Top 10 Gut Cleansing Foods

1) Lemons

Lemon juice is very effective in cleansing the colon. Drinking a glass of lemon juice in the morning helps to cleanse the toxins which have built up in your system overnight. It also alkalizes your body.

2) Chia or Flax Seeds

Unique in their nutritional profiles, both flax and chia seeds possess fats and fiber that help promote healthy digestion and a clean colon. Both are rich in omega-3 fatty acids, for instance, which have been shown to stabilize cell walls and reduce inflammation. Flax and chia also contain their own unique blends of soluble fiber, which bind with food to optimize the digestive process. The insoluble fiber in chia and flax improve your elimination, getting the waste out.
3) Homemade bone broth

This amazing food helps ease protein digestion and heals the gut lining in the process. Most importantly, bone broth is also particularly rich in two very special amino acids: proline and glycine. Glycine aids digestion by helping to regulate the synthesis and of bile salts and secretion of gastric acid. Proline enables the blood vessel walls to release cholesterol buildups into your blood stream, decreasing the size of potential blockages in your heart and the surrounding blood vessels. Proline also helps your body break down proteins for use in creating new, healthy muscle cells. Bone broth will help reduce cellulite. Cellulite doesn’t come from having excess fat, it comes from a lack of connective tissue. Collagen in the bone broth can reverse this problem because where there is sufficient connective tissue, the skin will be smooth. Collagen has also been known to be healing for the lining of the intestinal tract. This will help greatly with digestive issues.

4) Sauerkraut or Kimchi (raw, produced old world style)

Sauerkraut provides a high density source of a wide range of beneficial live bacteria which assist in the digestive process. Consuming a serving of sauerkraut can give your body as much of a health boost as many of the expensive probiotic drinks and supplements sold in stores. However, most commercially sold sauerkraut have lost most of their beneficial bacterial organisms. To gain the benefits from sauerkraut it must be raw. You want to purchase it from the refrigerated section, or learn how to make your own. Buy locally made when available.
5) Kale

Kale and other green vegetables are high in chlorophyll, which means they can help cleanse your digestive tract and detoxify your liver. Fat-soluble chlorophyll adheres to the lining of the intestinal wall and retards bad bacterial growth, removes putrefactive bacteria from the colon, and helps heal the mucosal lining of the gastrointestinal tract.

6) Fish (from clean waters, preferably wild and small, like sardines).

Fish contain omega’3 oils that act as a lubricant in your intestine's walls. These fats also help cool inflammation in the gut. Toxins attach to this oil to be flushed out. You can get Omega 3-oils also in your avocado or olive oil.

7) Green Juice or Smoothies

These are made from fresh green vegetables with a little fruit if you want. Because they are already broken down they are easy to digest. They contain enzymes, and cleansing salt to help flush out toxins. The chlorophyll in veggies helps protect the body's digestive tract, helping the body get rid of environmental toxins. They also keep your body alkaline.
8) Coconut Water Kefir

Coconut water kefir is a great source of probiotics. It is made from the water of a fresh young coconut fermented with live bacteria. This product is brisling with Lactobacillus and Bifidobacteria, which creates awesome intestinal flora, digestion and production of B-6, B12, K, niacin and folic acid. It aids digestion of all foods. It has a tonifying effect on the intestines, even flattening the abdomen. It completely stops your cravings for sugar. It appears to cleanse the liver. My favorite brand is like are www.cocokefir as in the picture. They also make coconut yogurt with live probiotics.

9) Avocados

For everyday colon cleansing, avocados are another great option for detoxification and digestion. Avocados are rich in fiber, and include both soluble and insoluble varieties at a ratio of about one to three, which is quite unique. The insoluble fiber promotes healthy bowel movements and cleanses the colon. The soluble fiber helps lower blood cholesterol and glucose levels.

10) Coconut Oil

This food goes in and eradicates harmful bacteria in our digestive tract leaving the digestive/intestinal track in excellent health. By continuing to consume coconut oil the digestive tract will resume stability. Studies have shown that coconut oil also plays a key role in healing and soothing inflamed tissues along the digestive tract. If you are experiencing painful digestive problems like colitis, Chron’s or ulcers, coconut oil can aid to some degree the pain and discomfort you might be experiencing.
Clean Water

A hydrated colon is a healthy colon. Perpetual dehydration can lead to constipation and toxic buildup, which is why it is important to drink plenty of clean, fluoride-free water every day. Some experts recommend drinking at least half your body weight in ounces of water every single day for maximum hydration and cleansing.

Bitters

I like Urban Moonshine bitters made with all organic ingredients and no sugar. The definition of a bitter is something that tastes bitter in flavor: As human beings we evolved eating tons and tons of bitters—bitters greens, bitter roots, bitter barks. The majority of food growing in the wild has an element of bitterness to it. In modern times, as a culture we consume an immense amount of sweet and salty food and we have a severe lack of bitterness. But our bodies are built for bitter flavors. Bitter engages and excites the digestive system. When we eat bitters all the digestive organs get “turned on”—excited. They start to secrete digestive juices in preparation for the incoming food. In this way bitter flavor is essential to good digestive health.