

# LIVER REGENERATION PROGRAM

How long has it been since you felt really healthy? Do you wake with lots of energy which carries you through the day? If not, perhaps it's time to consider a detoxification program.

Your body is like your car – it needs regular care and maintenance. If you ignore it for too long, problems can start to develop. Symptoms of toxicity can include:

- fatigue
- bad breath
- body odour
- skin complaints
- digestive problems
- constipation
- flatulence

Toxicity can also underlie more serious conditions, such as:

- allergies
- arthritis
- autoimmune diseases
- inflammatory bowel disorders

People become toxic for a number of reasons, including poor diet, poor elimination of waste

(e.g. constipation) and exposure to harmful environmental chemicals including pesticides, pollution and toxic metals. Normally your liver will attempt to deal with these toxins, however, it often needs a helping hand.

## PROTEIN

One of the most important nutrients for correct detoxification is protein. Protein foods are made from amino acids, which your liver uses to neutralise and excrete toxins. The best source of protein is one that is high in these essential amino acids, but is also low-allergenic. Rice protein, fortified with additional amino acids is a very good choice. Sesame protein is also very helpful and in addition contains a nutrient called Sesamin, which is a powerful antioxidant. Antioxidants protect your body from the harmful effects of toxins.

## PHYTOCHEMICALS

Plant foods are a rich source of protective and medicinal substances which are called phytochemicals. These helpful substances are found in foods and spices such as broccoli, grapes and turmeric. They have been shown to increase the capacity of the liver to detoxify, and also to reduce the risk of many serious diseases. Combinations of the most effective phytochemicals are available in supplement form, making them both effective and convenient to use.

## LIVER TONICS

Natural Health Practitioners often recommend herbal extracts to enhance liver performance and bile flow. Bile is the liquid produced by the liver to carry toxic waste from the body.

Modern liver tonics include herbs such as Bupleurum and Berberis, plus nutrients such as choline, inositol and taurine in a tablet form to avoid the very bitter taste of the herbs.

Another useful herb is St Mary's Thistle, which has been shown to be very effective at protecting the liver from the effects of toxins. It has a powerful antioxidant effect, plus it also enhances the action of the chemicals that the liver uses to remove toxins from the bloodstream.

## OTHER IMPORTANT SUGGESTIONS

### Multivitamins

A good multivitamin, mineral, antioxidant and phytonutrient formula is essential for detoxification and protecting the body from further toxins. Toxins damage the cells of the body by binding to cell membranes and damaging them, leading to cellular leakage. Antioxidants are essential as they bind to these harmful chemicals and prevent them from damaging the cells of your body.

### Lactobacillus

'Beneficial' bacteria assist digestion, bowel



function and can reduce inflammatory bowel problems. Ask your Practitioner about supplements containing the highly active *Lactobacillus acidophilus* NCFM or *Lactobacillus plantarum* 299v, which have scientifically proven health benefits.

### Desensitisation

Your Practitioner may prescribe a course of homoeopathic drops which can help to speed up your detoxification. If you are sensitive to certain chemicals or foods, then these can also be used to systematically reduce that sensitivity.



# INNER CLEANSING LIVER REGENERATION PROGRAM

### DIET

Your Practitioner will discuss dietary options during detoxification with you. This will normally include a reduction or elimination of refined and processed foods, alcohol and caffeine. You may also need to avoid certain foods that you are sensitive to such as dairy or wheat products. You should increase your intake of fresh fruits, vegetables, lean protein foods and pure water.

### START LOOKING FORWARD TO A NEW YOU.

While making diet and lifestyle changes is never easy, it is certainly achievable with the support of your Practitioner and some clinically proven natural remedies. If you are ready to take the next step to feeling more energetic and reducing your risk of serious disease, then contact your Healthcare Practitioner today.



### RECOMMENDATIONS AND TREATMENTS FOR LIVER REGENERATION

For more information ask your Practitioner about Liver Regeneration.



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