



Liver Cleanse and Detox Diet Guide: Top 30 liver cleanse recipes to remove toxins, lose weight, stay healthy and cleanse liver!

Annie Ramsey

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Just like mothers, the liver is a crucial organ that rarely, and more often than not never, gets to rest, because of the heavy load on its plate. The liver is one of the leading organs in responsible for the body's detoxification functions. Armed with the ability to eliminate toxins and, in essence, cleanse the body; the liver produces bile for food digestion, stores glucose for energy, metabolizes proteins and fats, and breaks down toxins you accidentally ingest. Furthermore, the liver is also actively involved in most of the other important bodily functions. The liver is one of the most, if not the most, hardworking organs in the body; playing a vital role in converting food into energy and removing toxins and poisons from your blood, among five hundred other functions. If the liver is not in the pink, it would not be able to handle its heavy workload. If your liver's health is jeopardized, all the other organs and systems in the body are threatened and compromised. An unhealthy liver can cause a range of medical problems, organ failures, and sadly, even death. In today's fast-paced world where junk food, alcohol, pollution, and a largely unhealthy lifestyle are the norm; liver diseases are on the rise. Liver disease is the general term to describe a collection of disorders that upset the structures, the cells, and the tissues of the liver. These disorders can cause liver damage or can stop the organ from functioning altogether.

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