

## PHASE 2

### STAFF RESOURCE – WORKSHOP FLOWS AND SCRIPTS

#### WORKSHOP (WEEK) 9 – Love your Liver

**Key:**

**[Blue bold]** = Notes to facilitator

***Italics bold*** = Questions for facilitator to ask the room/group

*Italics* = Script to guide sessions

**The room set up/environment**

- A comfortable space for chatting and sharing
- Herbal teas

**Resources:**

- Week 9 workshop handouts
- Optional spot prize for the quiz (suggest mini bottles of kombucha or probiotic yogurts)
- Pens
- Copy of the journal – Hard cover or printed PDF (new version phase 1 & 2 combined)
- The Why and How of Alternate Nostril Breathing PDF
- Love your Liver for health & weight management PDF
- Week 9 Nutrition Tasks
- Week 9 Meal Plan (print from MyFernwood)

**Overview: Session duration** - 1 hour

- Welcome and review of last week's activities and questions – 5-10 minutes
- Love your Liver (topic overview) – 5 minutes
- Liver Health Quiz (activity and discussions) – 10 minutes
- Next Level Nutrition for your Liver (activity) – 10 minutes
- Alternate Nostril Breathing (activity) – 10 minutes
- Session close – 1 minute

**Session flow**

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

**Welcome and review of week 8 [DISCUSSION] – 5 - 10 minutes**

*Welcome everyone to week 9. Today we will explore the topic, 'Love your Liver. We know that a healthy, efficient liver is integral to overall health and weight management. How our liver processes certain substances like coffee and alcohol comes down to genetic differences, but in general the liver requires ample amounts of antioxidants and protein to perform its best in its many jobs including processing, neutralizing and eliminating toxins to best support you and your goals. Before we jump into this week's topics, **[ASK THE GROUP] does anyone want to share how they got on in week 8 or have any questions? [Encourage discussion and support contributions from the group - ask about success with the recipe***

**plan, any favourite recipes? How did they get on with their journal activities? And is everyone up to date?]**

**[OVERVIEW] Love your Liver – 5 minutes**

*Ok, let's dive in to this week's topic – Love your Liver*

*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.*

*The liver is our primary detoxification or 'metabolic clearing', organ, if you want to be fancy. Supported by the digestive tract, kidneys, skin and lungs, the liver processes, neutralizes and prepares toxins, pathogens and metabolic waste to be removed from the body – be that popped out, peed out, sweated out or breathed out.*

*There are common misconceptions around detoxification – such as it is something that happens only on a juice cleanse, for example – but as it happens, detoxification is something that is taking place all the time and involves different phases **[ASK THE GROUP] Can anyone recall how many phases there are from reading the online content for this week? [Wait for contributions – the answer is 2 phases (some might say 3 if they count the intermediary phase – refer to the online content for week 9)].***

*Liver detoxification is in fact a 2-phase metabolic process that is happening every day within liver cells to keep us safe and healthy. We can support the liver to do what it does day in, day out, optimally through the food we eat. Specific nutrients are needed throughout the phases of detoxification. These include vitamins, minerals and amino acids (building blocks of protein). When the liver can easily effectively cleanse and purify it can also perform its myriad of other jobs more effectively too, those jobs involve supporting optimal metabolism for health and weight management.*

***The Phases of liver cleansing and nutrients that support these phases***

*The detoxification phases of the liver are fascinating and complex – it is incredible that everything you put into your body is processed through the liver, including alcohol, caffeine medications, as well as substances created in the body such hormones, and by-products of metabolism. There is a process to neutralise all substances clear then out of the body, the process happens in the Phase 1 and Phase 2 liver detoxification pathways and require certain nutrients and enzymes to complete each phase. The substances that enter the liver for processing are fat soluble and need to eventually be converted into water soluble substances (in phase 2) so that they can be safely eliminated via the gut, kidneys, skin or lungs.*

*Each phase should be completed effectively to avoid toxins and unwanted substances cycling back through the system. An unhealthy liver and an unhealthy gut can mean in complete metabolic processes, impairing health and weight management.*

***Phase 1 – Cytochrome P450*** (ignore the fancy name) ***Harmful toxins are made less harmful*** – this phase is named after the group of enzymes (P450 enzymes) that works to convert harmful substances into less harmful substances. Some of the key nutrients required for this phase are:

# FOOD & MOOD

## COACHING

- B-Vitamins
- Antioxidants such as
  - Vitamin C
  - Vitamin E
  - Zinc
  - Glutathione (produced by the body and also consumed in broccoli and other green leafy and cruciferous vegetables)
  - Phytochemicals from colourful fruits and vegetables (rainbow foods see week 3)
- Herbs and botanicals

**(Intermediary Phase)** – Somewhere in between phase 1 and phase 2 (a fat-soluble toxin becoming water soluble) the process can cause the toxin to be temporarily even MORE damaging. Antioxidants such as vitamin C, E selenium, zinc and magnesium are required to neutralise the free radical toxin before moving into phase 2.

**Phase II – Conjugation** – Less harmful substance is made to be water soluble for excretion, predominantly through the bowels (one of the reasons we need healthy, regular bowel movements) and kidneys. Some of the key nutrients required for this phase are:

- Proteins, especially those containing the amino acids, glutamine, taurine, glycine, cysteine, methionine
- B-Vitamins
- Antioxidants such as
  - Selenium
  - Glutathione (broccoli and other green leafy vegetables)
  - Magnesium
- Sulphur (eggs, leafy green cruciferous vegetables such as broccoli and cauliflower, onions, garlic, poultry, beef, legumes)

### [ACTIVITY] Liver Health Quiz – 10 minutes

Seeing as you all loved the quiz last week, we have another one for you in this workshop, with some more spot prizes up for grabs. **[Instruct the group] In pairs or a small group, have a brief discussion on the following statements and then answer the quiz on your workshop handout. You have 5 minutes to complete the quiz and then we will go through the answers – there may be a small prize up for grabs [You may wish to have a small spot prize (a bottle of Kombucha each is a great gut health gift) for the winning pair/group. Once the 5 minutes is up – go through the answers and read out the statement along with the correct answer as per notes below]**

**[Going through the answers. Read out the question and then the correct answer (highlighted) with the explanation below]**

1. True or **false**, the only job of the liver is to detoxify the body?

**False – The liver has many different roles, including, the metabolism of fats and carbs, manufacturing cholesterol, essential amino acids and blood proteins and storing vitamins and minerals. Detoxification (or metabolic clearing) is just one of the liver's many roles.**

# FOOD & MOOD

## COACHING

2. **True** or false, alcohol is not the only substance that is implicated in fatty liver disease?

**True - Fatty liver disease (FLD) and Non-Alcoholic Fatty Liver Disease (NAFLD) is a condition characterized by excess fat stores in the liver that interfere with liver the health and function and may advance to Cirrhosis of the liver. Alcohol is a known culprit for Fatty liver disease, but in the case of NAFLD, the same symptoms and issues occur in people who consume little to no alcohol. There are several factors that play a role, genetics, is one, but research is also pointing excess consumption of refined sugar, elevated blood sugar and triglyceride levels and insulin resistance.**

3. True or **false**, the only time your liver will clear toxins from the body is on a cleansing diet?

**False - There are common misconceptions around detoxification – such as it is something that happens only on a juice cleanse – The liver is cleansing everyday whether we are ‘on a cleanse’ or not. detoxification is in fact a 2-phase metabolic process that is happening every day within liver cells to keep us safe and healthy. We can support the liver to do what it does day in, day out, optimally through the food we eat. Specific nutrients are needed throughout the phases of detoxification. These include vitamins, minerals and amino acids (building blocks of protein).**

4. **True** or false, metabolic clearing is another name for liver detoxification?

**True –Metabolic clearing is the technical term for liver detoxification, and it takes place in two phases that each require specific nutrients to complete each phase to safely and fully eliminate harmful substances and waste.**

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

**D – A&C – The substances that enter the liver for processing are fat soluble toxins and need to eventually be converted into water soluble substances (phase 2) so that they can be safely and effectively eliminated via the gut, kidneys, skin or lungs.**

6. True or **false**, excessive refined sugar consumption is good for the liver?

**False – excessive refined sugar consumption has been shown to lead to increased blood sugar and triglyceride levels, which are risk factors for Non Alcoholic Fatty Liver Disease.**

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**

# FOOD & MOOD

## COACHING

***D - All of the above - When the liver is supported to function optimally, other processes that rely on liver health and function will also optimise including hormone health, blood sugar balance and weight management to name a few.***

***Ok - So tally up your scores and let's see if we have a spot prize for the winning group. [Congratulate the winners]***

### **[ACTIVITY] - Next Level Nutrition for your Liver - 10 minutes**

*One of your journal activities for this week was to reflect on the next level nutrition tasks for this program, within these tasks you were invited you to remove alcohol and refined sugar from your daily diet during this program. [Instruct the group] **Without judgement, discuss with your partner the following points - [read these aloud to the group - see below] these are also written on your workshop handout for you to refer to and record your responses. You will have 5 minutes each to chat through your answers. I will call upon a couple of people who may wish to share with the group at the end.***

- 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?*

**[Once the pairs have had 5 minutes each to go through the questions, call everyone back together to go reflect as a group and ask if anyone would like to share in particular their responses to Qs 2 and 3]**

### **[ACTIVITY] Alternate Nostril Breathing - group exercise - 10 minutes**

*And finally, we're on to our last exercise for today's workshop - Alternate Nostril Breathing.*

*Last week the focus was on slow nostril breathing, this week, we take it one step further with a pranayama (Praan - ee - yama) or breathing exercise called Nadi Shodhana; meaning channel purification. In traditional Yogic philosophy, Nadis are the subtle energy channels that move prana or energy through the body. Similarly in traditional Chinese philosophy, the energy channels are referred to as meridians. The nose is believed to house the end points of two primary Nadis that begin in the pelvis and make their way up to the nostrils; Pingala Nadi, on the right side ending in right nostril and Ida Nadi on the left side, ending in the left nostril. By intentionally alternating the opening and closing of both nostrils, this practice is believed to balance the energy within the body. The left nostril - Ida Nadi - governs more yin, feminine and calming responses and the right nostril - Pingala Nadi - governs more yang, masculine, energetic responses. Science has been found to support these ancient claims, showing that breathing through the left*

# FOOD & MOOD

## COACHING

*nostril stimulates 'right brain' activity (feelings, creativity, rhythm, intuition, imagination) and conversely breathing through the right nostril stimulates 'left brain' activity (methodical thinking, facts, logic, language).*

*You can read a little more in the resource 'The Why & How of Alternate Nostril Breathing' [show the group the resource for reference].*

**[Instruct the group to find a quiet comfortable space in the room for the final activity of the workshop, Slow Nostril breathing]**

**[If you are unfamiliar with this exercise please also refer to the Alternate Nostril Breathing video on the online content page for Week 9 for a demonstration prior to taking this workshop]**

1. *Sit with spine erect, but relaxed (sit on a block, a cushion to assist this posture)*
2. *Relax your left hand to the left knee or thigh. You may wish to bring the tips of the left forefinger and thumb together to form a chin mudra, or simply relax your palm naturally where it lands*
3. *Take your right hand towards your face, taking your peace fingers (first and middle fingers) together gently touch them to the third eye (space between your eyebrows). Your right thumb will rest on your right nostril and your right ring finger will rest on your left nostril. Your little finger can just relax in space.*
4. *For your first few rounds of breath, breathe through both nostrils at a pace that is natural and usual for you (mouth gently closed)*
5. *Once you have made a full exhale through both nostrils, use your right thumb to block your right nostril and breathe in through the left nostril.*
6. *Close your left nostril with your ring finger, open your right nostril and fully exhale through the right nostril.*
7. *Breathe in through the right, block the right, open the left and breath out through the left.*
8. *Repeat this pattern: In left - out right. In right - out left.*

**[Allow the group time to continue the exercise for a couple of minutes, if you are short on time, one minute is enough. When you are ready to close the exercise instruct the group as follows:]**

***When you are ready, in your own time, there is no rush, allow your breath to return to what is natural and usual for you. If your eyes are closed, slowly blink them open.***

**[If time permits, you may wish to ask the group how they found that exercise and remind them to complete a few minutes of this week's breathing exercise each day this week].**

**Session close - 1 minute**  
***Any questions?***

*That concludes the workshop for this week, thank you everyone for attending. Have a great week, see you next in the workshop, if not before!*