

# How to Do a Quick Liver Cleanse

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Every person's health and well-being depends on how well their body removes and purges toxins. With exposure to environmental toxins, toxic body care products and processed foods, most people are in desperate need of a serious detox! A liver cleanse is a great way to do this.

One of the main ways that the body rids itself of toxins is through the liver. The liver is one of the hardest working organs in the body, working very hard to detoxify the blood; produce the bile needed to digest fat; break down hormones; and store essential vitamins, minerals and iron. When liver function is not optimal, we cannot digest our food properly, especially fats. This also affects weight-loss effectiveness.

## Signs and Symptoms Your Liver Isn't Functioning At Its Best...

- Bloating and gas
- Acid reflux and heartburn
- Constipation
- Skin and/or eyes that are yellowish (a symptom of jaundice)
- Inability to lose weight
- High blood pressure
- Moodiness, anxiety or depression
- Dark urine
- Rosacea
- Chronic fatigue
- Excessive sweating
- Bruise easily
- Poor appetite

You can help your liver function better with a liver cleanse. Fresh, organic carrots are essential to any liver cleanse. In the liver, the beta-carotene is converted into Vitamin A to help flush out the toxins in the body while reducing fat in the liver.

The high fiber content helps to remove the toxins from the body faster. The ginger helps to soothe the digestive tract, reduce intestinal gas, and has strong anti-inflammatory compounds. The fresh oranges in this recipe not only add tangy sweetness, but also add significant Vitamin C, additional Vitamin A and Vitamin B-6 which assist with the detox. Moringa helps to cleanse the liver. <https://blog.kulikulifoods.com/2017/03/25/5-ways-moringa-improves-liver-function/> The curcumin found in turmeric stimulates production of bile by the gallbladder. The liver uses bile to eliminate toxins; bile also rejuvenates liver cells that breakdown harmful compounds. For this reason, turmeric has been used in Ayurvedic and Chinese medicine to treat digestion and liver disorders.

### **Orange Carrot Ginger Juice Recipe**

TOTAL TIME: 5 MINUTES SERVES: 1

#### INGREDIENTS:

- 3 carrots
- 1 small orange, peeled
- 1 knob ginger 1cm x 2cm
- 1 cucumber
- 1 tsp moringa powder
- 1 tsp turmeric powder
- Pinch black pepper

DIRECTIONS: Add all ingredients to vegetable juicer except moringa, turmeric and black pepper. Add the turmeric, moringa and black pepper. Gently stir juice or shake in a shaker and consume immediately. Drink once per day.

### **Detox Drink Recipe**

TOTAL TIME: 2 MINUTES SERVES: 1

#### INGREDIENTS:

- 1 glass of warm or hot water (120ml)
- 2 tablespoon apple cider vinegar
- 2 tablespoon lemon juice
- ½-1 teaspoon ground ginger
- ¼ teaspoon cinnamon
- 1 dash cayenne pepper
- ½ teaspoon raw, local honey (optional)

#### DIRECTIONS:

Warm the water.

Mix all ingredients together.

Best served warm but drink at desired temperature.

Best to drink twice a day. Once before breakfast and once before lunch or dinner.