

Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY



HEALTHY
LIVER

What is the Liver?

The Liver is the biggest organ in the human body.

It is primarily responsible for the removal of toxins from the body.

The liver also produces enzymes necessary for the breakdown of food in the small intestine.

The liver produces clotting agents that allow the blood to clot correctly.



Garlic is good for the liver

Eating well will keep the amount of toxic substances your liver has to deal with to a rather low amount. While there are some herbal combinations that claim to have the ability to clean the liver, there is need to be cautious, not all herbal remedies are beneficial to the liver, in fact they may actually be more harmful than they are useful.

HOW TO AVOID VIRAL HEPATITIS

- ◇ Remember to wash your hands before eating food
- ◇ Wash all raw fruits and vegetables before eating
- ◇ Ensure drinking water has either been boiled or chlorinated before drinking
- ◇ Avoid using skin piercing instruments that have not been sterilized correctly
- ◇ Use condoms correctly and consistently

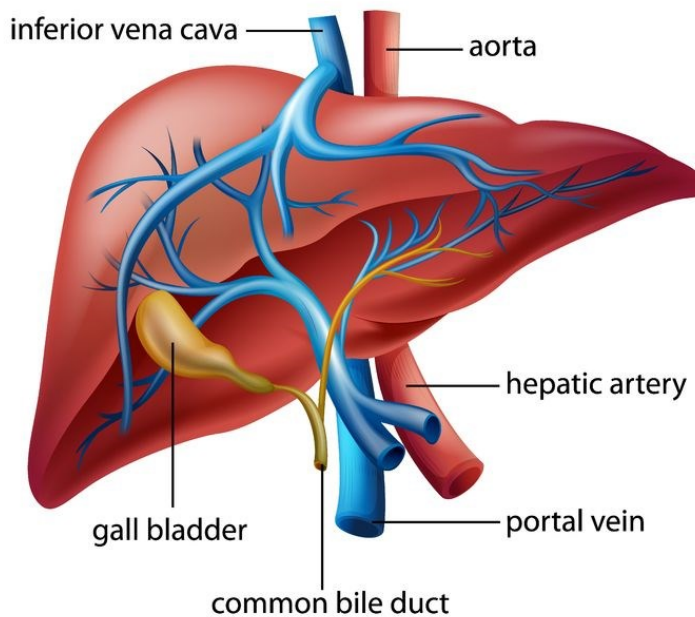


Green leafy Vegetables



Beetroot helps the liver and body in many ways

Human Liver Anatomy



HEALTHY LIVER

In order to keep your liver healthy, it is important to live a healthy lifestyle.

Eating green leafy vegetables and fruits will always be helpful to your body and liver.

Drinking plenty of water assists in removing toxins from the body.

Avoid taking unnecessary Medication (Paracetamol, aspirin, combination cold Medicine etc.)

Try not to drink too much alcohol, it is one of the most common culprits of self induced liver disease