

16 TIPS TO CHAMPION YOUR LIVER

1

really bad. If the food is fried, it likely has unhealthy, oxidized oils. Skip it! Stick to good, clean fats like coconut oil, avocados, salmon and olive oil.

Good fat is good, but bad fat is

BYE BYE BAD FAT

BE A TOXIN AVENGER

3

Make it easier on your liver by reducing the toxins coming into your body. Buy organic foods, drink filtered water, use glass containers for food storage instead of plastic, and choose less toxic skin care products.

GET ZESTY

Lemon zest has a phytonutrient called d-limonene that supports the liver detoxification enzymes. Invest in a microplane grater and make it a breeze to add zest to your morning smoothie or favorite dressing.

8

PERFECT PROTEIN

You need protein but excess amounts can put extra strain on your liver. Choose high quality protein like wild-caught fish or grass-fed meats and aim for a little bit with each meal instead of making it your entire meal.

SKIP THE LATE NIGHT SNACKS

The liver's regenerative cycle is between 11pm and 3am. If your body is busy digesting food at this time, it disrupts your sleep and the detoxification process. Aim for a 10pm bedtime and 10-12 hours between dinner and breakfast. (Small bedtime snacks allowed to support blood sugar balance.)

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4

Foods rich in soluble fiber help support your liver by binding toxins and moving them on out. Add in chia, flax, fruits, vegetables, beans and oats for a fiber-fueled toxic flush every single day.

FABULOUS FIBER

CALL ME CRUCIFEROUS

Support the sulfation pathway (especially important for removing excess estrogens) with the addition of cruciferous veggies like broccoli, cauliflower, Brussels sprouts, cabbage and bok choy.

7

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HERB ALERT

Milk thistle, with the active constituent of silymarin, has antioxidant and anti-inflammatory properties that support the liver. It may help the liver repair itself by growing new cells.

Your liver really loves greens, especially herbs like cilantro and parsley, and bitter greens like mustard, dandelion, and arugula. Add them to salads, soups, or smoothies. Your taste buds will adjust to the bitter bite in no time and your liver will thank you for the support.

9

GO GREEN

BEAUTIFUL BEETS

Beets have betaine, which helps the liver cells clear toxins and protects the liver and bile ducts from damage. Raw, roasted or juiced, you can't beat beets.

10

BRUSH UP

Your skin is a major detox organ. When it's backed up, so is your liver. Skin brushing helps remove toxins and keeps your skin healthy and bright.

11

The B vitamins are critical for efficient liver detoxification of unwanted chemicals such as heavy metals, histamines, and bacterial toxins that could be at the root of immune or neurological challenges. Take a high quality B-complex daily.

TRIBUTE TO TURMERIC

Turmeric and its active bioflavonoid curcumin, have been used by herbalists for thousands of years to protect the liver, promote bile flow, and act as a powerful anti-inflammatory. Add a dash of turmeric to soups, roasted veggies, and even your smoothie.

12

GET OILY

A castor oil pack is a traditional remedy, perfect for our modern world. It helps to open the detoxification pathways and it is relaxing. Rub castor oil over your liver area, cover it with a cloth, and relax for 20-30 minutes.

13

B HAPPY

15

CHOLINE CONNECTION

14

An essential micronutrient, it helps transport triglycerides from the liver and it's critical for normal liver metabolism. Get it from eggs, non-GMO soy lecithin and avocados.

Chlorophyll helps clear toxins from the body, especially heavy metals. Get your green on with chlorella, spirulina, leafy greens, seaweed and matcha green tea.

16

CRAZY FOR CHLOROPHYLL