



The Liver's Surprising Role in Weight Loss

Message from Milly

2021 is finally here and I hope everyone had a happy holiday season.

I enjoyed some time at the beach with my family, and it was so wonderful to just relax and appreciate the beauty of nature.

Now, onto this month's topic: the liver's role in weight loss.

If you're struggling to lose weight or maintain a healthy weight despite eating healthfully, taking your vitamins, exercising, etc. understanding the liver-weight connection can be a game-changer.

In a nutshell, the liver is your body's #1 fat-burning organ, hormone conjugator, and neutralizer/storage facility for all things toxic---from food additives and alcohol to cleaning chemicals and pesticides.

That's a big job, especially in today's toxic world---which is why the liver usually becomes sluggish and/or fatty over time.

And a telltale sign of this is: weight gain.

Thankfully, your liver is a very forgiving organ that responds quickly to a little TLC.

Here's what you can do to nurture yours for healthier weight, skin, digestion, blood sugar balance, detoxification, energy, and much MUCH more.

-Milly



Unburden your liver by reducing fats and sugars

As I mentioned above, the liver is your body's #1 fat burning/metabolizing organ. Which means, every time you eat fat it's largely up to the liver and gall bladder to break it down so it can be utilized.



This is a function your liver was designed to perform. However, if we eat an excess of fatty foods *especially* when the liver is already burdened, it causes problems.

For example, research has found even one high-fat meal can disrupt liver function*.

If your everyday diet's not super high in fat, this is no big deal and unlikely to cause an issue.

However, if you're consuming a lot of fat (like fatty foods with every meal and nuts, cheese, etc. for every snack) your liver will get bogged down sooner or later.

This is especially true of pro-inflammatory fats such as refined vegetable oils (canola, cottonseed, safflower, sunflower, corn, grapeseed, etc.).

Now, I understand high fat diets are recommended by many experts, and I think these have their place in certain circumstances...but I don't recommend them long-term because they will tax the liver. I've seen it time and time again...sorry to say)-:.

If you disagree and feel well eating high fat, then of course continue. However, if you develop symptoms like weight-gain, digestive problems, fatigue, heart issues, skin problems, or you plateau in your weight-loss efforts, etc. do consider reducing your fat in favor of more veggies and fruit.

Likewise, the liver also gets bogged down from too much refined sugar which creates fatty liver disease and diabetes**.

Put excess fat and refined sugar together and you can create a very fatty liver very quickly.

So, does this mean you have go fat-free and sugar-free?

No! Your body definitely needs healthy fats and natural sugars to maintain health. In fact, natural sugars found in fruits fill up your liver's glycogen reserves which are critical for healthy function***!

The key is balance, not excess.

Which means filling up your plate with more vegetables (emphasis on leafy greens and brassicas for liver detox****), whole fruits (the liver loves citrus, wild blueberries, and apples), gluten-free grains, legumes, and lean meats, and avoiding refined seeds oils, refined sugar, processed and fried foods.

Insofar as cooking goes, focus on unrefined fats in moderate amounts such as extra virgin olive oil, coconut oil, pastured butter, and avocado oil.

Sources:

**<https://www.cbsnews.com/news/even-one-high-fat-meal-can-harm-your-liver/>*

***<https://pubmed.ncbi.nlm.nih.gov/29408694/>*

****<https://dtc.ucsf.edu/types-of-diabetes/type1/understanding-type-1-diabetes/how-the-body-processes-sugar/the-liver-blood-sugar/>*

*****<https://pubmed.ncbi.nlm.nih.gov/21535814/>*

Enjoy liver-loving herbs as part of a healthy lifestyle

Medicinal and culinary herbs are wonderful tools to help decongest, protect, and heal the liver.

Liver-supportive herbs need not be saved for times of cleansing or illness, but can (and should) be enjoyed regularly to help support this hard-working organ.

Some of my favorite herbs and blends include:

- Dandelion or Core Dandi Blend
- Core Milk Thistle
- Pure Body Clear with Colon Clear: part of the Opening Channels Program
- Phyto Rad Antioxidant/Turmeric
- Cinnamon
- Burdock
- Licorice

You can buy these as tinctures (we carry several), premade teas, or use bulk herbs to create your own blend.

The Opening Channels Program is a detox cleanse that gently supports the liver, gall bladder, gut, and all other organs of elimination. [Email us to learn more!](#)

**If you're currently taking medication, please check with your doctor before starting any herbal regime.*



Create a safer space for your liver at home

Most of us are unaware of how common household chemicals can poison our livers and directly contribute to weight-gain and obesity.

For example, many chemicals found in household cleaning and personal care products, such as [PFASs](#), are proven "obeseogens!"*

Thankfully, it's not difficult to identify and replace these troublemakers with healthier options.



As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

All the links to products are provided for educational purposes and are not affiliate links.

Start by going through your cleaning products and replace any chemical-based cleaners with 100% natural, fragrance-free options. Use [EWG's Guide to Healthy Cleaning](#) to find safer cleaners (tip: even "natural" or "green" cleaners are often full of junk so be sure to check).

After that, take an honest look at your personal care products. [EWG's Skin Deep database](#) is an excellent tool to help you figure out what's toxic and what's not.

Finally, don't forget your laundry room...which is likely fully of fragranced products that are a liver's worst nightmare. You can use [EWG's Guide to Healthy Cleaning](#) to rate your laundry products too.

Bottom line: by removing chemical toxins from your home you'll automatically improve your liver's health and function without doing a detox cleanse. How's that for easy?

Source:

*<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002502>