



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Dr. Susan Levy's 10 Steps to Liver Health

1. Adopt a clean, healthy liver- sustaining diet. Include loads of fresh organic fruits and vegetables. Remember to have variety in type of food and color. Be sure to select from an array of red, orange, yellow, green, blue-purple, brown, and black foods. Of course, the only colors present should be provided by nature. Remember to carefully avoid genetically modified and processed foods that will plague your liver with extra work. Click [HERE](#) to view Dr. Levy's Liver Food and Nutrient Guide.

Click [HERE](#) to view a color chart of fruits and vegetables.

Click [HERE](#) to access the newsletter about smart food selection and food safety and storage for more ideas in your healthy dietary planning.

2. **Avoid liver-distressing beverages such as alcohol, soda pop, sugary beverages and tap water.** Many people love their coffee. However, it's time to closely evaluate the purported health benefits. **Commercial grade coffee is full of pesticides and is toxic.** Coffee causes your liver more effort. If you feel you cannot live without your coffee, you should only drink organic water-processed decaffeinated coffee made with purified water. For your liver's sake, limit your consumption of this liquid drug to no more than one cup per day. One cup 3 days a week or 1 cup per week is highly preferable to daily use for a health-promoting lifestyle. Abstinence from coffee is best.

Your unprocessed, clean and healthy diet described in point 1, (above) should provide you with all the antioxidants necessary, without relying on coffee with its caffeine, methyl xanthine, theophylline and other liver challenging biochemicals. Remember that over consumption of alcohol or the use of alcohol with certain drugs (especially Tylenol®) can cause liver disease. **Sustained alcohol abuse can move your liver through the 4 stages of liver disease, culminating in liver failure and death.**

Click [HERE](#) to access an article on Coffee America's Favorite Drug.

3. Drink pure water. The best sources are Spring water, purified and filtered water. Be sure to liberally hydrate to dilute toxins and flush them from your body all day long. I highly recommend the Berkey® water purifier or the Multi-Pure filter®. Read more about healthy water sources in chapter 6 *Energizing the Immune System* in [YOUR BODY CAN TALK, 2nd Edition](#).
4. Create a full and rewarding life. It is known that a positive attitude, a sense of humor, and good coping skills improve a person's overall health. Explore the avenues available to enrich your life. Balance your work and play, your creativity and your commitment, and your excitement and gratitude to the best of your ability.



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5. Choose holistic chiropractic treatment and acupuncture for optimal care and balance of your frame and your energetic system. Ask to have an energetic evaluation of your liver Meridian with Clinical Kinesiology and Rydoraku testing. Click [HERE](#) to make an appointment for these important evaluations.

Refer to Chapter 1, *Clinical Kinesiology* in [YOUR BODY CAN TALK, 2nd Edition](#) for an overview of that diagnostic science and Chapter 2, *Acupuncture: The Healing Energy* to gain more information about acupuncture. The Rydoraku test is explained on pages 26 and 27.

6. Evaluate your emotional self for the presence of stored or unprocessed anger. The five-element theory of traditional acupuncture understanding correlates the liver with the emotion anger. When the liver is congested or toxic it becomes more difficult to process your anger. If you find yourself having bouts of anger or becoming angry quite frequently with little provocation, that is likely a sign that your liver and your emotional self both need attention and tender loving care.

Click [HERE](#) to make an appointment for emotional balancing, assistance with processing and releasing stored anger, or just to explore methods to help you feel better emotionally. Refer to Chapter 3, *Energy and Your Emotions*, in [YOUR BODY CAN TALK, 2nd Edition](#).

7. Be sure that you enjoy adequate restful sleep. This helps your liver, your brain, and your entire body refresh and rejuvenate. Sleep also promotes normal body detoxification cycles. Refer to pages 336 through 341 in [YOUR BODY CAN TALK, 2nd Edition](#).
8. Avoid being sedentary and enjoy exercise and physical activity that is compatible with your body and abilities. Be mobile and active every day and reduce your sitting time. Read more about this in Chapter 3, *Energy and Your Emotions*, in [YOUR BODY CAN TALK, 2nd Edition](#). Breathe fully and deeply and find some type of brain exercise to engage in daily as well.
9. Remember to include time for meditation, mindfulness, prayer, spiritual practice and gratitude acknowledgment each day. These are always wonderfully supportive practices and will help dissipate stress and anger. That will refresh your liver.
10. Work with your natural healthcare practitioner to discover which liver supportive or cleansing or restorative natural therapy measures will be helpful for you. A few liver helping herbs and nutrients to consider include: black radish, dandelion root, milk thistle, B vitamins, and essential fatty acids. Click [HERE](#) to review a more complete list.

Your natural healthcare practitioner can help you determine if it's appropriate for you to use Epson salt baths or other therapeutic baths, castor oil packs, saunas, or even an Aqua-Chi footbath treatment. Refer to Chapter 6, ... *And Trash the Rest*, in [YOUR BODY CAN TALK, 2nd Edition](#).