

Smile with your liver..

--Eat, Pray, Love.



The liver is one of this full moons target organs,
so now is the perfect time to start a detox or
work with colour and emotions to help support
and cleanse.



Target Organ

The target organ of the upcoming full moon in Sagittarius is the liver.

The liver has long been regarded as the organ that stores stress, fear, anger and guilt. And as the main organ in our body that filters and detoxifies it makes sense that these lower emotions may reside here. So if we can learn to "smile with our liver" in effect we are learning to transform and detox these lower emotions into purer ones such as love, joy and peace.

Physically there are many ways in which you can assist the liver, the main one being through detoxification. As the liver does so much work, we must help to clear and detox it regularly in order to help it function at its best. If you look back a few posts you'll see our post on "Jamu" this is a great nutrient rich way to support the liver.

Increasing magnesium, chlorophyll & vitamins A, C & E are also a great boost to the liver and can be found in wheat or barley grass, leafy greens, beetroot (a great blood purifier), alfalfa, parsley and cabbage. Along with the old fava beans and melons. A simple warm lemon and water drink in the morning is an ideal way to help a sluggish liver wake up!

Detox

with our "Smile for your liver" juice....

- 1/2 raw beetroot
- handful of kale
- handful of swiss chard or spinach
- 1/4 lemon
- 1/2 grapefruit

This can be watered down with high quality filtered water. NB: Cold press juices are ideal as they maximise the nutrients extracted from the fruits and vegetables.

