
HORMONES & BALANCE LIVER DETOX GUIDE

DIET - Add (+)

Stomach acid

Aids liver function and enzymatic activity for maximum detoxification. Add 2 tbsp of lemon, lime, ACV or sauerkraut juice before breakfast or each meal, if stomach acid is low.

Fiber

Aids the liver in moving toxins out. Add 2-3 tbsp of insoluble fiber per day; ground flax seed, chia seeds or psyllium husk.

Bitter greens

Promotes bile excretion to help move toxins out. Found in radishes, dandelion and mustard greens - juicing and steaming them are both great. Add 2 servings/day.

Cruciferous vegetables

They are rich in diindolylmethane (DIM) which helps the detoxification pathways. Found in broccoli, kale, brussels sprouts, cauliflower, bok choy.

Vitamin B-rich food

Supports all major detoxification pathways. Food richest in vitamin Bs is liver. Alternatively, purchase a vitamin B complex supplement from a quality source, [recommended brand](#).

Lemon peel

Rich in limonene – an activator in the methylation pathway detoxification. Use in dressings, baking, smoothies and juicing.

Choline-rich food

Supports the methylation pathway. Found in eggs (if tolerated) and avocados.

Sulphur-rich food

Supports the sulphation detoxification pathway. Found in egg yolk, broccoli, onion, garlic or MSM supplement.

Vitamin C-rich food

Helps the glutathionation detoxification pathway. Highest amounts found in camu camu or goji berries (aka wolfberry). Add ½ tsp of camu powder to smoothies, porridge etc every day.

Selenium

Helps break toxins down. Found in brazil nuts, sardines, anchovies, herring, chicken breast, turkey meat, mustard of all types, curry powder, milk thistle and turmeric.

Sea vegetables

Excellent chelator of heavy metals. Try kombu, nori, wakame, and arame – best used in soups, stews and salads. Not recommended for Hashimoto's patients with elevated TPO antibodies.

Milk thistle powder

Used in Western herbalism for centuries. Recommend 1 tsp/day. Caution: can be estrogenic for some.

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DIET - Remove (-)

Food intolerances

Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, citrus, nuts and seeds are common culprits in creating digestive issues that inhibit the liver function. Do the Elimination Diet to find what your sensitivities are.

Medications

Inhibits the detoxification pathways. Includes, but not limited to, antibiotics, antacids, birth control pills, NSAIDS (aspirin, acetaminophen, ibuprofen) and steroids (e.g. corticosteroids).

Fluoride

Inhibits the glutathionation pathway. Found in tap water (in the US, Australia, not EU). Use a fluoride-removing water filter.

Other

Fried food, coffee and alcohol should be avoided as they take up a lot of liver resources to be cleared out.