



**TOP 12**

# **BLOOD CLEANSING FOODS, HERBS AND STRATEGIES**



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!





# TOP 12 BLOOD CLEANSING FOODS, HERBS, AND STRATEGIES



## Top 12 Blood Cleansing Foods, Herbs, and Strategies

The health of your blood is critical to your health. Your blood is important for transporting oxygen and important nutrients, protecting your body from infections, supporting the healing from injuries through clotting, and regulating pH levels, water balance, and temperature in your body.

Environmental toxins, inflammatory foods, poor digestion, chronic stress, and other factors can overwhelm your body and cause your blood to become overburdened with toxins. This can lead to toxic

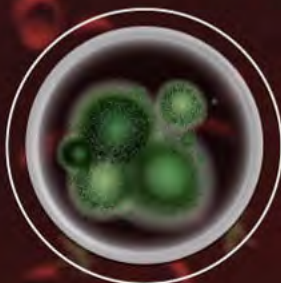
blood, poor circulation, and related symptoms and health risks. Fortunately, certain blood-cleansing foods, herbs, and strategies can help you cleanse your blood and support your health naturally.

The modern world is full of environmental toxins. It is estimated that there are over 80,000 toxic chemicals used regularly in the US. There are over 500 chemicals stored in our body and the average individual has at least seven pesticides tested in their urine.

# TOP TOXINS IN YOUR BLOODSTREAM



Microplastics



Mold  
& Mycotoxins



Phthalates and  
Bisphenols



Herbicides and  
Pesticides



Heavy Metals



Parabens



Solvents  
(Xylene &  
Benzene,  
etc)



Polycyclic  
Aromatic  
Hydrocarbons (PAHs)

The average individual has **over 500 chemicals in their body** and is constantly being bombarded with thousands more each day!

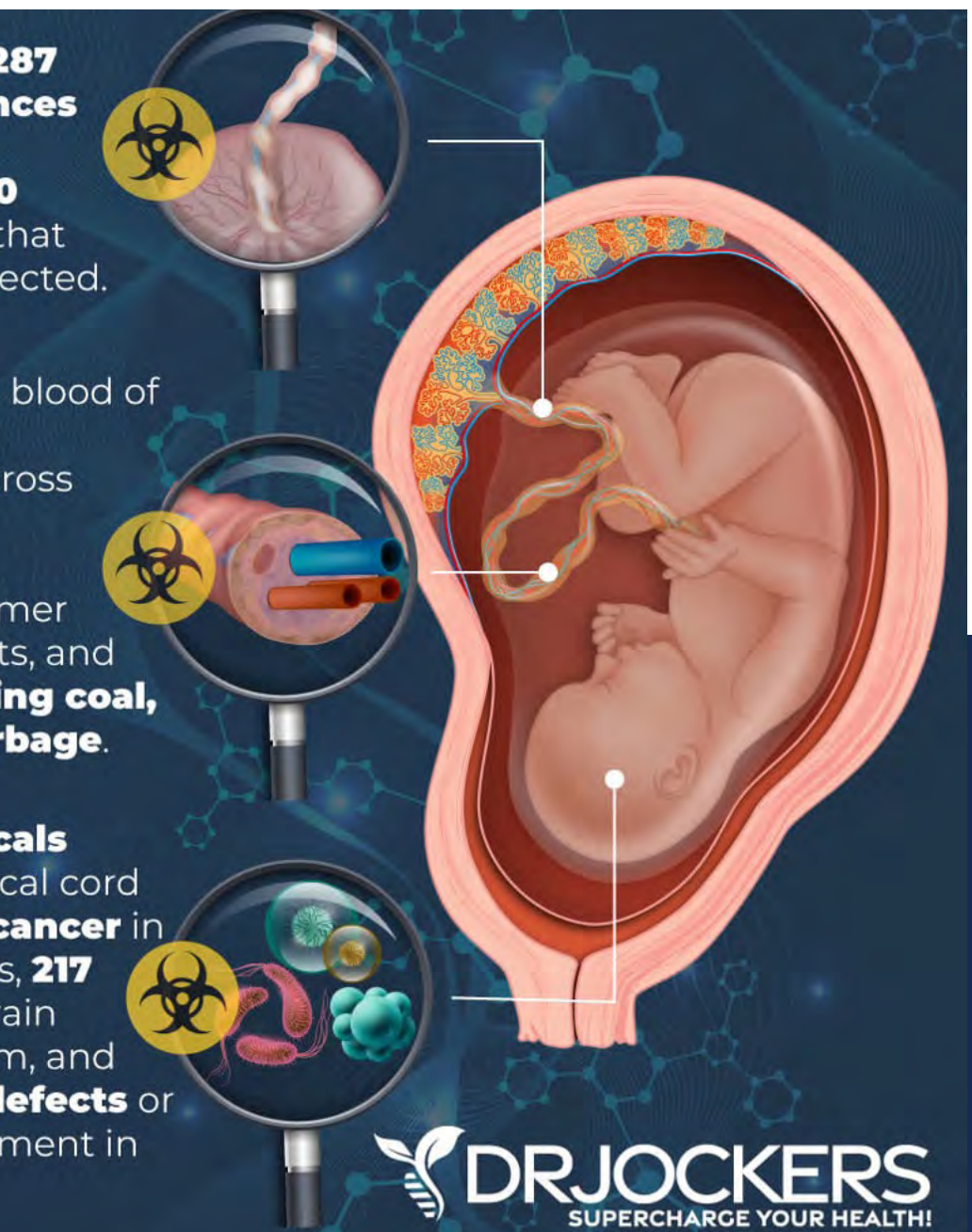
 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!



In this document, you will learn about the main warning signs of toxic blood and the body. I will discuss healthy blood and draining pathways and why they are important for better nutrient delivery.

I will share the main key lab markers I recommend checking for toxic blood and poor drainage. I will share the top blood cleansing foods I recommend.

You will learn about the top 12 blood cleansing herbs. I will discuss the most powerful blood cleansers, bioactive carbons. I will share the best strategies for blood cleansing.



In 2004, a total of **287 chemical substances** were found in the umbilical cord of **10 newborn babies** that were randomly selected.

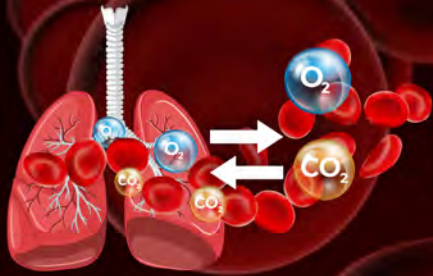
The umbilical cord blood of these **10 children**, collected by Red Cross after the cord was cut, harbored **pesticides**, consumer product ingredients, and wastes from **burning coal, gasoline, and garbage**.

Of the **287 chemicals** detected in umbilical cord blood, **180 cause cancer** in humans or animals, **217 are toxic** to the brain and nervous system, and **208 cause birth defects** or abnormal development in animal tests.

**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

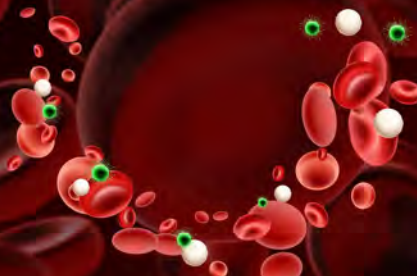
# Warning Signs of Toxic Blood & Body

Your blood plays three important roles in your body:



## TRANSPORT

Your blood helps to move oxygen, carbon dioxide, and other gases to and from your lungs and other parts of your body. It can also transport nutrients from your digestive tract to other parts of your body, as well as hormones and waste products, where they need to go.



## PROTECTION

The white blood cells in your blood are created to destroy harmful microorganisms to protect you from infections. Platelet factors in the blood help clotting to reduce blood loss from any injury or surgery.



## REGULATION

Your blood is also important for regulating water balance, temperature, and pH levels in your body.

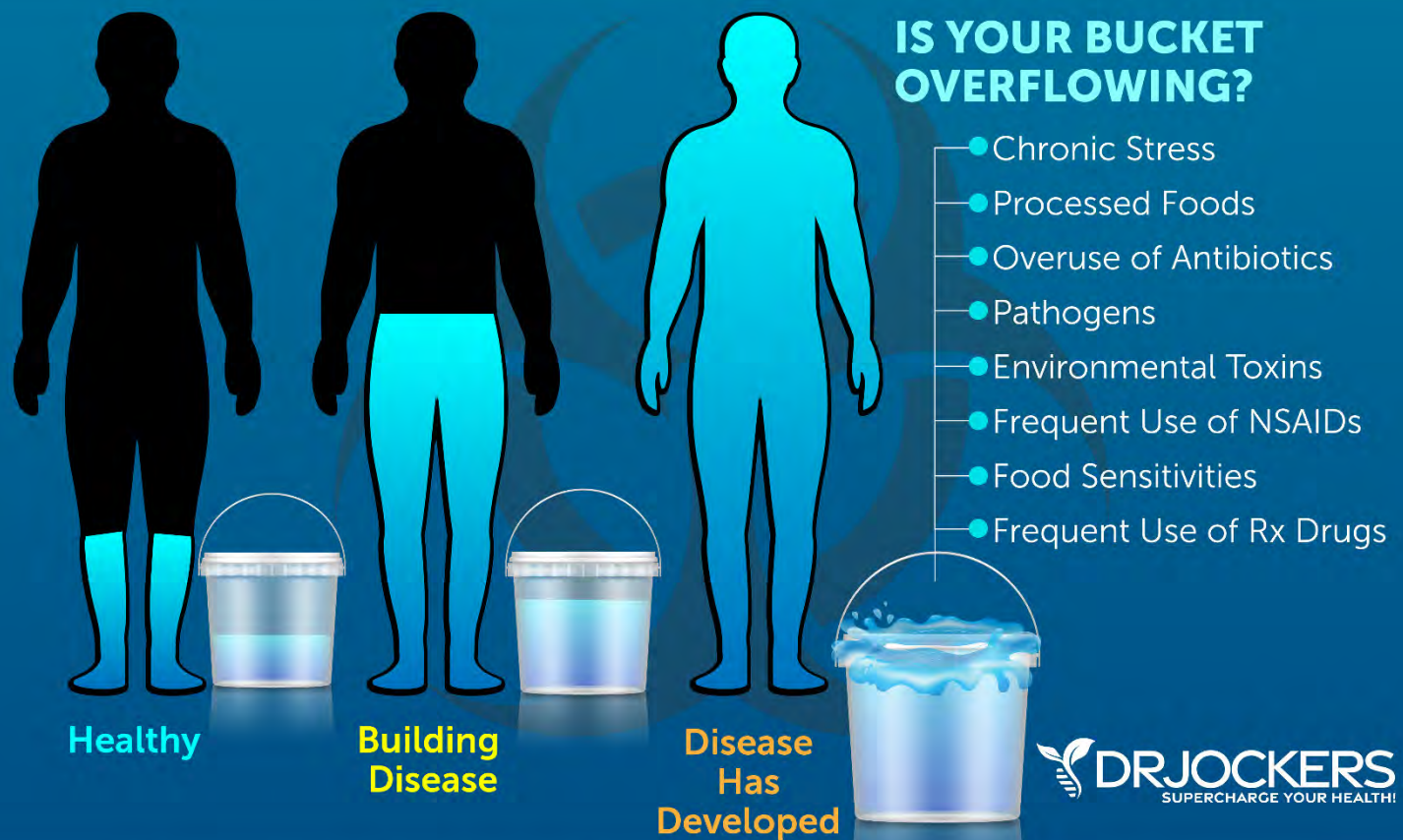


However, environmental toxins, inflammatory foods, poor digestion, chronic stress, and other factors can overwhelm your body and cause your blood to become overloaded with toxins.

The signs of toxic blood and an inflamed toxic body can be subtle on the surface, but they can become chronic, and they can be serious warning signs that something is wrong.



# THE TOXIC BUCKET THEORY OF HEALTH & DISEASE



When the toxic burden hits a critical threshold, the immune system becomes dysfunctional and either over responds and produces too much inflammation or it under responds and is unable to eliminate pathogens and damaged cells effectively.

# Common Signs of Blood Toxicity:

Common signs of toxic buildup in your blood and body may include:

- Fatigue
- Brain fog
- Poor concentration
- Headaches and migraines
- Acne, rashes, and other skin problems
- Bloating, gas, irregular bowel movements, and other digestive issues
- Frequent infections and poor immunity
- Anxiety, mood swings, irritability, and other mental health symptoms
- Smelly breath, body odor, and coated tongue
- Chronic pain and chronic health issues

Fortunately, recognizing these signs of blood and body toxicity early on can help you support your body to repair and renew itself with blood cleansing foods and herbs and other healthy lifestyle strategies.



# COMMON SIGNS OF HIGH TOXIC LOAD



Chronic  
Fatigue



Brain Fog and  
Trouble  
Concentrating



Weight Loss  
Resistance



Frequent  
Headaches &  
Migraines



Acne, Rashes  
and Skin  
Problems



Abdominal  
Bloating and  
Digestive  
Problems



Poor Immunity  
& Frequent  
Infections



Anxiety,  
Depression and  
Mood Swings



Bad Breath and  
Bad Body Odor



Chronic  
Pain

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## Healthy Blood and Drainage Pathways = Better Nutrient Delivery

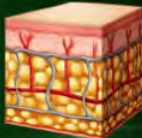
Healthy blood and well-functioning drainage pathways are critical for nutrient and oxygen delivery to your cells throughout your body.




When your blood is healthy and clean, your draining pathways are working, and your blood can circulate efficiently, it can effectively transport and deliver oxygen, vitamins, minerals, and other nutrients to your cells, tissues, and organs.

This is essential for energy production, tissue repair, hormonal balance, immune function, and overall health. However, when your blood is loaded with toxins and your blood circulation is sluggish, this delivery system becomes ineffective, and your cells, tissues, and organs won't be getting the oxygen and nutrients they need as effectively as they need them for best functioning.


# YOUR NATURAL DETOXIFICATION SYSTEM




**SKIN**  
Skin is the first line of defense against environmental toxins. Sweat is also an important way we remove toxins through the skin.



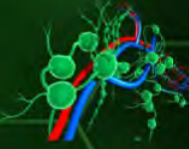
**LIVER**  
Your blood circulates through your liver, which pulls toxins out and breaks them down so that they can be excreted via your kidneys and your digestive tract.




**CARDIOVASCULAR SYSTEM**  
Your blood carries toxins from your tissues back to your heart where they can be sent to your lungs.




**SPLEEN**  
Detects bacteria, viruses and other pathogens in your blood and produces white blood cells to kill them off.




**LYMPHATIC SYSTEM**  
Helps the body filter the blood and get rid of toxins, infectious microbes and other unwanted wastes.




**KIDNEYS**  
200 quarts of fluid move through your kidneys every day. Waste and toxins are extracted from that and expelled as urine.



**RESPIRATORY SYSTEM**  
Your mouth and nose are filters that keep a decent amount of toxins, dust and pathogens out of your body. What does get in goes to your lungs or digestive system. Your lungs can produce mucous, which can be coughed out, in addition to expelling CO2 and other wastes when you exhale.



**COLON**  
Absorbs the water and minerals left over after the rest of your digestive organs have taken what they need. The remainder is solid waste that your colon pushes out as poop.



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# Opening Drainage and Detox Pathways

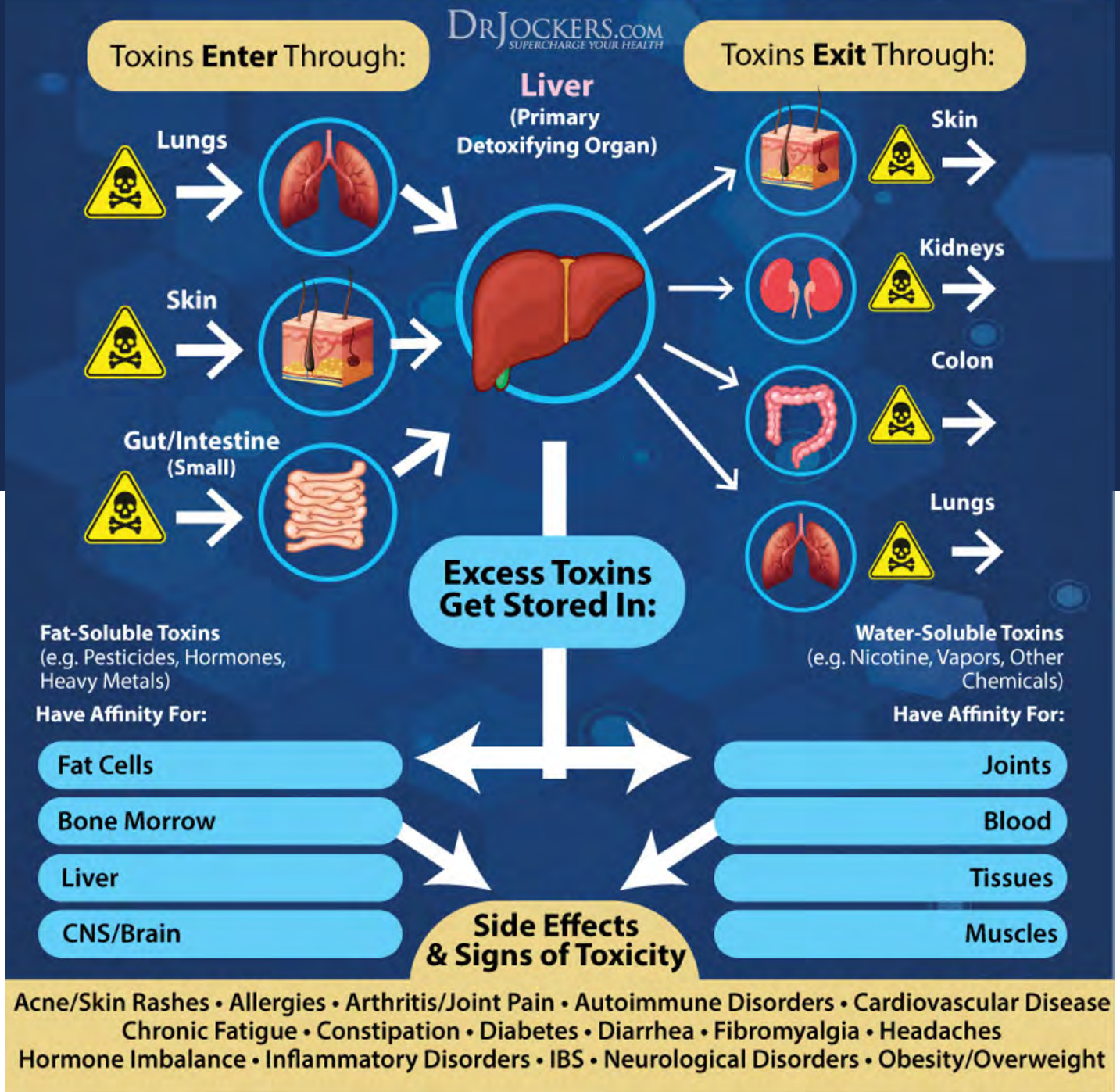
Your body's drainage pathways, including your liver, kidneys, lymphatic system, colon, and skin, are all critical for removing environmental toxins and other waste. When these detoxification pathways become clogged, sluggish, or can't function properly, it means that environmental toxins and other waste can recirculate in your bloodstream.

This can interrupt nutrient absorption, impair oxygen delivery, and add extra stress on your organs.

Having a well-functioning detoxification and drainage pathways is critical for removing toxins and waste, as well as for keeping your blood fresh and oxygen-rich and your circulation well-flowing to deliver life-sustaining oxygen and nutrients to your cells, tissues, and organs to maintain cellular function and overall health.



# The Process of Detoxification and Elimination



# Key Labs for Toxic Blood & Poor Drainage

I recommend a few key lab markers to check for toxic blood and poor drainage. Analyzing these labs can help you understand if your body is clearing out toxins and keeping inflammation levels under control or not.

These 5 labs I list below are easy labs to ask for from your general practitioner or wherever you get your labs done.

If you are looking for a very thorough lab test that looks at a wide range of key biomarkers, I recommend a [Comprehensive Blood Analysis \(CBA\)](#).

This is the most detailed blood test that looks at all of these markers of inflammation as well as nutrient deficiencies, hormones and more.

## Comprehensive Blood Analysis





# KEY LABS FOR TOXIC BLOOD & POOR DRAINAGE

## High Red Blood Cell Width (RBW)

**What it indicates:**  
Variation in the Size of Red Blood Cells

## High Erythrocyte Sedimentation Rate (ESR)

**What it indicates:**  
Systemic Inflammation

## High Serum Ferritin Levels

**What it indicates:**  
Inflammation, Iron Overload

## C-Reactive Protein (CRP) Levels

**What it indicates:**  
Systemic Inflammation



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## High RBW

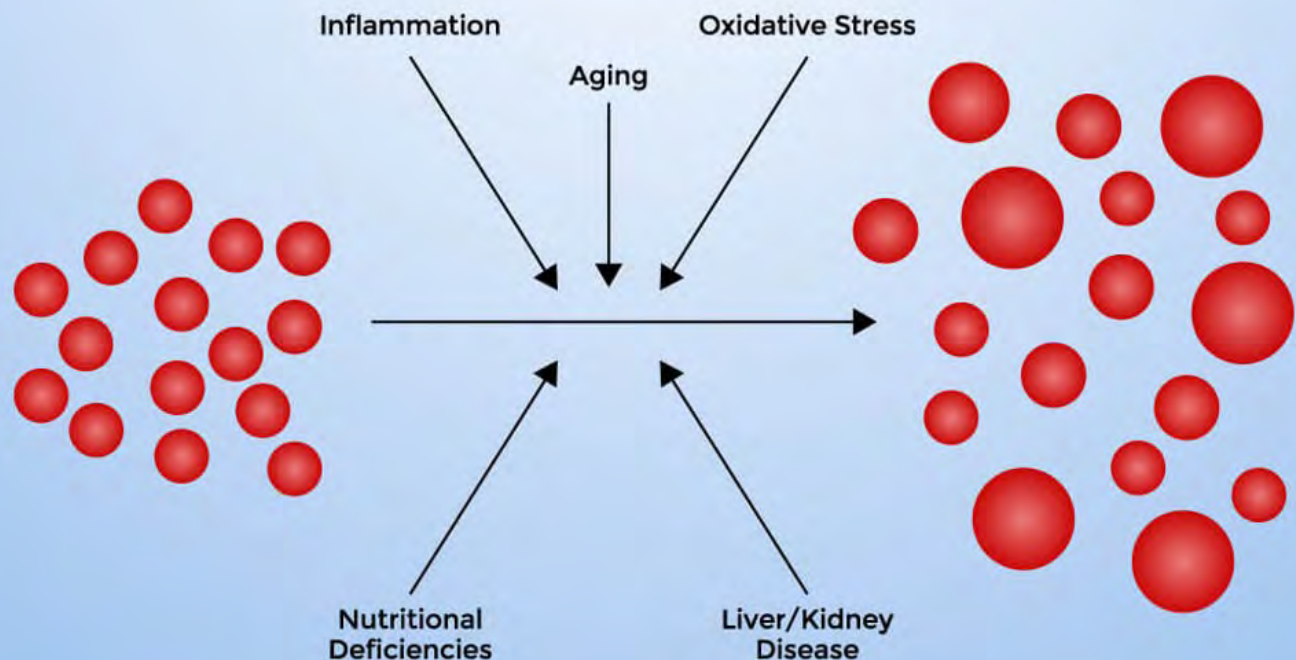
The size of your blood cells has to do with maturation and also depends on methylating agents, such as folate and vitamin B12. Red Blood Cell Distribution (RDW) markers are a great way to detect underlying inflammation in your body, as well as blood toxicity and poor drainage.

The clinical range is between 12.3 and 15.4 percent, while the optimal range is 11.5 and 13 percent.

# RED BLOOD CELL WIDTH AS A MARKER FOR HEALTH

## NORMAL RDW

## INCREASED RDW



**The ideal range for RBC Width  
is between 11.5-13%**

- ▶ High RBC Width can be due to inflammation, oxidative stress, vitamin B12 and/or folate deficiencies.
- ▶ Low RBC Width can be due to anemia, leukemia or vitamin B6 deficiencies.

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!



# High ESR

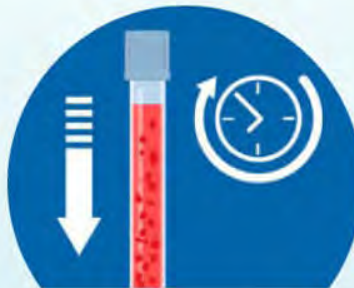
The erythrocyte sedimentation rate (ESR) is a common hematology test to look for inflammation. It refers to the rate at which your red blood cells in anticoagulated whole blood go down in a standardized tube over a period of one hour. High ESR levels may indicate inflammation, toxic blood, and poor drainage.

Optimal ESR rates for men and women under 50 are between 0 and 10 mm/hr, and men and women over 50 are between 0 and 20 mm/hr.

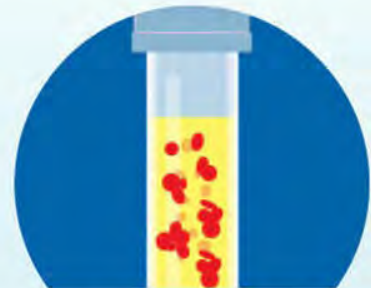
## HOW THE SED RATE TEST WORKS



Phlebotomist draws blood into tube.



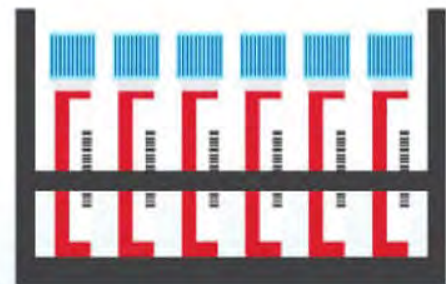
Test measures how fast red blood cells fall to bottom of tube in an hour.



Inflammation causes red blood cells to stick together and sink faster.

## SEDIMENTATION RATE KEY FACTS

- ▶ A high sedimentation rate signals high levels of inflammation in the body.
- ▶ Most people with an autoimmune disease will have a high sed rate, but the test can't help diagnose a specific disease.
- ▶ The sed rate test can help evaluate how well your treatments are working.
- ▶ Optimal ESR is under 10 mm/hr.



 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# High Serum Ferritin Levels

Serum ferritin measures the level of ferritin in your body to detect iron deficiency anemia and other health issues. Elevated serum ferritin levels may indicate inflammation, blood toxicity, poor drainage, liver disease, autoimmune disease, or even cancer.

The clinical range is 30 to 400, and the optimal range is 25 to 100 for females and 50 to 150 for males.





# High CRP

The C-Reactive Protein (CRP) test is a key test I recommend. It measures a protein (CRP) produced in your liver that indicates inflammation levels in your body. Higher levels may indicate inflammation and toxic blood.

The clinical range is between 0 and 3 mg/L, while the optimal range is 0 to 1 mg/L. When I see levels over 1 mg/L, I know the individual is having an inflammatory response that could be due to acute trauma or chronic conditions.

## A SIMPLE BLOOD TEST THAT CAN SAVE YOUR LIFE

C-reactive protein (CRP) is a protein produced by the liver and found in the blood.  
CRP levels rise as the body deals with inflammation.  
Tissue damage and infections are big drivers for inflammation and high CRP levels.

**The American Heart Association categorizes the levels of CRP as follows:**

Low CRP – Less than 1.0 mg/L
Moderate CRP – 1-2mg/L
High CRP – anything over 2.0mg/L



Diabetes



Cancer



Heart Disease,  
Heart Attacks  
& Strokes



Crohn's  
Disease



Obstructive  
Sleep Apnea



Rheumatoid  
Arthritis

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# Top Blood Cleansing Foods

Some of the best blood cleansing foods include foods that are naturally structured in a “hexagonal shape”. These include juicy fruits and vegetables, such as cucumbers, celery, radishes, tomatoes, apples, oranges, pineapple, strawberries, melons, mangos, and so on. Supporting drainage pathways is very important when it comes to improving the toxic blood. Eating foods that support your drainage pathways, including your liver and kidneys, may help.

Citrus, including grapefruits, oranges, lemons, and lime, has been particularly shown to support kidney and liver detoxification, which are drainage pathways that support blood health. According to a 2024 study published in *Nutrients*, oranges may help to support liver health [\(1\)](#).





According to a 2003 study published in *Life Sciences*, the antioxidants in grapefruits may support liver health (2). According to a 2010 study published in *Hepatobiliary and Pancreatic Diseases International*, berries, such as blueberries, are supportive of liver and pancreatic health (3).

According to a 2020 study published in *Cancer Epidemiology, Biomarkers & Prevention*, tomatoes may benefit liver health (4).

According to a 2013 review published in *Nutrition and Cancer*, cruciferous vegetables may also support liver health (5).

Cruciferous vegetables include broccoli, cauliflower, cabbage, Brussels sprouts, kale, collard greens, bok choy, arugula, radish, turnip, mustard greens, watercress, kohlrabi, horseradish, and rutabaga.



# Top 12 Blood Cleansing Herbs

In addition to these blood cleansing foods, I also recommend some blood cleansing herbs. Here are my top 12 favorites.

## Lemon or Lime

Though lemon and lime are technically not herbs, we use them like herbs when using fresh lemon or lime juice on a salad. As I mentioned earlier, citrus is great for supporting drainage pathways such as your liver and kidneys.

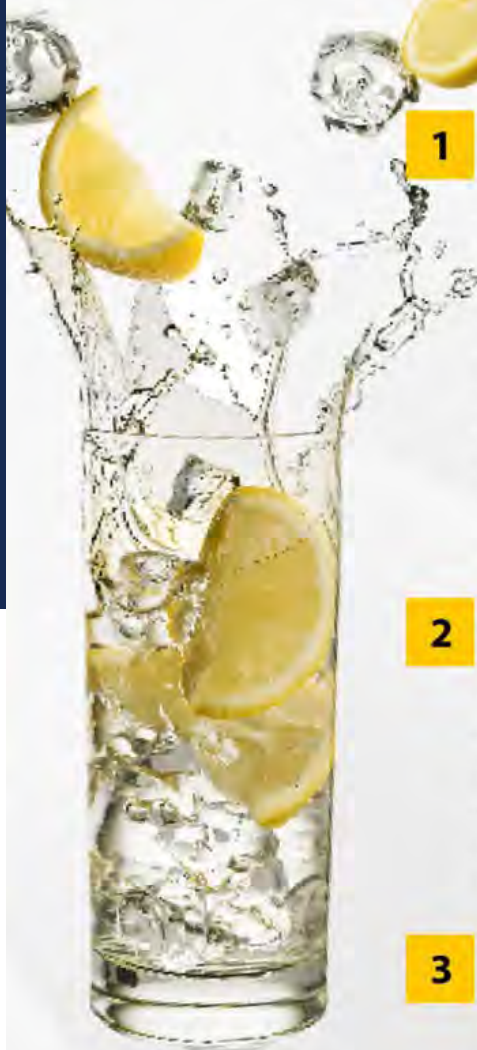
Additionally, according to a 2019 study published in *Oxidative Medicine and Cellular Longevity*, the bioflavonoids in citrus may reduce capillary permeability, decrease inflammation, and improve cardiovascular health ([6](#)).

Capillaries are the tiny blood vessels in different tissues around the body that allow fresh oxygen to diffuse out of the blood and into the cells. So, reducing permeability and improving oxygenation is great for arterial and cardiovascular health. Additionally, lemon and lime are great for digestion, blood sugar balance, and potassium levels.





# Lemon Water Benefits



## 1 Aids in Digestion & Detoxification

Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

## 2 Helps the Body Use Fat For Fuel

Regularly sipping on lemon water can help you lose those last pounds. That's because lemons contain pectin, a type of fiber commonly found in fruits. Pectin helps you feel full longer.

## 3 Improves Mood and Energy

Skip the morning cup of coffee - lemon water can boost energy levels without the caffeine crash. When negative-charged ions, like those found in lemons, enter your digestive tract, the result is an increase in energy levels.

## 4 Improves Vitamin C Levels

Because your body doesn't make Vitamin C on its own, it's important to get enough of it from the foods and drinks you ingest, like lemon water. Vitamin C stimulates white blood cell production, vital for your immune system to function properly, and also protects cells from oxidative damage.

## 5 Rejuvenates Skin & Body Healing

The antioxidants in lemon water fight damage caused by free radicals, keeping your skin looking fresh. It also helps the body produce collagen, essential in smoothing out lines in the face.



## Garlic

Garlic is a great anti-inflammatory herb. According to a 2020 study published in *Clinical Nutrition*, garlic may also be effective for vascular function (7). It is a great natural vasodilator that can help to improve circulation, relax your blood vessels, and improve blood pressure.

According to a 2014 study published in *Integrated Blood Pressure Control*, it may help to lower blood pressure (8). According to a 2021 review published in *Frontiers in Microbiology*, garlic also offers antimicrobial benefits (9). As an antimicrobial food, it may help to reduce any infections in the bloodstream.

# HEALTH BENEFITS OF GARLIC

Garlic contains over 100 bioactive compounds such as allicin, alliin and diallyl sulfides and polyphenols such as quercetin which have antioxidant, antimicrobial and anti-inflammatory properties.



Anti-Microbial and  
Immune Supportive



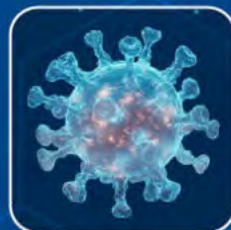
Supports Gut Health  
and Digestion



Supports Healthy  
Circulation and  
Blood Pressure



Reduces Oxidative  
Stress & Inflammation



Anti-Cancer  
Benefits



Helps Improve  
Detoxification



## Parsley

Parsley is a natural diuretic. This means it can help to flush out excess fluids and toxins from your kidneys. According to 2024 research published in *Frontiers in Medicine*, parsley may be supportive for kidney health ([10](#)).

It is also rich in chlorophyll, which means it may be a great option for oxygenating your blood. Since it's rich in vitamin C and other antioxidants, it may also support capillary health.

# HEALTH BENEFITS OF PARSLEY

- ✓ Improves Kidney Health
- ✓ Soothes Indigestion
- ✓ Aids in Digestion
- ✓ Supports Bladder & Urinary Health
- ✓ Reduce Gas & Constipation
- ✓ Improves Bone Health
- ✓ Improves Immune System
- ✓ Bad Breath Treatment
- ✓ Blood Purifier
- ✓ Natural Diuretic
- ✓ Supports Healthy Inflammatory Process
- ✓ Improves Drainage Pathways



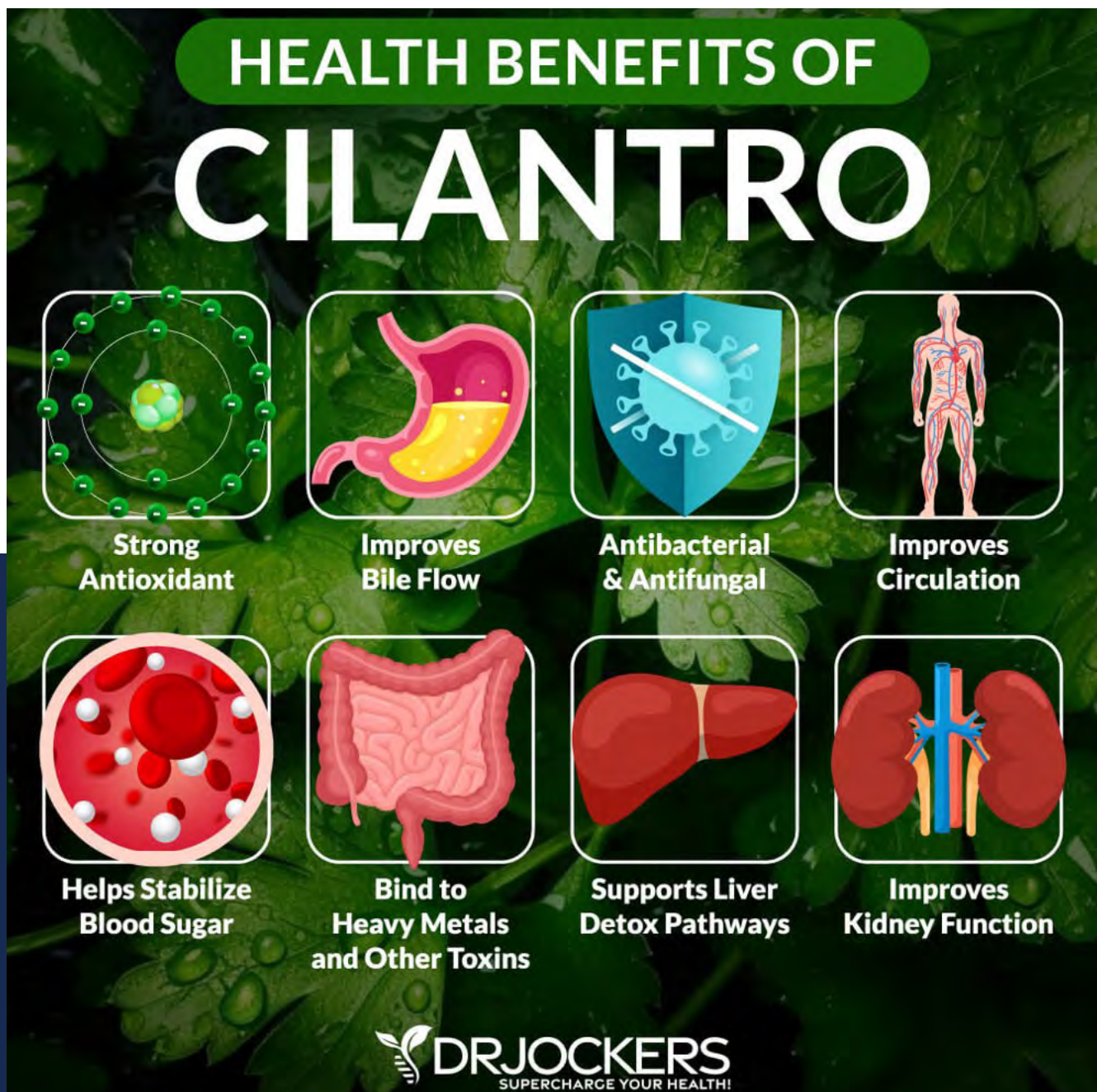
 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!



## Cilantro

Cilantro is a great detoxifying herb. It supports chelation, which is the process that helps bind and remove heavy metals.

According to a 2013 review published in *Chemosphere*, chelators may help to improve renal, cardiovascular, and neurological conditions (11). The reviewers also found that cilantro may help to remove mercury and lead effectively. As an antioxidant-rich herb, cilantro may also support your blood vessels from damage.





# Chlorella

Chlorella is not really an herb but a freshwater algae that can be used similarly to an herb or superfood. It is a great detoxifier for removing heavy metals and environmental toxins.

According to 2019 research published in *Antioxidants (Basel, Switzerland)*, chlorella may help to remove heavy metals and may be particularly useful to reduce heavy metal toxicity related to amalgam fillings and titanium implants in dentistry ([12](#)).

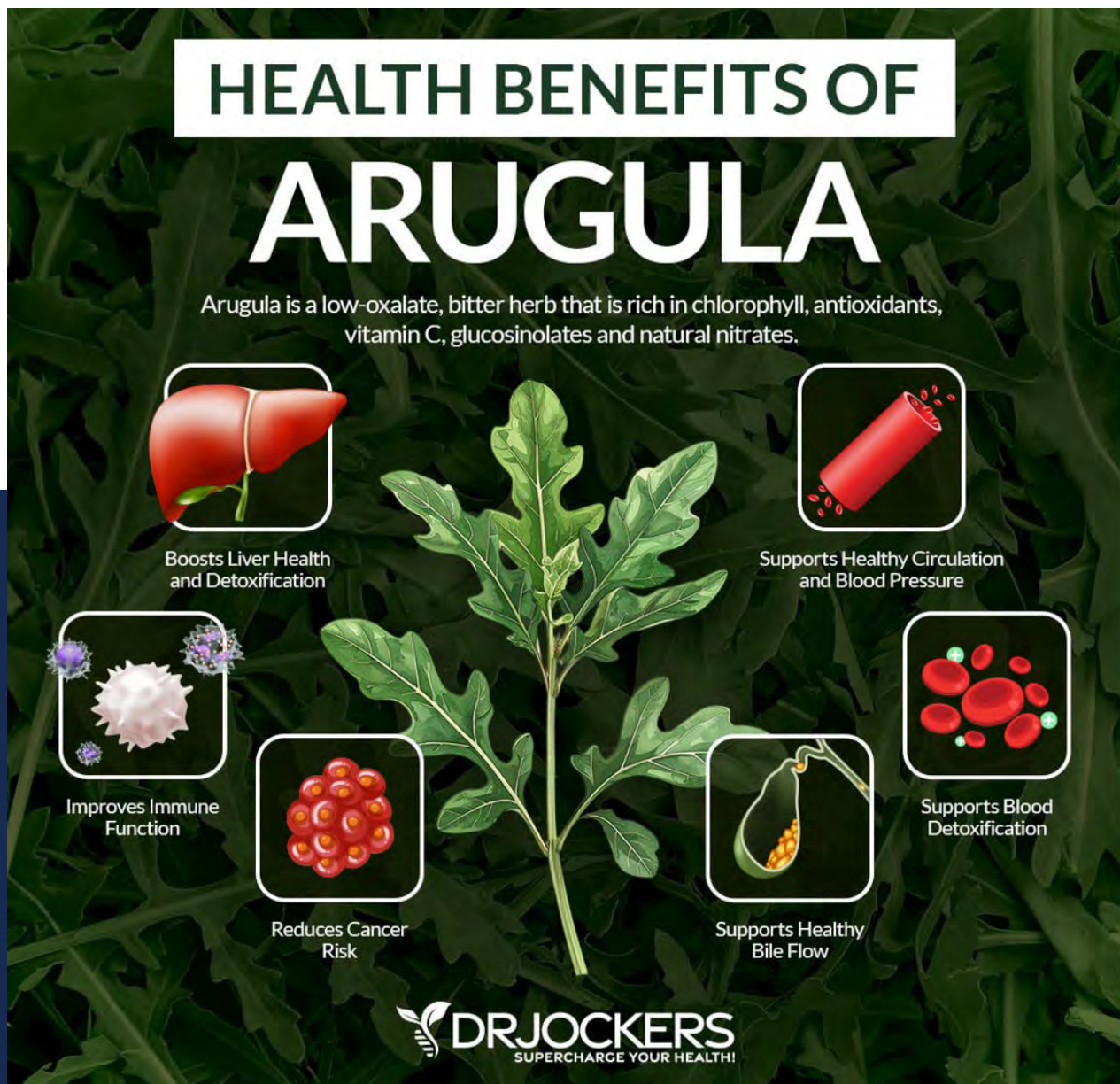
It may also support oxygenation of your blood and repair your body on the cellular level.



## Arugula

Arugula is a peppery cruciferous herb. It is high in chlorophyll and a natural blood cleanser and liver detoxifier. It may help to neutralize and eliminate harmful toxins from your body and stimulate liver detoxification.

According to a 2014 study published in *PLoS One*, erucin, the main isothiocyanate in arugula, can trigger Phase II detoxification enzymes, inhibit Phase I enzymes, support the detoxification process, and may inhibit tumor cell proliferation ([13](#)). It is also rich in antioxidants, which may support circulation and cardiovascular health.





## Milk Thistle

Milk thistle is rich in a compound called silymarin, which is known for protecting and regenerating liver cells.

According to a 2020 review published in *Advances in Therapy*, silymarin may support liver health and treatment of liver diseases (14). By supporting liver function, it may also help to filter and cleanse the blood.





## Astragalus

Astragalus is an adaptogenic herb. It may help to improve your immune system, which is essential for successful detoxification. According to a 2023 study published in *Frontiers in Physiology*, astragalus may support liver and intestinal health ([15](#)).

It may promote spleen health and the reduction of metabolic waste. It may also be beneficial for circulation.

# ASTRAGALUS

Astragalus is an adaptogenic herb used in Chinese Medicine that is a herbaceous perennial plant in the pea family that grows small, pea-like yellow flowers. it commonly grows in China, Mongolia and Korea.

## KEY COMPOUND


Polysaccharides

Triterpenoids


Saponins

Flavonoids

## KEY BENEFIT



Support Immune Health





Improves Energy Levels



Supports Healthy Stress Response



Reduces Oxidative Stress and Inflammation



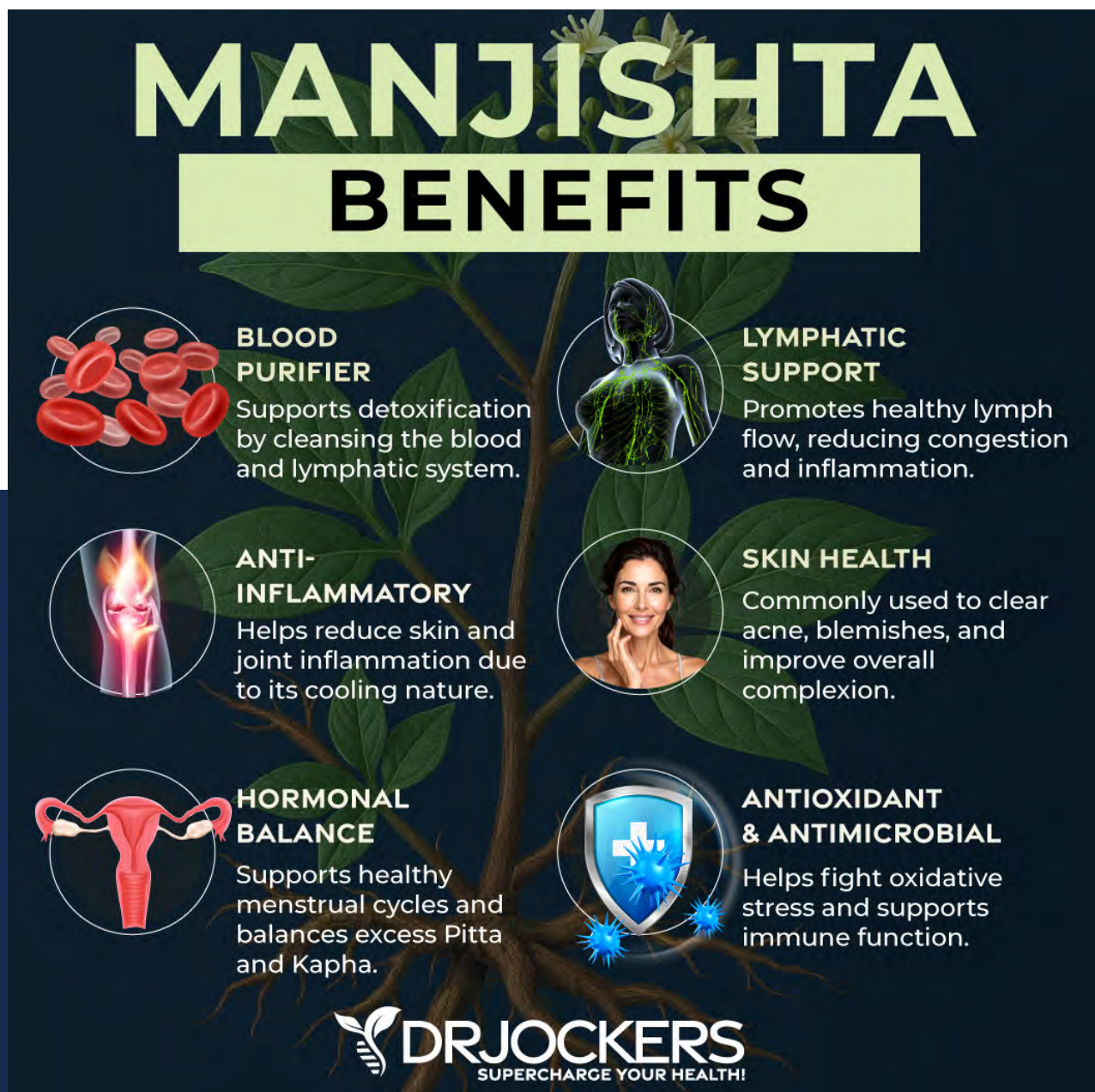


## Manjishta

Manjistha is an Ayurvedic herb that's commonly used for purifying the blood and enhancing lymphatic drainage. It offers cooling properties to balance excess heat and pitta in the body during cleansing.

According to a 2020 study published in the *Journal of Alternative and Complementary Medicine*, manjistha may support gut health and gut microbiome balance (16). It may help to remove toxins from the bloodstream, lower inflammation, and support the kidneys and liver.

# MANJISHTA BENEFITS



- BLOOD PURIFIER**  
Supports detoxification by cleansing the blood and lymphatic system.
- LYMPHATIC SUPPORT**  
Promotes healthy lymph flow, reducing congestion and inflammation.
- ANTI-INFLAMMATORY**  
Helps reduce skin and joint inflammation due to its cooling nature.
- SKIN HEALTH**  
Commonly used to clear acne, blemishes, and improve overall complexion.
- HORMONAL BALANCE**  
Supports healthy menstrual cycles and balances excess Pitta and Kapha.
- ANTIOXIDANT & ANTIMICROBIAL**  
Helps fight oxidative stress and supports immune function.

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## Olive Leaf Extract

According to a 2023 study published in *Antioxidants (Basel, Switzerland)*, olive leaf extract may be a great anti-inflammatory and antioxidant herb ([17](#)). Olive leaf extract is rich in polyphenols, including oleuropein, which is great for reducing inflammation and supporting immune health.

It may help to reduce microbial growth and reduce infections in the blood. As an antioxidant, it may be great for circulatory and cardiovascular health as well.












## Gotu Kola

Gotu kola is an herb used to support your blood flow and blood vessel integrity, which is essential for blood cleansing and circulatory health. It may also function as the liver and kidneys in filtering out and removing toxins from your body.

According to a 2016 study published in *Evidence-Based Complementary and Alternative Medicine*, gotu kola may help to improve stroke-related vascular cognitive impairment ([18](#)).

# GOTU KOLA BENEFITS

- BOOSTS BRAIN FUNCTION:** Enhances memory, focus, and cognitive performance. 
- IMPROVES SKIN HEALTH:** Aids in collagen production and skin elasticity. 
- PROMOTES WOUND HEALING:** Supports skin repair and reduces scarring. 
- SUPPORTS CIRCULATION:** Strengthens blood vessels and improves venous insufficiency. 
- REDUCES STRESS & ANXIETY:** Acts as a natural adaptogen to calm the nervous system. 
- ANTI-INFLAMMATORY:** Helps soothe inflammation and supports overall healing. 

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## Burdock Root

Burdock root is an herb that may be used for purifying the blood through supporting liver detoxification and lymphatic drainage. It may help to remove toxins through the kidneys.

According to a 2011 review published in *Inflammopharmacology*, burdock root may help to detoxify the blood, support circulation, and reduce inflammation (19). Additionally, burdock root is high in antioxidants and prebiotics, which are essential for effective detoxification.

# HEALTH BENEFITS OF BURDOCK ROOT

Burdock root is rich in bioactive compounds such as phenolic acids (caffeic and chlorogenic acids), flavonoids (quercetin & luteolin), lignans and prebiotics among others.

These compounds reduce oxidative stress and inflammation and have the following benefits.



Blood and Liver  
Detoxification



Improves  
Immune Health



Supports Gut &  
Digestive Health



Supports Healthy  
Circulation



Improves Blood  
Sugar Levels



Improves  
Skin Health



## Bioactive Carbons

BioActive Carbons are a form of carbon that helps to create and sustain life in a cell. Fulvic acids are natural compounds and organic acids that make up an element of the humus, which makes up part of the soil organic matter.

They may be found in the soil, coal, peat, shilajit, lakes, streams, and other natural materials in nature, and are yellow-brown in color. Humic acids are also organic compounds that are found in the humus in soil, coal, peat, and other natural materials. They are very similar in molecular structure to fulvic acids.

However, they differ in their chemical makeup. According to a 2017 review published in the *Journal of Chemistry*, bioactive carbons help detoxification from heavy metals ([20](#)).

### WHAT DO BIOACTIVE CARBONS CONTAIN

- Amino Acids
- Minerals and Trace Elements (over 70 of them!)
- Natural Enzymes
- Toxin Binding Elements
- Natural Antibiotics
- Natural Antivirals
- Natural Fungicides
- Free Radical Fighting Substances



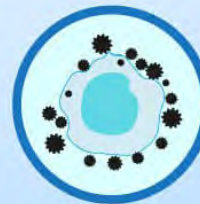
Zeolites are toxin binders made from silica, aluminum, and oxygen. One of their main benefits is helping detoxification from heavy metals. According to a 2019 review published in *Molecules*, zeolites are great detoxifying, anti-inflammatory, and antioxidant agents (21).

Fulvic and humic acids and zeolite are powerful natural toxin binders and detoxifiers. They can also bind to and remove heavy metals and environmental toxins from the blood, cells, and tissues.

Fulvic and humic acids may also support cellular nutrient absorption and mitochondrial function, while helping detoxification, which zeolite is great for supporting elimination and cleansing without over-burdening the liver or kidneys.

## WHAT IS FULVIC ACID?

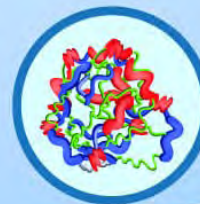
Fulvic acids are bioactive carbons in soil that absorb minerals, antioxidants and trace elements and convert them into a usable form by plants. When we consume them, the minerals, antioxidants and elements become bioactive and bioavailable to the living cells of our bodies.



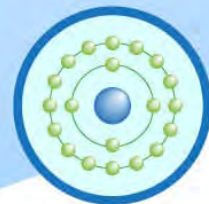
Bind Toxins



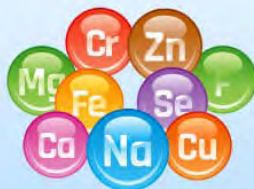
Bioactive Minerals



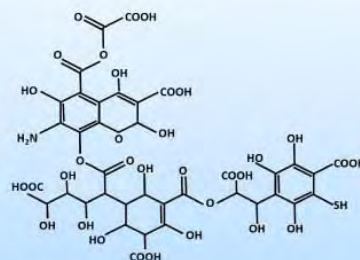
Bioactive Enzymes



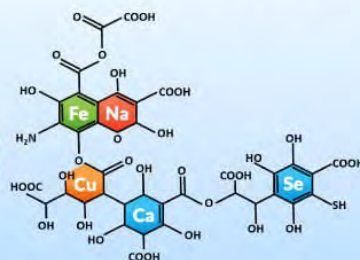
Bioactive Polyelectrolyte Enzymes



Minerals in Soil



Fulvic Acid



Bioactive Mineral Complex



# Best Strategies

Additionally, I also recommend some dietary and lifestyle strategies to support blood cleansing.

## Blood Sugar Stabilizing Nutrition Plan

According to 2020 research published in the *Journal of Hypertension*, there may be a connection between chronic inflammation and circulatory and vascular issues ([22](#)). This means your diet is key for improving blood health and circulation. To support detoxification and blood cleansing, I recommend that you follow a blood sugar-stabilizing nutrition plan.

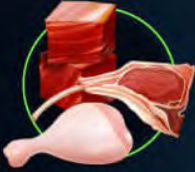
Remove inflammatory foods, such as refined sugar, refined oils, artificial ingredients, sodas, sugary juices, and overly processed foods. Focus on nutrient-dense, antioxidant-rich, and anti-inflammatory foods, including greens, vegetables, sprouts, fermented foods, low-glycemic index fruits, grass-fed meat, pasture-raised poultry and eggs, wild-caught fish and seafood, and wild game.

Prioritize your protein levels. Aim for 30 to 50+ grams per meal. Your protein should mostly come from clean animal protein sources, as I mentioned earlier.

Keep your carbohydrate levels low. Carbs should mostly come from fruits and vegetables, such as berries, pineapples, apples, oranges, grapefruits, carrots, beets, and sweet potatoes.

You can use stevia or monk fruit for natural sweeteners that don't disrupt your blood sugar levels. Focus on lots of healthy fats, including avocados, grass-fed butter and ghee, coconut oil, MCT, olives, and extra virgin olive oil.

# TOP ANTI-INFLAMMATORY FOODS



Grass/Pasture Fed Meat, Poultry and Wild Game



Lemons, Limes and Berries



Avocados and Avocado Oil



Green Tea



Non-Starchy Vegetables



Turmeric



Wild-Caught Fish



Bone Broth and Vegetable Broth



Apple Cider Vinegar



Ginger



Organic Extra Virgin Olive Oil and Olives



Fermented Vegetables



Coconut Oil, Coconut Butter, Coconut Milk and Coconut Flakes



Basil, Oregano, Thyme, Rosemary, Sage, etc.



Garlic, Onions and Chives

## PRO-INFLAMMATORY FOODS



Refined Grains, Whole Grains, Grain/Flour Products



Deep Fried Foods, Processed Foods, Most Packaged Foods



Grain-fed Meats/Eggs, Fast Foods, Soda Pop



Most Commercial Salad Dressings, Trans Fats, Margarine, Seed Oils (Corn, Safflower, Cottonseed, Canola & Soy)



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## Regular Exercise and Movement

According to 2020 research published in the *Korean Journal of Family Medicine*, a sedentary lifestyle has many health risk factors (23). Regular movement and exercise are critical for healthy circulation, cardiovascular health, and detoxification.

I recommend getting 10,000+ steps in a day. It doesn't have to be in one go, you can break it down into 2, 3, or even four walks, and steps

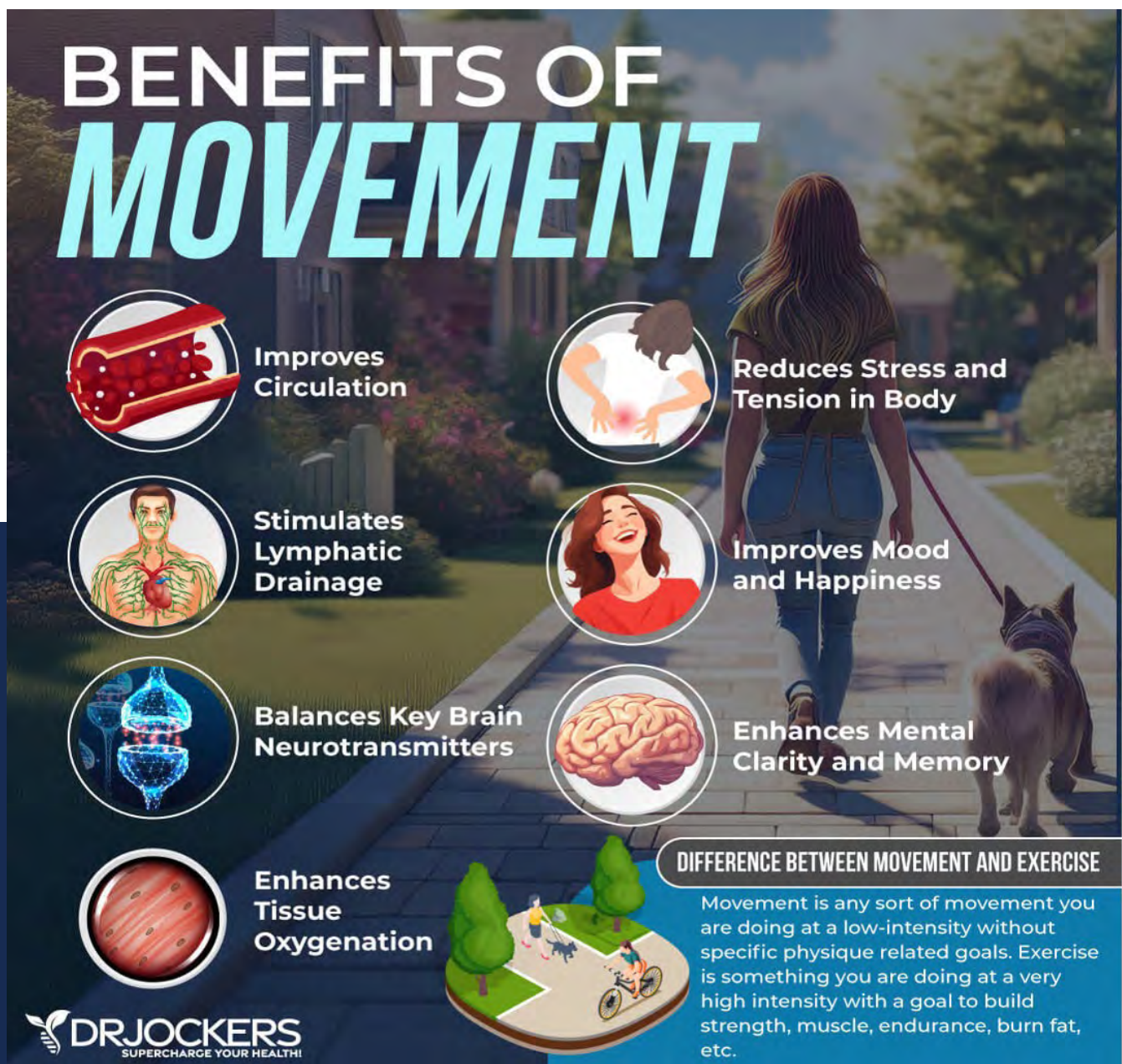




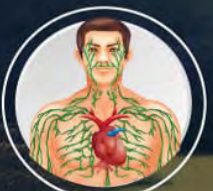
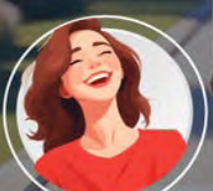



throughout your day count too. This is what I call taking exercise snacks: short bouts of movement throughout the day.

You can also add additional exercise snacks, stretching, walking in place, dancing to your favorite song, and playtime with your children and pets.

Additionally, exercise at least five times a week for 20 to 30 minutes each session. Incorporate both cardiovascular exercise and strength and resistance training.


# BENEFITS OF MOVEMENT



-  Improves Circulation
-  Reduces Stress and Tension in Body
-  Stimulates Lymphatic Drainage
-  Improves Mood and Happiness
-  Balances Key Brain Neurotransmitters
-  Enhances Mental Clarity and Memory
-  Enhances Tissue Oxygenation

### DIFFERENCE BETWEEN MOVEMENT AND EXERCISE

Movement is any sort of movement you are doing at a low-intensity without specific physique related goals. Exercise is something you are doing at a very high intensity with a goal to build strength, muscle, endurance, burn fat, etc.



**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

## Good Hydration

According to a 2019 study published in *Nutrients*, good hydration is critical for cardiovascular function (24). It is also critical for good lymphatic health and smooth detoxification. I recommend starting your day with 16 to 32 oz of water, then drinking an 8-oz glass every hour.

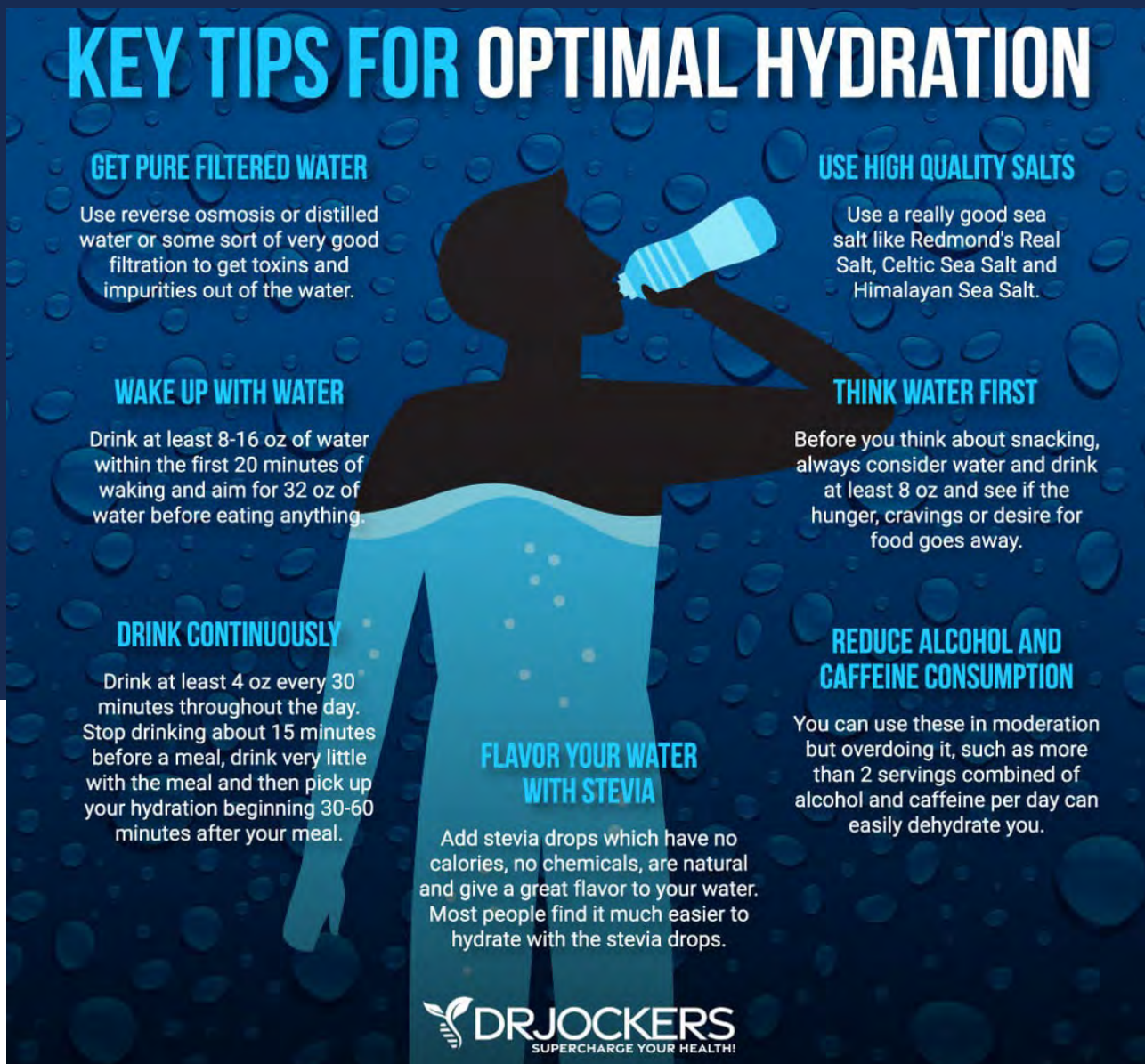
I recommend using a water purification system and drinking purified water instead of regular tap water. I recommend systems like [Aquatru](#) or the [Berkey system](#) for low-cost filtration.

The best water is the [UltraLux Triple Action Hydrogen Water Machine](#) which is what I use at home as it is powered by molecular hydrogen which reduces oxidative stress in the body and improves immune function.



You may add some lemon juice, cucumber slices, basil, mint, other herbs, or berries for taste.





## Prioritize Regular Bowel Movements

According to a 2022 study published in *Integrative Medicine*, digestive and gut microbiome health are critical for detoxification ([25](#)). Bowel movements are one of the main ways for your body to eliminate toxins.

You want regular, normal bowel movements instead of struggling with constipation and digestive issues. I recommend a gut-friendly, immune-supporting, nutrient-dense, and antioxidant-rich diet as outlined earlier.

The best times to move your bowels are in the first 90 minutes after you wake up and shortly after meals. Good hydration is key for good, regular bowel movements.

Drink warm beverages such as herbal tea or warm lemon water in the morning. Taking a walk in the morning and that can also help you move your bowels.

Some people find that eating lots of probiotic-rich fermented foods, such as kimchi, sauerkraut, kefir, and kombucha help move the bowels. Others find that prebiotic-rich foods, such as garlic, onion, leek, Jerusalem artichokes, apples, and bananas are really helpful.

I also recommend taking 200-400 mg of a good form of magnesium such as magnesium citrate to help improve bowel movements.

## THE IMPORTANCE OF HEALTHY BOWEL MOVEMENTS

Having good bowel habits may be one of the most important elements in your overall health journey. Prioritize having good bowel activity each and every day

### Healthy Bowel Movement Habits:

- Happens 1-4 Times Daily
- Moving Out All Waste From Previous Meals Within 24 Hours
- Best Daily Rhythm is Early in the Morning and/or Shortly After Meals

### Healthy Bowel Movement Habits:

- Reduces the Microbial Load on the Body
- Eliminates Destructive Endotoxins
- Reduces Inflammation Throughout the Body
- Helps Calm the Brain and Nervous System
- Enhances Energy and Mental Clarity
- Improves Skin Health and Natural Glow
- Reduces Chronic Pain Levels





## Prioritize Good Sleep

Prioritizing good sleep is also important for detoxification and blood cleansing. According to a 2025 study published in the *Journal of Clinical Medicine*, sleep also supports your brain in flushing out toxins (26).

I recommend developing a good evening routine that supports sleep and rejuvenation.

Reducing electronic use at night, dimming all your lights and using blue light blocking glasses in the evening are also very helpful.

Keeping your room cool with an overhead fan running, if possible, can also be very helpful for a great night's sleep. I recommend lying on the right side to promote better lymphatic drainage. Support your sleep with comfortable bedding, an eye mask, and good curtains.











## Nasal Breathing

As humans, we have two ways to breathe: through our mouth and through our nose. While both ways take oxygen through your mouth into your lungs, there are some major differences. Nasal breathing offers more health benefits and poses less health risk than mouth breathing.

According to a 2023 study published in the *American Journal of Physiology*, nasal breathing may reduce diastolic blood pressure and improve parasympathetic factors in heart rate variability, supporting circulatory and cardiovascular health as a result ([27](#)). Nasal breathing allows efficient, safe, and proper breathing.

### THE BENEFITS OF NASAL BREATHING

Nasal breathing activates our parasympathetic nervous system which is associated with resting, healing and digestion. Nasal breathing puts the breaks on our fight or flight sympathetic response and allows us to oxygenate and heal at a higher level.

-  Improves Deep Sleep Quality
-  Increases Nasal Nitric Oxide Levels
-  Slows the Breathing Rate
-  Supports Better Immune Function
-  Improves Oral Health & Reduces Dry Mouth
-  Supports Nasal Microbiome & Reduces Congestion
-  Increases Whole Blood Oxygen by 15%
-  Supports Better Mental and Emotional Health

**DRJOCKERS.COM**  
SUPERCHARGE YOUR HEALTH



## Dry Brushing

Dry brushing is a great way to support your lymphatic system and brush away dead skin cells and toxins. According to 2023 research published in the *Journal of Interprofessional Education and Practice*, kanpumasatsu, which is a self-massage practice with a dry towel, can support immune health and relaxation ([29](#)).

These are similar techniques that stimulate the skin and circulation, but dry skin brushing adds exfoliating benefits and strategic focus on lymphatic stimulation. I recommend dry brushing daily before your shower.

Use a dry brush with natural bristles. It is best to begin with light, gentle brushing, and over time, the skin will be able to handle brushing a little deeper.

The strokes should move toward the heart to improve lymphatic flow back through the venous system towards the heart. When dry brushing the stomach, it is best to go in a clockwise motion as that works with the natural digestive flow.



# THE BENEFITS OF DRY BRUSHING



## EXFOLIATES DEAD SKIN

As you get older, it is helpful to exfoliate once or twice a week to help renew the skin and remove those dead skin cells for a fresher appearance.



## UNCLOGS PORES

Unclog your skin, pores and help your skin absorb more nutrients with dry brushing.



## STIMULATES THE LYMPHATIC SYSTEM

Dry brushing can help your lymphatic system, which removes toxins from the body.



## REDUCES CELLULITE

Dry brushing may help stimulate the cells and break down toxins from beneath the skin, which may help reduce the appearance of cellulite.



## STRESS RELIEF

Much like a hand massage, dry brushing can provide much needed stress relief and help your body heal much faster from any inflammation that it may have.



DRJOCKERS.COM  
SUPERCHARGE YOUR HEALTH!



## Castor Oil Packs






Castor seed oil, also known as castor oil, is made by pressing the seeds of the plant to be used for a variety of conventional purposes. It is rich in ricinoleic acid which helps to relax muscles, stimulate circulation and dilate the bile ducts.

In the natural health world, it is commonly used for detoxification, including lymphatic drainage, liver detoxification, bile support, and bowel motility.


According to a 2012 systematic review published in the *International Journal of Naturopathic Medicine*, using castor oil topically may help to support liver function and cholesterol levels ([30](#)).



### HEALTH BENEFITS OF CASTOR OIL

-   
Promotes Lymphatic Drainage
-   
Dialates the Bile Ducts and Thins Bile
-   
Supports Liver, Kidney & Gut Detoxification
-   
Improves Bowel Motility
-   
May Reduce Swelling and Edema
-   
Antimicrobial Properties
-   
Improves Circulation and Tissue Oxygenation
-   
Supports Healthy Immune Function

Castor oil can be applied topically or consumed orally. Topically, it penetrates the skin and gets into the bloodstream directly but when taken orally, it primarily acts as a laxative agent.

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# How to Make a Castor Oil Pack

So, how do you make your own castor oil pack? Start by getting some organic castor oil in a glass jar. I highly recommend and personally use [Queen of Thrones](#) castor oil. It is the best on the market, and they have entire castor oil kits that are easy to use so you don't have to find a flannel and follow the instructions below.

If you choose to get the pieces separately, then here are instructions on how to do them correctly:

- Choose a place where you can lie down comfortably. Cover it with an old towel to avoid damage from dripping oil.
- Use a large enough flannel that's enough to cover the area you use it on.
- Saturate the flannel with enough oil to make it wet but not dripping.
- Lie down and cover your entire abdomen area with a flannel or the specific area, for example, your liver area, you are using it on.
- Put some heating source on top, such as a heating pad, hot water bottle, or hot towel.
- Relax for 45 minutes to 2 hours with the castor oil pack there. Using this time for meditation or breathwork is a great idea, but you may listen to music, read, or watch your favorite show.
- When finished, wash it off with soapy water or a solution of 2 tablespoons of baking soda in a quart of water.
- You can store your pack in the fridge and reuse it later. It's safe to use until you see a visible change in color.
- Repeat this process at least three times per week for a month for optimal results or as recommended by your health practitioner.



# HOW DO YOU USE A CASTOR OIL PACK?

1



C - compress soft side up

2



O - Organic castor oil  
on the inside of the pack  
(Avoid the seams)

3



P - Place the compress  
on the area of your body  
you wish to treat

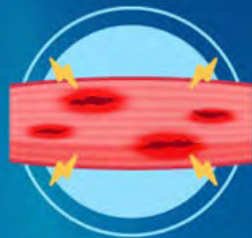
## Epsom Salt Baths

Epsom salt baths have been used by many different cultures for hundreds of years. Magnesium and sulfate are both readily absorbed through the skin and into the body's bloodstream.

Using a powerful mineral base such as Epsom salts in a bathwater medium creates a process called reverse osmosis, which helps your skin to absorb Epsom salt and eliminate toxins better.

This process can pull salt and harmful toxins out of the body and allow the [magnesium](#) and sulfates to enter the body. According to a 2024 review published in the *Journal of Clinical and Diagnostic Research*, Epsom salt may improve muscle relaxation and reduce pain ([31](#)).

### HEALTH BENEFITS OF EPSOM SALT BATHS



Soothes Sore Muscles



Improves Skin Health



Magnesium Rich



Reduces Stress  
and Boosts Mood



Supports  
Liver Detoxification



Improves  
Sleep Quality



# How to Take an Epsom Salt Bath:

The first step is to schedule yourself at least 40 minutes as you need about 20 mins to remove the toxins and the second 20 minutes the body absorbs the minerals in the bath water.

Fill up your bath with warm water. Be sure to have a water filtration system in your house as you don't want to bathe in tap water that has toxic chlorine, fluoride, dioxins and heavy metals. Add in the Epsom salts in the following amounts.



**Children under 60 lbs:** Add ½ cup of salts to a standard size bath.

**Individuals between 60-100 lbs:** Add 1 cup of salts to a standard size bath.

**Individuals between 100-150 lbs:** Add 1½ cup of salts to a standard size bath.

**Individuals between 150-200 lbs:** Add 2 cups of salts to a standard size bath.

For every 50lbs larger – add in an additional ½ cup of salts.

## *Here are the appropriate ratios of Epsom Salts to use in your bath:*

Children under 60lbs:

Add ½ cup of salts to a standard size bath

Individuals between 60-100 lbs:

Add 1 cup of salts to a standard size bath

Individuals between 100-150 lbs:

Add 1½ cup of salts to a standard size bath

Individuals between 150-200 lbs:

Add 2 cups of salts to a standard size bath

For every 50lbs larger:

Add in an additional ½ cup of salts



## Consider Using an Infrared Sauna

According to a 2018 review published in *Evidence-Based Complementary and Alternative Medicine*, regular sauna use may offer many health benefits, including detoxification, cardiovascular health, skeletal-muscular health, and mental health ([32](#)).

Infrared sauna therapy is a form of sauna that uses infrared heaters that release infrared light, which you experience as heat as it gets absorbed through the surface of the skin.

Infrared sauna therapy uses Far Infrared Technology (FIR), which is a non-invasive light therapy that can penetrate your body as much as three inches. Through this process, infrared sauna therapy heats your muscle tissues and internal organs without heating the surrounding air.

This heat helps your organs and tissues detoxify by pushing toxins out of your bloodstream to be eliminated by perspiration or sweating. I recommend using an infrared sauna on a regular basis. I try to get in 3-5 times weekly for a total of 90-120 minutes each week.

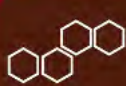


# HOW SAUNA THERAPY IMPROVES HEALTH



## Activates Heat Shock Proteins (HSP's)

- HSP's act to break down damaged proteins and stimulate regrowth
- Sauna therapy activates HSP's by up to 16 times the baseline.



## Increases Growth Hormone (HGH)

- Sauna therapy has been shown to increase HGH up to 5 times baseline levels.
- HGH acts to preserve lean body tissue, burn fat, improve cellular healing and immune response.



## Stimulates Autophagy

- Autophagy is when the body breaks down bad cells and recycles the components for cell renewal.
- Sauna therapy activates HSP's which enhance autophagy and cell renewal.



## Reduces Inflammation

- Sauna therapy improves the body's immune response and reduces inflammation.



## Facilitates Detoxification

- Perspiration is one of the main ways we eliminate toxic chemicals.



## Improves Physical Endurance

- Increases blood plasma volume
- Improves blood flow through body
- Improves thermoregulation response



## Improves Insulin Sensitivity

- Studies have shown improvements in blood glucose and insulin sensitivity with sauna usage.
- Improved insulin sensitivity enhances fat





## Consider Getting a Massage

Getting a massage can also support circulation, healthy blood flow, lymphatic drainage, and detoxification. According to a 2004 study published in *Medical Science Monitor*, massage therapy may help to improve blood flow and reduce muscle fatigue ([33](#)).

It may reduce muscle tension, inflammation, and pain. You can get specific massages according to your needs, for example, a lymphatic detox massage or a Swedish massage is great for cleansing.

# 10 BENEFITS OF MASSAGE THERAPY

**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

-  **Reduces Tension in the Muscles**
-  **Relieves Stress**
-  **Improves Mental Alertness**
-  **Enhances Circulation**
-  **Speeds Healing of Soft Tissue Injuries**
-  **Boosts Immune System**
-  **Stimulates Movement of Lymphatic Fluid**
-  **Improves Joint Mobility**
-  **Improves Sleep Quality**
-  **Eases Muscle Pain**

## Use Magnesium

According to a 2018 review published in *Open Heart*, magnesium deficiency may increase the risk of circulatory issues and cardiovascular disease ([34](#)). Magnesium-rich foods include fatty fish, grass-fed meats, organic dairy, avocados, nuts, seeds, cacao, Swiss chard, arugula, and fruits.

However, due to our poor soil quality, even these foods can't provide enough magnesium in many cases. I typically recommend magnesium supplementation for most people. Taking an extra 200-300 mg of a good form of magnesium can really help circulatory health and blood cleansing.

### 10 *Signs of* Magnesium Deficiency

- Poor Cognitive Processing
- Headaches
- Constipation and related disorders
- Fatigue (physical, mental and emotional)
- Poor Sleep Quality
- Muscle spasms and cramping
- Pain and Soreness
- Irregular Heartbeat
- Numbness and Tingling
- Mood and Behavioral Disorders





# Supplement Protocol

I also recommend a supplement protocol to support blood cleansing and detoxification.

## KL Support

I recommend [KL Support](#) for kidney and liver health and cleansing. This supplement utilizes a blend of natural ingredients to support and promote healthy kidney and liver function.

As an integral part of the body's cleansing and filtering system, proper kidney function is essential to any detox protocol. Take 1-2 caps of KL Support, 2 times daily.



CLINICAL BENEFITS OF

# KL-Support

- Contains Nutrients to Boost Natural Defenses\*
- Helps the Body Perform its Everyday Detox Processes\*
- Supports Healthy Kidneys and Liver\*

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# Lymph Active

I recommend [LymphActiv](#). This supplement offers a powerful blend of herbs that support healthy adrenal and liver function, immunity, and mental clarity.

It is great for fluid drainage to reduce fluid buildup. This supplement also has magnesium. Take 1-2 caps of LymphActiv, 2 times daily.



CLINICAL BENEFITS OF

# LymphActiv

- Promotes Lymphatic Movement and Cleansing
- Supports Drainage Pathways in Brain and Body
- Helps Remove Microbial Factors and Everyday Toxins
- Supplies Antioxidants and Balances Immune Function





# Drainage Activator

I also recommend [Drainage Activator](#). This supplement is formulated to provide powerful downstream drainage support of the extracellular matrix.

It is great for circulation, lymphatic health, cellular repair, natural drainage, and detoxification. Take 1-2 caps of Drainage Activator, 2 times daily.



CLINICAL BENEFITS OF

# Drainage Activator

- Supports Healthy Circulation
- Improves Extracellular Matrix Drainage
- Aids Liver Function
- Supports Lymphatic & Immune Systems

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!

# HM-ET Binder

Finally, I recommend a great binder, such as the [HM-ET Binder](#). This supplement is designed to focus on chelating both heavy metals and environmental toxins from the system.

It uses extracts of fulvic and humic acids to help root out toxins. It supports your body's natural ability to detoxify and encourages cellular repair and aids in mitochondrial health, immunity, energy production, and long-term health. Take 1-2 caps of HM-ET Binder, 2 times daily.



CLINICAL BENEFITS OF

## HM-ET Binder

- Helps the Body's Natural Ability to Detoxify\*
- Promotes Intestinal Health and a Healthy Gut Microbiome\*
- Supports Cellular Repair\*

 **DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!




# Final Thoughts


Your blood plays a critical role in transporting oxygen and important nutrients, protecting your body from infections, supporting the healing from injuries through clotting, and regulating pH levels, water balance, and temperature in your body.

Environmental toxins, inflammatory foods, poor digestion, chronic stress, and other factors can cause your blood to become overburdened with toxins. To support blood cleansing and detoxification and support your health, I recommend that you try the blood-cleansing foods, herbs, strategies, and supplements outlined in this article.


If you want to work with a functional health coach, our website offers [long-distance](#) functional health coaching programs with our world-class team of health coaches. For further support with your health and other goals, just reach out—our fantastic coaches are here to support your journey.




**LONG DISTANCE**  
HEALTH COACHING




**DRJOCKERS**  
SUPERCHARGE YOUR HEALTH!



**Dr. David Jockers**  
DNM, DC, MS



**Dr. Ivonne Boujaoude**  
ND, MS, MA, CFMP,  
CFSP, CGP



**Tarah Black**  
FDN-P, INHC

We are on a mission to **educate** and **empower** as many people as possible to reach their full potential in life and health.

*"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."*

Thomas Edison

# About Dr. David Jockers

## DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine and author and podcaster. He runs one of the most popular natural health websites in DrJockers.com which has gotten over 1 million monthly visitors and his work has been seen on popular media such as the Dr Oz show and Hallmark Home and Family.

Dr Jockers is the author of the best-selling book “The Keto Metabolic Breakthrough” by Victory Belt publishing and “The Fasting Transformation.” He is a world-renowned expert in the area of ketosis, fasting and functional nutrition. He is also the host of the popular Dr Jockers Functional Nutrition podcast.



Dr Jockers lives in Canton, Georgia with his wife Angel and his twin boys David & Joshua and his daughters Joyful and Shine.





## Sources in This Document Include:

1. Notarnicola, M., Tutino, V., De Nunzio, V., Cisternino, A. M., Cofano, M., Donghia, R., Giannuzzi, V., Zappimbulso, M., Milella, R. A., Giannelli, G., & Fontana, L. (2024). Daily Orange Consumption Reduces Hepatic Steatosis Prevalence in Patients with Metabolic Dysfunction-Associated Steatotic Liver Disease: Exploratory Outcomes of a Randomized Clinical Trial. *Nutrients*, 16(18), 3191. [Link Here](#)
2. Seo, H. J., Jeong, K. S., Lee, M. K., Park, Y. B., Jung, U. J., Kim, H. J., & Choi, M. S. (2003). Role of naringin supplement in the regulation of lipid and ethanol metabolism in rats. *Life sciences*, 73(7), 933–946. [Link Here](#)
3. Wang, Y. P., Cheng, M. L., Zhang, B. F., Mu, M., Zhou, M. Y., Wu, J., & Li, C. X. (2010). Effect of blueberry on hepatic and immunological functions in mice. *Hepatobiliary & pancreatic diseases international : HBDP INT*, 9(2), 164–168. [Link Here](#)
4. Thomas, C. E., Luu, H. N., Wang, R., Adams-Haduch, J., Jin, A., Koh, W. P., & Yuan, J. M. (2020). Association between Dietary Tomato Intake and the Risk of Hepatocellular Carcinoma: The Singapore Chinese Health Study. *Cancer epidemiology, biomarkers & prevention : a publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology*, 29(7), 1430–1435. [Link Here](#)
5. Liu, B., Mao, Q., Wang, X., Zhou, F., Luo, J., Wang, C., Lin, Y., Zheng, X., & Xie, L. (2013). Cruciferous vegetables consumption and risk of renal cell carcinoma: a meta-analysis. *Nutrition and cancer*, 65(5), 668–676. [Link Here](#)
6. Mahmoud, A. M., Hernández Bautista, R. J., Sandhu, M. A., & Hussein, O. E. (2019). Beneficial Effects of Citrus Flavonoids on Cardiovascular and Metabolic Health. *Oxidative medicine and cellular longevity*, 2019, 5484138. [Link Here](#)
7. Emamat, H., Tangestani, H., Totmaj, A. S., Ghalandari, H., & Nasrollahzadeh, J. (2020). The effect of garlic on vascular function: A systematic review of randomized clinical trials. *Clinical Nutrition*, 39(12), 3563–3570. [Link Here](#)
8. Ried, K., & Fakler, P. (2014). Potential of garlic (*Allium sativum*) in lowering high blood pressure: mechanisms of action and clinical relevance. *Integrated blood pressure control*, 7, 71–82. [Link Here](#)
9. Bhatwalkar, S. B., Mondal, R., Krishna, S. B. N., Adam, J. K., Govender, P., & Anupam, R. (2021). Antibacterial Properties of Organosulfur Compounds of Garlic (*Allium sativum*). *Frontiers in microbiology*, 12, 613077. [Link Here](#)
10. Alobaidi S. (2024). Renal health benefits and therapeutic effects of parsley (*Petroselinum crispum*): a review. *Frontiers in medicine*, 11, 1494740. [Link Here](#)
11. Sears M. E. (2013). Chelation: harnessing and enhancing heavy metal detoxification--a review. *TheScientificWorldJournal*, 2013, 219840. [Link Here](#)
12. Merino, J. J., Parmigiani-Izquierdo, J. M., Toledano Gasca, A., & Cabaña-Muñoz, M. E. (2019). The Long-Term Algae Extract (*Chlorella* and *Fucus* sp) and Aminosulphurate Supplementation Modulate SOD-1 Activity and Decrease Heavy Metals (Hg<sup>++</sup>, Sn) Levels in Patients with Long-Term Dental Titanium Implants and Amalgam Fillings Restorations. *Antioxidants (Basel, Switzerland)*, 8(4), 101. [Link Here](#)
13. Azarenko, O., Jordan, M. A., & Wilson, L. (2014). Erucin, the major isothiocyanate in arugula (*Eruca sativa*), inhibits proliferation of MCF7 tumor cells by suppressing microtubule dynamics. *PloS one*, 9(6), e100599. [Link Here](#)
14. Gillesen, A., & Schmidt, H. H. (2020). Silymarin as Supportive Treatment in Liver Diseases: A Narrative Review. *Advances in therapy*, 37(4), 1279–1301. [Link Here](#)
15. Yang, J., Zhou, S., Fu, Z., Xiao, B., Li, M., Yu, G., Ma, Z., & Zong, H. (2023). Fermented *Astragalus membranaceus* could promote the liver and intestinal health of juvenile tiger grouper (*Epinephelus fuscoguttatus*). *Frontiers in physiology*, 14, 1264208. [Link Here](#)
16. Peterson, C. T., Pourang, A., Dhaliwal, S., Kohn, J. N., Uchitel, S., Singh, H., Mills, P. J., Peterson, S. N., & Sivamani, R. K. (2020). Modulatory Effects of Triphala and Manjistha Dietary Supplementation on Human Gut Microbiota: A Double-Blind, Randomized, Placebo-Controlled Pilot Study. *Journal of alternative and complementary medicine (New York, N.Y.)*, 26(11), 1015–1024. [Link Here](#)

17. Silvestrini, A., Giordani, C., Bonacci, S., Giuliani, A., Ramini, D., Matakchione, G., Sabbatinelli, J., Di Valerio, S., Pacetti, D., Procopio, A. D., Procopio, A., & Rippo, M. R. (2023). Anti-Inflammatory Effects of Olive Leaf Extract and Its Bioactive Compounds Oleacin and Oleuropein-Aglycone on Senescent Endothelial and Small Airway Epithelial Cells. *Antioxidants* (Basel, Switzerland), 12(8), 1509. [Link Here](#)
18. Farhana, K. M., Malueka, R. G., Wibowo, S., & Gofir, A. (2016). Effectiveness of Gotu Kola Extract 750mg and 1000mg Compared with Folic Acid 3mg in Improving Vascular Cognitive Impairment after Stroke. *Evidence-based complementary and alternative medicine : eCAM*, 2016, 2795915. [Link Here](#)
19. Chan, Y. S., Cheng, L. N., Wu, J. H., Chan, E., Kwan, Y. W., Lee, S. M., Leung, G. P., Yu, P. H., & Chan, S. W. (2011). A review of the pharmacological effects of *Arctium lappa* (burdock). *Inflammopharmacology*, 19(5), 245–254. [Link Here](#)
20. Klucakowa M. Lignitic Humic Acids as Environmentally-Friendly Adsorbent for Heavy Metals. *Journal of chemistry* 2017. [Link Here](#)
21. Mastinu A, Kumar A, Maccarinelli G, Bonini SA, Premoli M, Aria F, Gianoncelli A, Memo M. Zeolite Clinoptilolite: Therapeutic Virtues of an Ancient Mineral. *Molecules*. 2019 Apr 17;24(8):1517. doi: 10.3390/molecules24081517. PMID: [30999685](#)
22. Zanolli L, Briet M, Empana JP, Cunha PG, Mäki-Petäjä KM, Protogerou AD, Tedgui A, Touyz RM, Schiffrin EL, Spronck B, Bouchard P, Vlachopoulos C, Bruno RM, Boutouyrie P; Association for Research into Arterial Structure, Physiology (ARTERY) Society, the European Society of Hypertension (ESH) Working Group on Vascular Structure and Function, and the European Network for Noninvasive Investigation of Large Arteries. Vascular consequences of inflammation: a position statement from the ESH Working Group on Vascular Structure and Function and the ARTERY Society. *J Hypertens*. 2020 Sep;38(9):1682-1698. doi: 10.1097/HJH.0000000000002508. PMID: [32649623](#)
23. Park, J. H., Moon, J. H., Kim, H. J., Kong, M. H., & Oh, Y. H. (2020). Sedentary Lifestyle: Overview of Updated Evidence of Potential Health Risks. *Korean journal of family medicine*, 41(6), 365–373. [Link Here](#)
24. Watso, J. C., & Farquhar, W. B. (2019). Hydration Status and Cardiovascular Function. *Nutrients*, 11(8), 1866. [Link Here](#)
25. Strand J. (2022). Distinctive Detoxification: The Case for Including the Microbiome in Detox Strategy. *Integrative medicine* (Encinitas, Calif.), 21(4), 26–30. [Link Here](#)
26. Arendash G. W. (2025). The Brain Toxin Cleansing of Sleep Achieved During Wakefulness. *Journal of clinical medicine*, 14(3), 926. [Link Here](#)
27. Watso, J. C., Cuba, J. N., Boutwell, S. L., Moss, J. E., Bowerfind, A. K., Fernandez, I. M., Cassette, J. M., May, A. M., & Kirk, K. F. (2023). Acute nasal breathing lowers diastolic blood pressure and increases parasympathetic contributions to heart rate variability in young adults. *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology*, 325(6), R797–R808. [Link Here](#)
29. Komagata, S. (2023). Kanpumasatsu: A superficial self-massage with a dry towel to enhance relaxation and immune functions. 31, 100609–100609. [Link Here](#)
30. Evidence for the Topical Application of Castor Oil. *International Journal of Naturopathic Medicine* 2012. [Link Here](#)
31. Analysing the Therapeutic Potential of Epsom Salt across Multiple Human Physiological Systems: A Comprehensive Review [Link Here](#)
32. Hussain, J., & Cohen, M. (2018). Clinical Effects of Regular Dry Sauna Bathing: A Systematic Review. *Evidence-based complementary and alternative medicine : eCAM*, 2018, 1857413. [Link Here](#)
33. Mori, H., Ohsawa, H., Tanaka, T. H., Taniwaki, E., Leisman, G., & Nishijo, K. (2004). Effect of massage on blood flow and muscle fatigue following isometric lumbar exercise. *Medical science monitor : international medical journal of experimental and clinical research*, 10(5), CR173–CR178. [Link Here](#)
34. DiNicolantonio JJ, O'Keefe JH, Wilson W. Subclinical magnesium deficiency: a principal driver of cardiovascular disease and a public health crisis. *Open Heart*. 2018 Jan 13;5(1):e000668. doi: 10.1136/openhrt-2017-000668. Erratum in: *Open Heart*. 2018 Apr 5;5(1):e000668corr1. PMID: [29387426](#)