

Published based on [Liver Detoxification Herbs](#)

Liver Detoxification Herbs

The liver is a key organ in your body and plays a major role in your health which is why adding liver detoxification herbs to your cleansing regimen is important. This amazing organ plays a major role in cleansing your body of toxins taking in almost everything we ingest and cleaning it out, so to speak, so you can see why you would want to keep it in good health.

It also plays a big role in the metabolism of fats and helps to control blood sugar and cholesterol. Not only that, but it can also act as a storehouse for fat soluble vitamins such as vitamin A, D, E, and K as well as the vitamin B12 in addition to glycogen and iron, storing them when the body doesn't need it and then releasing it for later use when the body calls for it.

For good health, you want to take good care of your liver and eating a healthy diet which includes avoiding processed foods, eating plenty of fresh fruits and vegetables and sticking to organic foods whenever you can will help. There are also some food you might want including your diet such as broccoli, radishes and artichokes that are known to be good for the liver.

While eating right will help you liver maintain its current level of health, if it's already overtaxed you might want to start taking some liver detoxification herbs which will help restore it to a good level of health. These herbs include:

Milk Thistle

Milk thistle is a potent liver protecting herb and probably the best-known herb when it comes to treating the liver. Hundreds of studies have been done on this herb and it has been shown to be able to, not only protect the liver, but to also help regenerate it after damage. This purple flower has many other health benefits and no noted side effects so it's a good idea to add it to your daily diet.

Dandelion

Who knew that the yellow things you try to purge from your lawn could be helpful to your liver? This plant, which some consider a weed, is actually full of vitamins and minerals and can act as a diuretic as well as a gentle laxative in addition to detoxifying the liver and stimulating bile flow. It also helps to normalize your PH and is great for your kidneys to!

Turmeric

Turmeric has been used in both Chinese and Ayurvedic medicine for centuries but recently the Western world is starting to see its benefits too. It has uses in treating liver diseases such as cirrhosis and hepatitis and it's good for the general health of the liver overall. But it's not just the liver that will benefit from turmeric. It has anti-inflammatory and antibacterial properties and can help relieve menstrual cramps decrease congestion improve intestinal flora and even treat skin conditions.

Using liver detoxification herbs is a great way to help keep your liver in top shape. Making sure you take care of your liver now will ensure that it takes care of you for the rest of your life.

You can also find this article published on [Liver Detoxification Herbs](#), and on the tag pages [colon cleansing detox](#), [detox kits](#), [detox recipe](#), [detox symptoms](#), [detoxing your body](#), [natural body detox](#), [weight loss detox](#).