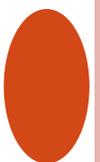


LIVER CLEANSE



- The liver is one of the hardest working organs in our bodies, filtering 3 pints (1.4 liters) of blood every minute! Our health and well-being depends in part on how effectively our liver removes toxins. We are constantly exposed to toxins in our air, water, body care products, household cleaning products, manufactured foods, medications, and for some of us, occupationally. Most people are in need of detoxification, and a simple liver cleanse is a great way to jumpstart this process.
- The goal of a liver cleanse is to stimulate the liver enzymes to more effectively process toxins for removal.



○

○  A Periodic Liver Cleanse Is A Good Idea If You Can Answer “Yes” To One Or More Of The Following:

- I am more than 20 lbs overweight
- I have diabetes
- I have a history of heavy alcohol use
- I have an autoimmune disease
- I have/have had gallstones
- I use/have used natural or bioidentical hormones
- I take/have taken oral contraceptives
- I have been exposed to a lot of cleaning solvents
- I have been exposed to a high volume of pesticides/herbicides
- I have taken more than three courses of antibiotics in my lifetime
- I take prescription medication regularly
- I take NSAIDs (Tylenol, Advil, Naprosyn) regularly
- I have a history of liver disease
- I eat a lot of boxed, frozen, canned processed foods or restaurant meals.

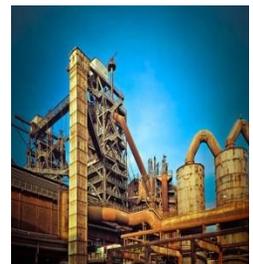


- Here are some simple steps you can take to detox your liver:

1. Remove Toxic Foods From Your Diet

- Eat real, unprocessed, un-manufactured food. Most processed foods are made with toxic hydrogenated oils such as: soybean, cottonseed, corn, and canola oils. Manufactured food products are also made with a lot of sugars, in the form of high fructose corn syrup or the many other names for sugar used to hide it in products.
- Eat food that does not contain preservatives like artificial nitrates, nitrites, and other ingredients that are very toxic to your liver.
- Be a label reader. Before you purchase any products, read the label for ingredients you do not recognize.

AVOID THIS:



2. Eat Liver Cleansing Foods

- Green vegetables such as kale, collards, chard, cauliflower, broccoli, arugula, and others contain compounds that aid in liver detoxification.
- * Green tea contains compounds that increase the activity of liver detoxification enzymes.
- * Lemons help to cleanse toxins from the liver.
- * Garlic and onions have sulfur containing compounds important for detoxification.
- * Drink raw vegetable juice that includes one or more of the following: cucumber, carrots, celery, beets, greens, cabbage, parsley, and ginger.



4. Load up on Potassium Rich Foods

- Add the following foods to your diet to help lower blood pressure, cholesterol, support your cardiovascular system, and help cleanse your liver:
- Avocados-a medium avocado contains 708 mg, in addition to many vitamins, minerals, fiber, and healthy fats.
- Sweet Potatoes-a medium sweet potato contains 846mg , and unlike the banana, which causes a spike in blood sugar, sweet potatoes have a significant amount of fiber which slows the release of sugars into the bloodstream.
- Beet Greens and Spinach-contain 1300 mg and 840mg per cup, respectively. They can be lightly sautéed, added to salads, or juiced. Beets also cleanse your blood and gall bladder, and contain 518mg of potassium per cup.
- Note: the Recommended Dietary Intake of Potassium is 4700mg/day.



○ Eat Liver or Take Liver Capsules

* Although not eaten as much anymore in the USA, liver from grass fed cows or pastured poultry is one of the most nutrient dense foods available.

* Liver contains substances that help to remove toxins from the body. It also contains many vitamins, minerals, and macronutrients.

* A good quality liver capsule should be made from a grass fed, pasture raised animal.





- **Take Liver Cleansing Supplements**

- Milk Thistle (aka Silymarin) is a powerful detoxifying herb that has been shown to eliminate the build up of the by-products of prescription and over-the-counter medications, chemical pollutants, and alcohol. Milk Thistle prevents the depletion of the level of glutathione, a master antioxidant and detoxifier, and has actually been shown to increase its levels in liver cells.

- **Dandelion**

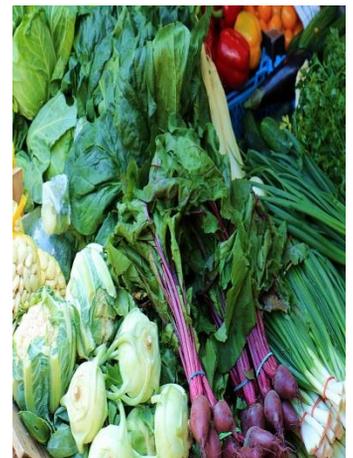
Roots/Leaves/Tea/Tincture-this detoxifying garden “weed” has many vitamins and nutrients to help cleanse the liver and maintain bile flow. It also acts as a diuretic to flush out toxins.

- Lipotropic Agents promote the flow of fat and bile to and from the liver, therefore decreasing congestion in the liver. Examples of lipotropic agents are: choline, methionine, and inositol.



○ Promote Elimination

- In order to properly detoxify the liver, thorough elimination of toxic waste products needs to occur.
- A high-fiber diet, consisting of mainly plant foods, combined with a minimum water intake of 50% body weight in ounces per day are the two main factors which support efficient elimination.
- If a high-fiber supplement is desired, psyllium powder can be used, provided care is taken to consume adequate water as instructed above, or constipation will result. As always, please read the ingredient label to ensure that the supplement purchased has only high quality ingredients, and is free from fillers, preservatives, and additives.





○ REFERENCES

- Murray M, Pizzorno J. *The Encyclopedia of Natural Medicine, Third Edition*. 2012: Simon and Schuster, Inc.; New York, New York.
- Axe J. Dr. Axe.com. <https://dr.axe.com/> . Published date unknown. Accessed date 09/18/2018.

