

THE  
**GABRIEL  
METHOD™**

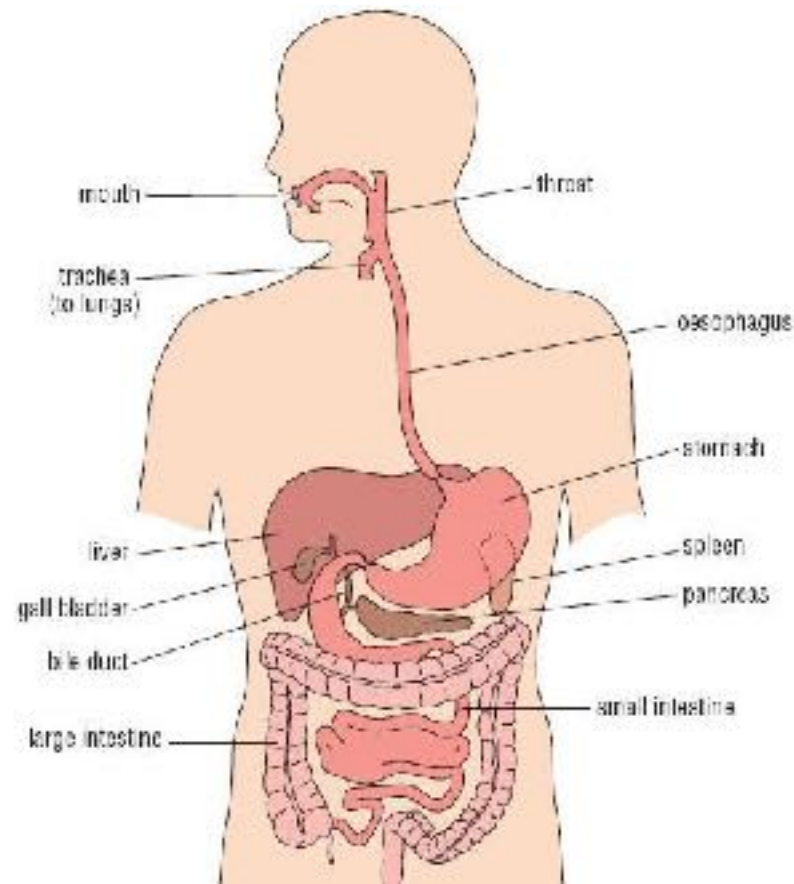


# **Liver Cleansing Concoctions -Gabriel Method Nutrition**

with Heather Fleming, C.C.N. (Nutritionist & Gabriel Method Coach)

# How much do you love your liver?

- Where is it?



# What Does it Do?

- It regulates the composition of blood, including the amounts of sugar (glucose), protein, and fat that enter the bloodstream.
- Creating bile to break down fats and eliminate fat-soluble toxins and excess substances, including excess hormones
- It removes bilirubin, ammonia, and other toxins from the blood. (Bilirubin is a by-product of the breakdown of hemoglobin from red blood cells.)
- It processes most of the nutrients absorbed by the intestines during digestion and converts those nutrients into forms that can be used by the body. The liver also stores some nutrients, such as vitamin A, iron, and other minerals.
- It produces cholesterol and certain important proteins, such as albumin.
- It produces clotting factors, chemicals needed to help blood clot.
- It breaks down (metabolizes) alcohol and many drugs
- Helping to maintain fluid and electrolyte balance

# Liver & Hormones

- Manufacturing testosterone and the estrogen hormones
- Regulating sex hormone levels and eliminating excess hormones.

But when the body experiences a hormone excess (whether produced by the body or introduced by hormone therapy), the liver may not be able to process the hormone(s) as quickly or efficiently, causing a hormone imbalance.

# What are the symptoms if it isn't working well?

- Yellow in the whites of your eyes
- Digestive issues: IBS, Bloating
- Gallstones
- Blood Sugar Issues
- Brain Fog
- Poor Concentration
- Lack of Anger Control
- Weakened immune system
- Bad Breath
- Acne, Skin Issues, Dark Circles
- Bad LDL cholesterol goes up, Good HDL cholesterol goes down, Triglycerides (blood fats) go up.

# Foods that Clear Liver

- Garlic. Just a small amount of this pungent white bulb has the ability to activate liver enzymes that help your body flush out toxins. ...
- Fruits: Grapefruit, Lemons, Limes, Apples
- Beets and Carrots
- Green Tea
- Leafy Green Vegetables, Cruciferous Veggies, Cabbage
- Avocados, Walnuts, Olive oil
- Herbs: Tumeric, Dandelion, Globe Artichoke

# Gall Bladder Support

- Everything we are discussing today, however some of these foods can trigger the gallbladder....
- Eating fat, protein, or citric acid triggers the gallbladder to squeeze itself empty after about 20 minutes, so the stored bile finishes its trip down the common bile duct to the intestine.

# Liver Love Meals

- Borscht
- Cole Slaw
- Roasted Beets & Collards
- Lemonade: Alkaline Water + Lemon + Honey + Ginger
- Apple Cider Vinegar with above ingredients
- Bone Broth with spices
- Curried Vegetables either Stir Fry or fermented
- Dandelion greens in the smoothie
- Cabbage & Broccoli Soup



# Lemon-Aid:)

- Lemonade: Alkaline Water + Lemon + Honey + Ginger

# Borscht

- Beets
- Celery
- Carrots
- Leek
- Cabbage
- Broth

# Curried Cauliflower

- YUM!
- Recipe to come:)

# Fruity Liver Love

- Grapefruit Salad: 2 ruby red grapefruits, 2 tablespoons clover honey, 2 tablespoons finely chopped fresh mint: Great to have as a side salad prior to a meal if you come home hangry:)
- Watermelon, mint, lime, cucumber, coconut milk: Super great for when you are waking up hot in the middle of the night. Add this during the day or for a dessert at night.

# SAFE Liver Meals

KEEP IT SIMPLE!

Look up 2-3 Recipes with these ingredients.

Peruse through your cupboards & fridge to see what needs to be eaten.

Substitute if you need to!

- Bone Broth (Catches the body up on digestion)
- Shredded veggies drizzled with olive oil and lemon
- Fruit salad with herbs
- Curried Roasted Cauliflower

# INTUITIVE BIG 3 MEAL PLANNING

Sunday or Best day with more YOU time for Reflection:

What is and isn't working for me this last week?

What meals did I enjoy and feel great from?

When did I have challenges? What could I have chosen differently for more self care to support me better for this upcoming week?

How to Eat intuitively?

1. Go grocery shopping more frequently so you can be connected and have fresher foods
2. Journal so you observe times of day when you feel less supported by the foods you chose
3. Journal so you know what meals made you feel great and you didn't crave sugar after

# What doesn't work?

When I have my meals planned then everything is great (IS THAT REALISTIC?)

NO! You are not living in the present moment and tuning into your body. It is challenging to keep up with this mind set and it feeds more compulsive behaviors.

Instead, meal plan from this new mind set, but tuning into flavors, balance, creativity, intuition

Be compulsive by tuning into your body and feeling a new way to connect with yourself.

# How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.





# Keep It Simple

- There's no such thing as "perfect"
- Don't overcomplicate your protein shake and meals.
- Do meal planning and grocery shopping when you're relaxed and have time—avoid adding stress to your life
- Ask yourself: Acceptance Mode: 5 deep breaths & "What do I need in the present moment to offer my body more balance & nourishment?"  
How do I adjust to the inflammation and hormone state my body is in?
- Make shopping, cooking, and eating a stress-relieving experience, one of joy and creativity



# Typical Day in the Life of you

- Upon waking: Drink water with lemon & Probiotics; Visualization
- Within an hour of waking: 5 Deep Breaths; Ask your questions; Have a Big 3 Breakfast
- Pack the snacks that help you feel safe
- Try to body check every 2-4 hours to assess what your body needs: **Oxygen. Hydration. Nutrition**
- Try eating the Big 3 every 3-5 hours to build a solid foundation.
- Recommended supplements throughout the day
- Night time Visualization & Quality Sleep (no electronics)



# Typical Month in the Life of You

- Some WEEKS you crave more meat
- Some days you want small meals and snacks
- Some days you want larger meals
- Your body will fluctuate and everyone is different.
- If you are craving low energy foods; incorporate more of the Big 3
- **RELEASE** eating “perfect” Monday thru Friday then feeling fulfilled on the weekends
- Nourish First **BEFORE** you cleanse and experiment
- Experiment & Try Eliminating foods for minimum 3 days to 3 weeks, then bringing them back one by one for 48 hours at a time to see **HOW YOU FEEL.**

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