

Kearns & Meiring

MEDICAL HERBALISTS

Liver

The liver has an enormous task to fulfil every day. It is responsible for the breakdown of many chemicals (such as alcohol, caffeine, pharmaceutical drugs) as well as the maintenance of many metabolic functions. Congestion and sluggishness in the liver can lead to poor function, leaving you feeling below par with possible hormonal imbalances and hypoglycaemia (low blood sugar). The aim of the liver diet is to reduce the demand you make on your liver and allow it to regenerate and return to optimal function.

// Dietary advice

Foods to avoid

- Fatty foods – butter, cheese, milk, mayonnaise and cream
- Alcoholic drinks
- Coffee and other caffeinated drinks (except green tea which is beneficial to the liver)
- Pork, processed and cured meats

Foods to increase

- Grilled lean meats (chicken, turkey, lean beef) and fish (cod, salmon and tuna – tinned ok)
- Eat animal/fish protein little and often – ideally in two small meals per day
- All vegetables – best eaten raw where appropriate, beetroot especially good
- All fruits – especially lemons, apples and pears (avoid citrus fruits except lemons)
- Aim to make fresh raw fruit and vegetables 40-50% of your consumption
- Complex grains – oats, wholemeal rice and buckwheat, wholegrain cereals, pulses and lentils
- Dandelion root tea

// Supplements you may find useful

Vitamin B Complex

Indicated for premenstrual syndrome and headaches / recommended daily dose 50-100mg of activated forms

Vitamin C

500mg twice per day

Magnesium

Improves glucose tolerance / recommended daily dose 400-800mg

Zinc

Aids in glycaemic control and supports blood vessels / use zinc gluconate lozenges or OptiZinc for best absorption / recommended daily dose 30 – 50mg (not more than 100mg from all supplements)

// Liver cleanser

- Blend the following ingredients in a blender: 4 teaspoons of olive oil, 2 cloves of garlic, juice of 2 lemons, enough water to fill a wine glass
- Drink back quickly and then lie down on your right side for half an hour if possible
- Chew parsley, coriander or aniseed to stimulate your liver
- Relax

