



Spring-cleaning for your... body!

Many horse owners take better care of their horse's health than their own. However, there are many foods that can cleanse your body of harmful toxins, and they are foods we give our horses as well.

You'll be amazed to learn that many of your favorite foods also cleanse the body's detoxification organs like the liver, intestines, kidneys, and skin, preventing harmful toxic buildup. Help ward off the harmful effects of pollution, food additives, second-hand smoke, and other toxins with delicious fruits, vegetables, nuts, oils, and beans.



FOODS THAT CLEANSE:

Apples. Your horse is ahead of the curve with this fruit. Because apples are high in pectin, a type of fiber that binds to cholesterol and heavy metals in the body, they help eliminate toxic build up and cleanse the intestines. Next time you head down to the barn, bring two apples. One for your horse and one for you!



Avocados. We rarely think of avocados as a cleansing food but these nutritional powerhouses lower cholesterol and dilate blood vessels while blocking artery-destroying toxicity. Avocados contain a nutrient called glutathione, which blocks at least thirty different carcinogens while helping the liver detoxify synthetic chemicals. Avocados also have beneficial oils that will make your mane shine!

Beets. Time to whip up some delicious borscht soup since its main ingredient, beets, contain a unique mixture of natural plant compounds that make them superb blood purifiers and liver cleansers. Some horse feeds in Europe contain beet tops, so, if it's good enough for them...

Blueberries. Truly one of the most powerful healing foods, blueberries contain natural aspirin that helps lessen the tissue-damaging effects of chronic inflammation, while lessening pain. Blueberries also act as antibiotics by blocking bacteria in the urinary tract, thereby helping to prevent infections. They also have antiviral properties and help to block toxins from crossing the blood-brain barrier to gain access to the delicate brain. Cut back on the Advil and load up on the berries.

Cabbage. We witnessed Icelandic horses being fed cabbage in their native country and they seemed to love it. Cabbage contains numerous anticancer and antioxidant compounds and helps the liver break down excess hormones. Cabbage also cleanses the digestive tract and neutralizes some of the damaging compounds found in cigarette smoke (and second-hand smoke). It also strengthens the liver's ability to detoxify.

Celery and Celery Seeds. Celery and celery seeds are excellent blood cleansers and contain many different anti-cancer compounds that help detoxify cancer cells from the body. Celery seeds contain over twenty anti-inflammatory substances. It is particularly good for detoxifying substances found in cigarette smoke. Instead of sneaking off behind the barn to have a smoke, chew on a stalk of celery instead.

Cranberries. Cleanse your body from harmful bacteria and viruses that may be lingering in your urinary tract with cranberries since they contain antibiotic and antiviral substances.

Flaxseeds and Flaxseed Oil. Loaded with essential fatty acids, particularly the Omega-3s, flaxseeds and flaxseed oil are essential for many cleansing functions throughout the body. This is another substance that you can indulge in with your horse. A scoop of seed for them, a tablespoon of oil for you!

Garlic. Eat garlic to cleanse harmful bacteria, intestinal parasites and viruses from your body, especially from the blood and intestines. It also helps cleanse build-up from the arteries and has anti-cancer and antioxidant properties that help detoxify the body of harmful substances. Additionally, garlic assists with cleansing the respiratory tract by expelling mucous build-up in the lungs and sinuses. For the health benefits, choose only fresh garlic, not garlic powder, which has virtually none of the above properties. The benefits outweigh the stinky breath.

Grapefruit. Add a ruby red grapefruit to your breakfast to benefit from pectin fiber that binds to cholesterol, thereby cleansing the blood. Pectin also binds to heavy metals and helps escort them out of the body. It also has antiviral compounds that cleanse harmful viruses out of the body. Grapefruit is an excellent intestinal and liver detoxifier.

Kale. Steam some kale to benefit from its powerful anti-cancer and antioxidant compounds that help cleanse the body of harmful substances. It is also high in fiber, which helps cleanse the intestinal tract. Like cabbage, kale helps neutralize compounds found in cigarette smoke and strengthens liver cleansing.

Legumes. Add a handful of cooked beans to your next meal since they are loaded with fiber that helps lower cholesterol, cleanses the intestines, and regulates blood sugar levels. Legumes also help protect the body against cancer. There is nothing wrong with being "full of beans."

Lemons. Excellent liver detoxifiers, lemons contain high amounts of vitamin C, a vitamin needed by the body to make an important substance called glutathione. Glutathione helps the liver detoxify harmful chemicals. Add a squeeze of fresh lemon juice (not the bottled variety) to pure water to support your cleansing efforts on a daily basis. Pucker up and get healthy!

Eating a variety of fresh fruits and vegetables assists with detoxifying harmful substances from your body. We give our horses many of these food items to maintain their health, why not give yourself the same benefits?

