

THE IMPORTANCE OF “LOVIN” YOUR LIVER, OUR VERY OWN IN- HOUSE PROJECT MANAGER

WHY THIS POWERHOUSE ORGAN NEEDS ALL THE SUPPORT IT CAN GET.

We take special care with our skin, our heart, and our brain— but what about the organ that plays a part in over 400 of your body’s functions? The liver is an unsung hero of the body and certainly deserves a little lovin’!

WHAT MAKES IT AN ALL-STAR ORGAN?

First the liver helps your body digest. It produces bile, a digestive fluid that emulsifies and absorbs fats in the small intestine. Besides metabolizing fats, the liver is responsible for processing carbohydrates and proteins. It converts glucose into glycogen, which it stores for use later. When your blood sugar drops, the liver converts the stored sugar back into glucose and releases it into your bloodstream.

Another important job for the liver is as your body’s natural detoxifier. A toxin is a substance harmful for the body— coming from either outside source such as pesticides, or by-products from the body’s natural processes. Your liver neutralizes these threats, transforms them into usable materials, or eliminates them from the body all-together.

Too many toxins, and not enough love, creates a tired liver leading to health concerns such as weight gain especially belly fat, cardiovascular disease, chronic fatigue, headaches, and digestive problems— just to name a few!

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LOOKING AFTER YOUR LIVER

10 FOODS THAT CAN AID YOUR LIVER

GARLIC:

Garlic helps your liver activate enzymes that can flush out toxins. It also has a high amount of allicin and selenium, two natural compounds that aid in liver cleansing.

GRAPEFRUIT:

Eating or drinking grapefruit juice can help your liver flush out carcinogens and toxins. This fruit is also high in both vitamin C and antioxidant properties.

BEETS:

Beets are high in plant flavonoids, which can improve the overall functions of your liver.

LEAFY GREENS:

Leafy greens like spinach and lettuce have the ability to neutralize metals, chemicals and pesticides that may be in our foods, and act as a protective mechanism for the liver.

GREEN TEA:

Green tea is full of plant antioxidants known as catechins, which have been known to improve the functions of our liver.

AVOCADOS:

Adding more avocados to your diet can help your body produce a type of antioxidant called glutathione, which is needed for our livers to filter out harmful materials.

CRUCIFEROUS VEGETABLES:

Cruciferous veggies like cauliflower, cabbage, garden cress, bok choy, broccoli, brussels sprouts and similar green leafy vegetables also increase the amount of glucosinolate (organic compounds) in our bodies that helps create enzyme production for digestion.

LEMONS:

We all know citrus fruits like lemons are full of vitamin C, but lemons also help our bodies cleanse out toxic materials and aid the digestion process.

TURMERIC:

Used as a spice, turmeric has been known to help our bodies digest fats and stimulate the production of bile. It can also act as a natural form of detox for your liver.

WALNUTS:

Walnuts are also high in glutathione and omega-3 fatty acids, which help support our liver through its cleansing process.



WHAT IS ADRENAL FATIGUE?

Adrenal fatigue is a phenomenon characterized by a disruption of your adrenal glands' ability to make cortisol in the right amounts at the right times in response to stress.

The adrenals are the body's hormonal powerhouse. Two little glands that sit on top of your kidneys, they're the linchpin of a feedback loop coordinating nearly every hormone in your body.

THE THREE STAGES OF ADRENAL FATIGUE

There are three stages of adrenal fatigue. Each one is associated with a different type of cortisol imbalance, and typically people progress from stage 1 to stage 3 sequentially over time.

STAGE 1: WIRED AND TIRED

This stage is characterized by high cortisol levels, especially at night, leading to insomnia, insulin resistance and abdominal weight gain. People often feel energized but in an edgy "wired" way.

STAGE 2: STRESSED AND TIRED

In this stage, many people wake up early in the morning (often around 3 am) and are unable to fall back asleep. Later in the day, some stressor kicks in, and they feel more awake. Their cortisol peaks early flattens out, but often has a midday or early evening rise.

STAGE 3: BURNOUT

This stage is characterized by exhaustion regardless of hours slept, a flat cortisol curve, and in some cases, low DHEA and thyroid hormone levels. A dangerous place to be because it's associated with a higher risk of autoimmune disease. It's a good idea therefore to get back from the brink of a hormonal collapse.

Please note that the following steps are a recommendation and that you should seek professional help if you feel you have an extremely advanced ca



9 STEPS TO HEAL ADRENAL FATIGUE NATURALLY

1. FOLLOW A HEALTHY WHOLE FOOD NUTRITION REGIME.

This means getting rid of foods that you are sensitive to, foods that cause inflammation. Start eating lots of brightly colored vegetables, lean clean protein, and whole grain gluten-free carbs.

Other changes can include eliminating dairy, particularly if you are sensitive to it, eating more vegetables, and eating more carbs. A strict no-carb diet can stress the body, even more, worsening adrenal burnout. Of course, that doesn't mean you eat copious amounts of breads, cookies and cakes, but rather quinoa, lentils and buckwheat.

2. GO BED EARLY.

Getting to bed before 11pm is a must in any stage of adrenal fatigue. Many people get a second cortisol surge after 11pm, which further disrupts sleep patterns.

3. FLOOD THE ADRENALS WITH B VITAMINS.

B vitamins (B5 and B6 in particular) are food for the adrenals. B12 and folate also help with energy production.

4. COOL INFLAMMATION.

Using omega-3 fatty acids, curcumin, and vitamin C supplements, in particular, can lower the systemic inflammation levels allowing the adrenals to recover.

5. SUPPLEMENT IMPORTANT NUTRIENTS.

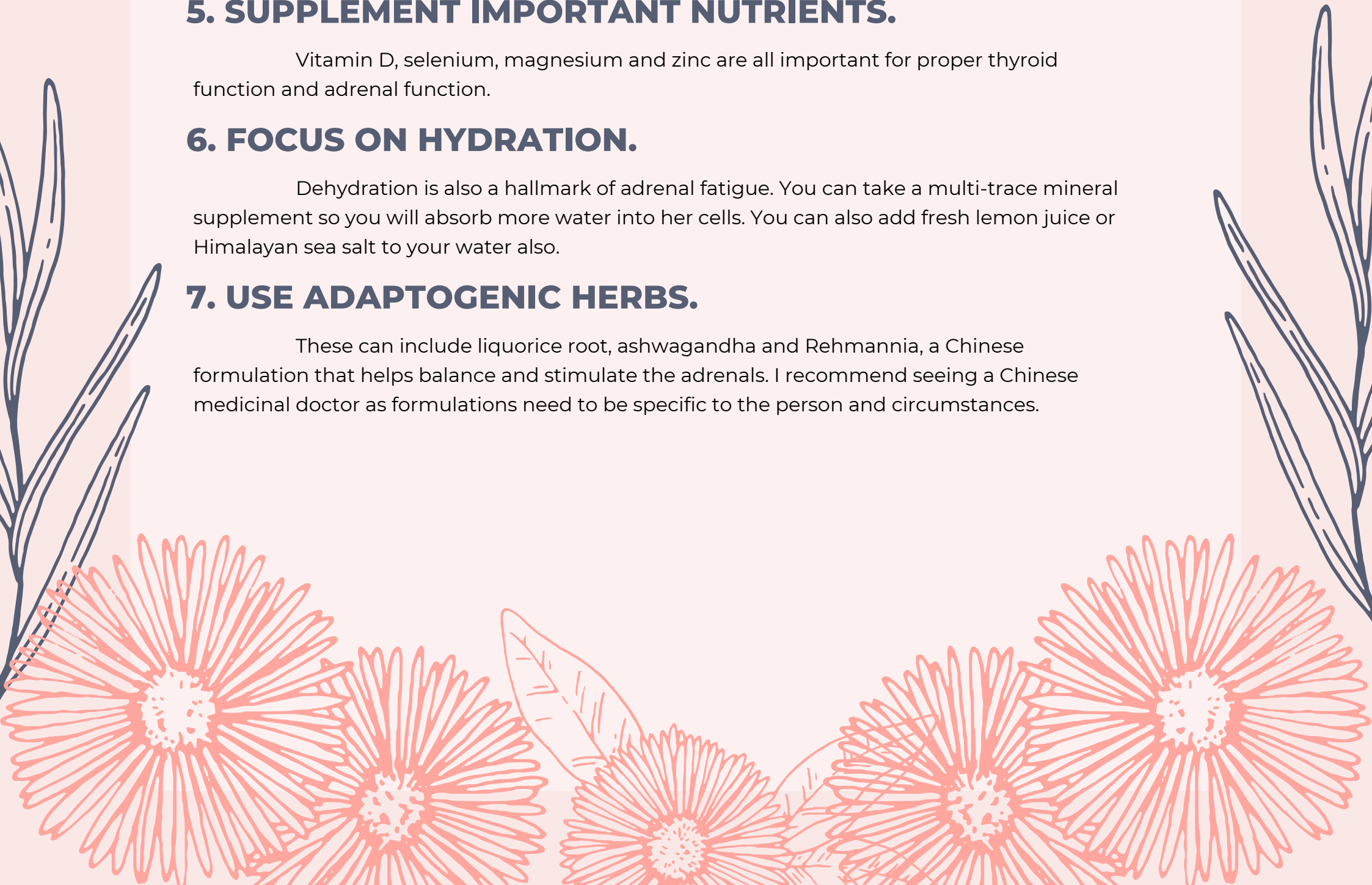
Vitamin D, selenium, magnesium and zinc are all important for proper thyroid function and adrenal function.

6. FOCUS ON HYDRATION.

Dehydration is also a hallmark of adrenal fatigue. You can take a multi-trace mineral supplement so you will absorb more water into her cells. You can also add fresh lemon juice or Himalayan sea salt to your water also.

7. USE ADAPTOGENIC HERBS.

These can include liquorice root, ashwagandha and Rehmannia, a Chinese formulation that helps balance and stimulate the adrenals. I recommend seeing a Chinese medicinal doctor as formulations need to be specific to the person and circumstances.



8. BUILD REST INTO THE DAY.

Sometimes the last thing that is needed is high-intensity cardio that can further burn you out. Try adding meditation and yoga practice into your schedule, twice a week for yoga and every day for meditation. Also, take two 20-minute rest breaks a day; these aren't necessarily naps, rather time outs alone to breathe and restore.

9. CHANGE YOUR PERSPECTIVE.

How did you get to this point? It is important to recognize your journey and your triggers. Is your definition of success killing you? In many cases, what you perceive as success is driving you into adrenal overload. It helps to internalize the idea that "it" doesn't have to be perfect to be great. This can make a huge difference in your stress levels. Perhaps though, you are hanging on to emotions or past experiences that were less than pleasant. These can become a big part of how you operate. Letting go of these non-useful relationships with these "events" will help immensely. I recommend EFT (Emotional Freedom Tapping) through a qualified practitioner.

IT TOOK TIME FOR YOU TO REACH THIS POINT AND IT WILL TAKE TIME AND EFFORT TO REGAIN A HEALTHY BALANCE, SO TAKE YOUR TIME AND YOU WILL GET THERE. REMEMBER CONSISTENCY IS ALWAYS THE KEY.

SO BE EASY, DO WHAT LIGHTS YOU UP, LAUGH AND LOVE LOTS.



Martine Carroll

**RESULTS HEALTH COACH & PERSONAL TRAINER
HELPING PEOPLE ACHIEVE HEALTH & VITALITY.**



NOT GETTING THE RESULTS YOU'RE AFTER? I CAN HELP! ☺

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