbal teas are highly sought after for their flavor, aroma, and their tremendous benefit to either improve one's overall health or reverse disease.

Herbal teas are also great for detoxing from heavy metals and other toxicities in the body.

Making Your Own Herbal Tea

Making your own herbal tea is relatively easy and can be done with very simple ingredients that can be found in your own home. It is also very quick to make and can be drunk at any time of the day. Here's a list of basic materials that you will need to start:

- Dried Herbs
- Hot Water
- Teapot, Teacup, or a Mug
- Tea Strainer or Infuser

Parts of Plants/Herbs that are Commonly Used for Herbal Tea

- Leaves
- Flowers
- Stems and Twigs
- Roots
- Fruits and Seeds



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Herbal Teas For Immune-Boosting

Herbal teas are a great addition to your already healthy diet. It is also a great place to start if you are just beginning to embark on your journey to health as they are relatively easy to make, delicious, and cheap.

Aside from hydrating the body, herbal teas are also packed with extracts and juices from herbs that are surely beneficial for your body's day-to-day needs. Plus, herbal teas are very relaxing and can be served at any time of the day.

The following are some of the highly-recommended herbal teas that you should try for yourself:

Echinacea Tea

A herbal tea made from the dried flowers, leaves, and roots of the Echinacea plant, which is also known as purple coneflower.

Echinacea tea is packed with nutrients that do wonders for your body. It is a good source of antioxidants, can reduce inflammation in the body, and even boost the body's immune system.

If you are someone suffering from chronic fatigue, this tea is for you. Studies reveal that this echinacea contains compounds that have adaptogenic properties that aid the body in adapting to stress and improve energy levels.

Why Echinacea Tea Boosts Your Immune System

- **Phytochemicals** – Echinacea contains various bioactive compounds such as polysaccharides and flavonoids that have immune-stimulating and anti-inflammatory effects that can help the body defend against infections.
- **Antioxidant Activity** – Some compounds in Echinacea have antioxidant properties that help protect cells from oxidative stress and damage. Antioxidants are also well-known for their ability to help support the immune system indirectly.

Ginger Tea

A very popular herbal tea made by boiling the fresh or dried root of the ginger plant. Ginger itself is widely known for its numerous health benefits including beneficial effects on the immune system.

By itself, ginger has a wide array of health benefits. If you are someone suffering from depression or anxiety, studies have shown that ginger contains compounds that have anti-depressant and anti-anxiety properties. Essentially, consuming ginger is associated with a better mood and mental health.



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If you have bloating or digestion issues, ginger should also be one of the things that you should consider, as studies have shown it to have the ability to stimulate the digestive system and relieve symptoms of gas and bloating.

For pregnant women who suffer from morning sickness or other individuals who are vulnerable to nausea and motion sickness, ginger tea is a well-known common remedy that is effective in relieving nausea and vomiting.

Why Ginger Tea Boosts Your Immune System

- **Antioxidant Content** – Gingerol is an antioxidant found in ginger that is known to protect cells from oxidative stress and damage. Antioxidants also play a crucial role in supporting the body's immune system.
- **Immune Cell Modulation** – Medical literature has shown that ginger can modulate the activity of the body's immune cells. Thus, ginger can influence the production of immune cells in the body and make it produce more macrophages and T cells.
- **Vitamin and Mineral Content** – Ginger contains a substantial amount of essential vitamins and minerals like Vitamin C that are crucial in boosting the immune system.
- **Digestive Health** – A good immune system starts with the gut since at least 70% of the body's immune system resides in the gut.

Ginger is well-known and well-regarded for its ability to improve digestive health by stimulating digestive enzymes and regulating the gut microbiota, among many other things.

THE NUMEROUS HEALTH BENEFITS OF GINGER – DR. CATHLEEN GERENGER

Ginger is the spice that's been well-researched for centuries. With ginger, we use it for traditional Chinese medicine as a spice that helps for anti-inflammatory properties and is also great for your digestive health. Ginger helps with nausea and vomiting, anytime when a patient goes through chemotherapy or radiation, the side effects are nausea and vomiting. Add a little ginger into your tea and add a little ginger into your soup or your cooking will really help to decrease the feeling of nausea and vomiting.

Digestive health. Because of its anti-inflammatory properties, it's able to ease your digestive tract and reduce gas or any kind of abdominal pain. Pain and inflammation. Ginger has anti-inflammatory properties that help to reduce the pain pathway for conditions such as osteoarthritis or even rheumatoid arthritis, any type of autoimmune disease, as well.

Heart health. Ginger helps to improve your heart health by reducing cholesterol levels and your blood pressure. By reducing the cholesterol levels, it helps to decrease the LDL, which is the bad cholesterol, and increase the HDL, which is the good cholesterol.

Brain health. Ginger actually is very neuroprotective. It protects your brain function and decreases the risk of dementia or Alzheimer's. What it does is that it actually decreases the inflammation in the brain, and we know that Alzheimer's is well-known to be type 3 diabetes.



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Turmeric Tea (Golden Milk)

A very popular and flavorful beverage made from the turmeric plant. Turmeric is a bright yellow spice and is widely known for its various health benefits due to its active compound called curcumin.

If you or someone else you know is at risk of developing cancer due to their lifestyle or other factors, recommending turmeric tea can be a lifesaver. Studies show that compounds in turmeric have anti-oxidant and anti-cancer properties that can inhibit the growth of cancer cells.

This tea is also a great recommendation for individuals who are suffering from any kind of joint or muscle pain since turmeric contains compounds that have analgesic properties, or properties that can relieve pain.



Why Turmeric Tea Boosts Your Immune System

Immunomodulation – Scientific literature reveals that curcumin, the active compound in turmeric, can modulate the activity of immune cells such as the natural killer (NK) cells and T cells.

- **Gut Health** – At least 70% of the body's immune system is located in the gut. Curcumin's anti-inflammatory and antioxidant properties are greatly beneficial to achieving a healthy gut environment which then improves the body's overall immune function.
- **Regulation of Cytokines** – Cytokines are messengers that facilitate the communication between various immune cells and regulate immune responses. Scientific evidence has shown that curcumin can influence the production of cytokines.

Green Tea

A type of herbal tea that is made from the leaves of the Camellia Sinensis plant. It is a beverage well-known for its light and refreshing flavor as well as its amazing health benefits.

Green tea is a great recommendation for any individual who is suffering from any kind of heart health problem as this beverage contains compounds that are effective in lowering blood pressure, cholesterol levels, and inflammation.

It is also a great recommendation for any individual who has a compromised gut since the compounds in green tea are known to kill harmful bacteria in the gut. It can also improve digestion and enhance the body's ability to absorb nutrients.



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Why Green Tea Boosts Your Immune System

- **Antioxidant Activity** – Epigallocatechin Gallate (EGCG), an antioxidant found in green tea, can neutralize free radicals in the body, thus reducing oxidative stress that can weaken the immune system.
- **L-Theanine** – An amino acid found in green tea that is associated with relaxation and stress reduction. Chronic stress can suppress the immune system. By promoting relaxation, green tea is actually good for our immune system
- **Microbiota Support** – Scientific studies reveal that green tea can promote the growth of beneficial gut bacteria. Since a great majority of the immune system resides in the gut, promoting the growth of beneficial gut bacteria is good for our immune system.
- **Cellular Protection** – The components of green tea are known to support the health and function of the immune cells such as T cells and B cells by protecting them from oxidative stress and supporting their proper functioning.

T cells, also known as T lymphocytes, are a type of white blood cell that plays a central role in the immune system. They are a key component of the body's adaptive immune response, which is the body's defense mechanism against viruses, bacteria, and other foreign invaders.

B cells, also known as B lymphocytes, are a type of white blood cell that is produced in the bone marrow. Like T cells, B cells play a role in the body's adaptive immune response by recognizing and responding to bacteria, viruses, and other pathogens.

GREEN TEA IS A GREAT ANTI-INFLAMMATORY BEVERAGE! – DR. JENNA HENDERSON

"Green tea contains quercetin, which is a very good anti-inflammatory. Many people with protein in the urine, will notice their urine looks foamy. It comes out like a shaken soda can, and drinking green tea, they'll notice less foaminess right away. So the anti-inflammatory effect can be very good. It's also of benefit to our cardiovascular system. Long term, the biggest issue for kidney patients is actually not kidney failure directly, but secondary heart disease. Green tea is very good for cardiovascular support long term. It's also good for bone density, which is of concern. No one said much to me about bone density. In my second year on dialysis, I started breaking bones quite badly, so things were a lot worse than I realized. So I had to take steps at that point to really protect my bones. So green tea is good for the bones in that way. Green tea is one of the few herbs that is safe to take post-transplant."

Peppermint Tea

A type of herbal tea made from the leaves of the peppermint plant. It is a well-known beverage for not only its spicy yet refreshing taste but also for its wide array of health benefits.

Peppermint tea is a great recommendation for anyone suffering from insomnia or other sleep-related problems since this tea has compounds that can help relax the body and mind, thus promoting sleep.



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It is also a great recommendation for individuals who suffer from bad breath since peppermint has a strong, minty flavor that can help freshen breath and also has compounds that kill the bacteria in the mouth that cause bad breath.

Why Peppermint Tea Boosts Your Immune System

- **Digestive Benefits:** The menthol present in peppermint tea relaxes the gastrointestinal tract, which can help relieve symptoms of indigestion, bloating, and cramping.
Furthermore, the menthol can also stimulate the gallbladder to release bile, a fluid that is made and released by the liver to aid in digestion.
- **Antimicrobial and Antiviral Properties:** The essential oils present in peppermint, such as menthol, menthone, and menthyl acetate, can treat infections caused by bacteria and combat viruses that enter the body.
- **Antioxidative Properties:** The phenolic compounds and flavonoids in peppermint tea contain rich amounts of antioxidants that protect the body's cells from damage caused by free radicals or molecules that can lead to oxidative stress.

Herbal Teas For Heavy Metal and Toxin Detox

Cilantro Tea

A herbal tea made from the stems and leaves of the cilantro plant, famously called coriander. It is prepared by steeping these parts in hot water.

Cilantro tea is proven to be effective in aiding in the detoxification of heavy metals and toxins from the body through the process of chelation, the binding of heavy metals to facilitate removal from the body.

If you or another person that you know has high sugar levels, cilantro tea is a great natural and holistic recommendation to lower the blood sugar levels in the body. The following are the known compounds in cilantro tea that lower blood sugar levels:

- *Cilantrol* – a compound that can inhibit the absorption of sugar from the gut.
- *Apigenin* – a flavonoid that can improve insulin sensitivity.
- *Quercetin* – another flavonoid that can improve insulin sensitivity
- *Chromium* – a mineral that is essential for blood sugar regulation.

Cilantro tea is also a great recommendation for individuals who are suffering from any and all kinds of kidney damage as cilantro has compounds that protect the kidney from any further damage.



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Why Cilantro Tea Can Detoxify Heavy Metals and Toxins

- **Chelating Properties** – Cilantro contains various substances that enable the detoxification of heavy metals and toxins such as antioxidants, flavonoids, and phenolic compounds, which have chelating properties. Additionally, essential oils such as linalool and geranyl acetate can also contribute to eliminating these harmful metals and toxins.
- **Digestion Benefits** – Cilantro is also a good source of dietary fiber, which aids in digestion, and makes it easier and quicker for the body to excrete these harmful metals and toxins.

Chlorella Tea

A beverage made from microalgae called chlorella. Chlorella is a single-celled green alga that is grown in freshwater. It is well-regarded as a great nutritional supplement due to its rich nutrient content and vast health benefits.

Primarily farmed in Asia, chlorella is known for its ability to act like a magnet, binding and facilitating the removal of heavy metals and toxins. Chlorella tea is a great recommendation for any person who suffers from high cholesterol levels. The following are some of the reasons why chlorella is just great in balancing cholesterol levels in the body:

- *Fiber Content* – Fiber helps bind cholesterol in the gut and prevent it from being absorbed into the bloodstream.
- *Antioxidant Content* – Antioxidants help protect the body from damage caused by free radicals. Free radicals refer to molecules that can damage cells and contribute to the development of heart disease.
- *Phytosterol Content* – Phytosterols are compounds that have a similar structure to cholesterol. They can compete with the absorption of bad cholesterol in the gut, thus lowering cholesterol levels.
- *Beta-glucans Content* – Beta-glucans is a type of fiber that has been shown to be effective in lowering cholesterol levels in the body.

Reasons why Chlorella Tea is Great for Detox

- **Detoxification Properties** – The specific ingredients that contribute to its detoxification properties include chlorella polysaccharides, arginine, and potassium. These substances can facilitate the removal of toxins and heavy metals from the body.
- **Antioxidant Properties** – Chlorella is rich in antioxidants, such as vitamins, and n-3 unsaturated fatty acids. These antioxidants help the body's cells by protecting them from free radicals, supporting the detoxification process.
- **Immune Booster** – the ingredient called chlorella polysaccharides are complex carbohydrates that have been found to have immune-enhancing and detoxifying effects in the body.



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Nettle Tea

A herbal tea made from the leaves and stems of the stinging nettle plant that grows wildly in Asia, Europe, North America, and North Africa.

It is well-known for its ability to remove heavy metals and toxins due to its high content of antioxidants, vitamins, and minerals.

Reasons why Nettle Tea is Great for Detox

- **Antioxidant Properties** – Nettle tea contains a variety of antioxidants that neutralize harmful free radicals that cause cellular damage, inflammation, and oxidative stress, such as flavonoids, polyphenols, and carotenoids.

Antioxidants are compounds that protect the cells and tissues from damage caused by harmful molecules – free radicals. In the context of detox, antioxidants support the liver's function – the main organ involved in detox.

- **Chelating Properties** – Some compounds found in nettle tea, such as polyphenols and flavonoids, are regarded to have chelating properties that can bind heavy metals and other toxins out of the body.
- **Mineral-Rich Beverage** – Nettle tea is particularly rich in minerals like iron, calcium, magnesium, and potassium, which are found to have the potential to aid in the detoxification of heavy metals and toxins in the body. Iron plays an important role in the formation of red blood cells, which are tasked to carry oxygen to different tissues and organs. Calcium is important in the regulation of enzyme activities involved in the detoxification process. Magnesium helps in the removal of heavy metals from the body. Potassium aids in the maintenance of fluid balance and electrolyte levels, supporting the overall detoxification process.

Garlic Tea

A type of beverage made by steeping chopped or crushed garlic cloves in hot water. It is a beverage that has been used for centuries due to its numerous health benefits, including its ability to remove heavy metals and toxins from the body.

Garlic tea is a great recommendation for any individual suffering from any kind of skin health problem. Garlic itself contains anti-inflammatory and antioxidant properties that help support skin health by reducing inflammation and preventing damage from free radicals.

Garlic tea is also great for lowering both cholesterol and blood pressure in the body as well as protecting and minimizing the risk of cancer.

This kind of beverage can be served hot or cold, and can be made with fresh garlic cloves or even with garlic powder.



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Reasons why Garlic Tea is Great for Detox

- **Chelating Properties** – Organo-sulfur compounds such as allicin found in garlic tea are known compounds that have the ability to bind heavy metals and other toxins and carry them out of the body.
- **Enzyme Stimulation** – Garlic tea has been found to stimulate the production of enzymes involved in detoxification. Some of these enzymes include the phase II detoxification enzymes such as UDP-glucuronosyl transferases, glutathione S-transferases, and methyltransferases.

These are enzymes that help convert toxins into less harmful substances that can be easily excreted.

Milk Thistle Tea

A kind of beverage made from the seeds of milk thistle plants. It is a native plant in the Mediterranean region that has been used for over 2,000 years for its amazing medicinal properties, specifically the powerful antioxidant it contains called silymarin. Milk thistle tea is a great recommendation for any person who is suffering from any liver-related condition, especially those caused by toxins such as alcohol, drugs, and environmental pollutants.

The compound in milk thistle called silymarin is a potent antioxidant that is well-known in the medical literature to have the ability to protect the liver from any further damage caused by toxins as well as help in the repair of damaged liver.

Reasons why Milk Thistle Tea is Great for Detox

- **Liver Cleanser** – Silymarin, a powerful antioxidant known for its liver-supporting properties, helps remove heavy metals and toxins from the body through its detoxification effects on the liver.
Milk thistle also supports the liver's function by stimulating the production of new liver cells and the regeneration of damaged liver tissue.
- **Antioxidant and Anti-inflammatory Properties** – The antioxidant and anti-inflammatory properties of milk thistle, particularly silymarin, help protect healthy liver cells from damage caused by free radicals and toxins.
- **Increased Bile Production** – Milk thistle also increases bile production, an essential fluid made and released in the liver that acts as a natural detoxifier and helps in the excretion of toxins.

Spirulina Tea

A type of tea made from the powdered form of spirulina, a dark green algae that grows in fresh and saltwater. Spirulina is rich in various nutrients such as protein, thiamin, riboflavin, niacin, copper, iron, magnesium, and manganese.



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For individuals suffering from weight problems or individuals who aim to reduce their weight, spirulina tea is a great addition to their diet. The compounds in spirulina are known to promote weight loss by increasing the body's metabolism and reducing appetite.

Spirulina tea is also a great recommendation for individuals who are at high risk or are currently afflicted with diabetes. The compounds in spirulina are great for improving blood sugar control and inhibiting their absorption into the bloodstream.

Reasons why Spirulina Thistle Tea is Great for Detox

- **Powerful Antioxidant and Anti-inflammatory Properties** – The main active component in spirulina is phycocyanin, an antioxidant that can support and even enhance the body's natural detoxification pathways.
- **Nutrient-Dense Beverage** – Spirulina tea is rich in various nutrients such as protein, thiamin, riboflavin, niacin, copper, potassium, iron, magnesium, and manganese, which are all important in supporting the overall health of the body.
- **Detoxification Properties** – Spirulina is regarded to be a great detoxifier due to its high chlorophyll content, which is known for its ability to bind and remove heavy metals.

Burdock Root Tea

A type of herbal tea made from the root of the burdock plant. The root of this plant has been used in traditional medicine for centuries, particularly in Asian and Western traditions for its numerous medicinal benefits.

Why can Burdock Root Tea Detoxify Metals and Toxins?

- **Rich in Antioxidants** – Burdock root contains antioxidants, such as quercetin and phenolic acids, that neutralize harmful free radicals in the body, reducing oxidative stress caused by heavy metals and toxins.
- **Binding Properties** – Inulin and mucilage, compounds that are found in burdock root, are known to have the ability to bind heavy metals and toxins, and aid in the removal process through the digestive system.
- **Lymphatic Support** – Burdock root is considered a lymphatic cleanser that helps the flow of the lymph, which plays a role in removing waste and toxins from tissues.

BURDOCK ROOT: THE ANTIOXIDANT POWERHOUSE – DR. CATHLEEN GERENGER

Burdock Root is kind of a powerhouse. It's been used in traditional Chinese medicine for years. And what it does is, they call it the antioxidant powerhouse. It actually helps not only for the skin, but it helps for the hair to be nice and healthy. And it actually removes toxins away from the body, too. So, it's almost like a detoxifier. In the ancient days, they used burdock root as an aphrodisiac so that it increases the libido and increases the sex drive. So, that's a bonus there.

Chapter 3:

**NUTRIENT-RICH
SUPERFOODS FOR DETOX**



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Nutrients are chemical compounds that the body requires for various physiological functions, growth, development, and overall good health. It would be an understatement to say that nutrients are important, as almost every single system in the human body depends on these powerful compounds!

In the context of detox, nutrients also play a very crucial role. The body's natural detoxification process cannot go on without optimal levels of nutrients in the body. Thus, aside from doing your normal detox regimen, it is also very important to take a closer look at your nutrient levels and adjust them whenever possible.

Nutrients can be subdivided further into two classifications, namely macronutrients and micronutrients. It's important to understand the differences between the two and supply the body with both these kinds of nutrients.

Macronutrients

Macronutrients refer to nutrients that the body needs in relatively large amounts since these kinds of nutrients provide the body with a big chunk of energy that is required for day-to-day activities.

We have three main macronutrients, namely:

Carbohydrates

The body's primary source of energy. Carbohydrates are broken down into glucose, which is the fuel or energy source used by our cells and organs.

Great examples of energy-packed carbohydrates include whole fruits such as apples, bananas, kiwis, mangoes, and oranges. Starchy vegetables such as sweet potatoes, butternut squash, and carrots, are also great sources of carbohydrates.

Fats

These macronutrients are broken down into fatty acids and glycerol that provide fat-soluble vitamins such as Vitamins A, D, E, and K. Among many other things, fats are essential to give the body energy and to support cell function. If you are looking for natural and plant-based sources of fat, you should try olives, avocados, soybeans, seeds, and nuts.

Proteins

This macronutrient is essential for building and repairing muscles, tissues, and organs. It also plays a key role in the creation and maintenance of every cell in our body.

Tofu, lentils, chickpeas, peanuts, almonds, spirulina, quinoa, and chia seeds are all amazing sources of protein that you should include in your diet to support and maintain a healthy body.



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Micronutrients

While macronutrients refer to nutrients that are packed with energy that are essential for day-to-day body function, micronutrients refer to vitamins and minerals that are equally as important as macronutrients.

Micronutrients can be further classified into the following:

Water-soluble Vitamins

Vitamins that dissolve easily in water. Two of the main water-soluble vitamins are B vitamins and Vitamin C. It is important that we supply our bodies with these kinds of vitamins as the body cannot hold on to them for long and normally releases them when not used.

Citrus fruits (such as oranges, limes, lemons, and grapefruit), bell peppers, and dark leafy greens are all excellent choices for natural sources of water-soluble vitamins.



Fat-soluble Vitamins

Unlike water-soluble vitamins, these kinds of micronutrients do not dissolve in water. They dissolve in fat. Examples include Vitamins A, D, E, and K. Also, unlike water-soluble vitamins, the body has the ability to retain them for use later. Our bodies primarily store these fat-soluble vitamins in fatty tissues and in our liver.

Great sources of fat-soluble vitamins that you should include in your diet include leafy greens, soybeans, almonds, and sweet potatoes.

Microminerals

These refer to essential nutrients such as calcium, magnesium, sodium, and potassium. Microminerals are crucial for muscle and bone health. It also plays a role in controlling the body's blood pressure.

Black beans, lentils, and bananas are excellent sources of microminerals.

Trace Minerals

Other minerals that are needed by the body such as iron, manganese, copper, zinc, selenium, and selenium. These minerals are indispensable for muscle health, nervous system function, and repairing damage to the cells.



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Leafy Greens and Vegetables

Leafy greens are known by several names. They are also known as dark leafy vegetables, leafy greens, or even simply, greens. No matter what they are called, they all refer to one and the same thing – the edible leaves of plants.

The nutritional profiles of green leafy vegetables are well-known to be associated with many health benefits. As such, it is highly recommended that all individuals, no matter the age, aim to fill at least half or even more than half of their plate with these nutritiously-packed veggies.

Spinach

A vibrant and nutrient-rich leafy green vegetable known for its dark green, slightly crinkled leaves that is widely enjoyed as both a fresh salad and a cooked side dish.

Nutrients and Benefits of Spinach

- **Vitamin A** – Essential for maintaining healthy vision, immune system function, and skin health.
- **Vitamin C** – An antioxidant that supports the immune system, helps the body absorb iron from plant-based foods, and aids in collagen production.
- **Vitamin K** – A nutrient important for blood clotting and bone health. It also supports heart health by preventing calcium buildup in the arteries.
- **Vitamin B9 (Folate)** – A nutrient vital for the formation of red blood cells. It is especially important for pregnant women for healthy fetal development.
- **Iron** – Essential for oxygen transport in the blood, energy production, and maintaining healthy cells.
- **Calcium** – An essential mineral crucial for maintaining strong bones and teeth, proper muscle function, and nerve transmission.
- **Magnesium** – A mineral that supports muscle and nerve function, regulates blood pressure, and contributes to bone health.
- **Potassium** – A mineral that supports muscle contraction and maintains normal heart rhythm.
- **Vitamin E** – Helps maintain healthy skin and eyes. It also strengthens the body's natural defense against illnesses and infections.
- **Lutein** – A carotenoid that has several beneficial effects, especially on eye health. It is known to improve and prevent age-related macular diseases (AMD), an eye disease that can blur the eye's central vision.
- **Kaempferol** – a polyphenol (category of plant compounds) that has antioxidant, antimicrobial, cardiovascular, and neuroprotective properties.



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- **Nitrates** – These are compounds made up of nitrogen and oxygen that the body converts into nitric oxide, which has been proven to regulate blood pressure and improve blood circulation.
- **Quercetin** – This is a plant pigment (flavonoid) that acts as an agent to lower coagulation, hypertension, hyperglycemia, and inflammation.
- **Zeaxanthin** – A carotenoid similar to lutein in function. Zeaxanthin acts as a light filter that protects the eye tissues from sunlight damage.

Nutrition Profile of 1 250 grams of Spinach:

- Protein – 0.86 grams
- Fat – 0.12 grams
- Carbohydrates – 1.09 grams
- Energy – 6.9 kilocalories
- Sugars – 0.13 grams
- Fiber – 0.66 grams
- Calcium – 29.7 milligrams
- Iron – 0.81 milligrams
- Magnesium – 23.7 milligrams
- Phosphorus – 14.7 milligrams
- Potassium – 167.4 milligrams
- Sodium – 23.7 milligrams
- Zinc – 0.16 milligrams
- Copper – 0.04 milligrams
- Manganese – 0.27 milligrams
- Selenium – 0.3 micrograms
- Vitamin A – 2813.1 IU
- Carotene, beta – 1687.8 micrograms
- Vitamin E – 0.61 milligrams
- Lutein + zeaxanthin – 3659.4 micrograms
- Vitamin C – 8.43 milligrams
- Thiamin – 0.02 micrograms
- Riboflavin – 0.06 micrograms
- Niacin – 0.22 milligrams
- Pantothenic acid – 0.02 milligrams
- Vitamin B-6 – 0.06 micrograms
- Folate – 58.2 micrograms
- Vitamin K – 144.87 micrograms





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Kale

A vegetable that belongs to the cabbage family that is rich in nutrients including fiber and antioxidants. A study conducted in 2018 reveals that consuming high amounts of dietary fiber found in kale is associated with a significantly lower risk of developing type 2 diabetes.

Kale has also been regarded as a nutrient-packed vegetable for its wide health benefits. It is regarded as a green leafy vegetable that is a nutrient powerhouse, antioxidant-rich, low in calories, high in fiber content, and versatile in cooking.

Nutritional Profile of 118 grams of Cooked Kale:

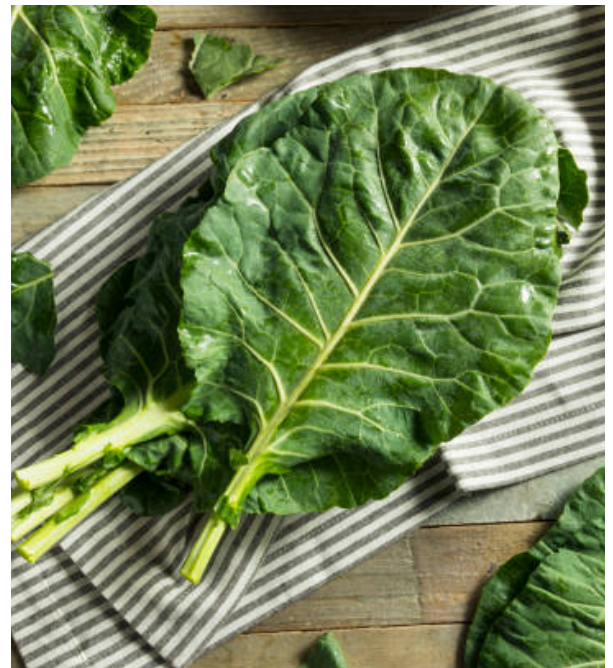
- Calories – 43 grams
- Carbohydrates – 6.3 grams
- Sugars – 1.4 grams
- Fat – 1.4 grams
- Protein – 3.5 grams
- Fiber – 4.7 grams

Collard Greens

Like kale, collard greens also come from the cabbage family. This type of leafy vegetable is characterized by its large, fan-like leaves and tough stems. Collards can be eaten raw, but some people may find it difficult since collards are bitter and tough to chew. Thus, some people braise or steam them.

Nutritional Profile of 190 grams of Cooked Collard Greens:

- Calories – 62 grams
- Carbohydrates – 10.7 grams
- Sugars – 0.8 grams
- Fat – 1.4 grams
- Protein – 5.2 grams
- Fiber – 7.6 grams





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Broccoli

An incredible vegetable that is packed with so many nutrients and highly recommended for individuals who want to live a healthier life. Broccoli, together with cabbage, kale, and cauliflower, are regarded as cruciferous vegetables.

According to the National Cancer Institute, cruciferous vegetables such as broccoli have certain chemicals in them called indoles and isothiocyanates. These chemicals are found to be effective in inhibiting the development of cancer in several organs, including the bladder, breasts, liver, and stomach.

Broccoli has also been found to be effective in protecting the DNA from damage and found to possess anti-inflammatory effects.



Nutritional Profile of One Cup of Cooked Broccoli

- Calories – 31 grams
- Vitamin K – broccoli meets the full daily requirement of Vitamin K that the body requires.
- Vitamin C – broccoli meets twice the daily recommended amount of Vitamin C.

Brussels Sprouts

Another member of the cruciferous vegetable family. They are known for their small, round, cabbage-like appearance and distinctive taste.

Brussels sprouts are highly regarded as a vegetable rich in fiber, vitamins, and minerals.

As such, they are often sought after for being both nutritious and delicious, making them a popular choice among health-conscious individuals.

Nutritional Profile of One Cup of Cooked Brussels Sprouts

- Calories – 56 grams
- Carbohydrates – around 11.2 grams
- Dietary Fiber – roughly 4.1 grams
- Sugars – approximately 2.2 grams
- Folate (Vitamin B9) – Contains a moderate amount of folate that is crucial for cell division and DNA synthesis.



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Cabbage

A leafy green that is a versatile and widely consumed vegetable that can be enjoyed in various forms, including raw, cooked, fermented, and pickled. Cabbage is often used in salads, coleslaw, stir-fries, soups, and sauerkraut.

There are different types of cabbage, including green cabbage, red cabbage, Savoy cabbage, Napa cabbage, and more. Each type has its own texture, flavor, and nutritional profile.

Cabbage is valued for its low-calorie content, high fiber content, and wide range of vitamins and minerals. The presence of compounds like glucosinolates and anthocyanins has led to research into the potential health benefits of consuming cabbage as part of a balanced diet.

Nutritional Profile of One Cup of Cooked Cabbage

- Calories – 22 grams
- Carbohydrates – around 5.2 grams
- Dietary Fiber – roughly 2.2 grams
- Sugars – approximately 2.4 grams
- Vitamin C – Provides a good amount of vitamin C
- Vitamin K – Cabbage is an excellent source of vitamin K
- Vitamin A – Contains beta-carotene, which the body can convert into vitamin A for vision and skin health.
- Folate (Vitamin B9) – Offers a moderate amount of folate, important for cell division and DNA synthesis.
- Potassium – Provides a decent amount of potassium, essential for heart health and fluid balance.
- Glucosinolates – A compound known for having anti-inflammatory effects.

Cauliflower

A cruciferous vegetable that is known for its distinctive appearance and versatility in cooking.

Consuming cauliflower is great for overall health due to its low-calorie and high fiber content, and array of vitamins and minerals. It's particularly popular among those looking to reduce their carbohydrate intake or follow a low-carb diet.

Nutritional Profile of One Cup of Cooked Cauliflower

- Calories – 29 grams
- Carbohydrates – around 5.3 grams



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- Dietary Fiber – roughly 2.5 grams
- Sugars – approximately 2.0 grams
- Vitamin C – Cauliflower is an excellent source of vitamin C that can provide a significant portion of the daily recommended intake.

Fruits

These nutrient-packed superfoods are a great source of vitamins, minerals, and fiber. They are also excellent choices for individuals looking for antioxidants, which are compounds that help protect the body from damage.

There are different kinds of fruits, each having its own unique nutritional profile. Here are the five classifications of fruits that you should know:

- **Berries** – Fruits that are fleshy and have multiple seeds. Some common examples include strawberries, raspberries, and blueberries.
- **Pomes** – Fruits that have a core with seeds. Apples and pears are common examples of pomes.
- **Hemipenes** – Fruits that have a fleshy outer layer and a hard inner layer, such as tomatoes and cucumbers.
- **Drupes** – Fruits that have a hard outer layer and a fleshy inner layer that contain seeds. Common examples include cherries, plums, and peaches.
- **Capsules** – Fruits that have a dry outer layer that splits open to release the seeds, such as beans and peas.

Blueberries

Blueberries are small, round, and often bluish-purple in color and are well-known for their distinct sweet-tart flavor and their impressive nutritional and health benefits.

Health Benefits of Blueberries:

- **Antioxidant Powerhouse** – Blueberries are packed with antioxidants, particularly anthocyanins, which help protect cells from oxidative stress and damage.
- **Brain Health** – Antioxidants in blueberries have amazing positive effects on brain health. Specifically, it has been shown to improve cognitive function and delay age-related decline.
- **Heart Health** – The antioxidants and fiber in blueberries have significant positive effects on heart health by reducing risk factors for cardiovascular disease, such as high blood pressure and cholesterol levels.
- **Digestive Health** – The dietary fiber in blueberries supports healthy digestion and can help alleviate constipation.



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- **Eye Health** – Blueberries contain antioxidants like lutein and zeaxanthin, which are beneficial for eye health and can reduce the risk of age-related macular degeneration.
- **Blood Sugar Regulation** – Some research studies reveal that consuming blueberries can improve insulin sensitivity and regulate blood sugar levels.

Nutritional Profile of One Cup of Blueberries

- Calories – 84 grams
- Carbohydrates – around 21.4 grams
- Dietary Fiber – roughly 3.6 grams
- Sugars – approximately 15 grams
- Fat – roughly 0.5 grams
- Vitamin C – Blueberries are a rich source of vitamin C
- Vitamin K – Provides a good amount of vitamin K
- Manganese – Blueberries are particularly high in manganese, a mineral important for bone health and metabolism.
- Anthocyanins – These pigments have been associated with potential anti-inflammatory and antioxidant effects.
- Flavonoids – Blueberries contain various flavonoids that may contribute to their health benefits.

Strawberries

Vibrant red berries that are known worldwide for their sweet flavor and juicy texture. Strawberries are not only delicious but also rich in essential nutrients and health-promoting compounds

Health Benefits of Strawberries:

- **Antioxidant Protection** – Strawberries are rich in antioxidants like vitamin C and various phytonutrients that help combat oxidative stress and reduce cell damage.
- **Heart Health** – The fiber, potassium, and antioxidants in strawberries are known to be beneficial to heart health by lowering blood pressure, improving blood vessel function, and reducing inflammation.
- **Immune Support** – The high vitamin C content in strawberries supports the immune system and helps the body defend against infections.
- **Digestive Health** – The dietary fiber in strawberries aids digestion and promotes healthy gut function.
- **Blood Sugar Regulation** – Strawberries have a low glycemic index and can be a good option for those managing blood sugar levels.



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- **Skin Health** – The antioxidants in strawberries, including vitamin C, contribute to healthy skin by promoting collagen production and protecting against UV damage.
- **Weight Management** – Strawberries are relatively low in calories and provide satisfying sweetness, making them a nutritious choice for those looking to manage their weight.

Nutritional Profile of One Cup of Strawberries

- Calories – 49 grams
- Carbohydrates – around 11.7 grams
- Dietary Fiber – roughly 3 grams
- Sugars – approximately 7.4 grams
- Fat – roughly 0.4 grams
- Vitamin C – Strawberries are an excellent source of vitamin C
- Quercetin – A flavonoid found in strawberries that has cardiovascular and anti-cancer benefits.

Blackberries

Refer to dark-colored and delicious berries that grow on thorny bushes. These berries are known for their rich, sweet-tart flavor and are highly nutritious, offering a range of health benefits.

Health Benefits of Blackberries:

- **Antioxidant Power** – Blackberries are rich in antioxidants, which help protect cells from oxidative damage and reduce the risk of chronic diseases.
- **Heart Health** – The fiber, potassium, and antioxidants in blackberries can contribute to heart health by promoting healthy blood pressure and reducing inflammation.
- **Digestive Health** – The dietary fiber in blackberries supports digestive regularity and gut health.
- **Brain Health** – Some studies suggest that the antioxidants in blackberries may have positive effects on brain health and cognitive function.
- **Immune Support** – The vitamin C content in blackberries supports a healthy immune system.
- **Skin Health** – The antioxidants in blackberries, including vitamin C and ellagic acid, can help protect the skin from damage caused by UV rays and environmental stressors.
- **Blood Sugar Regulation** – The high fiber content of blackberries may help regulate blood sugar levels and improve insulin sensitivity.



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Nutritional Profile of One Cup of Blackberries

- Calories – 62 grams
- Carbohydrates – around 13.8 grams
- Dietary Fiber – roughly 3 grams
- Sugars – approximately 7.6 grams
- Fat – roughly 0.7 grams
- Vitamin C – Blackberries are a good source of vitamin C, an antioxidant important for immunity and skin health.
- Ellagic Acid – Found in blackberries, ellagic acid may have anti-cancer effects and support skin health.

Avocado

A unique fruit that is well-known for its creamy texture, mild flavor, and impressive nutritional profile. Unlike most fruits, avocados are rich in healthy fats and offer a wide range of health benefits.

If you are looking for a delicious source of fiber, avocados are a highly recommended source. One medium-sized avocado (200 grams) provides 14 grams of fiber, which is already 58% of the recommended daily intake of fiber in adults.

We have also discussed the importance of fats in the body as a macronutrient. If you are looking for a plant-based source of fats, avocados are high in monounsaturated fats – which are good fats. These kinds of fats can help lower cholesterol levels and reduce the risk of heart disease.

At least 70% of our immune system resides in our gut. Hence, maintaining a good and healthy gut should be the first priority if you want to strengthen your immune system. Surprisingly, avocado is also well-known in the medical literature for improving gut health due to its high fiber content. It also has other compounds that are great for promoting the growth of beneficial gut bacteria.

Health Benefits of Avocado:

- **Healthy Fats** – Avocado is one of the few fruits that is high in monounsaturated fats, particularly oleic acid. These healthy fats are associated with good heart health and low bad cholesterol levels.
- **Heart Health** – The combination of healthy fats, potassium, and dietary fiber in avocados contributes to good cardiovascular health by helping regulate blood pressure and reduce inflammation.
- **Weight Management** – Despite being calorie-dense, the fiber and healthy fats in avocados contribute to a feeling of fullness, which may aid weight management by curbing overeating.



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- **Nutrient Absorption** – The healthy fats in avocados can enhance the absorption of fat-soluble vitamins (such as A, D, E, and K) and other nutrients from other foods.
- **Skin Health** – The vitamin E content in avocados, along with their healthy fats, can support healthy skin by providing essential nutrients for skin cell health.
- **Eye Health** – Avocados contain lutein and zeaxanthin, antioxidants that are beneficial for eye health and may help reduce the risk of age-related macular degeneration.
- **Blood Sugar Regulation** – The fiber and healthy fats in avocados may help stabilize blood sugar levels and improve insulin sensitivity.

Nutritional Profile of One Medium Avocado (about 150g)

- Calories – 234 kcal
- Carbohydrates – around 12.5 grams
- Dietary Fiber – roughly 9.2 grams
- Sugars – approximately 1.0 grams
- Fat – roughly 21.4 grams
- Vitamin K – Avocado provides a good amount of vitamin K, crucial for blood clotting and bone health.
- Vitamin E – Contains vitamin E, an antioxidant that supports skin health and immune function.
- Vitamin C – Offers some vitamin C, important for collagen synthesis and immune support.

Lemon

A bright yellow citrus fruit known for its tangy flavor and high vitamin C content.

Lemons come from the Old French word limon which means lime. This nutrient-packed superfruit has a vast array of health benefits. One particular thing that you should know is the fact that lemons are a great source of vitamin C.

One lemon (100 grams) provides 53 milligrams of vitamin C, which is already 65% of the daily recommended intake of vitamin C in adults. This essential nutrient is an antioxidant that protects the body from damage.

If you are someone suffering from constipation or infrequent bowel movements, then lemon should be one of the fruits that should be in your drink or in your diet, as this fruit has been shown to help improve digestion and relieve constipation.

Lemon juice (or plainly the mixture of clean, drinkable water and lemon) is great for softening stools, making them easier to pass. This same juice is also known to prevent the formation of kidney stones.



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Health Benefits of Lemon:

- **Vitamin C Boost** – Lemons are one of the best sources of vitamin C, which is essential for boosting the immune system, supporting skin health, and promoting wound healing.
- **Digestive Health** – Lemon juice greatly aids digestion by stimulating the production of digestive enzymes and supporting a healthy gut environment.
- **Hydration** – Adding lemon slices to water can enhance its flavor, making it more enjoyable to stay hydrated.
- **Skin Health** – The vitamin C and antioxidants in lemons contribute to healthy skin by promoting collagen production and protecting against oxidative stress.
- **Alkalizing Properties** – Despite their acidic taste, lemons have an alkalizing effect on the body, which can help balance the body's pH levels.

Maintaining a balanced pH in the body is important for great health. Having a pH level that is too acidic can lead to inflammation, weight gain, weakened immune system, acne, and even headaches.

A diet rich in processed foods, sugary drinks, and red meat is known to be one of the causes of an acidic pH level in the body. Some other known causes that you should look out for include stress, lack of sleep, dehydration, and medications.

- **Weight Management** – The pectin fiber in lemons can reduce feelings of hunger and promote satiety, which could support weight management.
- **Antioxidant Benefits** – The antioxidants in lemons, including vitamin C and flavonoids, help neutralize free radicals and reduce oxidative stress.

Nutritional Profile of One Medium Lemon (about 58g)

- Calories – 17 kcal
- Carbohydrates – around 5.4 grams
- Dietary Fiber – roughly 1.6 grams
- Sugars – approximately 1.5 grams
- Fat – roughly 0.2 grams
- Vitamin C – Lemons are a rich source of vitamin C
- Vitamin B6 – Contains a small amount of vitamin B6
- Folate (Vitamin B9) – Provides a small amount of folate
- Potassium – Offers a modest amount of potassium



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Spices and Herbs

Spices and herbs are irreplaceable in kitchens around the world. They add flavor, aroma, and even health benefits to dishes. They come from various parts of plants, such as leaves, stems, roots, seeds, and flowers, and are used to season, enhance, and elevate the taste of foods.

Aside from their culinary benefit, spices, and herbs also play an important role in boosting the body's immune system, healing the body from injury, and even detoxing from heavy metals and other toxicities.

No matter the kind or type of spice or herbs, they all contain antioxidants, anti-inflammatory and anti-microbial compounds, digestive enzymes, and other beneficial compounds such as vitamins, minerals, and fiber – an all-in-one superfood!



Turmeric

A vibrant yellow-orange spice that comes from the root of the turmeric plant.

Curcumin, a compound found in turmeric, is associated with many amazing health benefits. It can help our cognitive system by protecting it against the early onset of Parkinson's and Alzheimer's, it is known to help improve mood and reduce the symptoms of depression, and can even reduce inflammation in any part of the body.

Health Benefits of Turmeric

- **Anti-Inflammatory Properties** – Curcumin has potent anti-inflammatory effects that can reduce chronic inflammation in the body.
- **Antioxidant Effects** – Curcumin also functions as an antioxidant, helping to neutralize harmful free radicals and protect cells from oxidative stress.
- **Joint Health** – Turmeric's anti-inflammatory properties can provide relief for individuals dealing with joint pain and arthritis.
- **Digestive Health** – Turmeric has been traditionally used to support digestion and alleviate digestive discomfort.
- **Heart Health** – Curcumin's anti-inflammatory and antioxidant properties can contribute to heart health by reducing the risk of cardiovascular diseases.



TOP *Natural* MEDICINES

and Nutrient-Rich Superfoods that Help Detox Your Body

Nutritional Profile of One Teaspoon (2.8g) of Ground Turmeric

- Calories – 9 kcal
- Carbohydrates – around 2 grams
- Dietary Fiber – roughly 0.5 grams
- Sugars – approximately 0.1 grams
- Fat – roughly 0.1 grams
- Iron – Contains a small amount of iron
- Potassium – Offers a trace amount of potassium

Ginger

A pungent and aromatic spice that has been used for both culinary and medicinal purposes for centuries. It is derived from the root of the ginger plant and is known for its distinct flavor and various potential health benefits.

This spice has been used to help prevent motion sickness and has been shown to be effective in reducing nausea and vomiting caused by motion sickness.

It has also been shown to improve athletic performance by reducing muscle pain and inflammation, helping athletes recover faster from workouts more quickly.



Health Benefits of Ginger

- **Anti-Inflammatory Effects** – Ginger contains compounds with anti-inflammatory properties that may help reduce inflammation in the body.
- **Digestive Health** – Ginger may aid digestion by stimulating the production of digestive enzymes and supporting a healthy gut environment.
- **Pain Relief** – Ginger's anti-inflammatory properties are great for providing relief for people dealing with joint pain and discomfort.
- **Circulation** – Ginger may help improve circulation and blood flow, contributing to heart health.
- **Respiratory Health** – Ginger's warming properties can be soothing for respiratory discomfort, such as congestion and coughing.



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Nutritional Profile of One Teaspoon (2g) of Ground Ginger

- Calories – 6 kcal
- Carbohydrates – around 1.4 grams
- Dietary Fiber – roughly 0.2 grams
- Sugars – approximately 0.1 grams
- Fat – roughly 0.1 grams
- Vitamin C – Contains a small amount of vitamin C
- Potassium – Offers a trace amount of potassium

Garlic

A pungent and aromatic bulb that belongs to the onion family that has been used for centuries as both a culinary ingredient and a medicinal remedy.

Garlic is a great choice if you are looking for something to add to your food that boosts the body's immune system. It can also substantially reduce the risk of developing heart disease and has even been shown in studies to improve cognitive function. The compounds in garlic are also amazing at protecting organs against damage from heavy metal toxicity.

Health Benefits of Garlic

- **Immune Boosting** – Garlic's immune-boosting effects are attributed to its allicin content, which has been shown to have antibacterial and antiviral properties.
- **Heart Health** – Garlic has cardio-protective effects that can promote healthy blood pressure, improve cholesterol levels, and reduce inflammation.
- **Antioxidant Properties** – This vegetable contains antioxidants that help protect cells from oxidative stress and contribute to overall health.
- **Cancer Prevention** – Research shows that garlic may have compounds that help reduce the risk of any and all kinds of cancer. Some of these compounds include
- **Allicin** – The compound that gives garlic its peculiar taste and smell. This has been shown to kill cancer cells and inhibit the growth of tumors.
- **S-allyl cysteine** – The compound that is formed when allicin is broken down in the body. It is known to also have the ability to kill cancer cells and inhibit the growth of tumors.
- **Flavonoids** – Plant compounds that have antioxidant and anti-inflammatory properties that help protect cells from damage that can lead to cancer.



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- **Digestive Health** – Garlic can support digestion by promoting the growth of beneficial gut bacteria and aiding digestion.
- **Respiratory Health** – Garlic's antimicrobial properties can help alleviate symptoms of respiratory infections and colds.

Nutritional Profile of One Clove of Raw Garlic (3g)

- Calories – 4 kcal
- Carbohydrates – around 1 gram
- Dietary Fiber – roughly 0.1 grams
- Sugars – approximately 0.1 grams
- Vitamin B6 – Provides a small amount of vitamin B6
- Manganese – Offers a trace amount of manganese
- Selenium – Contains a small amount of selenium, an antioxidant mineral.

CONCLUSION

Aiding the body's natural detoxification system is one of the greatest secrets to overall health. Especially during these times when we live in a very toxic environment. The natural medicines, herbal teas, and nutrient-rich superfoods mentioned in the ebook are only some of the many natural and holistic approaches available to you. There are still tens or even hundreds of thousands of powerful natural remedies available on our planet that can make your body and your immune system even stronger.

In this eBook, we have learned that when it comes to healing and strengthening our bodies, natural and plant-based approaches are always better than the traditional Western medicine approach. Natural and plant-based approaches are packed with so many essential vitamins and nutrients, unlike antibiotics and drugs that are well-known in the medical literature to cause life-changing side effects. Further, aside from providing your body with a ton of nutrients, they also aid the body's natural detoxification process. Natural and plant-based approaches are full of advantages and no disadvantages.

Just remember that detoxing is not a quick fix. It will take time and effort to eventually see the desired results. However, taking the first step in taking control of your own health and equipping yourself with true holistic knowledge is always the first step to living a better and healthier life.

Until next time!



TOP *Natural* MEDICINES

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ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for ***The Truth About Cancer*** and ***The Truth About Vaccines***, Jonathan has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets***, ***Autoimmune Secrets***, ***Natural Medicine Secrets***, and ***Autoimmune Answers*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan's unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID "vaccines" — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world's top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID "vaccines" — which have caused deaths and injuries to millions of people — to create his newest docuseries, ***Vaccine Secrets***, ***COVID Secrets***, and ***Unbreakable: Destined to Thrive***.

Jonathan's greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.