

Liver Cleanse & Detox Program



Dr. Sonya understands the vital role that the liver plays in maintaining overall health and wellness. That's why she offers a range of liver, detox, and support protocols designed to help you achieve optimal liver function and promote detoxification. Metabolic syndrome, fatty liver disease and hormonal dysfunction condition will benefit from this program.

What is liver dysfunction?

Liver dysfunction refers to any condition that affects the liver's ability to perform its vital functions, such as detoxification, protein synthesis, and bile production. Liver dysfunction can be caused by a variety of factors, including viral infections, alcohol abuse, obesity, autoimmune disorders, and genetic factors.

What are the symptoms of liver dysfunction?

Symptoms of liver dysfunction may include fatigue, jaundice, abdominal pain, nausea, and changes in urine or stool color. If left untreated, liver dysfunction can lead to serious complications, such as liver failure, cirrhosis, and liver cancer.

Liver dysfunction can cause various abnormal lab test results, some of which include:

Elevated liver enzymes: Alanine transaminase (ALT) and aspartate transaminase (AST) are liver enzymes that are normally found in liver cells. When liver cells are damaged, these enzymes leak into the bloodstream, causing their levels to rise.

Elevated bilirubin: Bilirubin is a yellow substance that is produced when red blood cells break down. It is normally processed by the liver and excreted in the bile. When the liver is not functioning properly, bilirubin levels in the blood can increase, resulting in jaundice.

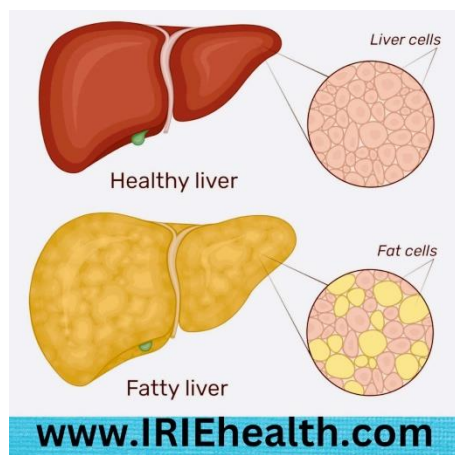
Early intervention and treatment are key to preventing these complications and promoting optimal liver health.

How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. Her liver support protocols typically involve a combination of dietary changes, nutritional supplements, and herbal remedies that work together to support the liver's natural detoxification pathways. She may also recommend specific lifestyle changes, such as

reducing alcohol consumption and increasing physical activity, to further support liver health.

For those looking to detoxify the body, she offers a range of detox protocols that are tailored to your individual needs and goals. These may include targeted nutritional supplements, herbal remedies, and other therapies designed to support the body's natural detoxification processes and eliminate toxins from the body.



Finally, she offers a range of support protocols for those with liver conditions such as **fatty liver disease, hepatitis, and cirrhosis**. These protocols typically involve a combination of dietary changes, targeted nutritional supplements, and other supportive therapies designed to help manage symptoms and support liver function. Contact us today to learn more about our liver, detox, and support protocols and to schedule a consultation.

What is Included in the Liver Cleanse Balance Program

First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ Dr. Sonya will give you a liver assessment test. Liver dysfunction can present itself in many ways and have different signs and symptoms including digestive problems. If needed she will recommend which diagnostic lab testing will best correlate to your symptoms to help identify any underlying health issues or to establish baseline makers to follow progression.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies, and signs of an overburdened system or excessive exposure to toxins. These can impair the body's detoxification pathways.



Second Visit 45-60 Minutes- No charge

During the Second Visit:

- ✓ Dr. Sonya will go over your liver assessment and lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.