

# DIET FOR LIVER

## OVERVIEW

We live in a world where disease is everywhere, and becoming more prevalent by the day. This should come as no surprise, as the environment we choose to surround ourselves with is extremely toxic. The food we eat, the water we drink, the very air we breathe — all have become potentially hazardous to our health. Equally worrying are the chemicals we use every day.

One could spend all day listing the toxins in our everyday lives, but the point remains: You do have a choice. Instead of surrounding yourself in a toxic environment, unthinking, you can work toward consciously surrounding yourself in as natural, clean, and chemically free an environment as possible. The importance of detoxification is huge today, and there are a number of ways to cleanse your body and its organs of the drastic amount of chemicals they accumulate and retain over the years.

## The Liver Is Essential

This is about detoxing the body's largest gland, the liver. It has a number of functions including, but not limited to:

- Detoxifying the blood to rid it of harmful substances (like toxins, drugs, alcohol, steroids and more)
- Storing vitamins and iron
- Converting stored sugar to usable sugar when the body's sugar levels fall below normal
- Producing bile, a substance needed to digest fats
- Breaking down hemoglobin as well as insulin and other hormones
- Destroying old red blood cells

The liver performs so many vital functions, but all this work renders it highly susceptible to disease

### LIVER FRIENDLY FOOD

Garlic  
Apple  
Green Tea  
Carrots & Beets  
Lemon/Lemon Juice  
Broccoli/Cabbage/Cauliflower/Spinach

### ADD THESE MEALS IN YOUR DIET ON REGULAR BASIS

#### BEET + CARROT JUICE (Every Morning on empty stomach)

4-5 Carrots  
1/3 Beet  
½ Lemon

#### LEMON WATER JUICE (2-3 times a day in between the meals)

1 Lemon  
400ml Cold water

**APPLE + WALNUTS (anytime snack a day)**

1 Apple  
28g Walnuts

**GREEN TEA (2-3 times a day in between the meals)**

1 cup Green Tea

**VEGETABLES (Lunch or Dinner, twice a week)**

½cup Broccoli  
½cup Cauliflower  
½cup Cabbage  
½ Tomato  
½cup Spinach

EAT RAW UNCOOKED TWICE A WEEK

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