

# LIVER: Your Body's DETOX HERO

## 肝脏： 您身体的排毒英雄

### Time for a Reset 节后调理时机

After holiday indulgences, many of us start the new year feeling heavy, tired, or out of sync. The truth is, every drop of alcohol and much of what we eat passes through one powerful organ for processing: the liver. While the liver is incredibly capable, a little post-holiday support can help it reset. As you “spring-clean” your home and mind this season, it’s time to give your body’s detox hero the same care and attention.

假期的放纵之后，我们很多人常在年初出现身体沉重、疲惫不堪或整体状态欠佳的情况。事实上，我们喝下的每一滴酒精及大部分食物均需经由一个关键器官进行代谢处理：肝脏。尽管肝脏具备强大的代谢与再生能力，但在经历节日高脂、高糖及高酒精负荷后，其功能可能受到一定影响，亟需适当的生理调节支持。正如春季开展家居清洁与心理调适一般，此时也应关注这一“体内排毒英雄”的健康维护。

### Why the Liver Is So Important

#### 肝脏的核心生理功能

We often overlook our liver until something goes wrong. This 1.5 kg organ under your right rib cage performs over 500 essential tasks that keep you healthy and energized. It functions like your body’s processing plant—receiving, filtering, converting, and recycling everything you take in.

Your liver:

- Turns nutrients into energy and stores it
- Produces bile to digest fats
- Detoxifies alcohol, drugs, and pollutants
- Balances hormones and blood sugar
- Stores important vitamins and minerals
- Makes proteins needed for repair and blood clotting

When your liver slows down, toxins can build up and your energy drops!

我们常常忽略肝脏，直到出现问题才意识到它的重要性。这个1.5公斤的器官位于右侧肋骨下方，承担着500多项关键任务，维持您的健康和活力。它就像身体的加工厂——接收、过滤、转化并循环处理您摄入的一切。

肝脏的功能包括：

- 将营养转化为能量并储存
- 产生胆汁以帮助消化脂肪
- 解毒酒精、药物和污染物
- 平衡荷尔蒙并调节血糖
- 储存重要的维生素和矿物质
- 生成修复和凝血所需的重要蛋白质

当肝脏变得迟缓时，毒素会在体内堆积，能量也会下降！

# Is Your Liver Asking for Help?

## 您的肝脏在求救吗？

Your liver rarely complains loudly, but when it's overworked, subtle signs start showing.

肝脏本身无痛觉神经分布，因此很少大声抱怨。但当它过度劳累，功能紊乱时，细微的异常迹象就会显现出来。

### Early Signs of a Sluggish Liver

肝功能的早期警示信号



Constant fatigue or brain fog  
持续性疲劳感或  
认知功能下降



Dull or irritated skin  
皮肤色泽改变  
或炎症性皮损



Headaches or mood swings  
不明原因的头痛  
或情绪波动



Bloating or indigestion after meals  
餐后腹胀、胃肠不适或  
消化不良



Unexplained weight gain around the waist  
中心性肥胖或  
腹部脂肪堆积增加

**These are your body's gentle reminders that it's time for a detox refresh.**

上述表现可能是肝脏代谢负担加重的间接反映，提示应进行生活方式干预，是时候进行一次排毒清体了。

## Common Liver Challenges 常见的肝脏问题

01

### Fatty Liver Disease 非酒精性脂肪性肝病

Excess fat builds up from a diet high in sugar, processed food or alcohol. It's one of the fastest-growing metabolic conditions today.

由于长期摄入高糖、高热量饮食及久坐生活方式导致肝细胞内脂肪异常沉积，这是当今全球增长最快的代谢性疾病之一。

02

### Alcohol-Related Liver Disease 酒精性肝病

Regular, excessive alcohol consumption can cause inflammation, fatty deposits, and permanent liver damage. Over time, this can progress from fatty liver to alcoholic hepatitis and eventually cirrhosis, severely impacting liver function.

经常过量饮酒会导致肝脏发炎、脂肪沉积和永久性损伤。长期下去，可能会从脂肪肝发展为酒精性肝炎，最终导致肝硬化，严重影响肝脏功能。

03

### Drug-Induced Liver Stress 药物性肝损伤

Even everyday medications like painkillers (such as acetaminophen) and cholesterol drugs (such as statins), can stress or damage the liver if used excessively.

多种日常使用的药物，如止痛药（如对乙酰氨基酚）、降胆固醇药物（如他汀类药物），如果使用过量，也会对肝脏造成压力或损害。

04

### Hepatitis (A-E) 病毒性肝炎（A型至E型）

Viral infections that inflame liver tissue, transmitted via contaminated food, water or bodily fluids. If untreated, it can lead to scarring or cirrhosis.

通过受污染的食物、水或体液传播的病毒性感染，会引发肝脏组织发炎。若未及时干预治疗，部分病例可进展为慢性肝炎、肝硬化或肝癌。

05

### Cirrhosis 肝硬化

Long-term damage that replaces healthy cells with scar tissue—often the result of alcohol abuse, bile duct blockage or chronic inflammation.

指各种病因引起的慢性肝损伤所致的弥漫性纤维化及假小叶形成，常见原因包括长期酗酒、胆汁淤积、慢性病毒性肝炎等。

06

### "Sluggish Liver" Syndrome 功能性肝功能减退（亚临床状态）

Though not an official medical diagnosis, it's very real. A poor diet, environmental pollutants and stress can all slow liver detox efficiency, leading to fatigue, headaches, digestive issues and skin problems.

虽然这不是一个正式的医学诊断，但它确实存在。不良饮食、环境污染物和压力都会降低肝脏的解毒效率，导致疲劳、头痛、消化问题和皮肤问题。

Did you know?  
您知道吗？

The liver is the only organ in the body that can regenerate itself. Even if up to 70% is damaged, it can regrow when given the right support.

肝脏是人体内唯一能够自我再生的器官。即使受损高达70%，在得到适当的支持时也能重新生长。

# Can Liver Damage Be Reversed?

## 肝损伤能逆转吗?

The liver is unique in its ability to regenerate. Early detection and lifestyle adjustments can allow it to repair itself. In some cases, medications or surgery may be required, but severe damage may necessitate a transplant. The key takeaway: **early care matters.**

肝脏具有独特的再生潜能。在疾病早期阶段，通过识别诱因并实施有效的生活方式干预（如戒酒、减重、合理膳食），多数轻中度肝损伤可实现部分乃至完全逆转。对于进展期病变，可能需要药物治疗或外科手术；终末期肝病患者则可能需考虑肝移植方案。因此，**早期识别与干预至关重要。**

## Practical ways to keep your liver healthy 维护肝脏健康的实用策略



1

### Lighten the load 减轻肝脏代谢负担

Take a short break from alcohol and drink plenty of water to flush out toxins. 建议阶段性限制酒精摄入，保持充足水分摄取，有助于促进代谢废物的排泄。

2

### Be mindful of medications 注意药物使用

Prescription and over-the-counter drugs are metabolized by your liver. Avoid unnecessary medications, follow dosage instructions, and never mix medications with alcohol. Discuss supplements or multiple medications with your physician.

所有口服药物（包括处方药及非处方药）均需经肝脏代谢。应避免不必要的药物，严格遵循剂量说明，切勿将药物与酒精混用。合并用药或长期服药者应定期咨询专业医师。

3

### Protect against hepatitis 预防肝炎

Good hygiene prevents Hepatitis A and E. Avoid sharing personal items like toothbrushes or razors, and always use protection during sexual activity. Sterilize equipment for tattoos or piercings.

保持良好的个人卫生习惯可有效预防A型与E型肝炎。避免共用牙刷、剃须刀等可能接触血液的个人用品；性生活中务必采取保护措施。接受纹身、穿孔等操作时确保器械严格消毒。

4

### Eat clean and colourful 采用均衡且多样化的膳食

Processed, canned, and instant foods often contain additives, preservatives, and refined sugar that burden your liver. Choose whole foods, leafy greens, garlic, turmeric and citrus fruits—all naturally supportive to the liver.

加工食品、罐头食品和速食食品通常含有添加剂、防腐剂和精制糖，会给肝脏带来负担。推荐多摄入全谷物、深色蔬菜、大蒜、姜黄及富含维生素C的柑橘类水果，这些食物具有抗氧化与护肝潜力。

5

### Stay active 维持规律的身体活动

Movement improves circulation and helps your body process toxins more efficiently.

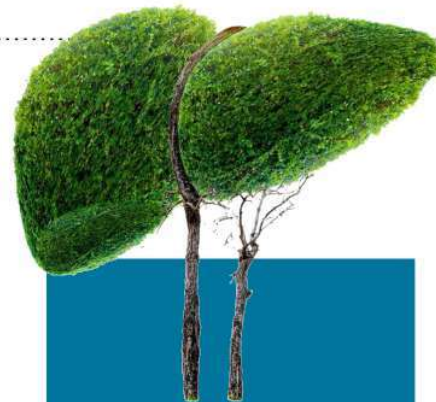
适度运动可改善全身血液循环，帮助身体更高效地排出毒素。

6

### Consider herbal support 考虑使用草本植物辅助 肝脏支持

Natural botanicals like milk thistle, artichoke, dandelion and burdock root can protect and restore liver cells.

研究表明，部分天然植物成分，如奶蓟草、朝鲜蓟、蒲公英根及牛蒡根，具有保护肝细胞并促进其修复的潜在作用。



## Your Liver Deserves Better

### 您的肝脏值得更好的呵护

Your liver works hard for you every single day—filtering, rebuilding and restoring balance. Don't wait until something goes wrong. Protect and strengthen it through Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP), a complete natural regime that gently cleanses, rebuilds and revitalizes the body from within. (See page 4 for details.)

肝脏是人体重要的代谢与解毒器官，每日持续执行过滤毒素、合成物质及维持内环境稳定等关键功能。为预防潜在的肝功能损伤，建议及早采取干预措施。陈林希珠博士创研的排毒与复健计划（DRP），是一项基于自然疗法的综合性健康管理方案，旨在通过温和、系统的方式实现体内净化、组织修复与整体机能提升。（详见第4页）

# Natural Support for Your Liver

天然呵护您的肝脏

## Liverin

肝脏宝

Liverin is a herbal formulation designed to protect, cleanse and regenerate your liver. Each capsule combines time-tested botanicals:

- **Milk Thistle Seed Extract** (80 % silymarin) – Supports cell regeneration and defends against toxins.
- **Dandelion Root** – A natural detoxifier that stimulates bile flow.
- **Artichoke Extract** – Aids fat digestion and cholesterol metabolism.
- **Burdock Root** – Helps remove impurities from the bloodstream.
- **Celery Seed Extract** – Reduces inflammation and supports kidney-liver synergy.

Together, these herbs:

- Rebuild and protect liver cells
- Combat oxidative stress
- Support recovery from medication or alcohol effects
- Improve digestion and nutrient absorption

*Suggested use: 1 capsule, 3 times daily after meals.*

肝脏宝是一种草本配方，旨在通过多种植物活性成分协同作用，支持肝脏的自我保护、清洁与再生功能。每粒胶囊含有以下久经考验的植物成分：

- **奶蓟草籽提取物**（含80%水飞蓟素）——促进肝细胞再生，增强对有害物质的防御能力。
- **蒲公英根**——具有天然利胆作用，可刺激胆汁分泌，辅助排毒过程。
- **朝鲜蓟提取物**——有助于脂肪消化与胆固醇代谢调节。
- **牛蒡根**——支持血液净化，帮助清除循环系统中的代谢废物。
- **芹菜籽提取物**——具备抗炎特性，并有助于维持肝肾系统的协同运作。

上述成分共同发挥以下生理作用：

- 促进肝细胞重建并增强其结构完整性
- 减轻氧化应激对肝脏的损害
- 支持因药物或酒精暴露后的肝功能恢复
- 改善消化功能及营养物质的吸收效率

建议用法：每次1粒，每日3次，餐后服用。



## Quick Tip 温馨提示

Pair your supplement routine with a balanced diet and regular hydration for best results.

为达到最佳效果，建议将肝脏宝纳入均衡饮食与规律饮水的生活方式中，以全面提升身体代谢与排毒能力。

## Coffee Enema

咖啡灌肠

Regular coffee enemas play an important role in the detoxification and rejuvenation of the liver. The coffee enters the liver via the colon. This causes two effects:

- The dilation of the bile duct which enables toxins to drain out of the liver.
- The increase of the production of Glutathione S. Transferase (G.S.T) by 600 – 700%. GST is an enzyme which helps to remove free radicals and other toxins from the blood.

定期进行咖啡灌肠被认为在促进肝脏排毒方面具有一定辅助价值。咖啡溶液经由直肠吸收后进入门静脉系统，进而作用于肝脏，主要产生以下两种生理效应：

- 扩张肝内胆管，促进胆汁排泄，有助于毒素排出体外；
- 提升谷胱甘肽-S-转移酶活性达600%至700%。该酶是体内重要的抗氧化酶系统之一，参与清除自由基及多种外源性毒素的结合与排泄过程。



## Top 3 Liver-Loving Foods 护肝三佳食



**LEAFY GREENS**  
绿叶蔬菜

Spinach and kale boost chlorophyll to neutralize toxins. 如菠菜与羽衣甘蓝，富含叶绿素，有助于中和环境毒素。



**GARLIC**  
大蒜

Activates liver enzymes that help flush out waste.

含硫化合物可激活肝脏中的II相解毒酶系统，促进代谢废物的排出。



**APPLE CIDER VINEGAR**  
苹果醋

A tablespoon of apple cider vinegar in warm water in the morning can stimulate bile flow and support digestion.

每日清晨在温水中加入一汤匙苹果醋，可以促进胆汁分泌，改善消化功能。

## The Final Word

### 结语

The liver is often the unsung hero of wellness—always working quietly in the background. This year, make it part of your “spring clean” routine.

Because when your liver thrives, your full being shines.

肝脏作为维持机体稳态的核心器官，常在无明显症状的情况下承担繁重的生理负荷，因而易被忽视。今年，让它成为您“春季大扫除”计划的一部分吧。

因为当您的肝脏健康时，您的整个人都会容光焕发。