

Sulfur Rich Foods

One of the key components to my exclusive 6 week healing intensive - **'The Renewed You Experience'** is eating sulfur rich foods . The ideal goal should be to eat 3 servings daily
1 serving = 1/2 cup (1 cup for leafy greens)

- Asparagus
 - Bok Choy/Pak Choy
 - Broccoli
 - Brussel Sprouts
 - Cabbage
 - Cauliflower
 - Chives
 - Collard Greens
 - Garlic
 - Kale
 - Leeks
 - Onion
 - Radishes
 - Scallions
 - Shallots
 - Turnips/Turnip Greens
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Benefits:

- Nourishes mitochondria
- Improves joint pain
- Reduces blood pressure
- Immune cell support
- Cellular health
- Detoxification
- Anticancer properties
- Antimicrobial action
- Improves Gut health
- Heart health
- Hormone balancing
- Liver health

