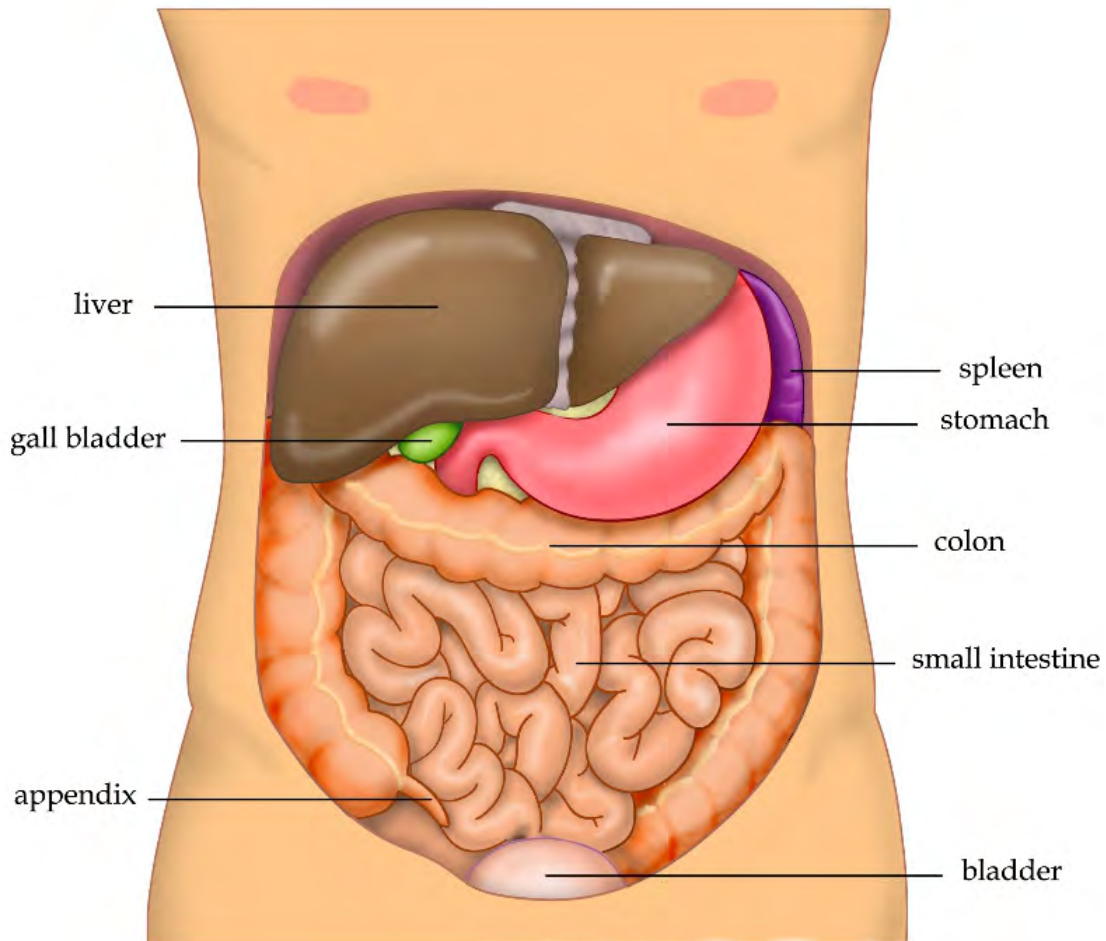


# Your Liver



Did you know that your liver is the brain of your body and it must work right for you. The liver is the most important organ.

If you inhale or ingest something toxic then the toxins enter into your circulation and heads directly to your liver. When your liver does a good job it is keeping your blood clean of all trash which is vital to your survival.

If your liver cannot do its job well or has been inundated with too

much work (toxic exposure, illness, etc) the toxic levels rises in your blood and this is considered a significant stress on your body. These toxins can irritate the vital organs like your heart, brain, and kidneys as they remain in the circulation too long. This problem can make your lymph get congested because your blood simply cannot tolerate any more toxins coming into it that your liver cannot get rid of.

Some people with sinus or digestive issues are constantly overworking their liver from toxic byproducts of imbalanced bacteria and Candida. It is like they have their own internal brewery. Obviously, the problems include too much alcohol, smoking, street drugs, and the number of prescription medications a person is on.

The typical liver-related toxic stress causes you to have headaches (mostly on temples or sides of head), dry skin, nausea (especially in the morning), a poisoned or irritable feeling, dark circles or bags under the eyes, fluid retention under the skin (puffy or pitting skin), and skin problems anywhere. Please note: The lymph skin problems are mostly from the shoulders up due to where pressure forces them, whereas the livers inability to clear toxins can cause skin problems anywhere on the body.

Stress can add insult to injury. Higher stress levels induce more cortisol release to buffer the inflammatory effects of stress. It has now been discovered that as the **cortisol levels rise**, a protein (HES1) in your liver elevates, which turns off your liver's ability to break down fat. This also contributes to fatty liver and abdominal weight gain.

## **Exercise To Help Fatty Liver**

Consistent exercise is vitally important to resolving the issue of a fatty liver. This is because exercise creates a demand for calories to flow to muscles, helping your liver to have options regarding where to send calories.

By taking 3 aerobic classes per week will reduce weight gain, shrink belly fat and clear out liver fat. Also, walking on a treadmill for one hour improves insulin resistance.

## Some Supplements That Will Help Fatty Liver Problems:

1. Green tea
2. Curcumin
3. Quercetin
4. Grape seed extract
5. Hawthorn
6. Reseveratol

**Strength training** is likely to help fatty liver as well. This is because the fatty liver disturbs growth hormone signaling it contributes to a fatty liver. Strength training and yoga reduces inflammation, pain in the body, and help conditions the growth hormone signaling to be normal.

You can lose 10-20 pounds by cleansing the body. It is time for you to treat your body to a liver cleanse.

## 3 Day Liver Cleanse Recipe

### **Ingredients**

**1-1/2 Beets**

**Flax seed oil**

**Extra virgin olive oil**

**Cut the beets in half and dice them & put in a bowl. Add ½ tsp. flax seed oil and ½ tsp. Olive Oil. Stir and eat mixture. Prepare and eat this for 3 days.**