

9 Steps for a Gentle Liver Detox

Try your best to follow these steps each day-- for 10 days this Spring-time!

1. Take an Herbal Liver Cleanse Formula (consult your Acupuncturist or Naturopath for a good one)-- Dandelion root, Milk Thistle, Beets, Burdock, Nettle, and Tumeric are some potent Liver herbs.
2. Before each meal drink room temp. Lemon water and after each meal drink Peppermint, Chrysanthemum, Nettle, Mung bean, or Green Tea (except in the PM, as it contains caffeine). Also remember to drink plenty of water, to help flush toxins out of your body.
3. Eliminate: un-needed medications, vitamin supplements, red meat, coffee (can substitute Green Tea), alcohol, wheat, sugar, cow dairy, potatoes, and processed and refined foods.
4. Eat Organic: Daily carrot juice, whole grains (brown rice, amaranth, millet, quinoa, kamut), sweet potatoes, sprouts, beans, nuts, eggs, clean meats (wild game, wild fish, free-range and antibiotic/hormone free chicken), copious amounts of fresh/steamed vegetables (esp. Greens), and plenty of 'in-season' fruits. Check out my Blog post on a Liver friendly meal: "Awesome Rassam" at <http://www.aomhealth.com/blog/>
5. Cultivate a positive, happy and stress-free state of mind, through meditation/prayer, intention and practice!
6. Daily gentle Exercise for at least 30 minutes: swimming, walking, yoga, Taiji/Qigong, gardening, and hikes in nature.
7. Nightly Epsom Salt Baths (helps to clear toxins through the pores and relaxes tension).
8. 8 Hours of sleep a night.
9. Last but not least, Regular Acupuncture greatly aids in Liver function and detoxification!