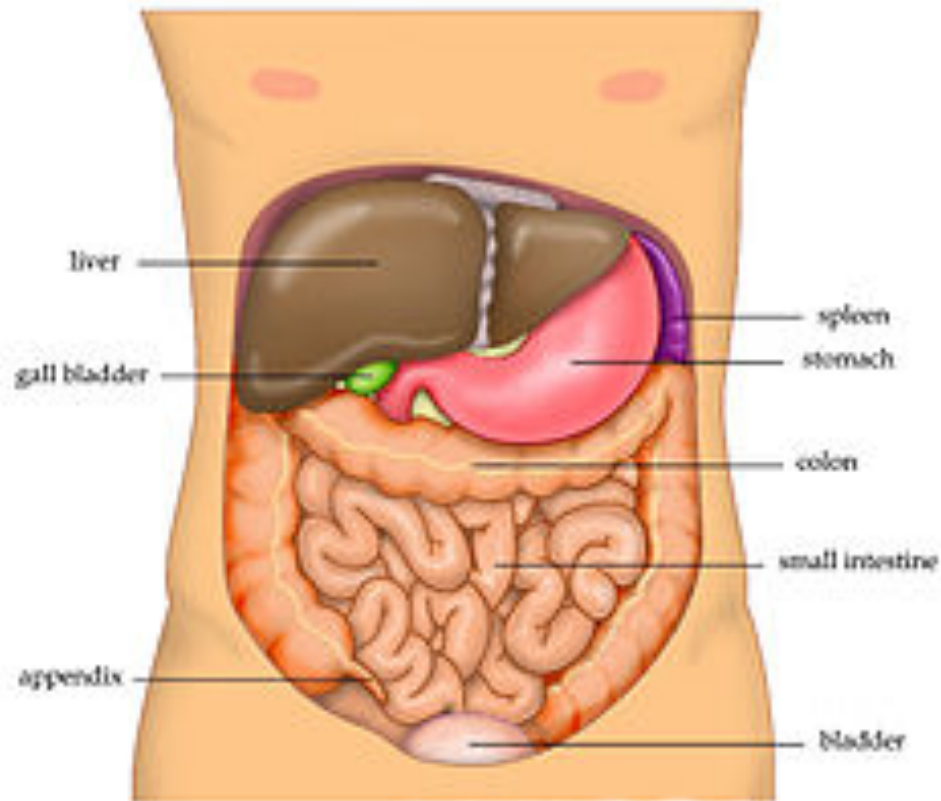


# LOVE YOUR LIVER



- 1. Functions of the liver**
- 2. How do you clear your liver daily?**
- 3. What emotions are you holding in your liver?**

# WHERE ARE HORMONES METABOLIZED?



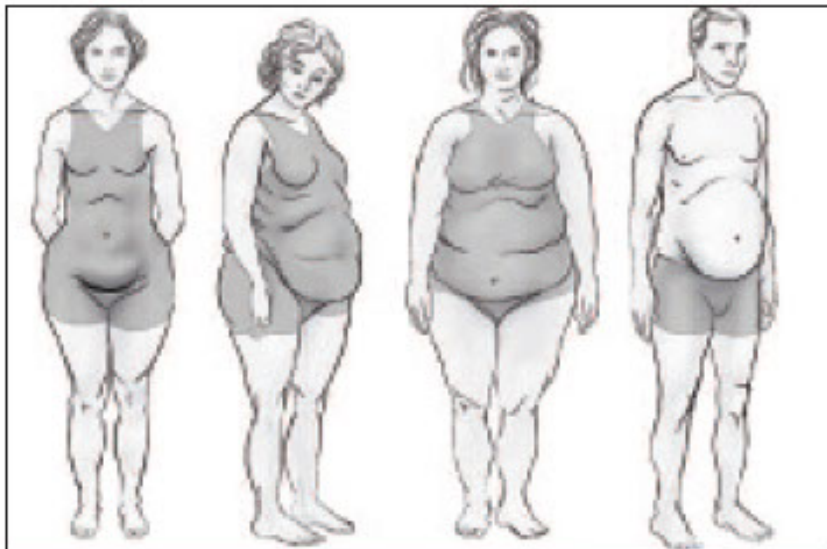
# Signs your liver needs a tune up!

- Yellow in the whites of your eyes
- Your belly fills with fluids
- Skin issues
- Constantly tired
- Gain weight in your abdomen
- Super short fuse
- Hormonal imbalances

# Hormones are...

- Metabolized in the Liver
- In charge of utilizing fat for energy.

<http://consciousnutrition.com/body-type-saying-hormones/>



**Do you have Underlying Hormonal issues that could STOP WEIGHT LOSS?**

- Frequent Hunger
- Afternoon Sleepiness/Fatigue
- Energy Loss
- Take Hormones
- Take Antidepressants
- Can't lose no matter what
- Diet and exercise won't do it
- Packing on the weight
- More than 30 pounds overweight
- Cravings
- Hunger soon after eating
- Thyroid issues
- Take Thyroid hormones
- Waist > 40 (Man)
- Waist > 36 (Woman)
- Lack of Energy
- Emotional/Mood Changes

# THE 4 HORMONES THAT WHEN BALANCED SUPPORT FAT LOSS

1. **Adiponectin:** The Fat Burner Hormone. The more body fat you have the less of this hormone you have.
2. **Ghrelin:** Excess of this hormone causes more hunger to reward the brain. Lack of sleep increases this hormone.
3. **Insulin Imbalance:** Your body insulin and blood sugar regulators are not working correctly, so instead of using glucose for your muscles you are storing it as fat.
4. **Cortisol Overload:** The more stress you have can increase abdominal fat which can increase cortisol. Decrease your caffeine intake and ALWAYS nourish first before caffeine.



# LEPTIN RESISTANCE

- Leptin is a very powerful and influential hormone produced by your fat cells.
- Your fat, by way of leptin, tells your brain whether you should be hungry, eat and make more fat, whether you should reproduce, or (partly by controlling insulin) whether to engage in maintenance and repair.
- Leptin is the way that your fat stores speak to your brain to let your brain know how much energy is available and, very importantly, what to do with it.
- If your leptin signaling is working properly, when your fat stores are "full," this extra fat will cause a surge in your leptin level, which signals your brain to stop feeling hungry, to stop eating, to stop storing fat and to start burning some extra fat off.
- Over time, if your body is exposed to too much leptin, it will become resistant, just as your body can become resistant to insulin.
- The only known way to reestablish proper leptin (and insulin) signaling is to prevent those SURGES.
- What to do to enhance insulin and leptin sensitivity so that your brain can once again hear the feedback signals from these hormones?



# HOW TO HELP YOUR BODY IN THE MOMENT...

- Try celery juice
- Add in Digestive Enzymes
- Add in herbal teas: Tulsi, Dandelion and ginger.
- Lay DOWN!
- Then if you need to do an activity, great:)
- The importance of breathe.



## 4 MAJOR FUNCTIONS OF BILE

- Fatty Acid Metabolism
- Kill off Bad Microbes
- The excretion of waste products
- Blood Sugar Metabolism

# GLUTATHIONE

Glutathione is a powerful antioxidant that's made in the body's cells. Its levels decrease as a result of aging, stress, and toxin exposure.

Boosting glutathione may provide many health benefits, including reduction of oxidative stress.

# HOW TO BOOST YOUR GLUTATHIONE

- Add in Tumeric ROOT!
- Foods with Selenium: Brazil nuts
- Sulfer rich foods: broccoli, kale, collards, cabbage, cauliflower, watercress.
- REDUCE stress:)

## LIVER SUPPLEMENTS

- 5 MTHF: Folate 5,000 provides Metafolin (L-5-MTHF), the naturally occurring, universally metabolized form of folate.
- Ashwagandha:
- B12 with adenosylcobalamin and methylcobalamin
- CoQ10
- Vitamin C
- Zinc
- Spirulina
- Burdock root & Hibiscus tea.

# FOODS THAT SUPPORT LIVER

- Dandelion greens
- Dragon Fruit
- Cilantro
- Raw honey
- Asparagus
- Apples
- Cucumbers
- Celery
- Green Tea
- Cabbage
- Beets
- Walnuts
- Cruciferous veggies

# SLEEP

- Every hour you go to sleep before midnight counts as two hours, so double up!
- Sleep in complete darkness or as close as possible. When light hits the eyes, it disrupts the circadian rhythm of the pineal gland and production of melatonin and serotonin. There also should be as little light in the bathroom as possible if you get up in the middle of the night.
- No TV right before bed. Even better, get the TV out of the bedroom. It is too stimulating to the brain and it will take longer to fall asleep. Also disruptive of pineal gland function for the same reason as above.
- Avoid using loud alarm clocks. It is very stressful on the body to be woken suddenly. If you are regularly getting enough sleep, they should be unnecessary.



# STRESS

- Double up on Visualizations or Meditations
- Write a letter to yourself or to your stress.
- NATURE (works every time)
- Fear becomes locked in the Nervous system and keeps your body in fight or flight, which emotions are you not feeling?
- When you feel it you heal it. (Map of Human Vibrations)
- Are you eating because of conditioning vs. trusting when you need fuel?
- How do you cope with stress?

Health is the  
greatest gift,  
contentment the greatest  
wealth, faithfulness  
the best relationship.

Buddha

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conscious  
nutrition  
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## Liver Love