

## The Liver Is Very Important

This is about detoxing the body's largest gland, the liver. Without a liver, a person cannot survive.

It has a number of functions including, but not limited to:

- . Detoxifying the blood to rid it of harmful substances (like toxins, drugs, alcohol, and more)
- . Stores vitamins and iron
- . Converts stored sugar to usable sugar when the body's sugar levels fall below normal
- . Produces bile, a substance needed to digest fats
- . Breaks down haemoglobin as well as insulin and other hormones
- . Destroys old red blood cells

The liver performs so many vital functions, and as a result it is very prone to disease.

### Detox Your Liver with these 19 Super Foods

1. **Beets and Carrots:** Carrots are rich in *Glutathione*, a protein that helps detoxify the liver. Both are extremely high in plant-flavonoids and beta-carotene. Eating beets and carrots can help stimulate and improve overall liver function. Studies have also shown Beets to be useful for hypertension, so remember the link between MTHFR and increased risk of cardiovascular disease.
2. **Tomatoes:** They have abundant amounts of *Glutathione* (see article above) which again, are a great detoxifier for the liver. As a side effect, *Lycopene* in tomatoes will protect against breast, skin and lung cancer.
3. **Grapefruit:** Another source of the liver cleansing glutathione. It's also high in vitamin C and antioxidants, which boost the production of liver detoxification enzymes and increase the natural cleansing process of the liver.
4. **Spinach:** Raw spinach is also a major source of glutathione, triggering the toxin cleansing enzymes of the liver.

5. **Citrus Fruits:** Lemons and limes contain very high amounts of vitamin C, which helps stimulate the liver and aids the synthesizing of toxic materials into substances that can be absorbed by water.

6. **Cabbage:** The isothiocyanates (ITCs) made from cabbage's glucosinolates provides liver detoxifying enzymes that help flush out toxins. Ensure these are lightly steamed when thyroid TSH markers are out of range. (and other cruciferous vegies, remember they are all excellent detoxifiers, think Broccoli powder etc)

7. **Turmeric:** Turmeric is the liver's favourite spice and helps boost liver detox. It does this by assisting enzymes that actively flush out dietary carcinogens.

8. **Walnuts:** Walnuts are a good source of glutathione, omega-3 fatty acids, and the amino acid arginine, which supports normal liver cleansing actions, especially when detoxifying ammonia.

9. **Avocados:** A nutrient-dense superfood, avocado helps the body produce glutathione. Also very healthy source of monosaturated fats. The body needs healthy fats and oils for fuel. They keep you feeling full for longer and assist the elimination of added sugar!!

10. **Apples:** They are high in pectin and other chemicals essential to cleansing and releasing toxins from the digestive tract. Apples make it easier for the liver to handle the toxic load during the cleansing process.

11. **Brussels sprouts:** Brussels sprouts are high in sulphur and glucosinolate, which forces the liver to release enzymes that block damage from environmental or dietary toxins. (Another cruciferous vegetable)

12. **Garlic:** Garlic is loaded with sulphur, which activates liver enzymes that help your body flush out toxins. Garlic also holds high amounts of allicin and selenium, two natural compounds that also aid in liver cleansing and are anti-bacterial. Garlic is also an essential nutrient for the cardiovascular system.

13. **Dandelion:** Dandelion root tea assists the liver in breaking down fats, producing amino acids, and generally ridding it of toxins.

14. **Leafy Green Vegetables:** Green veggies are extremely high in plant chlorophylls that absorb environmental toxins, increase bile production, and neutralize heavy metals, chemicals and pesticides, and lowers the burden on the liver.

15. **Cruciferous Vegetables:** Eating broccoli and cauliflower will increase production of glucosinolate in your system, which helps flush out carcinogens and other toxins.

16. **Asparagus:** Asparagus is a great diuretic, helping in the cleansing process and sharing the detox load of the liver and kidneys.

17. **Green Tea:** Green tea is full of plant antioxidants known as catechins, a compound known to assist liver function.

18. **Olive Oil:** Cold-pressed organic oils such as olive, hemp, and flaxseed offer great support for the liver, providing the body with a liquid base that can suck up harmful toxins in the body.

19. **Alternative Grains:** Gluten rich grains such as wheat and rye increase the load on the liver's detox function and enzyme production. Switch to alternative grains like quinoa, millet, and buckwheat. Include nutritious seeds, such as chia, flaxseeds, sesame seeds, sunflower seeds.

**Remember organic is best**

**Most standard farming practices load crops with herbicides, pesticides and chemicals to increase yield, deter or kill pests and create a "better" looking product at the detriment of our health and the health of the environment.**

