

FOOD & MOOD

COACHING

WEEK 9 – LOVE YOUR LIVER

WELCOME TO **WORKSHOP 9**

Like the gut, the liver plays a major role in health and weight management. They work together to digest and assimilate nutrients from our food for our body to work with.

01. LIVER HEALTH QUIZ

In pairs or a small group, have a brief discussion on the following statements and then answer the quiz below.

1. True or false, the only job of the liver is to detoxify the body?
2. True or false, alcohol is not the only substance that is implicated in fatty liver disease?
3. True or false, the only time your liver will clear toxins from the body is on a cleansing diet?
4. True or false, metabolic clearing is another name for liver detoxification?
5. The phases of liver detoxification take a fat-soluble toxin and make it
 - a) Water soluble
 - b) Colourful
 - c) Safe for excretion from the body
 - d) A & C
 - e) B & C
6. True or false, excessive refined sugar consumption is good for the liver?
7. A healthy and optimally functioning liver helps to optimise:
 - a) Hormone health
 - b) Blood sugar balance
 - c) Weight management
 - d) All of the above

02. NEXT LEVEL NUTRITION FOR YOUR LIVER

One of your journal activities for this week was to reflect on the next level nutrition tasks, which invited you to remove alcohol and refined sugar from your diet during this program. Without judgement, discuss with your partner:

1. What approach did you decide to take with this next level nutrition task and how it is working for you? Perhaps you have cut down or have eliminated them completely.
2. Any challenges you faced in making changes in this area.
3. How you feel the elimination of one or both of these substances has/have made a positive impact upon your daily life.
4. Is this working for you and is it something you're considering continuing beyond Food & Mood ?

Space for notes if you need



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03. ALTERNATE NOSTRIL BREATHING (NADI SHODHANA)

Find a comfortable space to partake in this week's group breathing exercise. If time permits, note how you feel mentally, physically and emotionally immediately following this exercise.

