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response by 30 to 50 cutting back on high cholesterol foods like fried foods sugary desserts and fatty meats is a start but you also need to eat more of the fare that can help lower your cholesterol naturally eating raw garlic or adding it to fresh juices and

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Supply the Antidote: A number of foods have been found to decrease the cancer-causing effects of aflatoxin. These include

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Apiaceous vegetables (carrots, celery, parsnips, and parsley), chlorophyll (found in green vegetables, spirulina and chlorella), garlic and onions. Be sure to include these in your diet.

Reduce Aflatoxin Exposure -

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Best Foods to Reduce Inflammation. Fill up on organic, nutrient-rich fruits and veggies like mixed greens, cruciferous veggies, artichoke and asparagus. And when it comes to fruit, be sure to choose low glycemic

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Kelley Herring, founder of Healing Gourmet, is a natural nutrition enthusiast with a background in biochemistry. Her passion is educating on how foods promote health and protect against disease and creating simple and delicious recipes for vibrant

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