

Health & Wellness

May
2025
Issue 8

Liver Health

This month's Health & Wellness topic is **Liver Health**. We're going to go over good nutrition to keep your liver healthy, foods to avoid, tips for a healthy liver, and debunking some myths surrounding liver health.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's May Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

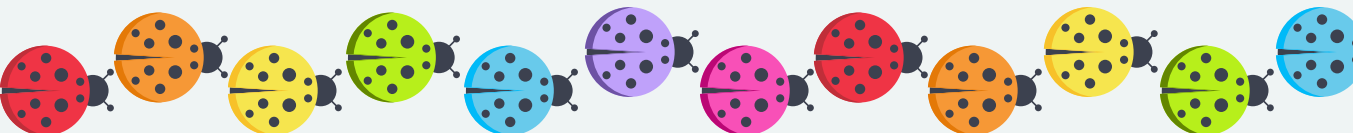
Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Liver Health

Introduction

Maintaining liver health is key to our body's ability to **filter toxins** and **chemicals** that pass through the body.

But how do we do that?



A healthy diet rich in fruits, vegetables, lean proteins, and whole grains is needed for liver health.

Focusing on **whole foods**, limiting **processed foods** and **sweet drinks**, and incorporating **healthy fat** can promote adequate liver function.

Liver Health

The liver helps power your body by **storing** and **releasing energy** for when you need it.

Your liver **converts food** into the **nutrients** that your body needs.

It is important to make **food choices** that make your liver healthy.

Your liver processes **everything** you eat and drink all day long.

Too much **sugar** and **saturated fat** or too much **alcohol** can cause **fat** to **build-up** in the liver.

When it is **fatty**, the liver cannot perform it's functions and can become **damaged** over time.

Good Nutrition for a Healthy Liver

Lean Protein

- Helps with **liver repair** and **regeneration**
- Found in foods such as fish, tofu and legumes

Healthy Fats

- **Unsaturated fats** like omega-3s help **reduce inflammation** and support liver health
 - Found in fatty fish, flaxseeds, walnuts

Fiber

- Supports **digestion** and helps prevent **fat buildup** in the liver
- Fruits, vegetables, and whole grains are excellent sources

Magnesium

- Regulates **liver enzyme function** and supports **detoxification**
- Leafy greens, nuts, seeds, and whole grains are good sources

Antioxidants

- Help **protect** the liver from damage
- Berries, cruciferous vegetables, and green tea

Cruciferous Vegetables

- Provide **vitamins** and **minerals**, including Vitamin K, which the liver uses for **blood clotting**
- Broccoli and Brussels sprouts, contain compounds that aid in liver detoxification

Foods to Limit **or** Avoid



Processed Foods

Contain high levels of **unhealthy fats, sugars,** and **sodium**, which can make the liver work harder

Sugary Drinks

Too much sugar can lead to **fatty liver disease**

Saturated and Trans Fats

Can contribute to **fat buildup** in the liver

Excessive Alcohol

Can **overwork** the liver and can lead to **fat accumulation, inflammation,** and **scarring**

Additional Tips

Do Not Skip Meals or Overeat

Moderation and balance
is key to good nutrition

Stay Hydrated

Water is essential for **flushing
toxins** and keeping the liver
functioning correctly

Drink **6 to 8 glasses** of fluids
(preferably water) a day

Regularly Choose a Variety of Whole Foods

Fruits and vegetables, protein
sources, whole grains, dairy,
and sources of healthy fat

Eat Small, Regular Meals

Helps prevent **overeating**
and improves **digestion**

Additional Tips

Consider the Mediterranean Diet

Emphasizes fruits, vegetables, whole grains, and healthy fats, which are all beneficial for liver health

Wash Fruit and Vegetables Before Use to Remove Pesticides

Avoid washing too far ahead of time to reduce sweating or spoilage

Eat More Fresh Fruits and Vegetables

Brightly colored ones with deep bright pigments such as oranges, yellows, reds and greens

Consult with a Healthcare Professional or Dietitian

Can provide **personalized dietary recommendations** based on your specific needs and health conditions

Debunking Myths About Liver Health

The liver is one of the most vital organs in our body, responsible for **natural detoxification**, **metabolism**, and countless other functions essential for our well-being.

However, there are many **misconceptions** surrounding liver health that can lead to **confusion** and **unnecessary concern**.

Let's explore some common **myths** and separate facts from fiction when it comes to caring for your liver.

Myth #1: "Liver Detox Diets and Cleanses are Necessary"

Fact: While it's true that the liver plays a crucial role in detoxifying the body, it **does not require** special diets or cleanses to function optimally.

The liver **naturally eliminates** toxins from the body through processes such as **filtering blood** and **producing bile**.

Instead of detox diets or drinks, focus on maintaining a **balanced diet** rich in fruits, vegetables, lean proteins, and whole grains as well as **exercise** to support overall liver health.

Myth #2: “Alcohol or Drug Use are the Only Causes of Liver Damage”

Fact: It's true that excessive alcohol consumption and drug use can lead to liver damage, including conditions like **steatotic** (fatty) liver disease, **hepatitis**, and **cirrhosis**; however those are not the **only** causes.

You can be **born** with liver disease, develop it from what you **eat and drink**, develop an **autoimmune liver disease**, contract a **virus**, or even develop it for **unknown reasons**.

Myth #3: “Liver Damage Shows Immediate Symptoms”

Fact: Unlike some organs, the liver can often **function normally** even when damaged, showing **few or no symptoms** in the **early stages** of disease.

Symptoms such as **fatigue**, yellowing of the skin (**jaundice**), **abdominal pain**, and **swelling** may appear only when liver damage is **advanced**. **Regular check-ups** and maintaining a **healthy lifestyle** are key to **detecting** and **preventing** liver problems early.

Myth #4: “Liver Supplements Can Cure or Prevent Disease”

Fact: There is **no** magic pill or supplement that can cure liver disease or prevent damage **on its own**. In fact, many supplements are **unregulated** and can **negatively affect** liver health.

Always make sure to consult with your **medical team** before starting a new medication or diet on your own.

Understanding the **truth** about liver health is **crucial** for making **informed decisions** about your **lifestyle** and **well-being**.

By debunking myths and embracing facts, you can take **proactive steps** to support your liver through a **balanced diet, regular exercise**, limiting **alcohol intake**, and **staying informed** about your health.

Information adapted from:

<https://liverfoundation.org/health-and-wellness/healthy-lifestyle/liver-disease-diets/#0-debunking-myths-about-liver-health>

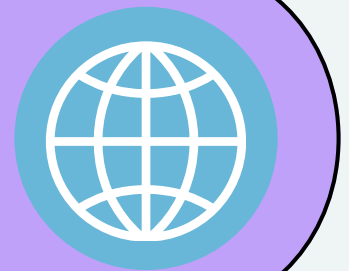
WRAP UP

A healthy liver is **crucial** for overall well-being because it performs **hundreds** of essential functions, including **filtering toxins**, **processing nutrients**, and **maintaining blood clotting**.

Liver health is **vital** for **detoxification**, **digestion**, **metabolism**, and maintaining **overall bodily health**, including **blood sugar levels**, **vitamin storage**, and **immune responses**.

Keeping our liver healthy with a balanced diet keeps our body running and processing efficiently.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

			5	1	2		6	
2	5					9	1	
1	7				6		5	8
				8		1		
5	1		3		4		9	6
		2		6				
9	2		4				8	7
	4	3					2	1
	6		2	7	1			

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

RIDDLE OF THE MONTH

What kind of coat is always wet when you put it on?

WORD SEARCH

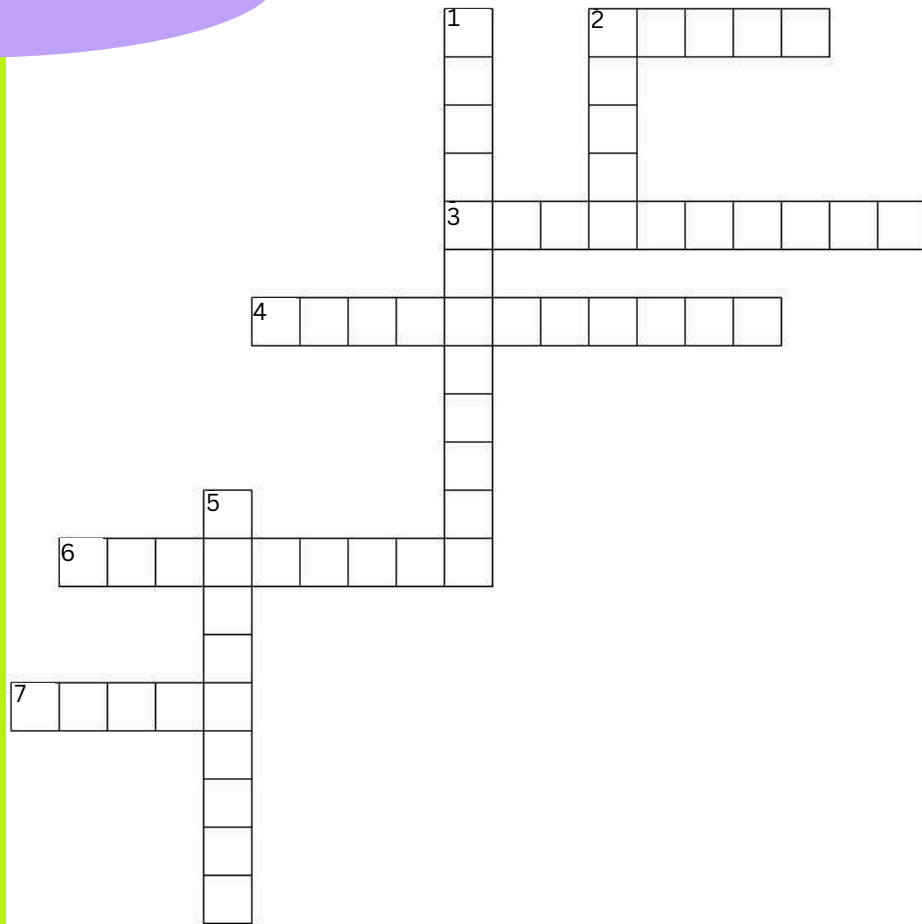


O H X L T U X W Z S E A N K Q
 I X I S E W N B B U L M V F G
 K W P G T A I I K G I K Y R K
 D F E Z C J N L F A V A F U M
 U T Y Q P X E P R R E U I I A
 O I A K K T H K R G R W B T G
 D T E M Q K W Y M O F G E S N
 A L C O H O L H D D T R R K E
 F K T Y M X B P A R X E E B S
 S A T U R A T E D F A T I Z I
 T A N T I O X I D A N T S N U
 V E G E T A B L E S Z C E C M
 X W G H W L W G G A E X P D J
 P Q O P A B X T O X I N S B W
 W H O L E G R A I N S T X O R

WORD BANK

Antioxidants	Saturated Fat	Hydrated	Fruits	Sugar
Lean Protein	Magnesium	Alcohol	Liver	
Whole Grains	Vegetables	Toxins	Fiber	

CROSSWORD



HINTS

ACROSS

2. When your liver is this, it cannot perform it's functions and can become damaged over time
3. Eating small, regular meals helps prevent this
4. These types of vegetables provide vitamins and minerals which the liver uses for blood clotting
6. Your liver converts food into these which your body needs
7. You should regularly choose a variety of these types of foods to promote liver health

DOWN

1. These help protect the liver from damage
2. This supports digestion and helps prevent fat buildup in the liver
5. These types of foods contain high levels of unhealthy fats, sugars, and sodium, which can make the liver work harder



Our Picks of the Month

May Recipe: Papas con Chorizo (Mexican Chorizo and Potatoes)

Recipe from: <https://www.allrecipes.com/>

Ingredients:

- 1 ¼ pounds Yukon gold potatoes, cut into 3/4-inch cubes
- ¾ pound fresh Mexican chorizo sausage, casing removed
- salt and ground black pepper to taste
- 1 small onion, diced
- vegetable oil, as needed



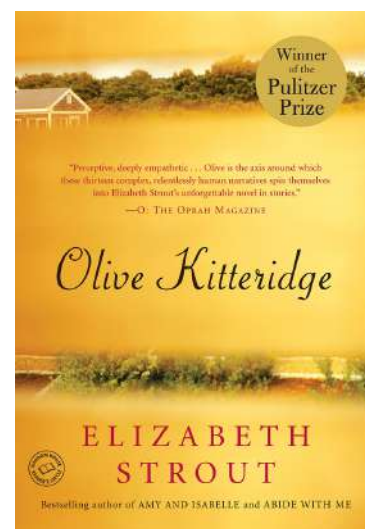
Directions:

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until slightly soft, 5 to 6 minutes. Drain.
2. Cook chorizo in a large skillet over medium-high heat, breaking up any large clumps, until browned, 5 to 6 minutes. Remove chorizo to a paper towel-lined plate using a slotted spoon, reserving about 1 tablespoon grease in the skillet. Add oil if necessary to make up 1 tablespoon.
3. Cook onion in the same skillet over medium heat, stirring occasionally, until they begin to soften and brown, 4 to 5 minutes. Add potatoes to the skillet and sauté until potatoes are lightly browned, 5 to 7 minutes. Stir in chorizo and season with salt and pepper.

Our Book Pick of the Month

Olive Kitteridge by Elizabeth Strout

A collection of 13 short stories centered around the life of a retired schoolteacher named Olive, living in the fictional Maine town of Crosby.



ANSWER KEY

3	9	8		1	2	7	6	4
2		6	8	4	7	9	1	3
1	7	4	9	3	6	2		8
6	3	9	7	8	5	1	4	2
	1	7	3	2	4	8	9	6
4	8	2	1	6	9	3	7	5
9	2	1	4	5	3	6	8	7
7	4	3	6	9	8	5	2	1
8	6	5	2	7	1	4	3	9

Riddle Answer:

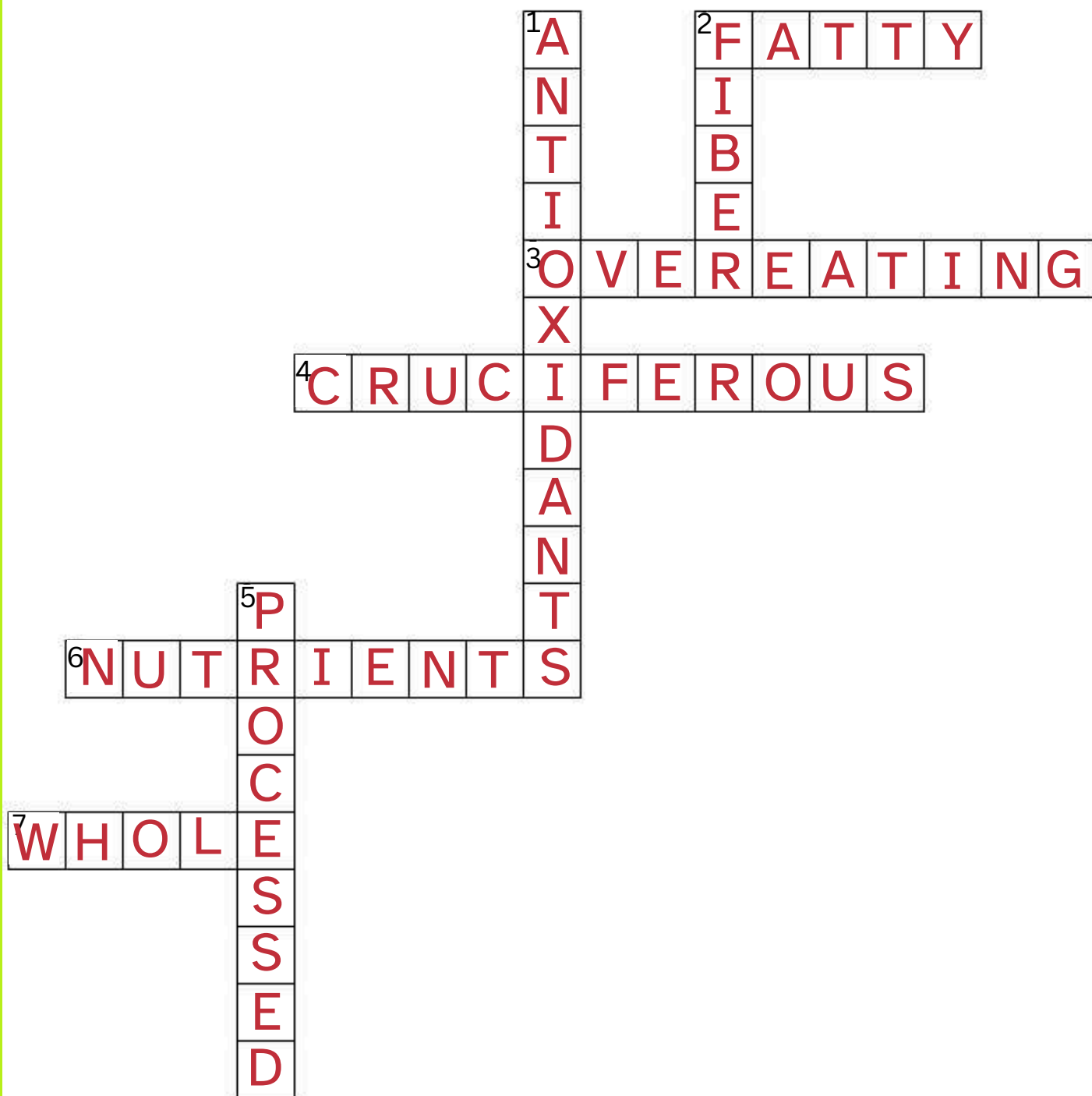
*What kind of coat is always wet
when you put it on?*

Answer : A coat of paint.

ANSWER KEY

O H X L T U X W Z S E A N K Q
I X I S E W N B B U L M V F G
K W P G T A I I K G I K Y R K
D F E Z C J N L F A V A F U M
U T Y Q P X E P R R E U I I A
O I A K K T H K R G R W B T G
D T E M Q K W Y M O F G E S N
A L C O H O L H D D T R R K E
F K T Y M X B P A R X E E B S
S A T U R A T E D F A T I Z I
T A N T I O X I D A N T S N U
V E G E T A B L E S Z C E C M
X W G H W L W G G A E X P D J
P Q O P A B X T O X I N S B W
W H O L E G R A I N S T X O R

ANSWER KEY





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From the Council

News & Events

MAY

22

Senior Dance Party

4 pm - 8 pm

Abbington Distinctive Banquets

3002 Route 53

Glen Ellyn, IL 60137

RSVP: Call 630-812-6750

By May 16th

MAY

26

DSCC/KSC Offices and Sites Close for Memorial Day

All meal sites and offices will be closed on:

Monday, May 26th

Operations resume: May 27th

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



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