**Fifteen Ways to Love Your Liver**

**by Mary Thompson**

(with thanks & apologies to Paul Simon)

The problem is not just in your gut, I’m telling you

It’s in your diet, breath, and skin, your lifestyle, too

It’s good to know that there is something you can do

There must be Fifteen Ways to Love your Liver

You know, I’ve gotten in the habit of advice

And if you heed it, you’ll not have to pay the price

If you incorporate it daily once or twice

You’ll find there’s Fifteen Ways to Love your Liver

You go light on the spice, Bryce

Remember your Greens, Jean

Go to bed by ten, Jen, Now, you do as I say

Take A Daily Stroll, Joel

Just a swallow of Aloe----

Quit working and Play, Ray, and have a great day

Now if you wonder, if they’re doing anything

There are some signs to show your liver’s functioning

So watch out for these,

and I’m sure you’ll want to sing…these fifteen ways….

Your skin and eyes will clear; you’ll sleep well through the night

You’ll feel clean and keen, with a mind that’s sharp and bright

And when you try them, yes, I really think you might

enjoy these Fifteen Ways to Love Your Liver

Turn your back on that snack, Jack

Don’t get too hot, Scott

When you put down that drink, Tink- You replace it with tea.

Up your fiber intake, Jake

And remember to hydrate----

Please limit the sweets, Pete- And now the last three…

Be more glad and less mad, Tad

Let go of that stress, Jess

Skip the fried food, Dude-And soon you will see…

You’ll feel more cool, Jewel

Sleepin’ better at night, Light

You’ll be strong, well, and clear, Dear

You will really be free.

1. *You go light on the spice, Bryce*

Avoid heavily spiced meals that are difficult to digest

1. *Remember your Greens, Jean*

Include greens in your diet often, bitters support the liver

1. *Go to bed by ten, Jen*

The liver needs you sleeping to do its cleaning

1. *Take A Daily Stroll, Joel*

Spend time in nature and engage in daily exercise

5. *Just a swallow of Aloe*

Mild alteratives support healthy liver function

6. *Quit working and Play, Ray*

Stress wreaks havoc on the liver

1. *Turn your back on that snack, Jack*

Avoid eating between meals, so the liver can get its work done

1. *Don’t get too hot, Scott*

Avoid overheating the body and mind

1. *When you put down that drink, Tink, you replace it with tea*

Limit/avoid alcohol or match it with a liver loving tea

*10.Up your fiber intake, Jake*

High fiber diet supports liver function

11. *And remember to hydrate*

The liver needs water to support its function

12. *Please limit the sweets, Pete*

Sugar is hard on the liver.

13. *Be more glad and less mad, Tad*

Heated, negative emotions disturb liver function.

14. *Let go of that stress, Jess*

Stress creates more work for the liver (both physical & mental)

15. *Skip the fried food, Dude*

Fatty foods, fried foods cause the liver to work harder and make it more sluggish.