

Paris Holistic Health



October 2012 Newsletter

Love Your Liver

Did you know that the liver is the work horse of our bodies? Well it is. Throughout each day, it is busy aiding in our metabolism of proteins, carbohydrates, and fats. It produces and excretes bile which is essential for fat metabolism. It is involved in the breakdown of hormones, insulin, medications and toxic substances. It acts as a storehouse for several vitamins and minerals so they can be made available when our bodies need them. These are just a few of the functions that the liver performs in our body and it does a whole lot more.

Now that you know how much the liver does for you each day, it only makes sense that you do what you can to support the healthy functioning of this awesome organ. Some things you can do to reduce the workload on your liver are to consider the amount of alcohol you consume, the amount of medications you take, and examine the types of household cleaners and pesticides you use. Alcohol heats up an already hot organ by adding to its detoxification workload. Reducing alcohol consumption or eliminating it all together helps to decrease the burden on the liver. Medications are essential in treating some conditions however; taking medications unnecessarily or combining medication without the guidance of your doctor or pharmacist can over tax the liver and possibly even damage it. While we all want to live in a clean house that is free from insects, consider the chemicals you are exposing yourself to when using cleaning products and insecticides. These products are absorbed directly through our skin (if you do not use gloves) and have fumes that can be harmful to the liver.

So how can you love your liver?



You can love your liver through eating fruits and vegetables and if you think your liver needs extra support, you can consider taking herbs. Some fruits that are nourishing to the liver are apple, avocado, berries, cherries, grapes, grapefruit, lemon, orange, plum, pomegranate, and prune. Supportive vegetables for the liver are artichoke, asparagus, beets, broccoli, Brussel sprouts, cabbage, celery, leafy greens, mushrooms (shiitake and maitake), onion, parsnips, and

squash. So include several servings of these fruits and vegetables in your meals each day. Several culinary herbs also help liver function and they are basil, dill, fennel, garlic, ginger, oregano, pepper, and tumeric. Other herbs that keep the liver happy include borage, burdock, chicory, dandelion, fenugreek, milk thistle, nettle, reishi, and sassafras.



I hope that you now have a greater appreciation for your liver. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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