



KAREN MARTEL NUTRITION

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WEIGHT LOSS HACK

#5

Liver/Gallbladder Cleanse

OVERVIEW

A healthy liver is imperative to long-term health and maintaining a healthy body weight. The liver is the principal organ responsible for fat-burning and must be cleansed, or flushed, for it to operate effectively.

SIGNS AND SYMPTOMS

- NASEAU
- FATTY STOOLS
- HEARTBURN
- BLOATING
- CONSTIPATION
- DIARHEA
- YELLOW SKIN
- HEADACHES OR MIGRAINES
- HYPOTHYROIDISM
- DRY SKIN
- SKIN RASHES
- HOMRONE IMBALANCE
- PAIN BETWEEN THE SHOULDR BLADES

THE HACK

- REMOVE TOXINS FROM YOUR ENVIRONMENT

Our bodies are being constantly bombarded by toxins in our environment. When your liver is overloaded with toxins, chemicals and the byproducts of excess food, it does not function properly. Everything we consume -- food, beverages, drugs and alcohol -- is processed by the liver before continuing through the body's systems. Removing as much of those harmful chemicals is key to supporting your liver function.



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- **LIVER/GALLBLADDER SUPPORT**

If you have signs and symptoms of liver and gallbladder issues taking daily supplements is recommended. See below for supplements suggestions.

- **LIVER/GALLBLADDER CLEANSE**

Doing a liver cleanse a few times a year is recommended for everyone. This helps balance hormones, increase your energy and boost metabolism.

SUPPLEMENT SUGGESTIONS

- Bitters-taking a shot of bitters prior to eating can help the body to produce bile to aid in digestion.
- Turmeric/Curcumin- reduces liver inflammation and also acts as a bitters.
- Artichoke-increases bile secretion.
- Alpha Lipoic Acid-helps to regenerate the liver.
- N-Acetyl Cysteine-potent antioxidant and has hepatoprotective properties.
- Taurine and Methionine-helps support detoxification pathways.
- Beet Powder-contains betaine which is the substance that encourages the liver cells to get rid of toxins.
- Formulas- Detoxification Support Packets by Designs for Health, Paleo/Vegetarian Cleanse powder, AOR liver support



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BIGGEST TAKEAWAY

If the liver isn't cared for properly, it becomes bogged down with toxins, overworked, and can even become fatty. This is often a result of obesity. We cannot take the health of the liver for granted; when the liver is overloaded, it weakens the immune system and we get sick more easily.

In addition, lipids and toxins in the liver make it much more difficult to lose weight. Both the gallbladder and the liver work together as a team to process fats. If they're both full of toxins, they won't be able to properly and efficiently do their jobs.



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