

Your 'SWIPE-AND-DEPLOY' Good Health Liver Survival Guide..

7 Things You Can Do Today to Improve Your Liver Function to Aid Weight Loss, Longevity and to Feel (*--and-Look--*) 5 Years Younger!

OK, I'm not going to go on about how your liver is your bodies 'gate keeper' for everything you consume.

Because you already know it processes everything that goes into your body and converts it into fuels your body needs like protein, fat, carbohydrate and glucose... *right?!*

And that.. It also has to cope with all the toxins that inevitably enter your body including pesticides, hormones, food additives, alcohol, medications, microorganisms, and more.

You could say your liver is your very own internal cleansing and purification system. Your built-in '**detox machine**'.

It goes without saying you need to take good care of your liver for your general good health and 'well being'. Although your liver's health is important for these benefits people sometimes over-look..

- ✓ Healthy Aging
- ✓ Longevity
- ✓ Increasing Energy Levels
- ✓ Weight Loss

Yup! So If you sometimes feel lethargic, lacking energy, if you're overweight or over 35 yrs, or maybe a combination of these things..

Then your liver is a good place to focus on taking good care of your body for improved health and longevity.

It goes without saying that today's modern diets, lifestyles and toxic environments place excessive stresses on this most important organ.

No matter how hard your liver tries to eliminate all impurities, some toxins inevitably get left behind and accumulate in your livers cells preparing to cause havoc on your health.

Even I was surprised to learn that IF the liver fails, and at the time I am writing this, not even the most technological advanced medical machinery on this planet can support its functions. The livers unique abilities depend on living tissue and cannot be replicated outside the body.

IF the liver fails the only options are a transplant or the inevitable 'passing over'.

"SO, this is a darn GOOD reason to support your liver so it can support you right!.."

Let's get started with 10 things you can do today to take care and improve your liver health..

1. Eat More Organic Foods

Organic foods are not contaminated with pesticides, toxins or chemical additives. They are the cleanest and purest foods you can put into your body to relieve your liver from stress and to help its function.

Fried and processed foods should be avoided where possible and any foods high in trans fats and fructose. Contrary to common belief fructose actually leads to obesity and fatty liver disease.

You should try to eat more 'liver supporting' foods like vegetables and fruits including..

Sulfur rich foods: kale, broccoli, garlic, onions, brussels sprouts, cabbage and cauliflower

2. Reduce or Eliminate Your Alcohol Intake

Simply put, alcohol destroys liver cells and can lead to fatty liver disease, hepatitis and cirrhosis of the liver. If you really, really, must drink alcohol then try to limit your consumption and drink plenty of water to dilute the alcohol.

3. Use Natural Personal Care and Household Products

These days most household products and many personal care products contain chemicals. Taking a little extra time to find organic and natural alternatives can reduce the toxins and chemicals that surround your environment-- inevitably being absorbed into your blood stream and through your liver.

4. 'Mommy' Always Told You Not to Smoke.

So you'll already know smoking is bad for your health and yes, it also decreases the liver's ability to function correctly and eliminate toxins from the body.

5. Exercise If And When You Can.

Exercising burns calories and lowers the risk of obesity and fatty liver disease. It also boosts liver function.

6. Medications: You Need Them... Do You?

You might be prescribed them and you should always follow your medical doctor's advice. Although taking medications when unnecessary places more stress on the liver as these chemicals are all broken down and processed by the liver.

For example 'Tylenol' which is an over the counter drug is one of the leading causes of liver disease in the United States. SO, don't use chemical medications if unnecessary and unless your doctor has specifically advised you to use them.

7. Detox Your Body 3 or 4 Times Every Year.

You service your car right? IF you don't then your car might have some problems. So do you also service your body to help eliminate unwanted toxins, blockages and to improve function of your liver, kidneys, gall bladder, blood and skin?

I hope so because detoxing your body three to four times each year will improve your organ's ability to eliminate chemicals through sweat, urine and feces. It doesn't sound sexy..

..but YOU can be if you detox regularly.

Consider using supporting [liver detox herbals](#) or a complete [natural body detox](#).

For more 'Swipe and Deploy' good health and weight loss information you can use TODAY visit..

No B.S. Good Health Info

John Baxter

No B.S. Good Health Info

Zenulife.com

