

TOP 5 LIVER LOVING FOODS



Do you suffer from fatigue, poor sleep, acne, anxiety, and brain fog? All of these can be signs of a sluggish liver.

The liver plays a large role in energy regulation, hormone balance, neurotransmitter regulation, and detoxification of pro-inflammatory chemicals. It does a lot, which means it needs a lot of love.

The following foods are shown to help our liver function at full capacity. So do your body a service and toss these into your next meal!

01 BROCCOLI SPROUTS

Broccoli sprouts pack a heavy punch in supporting our body's detox process. This is because crucifers deliver a sulfur-containing compound, called glucosinolates, with each bite.

Our body uses these sulfur compounds to remove excess hormones, neurotransmitters, and bile, as well as environmental toxins from medications.

Broccoli sprouts are particularly powerful, containing 10-100x more glucosinolates than mature broccoli by weight.

Ways to enjoy broccoli sprouts:

- Add a small handful to your sandwiches, wraps or salads!
- Top your avocado toast with radishes, sprouts and a little salt and pepper.
- Garnish your soups with sprouts.
- Add sprouts to your pesto.
- Blend them up in your morning smoothie.

Fun Fact!

Chopping cruciferous vegetables allows more glucosinolates to form. Process them well and chew thoroughly!

02

BEETS

These wonderfully earthy root vegetables are chock full of a compound called betaines, and a group of pigments called betalains.

Betalains are actually what give beets their saturated red and gold colors. These compounds are important for optimizing liver cell function and producing bile.

Bile is what the liver dumps waste and toxins into for elimination. Betaines also increase the production of enzymes that are essential for the detoxification process.

Ways to enjoy beets:

- Enjoy a beet salad with some pickled beets, candied walnuts and goat cheese.
- Add grated beet to your smoothies.
- Try a new recipe for beet borscht.
- Dip your veggies and whole grain pita into beet hummus.
- Top your Buddha bowl with beet kraut!

Fun Fact!

If your urine turns pink after eating beets, it may be time to get your iron levels checked, as this can be a sign of iron deficiency.



03

GINGER

Studies show ginger's potential liver-protective effects. This spicy root is well known for its anti-inflammatory properties, which is one of the main reasons it is so good for the liver and detoxification.

Ginger is also great for digestion! Not only does it relieve nausea, but it helps moves stool through the gut more easily, relieving constipation.

This is especially important for detox as regular bowel movements ensure that you are eliminating toxins!

Ways to enjoy ginger:

- Add fresh ginger to your marinades.
- Enjoy a cup of ginger and lemon tea.
- Make a ginger and carrot soup.
- Add thin slices of ginger to stir-fries.
- Throw in a bit of ginger with your smoothies for a nice kick!

Fun Fact!

Make ginger tea! Slice a small chunk of ginger into ¼ inch pieces. Boil, then reduce heat and simmer for 5 min. Remove the ginger slices and add lemon and honey to taste.

04

GARLIC

Garlic is one of the liver-loving allium vegetables, which includes other veggies like onions, shallots, leeks, and chives.

Garlic has been well-researched in the context of liver health, and has been shown to decrease elevated liver function enzymes and prevent non-alcoholic fatty liver disease.

Much like crucifer vegetables, garlic also contains a sulfur-containing compound that supports liver detox.

Ways to enjoy garlic:

- Add to your dressings and marinades.
- Saute garlic with green beans and olive oil.
- Roast up some garlic and add it to your hummus.
- Add it to your stir-fries and pasta dishes.
- Cut the top off garlic and drizzle a little olive oil. Roast the garlic in your oven until it begins to caramelize and soften.

Fun Fact!

Crushing or mincing garlic activates those sulfur-containing compounds. So give those garlic cloves a good wack before adding them to your soups and stir-fries!

05 LEAN PROTEINS

This is more than one type of food, but getting adequate amounts of protein each day is essential for your liver health! Lean protein provides your body with essential amino acids, vitamin B12, iron, zinc, choline, all nutrients that are needed for maintaining a healthy liver, and supporting detoxification.

Eating protein regularly throughout the day is also important for blood sugar regulation, which translates to a happier body overall.

Certain amino acids are especially needed for Phase 2 detoxification (*not familiar with the phases of detoxification? Learn more about this in the Starkel Nutrition Detox Cleanse!*).

Ways to enjoy lean proteins:

- Drizzle salmon with olive oil, lay lemon slices on top and add a sprinkle of salt. Bake in oven set at 400 degrees F for 12-15 minutes. Add to salads, bowls or wraps.
- Add chickpeas to your salads and bowls.
- Make the Starkel Nutrition Detox Cleanse mediterranean chicken sheet pan recipe.
- Make a black bean dip for your veggies and whole grain crackers.
- Enjoy a lentil soup on a cold day.

Fun Fact!

Protein, specifically the amino acids that make-up our protein, are needed for DNA repair, neurotransmitters, hormone and enzyme production, and maintaining muscle.

Increasing these foods in your diet gives your liver the fuel to function better, but it often needs some extra care to lighten its load. In an increasingly toxic world, the liver can become overwhelmed, and this results in common symptoms like fatigue, anxiety, acne, and brain fog.

The Starkel Nutrition Detox Cleanse will ease your liver of its burden and arm you with the tools and knowledge needed for long-lasting relief.

Learn more about how you can love your liver and optimize your health by registering for the Starkel Nutrition Detox Cleanse!
<https://starkelnutritionprograms.com/detox-cleanse/>