

THE LIVER DETOX BLUEPRINT

Presented by

liversupport.com



The Liver Detox Blueprint

7 liver detox SUPER foods your Doctor isn't telling you about.

Hi, and thanks for requesting The Liver Detox Blueprint!

As a website dedicated to providing the most up-to-date and comprehensive information on liver diseases and concerns, news and original articles, liver healthy recipes, and high-quality nutritional supplements, LiverSupport.com is always looking to help you cleanse and detoxify your liver, so you can have your peace of mind back.

So, we put together an easy to use list of 7 SUPER foods that will practically scrub your liver clean. The information below will give you an **unfair advantage** over other people who don't know about these foods.

When paired with UltraThistle®, these 7 foods will act like a million tiny vacuum cleaners that penetrate deep into your liver, sucking out all the toxic waste from within your cells.

There's also a surprise bonus waiting for you at the end of this report, but WAIT! I know you might be tempted to scroll down and see what's waiting for you, but I URGE you to read this report all the way to the end.

It could mean the difference between transforming your liver from dirty and toxic, to squeaky clean. With that said, sit back, relax, and read about the amazing liver health benefits that these 7 foods can provide.

Liver Detox Food #1: Carrots



Carrots are an absolute SUPER food when it comes to cleansing your liver. They contain high quantities of Glutathione, the most powerful antioxidant in the body, to **neutralize free radicals** and detoxify your liver. Carrots are high in plant flavonoids, and can suck the toxins straight from your liver. Flavonoids are a well known **super nutrient** that can work wonders to detox your liver.

Carrot juice is often called the "Miracle Juice" because it's loaded with enzymes and beta-carotene. Just one glass of carrot juice contains almost 30 times the daily serving of beta-carotene. One thing about carrot juice is that it's amazing at **breaking down the toxins in your liver**, and expelling them to your intestines and kidneys for removal.

Liver Detox Food #2: Turmeric



Turmeric is the spice that gives curry powder that bright yellow color, and its delicious smoky flavor. However, did you know it contains a compound called curcumin that's deadly if you happen to be a liver toxin? The turmeric root is one of the most valued plant-based medicines available, and it's especially **helpful for promoting liver cell regeneration.**

Turmeric is a SUPER spice that has been used by cultures for many generations because of its liver repairing qualities. It's been found to have **anti-inflammatory qualities**, as well as **anti-cancer** benefits. In fact, researchers in Israel recently discovered that curcumin could actually act as an all natural liver cirrhosis treatment.

Plus, another recent study published in Liver International found that after inducing liver cirrhosis in rats, and treating half of them with a dose of curcumin for 12 days, it dramatically reduced their liver inflammation.

Liver Detox Food #3: Avocados



Avocados are classified as a liver SUPER food because they not only help to detoxify the liver, but they also battle inflammation. Avocados are like super nutrient absorbers because **they're great at allowing the body to absorb its nearly 20 essential vitamins and nutrients.**

Since avocados are high in monounsaturated fats and potassium, they're not just great for liver detoxification, they're also great for the eyes, and immune system.

They're packed full of Vitamin B6 to help your immune system produce antibodies, along with Vitamin C that helps repair damaged liver cells.

It's important to know that most people with liver disease are low in Glutathione. Avocados are packed full of the Glutathione you need to clean your toxic liver, and **protect it from further harm.**

But it doesn't stop there. Avocados are dense in Vitamin E, helping your body neutralize DANGEROUS free radicals.

Typically when someone experiences liver disease, it starts with inflammation. That's what eventually leads to liver damage. Well, another benefit of avocados is they are rich in Vitamin K which helps to prevent inflammation in the first place.

Liver Detox Food #4: Spinach



Like the 3 other foods I talked about, spinach is rich in Glutathione to help detoxify your liver, and reduce inflammation.

Equally important is that Spinach is loaded with Vitamin E, which **helps battle fatty liver disease.** Scientists have proven that a lack of Vitamin E is linked to scarring of the liver, or cirrhosis.

In a recent study, mice were deprived of Vitamin E, and the results were conclusive.

All of the mice were found to have increased fat deposits on the liver, along with other liver injuries.

The researchers then gave a different set of mice Vitamin E supplements, and found that fatty liver problems were avoided using Vitamin E. You would **be smart** to include Spinach in your diet if you want to avoid liver problems.

Remember earlier I mentioned UltraThistle®? Well, there's a reason for that. Food alone can only do so much when it comes to your liver health.

Consuming the right milk thistle is key if you want to fast track your liver health .

UltraThistle® is by far the most powerful milk thistle on the market for cleansing and detoxifying your liver.

But rather than me telling you about it, this short story will prove to you why it's true.

What If UltraThistle® Could Talk?



If UltraThistle® could talk, it would likely tell you about it's birth in 1996 when the market demanded a high powered milk thistle product that could **turn back the clock on your liver.**

It would tell you about it's exciting journey, which began when it was SUPERCHARGED with silybin, the most beneficial ingredient in the milk thistle seed.

It would tell you about the top European researchers who worked tirelessly to extract this silybin, to help make UltraThistle® the most powerful milk thistle product on the market.

It would tell you about the patented Phytosome® delivery process it underwent to multiply the silybin absorption rate, making it **8-10 more absorbable than any milk thistle product on the market.**

No doubt, it would tell you about its *secret* formula that contains an army of phospholipids to help deliver the UltraThistle® ingredients directly to your liver, literally FORCING your body to rapidly absorb it, and use it efficiently.

And how it sucks up toxins like a **high-powered vacuum cleaner**, leaving your cells squeaky clean.

It would, in short, tell you how it became a MONSTER milk thistle product that's **the most powerful in the world**, thanks to it's double serving of silybin, making it 20X more effective than standard milk thistle products.

And It would tell you about all the overheard conversations of people with liver problems who tested it out, and **the look on their Doctor's faces** when their liver tests came back great.

Ahhh yes, this UltraThistle® could tell quite a story or two. And I think it would be most proud of the fact it's helped hundreds of thousands of people worldwide protect their liver cells from toxins, damage, and to promote new liver cell growth.

And not being one to brag, it might just tell you about its raving customers who wouldn't dare take any other milk thistle product.

In any case, if you take medications, are frequently exposed to toxins, consume alcohol, or any other substance, and you want to protect your liver from further damage, discover why **UltraThistle® is our #1 seller.**

Imagine turning the clock back on your liver, and having your peace of mind back. Trust me, once you try UltraThistle® you'll never go back to standard milk thistle again.

Don't believe me? Here's what our loyal customers are saying...

> *"It's good to know there are still companies where the customer is treated with proper consideration and respect...[and] I want you to know how pleased I am with UltraThistle. My latest lab results showed that all five of my liver function tests were well within normal limits! I will definitely keep taking this fine herbal remedy as it has done a truly remarkable job. It really is a pleasure doing business with your company."*
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> — Joseph E., MD

> *"I had NAFLD (20% of surface covered with fat) and a few lifestyle changes, some exercise and taking UltraThistle for 6 months - my latest check up revealed that the NAFLD has gone and my liver is functioning normally!!"*
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> 
>
> — Steve Claxton

> *"I am 59 yrs old & I have been using Ultra Thistle for about 4 months now due to an enlarged liver infused with fat that was making me very sick. The doctor said I may not be able to reverse it. My condition is technically called NASH. My liver is shrinking & I feel so much better. The doctor said I was doing amazing that he had only seen maybe 2 other patients in his entire career turn it around as quickly as I have. He said keep taking it & of course I have a strict diet too. My prognosis was doom & gloom & now I am reversing my NASH! I believe UltraThistle is my life saver & I will always take it."*
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> — S. Osburn, Missouri

“best milk thistle on the market..It is the only milk thistle that keeps my liver tests near normal with Hep C”



— Karen Branch, Amazon Review

“My husband has Hep C and cirrhosis of the liver. I've been giving him your UltraThistle for years and his team of Drs. told him recently "Whatever you are doing, keep doing it because your liver is fully functioning and your numbers are great! We don't see numbers like this coming across our desk" (referring to lab results).”



— Happy Client

“I've been taking milk thistle products for several years now. A few years ago I discovered UltraThistle. Over these same years I've had regular lab work done with regards to my liver functions. Even though I suffer with liver disease, my liver is functioning normally as has been documented by my lab work! I believe this is in a large part due to the UltraThistle I've been taking. Thank you for an excellent product!”



— M. Miller

Highest quality I have found

“This is as good as it gets, the quality is good and the price is fair for the quality of product you get.”



— gmurph59, Amazon Review

Act Today And We'll Also Send You A SUPERCHARGED Antioxidant Formula FREE (This is a limited time offer)

When you buy UltraThistle® today, we'll send you our best selling Selenium product made with a powerful formula known as SelenoExcell® that neutralizes free radicals on contact. It normally sells for $9.95 per bottle, but today it's yours absolutely FREE!

When combined with UltraThistle®, this unique Selenium supplement packs a POWERFUL antioxidant punch.

If you're anything like the 1,000's of others who have paid for this supplement, **you're interested in taking a potent antioxidant** that promotes normal liver, prostate, and thyroid function.

What makes SelenoExcell® so effective?

SelenoExcell® comes from a unique strain of non GMO baker's yeast. This one of a kind process is able to incorporate selenium into proteins that multiply its absorption rate. This means much more Selenium is absorbed into your bloodstream to be utilized by your body. Other forms of selenium don't come close to its bioavailability.

The proof is clear. Seleno Excell® is a much more effective form of Selenium, and that's why we used it in this supplement.

Why is Selenium so important to your liver?

Selenium plays a critical role in the liver's normal function, glutathione synthesis in the liver, and in the breakdown of certain toxic compounds in the liver. It is also needed for the liver to convert T4 into the active T3 form of thyroid hormone, which all the cells in the body need to function properly.

Here are all the benefits our Selenium will give you:

- Promotes normal liver, prostate and thyroid function
- Supports a healthy metabolism
- Powerful antioxidant that fights free radicals
- High absorption rate allows it to start working faster than other selenium supplements



- 100% natural and organic
- Made with SelenoExcell® - the most clinically researched source of organic selenium
- Made with non-GMO ingredients

What are you waiting for? You have nothing to lose with our **90 Day Money Back Guarantee.**

For just $44.95 you can have peace of mind. That's a drop in the bucket compared to a $20,000 medical bill down the road if you do nothing to protect your liver.

Go ahead, click the Buy Now Button to experience what it's like to SUPERCHARGE your liver health.

Buy Now

Q: But I can get regular standardized milk thistle extract for much less money elsewhere, so why would I choose UltraThistle®?

A: Clinical studies prove that UltraThistle® is absorbed 8-10 times more effectively than standard milk thistle extract. This is thanks to the patented Phytosome® delivery process that allows your body to rapidly absorb it. You may be paying less for that standardized bottle, but you are paying much more for what actually reaches your liver.

Q: How long can I safely take UltraThistle®?

A: Clinical studies have shown no detrimental effect from long term usage. In fact, they indicated a sustained beneficial effect with long term usage.

UltraThistle® Is Wrong For You If:

- **You want a "magic pill" solution you only take once, and expect that to make your liver healthy for the long term.** While using it for 1 month will detox your liver, and work wonders to reverse liver damage, it won't help reverse your liver damage over long periods of time. Only prolonged use of UltraThistle® will help you do that.
- **Your only requirement for a milk thistle product is that it be cheap.** UltraThistle® gives you more bang for your buck because it provides 20X the liver

protection than standard milk thistle products. It's a no brainer because you're throwing your money away on inefficient products.

- **You make the mistake of thinking that all milk thistle products are made the same, and you blindly follow what they say.** For example, one competitor sells 1000 mg of milk thistle seeds, but they don't tell you it's not really doing anything. See, it's the amount of silybin in the product that tells you how much of the beneficial ingredient you are receiving. Plus, some competitors make people think "wow, 1000 mg of milk thistle is a lot." What they aren't telling you is that it's sorely lacking silybin.
- **You don't recognize the health benefits of a milk thistle that absorbs into your body at 8-10X the rate of standard milk thistles.** This can have HUGE health benefits you won't find anywhere else.

Again, **click the Buy Now Button** to experience what it's like to SUPERCHARGE your liver health.

Buy Now

Ok, now back to the liver detox SUPER foods...

Liver Detox Food #5: Apples



Apples contain high amounts of pectin, a soluble fiber that's **wonderful for cleansing and releasing toxins** from your digestive system. It also removes cholesterol from your blood, and expels heavy metals.

Apples are also rich in malic acid, which acts like a sponge to remove carcinogens and toxins from your liver. Granny Smith apples contain the highest amounts of malic acid among all apples.

There are several different liver cleanses you'll find online that include drinking apple juice. One in particular has you drink lemon juice, apple juice, and milk thistle over a period of time. Using UltraThistle® in a liver cleanse like that would be **EXTREMELY powerful.**

Liver Detox Food #6: Olive Oil



Olive oil has been a proven winner at helping you detoxify your liver. In 2010 a study was done by a research team that concluded that, specifically with extra virgin olive oil, it was a powerful antioxidant against damage causing oxidative stress.

In another researcher trial, scientists gave a serving of 2,4-Dichlorophenoxyacetic acid (a known toxic herbicide proven to cause liver damage) to a group of rats. The rats who were given olive showed a significantly less toxic liver, and less liver damage.

There are many olive oil liver cleanses, but here's a simple one you can use now.

Step 1: Pour ½ cup of olive oil into a jar
Step 2: Pour ½ cup of lemon juice in with the olive oil
Step 3: Shake well, and then consume

Lemons have a powerful effect on the liver. According to Dr. Alexander F Beddoe, your liver makes more enzymes when you consume lemons than with any other food.

According to Dr. Alexander F. Beddoe, the liver can make more enzymes out of fresh lemon juice than any other food element.

Liver Detox Food #7: Green Tea



Green tea is packed full of antioxidants called catechins. They're known to assist with liver health. In a 2009 Japanese study, researchers discovered that drinking green tea has a significant reduction in cancer rates.

Men were at 37% less risk of cancer when they drank 5 cups of green tea per day, and women were even higher at 50% less cancer risk.

If you're suffering from fatty liver disease, green tea can help that too. A study at the University of Connecticut found that consuming green tea regularly helps prevent nonalcoholic fatty liver disease. Green tea works to block the amount of fat stored in the liver, and puts a stop to damaging toxins.

Plus: 5 Foods That Will Hurt Your Liver

If you want to avoid foods that cause liver damage, so you can prevent any future problems, then you'll want to avoid these 5 foods.

Bad Food #1: Salt

Salt will put a high amount of stress on your liver. Salt causes fluid retention in your body, and can create excess fluid in your liver. Salt can also lead to high blood pressure, and fatty liver disease.

Here are a few foods to avoid:

- Instant Soups High in Sodium
- Deli Meat
- Cheeses
- Tortilla Chips

Bad Food #2: High Fructose Corn Syrup

High fructose corn syrup can wreak havoc on your liver health. Plus, even if it doesn't cause weight gain, it can still cause liver damage. Avoid these foods that contain high fructose corn syrup:

- Juice
- Soda
- Salad Dressings
- Pudding, Fruit Snacks, or Cereal Bars

Bad Food #3: Fast Food

Fast food is one of the worst things for your liver because you're consuming high amounts of fat, salt, and High Fructose Corn Syrup.

It's a recipe for disaster, plus fried foods have been proven to increase bad cholesterol, while at the same time lowering good cholesterol.

Watch out for these fried foods:

- French Fries

- Fried Breaded Foods
- Any Fried Finger Foods
- Bar Food

Bad Food #4: Artificial Sweeteners

Artificial sweeteners like Aspartame, Nutrasweet, Splenda, and Equal should be avoided at all costs. The government cautions against the use of any artificial sweetener by children and pregnant women. People with liver disease should definitely be added to this list.

Aspartame may be the worst one of the bunch. Not only has it been **linked to cancer**, it's known to cause leukemia and lymphoma.

When Coca Cola put out a new ad promoting the benefits of Aspartame, the Director of Center for Science in the Public Interest's, Michael F. Jacobson issued this warning.

> *"Aspartame has been found to cause cancer—leukemia, lymphoma, and other tumors—in laboratory animals, and it shouldn't be in the food supply. We certainly want Coca-Cola to shift its product mix toward lower- and no-calorie drinks, but aspartame's reputation isn't worth rehabilitating with this propaganda campaign.*
>
> *The company would be better off phasing out its use of aspartame and accelerating its research into safer, natural sweeteners such as those extracted from the stevia plant."*

Imagine the negative effects Aspartame has been having on your liver over the years. While many companies are going Aspartame free, there are still many who refuse to take it out of their products.

Bad Food #5: Monosodium Glutamate (MSG)

MSG is used as a flavoring in food, and it's highly addictive. What affect does it have on your liver? Japanese scientists published a study done in 2008 on mice in the Journal of Autoimmunity. They sought to find a connection between liver inflammation and MSG. They found that **the liver was hit with an onslaught of fat accumulation and inflammation when given MSG.**

I would give you a list of foods that contain MSG, but there are so many foods that contain it, that would be hard to do. Even foods like milk, yogurt, fresh fruits and vegetables, and shockingly... baby formula contain MSG.

The best thing you can do is read the labels.

Your Bonus Gift

Now that you've seen the 7 most powerful detox foods for your liver, I want to give you **the BONUS gift I promised you earlier (valued at $9.99).**

This bonus goes hand in hand with the healthy liver foods you just read about. It's our liver health cookbook packed with 10 healthy liver recipes to help you detox your liver fast.

Download the Liver Health Cookbook Now

If you have liver problems, consume substances that can cause liver damage, are frequently exposed to toxins, consume alcohol regularly, or take prescription drugs, and you want to **reverse the damaging effects on your liver**, listen closely.

Like I said before, there's a limit on what food alone can do for your liver health. That's why people have consumed milk thistle for 1,000's of years. Its beneficial properties **can work wonders for your liver health**, but BEWARE, most milk thistle products have little to no effectiveness.

Most products don't absorb into your bloodstream, and instead get expelled through the urine, never having a positive effect on your liver.

That's why we created UltraThistle®. The patented Phytosome® delivery process has been proven to increase absorption at a rate of 8-10x.

Go ahead, click this link to experience what it's like to SUPERCHARGE your liver health.

I hope you enjoyed this report. Thanks for reading!

Regards,

Morris Cohen
www.liversupport.com