

Feeling like you over-indulged this Christmas?  
Get your year off to a great start with...

# 10 FOODS THAT DETOX



## APPLE

Apples are a great source of antioxidants, B vitamins, beta-carotene, dietary fibre, biotin and vitamin C.

1



## BEETROOT

Beetroot is a fantastic source of fibre, dietary nitrate, iron, folic acid, vitamins and minerals.

2



## CABBAGE

Cabbage is a great source of dietary fibre, potassium, B vitamins, vitamin E and folic acid.

3



## LEMON

Lemons are a great source of B vitamins, vitamin C, phosphorous and phyto-chemicals.

4



## AVOCADO

Avocados are a great source of dietary fibre, minerals, B vitamins, vitamin C and vitamin K.

5



## GINGER

Ginger is a great digestive aid, immune-booster and natural anti-inflammatory.

6



## GARLIC

Garlic is a great source of antioxidants, alkalase enzymes, flavonoids, vitamin B6, vitamin C and manganese.

7



## FLAXSEED

Flaxseed is a great source of dietary fibre, Omega 3 fatty acids, antioxidants, vitamins and minerals.

8



## GREEN TEA

Green tea is a great source of antioxidants, polyphenols and alkaloids.

9



## ARTICHOKE

Artichokes are a great source of cynarin, dietary fibre and antioxidants.

10

# Detox Diet A How And Whento Guide For Cleansing The Body

**Patrick Vollmar**



## **Detox Diet A How And Whento Guide For Cleansing The Body:**

Discover tales of courage and bravery in Crafted by is empowering ebook, **Detox Diet A How And Whento Guide For Cleansing The Body** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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paris by road the town is situated in the forest of fontainebleau 2 miles from the left bank of the seine

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forêt de fontainebleau which is as big a playground today as it was in the 16th century with superb walking and rock  
climbing opportunities