



LIVINGOOD DAILY



LIVER SOLUTION



4 STEPS TO A HEALTHIER LIVER



**Lower Inflammation
And Insulin**

1

Cleanse Your Liver

2

**Strengthen
Your Elimination &
Digestive System**

3

**Support The
Gallbladder**

4

Testing

- AST/ALT
- Blood Sugar (Below 100)
- Fasting Insulin (Ideally 2-6)
- Triglycerides (Below 100)
- Ferritin (Ideally Below 150)

YOU ARE THE SOLUTION.

STEP 1

LOWER INFLAMMATION AND INSULIN



I breakdown 25 Natural and Artificial Sweeteners...
the Health Effects are SHOCKING.



FOODS

1. Anti-Inflammatory Foods
2. Low Carb Foods
3. Healthy Fats: Avocados
4. Apple Cider Vinegar
5. Omega 3 Fish Oils

FOCUS

1. [Challenge Meal Plan](#)
2. Rotational Fasting

STEP 2

CLEANSE YOUR LIVER



FOODS

ADD

1. Lemon
2. Beets
3. Turmeric
4. Green Tea

AVOID

5. NSAIDs
6. Alcohol
7. Tylenol
8. Artificial Sweeteners
9. MSG
10. Processed Foods

FOCUS

1. Lemon Water *see page 10*
2. Detox Tea *see page 10*

STEP 3

STRENGTHEN YOUR ELIMINATION & DIGESTIVE SYSTEM



FOODS

1. Fermented Foods
 - Kimchi, Sauerkraut, Kombucha
2. Cruciferous Veggies
 - Cauliflower, Brussels Sprouts, Kale
3. Digestive Enzymes
 - Ginger, Kefir, Pineapple
4. Magnesium
 - Leafy Greens, Avocados, Legumes
5. Fiber
 - Beans, Broccoli, Berries

FOCUS

1. NAC
2. Milk Thistle
3. Berberine
4. Activated Charcoal

STEP 4

SUPPORT THE GALLBLADDER



FOODS

1. Organic Acids
 - ACV, Lemons, Limes
2. Bitter Herbs
 - Parsley, Cilantro, Dandelion, Milk Thistle
3. Warming Spices
 - Ginger, Turmeric, Cinnamon
4. Prebiotic Foods
 - Artichokes, Radishes, Asparagus, Garlic
5. Beets and Chicory

FOCUS

1. Coffee + Moringa
2. Bile Salts/Ox Bile
3. Lemon Juice
4. ACV



2-WEEK LIVER CLEANSE

1 Follow the Liver Food List

See page 8 for approved foods and page 9 for foods to avoid.

2 Liver Detox Drinks

Only consume water and drinks from the recipes on pages 10-11.

3 Take Liver + Gallbladder Cleanse

Take four capsules per day, 2 in the AM and 2 in the PM, for two weeks.



LIVER SUPERFOODS

MEAT

Beef
Chicken
Seafood
Turkey
Bone Broth
Eggs

FRUITS

Apples
Avocado
Citrus
Grapefruits
Pomegranates

VEGETABLES

Artichoke
Asparagus
Beans
Beets
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Garlic
Kale
Lentils
Onions
Radish
Watercress

HERBS AND SPICES

Ginger
Rosemary
Turmeric

DRINKS

Dandelion Tea
Green Tea
Organic Coffee
Lemon Water

APPROVED

NUTS & SEEDS

Almonds
Brazil
Cashews
Chia Seeds
Flax Seeds
Hemp
Macadamia
Pecans
Pine Nuts
Pistachios
Pumpkin
Sesame
Sunflower
Walnut

OILS

High Heat: Avocado
Oil, Coconut Oil,
Grapeseed Oil

Medium to Low Heat:
Butter/Ghee, Olive Oil

Do Not Heat: Flax Oil

BEVERAGES

Herbal Tea
Water
Low Carb Juices
Fermented Drinks

MEATS

*(Ideally Organic/
Pasture Raised/Grass-
Fed/Wild Caught)*
Beef
Chicken
Eggs
Fish
Turkey
Lamb

FRUITS

Acai
Avocado
Blackberry
Granny Smith Apples
Grapefruit
Lemon
Lime
Raspberries
Strawberries

VEGETABLES

Arugula
Asparagus
Beans
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory
Collard
Cucumber
Dandelion
Eggplant
Fennel
Garlic
Green Beans
Jalapeno
Kale
Lettuce
Mushrooms
Mustard
Onions
Parsley
Radishes
Shallots
Snow Peas
Spinach
Sprouts
Turnips
Water Chestnuts
Zucchini

DAIRY

*(Ideally Organic/
Grass-Fed/Raw)*
Butter
Cheese
Cream
Goat Products
Goat Milk
Goat Cheese
Goat Yogurt
Milk
Nut Milks
Almond Milk
Cashew Milk
Coconut Milk
Hemp Milk

SWEETENERS

Monk Fruit
Stevia

LIVER FOODS TO AVOID

BEVERAGES

Alcohol
Fruit Juice
Soda

FOOD

All Fruit For 2 weeks
*Except granny smith apples,
berries, lemons, limes, and
grapefruit*

High Carbohydrate Foods
All Flour, Cereal, Rice, Breads,
Crackers, Tortillas, and Grains

MSG and Food Flavor Additives

Processed Meats

Packaged Foods

Smoked or Charred Foods

SWEETENERS

Artificial Sweeteners
All Types

Natural Sweeteners For 2 weeks
All Types Including Honey,
Maple Syrup, Etc.

OTHER

NSAIDs
Aspirin, Motrin, Etc.

Plastics
Storage Containers, Water
Bottles, Etc.



LIVER DETOX DRINKS

LIVER DETOX TEA

1 Cup Water
1/2 a Lemon (Juice)
2" of Ginger Root
Dash of Ground Clove
1/4 tsp Cinnamon
Raw Honey/Stevia

1. Peel the ginger root and cut into thin slices.
2. Boil the ginger in water for 5 minutes.
3. Add the cinnamon and cloves (optional).
4. Reduce the heat, cover, and allow to simmer for an additional 5-10 minutes—the longer, the stronger the taste.
5. Strain the tea into your tea cup.
6. Squeeze the juice of 1/2 organic lemon and add into the tea.
7. Add the raw honey or stevia to taste (optional).



LIVER CLEANSE JUICE

1/2 of a Beet
1/2 of a Cucumber
2 Carrots
3 Celery Stalks
1 Bunch Spinach
1 Lemon

Cut ingredients small enough to fit in your juicer! If you prefer to use a blender, strain using a cheesecloth or nut bag.

**Depending on your juicer, you may need to peel the lemon. The lemon's pith is high in fiber and vitamin C—keep as much pith as possible.*

LEMON WATER

1 Whole Lemon
24 Ounces of Water

Roll the lemon to loosen the juice inside. Cut in half and squeeze into water!





Dr. Livingood's Coffee

Serves: 1 | Time: 10 minutes

Put everything into a blender and blend until it's frothy. Pour into a cup and sprinkle with cinnamon.

12-16 oz. [Livingood Daily Coffee + Moringa](#)

1 Tbsp coconut oil

1 Tbsp organic butter

1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)

Optional Toppings: cinnamon powder + sea salt

CLICK
to visit the
store page



Want a Simple Version?

The Livingood Daily Instant Collagen Coffee + Moringa is a **pre-made** powder version of this recipe.

It has grass-fed collagen, coffee, MCT oil, butter, and moringa all in one! Just add one scoop to your favorite drink and enjoy an instant, on the go, Dr. Livingood coffee!

THE LIVINGGOOD DAILY LIFESTYLE

Get full access to 120 10-Minute Workouts and all Masterclasses when you join the Lifestyle!

Tired of your weight being high? Confused by all the nutrition and diet fads out there? Sick of drugs and how they make you feel? Scared of chronic diseases you face or will face in the future? If you answered yes to any of these, then the Livingood Daily Lifestyle is for you!

In the Lifestyle, we reveal to you the five healing secrets—the five fixes—that have enabled 200,000+ people to live a drug-free lifestyle, lose the weight, and gain energy. Your health is your responsibility, and you do not get health until you build it.



**JOIN THE LIVINGOOD DAILY
LIFESTYLE TODAY!**

NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

We offer a **TWO-WEEK TRIAL** so [try it out today!](#)

**Included in
the Livingood
Daily Lifestyle
paid plan are:**

- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ 5+ Meal Plans
- ✓ 7+ Healthy Recipe Guides
- ✓ 120 10-Minute Workouts
- ✓ 27+ Trainings on health conditions



After 8 months of this Lifestyle, I have to say I just became a WINNER. I'm down 56 pounds, off all meds, no joint pain since February...I had to stand and wait before I could start walking and now I feel like I'm 20 again. This is the best feeling ever!! I AM THE SOLUTION!!

—Pamela H.,
Livingood Daily Customer

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