



EATING TO SUPPORT
LIVER
HEALTH
TO FEEL BALANCED
RELAXED & HAPPY
DURING MIDLIFE

A NOTE TO MY MIDLIFE LADIES



As we move through our forties towards menopause, our hormones begin an elaborate dance as they begin to decline. This causes spikes and crashes of oestrogen and progesterone making us feel unbalanced in mind and body. Estrogen peaks will contribute to hot flashes and night sweats. Progesterone peaks can leave us feeling blue, a loss of purpose in life, moods swings, or feeling short tempered. Suddenly in the middle of our lives we no longer feel at home in our bodies.

The liver is responsible for detoxifying the body of all sorts of harmful substances like alcohol, caffeine, additives and preservatives, air pollution, medications and as a result can become overloaded and overworked. In addition to all this, the liver is also responsible for breaking down and removing excess hormones from the body. In perimenopause, an overloaded liver can mean that we feel uncomfortable symptoms of hormonal imbalance more often and to a greater severity.

5 ESSENTIAL LIVER SUPPORTING FOODS

1. DARK LEAFY GREENS: kale, spinach, watercress, collard greens, cabbages, dandelion leaves and arugula

2. BEETS: * see the Beetroot Hummus recipe

3. HEALTHY FATS: avocado, walnuts, salmon, mackerel, herring, sardines - all contain omega 3 fatty acids which are major liver supports

4. BONE BROTH: provides glycine (an amino acid) another liver

5. FIBER: (not a food, but should have its own food group!) Fiber helps remove toxins, excess hormones and cholesterol through our daily detox or poop, relieving the liver from doing all the work. High fiber foods: brightly colored vegetables, apples, nuts & seeds, ground flax, chia seeds, whole grains, steel cut oats.



LEMON WATER

**SUPPORT YOUR LIVER AND
REDUCE SYMPTOMS OF PERIMENOPAUSE**

THE AMAZING BENEFITS OF LEMON WATER:

1. Flush toxins that accumulate overnight from the liver
2. Hydrate the liver and digestive tract
3. Prevent constipation (regular removal of waste / excess hormones)
4. Acidify the stomach for improved nutrient absorption
5. Flush the gall bladder to pump bile into the digestive process
 - Bile helps remove excess cholesterol
 - Bile binds with excess hormones and removes them
 - Bile emulsifies healthy fats for better absorption

EASY PREP

Add juice of half a lemon with a little cold water in a glass.
Top up with boiled water to make a warm acidifying beverage.

extra Add 1 tsp chia seeds for additional fibre, omega 3 fatty acids + minerals.



LIVER-LOVING BEETROOT HUMMUS

THE PERFECT NUTRIENT-DENSE MIDLIFE SNACK

- 3 medium/ 1 large beet
- 3 cloves garlic
- ¼ cup extra virgin olive oil
- 1 tsp sea salt
- ½ lemon, juiced
- ¼ tsp ground cumin
- 1½ cups chickpeas rinsed + drained (15-oz can)

The beauty of this dish is that it only takes 10 minutes to make. Prep some to keep in the fridge ready to add to your lunch or as a snack any time of day. I have made this dish with both cooked and raw beets. I have cooked beets in the oven with a little salt and pepper. I have thrown chunks of raw beet into the blender and I have bought a vacuum sealed pack of cooked beets. Every way I've experimented - this hummus always tastes great. Blend all ingredients on high until the hummus is smooth and whipped. Serve with crackers or chips.

Beetroot: rich in the compound betaine, supports the liver in phase 2 of detoxification. Betaine donates a methyl group that the liver uses to attach to daily toxins it has broken down so they are easily removed from the body. **Chickpeas:** super high in fibre which we already learned is a big liver helper. **Lemon:** adds a pop of vitamin C and encourages that terrific bile production we talked about before. **Olive oil:** a monounsaturated fat that supports both liver AND heart health.

**WHAT
MAKES
IT GREAT**