

The Liver ~ The Seat of Our Attention

These are all suggestions on how to compensate for the heat produced by the liver, resulting in unsteady attention. However, you have to find out for yourself what works best for you, eliminating certain foods or adding others. Everybody has a different metabolism.

Cooling

Drinks & Beverages

- * [Lots of water](#) at room temperature.
- * [Sugar water](#): A glass of water with as many spoons of sugar as you wish (use cane sugar). Best is to drink it on an empty stomach in the morning before meditation. As a rule sugar water or sweet drinks (kokum & radish leave tea) should be taken separately from meals – one hour before or two hours after.
- * [Pure grape juice](#)
- * [Pure elderberry juice](#)
- * [Radish leaf tea](#): Use organic radishes if possible. Boil a bunch of leaves with 2 cups of water until 1 cup of water has evaporated. Let it cool, add cane sugar and drink throughout the day (A very good treatment for hepatitis).
- * [Kokum](#): Black kokum is a type of fruit which can be bought from most Indian stores. They look like prunes but be warned, they are not sweet! The best way to use them is to make a drink out of them by pouring boiling water over a small handful in a jug, with about the same quantity of cane sugar. The mixture should be left overnight and drunk the next day as a normal beverage in place of tea or coffee.
- * [Green tea](#)
- * [Redbush \(Rooibush\) tea](#): Both give energy but do not harm the liver.
- * [Lassi](#): An Indian yogurt drink. Blend yogurt, water and cane sugar (add berries for a wonderful treat!). Lassis are wonderfully cooling for hot summer days but should be avoided at nighttime and winter.

Fruits

- * [Bitter fruits](#): all bitter foods are cooling for the liver.
- * [Grapefruit](#)
- * [Grapes](#)
- * [Berries](#) (all kinds)
- * [Rhubarb](#)
- * [Cherries](#)
- * [Peaches](#)
- * [Watermelons](#)

Carbohydrates

- * [Whole grain breads](#)
- * [Rice](#): A wonderful food which can be prepared in all sorts of ways (combined with garbanzo beans and moong dhal).
- * [Oatmeal](#)

Proteins

- * [Garbanzo beans](#): Prepare by washing and soaking in salt water overnight. In the morning discard the water and cook the beans in fresh water with fresh ginger pieces until soft (soaking it overnight prevents gas in the stomach). Mix or mash with herbs or vegetables of your choice.

- * **Moong dhal:** Is an Indian lentil (only Moong Dhal is cooling for the liver, all other lentils are not advisable).
- * **Chicken:** Chicken (white meat) in small amounts has neither a cooling nor heating affect on the liver.
- * **Eggs:** soft or hardboiled, in moderation

Milk Products

- * **Yogurt:** is extremely cooling, but avoid at nighttime and in winter
- * **Mozzarella**
- * **Goat Cheese** (in moderation)

Vegetables

- * In general vegetables should be **steamed or boiled**
- * **Raw vegetables should be eaten at midday** as they are harder for the liver to digest
- * **Cucumbers:** combined with yogurt and garlic is a double cool treat
- * **Radish**

Oils

- * **Cold olive oil:** on your food after cooking

Herbs & Spices

- * **Ginger:** ginger in almost any form is good for the liver. Take some in the morning in a spoon mixed with sugar followed by a glass of water (should be done in winter only).
- * **Garlic**
- * **Cardamom**
- * **Cilantro** (coriander)
- * **Basil**
- * **Ajwan** (an Indian spice)

General Advice

- * Eating habits: Eat small quantities so the liver works less (you can have several meals a day). Have a light dinner early in the evening.
- * Put an ice-bag on your liver. (The liver is on your right side under the rip-cage.)
- * 4-5 am meditation. This is the time of the day when the liver is at rest, making it easier to meditate

Heating

Drinks & Beverages

- * **Sodas: colas, Soft drinks.** They have too many chemicals which disturb the liver. The carbonation takes calcium from our bones and dehydrates us more than hydrate us.
- * **Coffee and black tea**
- * **Alcohol**

Fruits

- * **Apples**
- * **Bananas**
- * **Papaya:** Papaya seeds are OK!!
- * **Mango**
- * **Acidy fruits**

Carbohydrates

- * **White breads, cakes, pastries, cookies.** Everything made out of refined white flour
- * **Potatoes**

Proteins

- * **All red meats**
- * **Fish**
- * **Fried eggs**
- * **All soy products**

Milk Products:

- * **Milk:** all kinds of milk
- * **Cheeses**
- * **Ice cream**

Vegetables

- * **Tomatoes:** due to their acidity they should be eaten in moderation

Oils & Butter

- * in general **no foods cooked in oil or butter**

Herbs & Spices

- * **Cinnamon**

In general to be avoided

- * lots of salt
- * mayonnaise
- * nuts & sesame seeds
- * pickles
- * fried, fatty and oily foods
- * very spicy food
- * packaged food (canned and prepared meals)

- * **worrying, thinking and reacting!**