

# Positive ways to help your liver



Natural health tips from CNM  
(College of Naturopathic Medicine)

## Our liver carries out a variety of essential functions for us to be able to exist healthily, but it can be damaged by continued abuse.

Fatty Liver Disease is well known and often associated with alcoholism. But there also exists 'Non Alcoholic Fatty Liver Disease'. This is on the increase, chiefly because of our increased consumption of sugar, particularly fructose found in sweet drinks in the form of High Corn Fructose Syrup and in processed foods. Fructose turns on a fat-production factory in the liver, which can lead to obesity.

Avoiding an excessive consumption of tobacco, alcohol, coffee and sugar and

drinking lots of water are all ways to optimise liver health. Liver supporting foods include garlic, which helps your liver activate enzymes that can flush out toxins, and whose allicin and selenium compounds aid liver cleansing.

Beetroot's high level of plant-flavonoids, and chlorophyll-rich leafy greens like spinach and lettuce are also great additions to a liver friendly diet. Chlorophyll helps to rid the body of environmental toxins, heavy metals, herbicides, and pesticides. Cruciferous vegetables such as broccoli and Brussels sprouts contain important phytochemicals that stimulate detoxification enzymes. Wherever possible, choose organic produce.

The delicious avocado produces a type of antioxidant called glutathione, needed for our livers to filter out harmful substances. Squeeze lemon into your avocado dip,

or sip on warm water with lemon for a liver boosting beverage. Lemons help our bodies cleanse out toxic materials and aid the digestion process. Another useful cuppa is green tea. This is full of plant antioxidants known as catechins, which have been known to improve the functions of our liver.

The spice turmeric has been shown to aid liver repair in diabetic rats. This pungent powder has for a long while been known for its liver health properties. Pop some in your curries and soups, or make turmeric tea.



By Nutritional Therapist **Belle Amatt**, who lectures at CNM (College of Naturopathic Medicine).

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