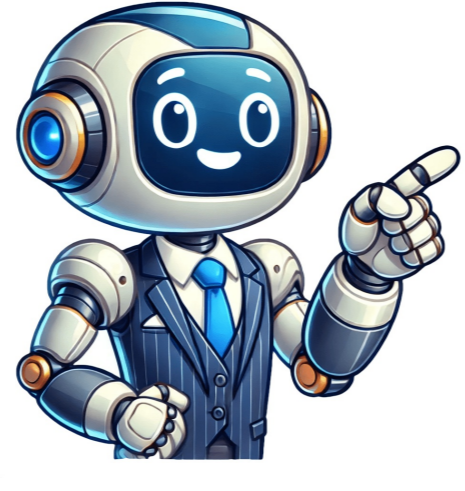


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HydrationFoodsTeaSupplementsSample cleanseFAQTakeawayKidneys naturally cleanse your body by filtering waste from your blood. Staying hydrated, prioritizing certain foods, and other habits can help support kidney function. Share on PinterestEkaterina Goncharova/Getty ImagesThe kidneys are two small organs located on either side of the spine, below the ribs. They play an important role in getting rid of excess bodily waste, balancing electrolytes, creating hormones, and filtering blood. Without disease, a well-rounded diet and adequate water intake are usually enough to keep your kidneys healthy. However, certain foods, herbs, and supplements can also help support strong kidneys. Here are 4 ways to help cleanse your kidneys and a 2-day kidney cleanse sample menu. The adult human body weight is around 60% water, according to the Academy of Nutrition and Dietetics (AND). Every single organ, from the brain to the liver, requires water to function. The kidneys are your body's filtration system and require enough water to secrete urine. Urine is the primary waste product that allows the body to excrete unwanted substances. Drinking enough water is important for the kidneys to flush out excess waste materials properly, and this is especially important during a kidney cleanse. According to the AND, the recommended daily fluid intake is 15.5 cups (3.7 liters) for adult males and 11.5 cups (2.7 liters) for adult females. However, this may vary depending on several factors, such as your age, how active you are, and if you're living with an underlying health condition. If you're unsure how much water to drink daily to keep your kidneys healthy, speak with a healthcare professional. Some heart-healthy foods may include: lean animal proteins, such as poultry, fish, and meat/beans and vegetables/low fat or fat-free dairy products/Some more specific foods may also help with your kidney cleanse. A 2019 animal study found that red grape juice and raisins may have anti-inflammatory and antioxidant properties that could help protect kidneys from fatty deposition and improve their strength and function. A glass of grape juice or a handful of red grapes make a great afternoon snack, reducing UTIs, reducing inflammation and oxidative stress, improving the gut microbiome. However, the authors note that cranberries may increase the risk of kidney stones in some people. More research is also needed to determine the dose of cranberry juice and supplements for kidney health. Brown seaweed has been studied for its beneficial effects on the pancreas, kidneys, and liver. In a 2014 animal trial, rats fed edible seaweed for 22 days showed a reduction in both kidney and liver damage from diabetes. Try a packet of dried, seasoned seaweed the next time you crave a crunchy snack. Calcium is needed to bind with oxalate to reduce the absorption and excretion of this substance. Too much urinary oxalate can lead to kidney stones. Low-fat dairy products, such as cows milk, yogurt, and cheese/Tofu/soybeans/lean meats/fortified cereals/Some supplements may provide benefits for your kidney health. Vitamin B6 is an important cofactor in many metabolic reactions. Its required for the metabolism of glyoxylate, which can become oxalate instead of glycine if B6 is deficient. Too much oxalate may lead to kidney stones. The recommended dietary allowance for vitamin B6 is 1.3 g for adults ages 19 years and older. The standard Western diet is high in inflammatory omega-6 fatty acids and low in beneficial omega-3 fatty acids. Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are two important omega-3 fatty acids present in fish oil supplements. They help reduce the risk of kidney stones. Potassium is a necessary element of electrolyte balance and pH balance of urine. Therapy with potassium citrate may help reduce the formation of kidney stones, especially in people who experience recurring episodes. For those with a history of other kidney problems, talk with a doctor before taking potassium supplements. This sample 2-day kidney cleanse may help strengthen your kidneys, but no research supports the cleansing action. Breakfast: 8 ounces each fresh lemon, ginger, and beet juice, plus 1/4 cup dried cranberries and 2 eggsSnack 1: 1/2 cup low fat Greek yogurt with 1/2 cup mixed berriesLunch: smoothie of 1 cup almond milk, 1/2 cup tofu, 1/2 cup spinach, 1/4 cup berries, 1/2 apple, and 2 tsp pumpkin seedsSnack 2: 1/4 cup of mixed nutsDinner: large mixed-greens salad with 4 ounces lean protein (chicken, fish, or tofu), topped with 1/2 cup of mixed nutsDinner: large mixed-greens salad with 4 ounces lean protein (chicken, fish, or tofu), topped with 1/2 cup of mixed nutsLunch: 1 cup hot millet topped with 1 cup fresh fruit and 2 tsp pumpkin seedsSnack 2: 1/4 cup of mixed nutsDinner: large mixed-greens salad with 4 ounces lean protein (chicken, fish, or tofu), topped with 1/2 cup of mixed nutsWater is the best drink to support kidney function, but cranberry juice, grape juice, and some teas may also be beneficial. Some ways to help keep your kidneys healthy include getting regular exercise, eating a heart-healthy diet, getting at least 7 hours of sleep each night, maintaining a moderate weight, quitting smoking if you smoke, and limiting your alcohol intake. The National Kidney Foundation suggests that adding 4 ounces of concentrated lemon juice once daily to a glass of water may benefit the kidneys. Lemon contains citrate, a citric acid that could help prevent kidney stone formation by binding with calcium in urine. Cranberry juice has anti-inflammatory and antioxidant properties that could help cleanse your kidneys. Most people don't need to flush or cleanse their kidneys. However, following a heart-healthy diet could help support kidney health. If you have a history of kidney problems, speak with a healthcare professional. They could help develop a treatment and dietary plan for you. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. Ali S, et al. (2019). Renoprotective effect of red grape (Vitis vinifera L.) juice and dark raisins against hypercholesterolemia-induced tubular renal affection in albino rats. R, et al. (2022). Therapeutic potential of cranberry for kidney health and diseases. (2024). Oxalate stones. (2019). J.C, et al. (2022). Diet and stone disease in 2022. S, et al. (2018). Impact of potassium citrate vs. citric acid on urinary stone risk in calcium phosphate stone formers. B. (2024). How much water do you need? hydration and your kidneys. (n.d.). disease. (n.d.). M, et al. (2023).

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Total coumarins from Hydrangea paniculata show renal protective effects in lipopolysaccharide-induced acute kidney injury via anti-inflammatory and antioxidant activities. Want to cleanse your body naturally? Learn simple, effective ways to detox your liver and kidneys, improve overall health, and say goodbye to toxins with easy lifestyle changes. Your liver and kidneys work like the body's built-in detox team, filtering out harmful substances and keeping everything running smoothly. But over time, toxins from processed foods, medications, pollution, and even stress can overwhelm these hardworking organs. The result? Fatigue, bloating, skin issues, and even trouble with digestion. If you've been feeling sluggish, experiencing brain fog, or just want to take better care of yourself, it might be time to detox your liver and kidneys naturally. Don't worry—there's no need for harsh cleanses or expensive detox kits. With simple tweaks to your diet, lifestyle, and daily habits, you can give your body the refresh it deserves. Lets dive in! Whether you're a senior looking to boost your energy or a caregiver supporting a loved one, understanding how to detox your liver and kidneys naturally can be a game-changer. Check on AMAZON! Here's a comprehensive list of ways to naturally detox your liver and kidneys. These methods focus on supporting their natural cleansing functions rather than simply flushing them. Your diet plays a massive role in how well your liver and kidneys function. The right foods can help cleanse your liver and kidneys naturally, while the wrong ones just make your body work overtime! Your diet plays a massive role in how well your liver and kidneys function. The right foods can help cleanse your liver and kidneys naturally, while the wrong ones just make your body work overtime! A simple tip? Start your morning with warm lemon water. It's an easy way to kickstart digestion and support your liver and kidneys naturally! Hydrate like a Pro Water is your liver and kidneys' best friend, so aim to drink at least 8-10 glasses of water daily to help flush toxins. You may find it helpful to use your water with cucumber or mint for a refreshing extra cleansing boost. Consume Cruciferous Vegetables Broccoli, cauliflower, and Brussels sprouts and kale help break down toxins and are Liver-Loving Foods Incorporate Beets and Carrots These are high in plant flavonoids and beta-carotene and support liver function and bile production, which aids digestion Liver-Loving Foods Incorporate Herbs and/or Supplements Best herbs include turmeric, ginger, garlic and several others listed below. Many can be taken as teas or supplements to complement your diet. Garlic and onions are Liver-Loving Foods which contain sulfur compounds that help detoxify your liver. Add Citrus Fruits Lemons, limes, and oranges help boost liver enzymes Liver-Loving Foods. Other fruits like apples and pears are high in fiber and are Kidney-Friendly Foods great for digestion. Eat Leafy Greens Kidney-Friendly Foods Kale, spinach, arugula and Swiss chard are rich in antioxidants. They help reduce inflammation and boost kidney function. Include Berries Blueberries, strawberries, and cranberries are packed with antioxidants that protect kidneys and liver. Check on AMAZON! Processed Foods Reduce intake of refined sugars, trans fats, and additives. Excessive Alcohol Consumption and Caffeine Your liver and kidneys do not appreciate the extra workload as they can damage the liver. Too Much Salt Can cause fluid retention and stress your kidneys. Best foods for liver and kidney detox include leafy greens, garlic, and beets. Liver and kidney detox recipes with lemons, turmeric, and ginger boost cleansing. Liver and kidney detox smoothie ideas: Blend spinach, berries, and flaxseeds. Drink plenty of detox drinks for liver and kidney health, like dandelion tea. Its not just what you eat, its how you do every day that matters. Small lifestyle tweaks can have a huge impact on your body's natural ability to flush toxins from the liver and kidneys. Heres how to make smarter choices! 8. Exercise Regularly Learn to move your body and avoid becoming a couch potato. Regular exercise boosts circulation, helping your organs filter waste efficiently. Even light activities like walking or stretching support liver and kidney detox for beginners. Try deep breathing exercises like the 4-7-8 technique to encourage better oxygen flow and detoxification in the body. Get Enough Sleep Sleep is non-negotiable because your body repairs itself while you sleep. Try to get 7-9 hours per night to allow the body to repair and detox naturally. 10. Reduce Stress Chronic stress releases cortisol which can overload your liver and kidneys and impair organ function. Try meditation, deep breathing, yoga, or simply laughing more! Its the best natural detox! 11. Avoid Smoking Toxins from cigarettes strain the liver and kidneys. 12. Maintain a Healthy Weight Obesity can lead to fatty liver disease. Certain herbs and supplements are well-known for their detoxifying properties. Always check with your doctor before adding new supplements to your routine. Many listed herbs are often available as teas or supplements, making them very accessible to everyone. Turmeric, ginger and garlic can be easily incorporated into a multitude of recipes. Find the ones you love! 13. Milk Thistle Regenerates liver cells and protects and supports the breakdown of toxins from alcohol and medications. 14. Dandelion Root Acts as a diuretic to help flush toxins from the kidneys. It also supports digestion and reduces bloating. Check on Amazon! 15. Turmeric A powerful anti-inflammatory powerhouse that aids liver and kidney detox. It is best absorbed when paired with black pepper. The curcumin in turmeric protects the liver from damage. 16. Ginger and Garlic: Both help combat toxins and improve circulation. The sulfur compounds in garlic activate liver detox enzymes. 17. Green Tea Packed with catechins, green tea supports liver function. Each of these play a powerful role in helping the liver and kidney detox process, whether by flushing out waste, reducing oxidative stress, or enhancing the body's natural cleansing abilities. Cranberry Extract Rich in antioxidants and proanthocyanidins, which help prevent bacteria from sticking to the urinary tract. It flushes toxins out of the kidneys and reduces the risk of UTIs. Ashwagandha An herb that reduces stress, which indirectly supports the liver by lowering cortisol levels. It enhances glutathione production a key antioxidant for detoxification, and helps protect liver cells from oxidative damage. Chlorella A superfood algae packed with chlorophyll, which helps remove heavy metals from the liver. Supports the body's natural detox enzymes, boosting liver and kidney function. Improves oxygen transport, which aids cellular detoxification. Parsley Acts as a natural diuretic, helping the kidneys flush out excess sodium and toxins. Contains apigenin, a compound that supports liver enzyme function. Rich in vitamin C, which aids in liver detoxification and boosts the immune system. Activated Charcoal Binds to toxins, heavy metals, and chemicals, preventing them from being absorbed into the bloodstream. Helps relieve bloating and gas by reducing toxin buildup in the gut. Can be used in cases of accidental poisoning or toxin overload to support liver function. N-acetylcysteine (NAC) A precursor to glutathione, the body's most powerful antioxidant for detoxifying the liver. Helps break down toxins from medications, alcohol, and pollution. Supports kidney health by reducing inflammation and oxidative stress. Vitamin C Aids in neutralizing free radicals and reducing oxidative stress on the liver and kidneys. Helps produce glutathione, a crucial antioxidant for detoxification. Boosts the immune system, reducing toxin load from infections and inflammation. 25. Intermittent Fasting Allows your organs time to rest and rejuvenate. 26. Dry Brushing This simple practice helps remove dead skin cells and stimulate the lymphatic system, helping detox the body. Do it before showering for best results. 27. Use Epsom Salt Baths Soaking in magnesium-rich Epsom salt draws out toxins through the skin and relaxes muscles. Add a few drops of lavender oil for extra stress relief. 28. Read Labels Like a Detective Avoid artificial preservatives, food dyes, and high-fructose corn syrup/they stress out your liver! Stick to whole, organic foods whenever possible to avoid pesticide-laden produce. 29. Filter Your Water Tap water can contain heavy metals, chlorine, and pesticides of which are tough on your kidneys. Use a good quality water filter to remove these contaminants. 30. Go Natural with Household Products Swap out chemical-laden cleaners and air fresheners for natural alternatives like vinegar, baking soda, and essential oils. This reduces the toxin load on your body over time. In the quest for natural ways to detox your liver and kidneys, keep in mind that routine medical check-ups can catch problems early and should be conducted as recommended by your healthcare provider. Taking care of your liver and kidneys doesnt have to be complicated. By making small, consistent changes like eating the right foods, staying hydrated, and reducing toxin exposure, you can detox your liver and kidneys naturally and keep them working at their best. So, say goodbye to toxins and hello to better health because feeling good never gets old! Are there any other natural ways you have found useful? Please share these experiences in the comment section below. Related Articles Discover 6 Amazing Ways Liver and Kidney Health are Linked! A natural detox is an ongoing process, but noticeable benefits can be seen within 730 days depending on diet, lifestyle, and individual health. Common symptoms include fatigue, bloating, brain fog, bad breath, dark urine, and skin breakouts. Yes! A balanced diet, proper hydration, and detoxifying herbs support both organs simultaneously. Lemon water, cranberry juice, and herbal detox teas are all great choices. Plus, there are several recipes for delicious detox smoothies. Absolutely! Just stick to gentle, natural methods and consult your doctor before making any big changes. John Hopkins Medicine: Health. Retrieved 21 Feb 2025 Detoxing Your Liver: Fact Versus Fiction Share on Facebook! Tweet! Follow us! This post may contain affiliate links which wont change your price but will share some commission. If you want to support your liver and its natural detoxification abilities, here is a list of foods that can help support the liver. These healthy foods are naturally cleansing and supportive of your best health. Liver cleansing foods (photo credit: Canva). The good news is that there are lots of natural foods and vegetables shown to be beneficial to your liver, helping ensure that it functions effectively. Try to choose organic options wherever possible, as this will minimize your exposure to pesticides and avoid a build-up of toxins or toxic wastes. Broccoli (photo credit: Canva). Cruciferous vegetables like broccoli, Brussels sprouts, cabbage, and cauliflower are high in fiber and packed with helpful plant compounds. These include substances that can increase levels of detoxification enzymes, thereby supporting liver function. Studies on animals have shown that cruciferous vegetables may also help prevent the development of fatty liver disease and liver tumors. Crucifers can be cooked in all kinds of ways, from steaming and sauteeing to roasting and air-frying. Some like watercress and arugula can be enjoyed raw! If cruciferous vegetables tend to make you feel bloated and gassy, try taking probiotic supplements to improve your digestion or eating more probiotic foods like yogurt. See my list of the foods with natural probiotics. You can also try lightly steaming or sauteing your cruciferous veggies with some healthy fats to help your digestive system handle them better. And, dont miss these recipes including Broccoli Crunch Salad, How to Grow Broccoli Sprouts, and How to Grow Broccoli Microgreens. Among their many benefits, beets are rich in natural pigments called betalains. These strong antioxidants in beet help regulate the body's inflammatory response and support the repair of liver cells. Studies on rats have demonstrated that beet juice can also help the liver cells remove toxins from the body more effectively. You can make your own beet juice using raw beets and add ingredients like apple or ginger if you find the taste too earthy. Other ways to enjoy beets include steaming, boiling, and roasting them. Make sure you eat the greens, too they are great sauteed with a little olive oil and garlic! This is a great way to get all the benefits from this healthy veggie. Dont miss my recipes for Beet Juice, or my articles on the Benefits of Beet Juice or How to Make Beet Juice Powder. Lemon (photo credit: Canva). Citrus fruits like orange, lemon, mandarin, lime, and grapefruit contain a chemical compound in their peel called D-limonene. This compound in citrus fruits may help reverse some of the damage to the liver caused by nonalcoholic fatty liver disease. You can increase the amount of D-limonene you consume by adding the zest from citrus fruits to your recipes, or by drinking pulp-free fruit juices. Other helpful and powerful antioxidants for the liver are naringenin and naringin. And, of course, citrus fruits are high in vitamin C. These may reduce inflammation and protect the liver cells from damage. Grapefruit is a particularly good source of these nutrients, so try drinking grapefruit juice or enjoying grapefruit slices in a salad. Garlic (photo credit: Canva). Garlic is a rich source of antioxidants and has been shown to protect the liver from damage associated with alcoholic liver disease. The powerful antioxidants help reduce free radicals. Other research has demonstrated that eating raw garlic 7 times per week can significantly cut the risk of developing fatty liver disease. However, this particular study only saw this benefit in men, not women. Eating raw garlic at least twice a week may also offer protection against liver cancer. Try mincing a clove of raw garlic and tossing it with your guacamole, or combining it with butter and spreading it on your toast. It is impossible to totally disguise its smell, although chewing natural breath fresheners like parsley or mint can help. Fatty fish like salmon, sardines, and mackerel are great sources of omega-3 fatty acids. Researchers have found that eating these fish maintains a healthy balance of fats in the liver, resulting in higher levels of good HDL cholesterol and lower levels of liver fat. You can also derive fatty acids from plant-based sources such as flaxseeds and walnuts. While increasing your consumption of omega-3 fats, you might want to consider the amount of omega-6 fats you consume. Experts say that most Americans exceed the recommendations for omega-6 fats and that this may lead to the development of liver disease. Processed seed and vegetable oils high in omega-6 include sunflower, soybean, corn, and cottonseed oils. In addition to avoiding the oils themselves, you should also cut down on the processed foods that contain them. Dandelions (photo credit: Canva). Leafy greens like arugula, spinach, and kale are all rich in plant chlorophylls. Chlorophyll is known to bind to toxins, so eating greens may help reduce your body's toxic burden and support your liver. Dandelion root and leaves are particularly helpful in ridding the body of toxins, so why not try some dandelion root tea too? Turmeric root (photo credit: Canva). Turmeric has been used in Ayurvedic medicine for many years to treat a range of conditions. Studies have confirmed its benefits, one of which is that it can help prevent liver disease. The bioavailability of turmeric is quite low, which means that we dont absorb very much from eating it. For that reason, supplements are often recommended, with the dosage dependent on the brand. This study showed that supplementation with turmeric extracts could be helpful for people with nonalcoholic fatty liver disease. The curcumin in turmeric can also help control inflammation, potentially preventing against chronic (long-term) liver injury. Separate research shows that it can stimulate the production of bile in the liver, too. Try my recipe for a Turmeric Shot using fresh or powdered turmeric. Green tea (photo credit: Canva). Packed with antioxidants, green tea is believed to offer a wide range of health benefits. So its good to know that drinking it can also support our liver! At least one study showed that green tea can help prevent liver disease, although the best results were seen in those consuming more than 10 cups a day. There is also evidence that green tea can help protect against liver cancer and cut down on the amount of fat deposited in liver cells. Green tea may be an acquired taste but there are ways of making it more palatable if you dont enjoy it. Try adding lemon juice, or a natural sweetener like honey or stevia. You may also like to try your favorite spices ginger, cardamom, and cinnamon all work well. Or, try matcha which is similar to green tea. I love this Coconut Matcha Latte. Asparagus (photo credit: Canva). Of all fruits and vegetables, asparagus is one of the very best sources of the antioxidant glutathione. Research shows that glutathione is beneficial in the treatment of chronic fatty liver diseases, although it works best given in high doses intravenously, rather than via food. Nevertheless, asparagus remains a good choice for supporting the liver, and its ability to break down toxins makes it a popular hangover remedy! Asparagus cooks quickly and can be prepared in a variety of ways. Try sauteing it with a little olive oil for a liver-friendly side dish thats ready in minutes. The liver located under the ribs on the right-hand side of your body is your largest solid organ. Like your heart, it is also one of the most important. All of the blood that leaves your stomach and intestines passes through your liver. Indeed, it holds around a pint of your blood supply at any time. The cells of your liver known as hepatocytes then remove harmful substances from your blood in a process known as detoxification. These waste products are then carried away from the liver in a substance called bile and eventually excreted from your body. The liver has many other important roles too. It breaks down food and converts it into energy that your body can use. Carbohydrates are broken down into glucose and then stored in the liver and muscles as glycogen. If your body quickly needs a supply of energy, your liver will then rapidly convert that stored glycogen back into glucose. Your liver also protects you from infections by calling on your macrophage system. This is a defense mechanism that destroys any bacteria it encounters. Nearly half of your bodys supply of macrophages is contained in your liver. These are known as Kupffer cells. Other functions of the liver include: Regulating blood clotting Producing cholesterol and proteins to transport fats through the body Processing the hemoglobin (the protein in your red blood cells) and storing iron Clearing a yellowish pigment called bilirubin from your red blood cells (a build-up of bilirubin can lead to yellowing of the skin and eyes)The liver is designed to cleanse itself naturally. Sometimes, damage to the liver can prevent it from doing so. But this isnt something that can be fixed by cleansing. Liver damage requires medical treatment and possible changes to ones diet and lifestyle. The concept of cleansing the liver is more of a marketing ploy, designed by companies who want to sell products that they say help with detoxification. The idea that you can take something to help undo the damage caused by indulging in too much food or alcohol is tempting. But there is no scientific evidence to support it. However, it is important to care for your liver consistently so that it can do its job properly. And, you can support your livers job of detoxification by choosing the foods listed in this article. This means exercising regularly, limiting the amount of alcohol you consume, and enjoying a healthy diet. By focusing on nutritious whole foods (preferably organic) and drinking plenty of water, you can reduce the number of toxins that your liver has to cope with. You will also provide the nourishment it needs to function effectively. The healthier you are overall, the more likely you will have a healthy liver and immune system. When toxins remain in our systems for longer than they should, our metabolism can be affected. People who may have sluggish liver function tend to experience a range of symptoms as a result, which may include: Bloating and gas Acid reflux or heartburn Difficulty in losing weight Mood swings Fatigue Craving sugar Irregular bowel movements Poor appetite Bruising Itchy or blotchy skin Feelings of stress or anxiety Bad breath You should always speak to a medical professional if you are concerned that your symptoms may be related to your liver. You may need to take a blood test to check the blood markers of liver health. Your liver is an incredibly vital organ. It removes toxins from your body, cleanses your blood, and converts the foods you eat into forms that you can use for energy. The foods listed here will help support it with all these important functions, keeping you feeling healthy and energized throughout the day. Dont forget to join my newsletter list to get exclusive clean eating recipes and tips. The newsletter is 100% free with no spam; unsubscribe anytime. About the Author: Carrie Forrest has a masters degree in public health with a specialty in nutrition and is a certified holistic nutritionist. She is a top wellness and food blogger with over 5 million annual visitors to her site. Carrie has an incredible story of recovery from chronic illness and is passionate about helping other women transform their health. Send her a message through her contact form. Note: this post is for informational purposes only and is not intended as medical advice. Please consult your healthcare provider for recommendations related to your individual situation. This post may contain affiliate links which wont change your price but will share some commission. We are participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. Follow Us On Social Media There is no denying the fact that health is wealth and every single part of our body has a purpose to fulfill. One such organ is our liver that we dont often think of, but it plays a vital role in our overall wellbeing. The liver processes everything that we eat, drink, absorb, and breathe and aids in removing waste & toxins.(1)Likewise, kidneys are amazing little organs that process200 quarts of blood, get rid of excess water and waste products, remove toxins, and keep the body functioning smoothly.(2)Typically, these organs function easily, but our modern lifestyles put our detoxification system under immense pressure. We all can get liver and kidney detox benefits from the right kind of detox support. Detoxification is a natural process everyone's body undertakes daily. The body eliminates toxins to prevent significant health problems. If your kidneys and liver don't remove toxins from the body timely, it can result in exhaustion, stomach pain, water retention, headaches, kidney stones, and other problems. Image Credits: Cleanse Joy 1. Some of the Best Rational Ways for Aiding the Detoxification Process ProperlyThe simplest key rule is to take up a light, balanced, and diversified diet that involves fresh fruits and vegetables. The sole aim behind this remains to provide the body with all the necessary nutrients to stimulate the body's natural cleansing mechanisms.(3)Some easiest ways to undertake the detoxification process include:Drinking 2.5 to 3 liters of still water a dayRegular exercise is highly supportive in this processEating a balanced diet that involves loads of fresh fruits and vegetablesLeading a healthy lifestyle by avoiding alcoholUsing certain nutritional and herbal supplements to protect the kidney and liver and enhance their function.Avoidwhey proteinincluding enough diet rich in fibreLimiting the intake of salty, sugary, fatty, and packaged foods Image Credits: Unsplash 2. Home Remedies to Detox the Liver 2.1. ChamomileChamomile has antioxidants and anti-inflammatory properties, making it a perfect product to detox your liver.In addition, it has a mild calming effect and can effectively aid in liver rejuvenation. Consume chamomile tea daily or as recommended to detox the liver. Image Credits: Unsplash 2.2. LimeLime tops the list of home remedy for liver and kidney detox because of its huge reserve of antioxidants. It boosts the body's capacity to counteract inflammation and expel toxins. Simply consuming lime or lime water at least three times a day will provide ample Vitamin C to detox the liver. Image Credits: Unsplash 2.3. Green TeaMany people drink green tea regularly to detoxify the body, which is one of the best and most commonly used home remedies to detox liver and kidney. Drink up to four times daily. RECOMMENDED READING: Is Tea Bad For Your Kidneys? Image Credits: Unsplash 2.4. PhylumPhylum can help detoxify the liver and relieve bodily issues like constipation and diarrhoea. Simply mix a teaspoon of optimum powder in water and drink this at least twice a day. 3. Ways to Detox Liver Kidney Colon 3.1. Apple Cider VinegarOne of the easiest and most effective liver and kidney detox home remedy to prevent oxidative stress in kidneys is toconsume apple cider vinegar.It increases the antioxidants level in the body, balances blood sugar levels, and creates optimum kidney conditions by reducing blood pressure. It contains citric acid which dissolves kidney stones while flushing out toxins from the kidneys. Image Credits: Unsplash 3.2. Kidney BeansKidney beans resemble the kidneys and even help effectively remove kidney waste and toxins. They are rich in Vitamin B, fibre, and many other minerals that help clean the kidney and boost urinary tract function. Image Credits: Unsplash 3.3. Lemon JuiceLime juice is naturally acidic and increases citrate levels in urine, thus, preventing kidney stones formation. It even filters blood while flushing out other toxins.(4)Daily intake of dilutedlemon water detox for kidney detoxcan effectively reduce kidney stone formation while dissolving calcium oxalate crystals. Image Credits: Unsplash 3.4. WatermelonWatermelon is a mild diuretic that hydrates and cleanses the kidneys.(5)Rich in lycopene, it even improves cardiovascular health ensuring optimum functioning of kidneys.It is also rich in potassium saltthat regulate the acidity of urine and prevents stone formation, proving to be great for kidney health. RECOMMENDED READING:Benefits Of Watermelon Seeds For Kidney Image Credits: Unsplash 3.5. PomegranateBoth pomegranate's juice and seeds are rich in significant potassium amounts to help remove kidney stones. It is effective in reducing urine's acidity, preventing stone formation because of its astringent properties, flushing out kidney toxins, and more. Image Credits: Unsplash 4. Kidney Cleansing TeasThe Kidney Cleanse Tea for UTI Supports yet another go-to option that helps kidneys become stronger and detox themselves.(6)They are infused with antimicrobial properties and even offers a stronger immunity.Some Other Easy Ways of Kidney Cleanse are:BasilDatesDandelionHibiscusCorn SilkImage Credits: Unsplash 5. Other Ways to Stay HealthyFollowing are some of the simple yet effective ways in which you can naturally detox liver and kidneys at home. Tea with Dandelion RootsFresh made Liver Detox and Cleanse Tea with Dandelion Roots diuretic in nature and very effective in detoxifying kidneys.(7)You can even eat the dandelion plants yellow petals and leaves raw as a salad to improve kidney functions.———Cranberry and Beet RootsCranberry juice is quite effective for the optimum urinary tract health and removes excess calcium oxalate; preventing stone formation. You can eat beets in salads or drink them as juices. Beets contain betaine, which helps maintains urine acidity, removes calcium phosphate, and minimizes stone formation chances.———Cucumber Juice and Coconut waterCucumber is rich in cucurbitacin, amino acids, and glycosides making it diuretics, reducing uric acid deposits, and helping dissolve kidney stones. Likewise, coconut water has potassium that balances sodium and potassium levels to improve kidney function. Image Credits: Unsplash 6. Precautions While Carrying Out Liver and Kidney Detox Home RemediesOther simple tips which can cleanse your kidney and liver:Avoid toxic environments that are prone to chemicals and chemical sprays like aerosol sprays, spray fungicides, spray paints, or spray insecticides.If you visit such places or work there then take precautions like wearing a mask, protective skin wear, and gloves.Double-check your medication list with your physician. This will ensure that you dont intake any such combinations that make your liver work harder than it needs to.It is crucial that you keep a constant check on your cholesterol levels and try to remain fit and reduce weight.Exercise regularly but not in excess.(8) Always put your blood pressure levels and sugar levels in check.Timely checkups are needed as they are likely to increase or decrease as you go on a detox, especially if for the first time.Natural fruits and vegetables cleanse your liver, so avoid using any kinds of artificial sweeteners, colorings, and preservatives.Have more regularly about kidney cleanse? Use our guides to the following topics for support:1. Kidney Cleanse Tea Recipe2. Kidney Detox Juice Recipe3. Food Good For Liver And Kidney4. Kidney Detox Smoothies. Foods To Avoid For Kidney Health6. Best Tea For Kidney Stones 7. ConclusionMost healthy people dont need to cleanse their liver and kidneys as the body undergoes a natural detoxification process. Still, there are numerous liver and kidney detox benefits offered by various vegetables & fruits, herbal teas, and supplements that can support kidney and liver health. If you have liver or kidney problems, then try incorporating the various home remedy for liver and kidney detox as talked above and stay assured to lead a healthier life.

How can i detox my liver and kidneys naturally. How to clean the liver and kidneys naturally. Natural foods to cleanse liver and kidneys. Best natural liver and kidney detox. Kidney liver detox.