

24 November 2017

## LOVE YOUR LIVER THIS SUMMER



In less than ten days Spring will be gone and Summer will be here. With Summer comes lots of fun, activities and food. According to Traditional Chinese Medicine, Summer is associated with Yang, when there is too much Yang, our body needs detoxifying to remove the toxins that build up in our body. The liver is particularly vulnerable to the build up of toxins as well as Summer's excessive heat.

### The Liver Needs Detoxification

The Liver is the hardest working organ in the body. With exposure to factors such as environmental pollution, UV rays, radiation, consumption of sugar, processed foods, trans fats, alcohol and an unhealthy life style, the effects on the liver can be significant. At this time we are in desperate need of a serious detox.

### Things to avoid

You should try to avoid the following toxins:

- Refined rice and cane sugar
- Artificial sweeteners, additives and preservatives
- Processed food
- Meats and dairy which may contain hormones, pesticides and antibiotics
- More than 2 cups of coffee per day
- Alcohol



## What is Chitosan?



It is a natural product derived from chitin, a carbohydrate found in shellfish. It is a fibrous substance that may assist the body in blocking absorption of dietary fat and cholesterol.



**TIENS Chitosan**

**Recommended dosage**  
**Packaging**

2 capsules/2 times a day  
100 capsules/bottle



## What are the benefits of taking Chitosan?

*May help liver detoxification*



Chitosan can bind other components (heavy metals or bile acids), thus contributing to body detoxification.

*May help Weight Management*



Chitosan works by binding lipids in the stomach and intestines before they are digested. The fat bound to Chitosan fibres, forms a mass that the body cannot digest. It is then safely expelled through the large intestine.

***May Reduce Cholesterol level***



Chitosan may help reduce the amount of lipids in the blood, which helps keep cholesterol and triglycerides at the right level. It may also help reduce the amount of fat stored in the liver, as well as reducing cholesterol deposition in blood vessels (blood vessel blockage).



Traditional Chinese Medicine is based on the prevention of illness and promotion of health and well-being. We will stay healthy when the body has been balanced.

Note that this is general advice. Please consult your registered Health Practitioner regarding individual health needs.



**TIENS Australian and New Zealand**