

LIVER SUPPORT

The liver generates a huge amount of energy and has many functions including detoxification and if it is sluggish it will affect metabolism and can make you feel tired and possibly cause weight gain. The following recommendations are worth bearing in mind.

1. Eat when hungry. Drink plenty of water (sip between meals and don't drink a lot at mealtimes). Don't over eat.
2. Avoid large amounts of sugar especially refined sugar, artificial sweeteners and monosodium glutamate, & refined flour. Avoid drinking alcohol.
3. Avoid allergic foods. Chew food thoroughly and slowly. Avoid wheat, and excessive dairy, and go easy on chocolate.
4. Don't eat if feeling stressed or anxious. Don't eat heavy meals after 7.30pm
5. Eat organic to avoid chemicals if possible. (for example, lettuces are often sprayed up to 11 times, animal stock are routinely given antibiotics and steroids which are passed on to us in the food chain).
6. Obtain protein from diverse sources including legumes. Use sprouted seeds & beans in salads and stir fry's. Grind sunflower seeds, almonds and flax seeds to sprinkle on foods.
7. Avoid constipation. Include plenty of vegetable fibre.
8. **Don't eat margarine. Avoid excessive saturated (butter, hard cheese etc) or damaged fats (fried foods, trans fats, hydrogenated fats found in margarine, some pastries and biscuits)*. A little butter is OK to use as your spread (You could use Anchor spreadable or Yeo Valley spreadable). Ensure you have plenty of Essential Fatty Acids.**

* Avoid these bad fats all the time if possible. Trans fats are fats that have been damaged by heating them to high temperatures such as fried foods, chips, crisps etc, (it takes something like 60 days for your body to process and excrete the trans fats from a packet of crisps). Hydrogenated fats are oils that have been chemically treated in a laboratory to make them hard (and therefore a cheap ingredient for convenience and commercially prepared foods), it is basically what margarine and Trex is. Chemically, there is just one molecule difference between hydrogenated fat and plastic! To build healthy cell membranes we need essential fatty acids but the body can't discriminate between trans fats, hydrogenated fats and essential fatty acids so it will use any of them to build cells. Unfortunately molecules of trans fats and hydrogenated fats are a slightly different shape to essential fatty acids and when they are used to make cell membranes they puncture little holes in the cells making them leak, hindering their normal function. Some countries have banned the use of hydrogenated fats in foods for this reason.

Other helpful foods for the liver

Beetroots, - they contain anti-oxidants such as beta carotene. They have a healing and cleansing effect on the liver. Lecithin - helps metabolise fats and

reduces high cholesterol levels. It also contains Essential Fatty Acids and phosphatidyl choline which helps to keep the membranes around the liver healthy. Green barley grass - gives a boost of chlorophyll which acts as a liver tonic a cleanser and has an alkalising effect on the body.