

The background is a watercolor-style illustration. It features large, irregular washes of color in shades of light green, yellow, orange, and red, resembling the colors of a liver. On the right side, there is a more detailed illustration of a liver with its characteristic branching vascular network. The overall style is artistic and organic.

# LIVER RESTORATION PLAN

# SUPPORTING THE LIVER WITHOUT A DETOX PROGRAM

## 1. Remove the Liver's Daily Burden

The liver spends most of its time **processing incoming toxins** rather than repairing itself.

If someone simply **removes the major burdens**, the liver naturally begins to recover.

Common burdens to reduce:

- Alcohol
- Ultra-processed foods
- Refined sugar and high fructose corn syrup
- Fried foods and seed oils
- Excess medications when possible (under physician guidance)
- Environmental toxins (fragrance, pesticides)

*"The liver heals fastest when we stop giving it more work."*

Even **2–3 weeks of clean eating** significantly lowers liver inflammation.

## 2. Increase Natural Detox Foods

The liver requires **specific nutrients to run Phase I and Phase II detox pathways**.

# KEY FOODS THAT SUPPORT DETOX ENZYMES

## Cruciferous Vegetables

These foods contain **sulforaphane and glucosinolates**, which activate detox enzymes.

Examples:

- Broccoli
- Brussels sprouts
- Kale
- Cauliflower
- Cabbage



## Bitter Foods

Bitters stimulate **bile flow**, helping the liver export toxins.

Examples:

- Arugula
- Dandelion greens
- Endive
- Radicchio



*"If your plate has bitters, your liver is smiling."*

## Sulfur-Rich Foods

Sulfur supports **glutathione production**, the liver's main detox molecule.

Foods include:

- Garlic
- Onions
- Leeks
- Shallots



### **3. Hydration**

Water is required for toxin elimination through:

- urine
- bile
- stool
- sweat

Goal:

Half body weight in ounces daily

Add:

- lemon
- cucumber
- mint

to support gentle liver stimulation.

### **4. Support Bowel Movements**

This is critical.

If toxins leave the liver through bile but constipation occurs, they are reabsorbed.

Goal:

1–3 bowel movements per day

Helpful strategies:

- fiber from vegetables
- chia seeds
- flax seeds
- magnesium
- hydration

## **5. Sweat Regularly**

Sweating removes:

- heavy metals
- BPA
- phthalates

Methods:

- sauna
- exercise
- hot baths

Even 20 minutes of brisk walking increases detox circulation.

## **6. Improve Sleep (Nighttime Liver Repair)**

The liver performs many repair processes between 10 pm – 2 am.  
Poor sleep → impaired detoxification.

Recommendations:

- consistent bedtime
- darkness
- no late meals
- stop screens 1 hour before sleep

## 7. Support Glutathione Production

Glutathione is the **master antioxidant of the liver.**

Ways to support it:

<p><b>Foods:</b></p> <ul style="list-style-type: none"><li>• broccoli sprouts</li><li>• spinach</li><li>• avocado</li><li>• asparagus</li></ul>	<p><b>Nutrients:</b></p> <ul style="list-style-type: none"><li>• selenium</li><li>• sulfur amino acids</li><li>• vitamin C</li></ul>
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## 7 LIVER RESET HABITS

- Remove daily toxin burden
- Eat cruciferous vegetables daily
- Add bitter greens
- Eat sulfur-rich foods
- Hydrate well
- Have daily bowel movements
- Sweat and sleep well

# THE 21-DAY LIVER RESTORATION PLAN

A Gentle Reset to Support Your Liver,  
Restore Energy, and Reduce Inflammation

By Dr. Helen Powell-Stoddart

# INTRODUCTION

Your liver is one of the hardest working organs in your body.

Every single day it is responsible for:

- filtering toxins
- regulating blood sugar
- processing hormones
- digesting fats
- producing bile
- helping your immune system
- storing nutrients

It performs **over 500 different functions** to keep you alive and healthy.

But modern life places an enormous burden on the liver.

Today we are exposed to:

- processed foods
- alcohol
- medications
- pesticides
- plastics
- environmental toxins
- chronic stress

Over time this burden can overwhelm the liver and reduce its ability to function optimally.

When this happens, people may experience symptoms such as:

- fatigue
- brain fog
- digestive problems
- joint pain
- skin problems
- mood changes

The good news is that **the liver has a remarkable ability to repair itself when given the right conditions.**

This 21-Day Liver Restoration Plan was designed to provide those conditions.

Instead of extreme cleanses or starvation diets, this program focuses on:

- nourishing foods
- simple meals
- gentle detox support
- balanced nutrition

You will not go hungry.

You will not need complicated recipes.

You will simply give your liver **the nutrients and rest it needs to recover.**

# HOW THE LIVER DETOXIFIES THE BODY

The liver removes toxins through a two-step process called **Phase I and Phase II detoxification.**

Phase I breaks toxins into smaller molecules.

Phase II neutralizes them and prepares them to be removed through:

- bile
- urine
- stool
- sweat

To perform this process, the liver requires nutrients including:

- antioxidants
- sulfur compounds
- fiber
- vitamins and minerals

When these nutrients are lacking, detoxification becomes inefficient and toxins can accumulate.

This program provides foods that support both detoxification phases.

# SIGNS YOUR LIVER MAY NEED SUPPORT

Symptoms of liver stress may include:

## Digestive Symptoms

- bloating
- nausea
- abdominal pain (especially right upper abdomen)
- intolerance to fatty foods

## Physical Symptoms

- fatigue
- yellowing of skin or eyes (jaundice)
- itchy skin
- joint pain
- headaches

## Neurological Symptoms

When liver function is impaired, toxins can accumulate in the bloodstream and affect the brain.

This can lead to:

- confusion
- difficulty concentrating
- brain fog

In severe cases, this condition is known as hepatic encephalopathy.

## Can Liver Problems Affect Mood?

Yes.

The liver helps regulate inflammation and hormone metabolism. When the liver becomes stressed or inflamed, inflammatory molecules can increase in the body.

Chronic inflammation has been associated with:

- depression
- anxiety
- fatigue

*(Kiecolt-Glaser JK. Inflammation and depression. Neuroscience. 2015.)*

Additionally, liver disease can alter neurotransmitter balance, which may contribute to mood changes.

## Can Smoking or Drugs Affect the Liver?

Yes.

Many substances must be processed by the liver and can increase liver stress.

### Smoking

Cigarette smoke contains thousands of chemicals that must be detoxified by the liver. Smoking has been associated with increased oxidative stress and liver inflammation.

*(Kim JW. Smoking and Nonalcoholic Fatty Liver Disease. J Hepatol. 2017.)*

## Recreational Drugs

Many drugs can damage liver cells because the liver must metabolize them.

These include:

- cocaine
- methamphetamine
- opioids
- certain synthetic drugs

Drug toxicity is a known cause of liver injury.

*(Lee WM. Drug-induced liver injury. N Engl J Med. 2003.)*

## What About Cannabis or Edibles?

Cannabis is metabolized primarily by the liver through the cytochrome P450 enzyme system.

Edibles may place additional strain on the liver because the compound must pass through the digestive tract and be metabolized in the liver before entering circulation.

Some studies suggest that chronic cannabis use may affect liver enzymes and may worsen liver disease in susceptible individuals.

*(Balhara YP. Impact of cannabis use on liver disease. World J Gastroenterol. 2016.)*

Occasional use may not cause harm in healthy individuals, but heavy or chronic use may increase liver stress, particularly in individuals with fatty liver disease.

# FOODS AND HABITS THAT BURDEN THE LIVER

During the Liver Restoration Plan we avoid foods that increase liver stress.

These include:

- alcohol
- ultra-processed foods
- refined sugar
- high fructose corn syrup
- deep fried foods
- seed oils used for frying
- excessive medications when not medically necessary
- smoking
- recreational drugs

We also recommend avoiding frequent use of cannabis edibles during the program to allow the liver to rest.

## What Foods Help the Liver Recover?

Foods that support liver repair include:

### Cruciferous Vegetables

- broccoli
- kale
- cauliflower
- Brussels sprouts

These contain compounds that support detoxification enzymes.

*(Fahey JW. Sulforaphane and detoxification enzymes. Proc Natl Acad Sci. 1997.)*

## Bitter Greens

- arugula
- dandelion greens
- radicchio

These stimulate bile production.

## Sulfur-Rich Foods

- garlic
- onions
- leeks

These support the production of glutathione, the body's master detox antioxidant.

*(Jones DP. Glutathione in liver detoxification. Free Radic Biol Med. 2002.)*

## Fiber-Rich Foods

Fiber helps bind toxins in the gut so they can be eliminated.

Sources include:

- lentils
- beans
- vegetables
- seeds

# THE 21-DAY LIVER RESTORATION PLAN

**This plan is designed to be:**

- simple
- filling
- nutrient dense
- easy to repeat

You will rotate meals each week so shopping stays simple. Each meal category includes **five options** so you have variety without needing to learn dozens of recipes.

**Meals focus on:**

- vegetables
- plant proteins
- healthy fats
- whole grains

These foods help stabilize blood sugar while supporting liver detoxification.

Will I Be Hungry?

No.

These nutrients help keep you full and satisfied.

**If you feel hungry, you can increase portions of:**

- vegetables
- beans
- quinoa
- sweet potatoes

These foods nourish your body while supporting liver healing.

## How to Use This Program

- Choose one breakfast option each day.
- Choose one lunch option each day.
- Choose one dinner option each day.
- Choose a snack if needed.

Meals can be repeated.

You do not need to cook something new every day.  
Batch cooking is encouraged.

## Hydration

Drink half your body weight in ounces of water daily.

Examples:

150 lbs → 75 oz water

You may add:

- lemon
- cucumber
- mint

These ingredients gently stimulate digestion.

## Movement

Daily movement helps circulation and detoxification.

Aim for:

- 20–30 minutes walking
- light stretching
- gentle exercise

Sweating supports toxin elimination.

## **Sleep**

The liver performs many repair functions during sleep.

Aim for:

7–8 hours of sleep each night.

Avoid late night eating when possible.

## **What Happens After 21 Days?**

Many people notice improvements such as:

- better digestion
- clearer thinking
- improved energy
- reduced inflammation

After completing this program, some individuals choose to move into deeper metabolic healing programs such as Dr. Helen's 40-Day Detox Program.

# The 21-Day Liver Restoration Meal Plan

You will follow the same **5 breakfasts, 5 lunches, and 5 dinners** for the entire program.

This keeps things simple.

You can mix and match meals however you like.

Example day:

Breakfast – Smoothie

Lunch – Big salad

Dinner – Quinoa bowl

Snack – Apple + walnuts

You can repeat meals if you enjoy them.

The goal is **simple, nourishing food that supports your liver.**

<b>BREAKFAST OPTIONS</b>	
<b>1. GREEN LIVER SMOOTHIE</b>	
<b>Ingredients</b>  1 cup spinach 1 frozen banana 1 cup pineapple 1 tablespoon chia seeds 1 cup unsweetened almond milk ½ inch fresh ginger	<b>Instructions</b>  Put everything into a blender.  Blend until smooth.  Drink immediately.
<b>Why this helps the liver</b>  Spinach provides antioxidants and fiber that support detoxification.	

## 2. BERRY CHIA BOWL

### Ingredients

1 cup mixed berries  
2 tablespoons chia seeds  
1 cup unsweetened almond milk  
1 tablespoon walnuts

### Instructions

Put chia seeds and almond milk in a bowl.  
  
Let sit 10 minutes until thick.  
  
Add berries and walnuts.

## 3. SWEET POTATO BREAKFAST BOWL

### Ingredients

1 baked sweet potato  
¼ avocado  
1 tablespoon pumpkin seeds  
sprinkle cinnamon

### Instructions

Warm the sweet potato.  
  
Cut open.  
  
Add avocado slices and pumpkin seeds.

## 4. APPLE CINNAMON OATMEAL

### Ingredients

½ cup rolled oats  
1 cup almond milk  
1 chopped apple  
1 tablespoon flax seeds  
cinnamon

### Instructions

Cook oats with almond milk.  
  
Add apple and cinnamon.  
  
Top with flax seeds.

## 5. AVOCADO TOAST

### Ingredients

1 slice sprouted grain bread  
½ avocado  
tomato slices  
lemon juice

### Instructions

Toast bread.  
  
Spread avocado.  
  
Add tomato and lemon juice.

## LUNCH OPTIONS

### 1. BIG LIVER SALAD

#### Ingredients

2 cups kale or spinach  
½ cup chickpeas  
¼ avocado  
½ cup shredded carrots  
1 tablespoon tahini  
lemon juice

#### Instructions

Put vegetables in bowl.  
Add chickpeas and avocado.  
Mix tahini and lemon as dressing.  
Pour on salad.

### 2. LENTIL VEGETABLE SOUP

#### Ingredients

1 cup lentils  
1 chopped onion  
2 carrots  
2 celery stalks  
3 cups vegetable broth  
1 teaspoon turmeric

#### Instructions

Put everything in a pot.  
Cook 25 minutes until lentils are soft.

### 3. CHICKPEA AVOCADO BOWL

#### Ingredients

1 cup chickpeas  
½ avocado  
½ cucumber  
½ cup cherry tomatoes  
lemon juice

#### Instructions

Put ingredients in a bowl.  
Drizzle lemon juice.  
Mix and eat.

#### 4. QUINOA POWER BOWL

##### Ingredients

1 cup cooked quinoa  
½ cup roasted broccoli  
½ cup roasted sweet potato  
¼ avocado

##### Instructions

Put everything in a bowl.  
Add lemon tahini dressing.

#### 5. MEDITERRANEAN BEAN SALAD

##### Ingredients

1 cup white beans  
½ cup cucumber  
½ cup tomatoes  
1 tablespoon olive oil  
lemon juice

##### Instructions

Mix everything together.

### DINNER OPTIONS

#### 1. TURMERIC VEGETABLE BOWL

##### Ingredients

1 cup broccoli  
1 cup cauliflower  
1 sweet potato  
1 tablespoon olive oil  
½ teaspoon turmeric

##### Instructions

Cut vegetables.  
Roast at 400°F for 25 minutes.  
Serve over quinoa.

## 2. MUSHROOM WALNUT "MEATBALLS"

### Ingredients

1 cup mushrooms  
½ cup walnuts  
½ cup oats  
1 garlic clove

### Instructions

Blend ingredients.  
Roll into balls.  
Bake 20 minutes at 375°F.  
Serve with tomato sauce and zucchini noodles.

## 3. LENTIL SHEPHERD'S PIE

### Ingredients

1 cup lentils  
1 cup vegetables  
1 mashed sweet potato

### Instructions

Cook lentils.  
Place in baking dish.  
Add vegetables.  
Top with mashed sweet potato.  
Bake 25 minutes.

## 4. GINGER VEGETABLE STIR FRY

### Ingredients

1 cup broccoli  
1 cup carrots  
½ cup mushrooms  
1 teaspoon grated ginger

### Instructions

Cook vegetables in pan with small amount olive oil.  
Serve over brown rice.

## 5. CHICKPEA COCONUT CURRY

### Ingredients

1 cup chickpeas  
1 cup spinach  
1 cup tomatoes  
½ cup coconut milk  
1 teaspoon curry powder

### Instructions

Simmer 15 minutes.  
Serve over quinoa.

## SNACK OPTIONS

Choose if needed.

- apple + almond butter
  - carrots + hummus
  - handful walnuts
- cucumber slices + guacamole
- roasted chickpeas

# WEEKLY GROCERY LIST

This grocery list is designed so you buy similar foods every week.

VEGETABLES	<ul style="list-style-type: none"><li>• spinach</li><li>• kale</li><li>• broccoli</li><li>• cauliflower</li><li>• sweet potatoes</li><li>• carrots</li><li>• celery</li><li>• zucchini</li><li>• cucumbers</li><li>• cherry tomatoes</li><li>• onions</li><li>• garlic</li></ul>	WHOLE GRAINS	<ul style="list-style-type: none"><li>• quinoa</li><li>• brown rice</li><li>• rolled oats</li><li>• sprouted bread</li></ul>
FRUITS	<ul style="list-style-type: none"><li>• bananas</li><li>• apples</li><li>• pineapple</li><li>• berries</li><li>• lemons</li></ul>	HEALTHY FATS	<ul style="list-style-type: none"><li>• avocados</li><li>• walnuts</li><li>• chia seeds</li><li>• pumpkin seeds</li><li>• tahini</li></ul>
PLANT PROTEINS	<ul style="list-style-type: none"><li>• lentils</li><li>• chickpeas</li><li>• white beans</li></ul>	PANTRY ITEMS	<ul style="list-style-type: none"><li>• olive oil</li><li>• turmeric</li><li>• curry powder</li><li>• cinnamon</li><li>• vegetable broth</li></ul>

# **SIMPLE MEAL PREP PLAN**

To make life easier, cook a few foods ahead of time.

At the start of the week cook:

- 1 pot quinoa
- 1 pot lentils
- roast vegetables

Store in the refrigerator.

This allows meals to be assembled in minutes.

## **What Improvements You May Notice**

After several weeks many people experience:

- better digestion
- more energy
- clearer thinking
- reduced inflammation

These changes occur because the liver is able to function more efficiently.

## **When to Seek Medical Care**

If you experience symptoms such as:

- severe abdominal pain
- yellowing of skin
- persistent nausea
- severe confusion

Seek medical evaluation immediately.



Your liver works hard for you every single day.

By nourishing your body with whole foods and reducing toxin exposure, you create an environment where your liver can repair and function at its best.

Small daily choices can lead to profound health improvements.

# THE 4 NATURAL DETOX ORGANS MOST PEOPLE FORGET

How Your Body Removes Toxins Every Day

By Dr. Helen Powell-Stoddart

# INTRODUCTION

Many people hear the word detox and imagine extreme cleanses, juices, or restrictive diets.

But the truth is something far more remarkable.

Your body already has a built-in detoxification system working for you every moment of the day.

Several organs work together to identify toxins, transform them, and safely remove them from the body.

These organs include:

- the liver
- the kidneys
- the colon
- the lymphatic system and skin

When these systems are working well, the body efficiently removes waste and maintains balance.

But modern life places a heavy burden on these detoxification pathways.

Exposure to processed foods, environmental chemicals, medications, alcohol, smoking, and chronic stress can overwhelm these systems.

When detox pathways become overloaded, people may experience symptoms such as:

- fatigue
- brain fog
- digestive problems
- headaches
- joint pain
- mood changes

The good news is that we can support these natural detox organs through nutrition, hydration, movement, and healthy lifestyle habits.

This guide explains the **four detox organs most people forget about and how to support them naturally.**

## 1. The Liver – The Body’s Primary Detox Organ

The liver is the body’s **main detoxification center.**

It performs more than **500 essential functions**, including:

- filtering toxins from the blood
- metabolizing medications
- processing alcohol
- regulating blood sugar
- producing bile for digestion
- storing vitamins and minerals

One of the liver’s most important roles is detoxification.

The liver converts toxins into substances that can be safely eliminated from the body.

This occurs through two processes known as:

**Phase I detoxification**

**Phase II detoxification**

Phase I breaks toxins into smaller compounds.

Phase II neutralizes them so they can be removed through:

- bile
- urine
- stool
- sweat

*(Guengerich FP. Cytochrome P450 and chemical toxicology. Chem Res Toxicol. 2008.)*

## Signs the Liver May Need Support

Some people experience symptoms when the liver becomes stressed or overloaded.

These may include:

- fatigue
- digestive discomfort
- nausea
- bloating
- right-sided abdominal pain
- headaches
- skin problems

In more advanced cases, liver dysfunction can also affect the brain.

This occurs because toxins that are normally cleared by the liver begin circulating in the bloodstream.

This can cause symptoms such as:

- confusion
- poor concentration
- memory difficulties

In severe cases this condition is known as **hepatic encephalopathy**.

*(Bajaj JS. Hepatic encephalopathy. Gastroenterology. 2010.)*

## Liver Health and Mental Health

The liver plays a role in inflammation and hormone metabolism.

When the liver becomes inflamed, inflammatory molecules can increase in the bloodstream and may affect the brain.

Research suggests that chronic inflammation is associated with:

- depression
- anxiety
- fatigue

*(Kiecolt-Glaser JK. Inflammation and depression. Neuroscience. 2015.)*

Supporting liver health may therefore play a role in supporting overall mental wellness.

## 2. The Kidneys – The Body's Filtration System

The kidneys filter approximately **50 gallons of blood every day**.

Their primary role is to remove waste products and excess substances from the bloodstream.

The kidneys help eliminate:

- metabolic waste
- toxins
- excess minerals
- medications

Waste products are removed from the body through **urine**.

Healthy kidney function depends heavily on adequate hydration.

When fluid intake is insufficient, waste removal becomes less efficient.

*(National Institute of Diabetes and Digestive and Kidney Diseases.)*

## Signs the Kidneys May Need Support

Symptoms that may occur when kidney function is impaired include:

- fatigue
- swelling
- fluid retention
- changes in urination
- muscle cramps

### 3. The Colon – The Body's Waste Elimination System

After toxins are processed by the liver, many are transported through bile into the digestive tract.

From there, the colon eliminates these waste products through bowel movements.

If bowel movements are infrequent, toxins may be **reabsorbed into the bloodstream**.

Maintaining healthy digestion and regular bowel movements is therefore an important part of detoxification.

Fiber plays an important role in this process.

Fiber binds waste and helps move it through the digestive system.

Recommended sources of fiber include:

- vegetables
- beans
- lentils
- whole grains
- seeds

*(Anderson JW. Dietary fiber and health. Nutr Rev. 2009.)*

## Signs the Colon May Need Support

Common symptoms include:

- constipation
- bloating
- abdominal discomfort
- irregular bowel movements

### 4. The Lymphatic System and Skin – The Circulation and Sweat Pathway

The lymphatic system is a network of vessels that helps remove waste products and immune debris from tissues.

Unlike the bloodstream, the lymphatic system does not have a central pump.

It relies on **movement and muscle activity** to circulate fluid.

This is why physical activity and stretching are important for detoxification.

The skin also plays a role in toxin elimination through sweat.

Research has shown that sweat can remove substances such as:

- heavy metals
- BPA
- phthalates

*(Genuis SJ. Human excretion of BPA and heavy metals through sweat. J Environ Public Health. 2011.)*

## **Signs the Lymphatic System May Need Support**

Symptoms may include:

- fatigue
- swelling
- sluggish circulation
- muscle stiffness

## **Lifestyle Habits That Support Detox Organs**

Supporting detoxification does not require extreme cleanses. Instead, it involves daily habits that help these organs function efficiently.

These habits include:

- eating nutrient-dense foods
- drinking adequate water
- regular physical activity
- adequate sleep
- minimizing exposure to toxins

## **Substances That Can Stress Detox Organs**

Certain substances increase the workload placed on detox organs.

These include:

- alcohol
- smoking
- recreational drugs
- ultra-processed foods
- excessive refined sugar
- high-fructose corn syrup
- deep fried foods

## **Cannabis and Edibles**

Cannabis compounds are metabolized in the liver through the cytochrome P450 enzyme system.

When consumed as edibles, these compounds must first pass through the digestive system and liver before entering the bloodstream.

Heavy or chronic use may increase stress on liver detox pathways, particularly in individuals with underlying liver disease.

*(Balhara YP. Impact of cannabis use on liver disease. World J Gastroenterol. 2016.)*

Moderation and medical guidance are recommended.

## **Supporting Your Body's Natural Detox System**

Healthy detoxification is best supported by:

- whole foods
- adequate hydration
- fiber-rich diets
- regular movement
- restorative sleep

Programs such as Dr. Helen's Liver Restoration Plan are designed to support these natural detox systems by providing nutrient-dense foods that help the body function optimally.

Your body was designed with an extraordinary ability to protect and repair itself.

Every day your detox organs are working behind the scenes to maintain balance and remove harmful substances.

By supporting the liver, kidneys, colon, lymphatic system, and skin through healthy nutrition and lifestyle habits, you can help your body perform these functions more efficiently.

Small daily choices can create powerful long-term health benefits.