

5 WAYS TO PROTECT YOUR LIVER

How to Protect Your Liver

Each year, about **42,000 people in the United States are diagnosed with liver and intrahepatic bile duct cancer** (American Cancer Society, 2025).

Located in the upper right part of the abdomen, the *liver* is one of the body's largest internal organs. It processes nutrients from food, stores fuel, detoxifies blood from the digestive tract, and produces bile to help break down fats.

Here are 5 ways you can protect your liver:

Healthy diet

A balanced, fiber-rich diet supports liver health. Eat a variety of foods from all *food groups*, especially fresh fruits, vegetables, rice, and whole-grain bread. Reduce fatty and processed foods to lower the risk of fatty liver disease. For more ideas, see our article "*Foods to Nourish Your Liver.*"



Alcohol consumption

Drinking heavily over time can lead to **alcoholic liver cirrhosis**, where healthy tissue is replaced with scar tissue. As cirrhosis progresses, the liver loses its ability to filter toxins from the blood. The American Liver Foundation notes that between 10–20% of

heavy drinkers may develop cirrhosis.



Healthy lifestyle

Regular exercise helps maintain a healthy weight, lowering the risk of fatty liver disease and related conditions. Obesity is a key contributor to fat build-up in liver cells and increases the risk of cardiovascular disease. Staying active protects both your *liver* and your overall health.



Manage your medications

Some medications can be harsh on the liver, especially when taken incorrectly or combined with other drugs. Always read labels carefully and check with a doctor or pharmacist before using prescription or over-the-counter medicines. Safe use of medications helps reduce unnecessary liver strain.



Avoid toxins

Limit direct exposure to household chemicals, aerosol sprays, and insecticides, as inhaling or absorbing these toxins can injure liver cells. The liver processes chemicals that enter the bloodstream, and regular exposure may lead to chronic liver disease or cirrhosis. Smoking also harms the liver and raises the risk of liver cancer.



Conclusion

The *liver* is central to your body's ability to process nutrients, remove toxins, and maintain balance. By making mindful choices — from eating well and exercising regularly to limiting alcohol, using medicines wisely, and avoiding toxins — you reduce your risk of liver disease and support long-term health. Small, consistent changes today can go a long way in keeping your liver strong tomorrow. PRIME

Author

PRIME

PRIME Magazine

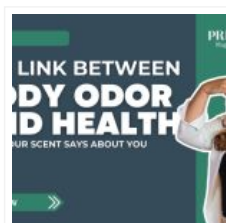
PRIME is a bi-monthly health and lifestyle magazine for those aged 40 and above. Published since 2006 by Spring Publishing, it features inspiring cover stories of celebrities, as well as other health and lifestyle information. Prime has also featured leading celebrities such as Brad Pitt, Matt Damon, Tom Hanks, Julia Roberts, Angelina Jolie, Kate Winslet, Mary Buffett, and many others.

Each issue contains a Special Feature that covers a specific theme or topic, a Cover Story, an Ask the Doctor section (where doctors answer readers' questions), Nutrition and Well-being segments, and Leisure and Lifestyle content.

Celebrate your best years with Prime today!

[View all posts](#) [✉](#) [🔗](#)

You Might Also Like:



The Link Between Body Odor and



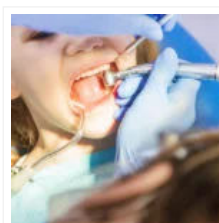
Advances in Retinal Disease Treatment



Cirrhosis – What you need to know



Are you at risk of a heart attack?



Defeating Cavities by Dr Raymond Lim

By PRIME Magazine | September 12th, 2025

Share This, Choose Your Platform!



Related Posts



Eat Your Way to Better Vision 🧐 | Dr. Khor Wei Boon's Top 5 Foods for Healthy Eyes

November 4th, 2025 | 0 Comments



When to Worry About Neck Pain – Dr. Nivan Explains
#PrimeMagazineExclusive

November 4th, 2025 | 0 Comments



The Long-Term Effects of Bone Implants Your Doctors Don't Tell You

October 27th, 2025 | 0 Comments



Beyond the Effect
Dr L

October

LATEST ARTICLES



RECIPES

Nyonya Babi
Pongteh
Shepherd's Pie



NUTRITION & WELL- BEING

Health Benefits of Pistachios:
The Weight-Wise Snack for
Energy and Heart Health

OUR ARTICLES

Health

Recipes

Lifestyle

Beauty & Aesthetic

Prime Interview Series

Nutrition & Well-being

A PUBLICATION OF



FOLLOW US ON



To God Be The Glory!

Copyright 2025. Spring Publishing Pte. Ltd. All Rights Reserved.