



### **Module 3: Protection For The Liver: Integrated herbal and nutraceutical approaches for protecting the liver from environmental and metabolic toxicity**

*As environmental degradation and pollution increase, the burden of toxicity affecting the human body will worsen. As the primary organ of detoxification, the liver is increasingly under stress; it is responsible for removing a wide range of xenobiotic substances that find their way into the body from the environment, as well as coping with endogenous toxins created by physiological stress. Unlike pharmaceutical drugs that are generally hepatotoxic, medicinal plants have great powers to support the liver's detoxification processes, and are therefore increasingly important for protecting our health.*

Creating a hepato-protective home pharmacy and kitchen apothecary

Understanding liver detoxification processes

Dietary and nutraceutical support for liver detoxification mechanisms

Herbs that protect the liver from environmental, hormonal, pharmaceutical and metabolic toxins

Herbal protocols for supporting liver health during recovery from addiction or long-term use of medications