THE SCHOOL OF HEALTH

Nurturing the Hepatic System

How Dietary Sulfur and Bitters Support Liver Health

A practical, plant-powered guide to the liver, bile, sulfur-rich foods, bitters, and a 14-day routine.



EAT IN DUE SEASON, FOR STRENGTH, AND NOT FOR DRUNKENNESS!

Eccl. 10:17

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AT A GLANCE

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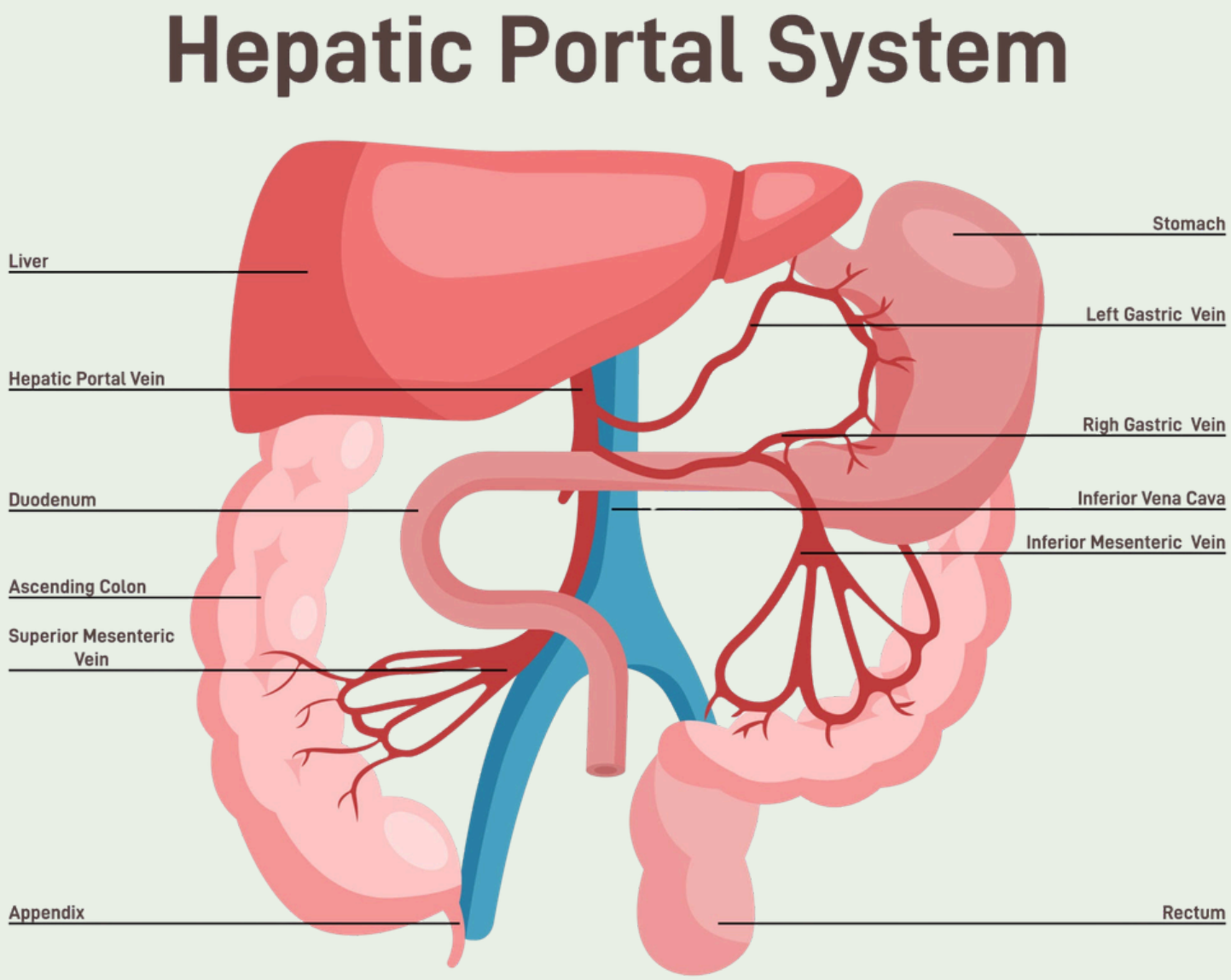
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WHAT IT DOES

Your Body's Ultimate Super-Factory

Imagine your liver as a super-busy factory and cleaning machine inside your body! Working alongside its helper team—the gallbladder, tiny bile tubes, and blood vessels—the hepatic system performs **over 500 different jobs** non-stop around the clock to keep your entire body healthy.



WHAT IT DOES

The Super-Team's Main Jobs

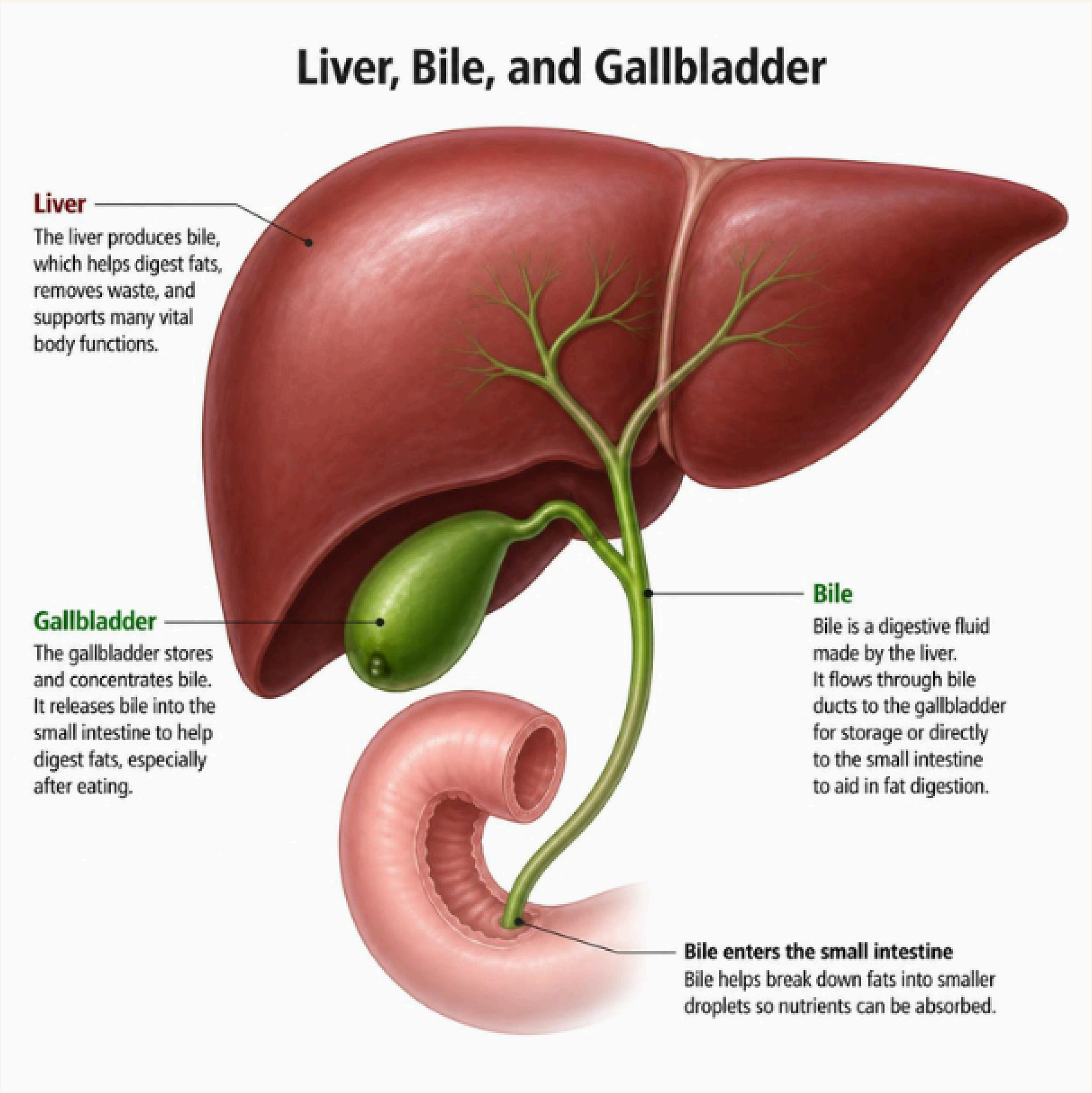
1 · The Food Power Plant (Energy & Fuel)
It inspects blood straight from your stomach and breaks down carbs, fats, and proteins into energy so you can run, jump, and play. It keeps your metabolism running smoothly and even saves extra energy in a tiny "fuel tank" for later.

2 · The Cleaning Team (Detox Helper)
It works like a giant filter and cleanup crew to break down waste before it causes trouble. It catches yucky waste, neutralizes bad stuff, and turns toxins into safe liquids so your body can easily wash them away.

3 · The Super-Juice Maker (Bile)
It makes a special green liquid called bile. Bile works like dish soap to break down fats so your body can soak up essential vitamins (A, D, E, and K) for strong bones and eyes!

4 · The Storage Vault & Builder
It stores backup vitamins and minerals for when you run low, while manufacturing special blood proteins that help heal cuts and keep your blood flowing right.

Liver, Bile, and Gallbladder



How Sulfur & Bitters Support the Hepatic System

Your liver works hard non-stop, but it needs the right tools to do its heavy cleaning! Eating **sulfur foods** and **bitter greens** gives your liver the exact tools it needs to keep running smoothly.

1. Sulfur: The Scrubbing Soap and Shield
Sulfur is a super-nutrient hiding in veggies like garlic, onions, broccoli, and Brussels sprouts.

• **Builds an Armor (Glutathione):** Sulfur creates a special shield called glutathione that stops harmful substances from hurting your liver while it works.

• **Turns Oil into Water:** Some waste inside you is oily and stubborn. Sulfur locks onto that waste and transforms it into water so your body can easily flush it out.

• **Wakes Up Cleanup Enzymes:** It acts like an alarm clock, waking up your liver's cleanup crew so they work super fast.

Plant-based anchors: garlic · onions · broccoli · Brussels sprouts

How Sulfur & Bitters Supports the Hepatic System

2. Bitter Foods: The Water Hose
Bitter foods like dark leafy greens (kale, arugula, spinach) taste sharp, but they trigger a cool reaction inside you!

- **Sends Signal to Stomach and Liver:** The second your tongue tastes bitterness, it sends a quick message straight to your digestive system: "Heads up! Time to process food!"

- **Pumps the Bile Juice:** Bitters tell your liver to make fresh green bile juice and order your gallbladder to squeeze it out into your intestines.

- **Unclogs the Pipes:** The extra bile acts like a running hose, washing away fat, heavy metals, and trapped waste so your internal pipes stay clean.

Bitter plant-based choices: kale · arugula · spinach · dandelion greens · artichokes

WORKING TOGETHER

The Ultimate Cleaning Team

While sulfur scrubs off the sticky dirt, bitter greens turn on the hose to wash it all down the drain. Together, they make sure your body's cleanup crew never gets backed up!

“Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.”
Psalms 51:7

FOOD GUIDE

Sulfur-Rich Plant-Based Foods

SUPER-PACKED FOODS (HIGH SOURCES):

- **Garlic:** Crushing garlic unlocks allicin, a powerful helper that fuels your liver's cleaning enzymes.
- **Onions & Leeks:** Full of natural sulfur compounds that help repair and refresh liver cells.
- **Brussels Sprouts & Kale:** Packed with compounds that break down into sulforaphane, turning on your body's built-in antioxidant defenses.

EVERYDAY POWER FOODS (MEDIUM SOURCES):

- **Broccoli & Cauliflower:** Help maintain a steady, daily supply of glutathione (your body's master protective shield).
- **Cabbage & Radishes:** Provide the sulfur needed to keep phase II liver cleaning pathways running.
- **Tofu & Soy Products:** Soy foods that supply essential protein building blocks (cysteine and methionine) to keep cells strong.

GENTLE BOOSTER FOODS (LOW SOURCES)

- **Legumes (Lentils, Black Beans Chickpeas & Kidney Beans):** Give your body a steady baseline of sulfur protein building blocks.
- **Nuts & Seeds (Almonds, Walnuts, Sunflower Seeds & Sesame Seeds):** Provide smaller background amounts of key sulfur amino acids.
- **Whole Grains (Oats, Brown Rice, Quinoa, Whole Wheat):** Provide small amounts of sulfur-containing proteins that help make meals more balanced.

Bitter Plant-Based Foods

SUPER-PACKED FOODS (HIGH SOURCES)

- **Dandelion Greens:** Contain bitter plant compounds that trigger your liver to pump out fresh bile juice.
- **Radicchio & Endive:** Bitter leafy greens that kickstart digestive juices and support natural liver cleansing.
- **Mustard Greens & Arugula:** Feature a sharp taste that signals your digestive track to keep food moving smoothly.

EVERYDAY POWER FOODS (MEDIUM SOURCES)

- **Grapefruit Pith:** The white part of the peel contains naringin, a bitter compound that helps guide liver enzyme activity.
- **Artichokes:** Contain cynarin, which boosts bile production and helps protect liver cells from fat buildup.

GENTLE BOOSTER FOODS (LOW SOURCES)

- **Cranberries & Pomegranates:** Offer mild bitter tannins that keep your gut and liver working well together.
- **Cucumber Skin:** The dark green peel gently gets your mouth watering and activates early digestion.

Improving Absorption

Helpers the Body Needs to Use Sulfur and Bitter Foods

Our bodies need certain vitamins, minerals, and healthy digestion to properly use the helpful substances found in sulfur-rich and bitter foods.

1. Molybdenum (in legumes and whole grains)
It's a tiny mineral that helps your body turn unsafe parts of food into harmless ingredients it can actually use.

2. Vitamin C
This vitamin acts like a shield. It keeps your body's helpful clean-up crew from wearing out too fast so your liver can keep using them.

3. Zinc & Vitamin B6
These work like little helpers that turn food into special power-ups your body needs to stay healthy and work right.

4. Chewing & Healthy Stomach Acid

- Chewing: Biting your food well unlocks healthy powers hidden inside vegetables like broccoli.
- Stomach Acid: Good stomach acid sends high-fives to your insides so your body knows how to break down your food properly.

QUICK REFERENCE

Summary Chart: Sulfur and Bitter Sources for Hepatic Health

Nutrient Category	Concentration	Plant-Based Food Examples	Key Hepatic Mechanism
Sulfur	High	Garlic, Onions, Leeks, Brussels Sprouts, Kale	Provides allicin and sulforaphane, which may help the body's detoxification process and support the production of glutathione.
	Medium	Broccoli, Cauliflower, Cabbage, Radishes, Tofu	Maintains steady baseline sulfur amino acids; supports cellular repair and antioxidant defenses.
	Low	Lentils, Black Beans, Chickpeas, Kidney Beans, Pea Protein; Almonds, Walnuts, Sesame Seeds, Sunflower Seeds; Oats, Brown Rice, Quinoa, Whole Wheat	Provides small amounts of methionine and cysteine, which help support normal protein balance in the body.
Bitters	High	Dandelion Greens, Radicchio, Endive, Mustard Greens, Arugula, Horseradish	Activates bitter-taste receptors, which may help increase bile production, cause the gallbladder to release bile, and help move substances through the body more quickly.
	Medium	Grapefruit Pith, Globe Artichokes, watercress, Bok Choy	Contains compounds called cynarin and naringin, which may help the body process fats and keep bile moving properly.
	Low	Extra Virgin Olive Oil, Raw Cranberries, Cucumber Peel, Dark Romaine Lettuce	Provides small amounts of tannins and catechins, which may help support healthy movement and communication between the gut and liver.

PLAN AHEAD

Why Planning Your Meals Matters

Planning what you eat ahead of time makes it easy to give your body what it needs every single day. Your body loves routine, colorful foods, and eating on a regular schedule!

- **Gives Your Liver a Break:** Spreading healthy foods—like vegetables—throughout the week keeps your body from getting run down. It helps your liver clean out waste easily without getting tired out.
- **Keeps Your Digestion Working:** Eating plenty of plants and leafy greens keeps food moving smoothly through your body. This makes sure unwanted waste leaves your body instead of getting trapped inside.
- **Saves Time and Energy:** Knowing what you are going to eat means you don't have to stress about guessing. It stops you from reaching for unhealthy snacks when you are hungry and keeps food from going to waste!

ROUTINE

The 14-Day Plant-Based Menu · Week 1

This complete, 100% plant-based menu is structured to seamlessly weave in hepatic-protective foods alongside other wholesome grains, legumes, and produce.

Key target foods containing Sulfur or Bitters are highlighted in bold below to demonstrate how simple it is to build your routine around them.

Day 1

Breakfast: Fresh fruits - grapefruit, strawberry, pineapple, French toast drizzled heart warming blueberry sauce served with scrambled **tofu** (from subscription).

Dinner: Salad - **Spring Mix**, tomato, cucumber, carrot, **argula** drizzled with French dressing. Potato **Leek** soup topped with green onions, served with **garlic bread** and steamed **broccoli.**

Day 2

Breakfast: Fresh Fruits - kivi, apples, grape, **orange**, **pomegranate**. **Waffles** (wheat) with Strawberry sauce (EWF), served with Eden Way **Sausages** (EWF) and prunes.

Dinner: Salad - Lettuce, tomato, **cucumber**, **red onions**, avocado, drizzled with Eden Way Seasoning and **sesame oil**. Plant-based **Garlic**-Ginger Stir-Fry with **tofu** squares, **bok choy**, **onions**, carrots, and snap peas over **brown rice**.

Day 3

Breakfast: Fresh fruits - **cranberries**, pears, nectarines, grapes. Tater Casserole (EFW) topped with salsa and plant-based sour cream.

Dinner: Salad - Lettuce, Tomato, **cucumber, radish**, avocado, drizzled with ranch dressing. Hearty **chili** (kidney beans) served with cornbread and **dandelion greens**.

Day 4

Breakfast: Fresh fruits - **grapefruit,** mixed berries, apples. Creamy Coconut Grits served with scrambled **tofu** and **whole wheat toast** (EWF).

Dinner: Salad - Massaged **Kale**, tomato, cucumber, **red onions** avocado drizzled with pesto dressing. **Lentil Walnut Loaf** with gravy and sautéed **onions** served with roasted sweet potatoes and **brussel sprouts.**

Day 5

Breakfast: Fresh Fruits - mixed berries, apples, pineapple, **orange** Breakfast potatoes made with onion, garlic bell peppers, served with Eden Sausage (EWF).

Dinner: Salad - Lettuce, tomato, **cucumber**, **red onions** with sliced **almonds**, drizzled with Eden Way seasoning (EFW) and olive oil. **Karl Stew (contains pea protein and chickpeas)** (EWF) served with brown rice (EWF) and steamed **cabbage**.

Day 6

Breakfast: Cranberries, strawberry, apples, banana. **Whole-grain pancakes** (MOL Website) topped with a warm blueberry sauce and a tablespoon **sunflower seeds.**

Dinner: Spring Mix, tomato, **cucumber**, carrot, **arugula** drizzled with pesto dressing. BBQ Soy Curls (EFW) served with Mac & Cheese (EWF) and grilled **collard greens.**

Day 7

Breakfast: Fresh fruits - **grapefruit**, mixed berries, pears, banana. **Chia seed** pudding parfait (made with soy milk or coconut milk, vanilla) layered with fresh **blueberries**, fresh **strawberries**, and **Almond** Cashew Krunch (EFW) **granola**.

Dinner: Lettuce, tomatoes, **cucumber**, **artichoke**, **olives**, drizzled with Eden Way Seasoning and toasted sesame oil. **Whole wheat** wrap stuffed steamed quinoa, black beans, plant-based cheese shredded **lettuce**, lied, sliced tomatoes, olives (vinegar-free) drizzled a creamy **garlic** sauce served with roasted **cauliflower**.



ROUTINE

The 14-Day Plant-Based Menu · Week 2

DAY 8

Breakfast: Fresh fruits - **grapefruit**, strawberry, pineapple. **Mango Crisp** served with **tater tots** and **tofu** bites (tofu bites tossed with **sautéed onions**, bell peppers, plant-based stock).

Dinner: Salad - Lettuce, **radish**, tomatoes, **cucumber**, carrots, **olives** (vinegar-free), drizzled with ranch dressing. **Lentil** Shepherd's Pie served with **collard and mustard greens**.

DAY 9

Breakfast: Fresh Fruits - **pears**, apple, grape, banana. Creamy **Oatmeal** topped with a spoonful of **sunflower seeds**.

Dinner: Salad - **Spring mix**, tomatoes, cucumber, **radish**, **edamame**, drizzled creamy **tahini** dressing. **Sesame Tofu** Noodle Stir Fry made with **tofu bites** (EWF), **bok choy**, carrots, **broccoli**, **onions**, bell peppers- served with **brown rice** or noodles.

DAY 10

Breakfast: Fresh fruits - **mixed berries**, oranges, **kiwi**, banana. Breakfast Quesadilla packed with Eden Way burgers diced, cooked **black beans**, bell peppers, **onions**, plant-based shredded cheese topped with fresh herbs, all in a soft taco shells (EWF).

Dinner: Grain bowl made with **brown rice**, seasoned chick'n strips (EWF), shredded **cabbage**, shredded carrots, tomatoes, and **cucumbers** drizzled with a creamy fajita dressing.

DAY 11

Breakfast: Fresh fruits - **mixed berries**, oranges, **kiwi**, banana. Tofu Omelette (MOL Website) served with breakfast potatoes made with **onions**, **garlic**, bell peppers.

Dinner: Lettuce, tomato, **cucumber**, **red onions**, avocado, drizzled with Eden Way Seasoning and toasted **sesame oil**. Plant-based Parmesan chick'n sliders made Eden Way Foods dinner rolls filled with plant-based mozzarella cheese, marinara sauce (vinegar-free), and chick'n strips (EWF) served with a side of roasted seasoned **cauliflower**.

DAY 12

Breakfast: Fresh fruits-mixed **berries**, mango, **pineapple**, banana. Waffles with blueberry sauce (EWF) topped with **ground chia seed**, served with tofu scramble and **prunes**.

Dinner: Salad - **Lettuce**, tomatoes, cucumber, **chickpeas**, drizzled with Eden Way Seasoning and toasted **sesame oil**. Baked Ziti (EWF) served with a side of steamed **dandelion** made with **onions** and **garlic**.

DAY 13

Breakfast: Fresh Fruits- mixed berries, apple, grape, banana. Tater tot casserole (EWF) topped with salsa and plant-based sour cream.

Dinner: Lettuce, tomatoes, **cucumber**, **artichoke**, **olives**, drizzled with Eden Way Seasoning and sesame oil. Crimson Drumsticks served with corn on the cob and steamed **mixed greens**.

DAY 14

Breakfast: Fresh Fruits - orange, mixed berries, apple, banana. Da'bomb (made with **tofu**) served with warm gravy.

Dinner: Salad - Massaged **Kale**, tomato, cucumber, **red onions** avocado drizzled with pesto dressing. Eden Way Burrittos (contains **brown rice** and **black beans** - EWF) served salsa and plant-based sour cream.

