



Liver Health *Guide*

LEARN THE BEST FOODS,
LIFESTYLE HABITS, AND
SUPPLEMENTS TO LOVE
YOUR LIVER.



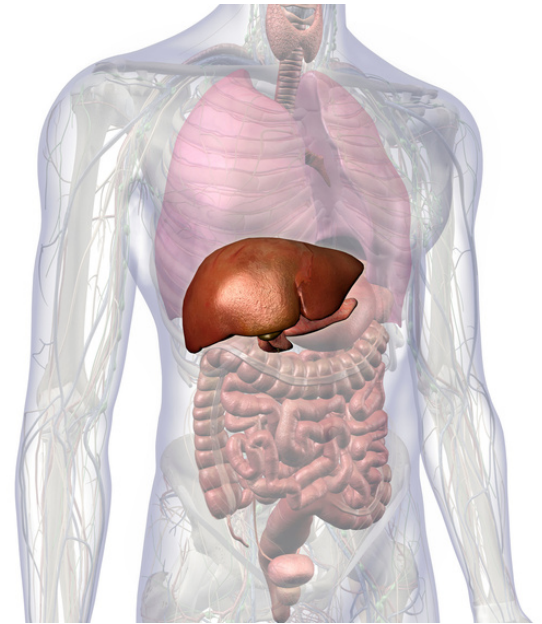
LIVER HEALTH 101

Why it matters

Next to your skin, your liver is your body's largest organ. And that's no surprise because your liver has some BIG jobs! It performs over 500 functions to help keep your body healthy.

How the liver helps your body:

- Clears toxins out of your blood
- Produces bile, which helps digest fats
- Gets rid of old red blood cells
- Helps your body metabolize proteins, carbohydrates, and fats
- Supports blood clotting
- Stores vitamins and glycogen (an energy source) for later use



Your liver works hard for you every day, clearing your body of excess hormones and harmful toxins

The trouble is, we live in a toxic world. In fact, there are over 80,000 chemicals registered for use in the US!

Your liver has to filter every toxin you encounter. So day-to-day living can give your liver a major workout.

And if the liver gets overloaded, symptoms may pop up.

Luckily, you can improve your liver health by shifting your diet and lifestyle and incorporating liver-loving supplements.

Signs of a sluggish liver:

- Acne or eczema
- Disrupted sleep
- Emotional outbursts
- Hormone imbalance
- Trouble focusing
- Brain fog
- Fatigue
- Weight gain
- Yellowing eyes or skin
- Poor digestion
- Nausea
- Pain in the upper right side of your torso

LIVER HEALTH FOODS

The best foods



Cruciferous veggies



Coffee



Berries



Citrus fruits



Oats



Dark leafy greens



Sweet potatoes



Beets



Dandelion tea



Grapes



Broccoli sprouts



Green tea

The worst



Sugar



Fried foods



Refined grains



Processed foods

HEALTHY LIFESTYLE HABITS

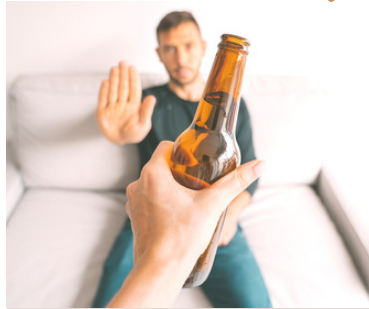


To love your liver



Go non-toxic

Avoiding toxins lightens the load on your liver. So opt for natural cosmetics, cleaning products, and personal care products. Your liver will thank you. (If you need guidance, check out [EWG's Skin Deep Database](#)).



Limit alcohol

When your liver is busy breaking down alcohol, it's can't process other toxins effectively. Heavy drinking causes fats to build up in the liver and increases the risk of fatty liver disease. So if you drink, do so in moderation.



Exercise

When you exercise, your body burns triglycerides, a type of fat in your blood. This eases the load on your liver. Plus, working up a sweat helps you release toxins through your skin, so your liver has less work to do.



Maintain a healthy weight

Being overweight or obese increases your risk of fatty liver disease. This is because excess calories cause fat to build up in your liver, But on the flip side, losing weight helps reduce liver fat.



Eat organic

Organic foods are grown without harmful pesticides and fertilizers. So choose organic as often as possible. Check out [EWG's Clean 15](#) and [Dirty Dozen](#) for guidance.



Get a lid on stress

Stress harms your body's ability to detox. Keeping stress at bay helps your liver work optimally. Yoga, meditation, journaling, and breathwork are all good stress busters.



Do a castor oil pack

Castor oil packs are a detox remedy used in Ayurveda and Chinese medicine. They're said to help the liver detox and improve lymphatic flow. Learn how to do one [here](#).



Try a coffee enema

This detox method is thought to stimulate bile flow and boost production of glutathione - which is crucial for liver detox. For a thorough walk-through, check out [this video](#).

LIVER HEALTH SUPPLEMENTS



For liver support



Glutathione

Known as 'the master antioxidant,' glutathione is vital for liver health. It plays a crucial role in phase 1 and phase 2 liver detox. Your liver makes glutathione out of the amino acids cysteine, glutamate, and glycine. Yet glutathione levels naturally decline with age.

Brands: [Thorne](#) & [Designs for Health](#)



N-Acetyl Cysteine (NAC)

NAC is a supplement form of cysteine, one of the amino acids your body needs to produce glutathione. And it's shown to have impressive effects on the liver. In fact, doctors often give NAC to patients who overdose on acetaminophen to reduce liver and kidney damage.

Brands: [Thorne](#) & [Designs for Health](#)



Milk thistle

This herb is renowned for its liver-loving properties. Milk thistle's active ingredient, silymarin, has potent antioxidant and anti-inflammatory powers. Research shows it helps improve liver function in people with liver disease.

Brands: [Gaia Herbs](#) & [Designs for Health](#)



Turmeric

Turmeric contains curcumin, a compound that boasts powerful antioxidant and anti-inflammatory properties. Studies reveal that taking a turmeric supplement helped reduce liver enzymes in patients with fatty liver disease.

Brands: [TruVani](#) & [Gaia Herbs](#)