

# FOODS FOR YOUR LIVER

Don't overeat and avoid heavy or fatty foods. This includes nuts, butter, animal fats, excess meat and excess bread.

Avoid all preservatives or chemically treated foods.

Always sit down to eat and simply enjoy the meal without reading, watching television or excess talking.

It is better to eat frequent small meals rather than a couple large meals to stabilize the blood sugar and please avoid late night eating.

Using a zinc supplement especially prior to menstruation is advised or incorporate high zinc foods such as pumpkin and squash seeds or alfalfa sprouts.

Chew your food well.

Avoid all intoxicants- alcohol, tobacco, caffeine.

Exercise at least 20 minutes each day.

Express your emotional experiences in a healthy non-threatening way to others. Avoid harboring anger or resentment.

Gravitate towards laughter and joyful experiences.

Practice deep breathing exercises such as meditation.

Avoid hormonally treated animal products (especially women) which increase estrogen levels in the blood.

- ***Liver Qi Stagnation***- incorporate these foods in small amounts in your diet

FOODS TO EAT:

1. EXPANDING FOODS TO RELAX THE LIVER- pungent foods such as watercress, onions, mustard greens, turmeric, basil, bay leaf, cardamom, marjoram, cumin, fennel, dill, ginger, black pepper, horseradish, rosemary, mints.
2. HAROMINZINNG FOODS TO REPLACE SUGAR- honey, stevia powder, unrefined cane juice granules, whole cane sugar, barley malt date sugar, molasses, and rice syrup.
3. FOODS THAT REDUCE EXCESS ACCUMULATIONS- vinegar (apple cider, brown rice or rice-wine vinegars) lemon, lime, grapefruit, rye, romaine, asparagus, amaranth, quinoa, alfalfa, radish leaves,
4. DETOXIFYING FOODS- mung beans and sprouts, celery, seaweeds, lettuce, cucumber, tofu, millet, plum, cereal grasses, micro-algae, mushrooms, rhubarb, radish (daikon)

FOODS TO AVOID: eat smaller amounts, and less saturated fats such as lard, mammal meats, cheeses and creams, eggs, poor cooking oils, excess nuts, chemically treated foods, intoxicants (including coffee) and overly processed foods

- ***Liver Heat***- incorporate these foods in small amounts in your diet

FOODS TO EAT:

1. RAW- Sprouted grains, beans or seeds along with fresh fruits and vegetables
2. HAROMINZINNG FOODS TO REPLACE SUGAR- honey, stevia powder, unrefined cane juice granules, whole cane sugar, barley malt date sugar, molasses, and rice syrup.
3. FOODS THAT REDUCE EXCESS ACCUMULATIONS- vinegar (apple cider, brown rice or rice-wine vinegars) lemon, lime, grapefruit, rye, romaine, asparagus, amaranth, quinoa, alfalfa, radish leaves,
4. DETOXIFYING FOODS- mung beans and sprouts, celery, seaweeds, lettuce, cucumber, tofu, millet, plum, cereal grasses, micro-algae, mushrooms, rhubarb, radish (daikon)

FOODS TO AVOID: eat smaller amounts, and less saturated fats such as lard, mammal meats, cheeses and creams, eggs, poor cooking oils, excess nuts, chemically treated foods, intoxicants (including coffee) and overly processed foods

- ***Liver Blood Deficiency***

FOODS TO EAT:

1. HAROMINZINNG FOODS TO REPLACE SUGAR- honey, stevia powder, unrefined cane juice granules, whole cane sugar, barley malt date sugar, molasses, and rice syrup.

2. BLOOD BUILDERS- cereal grasses, micro-algae, dark grapes, blackberries, huckleberries, raspberries, and animal liver, see also the general blood building foods under heart blood deficiency.

FOODS TO AVOID: eat smaller amounts, and less saturated fats such as lard, mammal meats, cheeses and creams, eggs, poor cooking oils, excess nuts, chemically treated foods, intoxicants (including coffee) and overly processed foods

### • *Liver Yin Deficiency*

FOODS to EAT:

1. HAROMINZINNG FOODS TO REPLACE SUGAR- honey, stevia powder, unrefined cane juice granules, whole cane sugar, barley malt date sugar, molasses, and rice syrup.
2. YIN BUILERS- mung beans and sprouts, cereal grasses, micro-algae, cucumber, tofu, millet, seaweed, watercress, plum, flax seed oil, aloe vera gel, gelatin, animal liver.