

Liver Troublemakers

Be prepared to see your world in a whole new light. Rather becoming paranoid about life, this is why we desperately need to cleanse our bodies on a daily basis. It's why we drink *Calli* everyday as a daily Detox. It's why we consume the CCC: critical clean carbohydrates. Our livers need all the help we can give them.

The key to getting rid of pathogens (troublemakers) is eliminating their fuel source. When you take their food away, they either starve or eventually leave the body. This frees up the liver to go after these pathogen invaders and effectively do their other important functions (2,000 plus chemical reactions).

Problematic Foods:

Eggs: are viruses' and bacteria's' number one food source

Dairy: is a highly mucus-forming pathogen food source

Cheese: creates stagnant, sluggish, fatty livers, weakening the liver's immune system by forming mucus within the blood vessels and cells of the liver.

Hormones from food:

are extremely disruptive to the liver's ability to manage, produce, and organize the body's own hormones.

High-Fat Foods:

Regardless of plant or animal source, healthy or unhealthy fat is hard on the liver.

Recreational alcohol:

Starves the liver of nutrients. The hangover "cure" is not more fat and sugar to sop up the alcohol, but

Vinegar: Vinegar saturates the liver, causing a drunken effect, slowing down the ability to function properly.

Caffeine: causes thinning of the liver's walls making more susceptible to pathogen invasion.

Excessive salt:

A little healthy salt can be okay, sea salt or good mountain rock salt here and there is tolerable for the liver. The more salt you eat, the more it dehydrates organs, muscles, and glands – heart, liver and brain run on sodium derived from food itself, not salt added to food. Naturally occurring sodium won't dehydrate our organs.

- Gluten:** feeds pathogens inside the liver.
- Corn:** another fuel for pathogens in the liver, affected by crossbreeding with GMOs.
- Canola oil:** has chemical compounds that are harsh to the liver, causing liver cell weakness
- Pork:** has the highest fat content and of a variety that slows down liver function and speeds up fat cell collection and weakens liver's immune system.