



Master Your Liver

Welcome to this guide and video to help you understand what's involved in a liver detox; when and why you'll most likely need one at some point during the peri/menopause.

If you're here now then you've got symptoms that need to be addressed or kept on top of and this guide can be used any time to support you through a 7 day detox with preparation from beforehand to how to maximise every area of a detox in your life, including rest and relaxation. I've also included the video of week 2 from '28 Days to a Happier and Healthier Menopause'. I discuss how to eat effectively for your changing body and include symptoms and solutions to counteract the effect a clogged up liver is having on your health.



[Click image to view video \(1 hr 18 mins\)](#)



Show your liver some love –

7 to 10 day detox support plan

It's time to show your hard-working liver some love. It performs numerous vital functions, one of which is detoxification. The liver converts harmful substances so that they can be excreted in the urine, or through bile back into the digestive system and excreted through the bowel. A smoothly running liver is the key to resolving heat-based menopause symptoms and ensuring good heart health now and for the future.

Alcohol, pesticides and unstructured eating routines can put extra pressure on your liver, leaving you sluggish. A liver detox will help your body process nutrients better and help alleviate fatigue. Choose a week when you have little on, and have some time for relaxation as a liver detox will make you tired at first. You may find that by day two or three you feel more lethargic than normal, but by the end you should feel more energised. You can then extend some of your new habits into your everyday life.

Symptoms that would love a liver detox

If you are feeling sluggish without a reason, if you know you've overindulged for a week or two, been on holiday and had a mega blow out, these are times when your liver may grumble and let you know that it needs help. However there are quite a few peri/menopause symptoms that indicate that your liver is under performing too.

Symptoms such as night sweats, irritability, fatigue, itchy skin, acne, nausea, throbbing hot headaches, belly fat are all signs that your liver could be working far better. I think ahead to warding off diabetes type 2 and heart conditions, keeping a clean liver is like changing the oil filter in your car engine, your car will run more smoothly and the life of the engine is extended. Leave a dirty filter and you can destroy your car.



The best times of year to do a liver detox are Spring and Autumn, or when you feel your body really needs one, but give your body time to heal if you're planning to do one after being ill.

Food preparation

Eating cleanly is the key, but what does this mean? It's a long list to cut out – alcohol, caffeine, processed foods, obviously sugary foods, also lighten the load by cutting down or out carbohydrates like potatoes, pasta, rice (even the brown stuff), plus reducing/eliminating dairy. This is only for one week, but I tend to start cutting down in advance to get my body prepared. The key is to eat as lightly as possible (without going hungry) so that the liver has a chance to cleanse as it won't be burdened with the processing of sugar, carbs and dairy.

White meat, fish, vegetables, salads, nuts/seeds, beans - as much as you want, this is what you're aiming for, and, the less colour in the vegetables ie remove reds/oranges the lower the carbs again. If you can aim to eat 'green and white' for the duration of the detox your liver will appreciate this!



Supplement preparation

As well as cleansing by eating well, supporting this detox with nutritional supplements to support your liver function is also incredibly beneficial.



You should already be on: an age-appropriate multivitamin, Magnesium (ensure you're getting your full daily dose of 450mg!), Omega 3, vitamin C and maybe others. It's absolutely fine to continue taking these throughout your detox, infact it's imperative. Your body will thank you as it requires the nutrients to drive the cleanse, keep your energy levels up and to give your body the energy that it will start to crave once sugars are removed. If you're not currently taking these supplements I would suggest you be on them 2-4 weeks before starting the detox to get the nutrients into your system to help you.

Adding in a liver detox supplement

There are a variety of supplements on the market, but you'll want one with quality liver cleansing herbs in, these include:

Milk Thistle

Artichoke

Dandelion

Triphala

Liquorice Root

I recommend [Cytoplan Liver protect](#), and during your detox you can take double the dose (morning and evening), then you can continue this one as your daily liver support.

To detox dirty hormones (which I strongly advise for your first detox if you're in the menopause) you can take a combination of DIM, Sulphurophane and Calcium D Glucarate, these are [Cytoplan DIM](#) and [Health Creation Plant Power](#) (both available from Cytoplan). One course of these should make the difference, excess oestrogen can be dirty, having been introduced via your food chain, so to cleanse these out may then relieve symptoms and leave you a better understanding of where your hormones naturally are.

If you are having issues converting fats to bile, or you've shown to be low in Choline then you can also add in [Choline Bitartrate](#).



When you have your supplements and your shopping you're ready to get started. I recommend doing the big shop at the start so that you have plenty of food you can eat and you aren't tempted when walking around the shops a few days in 😊

On your first day eliminate toxic foods and stimulants

Most toxins originate from the foods we eat and the by-products of fermentation by our gut bacteria. Cut out alcohol, smoking, caffeine, processed foods (including vegetable oils), refined sugars, red meat and any potential irritants, like dairy and gluten. Also avoid pesticides by choosing organic fruit, vegetables, pulses and lentils. If you're eating meat, buy organic white meat, such as chicken, and choose fresh, wild, oily fish, such as salmon, mackerel and sardines. If you can't buy organic, get the normal but cook it from fresh. Cooking with herbs and lemon this week will be beneficial too.

Up your nutrients with foods that are good for your liver

The liver requires numerous nutrients from the foods we eat in order to convert and excrete toxins from the body. A varied diet full of different plant-based whole foods can help provide many of these nutrients. 'From today, include leafy greens (especially kale and watercress), cruciferous veg (such as broccoli and cauliflower) and alliums (onions, leeks and garlic). Citrus fruits are also beneficial. Ensure the majority of each meal is made up of a variety of different-coloured fruit and veg, and include organic pulses, lentils, quinoa, nuts and seeds for, fibre and various B vitamins.

"Switching your diet to high-quality unprocessed foods is one of the best ways to achieve weight loss. This is because it naturally decreases your caloric intake while increasing the number of vitamins, minerals, and beneficial compounds you consume."



Healing your gut

Damage to the intestinal lining can allow toxins, by-products from bacterial fermentation and undigested food particles to enter the bloodstream and make their way to the liver. An overgrowth of harmful bacteria increases the liver's exposure to toxins.

Repopulate the gut with healthy bacteria by taking a live probiotic supplement (Microbz Biolive [Women](#) or [Liver](#)) and eating fermented foods and drinks such as kefir, sauerkraut, kimchi and kombucha.

I suggest **Biolive Liver** during the detox, and if postmenopausal/ male; switch to Biolive Women if perimenopausal or younger. Use code **MBZCM10** for a 10% discount at Microbz.

Also the L-Glutathione is an amino acid that heals your intestinal lining at the cellular level, and allows you to more efficiently absorb the nutrients from your food. If you know to be low in this or have a leaky gut then I'd recommend adding this in, available from Cytoplan too.

Daily Routine

Our bodies operate more efficiently when we're in a routine, this means waking up at the same time each morning, eating our main meals at the same time each day, exercising earlier in the day while relaxing in the evenings and going to bed at the same time each night. A consistent schedule may not be doable for everyone all the time, but it's important to maintain a routine as much as possible, which will enable your liver to function better throughout the day and night.

For supplements and eating it's good to have your routine marked out, when it comes to eating 'green is good' is a fantastic mantra for this time of detoxing.



Here's a chart to help you keep on track with your supplements taking:

<i>Supplement / Action</i>	<i>Time of day</i>	<i>Action on your body</i>
½ lemon juice in warm water	First thing 30 mins before anything else (except probiotic)	Flushing out the toxins that are in your body from liver cleansing through the night
Probiotic	After lemon juice	Repopulating your gut with good bacteria
Liver detox supplements	Before breakfast	Cleansing liver, healing intestinal lining
Energy lifting supplements (optional)	Before lunch	This could be additional B complex, or Nootropics (brain boosters)
Normal supplements – multi vitamins, Magnesium, Omega 3 , Vitamin C and D, all advised during the detox	With breakfast and/or lunch	Replenishing missing vital nutrition, important to help keep your energy up as you detox
Liver detox supplements	Before evening meal	
Magnesium	Post evening meal	Supporting 300 actions in your body and aiding your nervous system and aid deeper sleep
Ashwaganda (optional)	Post evening meal	A stress adaptogen it switches off over active adrenaline release to aid healing of nervous system and aid deeper sleep



Intermittent fasting

This means eating all your meals within 8-10 hours and fasting for the remaining 16. For example, eat a good breakfast at 10.30am and have your last meal by 6.30pm. This allows your liver the maximum time to perform other vital functions while you sleep.

Do not starve yourself, this is NOT a diet. You can eat as much as you want, this isn't calorie counting this is about just eating the right foods. If you want to snack on nuts or cheese then you can. Also snack on veg, homemade hummus, avocado, just don't go hungry otherwise your blood sugars will seesaw and this is one of the things you're trying to balance this out.

Green is good! If you're looking to cut some belly fat down then sticking more to the green and white veg cuts down on the sugars further. The more colour the more sugar. For fruit, try to reduce to just berries and apples during the detox week. Don't eat highly sugared fruits like bananas, pineapple, mangoes. As a detox is aiming to lighten the load on your liver, this means cutting out as many types of sugar as possible and fruit (and juices) are extremely high in sugar that turns into belly fat. To read more on this get ['Eating for the perimenopause and beyond'](#).



Every day hydration

During detoxification, more toxins are likely to be released, flush them out with water, and especially a ½ of a lemon juice in warm water first thing in the morning, at least 30 mins before anything else.



You can use herbal teas too: Dandelion, Liquorice, Fennel, Aniseed and peppermint help to support detoxification by stimulating bile flow. Peppermint also relaxes bile ducts, helping to break down fats. Turmeric is a powerful liver protector.

Sweat it out at the end of your week

By now your liver will be working more efficiently. Find time to exercise, as toxic metals can be excreted through sweat. 'Gentle walking, cycling and jogging – away from traffic – can lessen the toxic burden of exhaust fumes and help the lymph system circulate waste products away from the liver,' not swimming though, as chlorine adds to the toxins your liver has to process. Shiatsu, Yoga, Sauna, reflexology, massage will all help with the detoxification.

Meal Examples

Breakfast – eggs; yoghurt (Greek, plain or soya), nuts, berries and seeds; green/berry smoothies

Lunch – soups, apples, nuts, seeds, cheese (optional), salads, wholegrains

Snack/pick me up – gently salted nuts; berries; yoghurt/ soya yoghurt, homemade protein balls (Just google 'recipe protein balls low carb' – loads of recipes)

Dinner - a variety of vegetables /salads – aim to get about 9 on your plate!

Plus good fats in the form of olive oil.

Protein of your choice (meat or plant based e.g. beans, any variety).

For fibre – Quinoa/ lentils (pulses/legumes) and also vegetables are full of fibre and complex carbs.



Here are some dinner examples and they all should help you feel full and satisfied:

- Stews with beans in, and have with a variety of veg
- Roasted root veg
- Roasted Mediterranean veg
- Non pasta bake – i.e. veg like broccoli, cauliflower, with beans (great protein source to fill you up), in a homemade sauce. Make all sauces (do not use jars/pouches). Keep your sauces wheat-free, go for flavour over thickening.
- Omelette/frittata add cheese, ham, mushrooms, tomatoes, peppers, garlic, onion – turn it into a pizza without the bread base!
- Stuffed mushrooms/peppers with diced vegetables and seeds for bite.
- Lemon/spiced/herbed chicken/ fish/ tofu add seeds for nuttiness.
- Chinese 5 spice pork stir fry/ vegan alternative. Spices – preblended spices/pastes are acceptable, as they don't have hidden sugars. Shop bought sauces should be avoided as they will have sugar.
- Green Thai curry, with vegetables and try quinoa instead of rice, this replaces carbs with protein.
- Gently spiced curry, chickpeas are full of protein.

Whilst on the detox try to minimise your simple carbohydrates, even whole grains, if you do still want to eat these limit them to lunchtime. Your evening meal should be as light as possible to decrease the load on your liver as it cleanses through the middle of the night.

As long as it's cooked from basic/unprocessed ingredients you can have it!

Phytoestrogens are fine to eat during the detox, if you already eat them. Don't add them in especially, your liver will be detoxing 'dirty' oestrogens at this time too.

Note that it is protein that fills you up not carbohydrate. So meat, nuts, seeds, yoghurts, peanut butter, beans, quinoa, mushrooms, tofu, soya, cheese, eggs are all examples of protein; aim to keep animal products/dairy low though. Keep to the foods you already know, adding in new things at this time whilst your body is detoxing isn't going to help and may aggravate you.



Emotional Aspect

You may feel a bit grotty or low energy from day 2/3 onwards. You may also feel flat for a week or 2 afterwards. THIS IS NORMAL. A liver detox is also working on your emotions, if you've been snappy, irrational, irritable and downright angry these are all signs of a struggling liver, the good news is that post detox you should be emotionally much calmer and more balanced.

However, in the first couple of day of the detox these types of irritable symptoms may be exacerbated; it depends on how much your body is detoxing. If you're feeling this way you may be snappy around your family, so either go to your journal or come to my [facebook group](#) to let off steam. It may also be appropriate to warn your family that you're going to feel a bit off colour for a few days.

Signs your detox has worked

Here are some of the signs you may see in the weeks to come that you have detoxed:

Better sleep

Less /no night sweats

Less nausea/ headaches

Less craving for carbs/sugar

Less itchy skin

Whites of your eyes are whiter

Time of the month/PMS not so exaggerated

Less hot flushes

Better skin health

Balanced moods



Weight loss / Waist size reduce

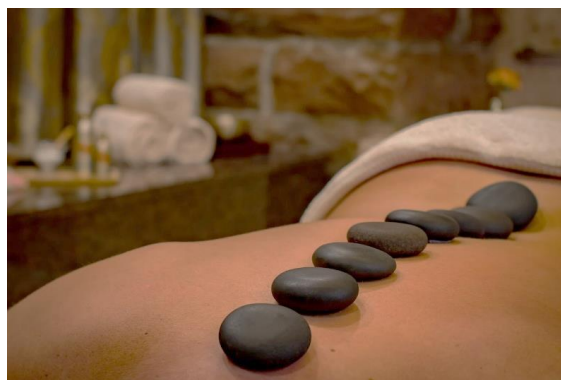
Less/ no pain under the right side of the ribcage

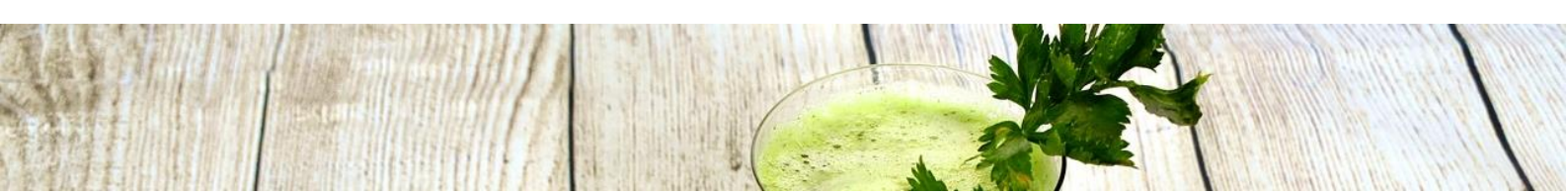
Long term health: less toxins in your blood – joint health, cardiovascular health

A detox can be longer than one week

Please don't go cold turkey into a detox this could make you miserable and we don't want that so prepare a few days to a week ahead, starting to cut down/out on the foods/drinks that you need to completely eliminate on your day one. Also it is a really good idea to have shopped in advance with your specific shopping list and have the fridge packed full of nutritional but tasty foods ready to kick off.

You can start upping your nutrition in advance too, then day 1 is the day you switch to 'clean' eating , taking the liver detox supplement(s), rest/sleep as much as you can, and treat the week like you're at a luxury spa (in your head at least!) and if you can try get a massage treatment at the end or the following week to aid the detoxification further....





Do you need more support?

Andrea at Cotswold Menopause has put together a variety of menopause solutions to help you. From enlightenment with her successful book **'Understanding Your Menopause'** to videos and 1 to 1 consultations. All her options are available [here](#), including a 15 minute clarity call option to help you make the best next move for you.

If you would like the whole video set of '28 Days to a Happier and Healthier Menopause' (which this video was taken from) use code **HOPE28** to get a 30% discount [here](#).

28 days to a happier & healthier menopause



WEEK 1
WHAT'S GOING ON WITH YOUR HORMONES?

Week 1 - Your **hormones, energy, emotions,** and what supplements to start taking to ease a majority of symptoms



WEEK 2
WHAT'S GOING ON IN YOUR GUT

Week 2 - How to change your eating to relieve **night sweats, lose belly fat,** balance your **moods** and **sleep** again



WEEK 3
THE PHYSICAL ASPECT
HOW ARE THEY ALL LINKED?

Week 3 - Exercise, Adrenal **Fatigue, Anxiety** and **Joint Health.** The serious underlying health imbalances to resolve



WEEK 4
EMOTIONS, LET GO GUILT FREE TLC

Week 4 - Your Emotions, how to let go of what's holding you back, erase guilt, **embrace self care** and how to find your happy again!



WEEK 5
GREAT HEALTH IN MENOPAUSE AND BEYOND!

Week 5 - How to successfully **combat** the **oestrogen** change for continued **great health** in your life



YOUR CHANGING BODY - HOW TO EAT FOR THE PERIMENOPAUSE & BEYOND

PLUS A BONUS FREE eBook 'Eating for the Perimenopause and Beyond'

