

## Sulfur-Rich Foods List

### Why should you eat Sulfur-rich foods?

Sulfur is a mineral that is critical for the vitality of your “relationship vehicle” -- your body. It is essential for building proteins and vitamins, which are critical for the health of all tissues including skin, hair, muscles, bones, and nerves. The third most abundant mineral in the body, Sulfur helps maintain cardiovascular, joint, and liver health and may help in cancer prevention.

It is involved in hundreds of physiological processes including the synthesis of glutathione -- the body’s master antioxidant. Sulfur is vital for the body’s immune defense systems. Because the body cannot produce Sulfur, you have to get it in your food. Here are some delicious options:

Kale	Mustard Greens	Cabbage	Brussels Sprouts	Cauliflower	Asparagus
Onions		Garlic		Tomatoes	
Broccoli		Avocado		Bok Choy	
Sweet Potatoes		Turnips & Greens		Watermelon	
Nuts		Beef		Chicken	
Eggs		Pork		Dairy	

### A note about Sulfur deficiency:

Sulfur-containing amino acids are the basis for the integrity and maintenance of cellular systems. They help scavenge free radicals and remove toxic compounds from the body. A deficiency in foods that are high in sulfur could contribute to the following:

- Fatigue
- Lack of concentration
- Muscle and joint pain
- Poor physical performance
- Poor sleep
- Skin blemishes