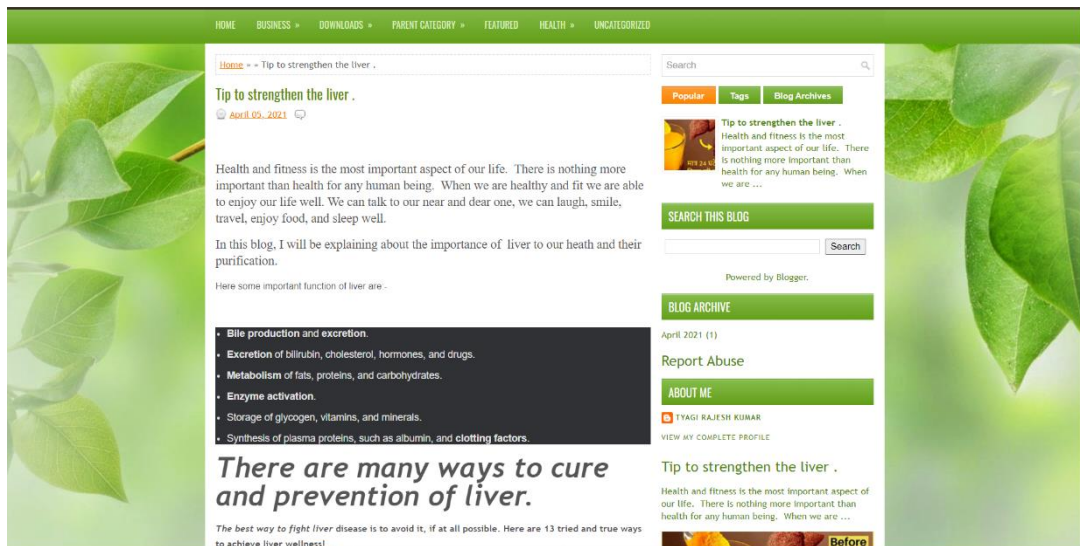


Practical 6




[Home](#)
[Business](#)
[Downloads](#)
[Parent Category](#)
[Featured](#)
[Health](#)
[Uncategorized](#)

[Home](#) » [Tip to strengthen the liver](#) .

Search

[Popular](#)
[Tags](#)
[Blog Archives](#)



Tip to strengthen the liver .
Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are ...

SEARCH THIS BLOG


Powered by Blogger.

BLOG ARCHIVE

April 2021 (1)


[Report Abuse](#)

ABOUT ME


 TYAGI RAJESH KUMAR

[VIEW MY COMPLETE PROFILE](#)

Tip to strengthen the liver .
Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are ...



Tip to strengthen the liver .
Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are ...

Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are able to enjoy our life well. We can talk to our near and dear one, we can laugh, smile, travel, enjoy food, and sleep well.

In this blog, I will be explaining about the importance of liver to our health and their purification.

Here some important function of liver are :

- Bile production and excretion.
- Excretion of bilirubin, cholesterol, hormones, and drugs.
- Metabolism of fats, proteins, and carbohydrates.
- Enzyme activation.
- Storage of glycogen, vitamins, and minerals.
- Synthesis of plasma proteins, such as albumin, and clotting factors.

There are many ways to cure and prevention of liver.

The best way to fight liver disease is to avoid it, if at all possible. Here are 13 tried and true ways to achieve liver wellness!

carry microscopic levels of blood or other body fluids that may be contaminated.

10. **Wash your hands.** Use soap and warm water immediately after using the bathroom, when you have changed a diaper, and before preparing or eating food.

11. **Follow directions on all medications.** When medicines are taken incorrectly by taking too much, the wrong type or by mixing medicines, your liver can be harmed. Never mix alcohol with other drugs and medications even if they're not taken at the same time. Tell your doctor about any over-the-counter medicines, supplements, and natural or herbal remedies that you use.

12. **Get vaccinated.** There are vaccines for hepatitis A and hepatitis B. Unfortunately, there's no vaccine against the hepatitis C virus.

13. **There is one very effective ayurvedic method to purification of damaged or fatty liver by using bottle gourd juice as a main ingredients..**



Click on the below link to watch video.

[Purification of liver](#)

After watching above video you will come to know how a bottle Gourd can be used to make liver purified at home.

SHARE: [FACEBOOK](#) [TWITTER](#) [GOOGLE+](#)

Related Posts:

