

Alive Publishing Group's

# deliciousliving

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## The new detox!

- Probiotics and your skin
- The most detoxifying foods
- 2020 Supplement Awards
- Dodge environmental toxins
- Swoon-worthy salads



# DETOXING WITH CBD OIL

## Blue foods

### Blueberries

Delicious little powerhouses, blueberries contain compounds that have anticancer, anti-obesity, and anti-inflammatory properties. They may also be liver protective and help prevent heart disease. Blueberries (and strawberries!) have been found to balance detoxification by reducing overactivity of some phase I liver enzymes.

## Purple foods

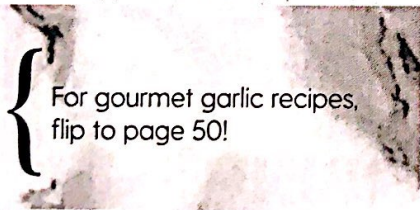
### Purple sweet potatoes

Colorful and full of antioxidant-rich anthocyanins, purple sweet potatoes can support and protect the liver while providing elimination-empowering fiber.

## White foods

### Garlic

A potent bulb with tons of flavor, garlic has been used medicinally for thousands of years. For detoxification, garlic can increase production of glutathione, protect the liver from free radicals, and support liver cell regeneration.



For gourmet garlic recipes, flip to page 50!

## Make it organic!

The best detoxification strategy is to reduce your need to detox—chemicals you don't consume are chemicals you don't need to detox. According to a 2019 study, organic produce contains less cadmium, pesticide residue, and other chemical contamination compared to conventionally raised produce. So be sure to choose organic versions of the detox dozen!

## Supportive supplements

A myriad of supplements can be used to support detoxification, from B vitamins, vitamin C, and N-acetylcysteine to botanicals like dandelion and milk thistle. They can augment your primary detox strategy: limiting your burden of toxins and supporting your body with a diverse, plant-filled, whole foods diet. ■

It's not just your imagination—hemp-derived CBD oil is everywhere. One of the nonintoxicating compounds found in the *Cannabis sativa* plant, CBD has been shown in studies to help relieve everything from pain to anxiety.

But there's another remarkable benefit to using hemp-derived CBD oil most people aren't aware of: It can help detoxify your body. Here are three ways CBD supports your natural detox mechanisms.

### 1. CBD acts as an antioxidant

Many detoxifying regimens are aimed at giving your body a break from consuming food-based toxins (hello, lemon-cayenne cleanse), but CBD oil may help combat toxins produced by your own body. Research shows that CBD is a potent antioxidant that can neutralize the cell-damaging effects of free radicals, which are chemicals that are generated when your body converts food to energy, when you exercise, and in response to environmental triggers like cigarette smoke and air pollution. Since free-radical damage has been linked to a range of diseases, from cancer to Alzheimer's, counteracting these toxins is essential.

### 2. CBD encourages homeostasis

CBD interacts with your body's endocannabinoid system (ECS), which is basically a network of cell receptors spread throughout your brain and body that governs whole-body balance, or homeostasis. CBD indirectly influences ECS receptors, enhancing a range of homeostasis functions like the immune response, memory, mood, inflammation regulation, and digestion. Research shows that one of the ECS's functions is turfing large, damaged molecules that can accumulate from aging. Since CBD oil can help keep your ECS running smoothly, it may support the ECS in ridding your body of that toxic buildup.

### 3. CBD could help you catch more zzzs

In a recent study, some participants took 25 mg of CBD in capsule form each evening. After one month, 67 percent of subjects taking CBD reported improved sleep scores. Although those scores fluctuated over the rest of the study, there is other promising research, along with anecdotal evidence, that points to CBD's effectiveness as a sleep aid. And guess what? Quality sleep is critical for detox. While you sleep, your brain gets rid of waste byproducts that have formed throughout the day. That nocturnal work is performed by the glymphatic system (not to be confused with the lymphatic system)—a recently discovered system that flushes out toxins from the brain. This process allows the brain to reboot and maintain optimal functioning.

— Sarah Ban