



# How to support

## LIVER & HORMONE HEALTH

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

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# 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, cortisol, adrenal and 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 has 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*

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*A healthy liver supports optimal hormonal health & balance.*

*We can take several steps 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 successfully detoxify toxins from the body.*

*Detoxification is essential to hormone health & balance.*

*Your liver has three phases that detoxify toxins and excess hormones from the body. We need all three steps to work efficiently and effectively.*

*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 and 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*

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

01

### 21 Day liver cleanse

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

Click **HERE** for the recipe

02

### Water is life

Drink adequate 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

03

### Get your sweat on!

Encouraging detoxification through the skin is an effective method to eliminate heavy metals and large toxins from the body. However, pregnant women should avoid high temperatures.

Some ways to get your sweat on:

**Infrared saunas**, in particular, can help healthily break a sweat.

**Steam room** - The eucalyptus commonly used in steam rooms also helps detoxify the lungs.

**Hot tub** - As long as it's not loaded with chlorine!

**Exercise** - Gentle exercise is better than intense exercise during a cleanse. Do not add stress to the body while it's working hard to get rid of excess toxins.

**If pregnant, remember to avoid high temperatures!**

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## WHAT YOU NEED TO KNOW

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### Eat more liver supporting foods

#### Fruit & Veg

Apple  
Avocado  
Beets  
Berries  
Broccoli  
Brussel Sprouts  
Carrots  
Cauliflower  
Collard Greens  
Kale  
Pomegranate

#### Herbs & Spices

Chlorophyll  
Cilantro  
Cinnamon  
Dandelion root  
Ginger  
Green Tea  
Milk thistle  
Turmeric

#### Proteins

Eggs  
Fish  
Organ meats  
Gelatin found in bone broth

#### Nuts & Seeds

Almonds & Walnuts  
Cacao or 85% Dark Chocolate or higher  
Chia seeds  
Flaxseed

**Add Fibre and Omega-3 fatty acids to your diet**

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

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### Supplement your diet

Use quality, well-balanced & natural whole food supplements that:

#### Support Glutathione production

Glutathione is a powerful antioxidant that shields the liver from harm and helps prevent various inflammation-related diseases.

**N-Acetyl cysteine (NAC)** is a precursor to glutathione.

**Milk thistle** herb helps stimulate phase 1 & 2 detox and increases glutathione activity.

Di-indole methane (**DIM**) and **Sulforaphane** glucosinolate (SGS) are cruciferous vegetable extracts. DIM can be useful for supporting phase 1 liver detoxification, and SGS is useful for support during phase 2. Both are especially helpful for cases of estrogen dominance.

#### Daily Supplementation:

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.

Consult your healthcare professional for proper dosage recommendations.

Click **HERE**

for my favourite daily whole food supplement range for my family

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### Encourage estrogen detoxification - for men & women

The liver breaks down most of the estrogen in the body. There are two possible pathways for this called the C2 and C16 pathways. We want to encourage the C2 pathways - it is the most beneficial.

The best ways to encourage the more beneficial pathway include:

Consuming plenty of **omega-3 fatty acids**. Sardines and wild-caught salmon are high in omega-3. The best plant-based options are chia seeds and walnuts.

Adequate **Magnesium** ensures that estrogen is completely cleared after being metabolized.

Increase **muscle mass**. Adding strength training to our workout 2-3 times a week helps increase muscle mass and balance hormones.

This helps decrease body fat and encourages estrogen to follow the beneficial C2 pathway.

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**Reduce toxic load and address overexposure to environmental toxins.**

Many chemicals are harmful to the liver. These chemicals are present in drinking water and many foods. Other environmental toxins can artificially increase estrogen levels.

Take these steps to reduce your exposure:

Avoid plastics, including water bottles, food packaging, BPA-coated receipts, and plastic flip-flops.

Consider installing a high-quality home water filtration system, or start by purchasing a comprehensive water filtration system,

Use only natural cleaning products and personal care products.

Eat organic fruits and vegetables, grass-fed meats, and sustainably caught wild fish.

Click here to **book an intro session** with me to hear about some easy ways you can start reducing toxicity in your home

### #TOP TIP

Introduce these changes in small steps to support your body in a sustainable and gentle way

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