

Diet for Healthy Liver

***Limit or avoid alcohol** since your liver has to metabolize it and may be overloaded in that process and unable to perform its other functions well.

***Avoid processed foods**, especially those with high fructose corn syrup, a portion of which must be metabolized by the liver and if consumed in excess, can lead to a fatty liver.

***Limit fats, particularly deep-fried foods and hydrogenated oils**, which place a burden on the liver. Choose low-fat versions of dairy products.

***Eat organic foods**, whenever possible, to reduce the detoxification work of the liver. If you can't eat all organic, the most important foods to buy organic are meat, eggs, butter and cheese, where the chemicals are more concentrated.

***Eat lots of fruits and vegetables** for their fiber, vitamins, minerals and phytonutrients that are needed by the liver to perform its important functions.

***Avoid cured and smoked foods**, and other foods high in salt.

***Maintain a healthy weight**, since excess weight puts an unnecessary load on your liver and gallbladder.

***Add some turmeric to your diet**, since it has been shown to improve a sluggish flow of bile and thus aid digestion.

***Try some ginger** in your diet to aid digestion, which helps the liver.

***Drink some chamomile tea** for its digestive healing properties.

***Brew some green tea** for its ability to help keep toxins from damaging your liver.

***Eat sulfur foods** such as broccoli, cauliflower, Brussels sprouts, onions, garlic and egg yolks (in moderation), which help the liver perform its detoxification function.

***Use milk thistle** to help detoxify the liver. You can buy the seeds and grind them or make tea, or you can use an extract in supplement form.