

## Asans for Healthy Liver

### 1. Ardha Matsendra asan



### 2. Gomukhasan



### 3. Bhujangasan



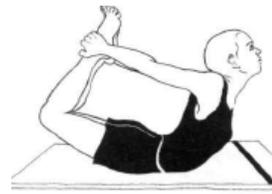
### 4. Padangusthasa



### 5. Uttasan



### 6. Dhanurasan



### 7. Naukasan



## Pranayam

1. Kapalbhatai Pranayam.
2. Anulomwilom.
3. Bhastrika

## Food

**Garlic:** Garlic contains a mineral called selenium, which helps to detoxify the liver. It also activate liver enzymes that helps your body naturally flush out toxins. How to eat: peel one or two cloves of garlic, crush them and then chop them into small pieces. Leave it for at least 10 minutes. Swallow it with with small amount of water. Must be eaten in an empty stomach.

**Beets:** Beets activate liver enzymes and bile. They break down and absorb healthy fats and fat-soluble nutrients like vitamin E. When your liver transforms fat and soluble toxins into their water-soluble form for excretion, it binds many of those toxins to bile so they can be escorted out of your body in bowel movements.

**Organic apples:** Apple is beneficial for the gut. It contains lots of fiber, which helps to clean the bowels and introduces friendly bacteria. Use organic apple. Eat it with skin.

**Broccoli sprouts:** Broccoli sprouts are very effective detox. They're rich in antioxidants and boost up glutathione even better than straight broccoli. Broccoli sprouts also contain indole-3-carbinol, which is a compound that helps the liver detox excessive levels of hormones.

**Walnuts:** It helps increase circulation and blood flow so toxins are more efficiently transported from different points in your body to your liver. They're rich in arginine, which helps the body to neutralize and flush out toxic byproducts of alcohol and ammonia from your brain and central nervous system.

**Citrus Fruits:** Fruits like grapefruit, oranges, limes and lemons all boost the liver's cleansing ability. Even consumed in small amounts, citrus fruits help the liver to produce the detoxifying enzymes that flush out pollutants.

**Vegetables:** Leafy vegetables are high in chlorophyll, which leaches toxins out of the blood stream. They can neutralize heavy metals to protect the liver.

**Turmeric:** It is very effectively detoxes the liver. It helps the enzymes that flush out toxins and contains antioxidants that repair liver cells. It also assists the liver in detoxing metals, while boosting bile production.

**Carrots:** Carrots are very high in plant-flavonoids and beta-carotene, which stimulates and supports liver function overall. They also contain Vitamin A, which prevents liver disease.

**Avocado:** It is a superfood. It effectively cleans the arteries. It helps the body naturally produce glutathione, the compound that helps the liver rid itself of toxins.