Liver It Up

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

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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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