



# WHOLE BODY BALANCE

## **Liver Health**

A healthy liver is a healthy body! It's involved with many important activities including fat metabolism and detoxification. When our body is busy getting rid of too many toxins (sugar, alcohol, chemicals) it cannot fully do its other important duty of fat metabolism. Use these foods, habits, and supplements to boost your liver's capability.

### **Liver supportive foods:**

- Cruciferous veggies: broccoli, kale, cauliflower, cabbage, Brussels sprouts
- Dandelion greens (put in smoothie or eat as salad greens)
- Artichokes
- Zest of citrus fruits
- Radishes
- Beets
- Onions & garlic
- Spices: Turmeric, cinnamon, licorice
- Green tea (especially jasmine)

### **Liver supportive lifestyle management:**

- Stress management: deep breathing/meditation at least 10 minutes per day
- Asleep by 11pm (liver regeneration time is 11pm-2am)

### **Supplements to boost liver detoxification:**

- Milk Thistle Liquid Herbal Extract. Two brands I like:
  - Herb Pharm: <http://tinyurl.com/nybxrt9>
  - Gaia Herbs: <http://tinyurl.com/mfjpx8b>
- Amazing Grass Green Superfood Powder: <http://tinyurl.com/kg9ezk3>
  - Blend it with coconut water, raspberries, and half a banana for a detoxifying treat