

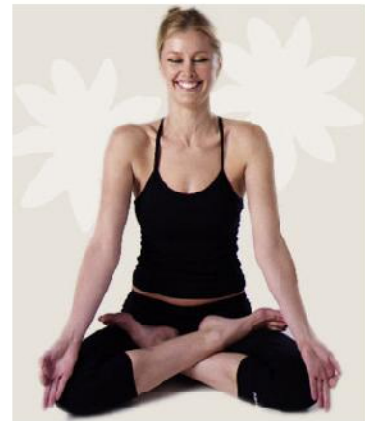
SUMMER RECIPE – Sharnell Lawrence

Be Kind To Your Liver...

With all the festivities of Christmas and New Years we tend to over indulge and before you know it you are starting to feel the not so pleasant effects of all that festive indulgence. A good way to balance out these treats is to try and keep that liver in tip top shape.

The liver is responsible for removing toxins from the body these include excess fat, chemicals, alcohol, refined and processed foods that all disrupt liver function. Skin problems, digestion problems, nervous tension, mood swings, gall bladder problems, Candida can result from poor liver function. So you can see how important it is to keep this organ healthy. Following we have put a few recipes and tips together to help that liver stay at 100%:

- ✓ *Fresh lemon juice squeezed into warm water every morning.*
- ✓ *Increase consumption of apples, blackberries, red grapes, beetroot, carrots, celery, leafy greens.*
- ✓ *Bitter foods and herbs are especially important.*
- ✓ *Drink at least 8 glasses of water a day.*
- ✓ *Dandelion root tea is a good coffee substitute.*
- ✓ *Fresh juices daily are a great way to maintain liver function.*
- ✓ *Eat organic vegetables and fruit where possible.*



There is a great book written by Dr Sandra Cabot called *The Liver Cleansing Diet*, its full of delicious recipes and tips for people who are really serious about keeping their liver healthy, or for those who are suffering from a sluggish liver. Here is one of the delicious recipes, great for the bbq. (*The Liver Cleansing Diet Book available instore now \$20.40*)

Spicy Chicken Kebabs

Marinade

1 clove garlic crushed
2 tsp finely grated fresh ginger
2 tbs chopped fresh coriander
½ cup lemon juice

Mango Sauce

1 fresh mango chopped
1tbs parsley finely chopped
1 clove garlic crushed
1 tsp grated fresh ginger
pinch of chilli powder
1 tsp allspice
1 tbs honey

Skewers

2 Free range skinless chicken breasts, cut into cubes
2 large onions cut into pieces bigger enough to skewer
1 large mango sliced
12 mushrooms left whole or halved
1 green capsicum, seeded and cut into pieces big enough to skewer

Method

Combine all marinade ingredients and marinate chicken overnight. Arrange chicken pieces with other ingredients alternatively on skewers.
Grill or BBQ until chicken is golden.

Blend all sauce ingredients until smooth in a blender. Sauce can be served hot or cold. Serve kebabs on a bed of basmati rice with a nice big green salad