

# Love Your Liver Daily Protocol

The following suggestions are here to make your “Liver Lovin’” time more successful.

Most importantly, while cleansing... listen to your body.

If you're hungry... eat.

Thirsty... drink.

Tired... rest.

Stressed... express your feelings or release them

**Water...** Use this [water calculator](#) to determine the amount of water you need daily for your unique needs. Aim to drink half of your daily water intake by lunchtime each day.

**Daily Movement:** 30-60 minutes (depending on your schedule)  
Getting your movement early in the day will give you a boost of energy and a feeling of accomplishment. Daily movement is important, but don't over do it either. Moderation is key while cleansing.

## Movement Options

- Stretch
- Deep Breathing, expanding your chest and abdomen to massage your liver and gallbladder
- Go for a Walk, Run or Dance
- Lymphasize (trampoline)
- Enjoy Yoga (focus on yoga movements that twist your torso and wring out your liver and gallbladder)
- Other favorite movement

**Do ENJOY any and all of the foods on your suggested shopping list.**

- Make it your goal to enjoy 1-2 fresh salads a day.
- If you have a veggie juicer drink a quart of fresh, raw vegetable juice daily. Go light on the carrots, beets and fruits (sweeter, carb heavy produce may cause your blood sugar to crash in a couple of hours) Juice a blend that is

heavy on cucumbers, zucchini, spinach or other greens, celery, ginger... or other favorite veggies for a delightful juice.

**Note:** If your **thyroid** is one of your concerns... avoid raw cruciferous veggies like kale, broccoli, cauliflower, Brussels sprouts, and cabbage in your raw juice.

**Daily Detox Aid:** Pick **at least one of** detox aids we've provided for you to include into your daily routine. You may find it easy to include more than one a day. Switch it up each day if you wish and try something new. In a rush... exfoliate with an epsom salt shower scrub or multi-task with oil pulling with showering and dressing.

- Oil Pulling
- Epsom Salt Bath
- Bentonite Clay Bath
- Apple Cider Vinegar Bath
- Epsom Salt Shower Scrub
- Bentonite Clay Poultice
- Dry Brush or Towel Scrub
- Alternating Hot and Cold Water in Your Shower
- Neti Pot
- Caster Oil Pack (easy at bedtime)
- Emotional Release by holding your fingers

During your Liver Lover Cleanse include any of the following as your circumstances:

- Massage
- Emotional Release Work
- Colonic Hydrotherapy
- Coffee Enemas
- Yoga

## **During Your Love Your Liver detox, for best results minimize/abstain from...**

- Animal protein
- Excess fats & oils (Eat seeds and nuts as needed to keep your blood sugar stable.)
- Alcohol
- Gluten
- Sugar
- Eggs
- Dairy
- Caffeine (reduce if you're accustomed to getting caffeine regularly or switch to green tea)
- Processed foods of any kind

**Morning Hydration:** Upon rising, immediately drink 12 ounces of room temperature water.

**Morning Detox Hot Beverage:** Before your breakfast: enjoy a cup of hot water with the juice of half a lemon or lime or a hot liver detox tea. (Milk thistle and Dandelion Teas are great for the liver.) There are many liver detox teas available at your local health food store.

### **Breakfast**

#### **Busy Morning Option 1: Smoothie (3 Minute Prep)**

Breakfast Smoothie is a nutrient rich way to start your day that is fast and easy. I personally, enjoy a smoothie with nut milk (pre-made), berries, coconut shreds, soaked nuts, spinach and chia or flax seeds.

#### **Busy Morning Option 2: Breakfast Cereal (5 Minute Prep)**

Heat (on the stove... never a microwave) some of your precooked quinoa or other gluten free grain. Add your pre-soaked nuts, cinnamon (or other favorite yummy spice) Mix with a dash of maple syrup and you have a delicious and fast breakfast cereal packed with protein and nutrients.

### **Busy Morning Option 3: Soup and Nuts (3 Minute Prep)**

Heat some of your vegetable soup with some of your pre-cooked grains. Grab a handful of pre-soaked nuts.

### **Leisurely Breakfast**

- A. Make freshly pressed veggie juice.
- B. To balance your blood sugar enjoy a handful or two of soaked and sprouted nuts along with your juice.

### **Snack Ideas**

A granny smith, tart apple (chew thoroughly) Make your goal to eat an apple a day for the malic acid (dissolves gallstones) or **\*\*optional\*\*** supplement with malic acid.

A handful of pre-soaked nuts

A glass of fresh pressed, raw veggie juice

A glass of coconut water

A kombucha

A serving of cultured veggies

Fresh veggies with nut butter

**Water Reminder!!!** Be sure to be working on your minimum daily water intake.

### **Lunch**

Enjoy any of the foods on the suggested “Liver Lover” shopping list.

- Include a salad or fresh vegetable
- Veggie soup & salad with a serving of cultured veggies
- Pre-cooked grain, veggie juice and a salad
- Steamed veggies and a gluten free grain pilaf

Spend a few minutes of your lunchtime getting some physical movement.

### **Mid-Afternoon**

- Stay Hydrated... Drink your water!
- Enjoy a snack of your choice as desired.

### **Before Dinner**

- Drink water

### **Dinner (3 hours before bedtime)**

Dinner option of any of the foods on the shopping list for “Liver Lover” list approved foods. Include a salad or fresh juice.

After dinner may be a good time to prepare your food for the next day.

Get the last of your water in 60 minutes after dinner.

Just before bed, take your probiotic supplement. Probiotics work best on an empty tummy.

**\*\*Optional\*\*** To increase bowel movements with a gentle bowel toner, take two triphala capsules before bed with a glass of water. You can get triphala, probiotics, and other supplements from Raya or at your local health food store.

### **Bed Time Routine**

- As part of your bedtime routine, enjoy one of the suggested detox aids.
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level and emotions that arose while cleansing.

**Be in bed by 10PM with the lights out.** The more hours of sleep you get before midnight the better it is for detoxing.