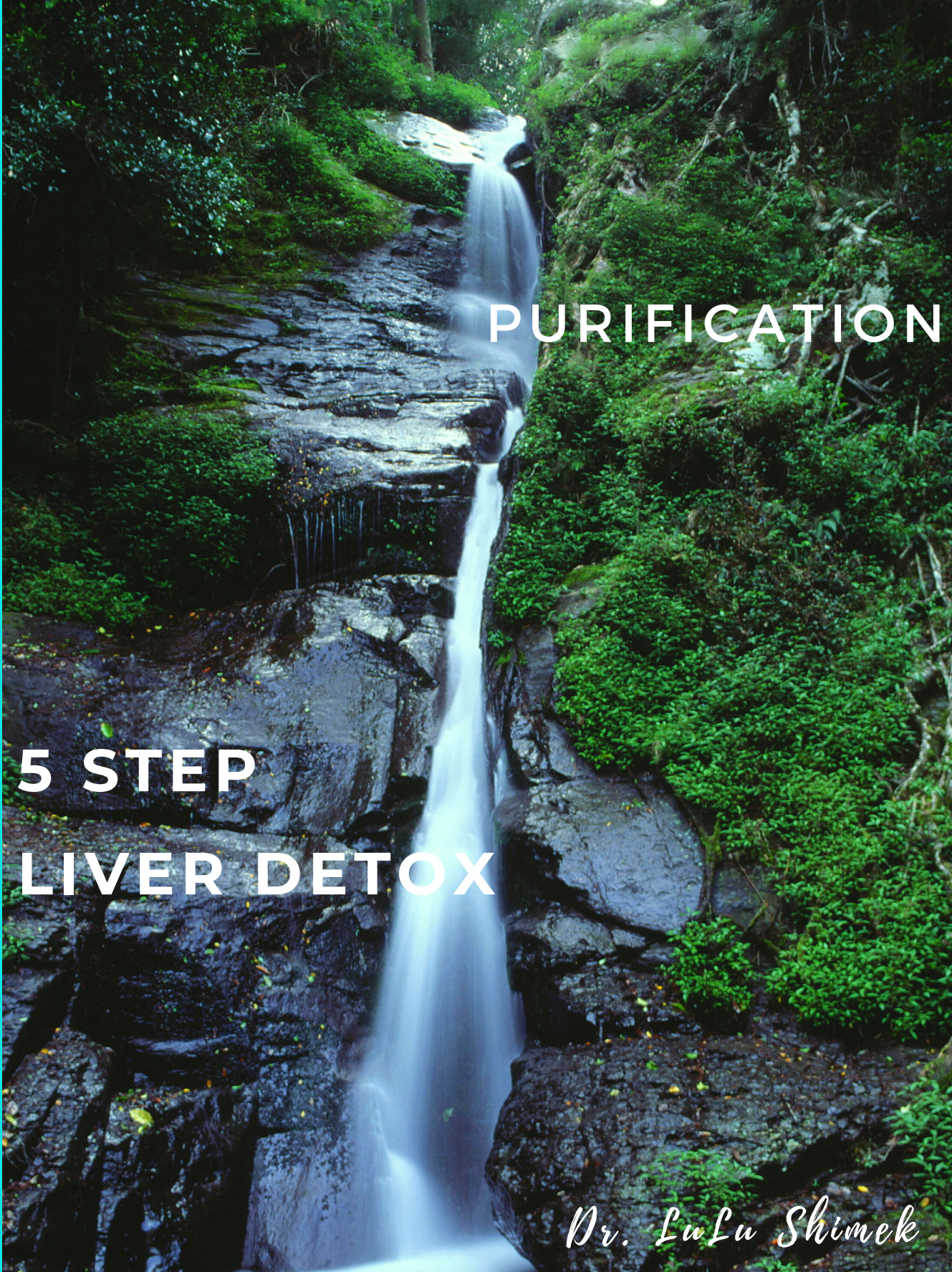


LOVE YOUR LIVER



PURIFICATION

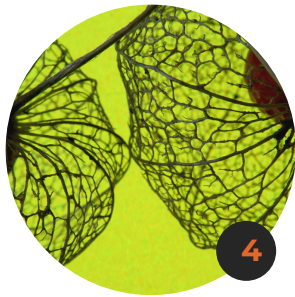
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LIVER DETOX

*Dr. LuLu Shimek*

RECOVER. RESTORE. RECLAIM.



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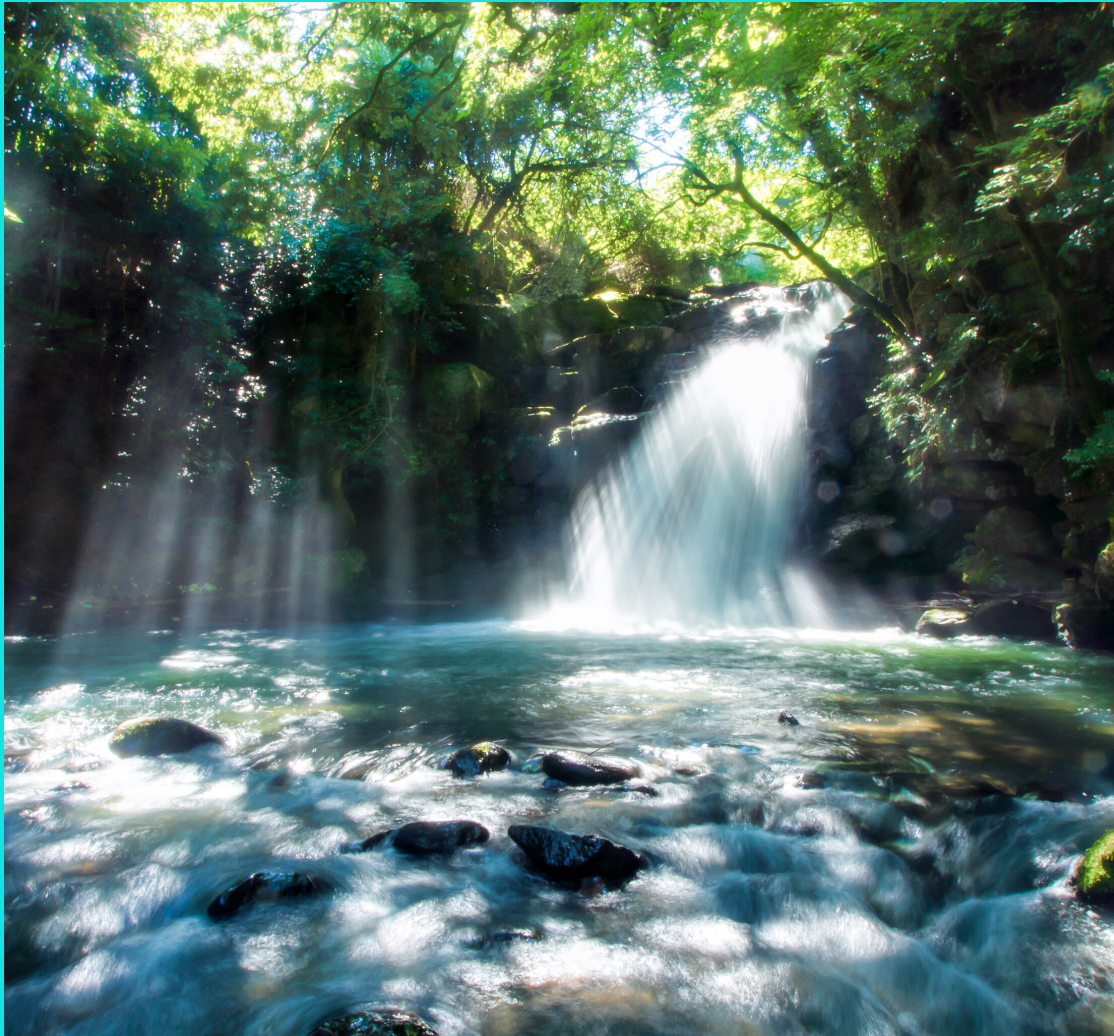
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## LIVER DETOX



## PURIFICATION

**Your health and well-being depends on how well your body removes and purges toxins. With exposure to environmental toxins, toxic body care products and processed foods, you are in desperate need of a serious detox! A liver cleanse is a great way to do this.**

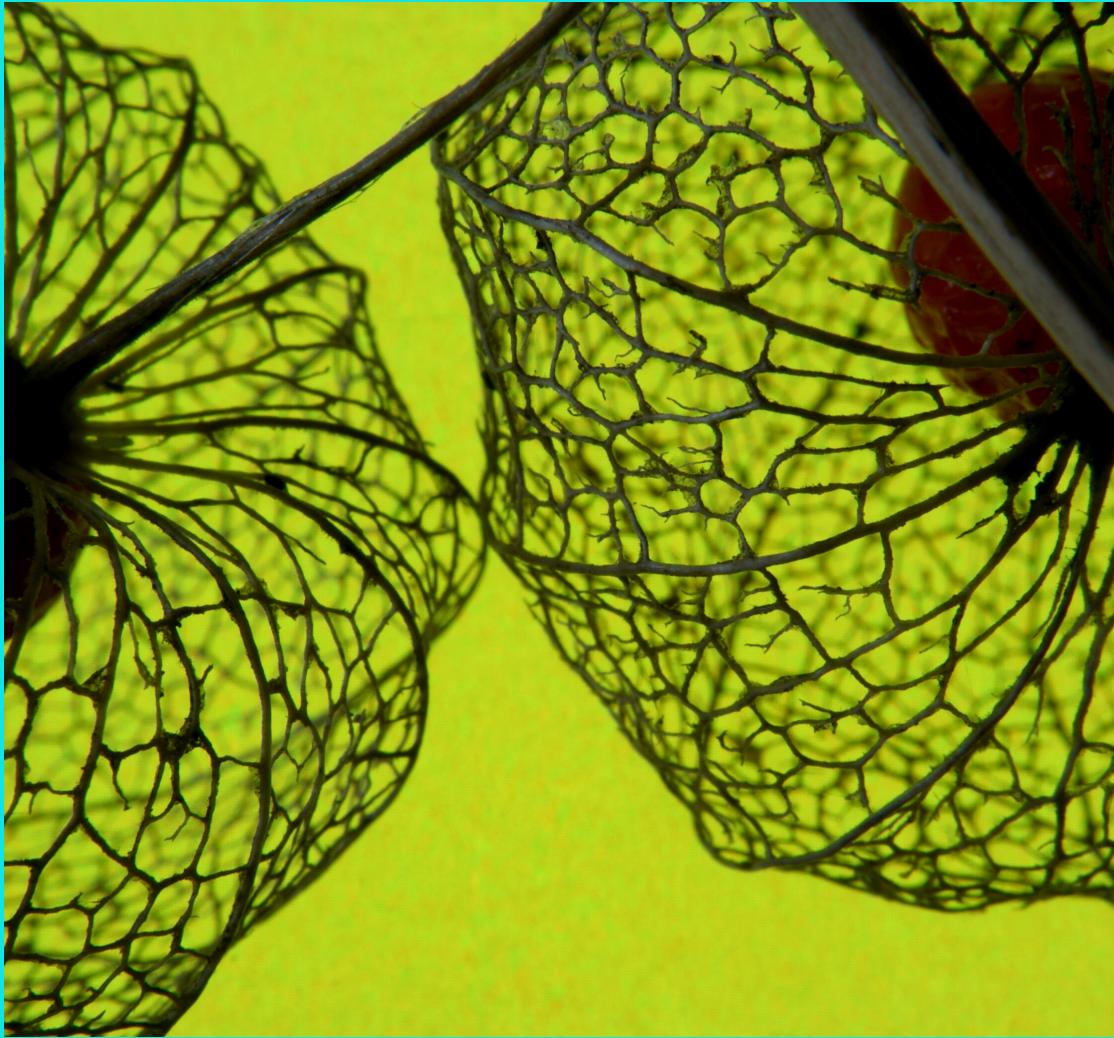
If you eliminate toxins and eat healthy foods, there's only thing that's going to happen: Your body will begin to transform.

You'll have more energy.  
You'll sleep better.  
You'll be able to live your passion.  
You'll be full of joy in life.

Toxicity is the major culprit behind these ailments.

FATIGUE  
SLOW METABOLISM  
LOW ENERGY  
BRAIN FOG  
DIGESTIVE ISSUES  
LEAKY GUT  
ALLERGIES  
SKIN BLEMISHES  
HORMONE IMBALANCES  
CELLULITE  
THYROID PROBLEMS  
DIFFICULTY SLEEPING





## LIVER DETOX

**One of the main ways that the body rids itself of toxins is through the liver. In fact, the liver is one of the hardest working organs in the body. It works tirelessly to detoxify your blood; produce the bile needed to digest fat; break down hormones; and store essential vitamins, minerals and iron. When liver function is not optimal, we cannot digest our food properly, especially fats.**

Today, we are faced with so many environmental toxins occurring in our homes, places of work and in our food supply. It is essential for our general health and well-being to keep our livers functioning properly.

Essential functions of the liver:

Processing nutrients absorbed by the intestines so they are more efficiently absorbed.

Regulating blood composition to balance protein, fat and sugar.

Destroying old red blood cells.

Breaking down and metabolizing alcohol and medications.

Producing essential proteins and cholesterol.

Removing toxins from the bloodstream, including bilirubin, ammonia and others.





## LIVER SUPPORTIVE FOODS

**The first step in supporting proper liver function is following a diet high in organic, plant-based foods such as colorful vegetables, whole grains, legumes, fresh fruits, nuts, seeds and cold pressed oils. Such a diet provides a variety of essential nutrients that the liver needs to clear toxins from the body, balance the immune response, and promote optimal digestion and nutrient assimilation.**

The following substances may interfere with healthy liver function:  
Excess saturated fats  
Hydrogenated fats/ oils (also known as trans fats)  
Non-organic meats, poultry, eggs, and dairy  
Refined sugars, alcohol, drugs, and coffee

### **DIET**

Foods that promote optimal liver function include:

- High sulfur-containing foods like garlic and onions
- Water-soluble fibers such as pears, oats, apples, and legumes (beans)
- Cruciferous vegetables: Brussels sprouts, cabbage, cauliflower, collard greens, and kale
- Artichokes, beets, carrots, dandelion

### **BEVERAGES**

- Red beet and carrot juice: red beets mixed with ½ cup carrots
- Dandelion or Burdock root tea: steep 1 teaspoon in 1 pint boiling water for 20 minutes
- Water with fresh lemon juice of the three.





# BOTANICAL MEDICINE

**The liver is a complex organ with many functions that we've only hinted at. Needless to say, promoting strong liver health and activity is vital for your body's overall health and performance. There are many essential oils and medicinal herbs that help promote liver health.**

## **Essential Oils for Liver Detox**

Cardamom  
Carrot Seed  
Chamomile  
Fennel  
Grapefruit  
Ginger  
Lemon  
Lemongras

## **HERBS**

Milk thistle (*Silybum marianum*), also known as silymarin, is a group of flavonoid compounds that exerts a protective effect on the liver against damage and enhances the detoxification process.

Schisandra chinensis promotes detoxification and also stimulates liver regeneration.

Dandelion (*Taraxacum officinale*) root has a natural diuretic effect, allowing your liver to more quickly eliminate toxins. It also helps to strengthen the immune system, balance blood sugar levels, relieve heartburn, and soothe digestive upset.





# SUPPLEMENTS

## SUPPLEMENTS

A high potency multivitamin and mineral can help protect against toxin exposure.

Antioxidants like vitamin C, beta-carotene, and vitamin E protect the liver against damage, as well as aiding in the liver's detoxification process.

B vitamins, calcium, and trace minerals also play a role in the elimination of heavy metals and other toxic compounds.

Lipotropic nutrients (compounds that stimulate the flow of bile and fat to and from the liver) such as choline, betaine, methionine, vitamin B6, folic acid, and vitamin B12 are important.

They have a "decongesting" effect on the liver, promoting both improved liver function and fat metabolism.

Take Liver supplement that guarantees no hormones, pesticides or antibiotics are used in the feeding and care of the cattle. These supplements are rich with vitamins A and B, folic acid, choline, iron, copper, zinc, chromium and CoQ10.





# EMOTIONS

**The emotion associated with the Liver is anger. If you are often irritable, get angry easily, have trouble unwinding from the day's activities, have trouble reasoning or going with the flow and letting things go, you are experiencing a Liver function problem. Experiencing these emotions chronically or excessively can seriously unbalance the function of your Liver.**

## Affirmations

"I remain calm and centered even in frustrating situations."

"I am completely healed of all anger and resentment."

## Crystals for Releasing Anger

Peridot - removes blockages to receive

Amethyst - helps to identify the root causes behind behaviors, habits and emotional patterns that create disease.

Blue Lace Agate - calming and centering it helps to soothe nervous or worried dispositions.

Rose Quartz - calming for the mid, assisting in releasing worry, fear, anxiety and past emotional trauma.





An important health disclaimer:


The views and nutritional advice expressed by LuLu Shimek N.D.  
are not intended to be a substitute for medical service.


While the information in this guidebook, and on the website, are discussed in the context of numerous conditions, it can  
be dangerous to start any health program without first consulting Dr. LuLu Shimek or your primary care physician.

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