

Love Your Liver, Love Your Body!

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As we peel back the layers from the cold winter months, the awareness of our body is at its peak! We start to feel a little more aware of what our body looks like and how we feel in our body. We hope that you make a sustainable and healthy choice for your weight loss journey and establish a healthy relationship with food rather than the norm of our culture...food as our enemy. Let's take our health into our own hands and start making decisions that will last a lifetime!

Your liver plays a central role in the metabolism of any type of calorie. When you gain weight, your liver is flooded by inflammatory metabolic signals coming from your white adipose tissue (stored fat) and your digestive tract (bacterial imbalance, food sensitivities, Candida, leaky gut, autoimmune, etc.). At the same time, your white adipose tissue is unable to store fat fast enough, turning to the primary backup location for fat storage – your liver. Now your liver gets clogged with excess fat, metabolic signals begin to decrease, your waistline expands, and you are at risk for developing far more serious health problems.

This liver problem is not a simple nutrient deficiency issue, although many nutrients can help balance the situation. This is a problem of stagnant fat congesting your liver. The problem spills over into your gallbladder, which is the primary reason 600,000 gallbladders are yanked out of Americans every year.

Your Liver Struggles to Keep Up

If your liver cannot handle the excess fat and sugar (excess carbohydrates), then fat and sugar will pile up in all the wrong places all over your body – hardening your arteries, your brain, and generally accelerating aging across the board. Your liver is the gatekeeper, trying to compensate and rid our bodies of general toxins we are exposed to everyday (GMO Foods, pesticides, stress, excess carbohydrates). The liver also helps aid in healthy hormone balance.

For example, the excess leptin production from white adipose tissue causes a depression in its companion hormone, adiponectin. Low adiponectin in turn causes insulin resistance in your liver, which raises your blood sugar and simultaneously converts sugar to fat in your liver. Now your liver cannot process carbohydrates properly, resulting in easy weight gain or weight regain from eating carbohydrates. Having a fatty liver elevates the risk for type 2 diabetes by 500 percent!

What can we do to break this cycle?

1. Consider a Liver Cleanse

At Fern Life Center we have a nourishing, balanced, whole foods cleanse program to help remove natural toxins from your body when your liver is overloaded. These include pollutants, pesticides and chemicals. Our liver naturally cleanses, however, if it is overburdened this will lead to excess weight.

Liver stagnation can result in:

- Foggy brain
- Fatigue
- Difficulty sleeping
- Indigestion
- Constipation or Diarrhea
- Low libido
- Skin issues
- Joint pain
- Hormone imbalance
- Mood imbalance

Our program Includes supplementation to support Phase 1 and phase 2 detox processes in the liver, 1 colon hydrotherapy, Pre and post cleanse Bioelectrical Impedence Analysis, Unlimited sauna, recipes and more!

To inquire about this program, call Fern Life Center 425-445-3816.

2. Infrared Sauna

Toxins are stored in the fat, so removing those toxins (especially via sweating) assists in weight loss. Saunas help to accomplish detoxification in the following manner: A layer of fat and oil exists just below the surface of the skin. Far Infrared heat from the sauna increases the skin temperature, causing those fats and oils to "melt" and move out of the skin's oil glands. As sweat and oil are secreted, the toxins dissolved in them are secreted as well. By excreting these toxins and then washing them off your body, your toxic load is lowered and cellular health improves. Drop-in during normal business hours (9 am- 5 pm M - T, 9am-3pm F), or to ensure you have access to the sauna when you need it, go to [book an appointment online](#) and schedule your appointment yourself. It's amazingly easy and quick, and you'll receive confirmation in seconds! Just go to Fernlifecenter.com to book an appointment.



3. Colon Hydrotherapy

Originally, we were only supposed to absorb the life giving minerals through the colon wall. Today, poisonous concoctions from food additives, artificial fertilizers and pesticides on our food crops, polluted water and air etc. are absorbed as well. If we don't have a bowel movement, and the toxic waste sits in our colon, we reabsorb those toxins. Many people think one bowel movement a day is healthy, but in reality we should be having 2-3 a day.

Modern medical procedures such as x-rays, scans, and even autopsies reveal that the majority of people are chronically constipated.

The average waste build up in the colon is 5-15 pounds!

What does the process look like?

Colon hydrotherapy is a safe, effective method of removing stagnant waste from the large intestine. By introducing purified, temperature and pressure regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. During a treatment several fill and empty cycles of the colon are performed within an average treatment time of 45 minutes.

At Fern Life Center we strive to make your treatment as relaxing and effective as possible. We use hot massage stones, belly massage with essential oils, aromatherapy and a session catered specifically to our patients' needs. When getting a treatment our patients have the option to add an implant to their session. Implants enhance the treatment and assist in any other detox or cleanse our patients may be doing at the same time.

4. Ideal Protein

Maintaining a stable weight after dieting often requires changes to your lifestyle habits. This is why Ideal Protein strongly emphasizes education and understanding. You must learn to eat "smarter" or risk regaining your lost weight. Therefore, when you begin our program you will be assigned a personal weight loss coach. Your coach will assist you through each of the 4 phases of the Ideal Protein method. In phases 1 & 2 your coach will help you set your weight loss goals and support you on that journey. In phases 3 & 4 your coach will shift focus to weight stabilization and post diet living, teaching you weight maintenance habits that may assist you in keeping the excess pounds off after dieting. Ideal Protein offers NON-GMO biological protein foods (60 varieties), which help support muscle mass and teaches smarter eating



habits and lifestyle choices to maintain a stable weight after their weight loss goal is achieved.

Call us at (425) 391-3376 to schedule an appointment!

5. **Bioelectric Impedance Analysis:** It's important when losing weight to understand what you're ratio of fat and lean body mass is. Our nutritionists are able to conduct this test and make sure you are on track...and not breaking down muscle for energy which would slow down your metabolism. Read more about BIA here: *please hyperlink to BIA here.*
6. **Food Sensitivity Testing:** If you have any of the above symptoms, it's very likely you also have food sensitivities, even if it's not obvious. When we have food sensitivities, inflammatory signals surge and our body stores the "food toxin" as fat or burdens our liver to flush them out of our body. Call Fern Life Center, if you're interested in having your food sensitivities tested.
7. **Hormone Testing:** Schedule an appointment with [Kristen Brown, ARNP](#) to have your hormones properly assessed.
8. **Sleep:** In order to produce healthy hormones to support weight loss, we must sleep an average of 7-8 hours a night. This will help to control your hunger and satiety and give correct signals to your brain to tell you that you're hungry or you're full.
9. **Stress:** Hypnotherapy with [Kelly Bennett Aurdahl](#) and [meditation classes](#) with Ajayan Borys.