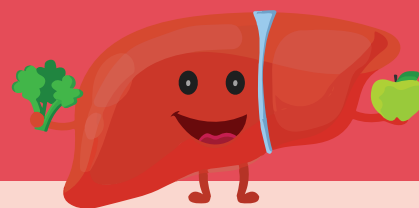














Love your liver



The liver is the second largest organ in your body and is responsible for over 400 functions. Besides cleansing the blood, helping regulate body temperature and creating bile to aid digestion, this powerhouse organ is responsible for your body's natural detoxification process. It facilitates the removal of environmental toxins, drugs and alcohol as well as the elimination of excess hormones.

Take the quiz below: tick all that apply to you to see if your liver is feeling the love, or if there might be imbalances to address.

 <p>Do you eat red meat, refined sugar or processed foods more than twice a week?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you experience mood swings and anxiety?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do your legs, ankles or feet swell up?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you suffer eruptions or blemishes on your skin?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
 <p>Do you drink alcohol more than twice a week?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you often feel run down or fatigued?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you frequently suffer from digestive issues (eg. constipation or diarrhoea)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you often experience abdominal cramps?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
 <p>Do your eyes and skin have a yellow tinge?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you often feel excessively thirsty?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Do you often experience abdominal bloating?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	 <p>Have you experienced unexplained weight loss or gain?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>

How did you score? ("Yes" responses)

1-4

Congratulations !
Your liver is feeling the love. Keep up the good work.
Look over our tips to keep yourself on track.

5-8

There are some early warning signs of imbalance starting to show, speak to your practitioner about improving your liver function.

9-12

Your liver is not feeling the love and you are experiencing imbalances. Speak to your practitioner as soon as possible.

Total:

Yes: _____

No: _____



orthoplex

Below are 4 easy steps you can follow to support your liver, regain balance and maintain a healthy body.



1. Go Heavy on the H₂O

Drinking enough water and keeping yourself properly hydrated is a great way to support your liver. Water helps flush out toxins from the body, assisting the normal cleansing process and promoting optimal liver function. Dehydration on the other hand, can impede the body's ability to detoxify itself, making the liver slow and sluggish. Avoid energy drinks, alcohol and excess caffeine as these can cause or worsen dehydration.



2. Work on your balancing act

A balanced diet can make all the difference when it comes to improving your liver health. Make sure you're eating whole foods rich in nutrients, antioxidants, fibre and good fats. Foods like garlic, brussels sprouts, broccoli, rocket, fish, and fresh citrus fruits are great liver supporters. Avoid consuming processed foods and meals that are high in sugar, saturated fats and refined carbs (eg. white bread and pasta). While other cells in the body can metabolise glucose, only the liver can break down fructose, and if you have too much the liver can become fatty. Try also limiting your alcohol consumption as excessive drinking can severely damage the liver.



3. Get your body moving

Exercise and physical activity, in general, support the body's natural detoxification pathways. Regular exercise is essential to maintain overall health and wellbeing. A minimum of 45 minutes of physical activity, three times a week, combining both aerobic exercise like walking or swimming, as well as anaerobic exercise like weight training, is recommended to support a healthy liver and general wellness.



4. Nourish your gut

The good bacteria in your gut can impact many areas of your health, including your liver. Eating fermented foods and taking good quality probiotic supplements can encourage a healthy and balanced gut microbiome. Avoid eating foods that can cause inflammation in the gut such as refined sugars and alcohol.

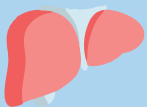
Did you know?

The liver is the only organ that can grow back when part of it has been damaged or removed.



Where possible avoid breathing in toxins

These could be cleaning products, chemicals or cigarette smoke. Always try to opt for more natural alternatives, like a homemade tea tree oil and vinegar cleaning solution.



Mind your medications

Most drugs will be broken down in the liver after being consumed. Always speak to your healthcare practitioner about any medication or supplement you are currently taking.

