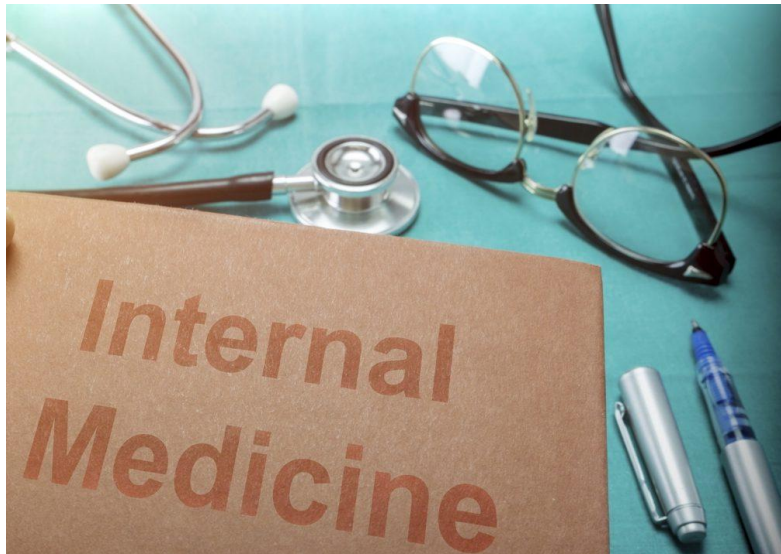




Hi there,

I've been sitting with a thought lately that I wanted to share with you...

Your body is incredibly wise.

It isn't working against you.

Every single day it is adapting, protecting and communicating with you, with one ultimate goal in mind... **survival.**

I thought I'd begin a little educational series called "**Your Body is Wise**", sharing some of the incredible ways your body quietly works behind the scenes to keep you healthy.

Today, I'd love to introduce you to one of your hardest-working organs,
your liver.

Every day, your liver processes countless substances that enter your body. While it's impossible to avoid toxins completely, we can reduce the burden we place on this amazing organ and give it the support it needs to function at its best.

It's not just the food and drinks we consume that our liver has to process. Think about everything we're exposed to each day, cleaning products, skincare, cosmetics, medications, alcohol and environmental chemicals. It all contributes to the workload.

Your skin is your largest organ, and many substances can be absorbed through it. Just think about nicotine or hormone patches, they work by delivering compounds directly through the skin into the bloodstream.

The liver's detoxification process is beautifully designed. Although it's more complex than this, we can think of it in two key phases.

Phase 1 is like a busy motorway or airport runway. Compounds arrive at the liver, where they're transformed and prepared for elimination.

They then move into **Phase 2**, where they're safely packaged so they can leave the body through urine or bowel motions.

The challenge comes when Phase 2 struggles to keep up.

A diet high in processed foods, excess sugar or alcohol, ongoing stress, poor sleep, nutrient deficiencies and constant chemical exposure can all increase the liver's workload. When this happens, those intermediate compounds can remain in circulation longer than we'd like while the body works to process and eliminate them.

The wonderful news is that we can support these natural pathways.

Not through extreme detoxes or restrictive cleanses, but through simple, consistent habits that allow the body to do what it was designed to do.

Some of the greatest gifts we can give our liver are:

- A colourful variety of vegetables and whole foods
 - Plenty of plant diversity
 - Good quality protein
 - Adequate hydration
 - Regular movement
 - Restful sleep
- Reducing unnecessary processed foods and alcohol where possible

Small choices, repeated consistently, can have a profound impact.

I often remind my clients that healing isn't about forcing the body to work harder. It's about creating the conditions that allow the body to do what it already knows how to do.

Your body is always communicating.

The question is...

Are we listening?

Until next time,

Marni