

Five Phase Liver Support

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This program gives the body a break, a time to calm down, gather its forces and clear out foods that are causing disharmony or discomfort. Through elimination and slow reintroduction of various types of foods, the liver, stomach, and bowels can begin to function as a team again. Then the body can harmoniously receive and transform food and balance qi and other essential substances.

The Liver Support Diet Program should be followed within the context of a total healing program under the supervision of a licensed practitioner. People with cirrhosis should not follow this program.

Each phase of the program may run from one day to one week. We will determine together the duration of each phase. If you are already losing weight due to disease, you should not use any of the phases that may cause weight loss. All phases are intended to help detoxify as well as rebuild energy and health. If you feel weak or unable to do any phase, you may skip or shorten.

(Note: If you do not recognize any of these foods, take this list to Whole Foods, Wheatsville, or Central Market and ask someone to help you locate them.)

Phase One--Tonifying the Spleen and Stomach; Moving Liver Qi

Duration: One to seven days. Limit the diet to the following foods:

- 1) Miso broth: Miso is a fermented paste made from grains and beans. It contains the bacteria that replenish the flora that may have been depleted or destroyed in the digestive tract thru antibiotic or hormone use, poor diet, alcohol intake, or stress. Try using Mugi (barley) miso with some light yellow miso if it is summertime. Avoid Hatcho (dark) miso except when it is very cold.
- 2) Vegetable broth and juices: carrot, beet, celery, daikon, watercress, or beet juices. It is much easier to digest raw juices than raw vegetables, but you may want to cook the juice into a hot broth.
- 3) Lentil broth: Cook lentils, strain off the water and drink as a soup; may also be used in addition to the vegetable broths.
- 4) Brown rice cereal: provides added protein and energy. Can be found in any natural foods store.

Phase Two--Building the Blood

Duration: One to seven days or skip to phase three if you wish. Add the following foods:

Steamed fresh vegetables, especially root vegetables such as carrots, beets, daikon root, burdock root and green vegetables such as broccoli, mustard greens, dandelion greens, and kale.

Phase Three--Balancing the Kidney and Cooling Toxic Heat

Duration: One to seven days or skip to phase four if you wish. Add the following foods:

Cooked grains including brown rice, millet, and barley. For gas or cramping, add unbleached white rice or white basmati rice. Avoid wheat, corn, and oats. No bread products.

Phase Four--Balancing the Spleen and Stomach

Duration: One to seven days or skip to phase five if you wish. Add the following foods:

Fish and a wide selection of other grains and vegetables.

Phase Five--Diet for the Rest of Your Life

Duration: A daily diet routine to follow for a healthy life. An unrestricted diet, as long as you maintain an emphasis on low fat, vegetables, proteins, and complex carbohydrates with a moderate amount of fish and meat. Remember, moderation, balance and harmony in flavors and types of foods are key to a healthy diet. Organic with no added chemical foods are highly recommended.

Good Luck and Good Health to you!