GRANDMA'S REMEDIES

Detox Your Liver Completely Naturally: This DIY Drink Helps Eliminate Toxins & Surplus Fat

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Unfortunately, fatty liver is a common health problem, especially in people over the age of 50. Having a fatty liver is damaging and it should be treated properly and timely to prevent bigger damage.

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A healthy liver is pivotal if we want optimal overall health. And, when the liver fails to function efficiently, the other organs suffer too.

One of the numerous functions that the liver has is filtering out the damaging by-products of the foods and drinks we consume and preps them for removal from the body.

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However, if the fat presence in the liver is higher than 10 percent of its total mass, the risk of fatty liver is higher.

If you've been diagnosed with fatty liver, check out this recipe for a homemade apple cider vinegar and honey drink.

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DIY Healing Drink for People with Fatty Liver

You'll need:

A spoon of apple cider vinegar

A bit of lukewarm water

Honey, optional

Prep:

Dissolve the apple cider vinegar with the water and add honey if you want it to be sweeter. Drink it.

Repeat it twice per day in a period of several months.

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Other Ways to Help Your Liver

Did you know that there are other beneficial natural ways to boost your liver health? Some of them are green tea and lemon.

Moreover, it's important to make overall improvements and changes in your diet. According to doctors, it can be beneficial to reduce your caffeine intake and start exercising more.

You should also be careful about your intake of carbs and salt because excessive intake can lead to fatty liver.

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And, consume more foods rich in sulphur like cabbage and broccoli so that the liver can enhance its production of enzymes.

What's more, whenever possible, choose healthy and organic food and food abundant in minerals and vitamins.

Make sure your diet is based on fruits, veggies, legumes, and other whole foods rather than on processed and fast food.

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Sources:

WALKIN LAB

DOCTOR NDTV

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