

Zone 7 — Liver and Gallbladder

The liver is associated with over 300 different functions and plays a vital role in the health of your entire body. Without optimal liver function, several other metabolic systems may be challenged. One of the liver's functions is to metabolize and clear a number of different compounds including:

- Sex hormones
- Neurotransmitters
- Cholesterol
- Toxins

The gallbladder, though not a vital organ, plays important supporting roles for several bodily functions:

- Assists the liver in eliminating toxins
- Supports fat digestion and absorption
- Helps maximize absorption of essential fatty acids and fat-soluble vitamins

The most common causes of liver and gallbladder issues are chronic underconsumption of dietary fat, lack of dietary fiber, not drinking enough water, overconsumption of alcohol, exposure to environmental toxins, overconsumption of sugar (either from obvious sources like sugar sweetened beverages and juice or from added sugars, which are not as obvious), sedentary lifestyle, chronic stress and poor sleep quality and/or quantity.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism and blood sugar management to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and blood sugar management to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus the critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

RECOMMENDED REASSESSMENT: Overall Health Panel (21 markers)

Gives insight to liver function, electrolyte levels, status of several key nutrients, and more. This panel is included as part of the Advanced and Comprehensive Panels. The Foundational Panel includes all markers of this panel except for bile acids.

ALSO CONSIDER: Food Sensitivity Panel

Gain more information about how your body works by testing IgG reactions to 96 common foods. Comes with a CBC panel, which provides insight to nutrient status, oxygen deliverability, and immune system function.

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Minimize sugar intake (especially fructose) for optimal liver health
- Limit alcohol consumption
- Drink plenty of water, mostly away from meals
- Be mindful of environmental toxins and type of toiletries and cleaning supplies you use

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

DESIGNS FOR HEALTH AMINO-D-TOX

- Upregulates liver detoxification pathways resulting in excretion of pollutants
- 2 capsules 3 times daily with meals.

DESIGNS FOR HEALTH LV/GB COMPLEX

- Provides support for liver and gallbladder function by aiding in the elimination of fatty substances from the liver, as well as promoting proper bile flow.
- 1 capsule 3 times daily with meals.

COMPREHENSIVE

D.TOX™ LIFE TIME DETOXIFICATION PROGRAM

- D.TOX is designed to help reduce inflammation and support healthy liver function by improving specific pathways of detoxification and elimination.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Be sure to include active recovery into your routine
- Be mindful of exercise intensity and duration