LiverCheck
Love your liver and live longer

Dr Sandra Cabot reveals the vital principles for a healthy liver

Liver Cleansing Program
detoxification for better health and weight loss

Liver loving recipes
... to kick start metabolism
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The information, procedures and recipes in this guide are based upon research and the professional experiences of the author. The recommendations in this guide are not intended as a substitute for consulting with your own physician. All persons with liver problems should remain under the care of their physician.
Meal ideas for a healthy liver

To help you get your liver back in shape, we have provided a diet plan and some recipes. Whether you undertake a four, six or eight week LiverCheck program, we are sure you will notice a positive difference to your overall health and vitality.

**Very Important!** First thing on rising, drink two large glasses of purified water with the juice of a fresh lemon, lime or grapefruit squeezed into it to cleanse the liver. If you have time, extra benefit would be gained by having a raw vegetable juice made with carrot, celery and parsley or any other recipe from the “Raw Juices Can Save Your Life” book. Remember - you can make the juice in bulk and freeze it in glass jars immediately. It will last for months in the freezer.

LiverCheck

Love your liver and live longer
Breakfast

Choose any one of the following -

• Biodynamic unflavored acidophilus yogurt with 1 to 2 pieces of fresh fruit; if desired use a pinch of stevia powder
• No Grain Low Carb High Protein Muesli (see recipes next page)
• 2 to 4 eggs - Poached, hard boiled, scrambled, easy over with a little cold pressed oil, or as a vegetable omelet.
• Protein powder smoothie (Synd-X protein powder is ideal for weight loss and muscle building)
• Fresh fruit salad with handful raw nuts and seeds – sprinkle the fruit with 1 tbsp of Synd-X protein powder and 1 dollop of yogurt
• If you’re not hungry, have a raw vegetable juice and a handful of raw nuts and seeds

NOTE: You must have some RAW vegetables and/or fruit with every breakfast - good choices are apples, pears, kiwi fruit, oranges, canteloupe, honeydew melon, watermelon, paw paw, pineapple (not canned), persimmons, grapefruit, stone fruits and berries of all types are the most slimming of all fruits (plums, blueberries, strawberries etc)
Breakfast

No Grain, Low Carb, High Protein Breakfast Cereal

Equal parts of –

- Whey protein powder or Synd-X slimming protein powder
- Psyllium husks
- Linseeds (flaxseeds)
- Pumpkin and hemp seeds
- Sunflower seeds
- Almonds

Grind linseeds, pumpkin seeds, sunflower seeds and almonds in a food processor. Best milks - organic cow’s or goat’s milk, coconut milk, rice milk. Can use plain yogurt instead of milk.
Lunch and Dinner

Choose any one of the delicious recipe ideas in this guide.

Have a vegetable salad with dressing from cold pressed oil, lemon juice, lime juice or apple cider vinegar (see Salad Dressings p14) and/or any cooked vegetables (incl. green vegetables and starchy vegetables such as sweet potato, pumpkin, carrot, parsnip etc)

Lunch Ideas

• Salad with a can of oily fish (tuna, salmon, sardines or mackerel in brine/water)
• Grilled chicken breast with salad, sliced avocado and dressing of choice
• Gluten free bread with avocado, chopped tomato, red onion, garlic and olive oil
• Salad with feta cheese, avocado, cherry tomatoes and olives and fresh green herbs (e.g. cilantro, basil, parsley etc.)
• Tom Ka Gai soup and stir fry vegetables (Spicy coconut chicken soup)
• Traditional Chicken Soup - see recipe p18
• Grilled fish and salad
• Mixed raw nuts, cheese and fresh fruit and vegetable sticks with hummus dip
Fried Rice with Egg and Vegetables

- 1 tbsp Chili Sauce
- ¼ tsp stevia powder as sweetener*
- ¼ cup fresh Basil
- 10 sprigs fresh Cilantro
- 1 clove fresh Garlic, minced
- 4 Scallions, chopped
- 2 tbsp cold pressed Olive Oil
- ½ cup Chinese cabbage, shredded

Method

Lightly steam the peas, then red bell pepper, broccoli, and cabbage for no longer than 5 mins. In the oil, sauté the scallions, then add garlic, cilantro, basil, tamari or soy sauce and chilli sauce, and sweetener and sauté for 3 mins. Add the precooked rice and beaten eggs and stir in. Lastly, add the bean sprouts and celery, stirring constantly until warmed through. (*if desired)
Chilli and Lime Fish

- 2 tbsp cold pressed olive oil
- 2 tbsp ginger, grated
- 1 tbsp fish sauce
- ¼ tsp stevia powder (optional)
- 2 tbsp lime juice
- 2 tbsp sweet chili sauce
- 2 cloves garlic crushed

Method

Combine chili sauce, lime juice, oil, sweetener, ginger, garlic and fish sauce. Add all but 2 tbsp of mixture to a wok and bring to the boil. Add bok choy, cover and cook. Stir until leaves are bright green and stalks feel tender (around 2 mins). Remove from heat and keep warm. Brush the fish fillets with the leftover lime juice mixture. Grill for 2 to 3 mins on each side. Serve fish sprinkled with cilantro leaves on a bed of rice. Place bok choy on the side of the rice.
Delicious Roast Vegetables

- 2 parsnips
- 1 leek
- 3 carrots
- 1 large turnip
- 1 large sweet potato
- 1 brown onion
- 2 sprigs fresh rosemary, chopped finely
- 2 bay leaves
- 2 tbsp cold pressed olive or coconut oil
- Sea salt & black pepper
- 1 tsp thyme
- 1 tsp mixed spice
- 1 tbsp tamari or soy sauce

Method
Cut all vegetables into thick strips like large potato wedges, except onion and leek. Slice onion into medium slices and leek into large pieces. In a large baking dish, put oil and tamari and roll vegetables into this mixture, coating well. Add all the spices. Bake in a moderate oven for 30 mins in covered pan. Remove from oven, stir and place back in oven, uncovered for 20 to 30 mins to brown.
Salads

Spinach Salad

- 1 bunch small leaf spinach/silverbeet
- 4 tbsp sesame seeds
- 2 tbsp cold-pressed virgin olive oil or macadamia oil
- 1 tbsp lemon juice freshly squeezed
- 1 tsp soy sauce
- A dash of Tabasco or sambal olek (chili paste) - optional
- 250g (9oz) can water chestnuts, drained, sliced
- 8 fresh button mushrooms, sliced

Method

Remove the spinach stems, wash thoroughly, dry in a clean tea towel and place in the refrigerator to crisp. Toast sesame seeds in a pan over moderate heat, shaking constantly. Remove from the pan and let cool. Mix the oil, lemon juice, soy sauce, and Tabasco as dressing. Place the torn spinach leaves, water chestnuts and mushrooms in a salad bowl and coat with the dressing.
Beet Salad

- 250g (9oz) beets, steamed - remove skins after steaming
- 3 tbsp fresh cilantro leaves, chopped
- 2 tbsp fresh mint leaves, chopped
- 1 tsp cilantro seeds, roasted and ground
- 3 tbsp red onion, chopped finely
- 4 tbsp virgin cold pressed olive oil
- 1 tbsp walnut or macadamia oil
- Juice of 2 lemons
- ½ cup lightly roasted walnuts, chopped
- 4 young beet leaves (or spinach leaves)
- 2 tbsp rosewater (optional)
- Pepper and sea salt to taste

Method

While the beets are warm, chop into bite-sized chunks, mix with ground cilantro, onion and herbs. Whisk oils and lemon juice together in a bowl, season with salt and pepper. Toss all ingredients throughout the dressing. Sprinkle with rosewater just before serving.
**Mushroom and Avocado Salad**

- 2 tbsp lemon juice, freshly squeezed
- 1 large ripe avocado, peeled, chopped into chunks
- 3 large oranges, peeled and chopped

**Marinade:**
- 5 tbsp freshly squeezed orange juice
- 1 tbsp finely grated lemon zest
- 1 pinch sea salt
- Freshly ground black pepper

**To marinate mushrooms:**
Mix together the orange juice, lemon zest, salt and pepper in a bowl, add the mushrooms and leave to stand for at least 1 hour.

Place the lemon juice, avocado, and oranges into a bowl, then toss together with lettuce and marinated mushrooms.
Marinated Vegetarian Asian-style Salad

- ¼ cup tamari or soy sauce
- 1 tbsp grated ginger
- 2 garlic cloves, crushed
- 1 tbsp sesame oil
- 500g (17oz) hard tofu or tempeh or boccocini cheese, thickly sliced
- 2 cups each shredded Chinese cabbage and red cabbage
- 1 cup grated daikon radish (or grated turnip)
- 2 cups bean sprouts

Lime & Sesame Dressing:
- Juice of 2 limes
- 1 tbsp tamari or soy sauce
- 2 tsp sesame oil
- 2 tbsp coconut oil
- 1 large carrot, finely grated
- 2 scallions, finely sliced
- ½ bunch cilantro leaves
- ½ bunch mint leaves
- 1 tsp sesame seeds, to sprinkle

Method

For the marinade, mix tamari, ginger, garlic and sesame oil in a flat ceramic dish. Place the tofu into marinade and leave for at least 1 hour, preferably overnight. For the dressing, combine all the ingredients into a small bowl and mix well. Combine all remaining ingredients into a large salad bowl. Drizzle with dressing and toss to coat the vegetables. Add the tofu and toss gently. Sprinkle with sesame seeds before serving.
Salad Dressings

**Dressing 1**
- 1 tbsp honey
- 2 tsp grainy mustard
- 2 lemons, juiced
- 2-3 tbsp cold pressed olive oil (optional)
Mix all together in a jar.

**Dressing 2**
- ½ cup balsamic vinegar or lemon juice
- ½ cup cold pressed olive oil
- 1 tbsp tamari or soy sauce
- 1 to 2 tsp dried mixed herbs, or 2 tsp fresh
Put all ingredients into a jar, shake until well mixed. Store in refrigerator.

**Hummus**
- 400g (14oz) chickpeas, drained & rinsed (canned or cooked)
- 3 tbsp tahini
- 1 clove garlic, crushed (more if desired)
- 2 lemons, juiced
Mix all together in a blender.

**Dressing 3**
- ½ cup cold pressed sesame oil
- 1 tbsp fresh garlic, crushed
- ½ cup lemon juice
- ½ tsp cumin, dried
Put all ingredients into a jar, shake until well mixed. Store in refrigerator.

**Dressing 4**
- ½ cup natural yogurt
- ½ cup lemon or orange juice
- 1 tbsp mint, chopped
Mix only as required.
Soups

Liver Cleansing and Liver Healing Soup

- 8 cups water
- 2-3 tbsp of cold pressed olive oil
- 2 potatoes, chopped
- 3 tomatoes, chopped
- 2 carrots, chopped
- 2 beets, chopped
- 1 bunch bok choy, sliced
- 1 large red onion, chopped

- 2.5cm (1in) ginger, finely chopped and peeled
- 1 clove garlic minced (optional)
- 2 cups mushrooms, sliced
- 2 stalks of celery, chopped (incl. the tops)
- 2-3 fresh artichoke hearts (if in season)
- ¼ cup arame or wakame seaweed, chopped
- 1 cup cooked beans or lentils

Add small amounts of celery seed, turmeric, pepper, sea salt and miso (or tamari) to taste.

Method

In a large saucepan add the oil and bring to a moderate - high heat. Add the celery (plus tops), ginger, turmeric, tomato, potato, carrots, beets, onions, celery seed and garlic and some pepper. Stir continuously so the vegetables do not stick to the bottom. When the vegetables begin to brown, carefully add the water. Bring to the boil then reduce the heat to a simmer. Add the seaweed, mushrooms, artichoke hearts, lentils/beans and stir. Simmer for about 2½ hours. Add the bok choy 15 mins before you serve. Stir in the miso/tamari to taste.
## Lentil Soup

- ½ cup red lentils & 1 cup brown lentils
- 2 tsp soy sauce
- 1 heaped tbsp dried basil or handful of finely chopped fresh basil
- 1 tsp dried oregano or ½ handful fresh
- 1 tsp dried thyme
- ½ tsp chili powder (optional)
- 1 sprig fresh rosemary, finely chopped
- 1 handful fresh parsley, finely chopped
- 2 tbsp cold-pressed virgin olive oil
- 1 large leek, chopped and well washed
- 2 medium brown onions, finely chopped
- 2 sticks celery with leaves, finely chopped
- 2 tomatoes, finely chopped
- 2 carrots, chopped
- 2 cups broccoli, chopped
- 6 cups pure water
- 1 cup V8 juice
- ½ to 1 vegetable stock cube
- 2 bay leaves, sea salt, ground black pepper

### Method

Add oil to pan, on low heat, gently fry the lentils for 2 mins, add onion, garlic, and tomatoes and heat for 3 mins, add all herbs (except for ½ parsley) and cook 2 mins while stirring. Add all the liquids and stock cube, add bay leaves, gently simmer for 10 mins with lid on. Add the leek, carrot, celery – cook low heat for 1 hour, stirring the pot occasionally, add broccoli for the last 20 mins of cooking.

Garnish with parsley and grated Parmesan to serve.
Roast Tomato Soup

- 6 very ripe tomatoes, chopped
- 1 large onion
- 2 cloves garlic
- ½ bunch fresh basil, washed
- 2 large potatoes, washed and chopped

Method
Place all ingredients, except cheese, in a baking pan, bake in a hot oven until tender. Put all the ingredients, except cheese, in a saucepan and puree. Heat and serve sprinkled with parmesan.
Traditional Chicken Soup

To make the stock:
- 1 free-range chicken or equiv. thighs (with bones)
- 1 cup celery tops
- 2 bay leaves
- ½ cup parsley sprigs
- 1 large onion, roughly chopped
- 2 garlic cloves

Method
Simmer chicken slowly for 90 mins under cover, with the bay leaves, onion, celery tops, parsley, and garlic cloves in approx. 1.5 litres (3¼ pints) of water. Strain the liquid into a soup pot. Keep the chicken and the stock in the refrigerator overnight.

To make the soup:
- 2 large onions, diced
- 2 carrots, finely chopped
- ½ bunch fresh basil
- 6 stalks celery with leaves, finely chopped
- ⅛ bunch fresh cilantro
- 1 cup flat-leaf parsley, chopped
- 1 small parsnip, finely chopped
- 2 cups V8 vegetable juice or 2 cups of water and vegetable stock cube
- 1 small turnip, finely chopped
- 2 bay leaves
- Sea salt to taste • Freshly ground black pepper

Method
Place the onions, basil, cilantro, and parsley in a blender or food processor and blend until fine. Cut off all chicken meat into cubes. Keep some of the large bones aside. Skim fat from top of stock. In a large soup pot place stock, chicken pieces and bones. Simmer 5 mins with lid on. Finely chop all vegetables and herbs and add to the pot. Cover and simmer for approx. 2 hours. Remove bay leaves. Season with sea salt and black pepper to taste.
Quick, Easy Snacks

Healthy in-between meal snacks may include

• A protein smoothie made from Synd-X Slimming Protein Powder, berries and coconut milk.
• Yogurt - plain full fat acidophilus yogurt is best; ensure there is no sugar or artificial sweeteners added. You may eat ½-1 cup depending upon your hunger. Can be eaten by itself, with one piece of fresh fruit or with 1 tablespoon of Synd-X Slimming Protein Powder stirred in.
• Sardines, salmon, mackerel, crab meat or tuna – one small can mixed with the juice of 1 fresh lemon or 1 tbsp of mayonnaise and fresh chopped herbs; 2 Ryvita biscuits, or 2 Rice Thins (occasionally).
• Cheese – a piece approx. 50-60g (2 oz). Choose feta, vintage, ricotta or plain cottage. You can have sticks of celery, capsicum or carrot, or 10 olives, or 4 sun-dried tomatoes.
• Raw fruit – 1-2 pieces of fruit by itself or with 10 raw nuts or 1oz (30g) piece of cheese.
• One handful (maximum) of raw nuts and seeds of any variety, by themselves, or with 1 piece of fresh fruit. Raw nuts are best and you can add salt if desired.
• Raw vegetables - good examples are carrot, cucumber, zucchini, snow peas or celery sticks, or broccoli florets dipped into tahini, hummus or avocado dip or bean dip.
• A raw vegetable juice.
**Synd-X Slimming Protein Powder**

**Health Facts**
- Extremely low in carbohydrates
- Extremely high in protein
- Contains extra taurine and glutamine
- Contains chromium for blood sugar control
- Sweetened with stevia
- Sugar free
- Suitable for diabetics

**Hints for use**
- Mixes well with organic cow’s or goat’s milk, coconut milk or rice milk or unsweetened GMO free soy milk
- Great for smoothies and milk shakes
- Add fruit (berries and passionfruit are low carb choices)
- Can be used to make low carb ice cream (see next page)

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Quick, Easy Snacks

Low Carb Ice Cream

- 400ml (16oz) coconut cream
- 400ml (16oz) fresh dairy cream
- 1 cup Synd-X Slimming Protein Powder
- 1 cup fresh fruit of choice and/or frozen berries
- 2 tbsp xylitol natural sweetener
- ½ teaspoon coconut or vanilla essence

**Method**

Using electric beaters, mix together coconut cream, dairy cream, protein powder, sweetener and essence until smooth. Fold in fruit of your choice, pour into a flat container, cover with food wrap and freeze until firm around the edges. Remove from freezer, break up mixture and place in a large bowl. Beat again until smooth and creamy, return to freezer until firmly set, then serve in scoops.
Raw Juicing

Vegetable and fruit juices

Make and drink your juice fresh each day or, if you don’t have time to do it daily, juice once a week and freeze immediately in glass jars.
Try to choose produce that is fresh, unblemished and in season.
Wash all produce well and remove any bruised, blemished or moldy parts.
Include stems and leaves of the vegetables in the juice, as they are high in vitamins and minerals.
If you’re slimming, no more than 10% of your juice recipe should consist of fruit.
Vegetable juices contain far less calories and carbohydrate than fruit juices.
Liver Cleansing Juice

- 2 dandelion or spinach or large cabbage leaves
- ½ broccoli florets
- 1 cup cauliflower flowerets or 2 large Brussels sprouts
- 1 clove garlic or 1 small radish (optional)
- ½ cup chopped parsley
- 1 whole red apple

Wash, trim and chop all ingredients and process through juicer. This may be diluted 1 part juice to 1 part water (or cold herbal tea). Sweeten by adding 1 or 2 strawberries, grapes, carrot or beets.

Liver Tonic Juice

- 1 carrot
- 130g (4½oz) fresh asparagus
- 130g (4½oz) cucumber - skin on
- 1 apple
- 2 dandelion or cabbage leaves

Wash, trim and chop all ingredients and process through juicer.

Fatty Liver Juice

- 2 dandelion or cabbage leaves
- 2 carrots
- ½ cup chopped parsley
- 1 red radish and tops
- 2.5cm (1in) round slice of fennel
- 1 lemon
- 5cm (2in) slice beet
- 1 clove garlic or 1in (2.5cm) slice red onion (optional)

Wash, trim and chop all ingredients and process through juicer. This mixture may be very strong and to counteract this you may add 1-2 apples or oranges. For added flavor add one cup of cold lemon, ginger and honey flavored tea.
Chinese, Thai and Vietnamese - Try soups, coconut dishes, salads, fresh rice paper rolls, rice or bean noodle dishes, hotpots and stir-fries such as the classic Vietnamese Pho and Pad Thai. Green papaya salad and Asian seafood salads are also good choices.

Italian - Avoid pizza and creamy pastas. Try lentil dishes, polenta, vegetables, fish and seafood risottos, soups and salads such as roasted bell peppers and tomatoes. Salad dressings are allowed providing they are sugar free.

French - Try to avoid the white bread, pastries, quiches and creamy soups and sauces that have been thickened with flour. Avoid rich desserts.

Japanese - Try sushi and sashimi, rice noodle dishes and buckwheat noodle ramen soups. Some restaurants are now offering brown rice sushi rolls. Try those with fresh tuna, salmon, avocado or cucumber. A good lunch is brown rice sushi roll with a cup of miso soup. Avoid deep fried dishes, tempura and don buti (breadcrumb coated meats).

Middle Eastern - Avoid couscous, pita or Lebanese bread. Ask for a falafel salad plate with hummus and babaganoush dips on the side.

Indian - Avoid naan, chapattis and high fat, deep fried dishes. Try vegetable, lentil, tofu dishes, or coconut dishes that are spiced with turmeric, curry or chilli.

Cafes - Ask for a Caesar salad without the croûtons, Nicoise salad with tuna, chickpea or lentil salads, prawn salads or fresh seafood salads. Omelet, quiches, scrambled eggs with grilled vegetables are good choices. Choose a sorbet or gelato icecream and avoid soft serve icecream. Fresh fruit salad and yogurt is a good dessert.
What to Avoid on your Detox

- All preserved meats (e.g., bacon, hot dogs, pepperoni, ham), canned meats, pork and sausages
- Processed fats and oils - such as margarine, canola, peanut or processed vegetable oils, corn oil, palm oil
- Caffeine - such as coffee, tea (except green tea) and high energy beverages
- Processed Foods - these contain artificial preservatives, additives, sugar and hydrogenated fats
- Do not use insecticides, pesticides, solvents and other toxic chemicals
- Sugar, soda drinks and white flour products
- Diet soda drinks and artificial sweeteners
- Fast food and deep fried foods
- Recreational drugs
- Cigarettes and alcohol
Detox Superfoods

The foods listed below will give you an extra boost when detoxing - try to include some in your diet every day!

- Globe artichokes, olives, parsley, onions, garlic, leeks, scallions, turmeric, ginger
- Broccoli, broccolini, Brussels sprouts, cauliflower, white and red cabbage, watercress
- Mustard greens, bok choy, choy sum and other Asian greens, cilantro, parsley
- Carrot, celery, asparagus, red radish, white daikon radish
- Bitter greens – chicory, endive, rocket, radicchio
- Seaweeds – nori, kombu, wakame, arame, dulse, kelp – great in soups, stews, casseroles and some in salads (eg arame)
- Fruits especially citrus, blueberries, strawberries, apples
- Super greens – wheatgrass, broccoli sprout powder, barley grass, spirulina, chlorella
- Herbal teas - liquorice, peppermint, chamomile, dandelion, ginger, rooibos, fennel, burdock, rosehip or calendula tea
Foods and their health effects

- **Cruciferous vegetables** are high in the mineral sulfur which improves detoxification - cauliflower, broccoli, broccolini, Brussels sprouts, red and green cabbage

- **Dark, leafy greens** are high in vitamin K and chlorophyll – spinach, silverbeet, watercress, mustard greens, pak choy, choy sum, bok choy and other Asian greens

- **Bitter greens** improve the flow of bile – chicory, endive, rocket, radicchio

- **Yogurt** provides friendly bacteria - choose plain full fat (unsweetened) or Greek style

- **Omega 3 fatty acids** are needed for healthy cell membranes and reduce inflammation in liver cells – found in oily fish - salmon, sardines, mackerel, tuna, trout and flaxseeds, hemp seeds, walnuts, chia seeds and grass fed lamb

- **Vitamin C** can greatly improve liver function – best sources are lemons, limes, grapefruits, oranges, mandarins, kiwi fruit, berries, capsicums and tomatoes

- **Onions and garlic** contain liver and blood cleansing substances and ideally should be eaten regularly. Raw is best, but cooked is also extremely beneficial

- **Hummus and tahini** are very high in easily absorbed minerals, especially calcium; they also contain healthy fats

- **Black and green olives** contain healing antioxidants and healthy fats

- **Mustards**, all types are beneficial for the liver and immune system

- **Eggs** are high in sulfur and first class protein and will not affect your cholesterol. They are very healthy for the liver and are excellent if you are trying to lose weight

- **Avocados** contain more vitamin E than any other food, and are excellent for your liver
Shopping Tips

• Vegetables - all are allowed
• Fruit - all fruits are allowed, especially citrus, berries and avocado
• Brown rice
• Canned seafood eg. salmon, tuna, sardines, mackerel or trout in brine or spring water
• Fresh Seafood - fish, lobster, crab, prawns and calamari
• Grass fed lamb and beef
• Free range organic chicken
• Free range organic eggs
• Lentils, chickpeas and beans
• Oils - cold pressed (eg. extra virgin olive and coconut oil)
• Apple cider vinegar (for salad dressings)
• Garlic cloves - pop a couple of cloves into the garden and grow your own!
• FiberTone bowel cleansing powder
• Synd X Slimming Protein powder
• Tamari, miso and soy sauce
• Tahini, hummus, nut butters e.g. peanut, almond, hazelnut, cashew or macadamia
• Curry powder, ground turmeric and cumin, caraway, fennel seeds and fresh ginger
• Dried seaweeds such as nori, kombu, arame, dulse, wakame
• LSA (ground linseed, sunflower seed and almonds)
• Raw nuts and seeds – almonds, walnuts, Brazil, cashews, hazelnuts, pine nuts, sunflower, flaxseeds, hemp and pumpkin seeds etc. – ensure they are very fresh. You will need a grinder if you have diverticulitis
• Teas - green tea, black tea, liquorice, peppermint, chamomile, dandelion, ginger tea and rooibos
Think raw

Eat plentiful amounts of raw fruits and vegetables, especially dark green leafy vegetables and orange, yellow, purple and red colored fruits and vegetables. Forty percent of your diet should consist of raw fruits and vegetables. Try to eat some raw fruits or vegetables with EVERY meal, as they contain living enzymes, vitamin C, natural antibiotic substances and anti-cancer phyto-nutrients. Great recipes can be found in my bestselling book “The Liver Cleansing Diet”.

Oil but don’t grease your body

Avoid the fats that present a high workload for the liver and gall bladder. These include margarines, processed vegetable oils (hydrogenated fats), deep fried foods, foods that are not fresh and contain rancid fats, preserved meats and fatty meats. Choose lean meats. Avoid cream and ice cream and processed cheeses.

Healthy fats are found in cold pressed olive oil, avocados, fish (especially oily fish such as salmon, tuna, sardines, herring, cod, flounder, trout, bass and mackerel), raw fresh nuts, raw fresh seeds such as flaxseeds (linseeds), sunflower seeds, sesame seeds, hemp seeds, alfalfa seeds, pumpkin seeds and legumes (beans, peas and lentils). Seeds such as flaxseeds can be ground freshly everyday (in a regular coffee grinder or food processor) and can be added to cereals, smoothies, fruit salads and vegetables.

Do not use margarine on your breads and crackers. Replace with tahini, hummus, pesto, tomato paste or freshly minced garlic and cold pressed oil (chili or other natural spices can be added if enjoyed), nut-spreads, fresh avocado or cold pressed olive oil. Butter may be used as a spread but spread thinly. The good fats are essential to build healthy cell membranes around the liver cells. As we get older we need to oil our bodies and not grease our bodies.
**Think natural**

Avoid artificial chemicals and toxins such as insecticides, pesticides and artificial sweeteners. Especially aspartame (see www.dorway.com). Avoid artificial colorings, flavorings and preservatives. Choose natural and chemical free cosmetics.

**Be diverse**

Consume a diverse range of proteins from raw nuts, seeds, legumes, eggs, plain yogurt, cheese, seafood and if desired, free range chicken and lean fresh red meats. If you do not want to eat red meat or poultry, this is quite acceptable, as there are many other sources of protein.

It is safe to be a strict vegetarian (vegan), however you need to take supplements of vitamin B12, iron, taurine and glutamine to avoid anemia and/or a weak immune system. To obtain first class protein, vegans need to combine 3 of the following 4 food classes at one meal – grains, nuts, seeds and legumes; otherwise essential amino acids may be deficient. If your body is lacking amino acids you will be fatigued and you may suffer with mood changes, reduced cognitive function, hypoglycemia, poor immune and liver function and hair loss. I have met many vegans who felt unwell because they were lacking amino acids, iron and/or vitamin B12, and after supplementing with these nutrients and modifying their diets, they quickly regained excellent health.

**Let food be your medicine**

Many diseases can be overcome by eating healing foods that contain powerful medicinal properties. Optimal health and the prevention of disease is only possible by including these healing foods regularly in your diet. The healing substances found in certain foods are known as phyto-chemicals. They have powerful cancer preventative effects.

The culinary habits of different cultures have been recognized for decades as being influential in the incidence of diseases and longevity.

Mediterranean countries have a lower prevalence of cardiovascular diseases because of the protective effect of traditional Mediterranean foods, such as olive oil, tomatoes and legumes.
Broccoli and other vegetables in the cruciferous family are known to reduce the risk of bowel cancer. Broccoli contains a phyto-chemical called sulforaphane, which enhances the phase two-detoxification pathway in the liver.

Tomatoes contain a powerful antioxidant called lycopene, which according to a paper published in the American Journal of Clinical Nutrition (1997:66:116-22), is the most powerful of all the dietary carotenoids. The researchers found that lycopene was linked to a lower risk of prostate problems. They also found that higher levels of lycopene in the blood lowered the risk of cell proliferation, which would theoretically exert an anti-cancer effect. Cooking or chopping tomatoes increases the absorption of lycopene into the body. Eating tomatoes with oil increases the availability of the lycopene to the body.

**Beneficial and essential substances required for liver detoxification**

The herbs Milk Thistle, Turmeric (Curcumin), Dandelion and Globe Artichoke.
Antioxidants e.g. Vitamin E, Vitamin C, Selenium, and Carotenoids.
B Group Vitamins and Folic Acid.
Sulfur Bearing Amino Acids: Taurine, Glutamine, Glycine, Cysteine, Glutathione and Methionine.
Sulfurated phytochemicals eg. (found in garlic and cruciferous vegetables)
Beets have a beautiful deep purple color because they contain the antioxidant anthocyanidin. Constituents in beets have been shown to exert anti-tumour effects in animal studies. Other foods, which also exert these properties are red bell peppers, red onion, turmeric, paprika and cranberries. These foods contain healing phytonutrients such as carotenoids, curcumin, capsanthin and anthocyanins. Asian and Mediterranean cuisines are now integrating themselves into the old fashioned Western diet consisting of meat, bread and four vegetables. This culinary multiculturalism has proven benefits for our health and also for our enjoyment. Variety is the spice of life, and Asian and Mediterranean foods can add spice to our often bland ways of eating. Typical Asian foods and vegetables such as ginger, chili, garlic, Chinese water spinach, bok choy, lemon grass, coconut, turmeric, curry, Chinese mushrooms and many others can be experimented with, and gradually introduced into your diet if you want to expand the horizons of your taste buds while improving your health.

**Watch that sweet tooth**

Use natural sugars from fresh fruits. If desired use a small amount of dried fruits, honey, molasses, fruit sorbets, fruit jams, carob, date sugar or maple syrup. Avoid refined white sugar, lollies, fizzy drinks, cakes and cookies made with refined sugars. Excess amounts of these natural sugars will cause a fatty liver, so don’t over indulge. Remember excess carbohydrates, even natural sugars, are turned into fat. Diabetics are best to avoid all sugars except those found in fresh fruit.

If you find you crave sugar on a regular basis you may have the very common metabolic imbalance known as Syndrome X. By eating more protein and taking nutrients (such as bitter melon, gymnema, chromium and magnesium) to improve insulin metabolism, you can get cravings under control; this makes weight loss much easier. Cinnamon and apple cider vinegar also help to curb cravings.

**Rehydrate your body**

Drink plenty of fluids such as water, raw vegetable juices and teas (eg. green tea, herbal and regular black tea is fine). Aim for two liters (70oz) of fluid daily, as this will prevent constipation and help your kidneys to eliminate the toxins that the liver has broken down.

Use a household water filter. Water filters with sub-micron, solid carbon block filters are able to remove parasites and many toxic chemicals. Shop around and take a look at different types of filters before you buy and get professional advice, as technology is improving rapidly.

The liver is the major organ involved in detoxification, however it is still important to support
the other body organs of elimination. The skin and the kidneys eliminate toxins through sweating and urine and this is why saunas and a high intake of water can reduce symptoms of toxic overload.

**Go organic**

Although it is ideal to be able to purchase and consume organic products, this may not always be possible because of financial or logistical reasons. Please do not become too stressed by this, as even if the food you consume is NOT organic, the types of food you eat are even more important!

Not many people want to eat fruits and vegetables that have been sprayed repeatedly with insecticides and fungicides, ripened with ethylene gas and perhaps waxed with an insect secretion. It is a little off putting while biting into your lovely red juicy steak to think that this animal may have been fed antibiotics and the ground-up remains of thousands of dead animals, or had potent growth hormones implanted into it to accelerate its growth.

The healthy reputation of beef was tarnished by the epidemic of mad cow disease (BSE) that has been troubling England for some years now. In 1996, the British government conceded that BSE could possibly pass to humans and cause a fatal type of dementia called Creutzfeldt Jakob Disease (CJD). The British government has banned farmers from feeding livestock the remains of dead cattle. Dr. Carleton Gadjusek, noted for his Noble Prize winning research, believes that a form of BSE could manifest in chickens and pigs fed the melted down remains of many animals found in meat and bone meal. The disease may not be obvious because the animals are slaughtered before the disease has time to develop. There are differing opinions regarding the causes of BSE and CJD, as it is difficult to detect in infected animals. For these important reasons it would be prudent to implement a worldwide total ban on feeding any animal tissue to livestock, as the WHO has called for.

Organic food is sometimes called biodynamic food and is produced without synthetic herbicides, insecticides, fertilizers, post-harvest fungicides, antibiotic growth-promoters, or size enhancing hormones. It relies upon Mother Nature's forces, recycling of nutrients and sustainable methods of production.

Foods certified as organic must be grown on farms that are inspected and fully certified according to a stringent set of standards. Packaged and/or processed organic foods are free from artificial preservatives, colorings, flavorings or additives, and should not contain irradiated or genetically modified ingredients. The best idea is to grow some vegetables, fruits and herbs in your own backyard and/or in pot plants.
**Keep your bowels moving**

Avoid constipation by having plenty of fiber, found in unprocessed food and raw fruits and vegetables. One really good trick to keep your bowels moving is to grind flaxseed (linseed), sunflower seeds and almonds (LSA), in a blender or coffee grinder to produce a fine powder, and eat 2 to 3 tablespoons of this powder daily. You can add other ground up seeds, that are high in fiber such as psyllium, pumpkin and sesame seeds to increase the fiber content of the powder. Add this powder to smoothies, vegetables, soups, cereals and fruit salads.

Another excellent source of fiber to improve your bowels is called FiberTone powder which can be considered a superfood for the bowels. FiberTone can be added to juices, water or cereal.

Sweet corn, either raw or lightly cooked, is an excellent source of bowel cleansing fiber. Fiber acts like a broom in your bowels and sweeps their walls clean of accumulated layers of waste products, which can then be eliminated in the bowel actions (feces).

**Be a gourmet not a gourmand**

Be selective and aim for food taste and quality, instead of quantity.

Try to be more conscious of what you are eating. Chew slowly so that you can tune into the subtle tastes of natural foods, oils, spices and herbs. Do not overeat, and listen to the messages from your body. When you feel full and satisfied, stop eating.

Consistently overeating greatly increases the workload of the liver, and this may reduce its capacity to detoxify harmful substances efficiently. Overworking the liver also reduces its ability to burn fat, so that you will be more likely to develop a fatty liver.

Many people unwittingly dig their grave with their teeth!
**Pamper your liver**

Eat foods that provide nutrients beneficial to liver function. 

*These include:*

- **Vitamin K** – in dark green leafy vegetables, fresh green herbs, scallions, asparagus, spirulina and cruciferous vegetables. Green drinks and juices containing kale, celery, mint, wheat grass or barley-grass.

- **Glutamine** – this amino acid helps the liver to detoxify ammonia, which is a toxic waste product of protein metabolism. Glutamine is best taken in powder form in cool beverages, as it is damaged by heat. Glutamine combined with selenium, improves the function of the most powerful antioxidant in the liver, namely glutathione.

- **Antioxidants** – herbs such as milk thistle, turmeric, dandelion, globe artichoke are specific for the liver. Fresh fruits and vegetables.

- **Selenium** – good sources of the antioxidant selenium are Brazil nuts, kelp, molasses, seafood, wheatgerm, garlic and onions. The selenium content of these foods is dependent upon the soil quality in which they are grown. Many parts of the world are very deficient in this essential mineral. See www.seleniumresearch.com

- **Methionine** – is essential for detoxification. Is found in eggs, legumes, fish, garlic, onions, seeds and meat.

- **Essential fatty acids** – oily fish, cod liver oil, and fish oil. Seafood may be fresh, canned or frozen. Fresh avocado, fresh raw nuts and seeds, eggplant, freshly ground seeds, especially flaxseeds (linseed) and hemp seeds. No need to grind hulled hemp seeds. Essential fatty acids are required for healthy liver function. This is why low fat diets are not beneficial for general health, weight control or liver function.

- **Natural sulfur compounds** – are found in eggs (preferably free range), garlic, onions, leeks, scallions and cruciferous vegetables such as broccoli, cauliflower, cabbage and Brussels sprouts.
Practice good hygiene

The liver filter removes micro-organisms from the blood stream, which prevents them from getting deeper into the body where they may cause serious infections. To avoid overloading the liver filter it is important to avoid eating foods that are contaminated with high loads of unfriendly or dangerous (pathogenic) micro-organisms.

Although standards of living and sanitation have improved, cases of food poisoning from bacteria and viruses have been increasing. This is often due to poor hygiene, such as inadequate cleansing of areas where food is prepared and stored, and lack of hand washing before preparing and eating food. This is more common today because people have a false sense of security brought about from antibiotic drugs, however many new viruses and pathogenic bacteria resistant to antibiotics are emerging.

People are eating out more and there is less cooking done in the home so it is difficult to control standards of food preparation for your family. People purchase foods from supermarkets where food may have traveled long distances and be stored or refrigerated for long periods, picking up microorganisms along the way. Many processed foods contain preservatives, which do not eradicate microorganisms, but merely keep them in a dormant state. When this food gets into your intestines the preservatives are diluted and the bugs start to multiply. This is why it is important to purchase only fresh high quality foods. The risk of food contamination is increased by long storage times, the number of people who handle and package food, and inadequate cooling and re-heating temperatures.

Tips for good hygiene

- Wash your hands thoroughly with soap and hot water before preparing and eating food, and after handling any raw meat or seafood. Brushing under the nails with a nailbrush can remove inaccessible bacteria. Wash kitchen utensils such as cutting boards, grinders, juicers, and blenders and can openers thoroughly after each use. Replace cloths, bottlebrushes, pot scratchers and sponges used to wash dishes frequently.
- Only purchase fresh foods and avoid foods that are moldy or look too old. Avoid processed or preserved meats such as hamburger meat, ham, smoked and pickled meats and fish, beef jerky, bacon, sausages, fritz, cabanossi, pizza meats, meat balls, meat patties, corned beef, meat loaf, rolled meats as found in delicatessens, and seafood that has been mishandled or poorly stored.
- Do not let food stand in warm temperatures for more than two hours.
Diet for a healthy liver
Many fad diets come and go and indeed may be dangerous, or make you miserable, because they are far too restrictive and/or difficult to follow. In contrast, the Liver Cleansing Diet is easy and safe and is really a form of awareness or consciousness, which will give you the key to a strong immune system and a healthier liver.

If you improve your liver function your metabolism will improve in leaps and bounds.
By following our plan and using specific nutritional supplements and liver formulas, it is possible to reverse many types of liver problems. This is even more so if these strategies are followed in the early to medium stages of liver problems.

Dietary Advice if you have Autoimmune Disease
Autoimmune disease occurs when your immune system attacks your own body’s cells and tissues.

Types of autoimmune disease include -
Bowel Diseases such as Crohn’s Disease and Ulcerative Colitis and Celiac Disease
Arthritis such as Rheumatoid or Psoriatic Arthritis
Thyroid disease such as Hashimoto’s Thyroiditis and Grave’s Disease
Connective tissue disorders such as Scleroderma, Raynaud’s Syndrome, Scleritis and/or iritis of the eyes, Vasculitis, Polymyalgia Rheumatica, Systemic Lupus
Thrombocytopenia and Pernicious anemia (B 12 deficiency)
Multiple Sclerosis
Skin problems such as Erythema Nodosum, Vitiligo, Lichen Sclerosis, Psoriasis, discoid lupus
Alopecia
Glomerulo-nephritis (affects kidneys)

We recommend that you totally eliminate gluten containing foods from the diet for a minimum of 12 months to observe the difference in your disease. If you do this you may be very happy with the improvement. Gluten is found in wheat, rye, barley, oats and gluten is used as an additive in many processed foods. It is also good to minimize the intake of dairy products and if you have to drink cow’s milk, choose A 2 milk.
About Sandra Cabot MD

This LiverCheck guide is an initiative of Dr Sandra Cabot for the advancement of optimal liver health. The information and recipes in this guide are based upon the research and professional experiences of the author and are not intended as a substitute for consulting with your own physician. All persons with liver problems should remain under the care of their own physician.

Sandra Cabot MD is the Medical and Executive Director of the Australian National Health Advisory Service which has provided free health advice for over thirty years.

Dr Cabot began her medical career in 1980 as a GP Obstetrician-Gynecologist and practised in Sydney Australia. During the 1980s she spent time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in Northern India.

Sandra is the author of the award winning Liver Cleansing Diet book. This book has been translated into eight languages.

Dr Cabot has authored more than twenty five books on health which are available in hard copy and as eBooks.

Dr Cabot is an experienced pilot who flies her Beechcraft Baron aircraft doing regular work for the Angel Flight Charity, which provides free transport for patients with chronic and severe disabilities in remote Australian areas.

Dr Cabot has conducted health seminars all over the world and has given lectures for numerous health organisations including The American Liver Foundation, the Primary Biliary Cirrhosis Association and the Australian Annual Hepatitis Symposium. She still has an active medical practice and continues her research into liver diseases.

Dr Cabot believes that the most important health issues for people today are:

- The control of obesity and the prevention of diabetes
- Educating our children about self esteem, good diet and a healthy lifestyle
- The use of specific nutritional supplements to treat and prevent diseases
- Educating doctors and naturopaths so that they can work together using evidence based holistic medicine to achieve the best outcomes for patients
- A well educated community where people have the confidence and knowledge to find the best health care