

# Happy Liver

- Drink enough water daily.
- 30 ml per kg of body weight.
- Eat fresh, unprocessed foods.
- Eat bitter herbs: milk thistle, dandelion, arugula, artichoke, turmeric, and gentian.
- Avoid alcohol, sugar, and processed foods.
- Exercise regularly (at least 30 minutes daily).
- Apply castor oil liver packs.
- Practice intermittent fasting.
- Avoid high-fat and fried foods.
- Liver-supporting foods: garlic, cruciferous vegetables, grapefruit, avocado, lemon (juice and peel), leafy greens, beetroot, etc.
- Get enough sleep: at least 7–8 hours.
- Avoid stress.





## Possible Symptoms of an Overloaded Liver:

- **Fatigue and low energy**
- **Digestive issues:** bloating, constipation, diarrhea
- **Skin problems:** acne, rashes, itching
- **Weight gain,** especially belly fat
- **Yellowish skin or eyes (mild jaundice)**
- **Headaches or migraines**
- **Bad breath or bitter taste**
- **Sleep issues,** especially early waking
- **Hormonal imbalance** (PMS, irregular cycles)
- **Swelling/water retention** in legs or belly
- **Strong body odor** despite hygiene
- **Smell sensitivity** (perfumes, chemicals)

For more information go to our website:



Informational only.  
Always consult a medical professional.

