



## DR. STEPHANIE'S GUIDE TO IMPROVING YOUR LIVER

Liver problems are the second most common problem seen in my clinic. The liver is essential for detoxification, and due to all the chemicals we are now exposed to, it is even more important to keep it working in tip-top shape. Acupuncture and Chinese herbal medicine are very effective in helping the liver work more efficiently. Here are some ways you can give your liver some love on a daily basis.

### Symptoms associated with liver conditions:

- easily stressed
- anxiety & depression
- irritability
- easily angered or agitated
- chemical sensitivities
- skin problems
- allergies
- PMS
- rib pain
- nausea
- acid reflux
- floaters

## FOOD THERAPY FOR THE LIVER

### Add these foods in your diet to benefit your LIVER:

- artichokes
- avocados
- beef
- beets
- blackberries
- broccoli
- cabbage
- celery
- chicken livers
- chives
- coconut milk
- cucumber
- dandelion greens
- goji berries
- green apples
- kefir
- leeks
- seaweed
- plums
- pomegranates
- summer squash
- zucchini

### Add these spices & herbs:

- basil
- peppermint
- rosemary



## ESSENTIAL OIL THERAPY FOR THE LIVER

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>. You may also purchase our custom therapeutic blend of the oils below - *Calm Liver*, available in our pharmacy.

### How to use:

When using essential oils to improve the liver, I recommend applying them topically to the *upper right side of the abdomen (under the ribs), below the pad of the right foot or between the web of the first and second toes*. Oils can also be diffused to alleviate stress.

### **Top essential oils to improve the LIVER:**

#### **Lavendar**

- what it does:
  - calms stress & anxiety, alleviates nervous tension & irritability, improves restless sleep, lowers blood pressure, alleviates PMS, promotes sense of well-being

#### **Roman Chamomile**

- what it does:
  - cleanses the blood, improves liver detoxification, alleviates depression, stress & insomnia, calms anxiety, irritability & nervousness, improves skin conditions, dispels anger, stabilizes emotions, clears the mind, improves allergies

#### **Tangerine**

- what it does:
  - improves liver & gallbladder, decongests lymphatic system, alleviates swelling, improves digestive disorders, calms stress & irritability, improves sleep, improves dizziness

#### **Marjoram**

- what it does:
  - calms agitation & anxiety, regulates blood pressure, improves speedy heart rate, known as the "herb of happiness", clears liver obstructions, promotes peaceful sleep, alleviates menstrual cramps & muscle spasms



## **TEAS & DRINKS FOR IMPROVING THE LIVER**

Always choose organic teas when possible to avoid chemicals and pesticides.

### Teas for the liver:

- **chamomile tea**
  - eases stress & worry, improves sleep, relieves menstrual pain, reduces inflammation
- **dandelion tea**
  - aids in liver detoxification, stimulates weight loss, reduces bloating, improves digestion, relieves heartburn, reduces inflammation
- **peppermint tea**
  - stimulates bile flow, relaxes bile ducts in liver, helps to metabolize fat
- **lemonbalm tea**
  - eases anxiety, improves sleep, alleviates indigestion, treats herpes & cold sores
- **turmeric tea**
  - cleanses and detoxifies the toxins in the liver
- **green tea**
  - boosts liver function, detoxifies

### Drinks for the liver:

- aloe vera juice
- raw apple cider vinegar & honey in water