



YOUR IN-DEPTH LIVER DETOXIFICATION GUIDE

Thyroid Wellness



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Your liver is the packhorse of your body, working tirelessly to keep your blood sugar levels stable, filtering out toxins from your diet and environment as well as clearing out unwanted hormones. Apart from being your master detoxifier, it performs really important daily functions. These include bile production, storing glucose, vitamin A, D, E, K, B12 and iron (ferritin). Your liver also plays a key role in your thyroid and hormone metabolism. It produces the enzyme needed to activate and deactivate thyroid hormone.

LIVER FUNCTION AND DETOX

Whilst detoxification is the most natural process for your liver to perform, it has become increasingly difficult with higher levels of toxins in our environment and food. More people than ever are chronically inflamed often resulting in taking prescription medication. This is further compounded by poor dietary habits, regular alcohol consumption and not sufficient hydration.

Whilst I am a really big fan of seasonal detoxes, I also believe that we can all do more to support daily detoxification. **In order to learn how best to love your liver, it's important to understand that there are 3 different phases of detoxification.**

PHASE 1 is the where the liver makes substances less volatile and more water soluble.

PHASE 2 is where the liver uses different pathways to take the water soluble metabolite from phase 1 to leave the body.

PHASE 3 is transporting these toxins out of the body.

Let's take a look to see which nutrients are best suited for each phase.

PHASE 1

This is where your body first comes into contact with toxins. A group of enzymes known as the cytochrome P450 family, work to convert volatile toxins into smaller and water soluble substances, so that your body can excrete it. These are well known substances like coffee, alcohol, oral contraceptive pill, medication, paint, fumes, cosmetics, house-hold cleaning products, and more.

Your body needs good levels of antioxidants to oxidise these toxins and this is why optimising your diet is one of the most important things you can do. **There are specific foods that can support your liver during Phase 1. These include:**

CRUCIFEROUS VEGETABLES like broccoli, cabbage, cauliflower, kale, brussel sprouts, collard greens.

VITAMIN C RICH FOODS like bell peppers, strawberries, tangerines, oranges, kiwi. Whilst grapefruit is rich in vitamin C, it does inhibit cytochrome P450, which can potentially negatively impact anyone on medication, so always best to avoid.

GREEN LEAFY VEGETABLES as they are rich in folate, vitamin B6 and magnesium all needed for both phase 1 & 2.

PHASE 2

Once volatile substances have been made more water soluble, your liver needs to conjugate them in order to remove them from your body. It is important to note that some of the substances might be more volatile when entering phase 2, and this is why supporting both phases are incredibly important. There are six different pathways for conjugation. These are glucuronidation, acetylation, esterification, amino acid conjugation, sulfation and glutathione conjugation.

The following nutrients will help to support Phase 2:

SULFUR from garlic, onions, cruciferous vegetables, chickpeas, legumes, nuts, eggs, turkey, fish

BEETROOT

PROTEIN will provide amino acids such as glycine, cysteine and methionine (mostly animal protein)

ANIMAL PROTEIN provide vitamin B12, which is a critical factor for methylation

GLUTATHIONE is your body's natural antioxidant and it is especially needed during phase 2. To increase glutathione enjoy asparagus, avocado, okra, vitamin C rich foods, selenium rich foods (brazil nuts, chicken, beef, organ meats, brown rice)

NUTRIENTS NEEDED FOR BOTH PHASE 1 & 2

- Turmeric (curcumin)
- Bitter herbs – milk thistle, dandelion, burdock
- Green leafy & Cruciferous vegetables



PHASE 3

The final phase is the transportation phase. This is where all the Phase 2 conjugates leave the body either via urine or your poop.

Phase 3 requires for you to have:

- Optimal bile production
- Adequate hydration
- Healthy and regular bowel movements, preferably daily and without constipation.

JUICING

I am definitely a big fan of using clean and nutrient specific juices that can aid detoxification, but it is really important that you combine this with good quality protein to support your liver.

My favourite juices to support liver health includes:

- Turmeric Immunity
- Turmeric Energy
- Power Beets
- Rocket Fuel
- King Kale
- Happy Greens

You can purchase all of these juices from
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THE IMPORTANCE OF BILE

One of the key components required to flush out toxins and excess hormones is BILE! But hang on not just any bile, good quality bile that is thin and healthy and NOT thick, sludgy and congested. It's astonishing to see how many gallbladders are removed annually, a large majority which could possibly have been prevented just through dietary and lifestyle changes alone.

Sluggish bile impacts your entire body and increases your risk for autoimmunity. It also directly impacts your thyroid. After all, you can't make thyroid hormone if you're not absorbing fats!

BILE

Bile is produced by the liver and stored in the gallbladder. Bile is made up of water, bile salts, bile pigment and cholesterol.

The primary function of bile is to break down the fats we eat and to help escort toxins out of the body. This means that you can't absorb key fat soluble nutrients like vitamin A, D, E and K, omega 3 or 6 without sufficient bile. This can have far-reaching consequences on your hormones, thyroid and health.

The good news is that you can use foods and herbs to build better bile. Yes food is medicine in every sense of the word.

BILE BUILDING FOOD

- Choline found in beef, almonds, cauliflower, egg yolk
- Taurine found in organ meats
- Rocket (arugula)
- Beet greens (the tops of the beetroot)
- Beetroot
- Artichoke
- Bitter gourd
- Nettle
- Watercress
- Lemon and lemon rind
- Jerusalem artichokes (so good roasted)
- Radish

- Asparagus
- Swiss chard
- Grapefruit (remember to avoid if on medication)
- Apple cider vinegar

BILE BUILDING HERBS

Like bitter foods, bitter herbs can support digestion and in particular bile. You need sufficient levels of hydrochloric acid (HCL) to produce bile and digestive bitters have been used successfully for many years to support this.

Be careful if you suffer with GERD and always work with your health care practitioner to guide you if you have ongoing health concerns.

- Milk thistle
- Dandelion
- Ginger
- Goldenseal root
- Caraway
- Fennel
- Barberry bark



COFFEE ENEMAS

Coffee enemas are not going to be everyone's cup of coffee, but those who regularly use them, swear by them. Enemas have been used since the early 1900s and later became an integral part of the Gerson Therapy for cancer. Up to the 1960s enemas were listed in one of the most popular medical textbooks, the Merck Manual as a really powerful therapy for improving health. Many might be familiar with the traditional water enema, which has a very different effect than coffee. By using coffee, you specifically target the liver and encourage detoxification. Some of the key benefits of regular coffee enemas include reduced inflammation and pain, improved energy and mood and overall improvement in hormone, thyroid health and immune health. They are also said to increase levels of glutathione (your master antioxidant mentioned earlier under Phase 2).

POTENTIAL SIDE EFFECTS

Like with everything, some individuals may experience an adverse reaction. This can include intestinal cramping, loss of appetite, diarrhoea, dehydration and as a result electrolyte imbalance. Always check with your health care practitioner before you embark on coffee enemas.

HOW OFTEN SHOULD I DO IT?

I would recommend that you start with once every two weeks and then slowly increase to once weekly. In some chronic conditions it can even be done daily, but I feel this really needs to be discussed with your healthcare practitioner.

Always schedule a relaxing day when doing your enema and make sure to stay fully hydrated.

WHAT COFFEE DO I USE?

Always choose organic light roasted ground coffee to ensure you are not adding any additional toxins to your body.

For those individuals who are allergic to coffee, you can use green tea instead. It's also NOT suitable for anyone on medication that interacts with caffeine. If you are unsure, please check with your healthcare practitioner.

TOXIN BINDERS

Coffee enemas are incredibly effective at pulling toxins from the body. For this reason, it is really important that you always use a binding agent on the day of the enema and a few days after to ensure that these toxins leave your body. Just remember binders will bind to medication and supplements, so always take them separately to food, supplements and medication.

Some of my favourite binders include:

- Charcoal
- Chlorella
- Cell Core Sciences Bio Toxin Binder

HOW TO DO A COFFEE ENEMA

1. Combine two tablespoons of organic mild ground coffee with 4 cups of filtered water in a saucepan
2. Bring it to the boil and simmer for 15 minutes
3. Allow the coffee to cool (lukewarm)
4. Use a cheese cloth or fine sieve to strain and remove the coffee grounds
5. Pour the fluid into your enema bag or bucket
6. Go to the bathroom. Put a towel down, ideally close to the door handle
7. Hang the enema bag/bucket from the door handle and position yourself close to the bag
8. Lie on your right side in fetal position with your knees bent towards your stomach
9. Insert the nozzle about 2cm into your rectum
10. Open the tap and allow coffee to flow in, ideally you want to empty the contents of the bag
11. Try and hold the liquid for 10-15 minutes before releasing

If you are serious about optimising your health, then it's critical to understand that inflammation can hinder how effectively your liver moves toxins through these phases. This is why it is really important to consciously work on reducing inflammation in your body daily.

To reduce inflammation daily you need to ensure:

OPTIMAL SLEEP (NO LESS THAN 6 HOURS)

WALKS IN NATURE

HEALTHY BLOOD SUGAR BALANCE

TIME FOR YOURSELF (MEDITATION, YOGA, JOURNALING)

REMOVING/LIMITING PROCESSED & REFINED FOODS

FINDING WAYS TO LIMIT OR REDUCE STRESS

If you need help with blood sugar balance,
you can download my free guide
<https://thewellnessjunction.com/freebies/>



ABOUT THE AUTHOR

Stiana Hubert is a Functional Medicine Nutritionist and member of the Institute of Functional Medicine. She is the founder of The Wellness Junction and passionate about helping women regain their health and vitality.

Her own journey with chronic illness and Hashimoto's has led her to become a specialist in thyroid and gut health and she now helps women around the world to improve their thyroid and gut function so that they can reclaim their health and vitality.

Stiana Hubert is a mother of two with a thriving practice who believes that every woman has the right to live a vibrant and energetic life and feel amazing.

THE NEXT STEP

Are you ready to feel like yourself again, be the mum and wife/partner you want to be, have energy and clarity of thought to show up as the best version of yourself?



Are you ready to commit to making positive changes to your life that will enable you live the life you dream of and the one you truly deserve?

If yes, then schedule your free 30-minute assessment call today. This will be the single biggest transformation process that will enable you embrace life with renewed perspective.