



# Glow from the Inside

## Liver Support Guide

Daily habits to support your detox powerhouse for better digestion, hormones, metabolism, and energy.

# Sluggish Liver? Signs to Watch For

**Check off any symptoms that sound familiar:**

- ☐ Bloating, gas, or constipation
- ☐ Nausea or indigestion
- ☐ Fatigue or low energy
- ☐ Brain fog or poor focus
- ☐ PMS, mood swings, or heavy periods
- ☐ Hot flashes or night sweats
- ☐ Acne, rashes, eczema, or itchy skin
- ☐ Dark circles, puffiness, or yellowing of eyes/skin
- ☐ Easy bruising or slow healing
- ☐ Sugar cravings or blood sugar crashes
- ☐ Stubborn belly weight
- ☐ Water retention
- ☐ Waking between 1–3am
- ☐ Sensitivity to caffeine, alcohol, or strong scents
- ☐ Headaches or light sensitivity
- ☐ Frequent colds or infections
- ☐ Joint or muscle aches
- ☐ Feeling drunk quickly, especially off wine

**If you checked 2 or more, your liver could benefit from a little extra love.**

# Daily Habits to Support Liver Health

**Give yourself a ✓ each day you complete these liver-loving actions!**

- ☐ Drink 16–20 oz of filtered water with a sprinkle of sea salt or electrolytes first thing in the morning.
- ☐ Add a squeeze of fresh lemon to warm water to stimulate bile and digestion.
- ☐ Eat a serving of bitter greens (arugula, dandelion, radicchio, mustard greens).
- ☐ Include cruciferous veggies like broccoli, cauliflower, Brussels sprouts, kale into at least 1 meal.
- ☐ Eat at least 20–30g of protein per meal to support blood sugar balance.
- ☐ Incorporate healthy fats like avocado, olive oil, pasture-raised eggs, wild-caught fish, walnuts & pumpkin seeds into each meal.
- ☐ Move your body for at least 30 minutes (walking, pilates, stretching, strength training).
- ☐ Aim to sweat—either from exercise or sauna (infrared or traditional) at least 3x per week.
- ☐ Get 7–9 hours of sleep to allow for liver tissue regeneration & detoxification overnight.
- ☐ Practice stress reduction: breathwork, sipping tea in sunlight, journaling, or time in nature.





# Foods That Love Your Liver



## Eat more of these:

- Cruciferous veggies (broccoli, kale, cauliflower)
- Bitter greens (dandelion, arugula, mustard greens)
- Garlic & onions
- Beets & carrots
- Wild-caught fish
- Pasture-raised eggs
- Avocado & olive oil
- Lemon, ginger, turmeric
- Fresh herbs (cilantro, parsley, mint, basil)



# Foods That Burden Your Liver

## Minimize or avoid:

- Alcohol
- Refined sugar
- Processed foods
- Industrial seed oils (canola, rapeseed, soybean, corn oil, vegetable, safflower, cottonseed)
- Artificial sweeteners and additives
- Excess caffeine
- Conventionally raised animal products (stick to grass-fed & pasture raised)



Even if your liver labs come back “normal,” that doesn’t always mean your liver is functioning optimally.

Functional Nutrition looks at patterns in your body, not just lab results. This means we can spot early signs of liver stress and support your liver before any issues show up on a test or serious health consequences occur.

## LOOKING FOR MORE guidance & liver loving meal plans?

Want a step-by-step plan to reset your liver and feel your best? Click below to join my **21 Day Liver Reset Program** to kick start your journey towards optimizing energy, weight loss, hormone balance & sleep!

[Click Here to Join Now!](#)

