

Love Your Liver Tip Sheet

THE LIVER

The liver is our largest internal organ. It is about the size of a football and may weigh up to 3 pounds. The liver is the only organ in the human body that can regenerate itself. It can replace up to $\frac{3}{4}$ of its tissues in a few weeks' time.

Clearly the liver is a very important part of every function in our body. Loving your liver is easy to do.

EAT YOUR LARGEST MEAL OF THE DAY AT MIDDAY

This is a time when the digestive fire is strongest and is best able to process the food you eat. If you eat meat, eat it at this meal. Midday is the time of greatest work output; we need adequate amounts of food to sustain us.

MAKE SURE YOU ARE ADEQUATELY HYDRATED

Drink $\frac{1}{2}$ oz of water for every pound of body weight, daily. For example, if you weigh 150#, you should be taking in 75 ounces of water, non-caffeinated tea, and diluted juice daily.

AVOID DIFFICULT-TO-DIGEST FOODS

These include: coffee, caffeine, alcohol, fried foods, sugary foods, and fatty foods. Packaged and processed foods are also very difficult to digest.

EAT YOUR LAST FOOD BY 7 PM

It takes approximately 3-4 hours for a meal to be completely digested. It is best to go to bed on an empty stomach; your sleep will be better. Eat early enough to ensure that your food will have thoroughly digested before going to bed.

GO TO BED BY 9:30 PM

From 10 pm till 2 am your liver has unimpeded time to do all of the work that isn't about digesting food. If you stay up later than 9:30 pm, your body will get that "second wind" of energy: you'll get involved in something activating, and you'll eat and drink. You will miss out on sleep, and, most importantly, your liver will lose its time to do its important work.

THE LIVER:

- ✦ performs over 500 vital processes for the body;
- ✦ processes nearly everything that you eat, drink, breathe, and absorb through the skin;
- ✦ metabolizes carbohydrates, proteins, and fats;
- ✦ stores vitamins A, B12, D, and iron, minerals, and sugars;
- ✦ synthesizes 1 quart of bile per day;
- ✦ synthesizes sugars, proteins, and substances made from fats for use in maintaining vital function;
- ✦ detoxifies harmful substances in the body;
- ✦ manufactures 13,000 chemicals;
- ✦ maintains 2,000 enzyme systems;
- ✦ filters 100 gallons of blood per day;
- ✦ stores venous blood;
- ✦ regulates blood sugar through the synthesis and breakdown of glycogen;
- ✦ deactivates blood toxins;
- ✦ converts ammonia to urea;
- ✦ produces fat for storage;
- ✦ forms blood coagulants;
- ✦ synthesizes amino acids, cholesterol, and hormones

For more helpful information or to schedule a consultation, check out our website. You might also be interested in our 6-week, 3-phase herbal Love Your Liver Cleanse Protocol. It is gentle yet highly effective.



Ayurvedic Health Center — Guided Transformation

360-734-2396 — contact@AyurvedicHealthCenter.com — AyurvedicHealthCenter.com

©2020-2023 Katrina Svoboda Johnson and Ayurvedic Health Center