

# **HOW** do I encourage a healthy liver?

- Watch out for the **Coffee, Alcohol, Fats and Salt**
- Reduce ingested toxins
- Reduce wine, beer & spirits
- Reduce coffee & tea, chocolate
- Reduce your drug use (Panadol)
- Reduce processed & junk foods
- Increase Omega-3 & Vitamin E
- Time management, reduce stress



# What foods can encourage a healthy liver?

- **Bitter foods:** rocket, endive, chicory, capers, olives
- Best veges: **Beetroot, garlic, Brussels sprouts, fennel, artichoke, carrots**
- Glass of warm **water with lemon juice** before breakfast
- **Symington's dandelion root coffee**
- **Herbal tea, green tea** – instead of regular tea & coffee

