

WELLNESS WEDNESDAY

stress | liver function | detox

What does the liver do?

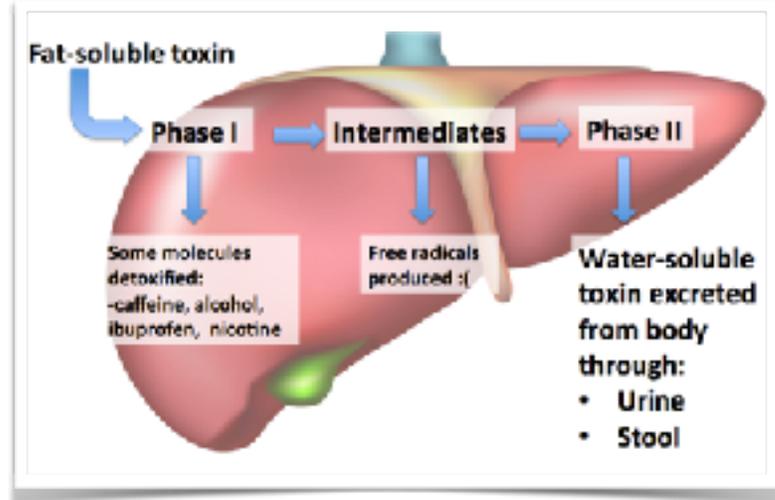
Your liver is one of the hardest working organs. Some of its functions include:

- removing toxins
- breaking down nutrients from food to provide energy
- storing vitamins and minerals
- producing proteins to create new cells and build hormones
- filtering the blood
- regulating blood sugar
- aiding in digestion and absorption

Supporting liver health

Having a diet full of fruits and vegetables is a simple way to get the needed nutrient that help properly run Phases 1 & 2 of the liver. The amino acids, vitamins, and antioxidants found in plants are essential to liver health. Herbs such as dandelion and chicory root not only have properties to support detoxification but can be a substitute for coffee while trying to reform drinking it throughout our day.

One of the more difficult tasks for overall health is changing our habits. When you calm your mind and find balance in a demanding schedule it may open up the space for healthier behaviors. While we sleep the body cycles to repair and reset. Reducing stress and getting good rest are necessary for liver health.



The All Important Liver

We constantly come into contact with environmental hazards or unknowingly consume items that cause a buildup of toxins within our tissues. The liver is in charge of processing and eliminating these elements. Some of the molecules that go through the liver's detoxifying phases naturally occur when our different systems are used. Studies have shown that caffeine recreates the same response experienced during times of acute stress resulting in byproducts such as hormones the liver must manage. Chronic consumption can increase insulin resistance and lead to elevated levels of inflammation. Our stress response is turned on by both internal and external triggers that stimulate cortisol throughout the body. This allows for more glucose to circulate and be available for use during stressful events. The rise in glucose releases insulin to control and counter the higher levels of blood sugar. When we are constantly over stimulating these systems they can no longer function as effectively as they normally could. To make matters worse, people tend to drink caffeine for the boost it gives when they are overwhelmed by too much stress, compounding the problems on an already taxed system. It is a vicious cycle that adds needless stress to already stressful lives and slows the ability of the liver to perform all its important functions.