

A woman with long dark hair, wearing a white sleeveless dress and a silver hair clip, stands barefoot in a birch forest. She is looking to the left. The forest is filled with tall, thin birch trees with white bark and green leaves. The lighting is warm, suggesting late afternoon or early morning. The text is overlaid on the top half of the image.

LOVE YOUR LIVER 101

~ A MINI GUIDE & RECIPE EBOOK ~

KATYA KOROL, MSC., CHN

WHAT'S THE DEAL WITH DETOX



You've probably heard mixed things about detoxing. Maybe you've done detoxes in the past that haven't worked or left you feeling worse, maybe you've heard that they're gimmicky since we already have natural, built-in detox mechanisms.

And here's the thing...



IT'S NOT YOU, AND IT'S NOT YOUR LIVER

I'm the first to advocate for our body's natural intelligence and self-healing capacity. BUT I also recognize that **we're living in a time of unprecedented toxin-exposure** and frankly unnatural lifestyles that can put a lot of strain on our livers. You can read more about my take on [my substack](#).



DIY LIVER LOVE PROGRAM



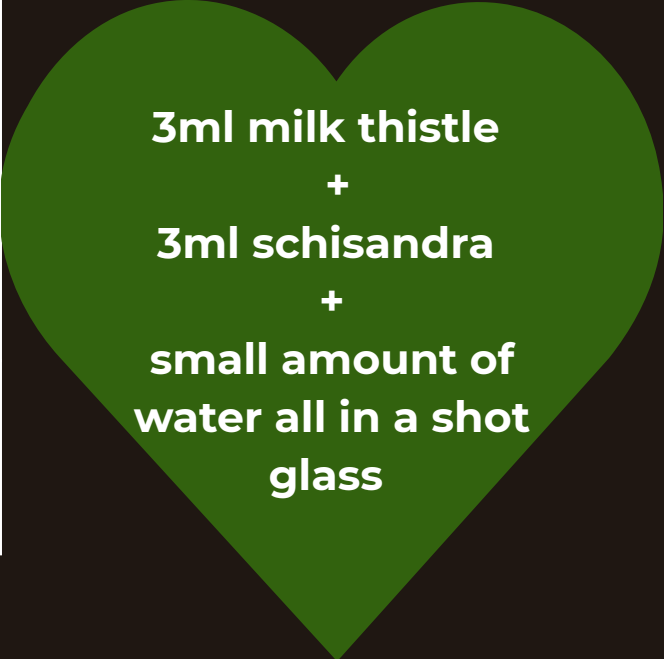
I've created a little protocol to support what your liver is already doing using nutrients from whole foods and herbs. No longer believing in synthetic supplements, I've carefully selected clean products and developed whole food recipes that support your body in doing what it does best. →

daily schedule

morning

~6-8AM Wake up	<ul style="list-style-type: none">• lemon mineral water• matcha latte
8-10AM Breaky	<ul style="list-style-type: none">• morning smoothie
10-12AM Tincture dose 1	<ul style="list-style-type: none">• liver love shot →

LIVER LOVE SHOT:



3ml milk thistle
+
3ml schisandra
+
small amount of
water all in a shot
glass

afternoon

12-2PM Lunch	lunch ideas: <ul style="list-style-type: none">• spinach artichoke dip with crudite• guac with tortillas• beet salad with seed bread
2-4PM Tincture dose 2	<ul style="list-style-type: none">• liver love shot

evening

5-7PM Dinner	dinner inspo: <ul style="list-style-type: none">• pesto with chickpea pasta• cabbage tempeh stirfry• beet frittata
8-10PM Bedtime tea	liver-loving teas: <ul style="list-style-type: none">• dandy blend• reishi

recipes →

LEMON MINERAL WATER

Ingredients:

- juice of ½ organic lemon (or whole if you like it more sour like me)
- few drops of trace minerals or pinch quality sea salt
- purified water

Stir in a big glass (I like a mason jar) and enjoy!

sour foods (lemon) support the liver from a TCM perspective and are high in vit c, helping to recycle glutathione and providing antioxidant protection

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minerals are required for the cytochrome P450 system (phase 1) and glutathione conjugation (phase 2)

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MATCHA LATTE



Ingredients:

- ½ tsp quality matcha
- 1 cup hot water (around 175 degrees F)
- splash of milk of choice
- 1 tsp of raw honey (optional)

Sift ½ teaspoon quality matcha into a mug and add a splash of hot water (if you don't have a kettle with a thermometer just use your hand and wait until the steam isn't burning before pouring).

Whisk matcha with a small amount of water until foamy, add rest of water and top up with your favourite clean plant based or grass-fed dairy.

green tea is full of antioxidants and several studies show it decreases the risk of liver disease & cancer

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MORNING SMOOTHIE

Ingredients:

- 1 heaping tbsp clean protein powder (I also like this black walnut protein)
- 1 heaping tbsp quality cacao
- 1 heaping tbsp local honey
- 1 heaping handful of ice
- 1 ½ cup water or nut milk (or more if you prefer more runny consistency)
- 2 brazil nuts

Blend & enjoy!

**we need protein
(amino acids—
especially cysteine,
glycine & glutamate)
for the synthesis of
glutathione (phase 2
detox)**

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**brazil nuts are high in
selenium, required for
glutathione enzyme
activity that regulates
oxidative stress and
supports detox**

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LIVER LOVE TINCTURE SHOT

Ingredients:

- 2ml milk thistle tincture
- 2ml schisandra tincture
- Small amount of water



Add to all ingredients to a small shot glass and drink!

milk thistle is one of the only herbs we know to directly induce the restoration of liver cells. it's also a an alterative, choleric, cholagogue, galactagogue, hepatic & bitter tonic

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schisandra deeply nourishes all systems of the body, but especially the liver and contains lignans that specifically protect the liver and support liver cell regeneration

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CHUNKY GUAC

Ingredients:

- 4 avocados
- 4 tomatoes
- 4 cloves of garlic
- 1 small onion
- 1 bunch cilantro
- 1-2 jalapeños (depending on desired spice-level)
- 1 lime
- salt to taste



Add bite-sized chopped avos & tomatoes, finely chopped onion, cilantro, jalapenos & pressed garlic to a big bowl. Squeeze the juice of 1 lime and stir well. Add salt to taste and enjoy :)

avocados contain glutathione, providing antioxidant protection central to detox and helping to take the strain off the liver

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onions & garlic provide sulfur required to build glutathione, supporting phase 2 detox pathways

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YEAST-FREE SPINACH ARTICHOKE DIP

Ingredients:

- 2 cups soaked cashews
- 1 can artichokes (glass jar is best if you can find)
- 1/2 lemon
- 1 big container of spinach
- 1 heaping tablespoon white miso
- ~ 3 cloves garlic
- 1 small yellow onion/ shallot
- salt & pepper to taste

Boil water and soak cashews for 1 hour, preheat oven to 350 F, sauté spinach, garlic & yellow onion/ shallot in a cast iron pan on low heat and add the juice of half a lemon.

Once spinach is wilted, add the pan contents to a blender with the rest of the ingredients (drain the soaked cashews before adding). Blend until creamy and re-add to the cast iron pan, bake in oven for ~10-15 mins and enjoy!

Leafy greens provide folate, required for methylation (key phase 2 detox pathway)

Artichoke is a potent cholagogue and one of the most indicated vegetables for gallbladder & liver!

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SEED BREAD

Ingredients:

- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- ½ cup ground flax seeds
- ½ cup / 65g hazelnuts or almonds • ½ cups coconut flour
- 2 Tbsp. chia seeds
- 4 Tbsp. psyllium seed husk powder • Himalayan salt to taste • 1 Tbsp honey (local & unpasteurized)
- 3 Tbsp. melted coconut oil or ghee • 1 ½ cup water

Combine dry ingredients in a bowl, add wet ingredients and mix well. Pack into a glass bread dish and bake on 350 for ~20 mins. Let cool before slicing, et voila! :)

this bread is FULL of fibre which binds up old bile (needed to detox environmental pollutants that are mostly fat-soluble) and prevents resorption of toxins in the gut

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BEET SALAD W/ MINT & LABNEH

Ingredients:

- 4-5 beets
- handful of pistachios, roughly chopped
- handful of mint, roughly chopped
- 1 cup labneh

Roughly chop beets and roast in oven at 350 F until a fork can easily pass through (~30 mins) let cool.

Once cool, spoon labneh into a shallow bowl add roasted beets, coarsely chopped mint & pistachios.

Serve immediately on its own or with whatever your heart desires (I like mine with crispy sourdough or seed bread)!

**phase 2
methylation
pathways rely on
methyl donors like
betaine (found in
beets!)**

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GREEN GODDESS PESTO

Ingredients:

- 1 cup walnuts
- 4 cloves garlic
- 1 regular sized pack greens (I used arugula — kale also works great and basil if you have ofc)
- 1/2 lemon
- 1 cup parm (ideally from Italy)
- 1/3 cup olive oil
- salt & pepper to taste

Grate parm, peel garlic and add all ingredients to a blender. Blend until smooth, et voila! This pesto works great with pasta (I used chickpea), with eggs, on salads or with roasted veg!



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**quality
parmesan
provides B
vitamins
needed for
phase 1 and
probiotics for
gut health**

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**I love this pesto
with chickpea
pasta cause it's
super high in fibre
so double great for
detox :)**

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BEET FRITTATA

Ingredients:

- ½ yellow onion, chopped
- 2 small beets, grated
- 2 cups mushrooms
- 1 big container spinach,
- 4-5 eggs, beaten
- handful crumbled goat cheese
- handful parmesan (grated)
- 1 bunch parsley
- salt & pepper

Sauté onion for 3 mins, add mushrooms and sauté until softened. Add grated beets and sauté for 3 mins. Add spinach and stir for one minute. Add salt & pepper to taste.

Add eggs & goat cheese and mix ingredients together in frying pan for 2 mins.

Sprinkle grated parmesan & chopped parsley on top and place in preheated oven at 375 for 25 mins.

Increase oven temp to broil for 1 minute or until top layer is golden-brown. Remove from oven, set aside to cool and voilà!

eggs are high in choline & b12 which are essential for phase 2 and we've got beets again to support methylation

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CABBAGE TEMPEH STIRFRY



Ingredients:

- 1 small cabbage
- 2 carrots
- 4 bell peppers
- 1 cup mushrooms
- package of tempeh
- ¼ cup peanut butter
- ¼ cup soy sauce
- 1 head garlic
- medium piece ginger
- 2 tbsp honey
- 2 tbsp rice vinegar
- 1 small fresh chili pepper
- 1 lime
- 1 bunch cilantro

cruciferous veg like cabbage contain sulforaphane, shown to reduce oxidative stress and support liver function

tempeh provides B vitamins needed for phase 1 and probiotics for gut health

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Sauté tempeh on medium in 1/2 head of garlic, soy sauce & coconut or avocado oil. Add veg to tempeh and add more oil/ soy sauce as needed to sauté. In a bowl mix peanut butter, rest of garlic, ginger, rice vinegar, honey, finely chopped cilantro & fresh chili.

Serve mixed veg and tempeh on its own or with rice and with peanut sauce on top ;*

BEDTIME TEAS

Reishi tea

add ¼ teaspoon of reishi powder to a cup of hot water

add 1 tbsp quality cacao (optional)

add 1 tbsp local honey (optional)



reishi deeply protects and restores liver atrophy, including in cases of hepatitis & cirrhosis!

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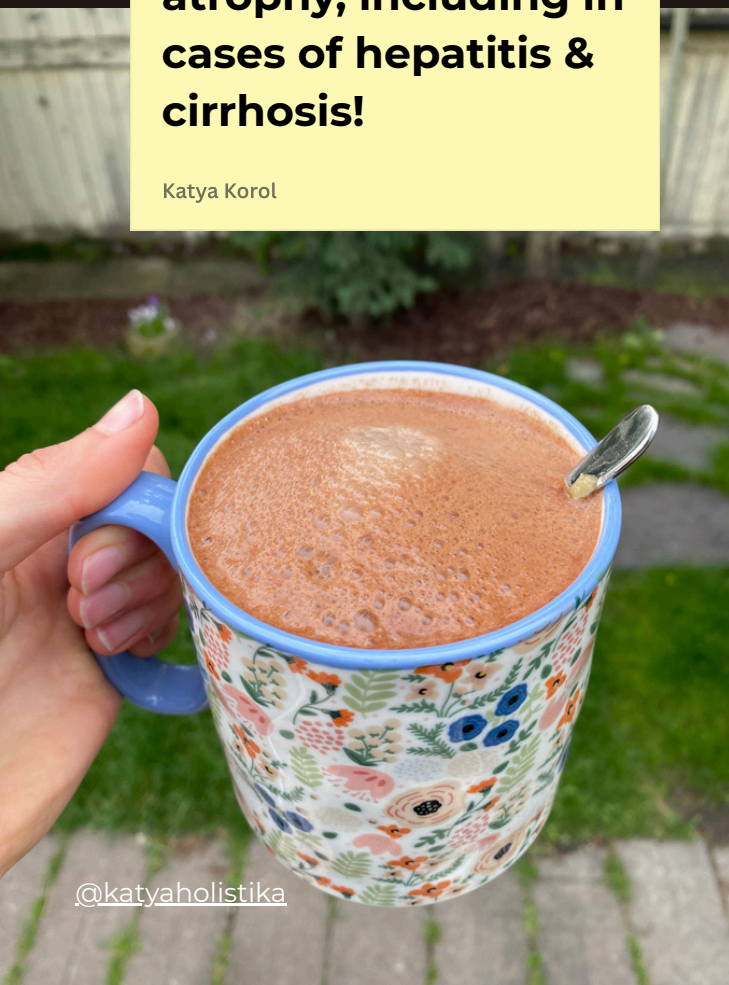
Dandy blend

add 1 tbsp of dandy blend to a cup of hot water and enjoy as a coffee substitute or combine with reishi, cacao, sweetener & milk of choice to make a latte

dandelion is an age-old liver remedy, supporting the production of bile as a choleric. it has a strong influence on the blood & lymph, helping with liver and kidney congestion and toxicity

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ADDITIONAL PRACTICES I RECOMMEND TO ENHANCE DETOX

- Castor oil pack a few times per week (instructions below)
- Daily sweating from exercise or sauna
- Daily movement (liver qi loves ;))

CASTOR OIL PACK



Instructions:

Soak a piece of cotton or flannel fabric and apply externally to liver region (around the bottom of right rib cage).

Place old towel over the soaked fabric and put a hot water bottle on top.

Apply 1-2x/ per week.

LIVER LOVE FOOD RECOMMENDATIONS LIST

onions & garlic
avocados
beets
leafy greens
lemons
brazil nuts
cabbage
broccoli
tempeh
organic meats
pasture-raised eggs
parmesan cheese
chia & flax seeds
algae & seaweeds
dandelion
artichokes



WHAT YOUR LIVER DOES NOT LOVE

pesticides - try to limit non-organic foods - especially conventional corn, wheat, soy, coffee, sugar, leafy greens & berries

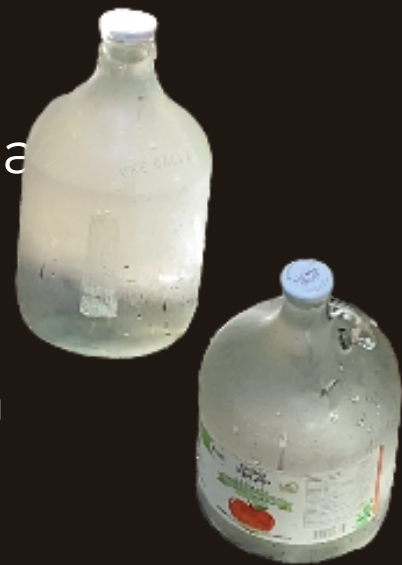
alcohol - aside from your liver-loving tinctures ;)

tap water - use a quality filter like a berkey or find a local spring

artificial fragrances - watch for in cleaning products & cosmetics

phthalates - try to limit your plastic exposure (coffee cups, water bottles, tupperware, etc.)

PFCs - avoid teflon cookware and takeout containers



AFFILIATE GIFT



calendula is an age-old remedy that works wonders for acne, wound healing, yeast infections and more.

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The products I've linked throughout are from a **brand that I trust and use in my own practice** and personal life.

If you use [my link](#) and spend \$150 or more, you'll receive a **complimentary calendula hydrosol** (my favourite flower) as a gift. ❤️

A BIT ABOUT ME & MY APPROACH

I'm a dog mama, foodie, climber, holistic nutritionist and herbalist with a passion for food sovereignty, feminine embodiment and pharma-free healing.

I specialize in a root-cause, customized healing approach to women's health using individually-tailored treatment plans informed by my background in health science, herbalism and traditional chinese medicine.

If you're interested in learning more about me or booking a free consult you can do so [here](#).



I hope you enjoyed this little DIY liver love guide! For questions or concerns you can reach me at:

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HOLISTIC HEALING

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