

## **Follow these Ayurveda Guidelines to Protect Your Liver**

Liver is one of the vital internal organs of our body. Unlike most other organs, liver has a unique property of regeneration. However, with constant stress in the form of drugs, alcohol, etc, liver can be damaged or degenerated. Certain viruses, fat deposits, etc can also become harmful to the liver.

You need to know what causes liver damage and how you can protect your liver and your health.

You can protect your liver by avoiding drugs (prescription drugs) and alcohol. However, you can't always avoid prescription drugs. Some people also can't stop taking alcohol. However, try to minimize the intake of these two items. It will protect your liver. Avoid any chemicals, pollutants, and such stuff. A bonus tip – always wash your hands thoroughly before touching food items of any kind.

Another factor is to eat as much vegetarian items as possible. Avoid fat (animal & dairy). When you reduce the fat, it will free up your liver a lot. This doesn't mean total elimination of all fats from your diet. It means you should avoid taking unhealthy fat, fatty oils, etc. And, did I tell you to avoid processed food?

Another factor is to eat nutrient rich food. Protein is not the only nutrient your body needs. You also need a good mix of vitamins and minerals. Vitamins and minerals come from both vegetables and fruits. Eat a variety of fruits and vegetables to supply your body with essential nutrients. It is also easier for your liver to process and absorb nutrients from vegetarian food. Eat carrots, mango, tomato, berries, etc.

Drink optimum quantities of water. And drink it in the daytime. This is essential for maintaining optimal metabolism, and well-being of your body. The water can also flush out the toxins accumulate in your body.

Another thing you can do to protect your liver is daily exercise. Exercising, especially practicing yoga will stimulates all your internal and external organs, promotes circulation and enhances metabolism. This is a way of protecting your liver.

### **Have you heard about Hepatitone?**

Hepatitone is a herbal supplement, which will protect your liver and helps you fight various diseases that affect liver. [Check out more here:](#)