

Foods with antioxidant, antiviral & thyroid support properties:

Include as many of these foods as you can into your normal meals and snacks. Already have many of these foods? Awesome, keep up the good work!

- Artichoke
- Apple
- Arugula
- Asparagus
- Atlantic sea dulce
- Avocado
- Aloe vera juice
- Banana
- Berries (blackberries, raspberries, blueberries)
- Basil
- Coconut oil, butter, coconut milk, coconut water
- Cruciferous vegetables (broccoli, kale, cauliflower, brussels sprouts, cabbage, radishes)
- Cucumber
- Cilantro
- Dates
- Fennel fresh and Fennel seeds
- Fig
- Garlic

- Ginger
- Hemp seeds/hemp hearts
- Greens (butter lettuce, red leaf, romain, baby spinach, baby kale, mustard greens, watercress)
- Mango
- Maple syrup
- Local raw honey
- Nuts & seeds (brazil nuts, cashews, almonds, sesame seeds)
- Onions
- Orange and tangerine
- Papaya
- Parsely
- Potatoes (white, yukon gold, purple, sweet and yams) with skins
- Radish
- Sprouts (broccoli sprouts, radish sprouts)
- Squash
- Thyme
- Turmeric

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Add these foods liberally to your diet as each of them has antioxidant, antiviral and thyroid support properties and very helpful for boosting the immune system, helping the body to eliminate heavy metals and cleaning the lymphatics.