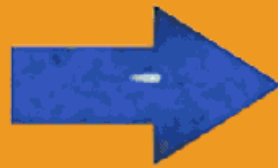
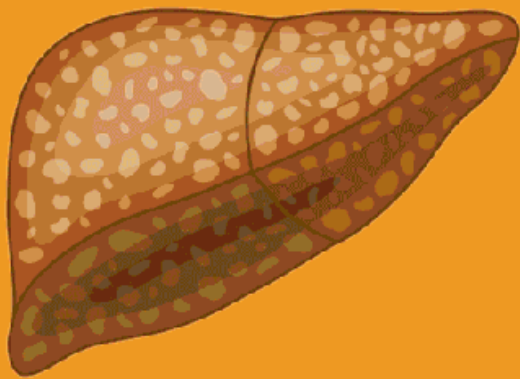


# 14 Foods That Heal Your Liver

(And Ignite Your Fat Burning Hormones)



# 14 Foods That Heal Your Liver and Ignite Your Fat Burning Hormones

By Jayson Hunter RD, CSCS

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## **Chapter 1: Introduction**

Let me guess...

Growing up, you were probably a very fit and active person.

But then something changed...

It may have been in high school or even college...or the simple fact that you're not getting the activity you used to when you were younger.

Whatever the reason, your body started to change-and not for the better!

You started to put on weight. It may have been a subtle couple pounds every month...

...then ballooning to 20 to 30 pounds over the course of a few years-until you hit your cutoff weight.

That number, which is predetermined when you start to gain weight, is the make it or break it point.

It's the number that, if you hit it, you know you need to start making some changes to lessen the load on your body.

But:

There is only one problem:

You've hit your peak and in order to start the scale heading back down, you may need to make some serious changes.

So, you do some research...

And you find the right diet that you want to try in order to lose the excess weight...slim down...and get back to your starting weight (whatever number that may be).

But for some reason...

...the scale isn't moving. You've been on the plan for a couple months and your weight has fluctuated from losing a couple pounds to gaining them all back.

So, like every logical person, you choose another plan to try...

And then another...

And finally another!

All with the same results: You're unable to lose the WEIGHT. You go from losing a couple pounds one week, to gaining it back and then some.

And this leaves you feeling frustrated...depressed...mad at the world...and finally, above anything else, mad at yourself.

You're mad at those women who can eat anything and not gain a single pound...

You're upset that your girlfriend, who may not have any weight to lose, is able to make one simple switch and she drops 5 pounds in a few weeks...

You're frustrated that no matter what diet you try...or how much exercise you do...or if you count your calories and measure all your food...

You're just unable to get the scale to budge!

So, what gives?

The reason why you may struggle to lose weight...or can't seem to maintain a healthy weight...may not have anything to do with the foods you're eating...

How much you're exercising...

Or even how much you're sleeping!

It's because your body is broken! And unlike what all the weight loss gurus proclaim....

Or what your personal trainer is saying...

Less food and more exercise is no longer the answer!

In fact, this could just be making things worse-instead of better.

Like I said, your body is broken...

On the outside, things may look good...

But you know the truth. You're a good 20 pounds overweight...

You have saggy love handles that just won't go away.

Every day a new line or wrinkle pops up on your face...

And, even with your best effort, you're unable to change the way you look and feel.

Nothing is working. The diets worked for a few weeks, but then your body stopped changing.

The sad reality is your body is rebelling against you. And until you can figure out a way to STOP this process from happening, there will continue to be no changes on the scale or in the mirror.

The reason why your body is broken boils down to one thing...

There's a deep disruption in your hormones that is PREVENTING you from achieving the body of your dreams.

This is a problem that can't be fixed with a pill...

It's a problem that needs to be fixed by addressing the fundamental reason why you can't lose weight:

Your liver!

And until your liver is fixed, there's a pretty good chance you're going to be stuck where you are-with ZERO hope in sight.



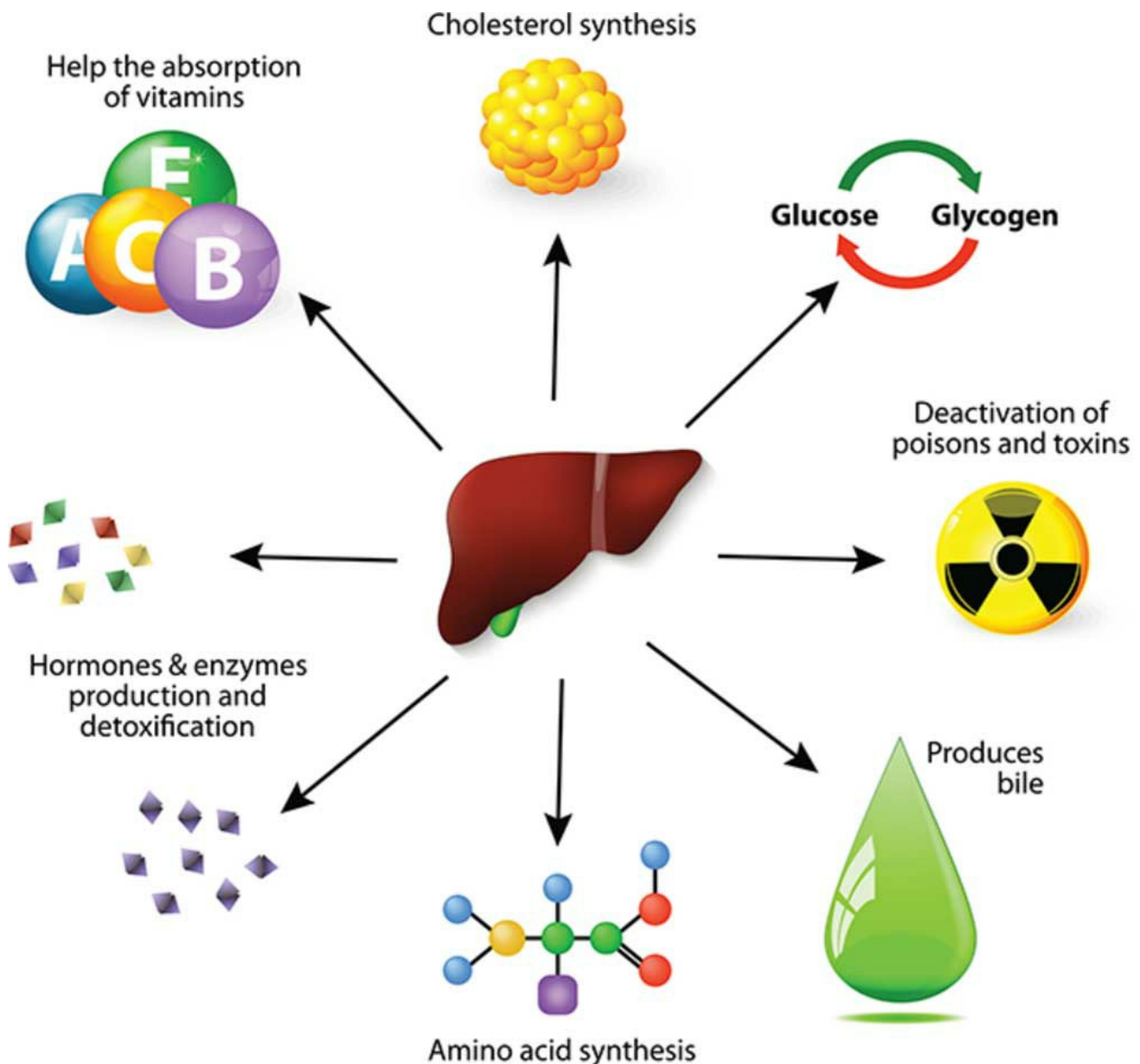
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## Chapter 2: How Your Liver Helps You Burn Fat

Before you can understand WHY you can't lose weight, you need to understand more about your liver and how it can make or break your fat loss.

First off, your liver is a pretty complex organ that performs over 200 different functions every day.





The more notable functions-and the ones that should interest you the most-is your liver helps stimulate weight loss and stabilizes and controls your blood sugar.

**But:**

Over time, there may be a problem.

You see, the foods you eat...the air you breathe...and the water you drink may contain harmful and deadly toxins.

And even though your liver does a wonderful job of cleansing itself...

...these toxins, organic pesticides, heavy metals, and other pollutants may get trapped in your liver.

And when this happens, your liver becomes less effective at performing the normal, daily tasks it's designed to do.

But it's not just the toxins and pesticides you need to worry about!

Your liver is sometimes bombarded by inflammatory molecules that pummel it over and over again.

Most of the time, these molecules are coming from your fat cells, which send punch after punch to your liver, making it work harder than ever to burn fat and excrete the toxins from your body.

But it may be failing at its job!

What happens instead: Fatty acids that have been broken down and are ready to be stored, float freely through the blood and often miss its end mark-which is to sit tight in your fat cells!

This is because your fat cells are so inflamed that your fat cells no longer have the capacity to take on any more fat.

So all those fatty acids that are swimming happily through your blood, end up traveling to other areas of the body-mostly organs-where they end up making their final deposit in!

It could be your muscles..

It could be your liver...

It could even be your pancreas!

And when this happens, these organs start to slow down and stop performing the functions THEY need to perform.

This causes greater system-wide inflammation, insulin resistances, and out-of-control blood sugar levels...

...that causes heart disease, cancer, diabetes, or other chronic illnesses that could eventually kill you!

But all hope is not lost...

You see, if you're unable to cleanse your liver from the deadly toxins, pesticides, and chemicals, then you may not be able to do a whole lot of good for your body.

Cleansing your liver may lower inflammation levels, which could "cure" your fat cells, allowing them to take on more fatty acids for future energy needs.

You could see fat actually being used for energy-instead of being stored in other organs or places in your body.

Plus, you could activate the 6 most powerful fat-burning hormones known to man!

That's right, when your liver is "cleansed" and free from the toxins that are making you sick and fat...

...your body is able to produce and secrete 6 powerful hormones that do everything from control your blood sugar to burn fat at accelerated rates.

But when your liver is clogged and taking a beating, these 6 hormones are not being used effectively.

The end result:

A society of people who are overweight and unable to lose ANY fat...

Tired and frustrated people who try diet after diet hoping the next one will be a miracle-only to be disappointed...

Bellies that hang over your belt...

Love handles that STICK to your sides...

Cottage cheese looking skin (cellulite) that lies in patches all over your hips, butt, and thighs!

Does this sound familiar?

If this does, and you're thinking a "detox diet" may be the answer...

...think again! Detox diets are nothing but a short-term solution to a long-term problem! They may work, but once completed, you gain all the weight back-and then some!

But there IS A WAY to RESET your liver...get all 6 fat-burning hormones working properly again...and finally achieve the weight loss you've been expecting.

And it doesn't involve a 3-day juice cleanse...or some program that restricts your calories and has you only eating fruit, drinking water, and taking laxatives...

No, **this is a plan built for YOU!** But:

Before you discover the solution to resetting your body and cleansing your liver with REAL FOODS, you need to understand WHY detox diets may NOT be the best thing for you...

## **Chapter 3: The Dangers of Detox Diets and Drinks**

Your liver is constantly bombarded by toxins, chemicals, and pesticides that make it harder than ever to lose weight and keep it off.

Although your liver (and other organs) do a pretty good job of detoxing and cleansing itself out...

...sometimes it's so overloaded that it needs a break-and a little bit of help!

That's when most people turn to detox diets and drinks. But is detoxing your body the only thing you're looking for?

Probably not! Most people use detox diets and drinks to lose weight.

Some people might-very rapidly, while others may lose a few pounds.

That's why people turn to detox diets-so they can lose rapid amounts of weight and "cleanse" their bodies from the deadly toxins and chemicals that have invaded their bodies.

Am I right?

But do detox diets live up to the hype? Do they help you lose weight and send toxins and chemicals packing in your feces, urine, and sweat?

Unfortunately, the research doesn't support a role for detox diets.

As previously mentioned, the liver already does a pretty good job of detoxing-since it's one of its primary jobs (besides maintaining blood sugar levels, processing fatty acids, and hundreds of other things your liver does).

However, some of the chemicals and toxins-such as BPA, heavy metals, phthalates, and organic pesticides-may be harder to clear from the blood, fat tissue, and other organs.

In fact, some of these chemicals may stay in your body for months-if not years!

And although it may take longer to get rid of, your body may be able to dispose of these harmful toxins on its own.

Now, the other reason why people turn to detox diets is to lose a few pounds and "reset" their body to be primed for even greater fat loss and for better body composition (less body fat and more lean mass).

And it may work-in the short term.

Have you gone on a detox and lost a fair amount of weight in a short period of time?

What happened after? Were you able to maintain that weight loss? Did you regain it all back-and more?

The problem with these types of diets is that you turn to them with hopes you will lose a lot of weight and keep it off for the years to come...

...without changing any other aspect of your nutrition and exercise plans.

And when the weight starts packing on again, you get frustrated and depressed and decide it may be time for another round of "detoxing" in order to lose the weight all over again.

But that's not the problem you're facing:

Since detox diets and drinks are only used short term, there is a greater reliance on using up stored energy reserves you may already have in your body.

The "weight loss" that occurs during a detox diet is generally due to a loss of fluid and stored carb depletion, rather than you actually experiencing any type of fat loss at all.

And this could lead to weight regain if you go back to your old ways or you're not changing any part of your current lifestyle.

Don't get me wrong...

Detox diets do help you to lose weight and may positively impact metabolic factors...

...but they generally don't translate into long-term success unless you're willing to change all aspects of your diet.

Now, there are some benefits that you may get from a detox diet.

Some people have experienced increased energy-which could be due to the elimination of refined foods, stimulants, and alcohol...

...or it could also be due to the addition of vitamins, minerals, polyphenols, and antioxidants that your body could have been lacking from your current diet.

## **Do you really need a detox diet in order to gain these benefits?**

I would say not. If you eliminate refined and processed foods, limit stress, and eliminate many of the foods that contain toxins, then you may be able to see better overall results for your longterm success.

In fact, including more whole foods into your diet, drinking plenty of water and tea, and exercising and sweating could help your body eliminate toxins and pesticides that are otherwise found stored in the excess fat that is currently covering your body.

Although there are a lot of foods to choose from, these 14 foods will do WONDERS for eliminating toxins...ridding your body of heavy metals and pesticides...and improving your health (and losing pound after pound of the stubborn fat covering your body).



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A Fatal Heart Attack**

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## **Chapter 4: The 14 Foods that HEAL Your Liver (and get you on track for fat loss)**

Unfortunately, the society you live in is in a sad state of affairs...

...especially when it comes to health, nutrition, and healthy eating!

Our society is the biggest producer of refined and processed foods that are loaded with sugar, artificial ingredients, chemicals, and toxins.

And it seems like our society uses the most organic pesticides to protect fruits and vegetables to preserve them and prevent them from falling victim to bugs, mold, and other destructive elements.

And this has led to a very sick...very toxic...society, where toxins flow freely in your blood, are trapped in your fat cells, and are slowly processed and degraded by your liver so they don't harm the rest of your body.

But I have bad news...

The process of cleansing your body takes a very serious toll on your liver. And the stress that is placed on your liver may make it harder for you to lose weight, feel energetic, or stay healthy and disease-free.

Plus, when your liver is bogged down with toxins, it makes it that much harder for your liver to do its job-processing fats and sugar and lowering the systematic inflammation that may be coursing through your body.

What can you do about it?

Well, there is plenty you can do to protect your health, cleanse your liver, and rid your body of the toxins, heavy metals, and organic pesticides that may be making you tired...sick...and fat!

In order to support and take some of the load of your liver, you should be focusing on whole food sources that are filled with vitamins, minerals, and antioxidants.

And you should be limiting your intake of processed and refined foods that could be making it harder for you to lose weight... ....or destroying your health in general!

What foods should you eat? Although not an extensive list, these 14 foods have been shown to cleanse your liver...provide the necessary vitamins and minerals to better your health...and finally allow your liver to process the fat that is currently trapped in your liver, fat cells, and in other areas of your body:

## **1. Avocados**

You may know this fruit as a great source of healthy fats that are beneficial to weight loss and appetite control.

Avocados help your body produce glutathione, a powerful antioxidant, that may help your liver filter out harmful toxins and chemicals that may make you sick.

Plus, it also helps to protect your liver cells from damage that may occur due to toxins that you may be eating or drinking.

Besides the production of glutathione, avocados are a great source of vitamin C and E and other antioxidants that may neutralize free radicals that could damage, not just your liver cells, but all the cells in your body.

## **2. Grapefruit**

Grapefruit is one of the most popular citrus fruits when it comes to cleansing your body and liver.

Loaded with vitamin C, grapefruit (and grapefruit juice) may help to increase your natural ability to cleanse your liver.

And, due to the high antioxidant levels (plus, the vitamin C), grapefruit may increase the production of liver enzymes designed to detox the liver and protect your body (and your liver cells) from carcinogens and other potentially harmful substances.

## **3. Leafy Green Vegetables**

Leafy greens are hearty, nutrient-dense foods that provide a whole host of health benefits for your body.

But when it comes to assisting the liver, leafy greens should be one of your go-to foods.

Not only are they low in calories (good to free added toxins in your fat cells through weight loss), but they are high in chlorophyll, which may help purify your blood, therefore lessening the burden put on your liver.

Plus, leafy greens may neutralize toxins, heavy metals, and even organic pesticides (yes, the same ones that build up in your liver) that could make your liver less efficient at burning fat and cleansing your body.

Great leafy greens sources are spinach, collard greens, kale, Swiss chard, romaine, and arugula.

Try to include these (or other leafy greens) into your daily nutrition plan wherever you can!

#### **4. Walnuts**

Because of the low risk for toxicity from chemicals and pesticides, nuts make a perfect addition to any plan geared at detoxing your liver.

They are loaded with protein, antioxidants, and healthy fats, which makes them ideal for protecting your liver from damage, providing the building blocks for new cells, neutralizing free radicals (the antioxidants), and the ability to protect against fat accumulation.

The walnut, in particular, contains high levels of arginine, a powerful amino acid that may detoxify ammonia from your liver.

Plus, like avocados, walnuts also contain high levels of glutathione, which support the normal cleansing action of your liver.

#### **5. Cabbage**

Cabbage may be one of the unsung heroes when it comes to detoxifying your liver and eliminating deadly toxins.

This cruciferous vegetable is rich in glucosinolate, which may activate key detoxifying enzymes produced by your liver.

Plus, cabbage contains other potential saviors (vitamins K, C, folate, omega-3 fatty acids), which could provide tremendous benefits for your liver health.

Cabbage is also a great source of chlorophyll which, as previously mentioned, could help strengthen your liver, cleanse the blood, and take a tremendous burden off your liver.

## **6. Lemons**

One way to start your day off right would be with a fresh glass of lemon juice!

Why is lemon so important for liver health? Lemons have been used for decades as a natural way to cleanse the liver and get it functioning properly again.

In fact, lemons just happen to be one of the most popular ingredients in most detox diets! Drinking a glass of fresh lemon juice everyday may stimulate the liver to rid your body of toxins.

Plus, lemons are loaded with Vitamin C, which may aid the body in taking toxic nutrients and transforming them into a substance easily absorbed by water.

Once absorbed by water, the toxins may be easily processed by the liver and excreted in your urine.

## **7. Olive Oil**

You may associate olive oil with heart health-which would be correct! Olive oil has been shown to improve heart health by lowering bad cholesterol and improving good cholesterol.

However, olive oil may also benefit liver health! In fact, some studies show olive oil may prevent liver damage from occurring!

One hallmark of liver damage (and poor health in general) is inflammation and oxidative stress. Olive oil, with its healthy fats

and antioxidant activity, may lower systematic inflammation and lower the stress on your liver.

An added benefit to olive oil happens to be the high fat content of this oil. The high fat may suck up toxins, therefore lessening the stress placed on your liver.

## **8. Garlic**

This culinary ingredient may possess many different benefits when it comes to improving your health.

Besides heart health, garlic has been shown to aid in liver health by activating detoxification enzymes, enabling the liver to process and excrete harmful toxins and chemicals.

Plus, garlic contains two potent natural compounds-allicin and selenium-that may cleanse the liver and your body.

## **9. Beets**

Beets contain many different compounds shown to improve liver function and improve liver health.

They contain betaine, betalains, fiber, iron, betacyanin, folate, and betanin, all which fight the toxins that may harm your liver.

Plus, beets contain pectin (a natural fiber), which may sweep away toxins that have already been removed by your liver and excreted by your body.

This prevents those toxins and chemicals from being reabsorbed by your body, therefore vastly improving your liver health.

## **10. Cranberries Cranberries should be consumed all throughout the year-and not just during Thanksgiving.**

Cranberries-especially the juice-has been shown to optimize liver function, which could improve liver health.

They act as a powerful antioxidant that removes toxins from your body, they cleanse the body and the blood, and may even prevent damage from free radicals.

## **11. Apples**

Apples, especially the skin, contain the fiber pectin, which has been shown to aid in digestion and the removal of toxins.

This alone, with the addition of vitamins and minerals, may cleanse and release toxins from the digestive tract.

This may allow a smaller toxic load for your liver to process.

## **12. Green Tea**

A popular drink in Eastern countries, green tea is making a name for itself in the Western world.

It has the ability to lower cholesterol, lower inflammation, and improve heart health.

And it may be beneficial to liver health! Green tea contains catechins that have been shown to improve liver function.

Some studies also show green tea may be inversely related to the risk for developing liver cancer.

BUT: Too much green tea may be detrimental to your liver health. If you're going to drink green tea, be sure to drink in moderation to gain all the liver cleansing benefits of green tea.

### **13. Cruciferous Vegetables**

Broccoli and cauliflower (plus, other cruciferous vegetables) have been shown to improve liver health by increasing the amount of glucosinolate circulating in your system.

This compound may increase the protection of liver enzymes in your body.

Increasing your liver enzymes may cause a break down and removal of toxins from your liver, which adds significant protection against liver damage and potential cancers.

### **14. Onions**

Just like garlic, onions are another great source of allicin, which is a natural compound that flushes out the liver and digestive tract.

Onions also contain potassium, fiber, phytonutrients, and flavonoids that may be able to protect against nasty toxins and chemicals that could destroy your liver.

#####

Although this is not a complete list, these 14 foods could get you started in the right direction for improving your liver health and getting it to function properly again.

Remember, once your liver is functioning like it should (and not bogged down by toxins, chemicals, fat, and organic pesticides),



you could see some pretty dramatic changes in your body-and your weight-because you're finally able to harness the powerful of the 6 fat-burning hormones your own body produces.

So, if you've been stuck at the same weight...

Or you have that last 10 pounds to lose...

Then try to include more of these 14 foods into your diet to detoxify your liver, improve its function, and allow it to release all 6 of your powerful fat-burning hormones.

## **Chapter 5: Conclusion**

If you're frustrated...

Overweight...

And there's no diet plan that seems to work for you, then you may have a serious problem lurking deep inside your body.

Your liver, a powerful organ that facilitates weight loss, may not be working correctly due to a buildup of toxins, pesticides, and heavy metals.

This could be bogging down your system, which could lead to high blood sugar levels...

Fat buildup in organs, such as your pancreas, liver, and muscles...

And could be preventing you from losing weight and achieving the body of your dreams!

Now, before you think a 3-day detox diet plan may cleanse your liver from these dangerous toxins-you would be WRONG!

Studies do not support the theory that detox diets work for cleaning your liver, as they are short-term fixes and not long-term solutions.

Although they may increase your energy and you may lose weight...

...it's probably due to your body getting nutrients it desperately needed and your body moving through fluids and carbs stores.

In order to fully cleanse your liver and get it working correctly, you need to include a plan that incorporates the 14 foods from above.

Not only have they been shown to cleanse the liver of toxins and activate key detoxification enzymes...

...they also provide the necessary nutrients that help aid in your weight loss!

So, if you're struggling to lose weight or your love handles seem stuck to your body, then you may want to give these 14 foods a try.

Not only will you feel less bloated...

...you may lose the last 5, 10, or 20 pounds you've been carrying over the years.

...wait, there's one more thing:

Over the years, I have seen thousands of people, just like you, who are having trouble losing weight and keeping it off.

They seem to be stuck in a cycle where they lose a few pounds here and there...

...only to gain it back-and MORE!

I have seen countless women and men who are completely frustrated because no matter what diet they try...

...or what foods they're eating...

...or how much they exercise...

They can't seem to get the **SCALE TO MOVE!** When they come to me, they are usually overweight...their metabolic health may be a mess...and they are bitter and depressed!

Some have spent a ton of money on supplements or diet programs that promised to deliver the results...

...but FAILED them miserably! And when they went seeking the guru's help, they were simply ignored or told it was their fault!

Does this sound familiar?

This is precisely why I designed **The 14-Day Body Reset System-** to totally transform your body and change your health.

And before you can let the words slip from your mouth, let me assure you:

**This is NOT another gimmicky DETOX Program!**

I know detox programs may not work. In fact, I have seen hundreds of people try a detox, only to gain the weight back-and usually a whole heck of a lot more!

The 14-Day Body Reset Program is designed to naturally support your liver by including the RIGHT foods to tackle the main root of the problem-your dysfunctional liver!

This system helps clear out those toxins...

...and gets all 6 of those powerful fat-burning hormones working in your favor again!

Imagine how you would feel when you wake up and you're down 1 pound after the first day...

Or:

What your friends would say when, every time they see you, you're down another dress or pant size.

Imagine the envy they would feel as you're able to eat whatever you want-and not gain an OUNCE!

Correct me if I am wrong, but you would feel like you're on top of the world!

That's why I strongly believe that the 14-Day Body Reset System is the RIGHT PROGRAM for you! Not only will you be able to lose weight effortlessly...

...you will be full of life and have the energy to go all day, every day!

Are you excited? Would you like to start on the road to your ideal body in as little as 14 days?

If so, I have a special, one-time only offer for you:

Since you have opted into our FREE report, "14 Foods That HEAL Your Liver And Ignite Your Fat-Burning Hormones," I would like to give you a chance to purchase the 14 Day Body Reset System for a super low, discounted price.

Today only, you can grab your copy of the program for the **low price of \$9!** That's right, only \$9 to get the complete 14-Day Body Reset System...

...access to dozens of healthy, delicious recipes to fully cleanse your liver and get you on the road to burning fat...

...workouts specifically designed to get your body burning calories and stripping away layer upon layer of nasty belly fat...

...and unlimited coaching from a 18+ years registered dietitian!

Sure, I could charge upwards of \$100 for this program...

...but because you're serious about your health and your fat loss, I want to give you the opportunity to grab your copy and get started as soon as TODAY!

The first step is to find out which body type you are so after the 14-days you can eat according to your body type and maximum your fat loss. Click the image below to take this short quiz and then after the quiz you will be able to purchase the 14-day body reset for JUST \$9.

**Find Out Which Foods Are  
Best For Your Body Type!**



**Take The Quiz!**

Get Your FREE Personalized Results