

LIVER HEALTH

Hapi Nutrition UK

The liver is one of the hardest-working organs in the body, performing over 500 functions vital for our life and health. These include filtering and removing toxic substances from the body, producing bile to help us digest fats and storing and releasing glucose and essential nutrients as needed. Our livers are detoxifying our bodies every minute of every day, however, caring for our livers is usually an afterthought and we do not give them the attention they deserve.

An estimated 1 in every 3 people has early stage Non-Alcoholic Fatty Liver Disease

It is now estimated that up to 1 in every 3 people has the early stages of Non-Alcoholic Fatty Liver Disease (NAFLD) which is the infusion of liver cells with fat, caused by insulin resistance, obesity, diabetes, high triglycerides or poor nutrition. Prevention is paramount so it's important to implement a variety of nutritional and lifestyle strategies that help to prevent poor health and liver disorders from developing.

Research shows us that lifestyle changes focussing on the four pillars of health, nutrition, sleep, relaxation and exercise are essential in preventing any liver degeneration. Making changes in each area is always essential, not only if you are overweight or have an increased risk of diabetes or other risk factors for NAFLD. Small, consistent changes to your daily routine that are realistic and achievable for you will bring big results.

With poor dietary choices being one of the predominant drivers of liver disorders, our primary focus is on good nutrition. The foods you choose to eat every day have the power to restore your health. Overeating sugars and simple carbohydrates that spike blood sugar levels can be a major driver of liver disease. A whole foods diet, rich in vegetables, fruits, healthy sources of protein such as beans and lentils, and complex carbohydrates including whole grains is essential. Fats such as nuts, avocado, oily fish and olive oil are also beneficial. Good nutrition helps to support the three phases of liver detoxification. Eating foods rich in the B vitamins, vitamins E and C, antioxidants, along with essential amino acids and phytochemicals especially from cruciferous vegetables will help to support these detoxification processes. A Mediterranean diet is a good template to use for healthy eating.



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Gradual weight loss through health giving dietary interventions is essential if you are overweight but liver disorders are not exclusive to the overweight. Liquid sugars and fructose found in soft drinks such as coca cola are linked to developing fatty liver, so these definitely have to go in order to love your liver back to full health! Drinking alcohol regularly and to excess can lead to weight gain and liver damage as well as low mood, poor sleep and depression so alcoholic drinks are best kept to a minimum.

Regular physical activity is not only essential for weight loss and cardiovascular health, it also reduces your risk of developing Type 2 diabetes and liver disease. Both aerobic exercise and resistance training help to reduce abdominal fat, and support insulin sensitivity and liver health which we know are intimately related. Research shows that regular daily exercise reduces inflammation, liver fat volume and triglycerides. Have 150 minutes of exercise per week as your health goal.



Getting plenty of good quality restorative sleep on a regular basis, managing stress and making sure we take time to relax each day are must-dos if we are to protect our health. As we improve our diet and increase the amount of exercise we do each day, better sleep and reduced stress levels usually follow. This is so important as studies show that poorly managed stress as well as sleep deprivation alter liver metabolism increasing the risk of insulin resistance and fatty liver. Do whatever it takes to improve your sleep, whether it is turning off all devices at 8pm or reducing your caffeine intake, do not overlook good sleep in your quest for optimal liver health.

Nutrition plays a vital role in overall health and wellbeing and with many of us turning to alcohol to unwind after a stressful day, it's even more important that we love our livers back to health with good nutrition and lifestyle support. To find out how we can help you, get in touch at support@hapinutrition.co.uk or visit us at www.hapinutrition.co.uk.