

Spring cleaning for your liver

Spring is the perfect time to clear out the cobwebs and clutter in your home. It is also the perfect time to give your body a little cleansing of its own. After months of putting less than natural items into our body such as antibiotics, food additives and preservatives, junk food, prescription drugs, alcohol, caffeine, and countless environmental pollutants, our bodies need to take a time-out in order for our liver organ to fully filter and process these harmful contaminants. One of the main duties of the liver is to filter waste from the blood. Toxins can lead to an unhealthy, sluggish liver, which in turn can be the root cause of many of the negative symptoms you may be experiencing, such as a lack of energy, irritability, short temper, PMS, and muscle tension. On an emotional level, if your Chinese Liver is healthy, you are more likely to have a clear vision of your path in life, as well as the patience to allow it to unfold. You will know when to move and take action, as well as know there is no need to push or force a change to happen.

Here are a few things you can do to spring your liver into action...

- Start your day with a fresh slice of lemon in warm water to help flush out toxins.
- Eat as many servings of steamed vegetables as you want.
The best are dark greens (collard, kale, chard, spinach, and beet tops).
- Detoxify naturally. Try adding one of the following spices to cleanse and detoxify the body: turmeric, parsley, rosemary, lemon, or garlic. Combine these spices and vegetables with smaller amounts of fresh fruit, non-glutinous grains, good quality protein and healthy fats for a deliciously easy liver cleanse. Add high quality chlorella tablets after meals to help detoxify heavy metals, radiation residues, pesticides, and herbicides.
- MOVE! Difficulty losing weight can be the result of a sluggish liver. Of course, regular exercise and maintaining a healthy diet are crucial, but some find they are still unable to lose those extra pounds. Toxins in the body actually hold onto fat; so by clearing the toxins, the fat will also release. In addition to eating vegetables, adding milk thistle to your daily supplements can help clean the liver so your body is able to process that extra fat, and drop those pounds.
- MOVE SOME MORE!!! Get outside and wiggle your body around. Daily movement helps your Chinese liver get the jump start it needs to keep your body free flowing. Fresh air, moderate sunshine, and being in nature are all wonderful ways of grounding your energy and balancing your moods. Stress and a sedentary lifestyle stagnate your liver. Exercise will help circulate blood, move your Qi, as well as release toxins via sweating.
- Get acupuncture. Acupuncture is very effective at moving the liver energy so that you experience fewer negative symptoms. It is especially helpful for women dealing with PMS and cramps. So come get a few treatments, and start noticing the difference in your energy, mood, and muscles.

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