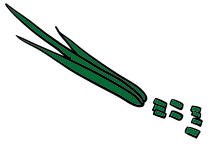


# ALLIUM & CRUCIFEROUS VEGETABLES

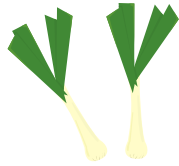
## Alliums:

Alliums are full of sulfur-containing compounds that act as antioxidants, have anti-inflammatory properties and support the sulfur detox pathways in the liver.

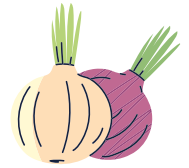
Chives  
Onion



Garlic  
Shallot



Green Onion  
Scallion



## Cruciferous Vegetables:

Cruciferous vegetables are detoxifying superstars. They are high in fiber, vitamins and minerals. They also contain indole-3-carbinol, sulforaphane, and other phytochemicals that support the liver and help to regulate estrogen metabolism. Chopping and chewing cruciferous veggies help to activate these compounds. Individuals with thyroid or GI concerns should eat them cooked.

Arugula

Bok Choy

Broccoli, greens & sprouts

Cabbage

Cauliflower

Collard Greens

Daikon

Garden Cress

Kale

Kohlrabi

Mustard greens & seeds

Radish

Rutabaga

Watercress

