

# CHEAT SHEET LIVER CLEANSING

You may have heard about detoxing, cleansing and eating clean and green, you may have even done a detox or cleanse yourself. Why is it so important? Well, one reason is to keep our liver functioning at optimal levels.

## WHAT DOES THE LIVER DO?

The liver has three main jobs to do:

The liver cleanses the blood by removing toxins and processing nutrients into a form the body can use.

The liver produces a digestive enzyme called bile. Bile is stored in the liver and helps the body break down fats.

The liver converts and stores carbohydrate into energy in the form of a sugar called glycogen. Glycogen is the fuel our bodies use when we need a quick energy boost.

## WHAT HAPPENS IF THE LIVER IS NOT FUNCTIONING AT ITS BEST?

If our liver is not working well, we can start to experience symptoms such as bloating, fatigue, nausea, weight gain or loss and many more. Neglecting your health and the well-being of your liver can, in some cases, lead to liver diseases such as fatty liver or autoimmune disorders.

## HOW CAN WE LOOK AFTER OUR LIVER?

Being aware of toxins in our environment such as chemical toxins, chronic stress or emotional troubles and working to reduce them can help our livers, as can being mindful of the foods and drinks we consume. Reducing or eliminating alcohol, caffeinated drinks and processed, salty food helps maintain a healthy liver. Following a whole food diet rich in vegetables, fruit, whole grains, nuts, seeds and good quality protein can also help us keep our liver in good order.

## WHY DO A LIVER CLEANSE?

Our livers work tirelessly to remove toxins from our bodies and it can be a great idea to give them a rest every now and then. Reducing toxins in our environment and the foods and drinks we consume for a period of time can lighten the load for our livers and allow them to do their job more efficiently.

To help the liver along during a cleanse, we can drink lots of filtered water and raw vegetable juices, eat less of the foods that are difficult to digest such as processed foods, meat and dairy and add natural supplements such as turmeric and milk thistle. Cleansing the liver can help give us a well needed boost of energy and vitality.

For more information about liver cleansing and to find out if it is for you, you can [read this interview](#) with Dr. Sandra Cabot, author of The Liver Cleansing Diet and well known expert in the field of liver health.