



How to support

LIVER & HORMONE HEALTH

Some quick and easy changes you can make
to support your liver & hormonal health

Pure
REPUBLIC
HEALTH & WELLNESS

WWW.PUREREPUBLIC.COM

Liver Health & Hormonal Balance

WHAT YOU NEED TO KNOW

One of the many functions of our liver is to help regulate the balance of sex hormones, thyroid hormones, cortisone and other adrenal hormones.

The liver transforms or removes any excess hormones from the body.

A range of factors can impact your liver health -

- *alcohol consumption*
- *certain medications or diseases*
- *infections, accumulation of fat in the liver*
- *exposure to toxins in our skin, hair, body, home cleaning products, plastics and cookware and other environmental toxins*
- *genetic factors can contribute to liver problems*

If your liver is not functioning optimally, or if you have a liver condition, then your liver may not be able to properly remove hormones, e.g. estrogen, at its normal rate. That means oestrogen can be poorly metabolised and can get reabsorbed in the body, leading to a hormonal imbalance.

Liver issues and hormonal imbalances can be associated with symptoms related to the following:

- *Weight - unexplained weight gain or weight loss*
- *Mood - irritability, anxiety, difficulty sleeping, fatigue*
- *Physical - unexplained or excessive sweating, changes in sensitivity to cold and heat*
- *Skin - dry skin or rashes*
- *Heart - changes in blood pressure or heart rate*
- *Bones - brittle or weak bones*
- *Digestion - bloating, changes in blood sugar concentration*
- *Sex - reduced sex drive*

BOOK A FREE HEALTH COACHING CONSULT ON WWW.PUREREPUBLIQ.COM

Liver Health & Hormonal Balance

WHAT YOU NEED TO KNOW

A healthy liver supports optimal hormonal health & balance.

There are several steps we can take to support our liver & hormonal health that you can also talk about with your health professional in conjunction with the medical treatments you are pursuing.

Usually, our bodies would process these extra toxins out through the liver. But due to nutrition choices, increased stress levels and substances that add pressure to our livers, such as alcohol and caffeine, our liver function is often compromised, and we struggle to clear it.

Often our nutrition choices and modern-day stress levels contribute to nutrient deficiencies. Without adequate nutrients, the liver cannot detoxify toxins from the body successfully.

Detoxification is essential to hormone health & balance.

Your liver has two main phases that work to detoxify toxins and excess hormones from the body. For most, the first phase of the liver works efficiently; it is the second phase that is often sluggish.

This means that molecules pass through the first phase quickly and are backed up in the second phase. The liver then recirculates the remaining molecules back into the body, leading to issues. If these remaining molecules are hormones - which often they are, this contributes to confused messages in the body which in turn contributes to a hormone imbalance.

Generally, to promote good liver health, it is essential to:

- *Maintain a healthy weight*
- *Eat a balanced diet, including plenty of fibre*
- *Exercise regularly*
- *Avoid illicit drugs & reduce or avoid alcohol consumption*
- *Support your body's detoxification processes*
- *Reduce toxin exposure*

BOOK A FREE HEALTH COACHING CONSULT ON WWW.PUREREPUBLIQ.COM

Liver Health & Hormonal Balance

WHAT YOU NEED TO KNOW

Here are some actions you can take that can support a healthy, detoxed liver and support hormone health

01

Start your day with a liver cleanse shot for 21 days - or longer.

Click **HERE** for the recipe

02

Add Fibre and Omega-3 fatty acids to your diet

Click **HERE** for a delicious and easy to make Chia Pudding recipe

03

Add more of these foods to your diet

Broccoli - Flaxseed - Green Tea - Avocado - Organic Apple - Almonds & Walnuts - Whey Protein - Berries - Cinnamon - Pomegranate - Turmeric - Ginger - Chia seeds - 85% Dark Chocolate or higher

04

Drink an adequate amount of water with an electrolyte - or a pinch of pink Himalayan salt or Sea Salt.

Click **HERE** for guidelines on how much water you should be consuming

05

Supplement your diet with good quality, well-balanced & natural whole food supplements that:

Support healthy cell function with important metabolic factors of cellular energy

Provide bioavailable vitamins and minerals that are often deficient in our modern diets

Deliver a good source of Omega-3 fatty acids

Click **HERE** for my favourite supplement range for my family

BOOK A FREE HEALTH COACHING CONSULT ON WWW.PUREREPUBLIQ.COM