



10-Step Gentle Liver Detox

Toxins are part of our everyday life. They are in the water, air, food, and much of what we come in contact with each day. To help mitigate this exposure, it's important that we detox our systems and liver at least once a year. It is best to do a detox in the spring after a long winter of eating rich foods. The liver is a major filter for our bodies and blood. Toxins slow our metabolisms and reduce our bodies' ability to burn fat. Cleansing our livers reboots our metabolism, reduces inflammation, pain, and boosts our immune systems to name a few of its many health benefits. A liver detox restores our bodies overall balance. Make sure to read my blog aomhealth.com/health-tips for my healthy recipes that will support you in this process.

Try your best to follow these steps each day for 21 days to rejuvenate your liver and restore your health:

1. Take an herbal liver cleanse formula (consult your Acupuncturist or Naturopath for a good one). Dandelion root, milk thistle, beets, burdock, nettle and tumeric are some potent liver herbs.
2. Before each meal drink room temperature lemon water. This will secrete bile and gets your g.i. tract primed to absorb food. After each meal drink peppermint, chrysanthemum, nettle, or green tea (green tea only in the a.m.). Also remember to drink at least 6-8 8 oz. glasses of water per day. This will help flush toxins out of your body.
3. Eliminate un-needed medications, vitamin supplements, red meat, coffee (can substitute strong green tea), alcohol, wheat, sugar, cow dairy, potatoes, and processed and refined foods.
4. Eat organic food as much as possible. Drink carrot, beet and ginger juiced together daily (you can also add other veggies or fruits such as celery or apple as well). Eat whole grains such as brown rice, amaranth, millet, quinoa, and kamut. Eat things like sweet potatoes, sprouts, beans, nuts, eggs, copious amounts of fresh/steamed vegetables (especially greens), and plenty of in-season fruits. If you need meat, only eat clean meats that are either wild or antibiotic and hormone free, vegetarian fed and are free range.
5. Cultivate a positive, happy and stress-free state of mind through meditation or prayer and intention setting. Try your best to be complaint free during this time.
6. Reduce screen time especially after the first hour of waking and an hour before bed.
7. Daily gentle exercise for at least 30 minutes like swimming, walking, yoga, taiji, qigong, gardening, and hikes in nature.
8. Nightly Epsom salt baths or sauna help clear the toxins through the pores and relaxes tension.
9. Sleep 8 hours at least per night.
10. Last but not least, regular acupuncture greatly aids in liver function and detoxification. Cupping therapy may also help pull some of the released toxins from your system.