

Keeping Your Body (and Liver) Clean From the Inside Out

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Many of us may not think too hard about our liver, unless it's as a sort of punchline following a night out. However, cleaning it periodically is always a good thing. See, your liver filters the blood from your digestive system while also assisting with the riddance of toxins and bacteria. It also metabolizes medications you take and processes nutrients. Healthy livers keep our bodies clean and it needs a clean system in order to function properly. To that end, here's a quick look at a few ways to keep your body clean from the inside out.

Get the Toxins Out

Maybe you enjoy going out to have a drink with your friends at El Huracan Disco, Hard Rock Houston, or even Howl at the Moon Houston. Let's face it, Houston has a ton of great watering holes. That's ok every once in a while, but if you're going out drinking every night then you might want to think about getting some [medication to stop drinking](#). It's ok to go out with your friends, but when it starts becoming a habit or you feel like you can't get through the night without a drink, it's probably time to give your liver – and your brain cells – a break.

Processed Foods

It's always a good idea to stay away from processed foods. You know, those highly processed, pre-packaged foods. Try a nice fresh [green smoothie](#) instead. Processed foods lead to inflammation in your body, and this can send your liver right into overdrive. The body needs a bit of inflammation so that it can fight off infections and heal, but if you have too much, it can lead to things like Alzheimer's', cancer, and heart disease. It can also interfere with normal digestion.

Milk Thistle

There's a type of weed called [milk thistle](#) that might improve the health of your liver and help your body get rid of various toxins. Foods that are wholly natural, and organic plant foods tend to be high in things like anti-inflammatory abilities and antioxidants. Milk thistle has been used in medicines since ancient times and is touted to have the ability to help in reversing the damage that's been done to the liver.

Warm Lemon Water

If you're looking for just a simple cleanse, try having a glass of warm lemon water during your morning routine. To make the [lemon water](#), just squeeze half of a freshly cut lemon into a mug or glass of warm water when you wake up. Then drink it. This can assist with the stimulation of bile secretion, while also helping to increase the amount of stomach acid that's present. This makes it a fantastic way to aid the process of digestion. However, if you're going to do this every day, please remember to rinse out your mouth with clean water once you've finished with the lemon water. This will assist in protecting your teeth from all of the acid that's present in the lemon juice. Also don't brush your teeth for at least an hour afterward because it could strip the enamel away.

Finally, eat your vegetables. Yes, you can try not to drink while you're enjoying the nightlife Houston has to offer, drink milk thistle tea and warm lemon water, and stay away from processed foods, but the easiest thing you can do to protect your liver is simply to eat your veggies. Have a lot of salads and remember that the more colorful it is, the better it is for you. If you're good to your body, it will be good to you for years to come.