



HOLISTIC
WELLNESS
MINI GUIDE

Liver Detox with Bitter Herbs

A gentle guide to natural liver support and
glowing skin

Why Bitter Herbs?

Bitter herbs have been used for centuries to support digestion, liver detox, and overall vitality. They stimulate bile flow, help cleanse toxins, and bring balance to the body from within.

Classic Bitter Herbs

Dandelion root & leaves: Supports bile flow, liver detox, and acts as a gentle diuretic.

Milk thistle: Protects and regenerates liver cells with its powerful antioxidant silymarin.

Gentian root: A powerful bitter that boosts digestion and bile production.

Wormwood: Strong antiparasitic and liver stimulant (use in small doses).

Artichoke leaf: Helps cholesterol balance, bile flow, and liver protection.

Other Helpful Bitters

- Burdock root – gentle detoxifier, also supports clear skin.
- Yellow dock – supports sluggish digestion and mild constipation.
- Chicory root – prebiotic and liver-friendly bitter.
- Neem – powerful detoxifier and blood purifier.
- Oregon grape root – antimicrobial and liver cleansing.

Daily Liver-Support Plan

- Morning: Warm lemon water on an empty stomach.
- Breakfast: Beet & carrot juice for a natural liver cleanse.
- Midday: Fresh salad with arugula, dandelion greens, or parsley.
- Afternoon: Cup of dandelion or burdock root tea.
- Evening: A few drops of herbal bitters before dinner.
- Daily: Include fermented foods (like sauerkraut or kimchi) to boost gut–liver synergy.

Remember

Healthy skin begins within. Bitters, fresh foods, and liver-loving practices help your body cleanse naturally—no creams required.

Glowing Body and Mind

With love and Kindness

Maria

