

Natural Liver Detox

The liver is a reddish-brown, vital organ of the human body that has numerous and significant functions. It is located in the right part of the abdominal cavity, just below the diaphragm, and has extremely good circulation. That is to say, the liver has a double blood flow: hepatic artery supplies oxygenated blood to the liver itself, and the portal vein carries blood from the gastrointestinal tract, which is vital for the metabolism of the entire body.

The liver plays a key role in the metabolism and participates in the breaking down of all ingredients: fat, protein and carbohydrates.

It has a key role in:

- **maintaining adequate glucose levels in the blood**
- **creating glycogen**
- **converting toxic ammonium into urea or carbamide**

It is also indispensable in a number of other vital functions such as the **synthesis of plasma proteins, and the formation and breaking down of fats, proteins and carbohydrates**. In addition, the liver **creates bile and conjugates bilirubin** (the decomposing product of hemoglobin).

It is important to note that the liver has an exceptional ability to regenerate; therefore it is not only important to preserve the liver from harmful substances, but also stimulate its ability to regenerate.

Detoxifying Function of the Liver

Apart from all of the aforementioned functions, liver cells have a **very important role in our body**, which is the **cleansing or detoxification of the body from harmful substances or foreign matter** (xenobiotics).

The liver **breaks down various medications, drugs, alcohol, and toxins**. Despite its capabilities and benefits for the human body, the liver has its limitations, which is why it is necessary to keep the liver healthy and watch out what and how enters our body.



If we overload the liver's ability to detoxify, **pathological changes such as cirrhosis occur.**

Cirrhosis is a process in which **liver tissue is replaced by connective tissue**, thereby **reducing the liver's ability** to perform its function.

Nutrition and Lifestyle

Since liver is the main metabolic center of the body, **moderate and balanced nutrition is essential** for its **proper functioning.**

In the modern world, almost every day you can hear about some new miraculous diet, nutrition plan or ingredient. It is important to take all the information with a healthy dose of skepticism, i.e. check if there is logic to it and evidence that a diet really has a beneficial effect on the human body.

It is also important to accept the fact that there is no shortcut to success, but rather that **it is**

necessary to constantly eat healthy, to work out and avoid harmful ingredients. This section will introduce some basic tips to help you organize your personal diet.

Do not oust any of the integral ingredients from your diet - we often come across diets which exclude, for example, carbohydrates. It should be borne in mind that the brain, as the most important organ of the human body, is almost completely dependent on carbohydrates.

Do not go overboard with vitamins - vitamins are substances necessary to our body for a number of important functions. However, the amount of vitamins our body requires is often very small and at the same time vitamin supplies come in large quantities, so it is important not to bite off too much dietary supplements. Balanced intake of seasonal fruits and vegetables takes care of all our vitamin requirements.

A simple CBC can reveal a lot about the diet. **Regular blood tests** allow us to **timely detect anemia and high cholesterol, at the same time informing us of the concentration of minerals and the liver's condition.**

There are also methods of monitoring proper levels of vitamins in the body. It is smart and advisable to use modern technology and science to improve your health.

Due to menstrual bleeding, women are at a greater risk of developing anemia. Regular iron and hemoglobin tests can tell a lot about your daily energy and strength. If you decide on a diet, keep its mishaps in mind. For example, vegetarians may face difficulties with the intake of essential amino acids. This problem may be easily solved by additional intake in the form of dietary supplements.

The way you prepare the foods that you eat as part of a certain diet is just as important as the choice of the food. **The majority of nutrients** are preserved when **steaming or cooking**, as opposed to roasting and frying.

Try **eating seasonal fruits and vegetables.** The chances are that they are natural and organic.

Detox Tea for Liver Cleansing



Some experts recommend various detox teas that also help with liver regeneration. It is important to note that while these remedies will certainly not do you any harm, you still must not blindly trust all recipes. You have to listen to what your body is telling you and, having consulted with your physician, choose the most appropriate diet, the one that best suits your lifestyle.

Peppermint tea - it **stimulates liver's fat breakdown and reduces bad cholesterol**. In this way the body protects itself from atherosclerosis and related heart diseases. It also stimulates bile flow, which is essential in the absorption of fats and fat-soluble vitamins. Because of the relaxation of the uterus muscles in pregnancy, peppermint tea is not recommended for pregnant women.

Dandelion tea - **it contains the antioxidant tannin. It helps with digestion, cleansing the liver, regulating blood pressure and levels of sugar and potassium in the blood.** It also stimulates the production of bile.

Ginger Tea - foods high in fiber help with digestion and detoxification of the body. Add ginger to green tea or boiled water and you get ginger tea.

What Else Is Good for Liver Cleansing?

Essential oils - due to its beneficial effect on the bile and liver, the **extract of the artichoke leaf** is used as an effective detoxifying agent. Essential oils of **peppermint, rosemary, celery and lovage** are efficient when it comes to eliminating toxic substances from the liver.

Sweet potato - it is **extremely rich in potassium and helps with liver detox**. In addition, it is rich in vitamins B6, C and D, as well as magnesium and iron.

Animal liver - beef or chicken liver of healthy animals (preferably young) is extremely rich in nutrients and vitamins.

Milk thistle - it has strong detoxifying properties and is used in the treatment of alcoholic cirrhosis, hepatitis and **toxin-induced liver diseases**. **Reduces the harmful effect of heavy metals in water or pesticides**, which are sometimes found in contaminated food.

Epsom salt - Dr. Hulda G. Clark, an American physician, has developed a special plan for cleansing the liver by means of Epsom salt, claiming that it helps remove stones and cholesterol from the body.

It is important to note that **the most important rule of every diet is the golden mean**. Overindulgence in any substance is rarely good, and excessive amounts of otherwise exceptionally healthy ingredients may be detrimental to your health. So always keep in mind that the ultimate goal is a healthy and balanced nutrition.