



THE LIVER DETOX BLUEPRINT

Presented by
liversupport.com



The Liver Detox Blueprint

7 Liver Detox SUPER Foods Your Doctor Isn't Telling You About

L I V E R S U P P O R T . C O M

Hi, and thank you for downloading 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 has created this report 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 a huge advantage over other people who don't know about these foods.

When paired with our liver support SUPERFOOD shake, [Chocolate UltraNourish](#),® these 7 foods become explosive detoxifiers that help with liver pain, gallbladder pain, and inflammation. These foods alone act like 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 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.

I'll get back to the other foods in a second, but first, if you're experiencing liver or gallbladder pain from inflammation, listen closely.

Remember earlier I mentioned [UltraNourish](#)? Well, there's a reason for that. Food alone can only do so much when it comes to your liver health.

If you're eating these 7 foods, but your diet is lacking in prebiotics, probiotics, digestive enzymes and critical nutrients, you'll see limited health results. What a toxic or struggling liver really craves is an explosive fusion of protein, fruits, vegetables, antioxidants, probiotics, natural herbs, greens and liver nutrients that improve and protect your liver, heart, digestion leading to better overall health. It's a total body solution.

[UltraNourish](#) is the only SUPERFOOD shake that ALSO FOCUSES ON YOUR LIVER.



As a New Subscriber You Qualify to Receive a \$10 Discount on Chocolate UltraNourish

The World's Only Breakthrough Liver Support Protein Shake that Improves Liver, Heart, Digestion and Overall Health - **Offer Ends Today!**

Uniquely delicious ingredients will have your liver, heart and digestive tract BEGGING for more...

- **Healthy** – A fusion of protein, fruits, vegetables, antioxidants, probiotics, natural herbs, greens and liver nutrients that propel you to better liver, heart, digestion and overall health.
- **Simple** – Add one scoop to water or your choice of milk, shake, and immediately feed your body what it needs.
- **Delicious** – Flavored with cocoa, organic sugar and natural stevia, Chocolate UltraNourish has a phenomenal taste you'll look forward to drinking every day.
- **Gluten Free & 100% Vegetarian** – Better digested by your body.
- **Breakthrough Formula** - There is no other liver support protein shake in the world that packs as much liver & total body health nutrients into one serving as UltraNourish.



✓ **Simple**
✓ **Healthy**
✓ **Delicious**



With 1,950 mg of proven liver beneficial ingredients – including milk thistle, artichoke, turmeric and chicory – UltraNourish regenerates, protects, and improves your liver function like nothing else on the market.

If you want to produce new healthy liver cells and enzymes, **reduce fat accumulation** in your liver, **decrease inflammation** in your liver and body, improve your liver's ability to **remove damaging toxins** and better perform its more than 500 functions, and eliminate free radicals which wreak havoc on your health, then UltraNourish is absolutely for you.

A Powerful Blend Of Breakthrough Liver Detox Nutrients

It's jam-packed with liver detoxification and protective nutrients like:

- **Artichoke** (helps break down fats, enables your body to utilize nutrients, and helps flush out liver toxins)
- **Turmeric** (reduces liver inflammation, regenerates liver cells, has anti fatty-liver benefits, and even flushes out known dietary carcinogens.
- **Chicory** (kills liver damaging free radicals on the spot)
- **Milk Thistle** (cleanses, detoxifies, and repairs liver cells)

Plus these other natural ingredients to improve your heart, digestion, immune system and overall health

- 16 grams of pea protein
- Antioxidants to fight free radicals
- Prebiotics
- Probiotics (6 billion)
- Greens
- Fruits
- Natural herbs
- AND, it's 100% vegetarian and gluten free

It's Fast, Easy, Delicious & Powerful

Chocolate UltraNourish is so tasty you will forget that it contains protein, antioxidants, prebiotics, probiotics, greens, fruits and natural herbs, but your body will thank you.

6 Great Reasons to Drink UltraNourish Every Day!



UltraNourish, with its 1,950 mg Liver Support Blend, is the **ONLY** chocolate superfood, protein shake that **ALSO FOCUSES ON YOUR LIVER**. It's truly the **ONLY TOTAL BODY** superfood, protein solution on the planet.

You would have to eat a **MIND-BOGGLING** amount of superfoods each day just to equal what you'll get in each serving of UltraNourish. Nobody has time to prepare all these different superfoods and nutrients each day... plus it's expensive to do that. So, we've made it **SUPER fast, easy, and affordable** for you. All it takes is **a few seconds** to make a shake and consume it each day.

Using natural flavors, stevia and organic cane sugar, Chocolate UltraNourish is a delicious alternative for those wanting to simplify their shake-making routine. Just add water or milk, shake it up, and you have a delightfully healthy shake ready in seconds!

This is a One Time Offer Only for New Subscribers

Now, we would love to keep this offer on the table for good, but **this \$10 off deal is only available today as a one time offer...** and if you come back at a later time you'll be forced to pay full price.

The reason is because we simply can't afford to keep it this low due to our marketing costs. So, if you turn down today's offer then you'll pay full price in the future.

Here's What Our Happy Customers are Saying About UltraNourish

Excellent

★★★★★ Bruce Gunderson, Minnesota

"I had purchased the original ultranourish and it was okay, but it does take work to put it into a drink of sorts and take everyday. I thought I would give the chocolate a try and glad I did. Taste much better than the original. As soon as you open the container you smell chocolate. My wife can't help but to come into the kitchen whenever I open the container to smell the air, lol. I like it, but I have hard time with sweets in the morning, so I moved my shake into the evening. So now it is my night time snack. I am happy they came out with a flavored version. Now those of us with liver issues can have something sweet without compromising our health. Thanks Natural Wellness"

Great Shake to start the day

★★★★★ Judy Kalvin

"Exceptionally delicious and easy to mix with my favorite ingredients: banana and frozen blueberries. I use water as my base and enjoy this for breakfast every day. I feel like I'm starting my day right. It's easy to digest and keeps me satisfied and full all morning long."

Awesome Product

★★★★★ Amazon Customer

"This delicious product has changed my life. First and foremost the chocolate is so tasty. It does not taste like just any protein powder. One scoop with milk is just as good as a meal for me. I am losing fat and gaining muscle. I feel energized and have much more energy if I drink it every day. Not a bad ingredient in it. All in all great product definitely 5 star worthy. Way to go Natural Wellness!"

I'm a believer!

★★★★★ Hans Dohm

"So you ask "What does it taste like?" Greatest shake ever! I have had other expensive "best quality" shakes and this is by far the best ever!! Drink it with some milk and it tastes just like one of those fudge Popsicle! I'm not joking...just like it!"

I'm a believer! I really like the flavor, this stuff taste amazing similar to a chocolate milkshake and it does indeed work to give me energy. I have a single serving of this breakfast, I blend 1 scoop with 8oz of milk and a banana. At lunch time a scoop with OJ and some fruit - and nothing until dinner - WOW! I have a desk job with not a lot of walking involved, but I find myself getting up from my desk more often, as my energy level is so high that I don't want to sit still. I'm not jittery, I just want to move! I have mixed it per the directions.

After drinking this, I just feel energized and productive.

I feel like I don't even need my afternoon nap anymore, and I am able to focus on other things.

This won't magically make you skinny again; however after drinking this, I feel energized and productive. What you need to do is eat this for breakfast and lunch rather than anything else. It tastes amazing. Drink water in between to keep yourself full. I'll say it one more time this stuff taste amazing its similar to a chocolate milkshake. I will definitely be purchasing this again."

And Listen to What Dr. Jay Spina of PainReliefTeam.com had to Say About UltraNourish

"My name is Dr. Jay Spina. I've been in natural health and wellness for over 35 years. After my workout I like to have a shake. My body runs on high octane fuel, and that's why I use UltraNourish. This keeps me running the best I can all day. So, if you're looking for something to nourish your body, and a shake to help you, checkout UltraNourish by Natural Wellness."



Here's How Much It Is

Honestly, we should be charging \$100 or more for this unique formula. Remember, it's the only SUPERFOOD shake that also focuses on your liver health.

And with so many liver health nutrients packed into one delicious chocolate shake, you have to try it yourself to experience what so many others are raving about.

However, we're not charging \$100... Not \$80... Not even \$60...

The regular price of UltraNourish is just \$49.99 for a 1 month supply, but with today's "new subscriber" one time offer price you can have it for \$10 off...

Buy It Today For Just \$39.99!

That's an incredible price when you compare that to the amazing liver health benefits it will provide. **Can you put a price on your liver health?**

This is truly a **no-brainer** for anyone who's suffering from a toxic liver, or a toxic body, and wants to reverse the effects.

Remember, combining your Natural Wellness supplements with the liver health and total body nutrients found in UltraNourish is like nothing else on the market when it comes to giving your liver, your heart, and your digestive system what it wants. If you're saying to yourself "I don't need this", then let me ask you a question...

How important is having a healthy liver and a healthy body to you? If something happened, and your health went downhill, will you look back on this and wish you had done something more?

\$39.99 is truly a drop in the bucket compared to what could happen if you do nothing, and you'll have no problem making the tiny investment in your liver health.

Act Today and We'll Send You a Bottle of Our Super-Antioxidant Formula, Alpha R-Lipoic Acid, FREE (Good for Today Only)

"Lipoic Acid is a super-antioxidant that breaks many of the rules of antioxidant behavior. If I were to invent an ideal antioxidant, it would closely resemble Lipoic Acid, which does everything an antioxidant should do and more."

-Dr. Lester Packer

It normally sells for \$19.99 per bottle, but today it's yours absolutely FREE when you take advantage of this one time offer!

Beware of synthetic Alpha Lipoic Acid formulas

Consider this...

There are 3 forms of lipoic acid available, and the other two are synthetics that were created in the 1950's. Alpha R-Lipoic



Acid is the natural, “fully active” form of Lipoic Acid, the only version that exists in nature, produced in your body and naturally synthesized by you, plants and animals.

Alpha R-Lipoic Acid acts like a free radical scavenger, feeding on those intrusive enemies that cause our bodies to age and get disease. It's known to protect - and even **restore the integrity of cells throughout the body**. Supplementation is recommended and can produce profound therapeutic benefits.

In fact, because of its unique structure, it is allowed into both the fatty and watery portions of the cell, which greatly enhances its ability to trap free radicals wherever they may be.

In addition to acting as a potent antioxidant on its own, it also stimulates production of glutathione “**the Mother of all antioxidants**” and serves to regenerate other antioxidants like vitamin E and vitamin C, as well as itself. This unique ability to restore itself and other antioxidants is one of the reasons Alpha R-Lipoic Acid is so important in maintaining our antioxidant advantage and promoting and sustaining overall good health.

Listen to what our Alpha R-Lipoic Acid customers said:

AWESOME!

★★★★★ Susan Case

“I take two of these little gems twice a day and I feel amazing! My digestion benefits from this product and I like knowing I am helping my liver that is sometimes strained with not so great choices.”

I am on the third bottle now and feel good...

★★★★★ Lisa Lou

“This was the first bottle I bought, I am on the third bottle now and I feel good, can't explain it but it feels like something is working, I also take Ginkgo, coq10, multivite gummy w/DHA and folic acid, Vit D 1000 mg per day and alpha l-lipoic acid. Good mix I think, something is working! Been taking all of these for a solid 3 months. I am also very sensitive to anything I take and nothing makes me feel bad (except for the B6/folic acid liquid I take a few times per week makes me sick to my stomach a little so I have to eat a large lunch before I take it)”

When combined with UltraNourish, this unique Super-Antioxidant supplement packs a POWERFUL detoxifying 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 eats free radicals.**

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

For just \$39.99 you can have peace of mind. That's a drop in the bucket compared to what could happen if you do nothing to protect your liver, heart, digestive, and overall health. The offer we're making you today is an opportunity to overhaul your health at an unheard of discount.

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

Buy Now

And Of Course You're Covered By Our Rock Solid, No Questions Asked 90 Day Money Back Guarantee



Risk-Free Money-Back Guarantee

Try Chocolate UltraNourish risk-free for 90 days. If you don't love it, simply send it back for a full refund. No questions asked - For first time orders, we'll even pay for the return shipping.

Again, click the Buy Now Button to experience what it's like to SUPERCHARGE your liver, heart, digestive, and overall health.

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.



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 research 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.

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 your BONUS gift I promised you earlier.

This bonus gift goes hand in hand with the healthy liver foods you just read about. It's our Liver Friendly Recipes book compiling the most popular recipes from LiverSupport.com.

[Download the Liver Friendly Recipes book Now](#)

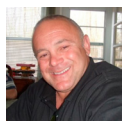
If you have liver problems, consume substances that can cause liver damage, are frequently exposed to toxins, consume alcohol regularly, or take prescription drugs, and you want to **reverse the damaging effects on your liver**, listen closely.

Like I said before, there's a limit on what food alone can do for your liver health. That's why so many of our customer consume UltraNourish every day. Its beneficial properties **can work wonders for your liver, heart, digestive, and overall health**.

So go ahead, [click this link](#) to experience what so many others are calling "A Game Changer" in liver and overall health.

I hope you have enjoyed this report. Thanks for reading!

Regards,



Ron DeMara
Vice President
www.liversupport.com

P.S. WARNING: The \$10 UltraNourish discount + \$19.99 Bonus gift ends today. This is for new subscribers only. Again, **click the Buy Now Button** to experience what it's like to SUPERCHARGE your liver, heart, digestive, and overall health.

Buy Now