

# Liver It Up

HIV meds and hepatitis can sap this vital organ, so eat and treat it right

July 1, 2004 By Staff

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## Liver Lovers

**1 WALNUTS** are rich in omega-3 fatty acids and the antioxidant glutathione, both support liver health.

**2 WATER** (eight to 10 glasses daily) will flush the liver and kidneys—squeeze in some lemon for extra cleansing.

**3 PAPAYA**, melons and berries pack antioxidants and flavonoids to heal and cleanse.

**4 BROCCOLI**, cauliflower, cabbage and brussels sprouts, rich in sulfur compounds, aid liver detoxing.

**5 EGGS**, high in protein and vitamin B, detox, too. Other healthy protein sources include fish, chicken and tofu.

**6 BEETS**, carrots, tomatoes and dark, leafy greens carry antioxidants and flavonoids.

## Liver Loser

**HEAVY BOOZING** can cause serious liver damage. The feds advise just one drink a day. Liver ailing? Avoid alcohol, period. Stress and anger are liver-toxic, too.

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