

LIVER HEALTH: WHAT YOU NEED TO KNOW FOR KETO SUCCESS

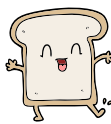
If you're struggling to lose weight while on the keto diet, the first place to look is your liver.

The liver is the main organ that governs fat loss. It's where ketones are produced, and where protein and carbohydrates are metabolized.

Functions of the Liver



Breaking down fat



Metabolizing carbs



Metabolizing protein



Filtering toxins

The liver is also responsible for filtering toxins. In fact, the liver is built to process toxins before anything else. Which means, a liver that is overly-stressed by poor diet, alcohol consumption, drugs (medication included), or poor sleep is less capable of assisting you with weight loss.

Liver stressors



Stress



Alcohol



Drugs



Junk Food

Not only that, but low-liver function leads to increased food cravings, binge eating, and over-excretion of cortisol— which unfortunately leads to more liver stress.

The liver is also responsible for proper hormone balance, and hormone balance is crucial for weight loss.

Liver Health = Keto Success

Now that you understand just how important liver function is in terms of weight loss and keto success, let's identify 6 ways to nourish and heal the liver.

6 Ways to Nourish the Liver

- 1 Avoid fructose (fruit sugar)
- 2 Limit alcohol
- 3 Get rid of obesogens (dryer sheets and scented candles)
- 4 Sweat
- 5 Eat cholesterol
- 6 Avoid topical chemicals (unnatural deodorant, lotion, soap, toothpaste, perfume)