



# Liver Health *Guide*

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

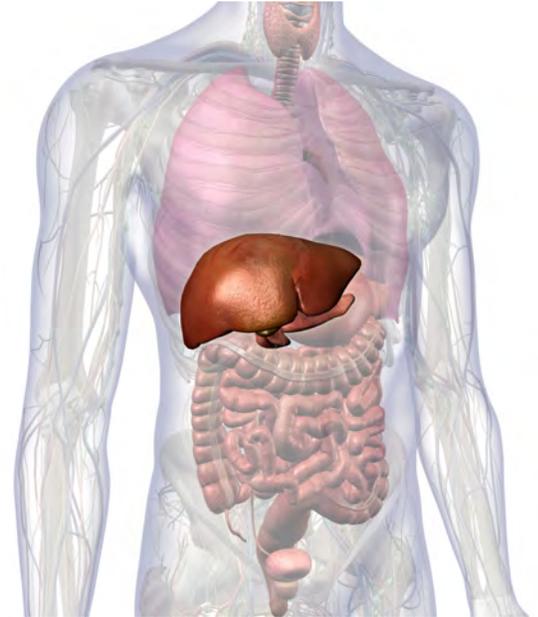
# LIVER HEALTH 101

## *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



Organic Coffee



Berries



Citrus fruits



Celery



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. Filter the water in your home to remove toxins in tap water. 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.



## Sit in an infrared sauna

Step into the incredible world of infrared therapy. Just 20 minutes can stimulate your body's natural detoxification processes. This sweating helps to flush out toxins and impurities from your skin. Saunas also help improve circulation and boost your immune system.



## 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](#).



## Filter your water

Tap water contains numerous harmful substances like chlorine, fluoride, pesticides, heavy metals and more. Filter your drinking water & shower water with a Berkey water filter found [here](#) and your bath water with a Crystal Quest ball filter found [here](#).

# 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.

**Get 15% off [here](#)**



## 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.

**Get 15% off [here](#)**



## 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.

**Get 15% off [here](#)**



## 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.

**Get 15% off [here](#)**