

# Moving the Wood Element

Ease anger and irritation  
through decisive action  
that's aligned with your  
soul's purpose



Jyllin

Holistic Liberation

## Dietary Focus

- **Eat all things green** like leafy greens (with strong digestion and in spring/summer months eating them raw) and can eat or supplement spirulina, chlorella, wheatgrass and alfalfa grass.
- **Enjoy beetroot, vegetable juices, and raw salads** for nutritional and detoxification support (with digestion strong enough for raw food consumption).
- **Use seeds and their oils** for omega 3, 6 & 9. Grind seeds for increased nutrient absorption and use to make flatbreads, add as egg replacer to baked foods, in salads and as toppers for stir-fries.
- **Avoid saturated fats and oils** (all animal products), fried foods, excessive seeds and nuts — the liver processes fats, so give it proper amounts of essential fats listed above.
- **Remove all and any intake of hydrogenated oil.** These are toxic on every level, especially for the liver. They are used in most restaurants — so limit and/or be mindful about where and what you eat out.
- **Avoid excessive alcohol, tobacco, and toxic substances.** They all strain the liver as well as other bodily systems.
- **Add 1-3 tsp. of apple cider vinegar with 1-2 tbsp. of fresh lemon** to glass of not-cold water. Drink on empty stomach after brushing teeth in morning for liver/gallbladder detoxification.

**Gut  
Microbiome  
Focus**

- **Identify food intolerances and remove from diet** until gut is entirely healed. The most common offenders are gluten, dairy, eggs, corn, and soy. See a functional doctor for help and request testing for intolerances, especially gluten, at [cyrexlabs.com](http://cyrexlabs.com).
- *Unless you have histamine intolerance,* include daily consumption of **prebiotics** in legumes, Jerusalem artichokes, flax seeds, almonds, onion, garlic, berries, oats. Consume **probiotics** daily with any fermented food or drink — ensuring none include ingredients you're intolerant to.

**Herbs  
&  
Supplements**

- **Supplement or drink tea with milk thistle** to regenerate liver cells. Can be used before bingeing on liver-harmers to reduce liver-damage and hangovers and is helpful for PMS and menstrual cramps.
- **Supplement or drink tea with burdock root and dandelion root** to support liver detoxification and to help with hangovers, PMS and menstrual cramps.
- **Supplement or add turmeric** to foods, juices, or teas. Increase absorption with heat (cooking) or combined with essential fat. Limit combining it with black pepper — it's then too activated and strains the liver.
- **Supplement B-complex:** high quality, preferably activated. And/or **enjoy nutritional yeast** in salads, soups, topper on foods, or as vegan "cheese" base.