

# STAY HEALTHY. LOOKING AFTER YOUR LIVER FOLLOWING THE HOLIDAY SEASON.

These days, most of us try to stick to healthy habits in one way or another. But letting these good habits slip is pretty common around the New Year holidays and that's why we need time and additional measures in order to get back into a healthy state.

A useful first step is to pay attention to the most important organ involved in removing toxins from our body – the liver.

## DIET

### 1. Food

If you want to return to feeling light after several days of food abuse, you should arrange a few days of fasting. You don't have to starve, though, but rather just replace high-calorie mayonnaise salads, potatoes and high-fat meat with various **fresh fruits, green veggies and white meat (chicken, turkey or rabbit)**.

Fresh or frozen fruits and vegetables are rich in dietary fibers, vitamins and antioxidants that help digestion and protect the body from inflammation that can damage the liver. Low fat white meat will ease the load off the gallbladder.

**It's better to have 4-5 small meals a day to regularly work out your liver and gallbladder.**

### 2. Drinks

Alcohol and various sugary beverages are an essential part of New Year's fun. But if you want to improve your liver's performance, you should avoid them for at least several days following the holidays.

**Important! You should not only avoid alcoholic drinks, but also sugary, sweetened beverages high in fructose:**

- Sweet sodas;
- Kvass;
- Juices and fruit drinks;
- Latte and cappuccino with large amounts of syrup and sweeteners;
- Sweet drinking yogurts and other dairies.

According to the latest studies, it is fructose in sweetened beverages that is the main cause of fatty liver degeneration. Fat stored in the liver leads to a decline in its functional activity, potentially ending in cirrhosis!



## PROTECTION

### 1. Milk thistle

Milk thistle is one of the most effective natural agents that acts as a remedy to detoxify and protect vital liver functions and more. Thanks to **silymarin**, it restores damaged liver cells, has an antioxidant effect, and reduces both liver enzyme concentration in the blood and fat concentration in the liver.

#### Use it right:

- In the form of oil – 1 teaspoon 3 times a day at mealtime;
- In the form of seed expeller – 1 teaspoon 3 times a day before meals.



### 2. Turmeric

Turmeric is another effective natural liver saver. It's rich with **curcumin** – an agent that has anti-inflammatory and antioxidant effects, accelerates elimination of toxins from the body, restores liver cells and improves functional activity of the gallbladder.



### 3. Omega-3

Omega-3 fatty acids, a so-called 'good fat', are great in restoring liver cells – in particular if you consume them at least once a day.

Foods with Omega-3 include:

- Fatty sea fish (salmon, tuna, mackerel);
- Olive oil;
- Avocado;
- Nuts.

Remember, our liver has an amazing ability to restore itself with just a little help from its owner.



## Eat well and Stay Healthy!

Marsh is one of the Marsh & McLennan Companies, together with Guy Carpenter, Mercer and Oliver Wyman.

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