

## THE LIVER CLEANSING DIET

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[Liver Cleansing Diet by Sandra Cabot: Food list What to ...](#)

The Liver Cleansing Diet (1996/2003/2008) claims over 2 million copies sold. It is a 3-stage 8-week detox diet that is dairy-free, mostly vegetarian, minimally processed, high fiber, and low fat, and it includes a lot of raw vegetable and fruit including juices. Below is an outline of the food recommendations in the book.

[Liver Cleansing Diet | myVMC](#)

Liver cleansing diets. Liver cleansing diets can be classified under the umbrella of detox or detoxification diets. They claim that the body (in particular the liver) needs cleansing in order to help it function better. Liver cleansing diets often focus on eliminating toxins that enter our bodies through the food that we eat.

[Liver Cleansing Diet Meal Plan | Healthfully](#)

The liver cleansing diet was developed by Dr. Sandra Cabot and was published as a book in 1997. According to Dr. Cabot, the liver cleansing diet will clean the liver and enable it to function more effectively. The results may include increased energy, lower blood cholesterol levels and weight loss.

[The Liver Cleansing Diet Australian Skeptics Inc](#)

The Chinese have a liver remedy with the delightful name of 'the free and easy wanderer' that they use for depression and it contains the Chinese herb Xiao Yan Wan. We can all become free and easy wanderers, and slim and beautiful wanderers as well, if only we will take care of our livers; the Liver-Cleansing Diet will enable you to do this.

[Liver Cleansing Diet Plan](#)

Liver Cleansing Diet Plan - Lose three times more weight than dieting with diet expert, we have weight loss plan which is awarded for the best and most.

[Liver Cleanse: Detox Your Liver in 6 Easy Steps - Dr. Axe](#)

Try my 6-Step Liver Cleanse to help revitalize your liver and Obesity and a diet high Liver Cleanse Key Points, Cleansing and detoxing the

[What is a liver cleanse diet? - Puristat Digestive Wellness](#)

The liver is one of the most active organs in the body. Our modern world keeps the liver constantly busy dealing with toxins. You can lend your liver a hand by doing a liver cleanse at least a few times a year. Doing a liver cleanse will always be more powerful if you support it with a liver cleanse diet.

[How to Detox Your Liver the Natural Way: A 5 Step Guide ...](#)

Here are five realistic (non-diet) ways to detox your liver. Add a squeeze of lemon to your water to add even more alkalizing and cleansing properties.

[liver cleansing foods - Dr. Group's Healthy Living Articles](#)

If you have an overworked liver or just want to detox, you should try eating the following liver cleanse foods.

[4 Ways to Make a Liver Cleanse - wikiHow](#)

Certain herbal teas are believed to flush toxins and fat deposits from the liver, while also increasing hydration levels. The best teas for liver cleansing include ingredients such as dandelion root, ginger, clove, burdock root, chamomile, cinnamon and horsetail.