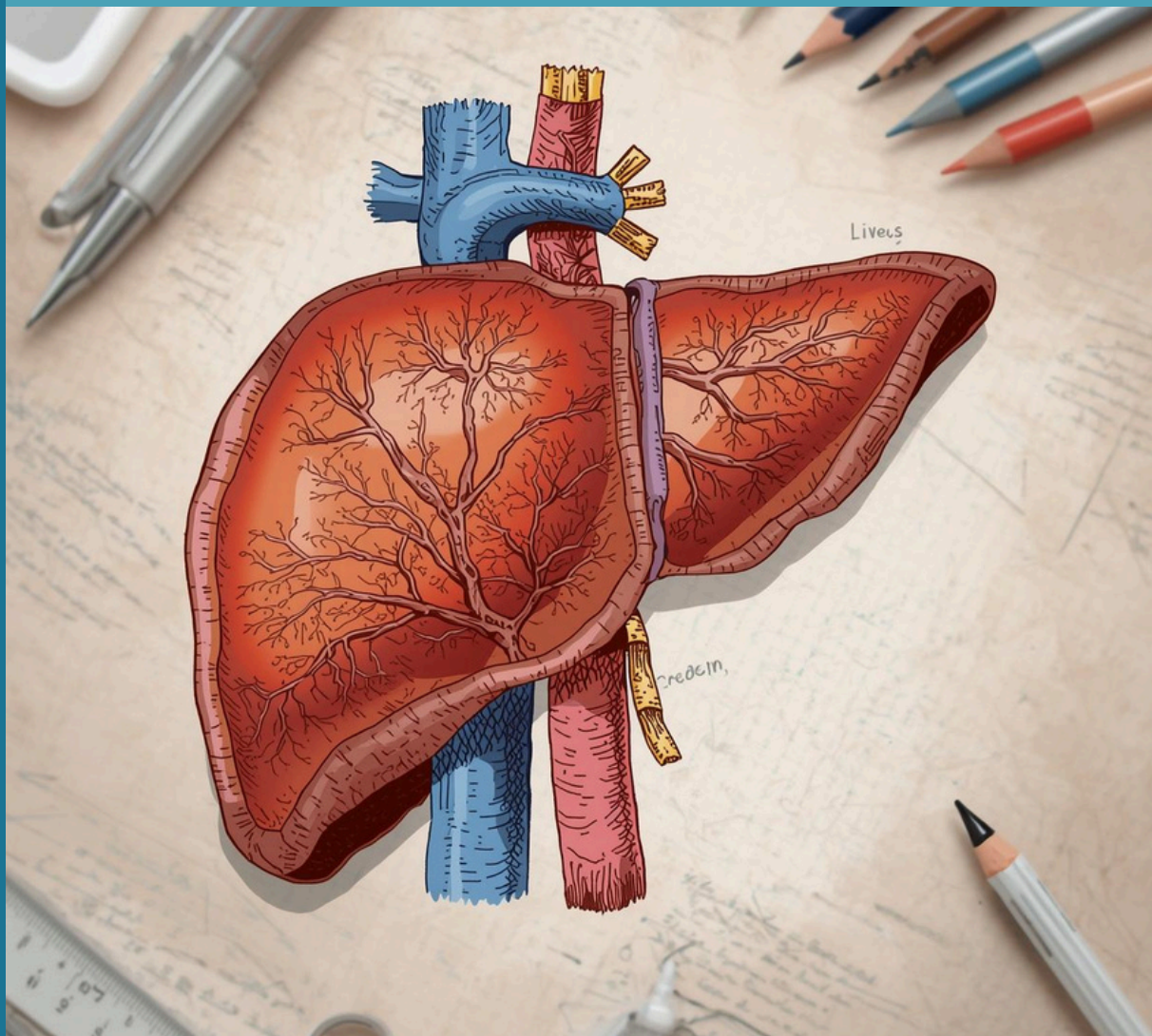
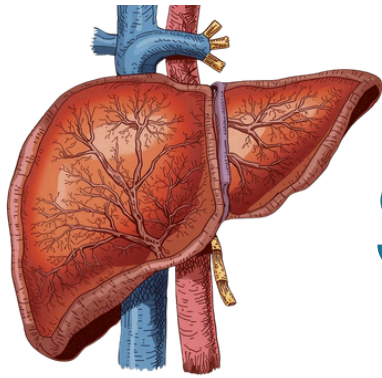


# 3 STEPS TO SUPPORT YOUR LIVER



CARRIE REEDY  
*Functional  
Nutrition*



# Step 1

***Your liver is one of the most hardworking organs in your body, performing over 500 functions every single day. When it comes to weight loss, hormone balance, and overall metabolic health, your liver is the unsung hero.***

***This guide will walk you through three practical steps to support your liver naturally - no extreme detoxes, no deprivation, just real food and lifestyle strategies that work.***

## **STEP 1: Reduce the Burden**

### **What This Means:**

Before we can support liver healing, we need to reduce what's creating stress and overwhelm for this vital organ.

### **Foods & Substances to Minimise or Avoid:**

- Alcohol - Even moderate consumption requires significant liver processing. Consider reducing frequency or eliminating temporarily.
- Processed foods with artificial additives - Preservatives, artificial colours, and flavour enhancers create extra detoxification work for your liver.
- Excess sugar and refined carbohydrates - These spike insulin repeatedly, exhausting your liver's glucose management systems.
- Damaged fats - Trans fats and vegetable oils heated to high temperatures (deep-fried foods) are particularly burdensome.
- Excessive processed meats - High in preservatives and additives that require liver processing.
- High-pesticide produce - When possible, choose organic for the "Dirty Dozen" (strawberries, spinach, kale, apples, grapes, etc.)

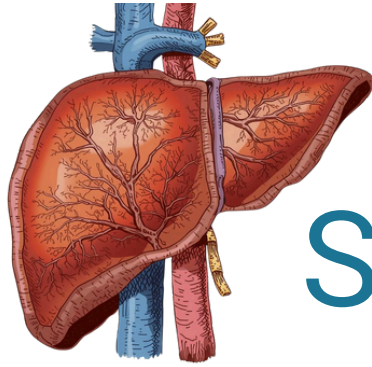
### **Lifestyle Factors That Burden Your Liver:**

- Poor sleep - Your liver does most of its regeneration and detoxification between 1-3am. Aim for 7-8 hours of quality sleep.
- Chronic stress - Elevated cortisol affects liver function and fat storage. Incorporate daily stress management.
- Dehydration - Your liver needs adequate water to process and eliminate waste. Everyone benefits from 2 to 2.5 litres of water daily.
- Sedentary lifestyle - Movement supports both liver and lymphatic function.

### **Simple Swaps to Start Today:**

- Swap vegetable oils for olive oil, coconut oil, avocado oil, or butter
- Replace processed snacks with whole food options (nuts, seeds, vegetables with dip)
- Choose water over sugary drinks
- Buy organic when possible
- Reduce alcohol to special occasions only





# Step 2

## STEP 2: Provide Targeted Nutritional Support

### What This Means:

Once we've reduced the burden, we can actively support liver function with specific nutrients and foods.

### Top Liver-Supporting Foods:

#### Cruciferous Vegetables (eat daily if possible)

Examples: Broccoli, cauliflower, Brussels sprouts, cabbage, kale, bok choy

Why: Contain sulforaphane and other compounds that support Phase 2 liver detoxification

How: Roasted, steamed, in soups, or lightly sautéed



#### Dark Leafy Greens

Examples: Spinach, rocket, silverbeet, kale

Why: Rich in chlorophyll and help neutralise toxins

How: Raw in salads, wilted into dishes, blended in smoothies



#### Quality Protein

Examples: Grass-fed beef, lamb, wild-caught fish, organic chicken, eggs

Why: Provides amino acids essential for liver repair and detoxification enzymes

How: Aim for 25-30g of protein per meal



## Healthy Fats

Examples: Avocados, olive oil, coconut oil, nuts, seeds, oily fish

Why: Support bile production (essential for fat digestion and toxin elimination)

How: Include healthy fats with every meal



## Garlic and Onions

Why: Contain sulphur compounds that activate liver detoxification enzymes

How: Use liberally in cooking (garlic is best when crushed and left to sit for 10 minutes before cooking)



## Herbs and Spices

Examples: Turmeric, ginger, rosemary, cilantro, parsley

Why: Anti-inflammatory and support detoxification pathways

How: Add to meals, teas, or smoothies



## Bitter Foods

Examples: Rocket, dandelion greens, artichokes, lemon

Why: Stimulate bile production

How: Start meals with bitter greens or warm lemon water



## Hydration

Options: Filtered water, herbal teas (especially dandelion root, milk thistle, green tea)

Why: Essential for all liver processes

How: Drink consistently throughout the day, not just with meals



*"EVERY FOOD CHOICE YOU MAKE IS EITHER SLOWLY HARMING YOUR LIVER OR ACTIVELY HELPING IT HEAL."*

## The Keto Advantage for Liver Health:

A well-formulated ketogenic diet is particularly beneficial for liver health because it:

- Reduces liver fat (highly effective for non-alcoholic fatty liver disease)
- Improves insulin sensitivity (reducing metabolic stress on the liver)
- Provides stable blood sugar (no constant insulin spikes)
- Naturally emphasises liver-supporting whole foods
- Reduces systemic inflammation

### Sample Day of Liver-Supporting Keto Eating:

#### ***Upon Waking:***

Warm water with fresh lemon juice

#### ***Breakfast:***

Scrambled eggs with spinach, mushrooms, and avocado  
Cooked in coconut oil or butter

#### ***Mid-Morning (if hungry):***

Handful of raw nuts or seeds

#### ***Lunch:***

Large salad with mixed leafy greens, cucumber, and rocket  
Topped with grilled salmon or chicken  
Dressed with olive oil and lemon juice

#### ***Afternoon:***

Herbal tea (dandelion root or green tea)  
Small handful of macadamias (if hungry)

#### ***Dinner:***

Grass-fed beef or lamb  
Roasted Brussels sprouts and cauliflower with garlic  
Large serving of sautéed kale or silverbeet  
Drizzled with olive oil

#### ***Evening:***

Herbal tea (chamomile or peppermint for sleep support)

## Strategic Supplementation:

While food should always be the foundation, certain supplements can provide additional liver support. However, supplement needs are highly individual and depend on your specific health situation.

### **Want personalised supplement recommendations for YOUR liver health?**

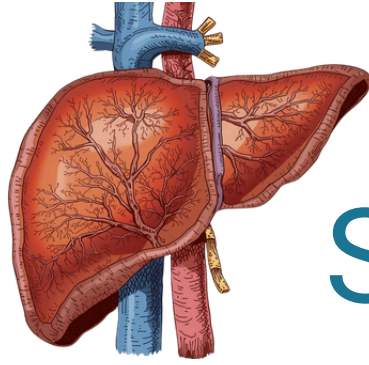
Book a complimentary 15-minute phone call with me where we can:

- Discuss your specific symptoms and health history
- Identify whether supplements may be helpful for supporting your health goals
- Explore whether the UltraLite Program or Fitgenes Genetic Testing could give you personalised insights to support your overall health

[Click here to arrange a call with me](#)

In the meantime, focus on the food strategies in this guide - they're powerful on their own!





# Step 3

## STEP 3: Support Long-Term Metabolic Health

Creating sustainable habits that maintain liver function and overall metabolic health for life.

### Consistent Eating Patterns:

- Eat regular meals - Skipping meals can stress your liver and disrupt blood sugar
- Don't overeat - Large meals put strain on digestive and liver function
- Consider eating windows - Some people find 12-14 hour overnight fasts (e.g., finishing dinner by 7pm, breaking fast at 9am) supports liver regeneration
- Stay consistent - Your liver thrives on routine and consistency

### Movement for Liver & Lymphatic Health:

Your liver works closely with your lymphatic system.

Regular movement supports both:

- Daily walking - 20-30 minutes minimum
- Gentle yoga or stretching - Especially twisting poses
- Swimming - Excellent full-body, low-impact option
- Rebounding - Even 5-10 minutes on a mini trampoline
- Resistance training - Builds muscle, which improves insulin sensitivity and metabolic health

The key is consistency over intensity. Gentle, regular movement is more beneficial than occasional intense exercise.

## **Sleep as a Non-Negotiable:**

Your liver does the majority of its detoxification and regeneration work between 1-3am. Without adequate sleep, this crucial process is interrupted.

Sleep Support Strategies:

- Aim for 7-8 hours per night
- Keep a consistent sleep schedule (even on weekends)
- Create a dark, cool sleeping environment
- Avoid screens 1-2 hours before bed
- Avoid late, heavy meals (finish eating 3 hours before bed)

## **Stress Management:**

Chronic stress elevates cortisol, which directly impacts liver function and fat storage (especially around the abdomen).

Daily Stress Management Practices:

- Deep breathing exercises (even 5 minutes makes a difference)
- Meditation or mindfulness practice
- Time in nature
- Gentle movement (yoga, walking)
- Activities you enjoy (reading, creative pursuits, time with loved ones)
- Saying "no" to unnecessary commitments

## **Dry Brushing for Lymphatic Support:**

Since liver and lymphatic health are interconnected, this simple practice supports both systems:

- Use a natural bristle brush on dry skin before showering
- Brush towards your heart using long, gentle strokes
- Start at your feet and work upward
- Takes only 5 minutes
- Stimulates lymphatic flow and circulation

## Regular Assessment:

Every 4-6 weeks, check in with yourself:

- ✓ How's your energy throughout the day?
- ✓ How's your sleep quality?
- ✓ How's your digestion?
- ✓ Are you maintaining your weight or gaining steadily?
- ✓ How's your skin?
- ✓ How's your mood and mental clarity?
- ✓ Are you still experiencing hormonal symptoms?

**These are all indicators of liver health.**

If you notice backsliding, return to Step 1 of the 3 step liver support protocol, and ensure you've truly reduced the burden before moving forward again.

# Feeling Overwhelmed?

## You Don't Have to Do This Alone

If you're reading through this guide thinking *"This makes sense, but I need help implementing it for MY specific situation,"* that's exactly what I'm here for.

Many of my clients come to me after trying to figure it out on their own. They understand WHAT to do (especially after reading guides like this!), but they need support with:

- Understanding which strategies are most important for THEIR body
- Creating a personalised plan that fits their lifestyle
- Troubleshooting when things aren't working
- Getting accountability and support
- Understanding their genetic predispositions (via Fitgenes testing)
- Addressing underlying issues like hormonal imbalances or lipoedema

I offer a number of options for working together, starting with a comprehensive health history discussion to drill into what is the best approach for supporting you. I also offer the following:

**The UltraLite Weight Loss Program** - A ketogenic approach specifically designed to support liver function, reduce liver fat, and balance hormones naturally.

**GEMM Protocol** - Focuses on gut health (remember, your gut and liver work intimately together!)

**Fitgenes Genetic Testing** - Reveals how YOUR unique genetics affect liver detoxification, so we can personalise your nutrition plan.

**Ready to explore how working together can help you?**  
**[Book a complimentary 15 minute phone call with me](#)**

No pressure, no sales pitch - just a genuine conversation about your health goals and whether my approach is a good fit.

Here's a plan to get you  
started...

## Your 7-Day Liver Support Kickstart Plan

### Daily Non-Negotiables:

- Warm lemon water first thing in the morning
- 2-2.5 litres of water throughout the day
- 2-3 serves of cruciferous vegetables
- Quality protein with every meal
- 20+ minutes of gentle movement
- 7-8 hours of sleep
- Herbal tea (dandelion root or green tea) in the afternoon

### Weekly Checklist:

- Weekly meals include liver-supporting foods
- Processed foods minimised or eliminated
- Alcohol limited or avoided
- Regular sleep schedule maintained
- Movement daily
- Stress management practice daily
- Dry brushing 3-4 times this week

# Next Steps:

## Choose Your Path Forward

You've just learned the 3-step framework to support your liver naturally. Now you have a choice:

### **PATH 1: Do It Yourself**

Use this guide as your roadmap. Implement Steps 1-3 consistently for 4-6 weeks and track your progress. Many people see significant improvements with this approach.

### **PATH 2: Get Personalised Support**

Work with me to create a customised plan tailored to YOUR body, YOUR challenges, and YOUR goals.

This is the best course if:

- You're dealing with stubborn weight that won't respond to "normal" approaches
- You have diagnosed metabolic conditions (NAFLD, hormonal imbalances, lipoedema, PCOS)
- You've tried multiple diets and programs without lasting success
- You want to understand your genetic predispositions (Fitgenes testing)
- You're tired of guessing and want a clear, personalised roadmap
- You value expert guidance and accountability

I specialise in supporting:

- Menopausal and perimenopausal women struggling with weight and hormones
- Women with lipoedema (I've been supporting this community for 5 years)
- Anyone dealing with metabolic dysfunction, insulin resistance, or fatty liver

# Frequently Asked Questions

Q: How long until I notice results?

A: Many people notice improved energy and better digestion within 1-2 weeks. Weight loss and hormonal improvements typically become evident within 4-6 weeks of consistent support.

Q: Do I need to buy expensive supplements?

A: No. Food should always be your foundation. Supplements can be helpful but aren't essential for everyone. Focus on diet and lifestyle first, and if you're interested in targeted supplementation, get in touch.

Q: Can I drink coffee?

A: Black coffee in moderation (1-2 cups per day) is generally fine for most people. However, if you're sensitive to caffeine or notice it affects your sleep, consider reducing or switching to herbal tea.

Q: What if I can't give up alcohol completely?

A: Even reducing frequency makes a difference. If you currently drink several times per week, try limiting to once per week. Quality matters too - choose cleaner options like organic wine or spirits without sugary mixers.

Q: I'm vegetarian/vegan - can I still support my liver?

A: Absolutely. Focus on plant-based proteins (hemp seeds, pumpkin seeds, tempeh), plenty of cruciferous vegetables, healthy fats from avocados, nuts and seeds.

Q: What about intermittent fasting?

A: A gentle overnight fast (12-14 hours, e.g., 7pm to 9am) can support liver health for many people. However, extended fasting isn't necessary and may not be appropriate for everyone, especially women with hormonal imbalances.

Q: Can I do this on my own or do I need professional support?

A: This guide gives you a solid foundation to start supporting your liver on your own. However, if you're dealing with:

- Stubborn weight that won't budge despite your best efforts
  - Diagnosed conditions (fatty liver disease, hormonal imbalances, lipodema)
  - Confusing symptoms that don't add up
  - Previous failed attempts at weight loss or health improvement
  - A desire for personalised testing and protocols
- ...then working with me one-on-one can accelerate your results significantly.

# How We Can Work Together:

## Book a complimentary 15 minute phone call

We'll discuss your health history, current challenges, and future goals.

I'll explain how my approach works.

No pressure, no obligation.

### Why Work With Me?

- 5+ years specialising in lipoedema - I understand this condition intimately
- Functional nutrition approach - We address root causes, not just symptoms
- Evidence-based ketogenic protocols - Specifically designed to support liver health so we can get things back under control
- Personalised testing available - Fitgenes genetic testing takes the guesswork out
- Based in Perth, work Australia-wide via Zoom - Location is no barrier

#### **What My Clients Say:**

*"After years of trying everything, Carrie finally helped me understand WHY my liver was the missing piece. Three months after introducing the UltraLite Program I've lost 12kg, my energy is back, and my hormonal symptoms have dramatically improved."*

*- Sarah, 52*

*"As someone with lipoedema, I'd given up hope. Carrie's approach to supporting both liver and lymphatic function has reduced my pain and swelling more than anything else I've tried."*

*- Emma, 48*

#### **Not ready to arrange a phone chat?**

Stay Connected with me on social media for more great tips to support your health journey.

