



KIWIHERB

## Dietary & Lifestyle Advice for Liver Detoxification

We all know the importance of liver detoxification programmes in maintaining optimum health. Incorporating dietary changes with Kiwiherb's Certified Organic **Liver Cleanse** is the easiest way to support your liver and digestive system.

Kiwiherb certified organic **Liver Cleanse** has been developed by experienced Medical Herbalists and contains herbs which help support and cleanse the liver and bowel.

Because it is in liquid form it acts quicker in the body, is more gentle on the stomach, and the dose can easily be adjusted to suit your own personal needs.

There are a number of important points to keep in mind when undertaking a liver detoxification programme.

1. **Start Slowly.** When you begin detoxing, all the toxins which have been stored in your body are released into the bloodstream. Because of this you may actually feel worse before you feel better. Common symptoms experienced include headaches & nausea, or a worsening of existing illnesses. To reduce the impact of these adverse reactions, start your detoxification programme slowly and gradually increase the intensity of it as you feel your body beginning to cope. For the first 3 days of your cleanse, dilute 1 to 2ml of **Kiwiherb Organic Liver Cleanse** in a little juice or water and take twice daily after food. On day 4, you can begin to gradually increase this dose till you are taking 3 to 5ml up to three times daily.
2. **Keep the channels of elimination open.** The body eliminates toxins through a number of channels, including the skin, lungs, kidneys and particularly the bowel. It is important to keep these channels of elimination flowing to allow stored toxins be removed from the body once & for all. This means **drinking plenty of fluids** (pure water, herb teas, fresh fruit & vegetable juices) to flush the kidneys and avoid constipation. Alcohol and caffeine-containing beverages should be avoided as they are two of the biggest culprits responsible for depositing toxins in your liver and keeping it from functioning properly. Water keeps the body hydrated and this naturally encourages cell regeneration, and it allows the liver to filter more toxin, allowing it to work more efficiently and thereby increasing your energy levels. Any detoxification programme must incorporate not only a liver cleansing component, but must also **support the bowel**.
3. **Dry skin brushing** can help increase the removal of toxins via the skin (see overleaf).
4. **Get plenty of rest** to help your body revive itself.

# Effective Natural Family Healthcare

## Dietary modification in liver detoxification programs

- **Add lemon juice to your daily routine** – lemon juice stimulates the liver's production of bile and helps push toxins out of the liver. A squeeze of lemon juice in your morning water or tea stimulates your metabolism so it works more efficiently throughout the day.
- **Eat plenty of raw fruit and veggies.** Spring and summer are perfect times to detoxify with the vast array of delicious fruit and veggies available. Eating these raw provides the all important fibre required to maintain the healthy function of the bowel.
- **Eat green leafy veggies every day.** Broccoli, cabbage, brussel sprouts, cauliflower and spinach all contain nutrients which support the liver in its detoxification role.
- **Up your garlic intake** – Garlic has sulphur-containing compounds that activate liver enzymes which stimulate toxin release, and it also contains allicin and selenium which protect the liver from damage caused by toxins.
- **Orange, yellow & purple fruit & vegetables** contain potent antioxidants which help protect the body against damage caused by toxins. Carrot and beetroot are particularly helpful to stimulate the cleansing of both the liver and the bowel. Try grating raw carrot and beetroot, mixing in some raw chopped garlic as a simple & delicious summer salad.
- **Keep it simple** – avoid processed foods which contain a lot of preservatives, artificial sweeteners, colours & 'bad fats'. Avoid excess dairy and animal products. These contain "bad fats" which put an extra strain on the liver which produces the bile required for their breakdown
- **Increase intake of good fats** which are anti-inflammatory in the body. Eat more fish (preferably 3-4 times per week), seeds, avocados, legumes. Avocados also contain glutathione-producing compounds which help to protect the liver from toxic overload.
- **Avoid alcohol and caffeine**, and any known or suspected allergic foods as these place an extra strain on the liver and digestive system.

## Dry Skin Brushing

It is best to brush before you shower so the dead skin cells loosened while brushing can be washed away. Brushing dry skin rather than wet helps improve toxin release. Begin at the feet and use short strokes to move up the legs. Always brush towards the heart. After the legs, circle clockwise around your abdomen (to follow the direction of the bowel), followed by the arms, chest and back.

Dry skin brushes are available from pharmacies and many health food shops. Make sure the brush you choose has natural bristles, and wash it once a week in warm water and allow to dry in the sun.

