

Leyla Weighs In: Essential Detox: The importance of a healthy liver



Your liver is an organ essential to life. As the body's filter, everything you swallow or absorb passes through it. The liver is the major organ of elimination and the manager of detoxification processes in the body. We could not survive without it.

While the liver performs more than 500 tasks, here are some of its most vital functions:

- Produces bile for fat digestion
- Converts excess glucose to starch for storage
- Provides immunity against infection
- Regulates blood clotting
- Metabolizes macronutrients
- Stores and activates micronutrients
- Excretes wastes such as metabolic end products, contaminants, microorganisms, pollutants, food additives, pesticides, drugs and alcohol

Clearly, a well-functioning liver is vital to good health. But did you know it's also a terrific jump start to a weight loss program? Moreover, detoxing can help reboot metabolism if your weight loss—despite your best efforts—has stalled.

So how would you know if your liver function could use some support? See if you exhibit any of the following symptoms:

- Moodiness or irritability
- Excessive sweating
- Trouble digesting fats or chronic indigestion
- Bitter taste in your mouth
- Headaches
- Poor skin tone
- Yellow-coated tongue
- Trouble losing weight

Any of these symptoms may benefit from embarking on a comprehensive detoxification program.

To your health!

Leyla Muedin, MS, RD, CDN

Email your questions to RadioProgram@aol.com.