

Jeni's Health & Fitness Tips

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Hi Everyone!

The liver is the largest gland in the body and is a storage site for vitamins A, D, C & B12 as well as riboflavin, pantothenic acid, folic acid and more. A healthy person can store sufficient supply of these vitamins to last from 6 months to 2 years. Other vitamins must be replenished from dietary sources each day or so. As well as storing vitamins the liver also transforms amino acids and beneficial proteins making them available to the brain and central nervous system.

Poor liver function can cause bad breath, abdominal bloating, headaches, fatigue, poor digestion, sluggish metabolism, poor immune system, sugar cravings and an inability to loose excess weight to name a few.

Many things can stress liver function such as alcohol, caffeine, nicotine, animal fats, excessive diary products and protein as well as some prescription drugs.

To improve liver function you may have to adjust your diet, increase hydration and decrease coffee and alcohol intake. It is essential that you drink sufficient water to aid the liver and kidneys to flush toxins from the body.

Our bodies contain an average of 40 litres of water. Tea, coffee and alcohol act as diuretics and can cause dehydration if used excessively. Fruit juice can assist with hydration but plain water is better. It is recommended that we drink 2.5 litres of fluid each day for adequate metabolic function. Studies have found that plain water is best for removing metabolic toxins and providing adequate hydration. The more plain water you drink, the easier it will be for your liver and kidneys to function adequately.

There are many supplements that can be used to help detoxify the liver such as dandelion root, globe artichoke, turmeric, bupleurum and schisandra. Quantities and combinations of these should be prescribed and monitored by a herbalist or specialist practitioner.

Several detox diets and liver cleansing products are available at health food stores and chemists. However quick fixes are not always best. A slower holistic approach is better incorporating life long changes that are sustainable. For further reading, I suggest "The Liver Cleansing Diet" by Dr Sandra Cabot. This explains the role of the liver and offers suggestions and recipes to improve liver function.

Try drinking 2 litres of plain water each day. Consume this at room temperature rather than cold. Drink small amounts frequently if you find it difficult to drink large amounts in one go. Drink before you feel thirsty if possible and never ignore your thirst. Your body will thank you and your complexion will have a clearer, healthier glow.

Yours in health,

Jeni