



# Liver Detox *Guide*

THE BEST FOODS, DETOX  
METHODS, AND  
SUPPLEMENTS TO  
CLEANSE YOUR LIVER



OPTIMYSE

# LIVER DETOX 101

*Why it matters*

Feeling sluggish, tired, or having skin breakouts? If so, your liver may need some love. Your liver is a VIP in your body's natural detoxification system. But it also plays a role in over 500 functions in your body.

## How Your Liver Helps Your Body

- Filters toxins, pollutants, and waste from your blood
- Produces bile to help your body break down fats
- Metabolizes proteins and amino acids
- Stores excess glucose to help keep your blood sugar steady
- Converts fats into energy
- Metabolizes alcohol & medications

Today our bodies are bombarded with toxins from our food, water, personal care products, and even the air we breathe! This can cause our liver to work overtime and lead to a slew of mysterious symptoms.

## Signs of a Sluggish Liver

- Feeling sluggish or fatigued
- Skin issues like acne and rashes
- Yellow eyes and skin
- Moodiness, anxiety, or depression
- Headaches
- Food cravings
- Constipation
- Weight gain
- Bloating
- Brain fog

The good news is there's plenty you can do to support liver detoxification, without resorting to extremes like juice fasts or fad diets.

Keep reading to learn the best foods, lifestyle habits, and supplements to support detox and keep your liver healthy.



# LIVER DETOX DIET

*The best & worst foods*

Shifting your diet is a simple way to support liver detox. **Sugar, alcohol, and fatty foods can be especially hard on the liver**, so it's best to avoid them.

On other hand, packing your plate with **colorful fruits and veggies, whole grains, lean protein, and healthy fats helps keep your liver in good shape.**

Here's a cheat sheet with the BEST and WORST foods for liver detox:



## Foods to Avoid

- **Fatty foods** like fast food and fried foods
- **Sugary foods and drinks** like candy, soda, energy drinks, cookies, cake, ice cream, etc.
- **Processed foods** like crackers, pretzels, cereal, frozen dinners, canned soup, & other packaged foods
- **Processed meats** like cold cuts, bacon, or sausage
- **Foods high in saturated fats** like butter, cream, beef, and fatty cuts of meat
- **Alcohol**



## Foods to Enjoy

- **High-fiber foods** like oats, brown rice, quinoa, beans, legumes, and sweet potatoes
- **Lean cuts of meat** like organic chicken, turkey & fish
- **Cruciferous veggies** like broccoli, cauliflower & cabbage
- **Leafy greens** like spinach & kale
- **Citrus fruits** like lemons, limes & grapefruit
- **Healthy fats** like nuts, seeds, avocados, and olive oil
- **Herbs & spices** like garlic, ginger, and turmeric
- **Fruits** like berries & grapes





# LIVER LIFESTYLE BASICS

Detoxing your liver *isn't* just about what you eat. Lifestyle matters too. Here are a few lifestyle habits to support liver health:

- 1 – **Hydrate, hydrate, hydrate.** Your liver needs water to flush toxins and waste from your body. Aim for 2-3 liters of filtered water each day. For an extra boost, try starting your day with a big glass of lemon water. Lemons contain citric acid, which helps protect the liver according to [research](#) .
- 2 – **Practice good sleep hygiene.** When you sleep, your body is busy repairing cells and flushing out toxins. This means if you skimp on sleep, detoxification suffers. To support detox, get 7-9 hours of Zzz's every night. Try to stick to a consistent sleep schedule and avoid blue light from electronics for 1-2 hours before bed if possible.
- 3 – **Sweat it out.** Breaking a sweat increases your heart rate, which helps your liver filter your blood. Exercise also prevents fatty buildup in the liver and helps your body eliminate toxins via your sweat.
- 4 – **Destress.** Chronic stress depletes glutathione, the 'master antioxidant' and star player in liver detox. To keep stress at bay, make time for relaxation, whether that's yoga, meditation, or even 5 min of deep breathing.
- 5 – **Go non-toxic.** Choosing natural skincare, shampoo, toothpaste, and cosmetics lightens the load on your liver. For help finding non-toxic products, check out [EWG's Skin Deep](#) database.



# DETOX METHODS

*For liver self-care*



## Sauna

Sauna sessions help you sweat out toxins and stimulate your parasympathetic nervous system (aka "rest and digest mode") which is key for liver detox. You can use a sauna at a local gym or spa, or consider investing in a sauna blanket or home sauna.



## Epsom Salt Baths

Epsom salts contain magnesium, a mineral that helps your muscles relax and is crucial for detox. Soaking in an Epsom Salt bath helps your body flush out toxins while easing stress and promoting relaxation. Simply add 2 cups of Epsom salts to a warm bath and feel your stress melt away.



## Castor oil packs

This folk remedy promotes liver detoxification and stimulates the lymphatic system. To make a castor oil pack, soak a piece of wool or cotton flannel in castor oil and place it on the right side of your abdomen. Then apply a heating pad for 30-60 minutes. For a deeper dive into castor oil packs (and to learn the tricks), check out [this post from Wellness Mama](#).



## Coffee enemas

While it may sound weird, this method involves injecting warm coffee into your rectum and colon and then retaining it for around 15 minutes. Coffee enemas cleanse the liver, relieve constipation, reduce inflammation, promote immunity, and boost your energy. They also flush out harmful yeast, bacteria, parasites, and heavy metals. For a coffee enema walkthrough, check out [this video](#).



# DETOX SUPPLEMENTS

*To love your liver*



## Milk thistle

Milk thistle is an herb that's been used for centuries to promote liver health. Its active compound silymarin has powerful antioxidant and anti-inflammatory properties. It protects the cell walls of the liver and boosts the production of glutathione to support detox.



## Turmeric

This golden spice contains curcumin, a compound with potent anti-inflammatory effects. Research shows curcumin protects the liver from oxidative stress and increases glutathione levels. This can help your liver function at peak performance.



## Dandelion root

Dandelions may be pests in your yard, but their roots are renowned liver tonics. Dandelion root is believed to promote bile flow to help detoxify the liver. It also acts as a natural diuretic to support the elimination of toxins. For an easy way to cash in on its liver-loving benefits, try sipping a cup of dandelion tea.



## Toxin binders

Toxin binders are natural compounds that bind and escort toxins out of your body, so they're not reabsorbed. Examples of toxins binders include chlorella, activated charcoal, bentonite clay, modified citrus pectin, zeolite, and humic and fulvic acids. You can learn more here.

