

LIVER CLEANSE PROTOCOL

This protocol can be used as a guide to support efficient liver detoxification. Since the liver plays the greatest role in detoxing the body, helping it function better will influence overall health and quality of life. Cleansing the liver is highly recommended for those trying to detox their bodies of chemicals, excess estrogens, and other toxins.

The following recommendations should be implemented one or two at a time – not all at once. Always keep your individual needs in mind, and listen closely to what your body is telling you.

1. CONSUME FOODS THAT HELP THE LIVER CLEANSE.

- Apples
- Avocados
- Beets
- Carrots
- Chlorophyll-rich foods and herbs, such as alfalfa sprouts, arugula, parsley, peas, spinach, and wheatgrass
- Cooked cruciferous vegetables, such as broccoli, Brussels sprouts, cauliflower, collard greens, and kale
- Green tea
- Herbs that support the liver: artichoke leaf, burdock root, cilantro, dandelion root, milk thistle, and turmeric
- Protein, such as bone broth, eggs, fish, and organ meats

2. SUPPORT GLUTATHIONE PRODUCTION.

Glutathione is one of the most potent antioxidants in the body. It protects the liver from damage and plays a key role in preventing a host of conditions linked to inflammation. Ways to increase glutathione production include:

- Consuming foods high in vitamin C and E, like almonds, avocado, berries, grapefruit, oranges, peppers, sunflower seeds, and tomatoes
- Gentle exercise, like tai chi or restorative yoga
- Including sulfur-rich foods in the diet that support and stimulate glutathione production, such as garlic, onions, and cruciferous vegetables
- Including selenium-rich foods, like beef, Brazil nuts, liver, and sardines
- Regularly eating bitter-tasting dark leafy greens, like arugula, chicory, collard greens, mustard greens, and Swiss chard
- Taking stress down a few notches with calming practices, like meditation, mindfulness exercises, and/or grounding

3. SUPPORT THE LIVER WITH KEY SUPPLEMENTS.

- N-acetyl cysteine is a precursor to glutathione. Two recommended brands are Integrative Therapeutics NAC and Pure Encapsulations NAC. Consult a trained healthcare professional for proper dosage recommendations.
- Milk thistle herb helps stimulate phase 2 detox and increases glutathione activity. A recommended brand is Designs for Health Milk Thistle with silymarin. Consult a trained healthcare professional for proper dosage recommendations.
- Diindolylmethane (DIM) and sulforaphane glucosinolate (SGS) are cruciferous vegetable extracts. Talk to your doctor about beginning with SGS supplementation and then moving onto DIM if you don't experience the desired results. A good brand of SGS is Thorne Research Crucera SGS, and Designs for Health DIM-Evail is a good brand of DIM. Again, consult a trained healthcare professional for proper dosage recommendations.

4. GET YOUR SWEAT ON.

One of the best ways to encourage detoxification is through the skin. This is a way to help purge heavy metals and larger toxin molecules from the body. Just remember that pregnant women should avoid high temperatures!

- **Sauna** – Infrared saunas in particular can help break a sweat in a healthy way.
- **Steam room** – Bonus! The eucalyptus commonly used in steam rooms also helps detoxify the lungs.
- **Hot tub** – As long as it's not loaded with chlorine!
- **Exercise** – Gentle exercise is better than intense exercise during a cleanse. You should avoid adding stress to the body while it's working hard to get rid of excess toxins.

5. LIMIT OVEREXPOSURE TO ENVIRONMENTAL TOXINS.

The polychlorinated and brominated chemicals, like PCBs and flame retardants, are harmful to the liver. These are present in drinking water and many foods. Other environmental toxins, such as BPA and other plastic softeners – like phthalates, can artificially increase estrogen levels.

- Avoid plastics, including water bottles, food packaging, BPA-coated receipts, and plastic flip-flops.
- Consider installing a high-quality home water filtration system or start by purchasing a drinking water filter.
- Use only natural cleaning products and personal care products.
- Eat organic fruits and vegetables, grass-fed meats, and sustainably caught wild fish.
- Bentonite clay absorbs toxins before they enter the bloodstream, relieving the liver and kidneys from filtering out too many toxins. If you know you'll be exposed to a high level of toxins for a discrete period of time, you can take one teaspoon of high-quality bentonite clay mixed in water, four hours prior to exposure. Daily consumption of bentonite clay can negatively alter gut health and may cause constipation. However, regular topical use is safe.

6. ENCOURAGE ESTROGEN DETOXIFICATION ALONG THE C2 PATHWAY.

The liver breaks down most of the estrogen in the body. There are two possible pathways for this: the C2 pathway and the C16 pathway. The C2 pathway produces a beneficial anti-estrogenic metabolite, whereas C16 produces an estrogenic metabolite.

The best ways to encourage the more beneficial pathway include:

- **Consuming plenty of omega-3 fatty acids.** Omega-3s encourage the C2 pathway. Sardines and wild-caught salmon are high in omega-3s. The best plant-based options are chia seeds and walnuts.
- **Ask your doctor about supplementing with magnesium.** Adequate magnesium ensures that estrogen is completely cleared after being metabolized. A recommended brand is Pure Encapsulations Magnesium Glycinate.
- **Increasing muscle mass.** This helps decrease body fat and also encourages estrogen to follow the beneficial C2 pathway. Aim to do 2–3 strength training workouts per week.

DISCLAIMER

This information is provided for educational purposes only. It is necessary that you see a doctor for proper testing and diagnosis before taking any supplements from this liver cleansing protocol. Any supplement recommendations should be reviewed by your physician to ensure they're not in conflict with any medical issues or medications. This protocol is a set of suggestions for natural remedies that may help with liver detoxification. It is not intended as a treatment or cure for any symptoms or medical conditions.