



10 ways TO LOVE your LIVER



1. Get rid of "bad" fat

Bad fat is really bad. Try switching to healthy fats like coconut oil, avocados, salmon, and olive oil. **Your liver will thank you!**

2. Let go of the late night snacks

Your liver is busy working hard to regenerate between 11pm and 3am. Having that late night snack makes your digestive system work harder and doesn't leave much energy left to work on liver repair. It also can disrupt sleep and hinder the detoxification process. It's best to be in bed by 10pm and give your body a break by allotting 10-12 hours between dinner and breakfast.



3. Be mindful of toxins

Ease the burden upon your liver by eating organic as much as possible, drink filtered water, use glass containers instead of plastic ones to store your foods, and be mindful of what you are putting on your skin.



4. Add some zest

Lemon zest contains a phytonutrient called d-limonene that supports liver detoxification. **Add some zest to your smoothies and salads!**

5. Bring in those cruciferous vegetables

Cruciferous vegetables work to open the detoxification pathways of the liver. Try adding broccoli, cauliflower, Brussels sprouts, cabbage, and bok choy to several of your meals each week.



6. Protein

Protein is necessary for the formation of amino acids (the building blocks of life), but too much protein can place stress upon the liver. Find balance by including a small amount of wild-caught fish or grass-fed beef with each meal, rather than having it solely as a meal by itself.



7. Oh those leafy greens

Leafy greens are loaded with antioxidants. They work to support your liver and help to rid the body of toxins. Try bringing in kale and spinach a few times per week.



8. Get bitter

Bitter greens like dandelion greens and nettle are great for digestion as well as liver support. Dandelion flushes the toxins out of the liver. Bringing these in can reduce sugar cravings too.

9. An herbal powerhouse

Milk thistle is an herb that contains silymarin, which is both anti-inflammatory as well as a powerful antioxidant. It works to rebuild and regenerate the liver.

Milk thistle can be consumed in supplement form or as a tea.

10. B Wise!

B vitamins are critical for supporting liver detoxification! They help to remove heavy metals, histamines, and bacterial toxins that can be at the root of many immune or neurological challenges.

Take a high quality B complex supplement daily.

