



Stress Matters®
Natural Liver Detox™

The Good Guide
Stress Matters® Natural Liver Detox™
www.organicherbalcoloncense.com

eBook
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HERBAL LIVER CLEANSE

Introduction

Support your body's natural detoxification with our **Liver Detox Herbal Blend**, a carefully crafted formula designed to help cleanse and restore balance. Your liver plays a crucial role in filtering toxins, breaking down fats, and maintaining overall well-being. However, modern lifestyles, processed foods, and environmental pollutants can put extra strain on this vital organ.

This **natural liver cleanse supplement** is made with **pure, plant-based ingredients** to gently support liver function without harsh chemicals or synthetic additives. It aids in the body's natural ability to flush out toxins, promoting digestion, energy levels, and overall wellness. Regular use of a **herbal liver support formula** may contribute to a clearer complexion, improved metabolism, and better nutrient absorption.

Unlike synthetic detox products, our **natural ingredients liver detox** blend works in harmony with your body, providing gentle yet effective cleansing support. Whether you're looking for a **daily liver cleanse** or a periodic reset, this **herbal detox formula** is a great addition to your routine.

Proudly made in Australia, this **liver detox supplement** is free from artificial fillers and unnecessary additives, ensuring a **pure, high-quality cleanse** you can trust. Experience the benefits of a **herbal liver cleanse** and support your body's natural detox pathways today.

Before beginning a liver cleanse, consider doing:

[Colon Cleanse](#) – Helps eliminate waste build-up and toxins from the intestines, ensuring better absorption of nutrients and preventing detox symptoms like bloating and headaches.

[Herbal Parasite Cleanse](#) – Removes harmful parasites and unwanted microorganisms that may interfere with liver function and overall health.

Completing these cleanses first ensures that toxins released from the liver can be efficiently eliminated from the body, preventing reabsorption and unwanted detox symptoms. Call us if you feel you could do with more information. We don't charge for phone consultations.

Understanding the Liver

The Role of the Liver

- Detoxification of harmful substances
- Metabolism of fats, proteins, and carbohydrates
- Storage of essential nutrients
- Production of bile for digestion
- Regulation of blood sugar levels

Signs Your Liver Needs Support

- Fatigue and sluggishness
- Digestive issues such as bloating or constipation
- Skin problems (acne, rashes, dull complexion)
- Brain fog and poor concentration
- Unexplained weight gain
- Frequent headaches

Natural Liver Detox Foods

Best Foods for Liver Support include in your liver cleanse if possible

- **Leafy Greens** (spinach, kale, nettle) – rich in chlorophyll to help detoxify
- **Cruciferous Vegetables** (broccoli, Brussels sprouts, cauliflower) – boost liver enzymes
- **Lemons & Citrus Fruits** – stimulate bile production
- **Beets** – support liver enzyme function
- **Garlic & Onions** – contain sulfur for detox support
- **Turmeric** – reduces inflammation and enhances detox pathways

Foods to Avoid During a Liver Cleanse

- Processed foods and refined sugars
- Excessive alcohol and caffeine
- Hydrogenated oils and fried foods
- Artificial sweeteners and preservatives

Liver-Supporting Herbal Capsules 28

- **Milk Thistle** – Supports liver detoxification and helps protect liver cells.
- **Turmeric Powder** – Contains curcumin, known for its anti-inflammatory and antioxidant properties that support liver health.
- **Dandelion Root Powder** – Traditionally used to promote bile production and assist in liver detox.
- **Globe Artichoke** – Supports digestion and liver function by enhancing bile flow.
- **Smidgen of Black Pepper** – Enhances the absorption of curcumin from turmeric for better effectiveness.

Liver-Supporting Herbal Powder Blend 150g

- **Spirulina Powder** – Rich in chlorophyll and antioxidants, helps detoxify heavy metals and supports liver cell regeneration.
- **Moringa Powder** – Contains powerful polyphenols that reduce liver inflammation and enhance detoxification.
- **Ginger Powder** – Aids digestion, reduces liver inflammation, and supports bile production for better fat metabolism.
- **Nettle Leaf Powder** – Acts as a natural diuretic, supporting kidney and liver detox by flushing out toxins.
- **Lemongrass Powder** – Contains compounds that aid digestion and liver function by promoting bile secretion.
- **Stevia Leaf Powder** – A natural sweetener that does not burden the liver, supports balanced blood sugar levels.
- **Fennel Seed Powder** – Promotes digestion, relieves bloating, and helps stimulate bile flow for better liver function.
- **Apple Pectin** – A rich source of soluble fibre that binds to toxins and helps eliminate them from the body, reducing liver load.

Liver Cleanse Protocol

Follow the instructions for the liver cleanse that comes in the tub.

14 - Day Liver Cleanse Routine

Morning:

- Warm lemon water upon waking
- 2 capsules of liver cleanse blend
- A breakfast rich in fibre and antioxidants (e.g., smoothie with beets, greens, and chia seeds)
- Porridge Organic Gluten Free

Midday:

- Herbal tea (nettles, dandelion, or lemongrass)
- A balanced lunch with lean protein, healthy fats, and cruciferous veggies

Evening:

- 2 more capsules of the liver cleanse blend
- A light dinner with cooked vegetables and *whole grains (if tolerated)
- Liver massage or castor oil pack for additional support (Optional)

Hydration & Detox Support

- Drink at least **2-3 litres of filtered water daily depending on your weight.**
- **Avoid alcohol**, excessive caffeine, and processed foods
- Engage in **gentle movements**, such as yoga or walking, to aid circulation

Lifestyle Tips for Long-Term Liver Health

Simple Daily Habits While Liver Cleaning

- Eat a whole-food, plant-based diet when possible throughout the cleanse
- Eat Lean chicken and fish
- Get enough sleep to allow the liver to regenerate
- Manage stress with mindfulness, deep breathing, or vagus nerve exercises

When to Repeat a Liver Cleanse

- Seasonally (4 times a year, aligned with changes in diet and lifestyle)
- After a period of indulgence (holidays, travel, stress)
- If symptoms of liver overload return

Conclusion

Your liver is a powerhouse for detoxification and plays a crucial role in your overall health. By incorporating liver-supporting foods, herbs, and lifestyle changes, you can enhance your body's natural detoxification pathways and feel more energised, focused, and vibrant. Whether you're doing a focused cleanse or want to support your liver daily, these strategies will set you on the right path to long-term wellness.

Start your liver cleanse today and feel the difference!

Sarah Chambers and the OHCC Team

Enjoy!

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