

Stress-free living with a healthy liver

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THE liver is the heaviest organ and the second largest organ after your skin. Did you know that your liver performs at least 500 functions that keep you healthy?

One of the main functions is to process and metabolise the food that we eat into energy and nutrients as well as to produce bile to digest fats, metabolise drugs and filter toxins, store nutrients, destroy old red blood cells and such.

Fatty liver disease

The liver does not get near the amount of attention it deserves. It is a silent organ, and more than a few common health problems can be leading factors for liver problems such as fatty liver.

Healthy lifestyles that keep your liver healthy

The average age of those with fatty liver condition is getting younger nowadays, mainly attributed to unhealthy daily lifestyle such as high-fat food and processed food intake, obesity, alcohol, smoking, drugs, high stress level, etc – as a result, causing

(1) oxidative damage to liver cells and interfering with normal liver functions. Therefore, leading a healthy lifestyle will benefit our liver and total well-being.

Follow these small steps that could contribute to a healthy liver by practising these healthy lifestyles:

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1) Diet modifications

Limit intake of high-fat food especially saturated and trans-fat, and increase fibre intake such as fruits, vegetables, whole grains.

This helps in reducing fat accumulation in the liver.

2) Maintain a healthy body weight

Individuals who are overweight or obese are encouraged to lose weight gradually.

3) Be physically active every day

Regular exercise is key to a healthy liver. Exercise decreases stress on the liver, increases energy levels and helps to prevent obesity. Aim for at least 30 minutes a day for five days a week.

4) Limit alcohol consumption

Drinking a large amount of alcohol contributes to fat build-up in the liver. The harmful substances generated during the process of breaking down alcohol also create extra stress on your liver. For alcohol-related fatty liver, it is advised to stop consuming alcohol.

5) Regular health check-up

Prevention is better than cure. Routine health check-up helps in early detection and allows early treatment and prevention measures.

How you can boost liver health

One of the popular herbal remedies that have been used for centuries to support liver function is milk thistle or silybum marianum.

The active component in milk thistle – silymarin – consists of various biologically active compounds.

Among these active compounds is silybin, which has antioxidant and liverprotective properties.

Its high antioxidant property helps in protecting liver cells against oxidative stress damage stem from unhealthy lifestyle habits.(4), (5)

Never procrastinate in taking care of your liver health. Start by gradually adapting to a healthy lifestyle and pair with natural alternatives that have been clinically studied and tested with BIO-LIFE Livasil.

One tablet daily provides 500mg high-strength milk thistle and is one of the highest silybin content in the market.

This is a traditional product advertisement.

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