

Liver Support

Live right or you can say Liver on the right...our liver is located on the upper right side of our body, under the diaphragm, and on top of the stomach. It is a very important organ and is ALWAYS working even when we sleep ,having lots of responsibility for our bodies!

Our Liver is responsible for filtering the blood from our heart & intestine to meet at the liver. The blood that circulates from the heart contains oxygenated blood to the liver. The blood flow from the intestines has fats, carbohydrates, and vitamins. When the blood gets to the liver it then goes through a filtering process. The liver converts the carbohydrates into sugars for use in the body and what it can't use it immediately is stored for a later time.

Another very important function of the liver is its ability to filter toxins. Toxins filter from the liver through the kidneys to intestines and then gets excreted. The liver helps create blood plasma, assist with blood clotting, creates our hormones & vitamin D, and also stores extra glucose.

Liver takes the toxins and gets converted by cells called **HEPATOCTES** then converted into Bile. Bile is then sent to the gallbladder and then processed through the intestines to break down fats, break down microbes and aid in digestion.

Herbal Support:

MILK THISTLE

Silbum marianum: Plant parts used seeds. Milk Thistle is known as a powerful Liver detox support, helps rebuild liver cells, acts as an anti-inflammatory, blood cleaner and helps with regulating blood sugar levels

BURDOCK ROOT

Arctium lappa: Parts used root Burdock Root is used to clean blood to remove toxins like heavy metals and toxins, supports our lymphatic system in detox

CHAGA MUSHROOM

Inonotus obliquus: Parts used mushroom caps. Chaga is high in Antioxidants and ORAC value (oxygen Radical Absorbent Capacity) helpful to reduce inflammation and supporting a helpful immune system

DANDELION

Taraxacum Officinalis: Plant part used roots, leaves and flowers Dandelion is helpful in production of bile and liver support, high in minerals calcium, magnesium, iron and zinc ,all so high in vitamin K and is full of vitamin A and C, used as a diuretic

TURMERIC

Curcuma longa: Parts used root Tumeric is a powerful anti-inflammatory herb, supports liver health and it has been known to help regulate and support healthy blood sugar and cholesterol

REISHI MUSHROOM

Ganoderma lucidum: Parts use mushroom Supportive to a health liver health and helping to balance hormones. This information has not been approved by the FDA and is not to treat, diagnose, cure or prevent disease.

CITRUS



APPLES



GREEN TEA

LIVER HEALTH



AVOCADOS

GARLIC



BEETS

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

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