

LIVER SUPPORTIVE FOODS

The first step in supporting proper liver function is following a health promoting diet low in animal foods and sugar, and high in whole plant foods such as vegetables, whole grains, legumes, fruits, nuts, and seeds. Such a diet will provide a wide range of essential nutrients the liver needs to carry on its important functions. In addition, it may be helpful to take a high potency multiple vitamin and mineral supplement, use a special nutritional and herbal supplement to protect the liver and enhance liver function, and go on a 3 day fresh juice fast at the change of each season. To have a healthy liver, these are some things to definitely stay away from:

Saturated fats, hydrogenated fats/oils
Non-organic meats, poultry, eggs and dairy
Refined sugar, refined and processed foods
Alcohol, drugs, and coffee

DIET

Special foods rich in properties that help protect the liver from damage and improve liver function include:

High sulfur containing foods like garlic, legumes, onions, and eggs
Good sources of water-soluble fibers such as pears, oat bran, apples, and beans
Cabbage family vegetables especially broccoli, Brussel sprouts, and cabbage
Artichokes, beets, carrots, dandelion
Many herbs and spices like turmeric, cinnamon, and licorice.
Green leafy vegetables

JUICE/TEA

Red beet mixed with carrot, ginger and apple (12ounces cup) once a day.
Dandelion root tea: steep 1 teaspoon in 1 pint boiling water for 20 minutes. Take once a day.
Burdock root tea: steep 1 teaspoon in 1 pint boiling water for 20 minutes. Take once a day.