DRINKS & SMOOTHIES

5 Potent Herbal Infusions to Alleviate Fatty Liver

By bestfolkmedicine · 11/03/2019 · 3 min read



When somewhere around 5 to 10 percent of the liver is fat, the condition is known as fatty liver disease. But, what you may not have known is that this illness can be relieved naturally.

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Of course, fat in the liver to some extent is normal; however, larger amounts put you at a higher risk of inflammation, scarring, and injuries. Fatty liver can be of two types, that is, alcoholic fatty liver and non-alcoholic.

The former occurs due to excessive consumption of alcohol whereas the latter is not caused by alcohol, but it has to do more with lack of physical activity or diabetes. As it is reversible, it can be of great aid to implement some lifestyle changes and opt for natural remedies and treat it.

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In today's article, we decided to present 5 powerful herbal DIY infusions that you can try if you have been diagnosed with this health problem.

5 Best Natural Remedies to Relieve Fatty Liver

- **Artichoke infusion**

Artichoke is a veggie that has the possibility to lower the accumulation of fat in the body. It is abundant in fiber and antioxidants and it will encourage a natural liver detoxification.

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You will need:

One artichoke

3 cups of water

Preparation: Bring the water to boil and once it has boiled, remove it from heat. Add the previously chopped artichoke and cover it. Leave it for 3 to 5 minutes before straining it into a cup.

Drink one cup of the infusion prior to meals.

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- **Fennel seed infusion**

Fennel seeds posses anti-inflammatory and antioxidant properties which are pivotal in alleviating fatty liver disease. This infusion will lower the lipid accumulation and ease digestion.

You will need:

A tsp of fennel seeds

A cup of water

Preparation: Boil the water first and then add the fennel seeds to it. Cover the content and leave it for 5 minutes before you strain it into a cup. Consume it while warm.

Use: Consume 2 cups on a daily basis for at least 3 weeks.

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- **Mint and boldo infusion**

This combo will help encourage the removal of fat from the liver tissues. Thanks to the anti-inflammatory and antioxidant powers of these plants, the cells in the liver will be kept safe.

You will need:

A tsp of mint leaves

A tsp of boldo leaves

A cup of water

Preparation: Boil the water first, and add the leaves. Lower the heat to low and simmer for 2 minutes before removing from the stove. Cover the tea and wait for 10 minutes. Strain the content into a cup.

Use: Drink a cup on an empty stomach before breakfast on a daily basis for 3 weeks.

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- **Lemon peel infusion**

The fiber present in lemon peel is used to encourage an easier digestion of fat accumulated in the liver. By drinking this tea, you will better the digestion and lower the buildup of toxins and fluids.

You will need:

A peel from one lemon

A cup of water

Preparation: Boil the water and then add the previously washed peel. Cover the infusion and leave it to steep for 10 minutes. Then, strain the content into a cup and drink it while warm.

Use: Drink a cup on an empty stomach, before main meals for at least 3 weeks.

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- **Dandelion infusion**

Dandelion's cleansing properties will help lower the inflammation and encourage detoxification. The antioxidants and minerals in it will work in unison to help the metabolism break down fat in the best way possible.

You will need:

A spoon of dandelion

A cup of water

Preparation: Boil the water first and then add the dandelion to it. Cover it and wait for 10 minutes before straining it. Consume while warm.

Use: Consume 2 to 3 cups per day for 2 weeks.

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Sources:

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