



Balancing Nutrition
Tu cuerpo en Equilibrio

Why does your Liver need extra support

When you start having longer fasts and switching to fat as your main fuel, your body releases toxins that were stored in the fat cells. If you are in the beginning of your eating pattern change you might experience during the first days, or even weeks, change in your bowel movement. Constipation, diarrhoea... be patient, it will calm down:) this is the body's way to get rid of these toxins.

What's important to understand is that in order to lose fat and keep the results, we **HAVE TO SUPPORT OUR LIVER!** And here's why:

The liver is your body's most powerful filter and one of its functions is to protect your body from toxicity by storing toxins in your fat cells. So if, when you start your diet, a lot of toxins are released, your liver might get overwhelmed and in order to protect the body it will quickly store the toxins back to fat cells which will get you into a circle of losing and gaining fat...

The only way of really losing and getting rid of the fat is to support your liver **ON A DAILY BASIS**. If you give the liver this extra attention and help to clear toxins, it won't store fats back in the cells.

Some daily habits you can introduce are:

- Eating cruciferous vegetables on a daily basis- these veggies help the liver detoxify.
- Drinking water with lemon during the day stimulates the bile movement
- Turmeric, ginger, garlic...anti inflammatory treasures that will support your liver
- You can introduce milk thistle and dandelion as infusions you drink during the day