



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Liver Conditions

The liver weighs about 4 pounds and is the body's largest and hardest working organ. It is the only internal organ that will regenerate itself when part of it is damaged. A healthy liver fulfills over 500 functions, holds about 13% of the body's blood supply at any given moment, and filters over a litre of blood each minute! It contributes to production of over 13,000 different chemicals and maintains over 2,000 internal enzyme systems. A burdened liver leads to low bile, imbalanced hormones, over toxicity and cholesterol buildup. This can lead to more serious issues such as sluggish liver or non-alcoholic fatty liver disease. Symptoms of a burdened liver include headaches, skin problems, body odour, food/caffeine/medication sensitivities, poor digestion, nausea/heartburn, excess, weight retention, blood sugar imbalances, cholesterol buildup, constipation, hormonal imbalances, fatigue, brain fog and mood swings.

Contributing Factors

Obesity/excess fat deposits, lack of exercise, blood sugar imbalances, heart problems, chronic stress (high cortisol), insomnia, hormone imbalances, poor diet (high sugar, refined foods, trans fats and alcohol; low fibre, omegas, water, vitamins, minerals and antioxidants), candida overgrowth, free radicals, poor digestion, leaky gut/inflammation, dysbiosis, food sensitivities, low enzymes/HCl, constipation, gallbladder removal, toxin exposure (chemicals, herbicides/pesticides, medications, tobacco, tap water, xeno-estrogens in food/personal care/cleaning products)

Lifestyle Recommendations

- Reduce or eliminate refined/processed/packaged/artificial foods, sugar/sweeteners, alcohol, excess caffeine, and trans/hydrogenated fats. Eliminate any food sensitivities (you can get testing done through a naturopath).
- Aim for a diet rich in fresh, colourful, local, and/or organic produce—broccoli, brussels sprouts, kale, collard greens, cabbage, cauliflower and beets are especially good liver supporting vegetables!
- Choose high fibre ingredients (aim for 30-35 grams per day to properly absorb and help eliminate toxins and excess cholesterol—flax, chia, quinoa, beans, veggies and fruits (lower glycemic ones like berries).

Product Recommendations

- Foundational nutrients to reduce stress on liver and help prevent recirculation of hormones and toxins: Multivitamin/mineral, Probiotic Bacteria Blend, Omega Fatty Acids (Fish, Flax, Borage, Evening Primrose)
- Digestive Support: Enzymes (with Betaine HCl and Bile Salts if necessary), Bitter Herbs (Dandelion, Milk Thistle, Blessed Thistle, Watercress), Gut Repair Nutrients (L- Glutamine, C-NAG)
- Liver cleansing Phase 1 detox nutrients: B Vitamins (esp. B2 & B3), Indoles (cruciferous veggies), Iron, Magnesium
- Liver cleansing Phase 2 detox nutrients: Glutathione (Glycine, Glutamine, Cysteine/NAC), Choline, Inositol, Sulphur
- Protect liver cells: Milk Thistle, Burdock, Selenomethionine, Schisandra, Licorice, Malva
- Stimulate bile flow/support liver cleansing: Turmeric, Dandelion Root, Blessed Thistle, Artichoke, SAME, Oregon Grape, Garlic, Persimmon
- Fight free radicals: Vitamin C, Resveratrol, Alpha Lipoic Acid, Zinc, CoQ10, Green tea, N-Acetyl-Cysteine/Glutathione, Grapeseed Extract, Selenium
- Metabolize fats and support toxin & cholesterol removal: Lecithin, Choline/PC, Inositol, Taurine, Soluble Fibre

Book a free 15 minute consult with a GNN Product Advisor!

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