20 Best Foods To Eat For A Healthy Liver

Your liver is one of the most crucial glands and the second largest organ in your body. It functions non-stop – this 1.4 kg organ helps in detoxification, carb metabolism, protein synthesis, production of biochemicals required for digestion, glycogen storage, bile production, hormone secretion, and red blood cell decomposition



20 Best Foods For Healthy Liver

- [ ] 1. Garlic
- [ ] 2. Broccoli
- [ ] 3. Ginseng
- [ ] 4. Beetroot
- [ ] 5. Carrot
- [ ] 6. Leafy Greens
- [ ] 7. Green Tea
- [ ] 8. Turmeric
- [ ] 9. Avocado
- [ ] 10. Lemon
- [ ] 11. Apple
- [ ] 12. Olive Oil
- [ ] 13. Asparagus
- [ ] 14. Walnut

- [ ] 15. Red Cabbage
- [ ] 16. Grapefruit
- [ ] 17. Whole Grains
- [ ] 18. Tomatoes
- [ ] 19. Dandelion
- [ ] 20. Brussels Sprouts

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