



# Wellness News Network™

Your Source for Health & Wellness Information

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## Liver Health

Presented by:

### Introduction

The liver is a human marvel and essential to health. It filters over a liter of blood each minute and plays a central role in almost all body functions.

The liver attempts to detoxify the body of common contaminants, such as cigarette smoke, chemicals, air pollutants, pesticides and prescription and nonprescription drugs.

The liver is taxed to process all chemicals entering the bloodstream. Chemicals such as acetaminophen, the active ingredient in Tylenol®, high doses can cause liver cell death, especially when combined with alcohol.

Alcohol is another toxin that must be filtered by the liver and alcohol abuse is a very common cause of cirrhosis, which is a condition that causes irreversible liver scarring.

Nonalcoholic fatty liver disease (NAFLD) is caused by the accumulation of fat in the liver cells and includes a wide spectrum of liver diseases.

NAFLD is common among people who are overweight or obese. Recent studies link nonalcoholic fatty liver disease (NAFLD) to increased

risks for cardiovascular disease.  
— Diabetic Medicine

Since the liver is the primary clearinghouse for all medication, limit nonprescription and prescription drugs to only those absolutely necessary.—  
*Journal of Agricultural and Food Chemistry*

Adding garlic to the diet may also help stimulate the liver. A 2016 study that appears in the journal *Advanced Biomedical Research* notes that garlic consumption reduces body weight and fat content in people with NAFLD, with no changes to lean body mass. This is beneficial, as being overweight or obese is a contributing factor to NAFLD.



Many dark berries, such as blueberries, raspberries, and cranberries, contain antioxidants called polyphenols, which may help protect the liver from damage.

As a study in the *World Journal of Gastroenterology* suggests, regularly eating berries may also help stimulate the immune system.

### QUESTION:

**How can your chiropractor help with weight loss?**

- A) helping you to become more active
- B) coaching you on diet & exercise plans
- C) support physical changes to the body
- D) all of the above

### ANSWER:

D) all of the above

### TRUE OR FALSE:

**Obese children have a greater chance of premature death and disability**

### ANSWER:

True

### Finish this sentence.....

**Rising levels of obesity among children has been reported by the... injury?**

- A) Harvard School of Public Health
- B) World Health Organization
- C) Wizard of OZ

### ANSWER:

B) World Health Organization

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## Grapes

A study that is featured in the *World Journal of Gastroenterology* reports that grapes, grape juice, and grape seeds are rich in antioxidants that may help the liver by reducing inflammation and preventing liver damage.

Eating whole, seeded grapes is a simple way to add these compounds to the diet. A grape seed extract supplement may also provide antioxidants.

## Grapefruit

The *World Journal of Gastroenterology* study also mentions grapefruit as a helpful food. Grapefruit contains two primary antioxidants: naringin and naringenin. These may help protect the liver from injury by reducing inflammation and protecting the liver cells.

The compounds may also reduce fat buildup in the liver and increase the enzymes that burn fat. This may make grapefruit a helpful tool in the fight against NAFLD.

A 2015 study that appears in the journal *Evidence-based Complementary and Alternative Medicine* reports that a large number of plant foods may be helpful for the liver. These include:

- avocado
- banana
- barley
- beets and beet juice
- broccoli
- brown rice
- carrots
- fig
- greens such as kale and collards
- lemon
- papaya
- watermelon

## Foods to Avoid

In general, finding balance in the diet will keep the liver healthy. However, there are also some foods and food groups that the liver finds harder to process.

These include:

- **Fatty foods:** These include fried foods, fast food, and takeout from many restaurants. Packaged snacks, chips, and nuts may also be surprisingly high in fats.
- **Starchy foods:** These include breads, pasta, and cakes or baked goods.
- **Sugar:** Cutting back on sugar and sugary foods such as cereals, baked goods, and candies may help reduce the stress on the liver.
- **Salt:** Simple ways to reduce salt intake include eating out less, avoiding canned meats or vegetables, and reducing or avoiding salted deli meats and bacon.
- **Alcohol:** Anyone looking to give their liver a break should consider reducing their intake of alcohol or eliminating it from the diet completely.

## Summary

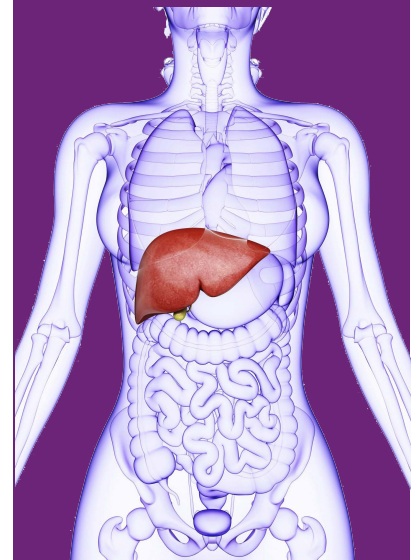
The liver plays an important role in the body. While it largely takes care of itself, a person can help maintain liver health by consuming some certain foods and drinks.

Choosing foods that are good for the liver can help a person avoid potential health issues in the future.

## Quote to Inspire

*"We don't know how **STRONG** we are until being strong is the only option we have!"*

*- Liver Cancer Awareness*



## Milk Thistle:

MILK THISTLE IS A PLANT THAT HAS A PARTICULAR AFFINITY FOR THE LIVER AND HAS BEEN USED FOR OVER 2000 YEARS TO SUPPORT HEALTHY LIVER FUNCTION

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