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the fare that can help lower your cholesterol naturally eating raw garlic or adding it to fresh juices and smoothies may help

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Supply the Antidote: A number of

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foods have been found to decrease the cancer-causing effects of aflatoxin. These include Apiaceous vegetables (carrots, celery, parsnips, and parsley), chlorophyll (found in green vegetables, spirulina and chlorella), garlic and onions. Be sure to include these in your diet.

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## Reduce Aflatoxin Exposure - Healing Gourmet

Best Foods to Reduce Inflammation.

Fill up on organic, nutrient-rich fruits and veggies like mixed greens, cruciferous veggies, artichoke and asparagus. And when it comes to fruit,



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be sure to choose low glycemic berries, citrus fruits and apples. You'll help reduce inflammation and get more antioxidants in your diet too.

Fruits and Veggies Reduce CRP  
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Kelley Herring, founder of Healing Gourmet, is a natural nutrition enthusiast with a background in biochemistry. Her passion is educating on how foods promote health and



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