

Liver & Detox Supporting Food and Lifestyle Changes

What you can eat to help your liver do its job in the most effective way possible:

- soluble and insoluble **fiber** (fruits, veggies, legumes)
- **probiotics and fermented foods**
- **root veggies** (carrots, beets, turnips, sweet potatoes)
- **saturated fat** (organic grass-fed pastured animal products-raw if dairy-, and coconut milk, oil, butter, and flesh)
- foods that **support the important detox antioxidant glutathione** (carrots, broccoli, avocado, spinach, apples, asparagus, melon),
- phase I and II **liver detox activators**: orange, tangerine, caraway, dill, and citrus peel (except grapefruit)
- **liver-supportive foods** (artichoke, jicama, radish, burdock, beets, carrots, horseradish, black pepper, turmeric, dandelion, parsley, cilantro, leeks, garlic, onion, turnips, parsnip, rutabaga, asparagus, and yucca root)
- eat **antioxidant-rich foods every meal**, including 1 cup of berries per day and herbs and spices at every meal
- ***chew at least 20 times per mouthful to improve digestion***

What you can do to set your liver free from environmental toxins:

- ☐ 30-minute saunas
- ☐ 20-minute (or more!) Epsom salt bath with 1 quart Epsom salt daily
- ☐ at least 48 oz of water daily
- ☐ stimulate lymph (immune system) detox with “jumping” exercises at least once per week (trampolines and Zumba)
- ☐ take hot/cold/hot/cold showers (in the same shower, switch from hot to cold multiple times to move the blood and the lymph)
- ☐ shower scrubs with non-toxic scrubs to get the blood and lymph moving
- ☐ body oiling with ginger-infused oil to increase skin protection and detoxification
- ☐ Get rid of toxic ingredients in personal products
- ☐ Use safe green cleaners

Herbs that help daily detox support:

<i>Alteratives</i> support different organs of elimination depending on the herb: • Burdock • Dandelion • Yellow dock	<i>Cholagogues</i> increase the release of bile: • Artichoke leaf • Gentian	<i>Immunomodulators</i> support the balance of the immune system: • Astragalus • Medicinal mushrooms • Holy basil
<i>Liver tonics</i> and restoratives: • Milk thistle • Turmeric	<i>Diuretics</i> to support elimination through the kidneys: • Dandelion • Kudzu • Corn silk • Parsley root • Yarrow • Celery seed • Nettle • Horsetail • Juniper • Elderflowers	<i>Circulatory stimulants</i> and <i>lymphatics</i> to get your vessels moving.
If you have leaky gut causing toxic responses to food, several classes of herbs can help as you adjust your diet and lifestyle to help heal your small intestines. • <i>Demulcents</i> (marshmallow, plantain, aloe, cactus pad, slippery elm, rose hips, violet, Irish moss, corn silk) • <i>Anti-inflammatories</i> (plantain, marshmallow, chickweed, meadowsweet, goldenrod, calendula, licorice) • <i>Astringents</i>		

Courtesy of KitchenStewardship.com (Read the full post and tips [HERE](#)).