

Protect Your Liver

When Working With Chemicals

(For beauty specialists, cleaners, painters, builders, and more)

Disclaimer

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This guide is designed for anyone working with chemicals daily—hairdressers, nail technicians, aestheticians, cleaners, painters, builders, and similar professions. These roles involve regular exposure to solvents, dyes, vapours, acrylics, glues, fragrances, and airborne particles, all of which can add extra workload to your body's natural detoxification systems, including the liver.

This guide explains how to protect and support liver health while continuing to work safely in environments with chemical exposure.

Summary

- Risks in Professions with Regular Chemical Exposure
- Why is it necessary to protect the liver?
- How to take care of the liver?
 - Sleep
 - Nutrition
 - Physical activity
 - Supplementation
- How to create a supplementation plan

Harmful Factors in Chemical-Exposure Professions

In today's world, many people work in environments where chemicals are used every day — whether in beauty salons, cleaning services, painting and construction, or other technical fields.

Everyone wants to feel healthy, confident, and well-groomed — first and foremost for themselves, and to feel good in their daily life and around others. This is completely natural and understandable!

Here are some of the most common professions with daily chemical exposure:

- **Hairdresser**
- **Manicure/Pedicure specialist**
- **Makeup artist**
- **Aesthetician**
- **Permanent makeup artist**
- **Sales consultant**
- **Cleaner**
- **Painter**
- **Builder/construction worker**
- **Technicians who work with solvents, glues, paints, or cleaning agents**

Exposure to harmful substances

Anyone working in these fields comes into contact with various chemicals every day. Common sources include:

- Inhaling vapours from nail polishes, hair dyes, solvents, setting sprays, paints, cleaning agents, anaesthetics, etc.
- Handling thermal paper receipts
- Exposure to heavy metals (found in some cosmetics, paints, and perfumes)
- Breathing in airborne particles (dust and micro-particles released during nail filing, hair cutting, sanding, construction work, or painting)

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Because of these factors, these professions can increase overall exposure to chemicals compared with office-based work.

How to tell if you might have chronic intoxication?

There is no single simple test to detect long-term chemical overload. In practice, health professionals use a combination of history, symptoms, and medical investigations to understand what is happening.

Some people with high chemical exposure report symptoms such as:

- Sensitivity or intolerance to vapours from cleaning products, cosmetics, perfumes, paints, medications, or cigarette smoke
- Unusual reactions to medications or supplements
- Intolerance to caffeine, alcohol, phenols, salicylates, amines, and similar compounds
- Constant fatigue or weakness
- Low tolerance to physical or emotional stress
- Various types of skin rashes
- Swollen eyelids or dark under-eye circles
- Mood swings, anxiety, or low mood
- Difficulty learning, memory decline, or trouble multitasking
- Headaches or ringing in the ears
- Reduced fertility or pregnancy complications
- Frequent infections, weakened immunity, or recurrent fungal infections
- Sleep disturbances
- “Brain fog”

Note!

These symptoms are non-specific and can have many different causes — including hormonal, thyroid, nutritional, autoimmune, mental health-related, or infections. They don't automatically indicate toxicity or liver issues. A healthcare practitioner can help identify the underlying cause.

Why Is It Important to Support the Liver?

The liver plays a central role in protecting our bodies from both external and internal toxins. Thanks to its unique structure and functions, the liver can process harmful substances, convert them into inactive metabolites, and remove them from the body through the intestines and urinary system.

For someone working in an office, the liver usually deals mainly with:

- Internal toxins and metabolic waste
- Substances absorbed from food and water
- Occasional alcohol intake
- Environmental pollutants (exhaust fumes, smog, etc.)
- Ingredients from cosmetics and household products

However, for those working with chemicals, the liver and detoxification systems must handle all the usual internal tasks plus a constant additional load of external toxins from daily work such as:

- Inhaling vapours from nail products, hair dyes, solvents, sprays, or adhesives
- Breathing in fine particles or dust from filing, sanding, or cutting
- Frequent skin contact with cosmetics, cleaning agents, paints, and chemical solutions

Even with ventilation, masks, and extraction systems, some exposure is unavoidable.

As a result, the liver struggles to process everything fast enough. Detoxification pathways prioritize the most dangerous chemicals first, while other metabolites — including hormones — may be delayed, creating hormonal and metabolic imbalances.

Over time, the liver's resources become depleted, enzyme systems weaken, and if nutrition is poor, other organs start to suffer as well — including the brain, digestive system, skin, lungs, and kidneys.

How does this show up in real life?

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Through various health problems. Many people working with chemicals — experience:

- Gynaecological issues such as endometriosis, fibroids, infertility, pregnancy loss, cysts, and polyps
- Respiratory problems such as asthma, allergies, or seasonal sensitivities
- Skin issues like rashes, eczema, or dermatitis
- Persistent symptoms including headaches, fatigue, low energy, and mood swings

For many, the root cause is the liver and the overall toxic burden on the body.

How to Take Care of the Liver?

It becomes clear that giving your liver a little extra support can be very helpful. Ideally, we would protect it from the constant flood of toxins, but not everyone can change jobs — although it's worth considering if possible.

Even if changing your job is not possible, you can still help your liver by supporting it with the right nutrients and making healthy lifestyle changes. Supplements are useful, but lifestyle adjustments are extremely important. Let's look at the key areas.

Sleep

The liver works continuously to protect the body. But it depends on you to get good, regular sleep, because detoxification processes are most active at night. Nature designed it this way. Even the brain detoxifies mainly during nighttime.

Eating late in the evening can interfere with these processes, as digestion draws energy away from detoxification. To support your liver and overall health, aim to:

- Go to bed before 11:00 PM
- Keep your bedroom well-ventilated
- Maintain a cool room temperature; cover your body with a blanket, leaving your head uncovered if comfortable
- Eat a light dinner 3–4 hours before bed
- Avoid energy drinks, coffee, tea, and sugary foods in the second half of the day

Some people use nutrients such as magnesium, L-theanine, 5-HTP, Tulsi tea, and other natural sleep-supporting compounds. **These are not suitable for everyone**, especially if you are pregnant, breastfeeding, have mental health conditions, or take medication (e.g. antidepressants). Always discuss these with a healthcare professional before use.

Nutrition

Protein

Protein is important for liver and overall health. Without enough protein, many metabolic and detoxification processes slow down.

- As a general guideline, many adults do well aim for at least 1 gram of protein per kilogram of body weight per day, sometimes more depending on activity and goals.
- Include both high-quality animal and plant proteins if your diet allows.

Examples of Protein Sources

(Amounts are approximate and may vary slightly by brand or preparation.)

Food:	Measure:	Protein in grams:
ANIMAL PROTEINS		
Chicken (lean meat)	100 g	30 g
Turkey (lean)/Venison/Fish fillet / steak	100 g	22 g
Beef (lean)	100 g	25 g
Lamb (very lean diced leg meat)	100 g	20 g
Pork (lean tenderloin)	100 g	25 g
Bacon	2 rashers	8 g
Ham	90 g	19 g
Canned tuna	140 g	33 g
Shrimps / prawn	100 g	20 g
Mussel meat	100 g	16 g
Eggs	1 medium	6 g
BEANS, LENTILS AND GRAINS		

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Beans and lentils	1 cup	16 g
Edamame	1/2 cup beans	8 g
Hummus	50 g (1/4 pot)	4 g
Tofu	100 g	8 g
Tempeh	100 g	18 g
Quinoa	1 cup cooked	8 g
Rolled oats	65 g	7 g
DAIRY PRODUCTS		
Milk	1 cup	8 g
Soya milk	1 cup	8 g
Yogurt	1 cup	10 g
Cottage cheese	1/2 cup	15 g
Feta	30 g	5 g
Hard cheese (Parmesan)	30 g	10 g
Halloumi	30 g	7 g
NUTS AND SEEDS		
Pumpkin seeds	30 g	7 g
Tahini	2 tbsp	5 g
Almonds	30 g (25 nuts)	6 g
Brazil nuts	30 g (6 nuts)	4 g
Sunflower seeds	30 g	6 g
VEGETABLES		
Asparagus/Broccoli/Brussels sprouts	100 g	3 g
Beetroot/Courgette/Mushroom	100 g	2 g
Onion/Radish/Lettuce	100 g	0.7 g

Fats

Healthy fats are important for overall health and for proper bile and liver function. Good sources of fats include:

- Fatty fish
- Avocado
- Olives and olive oil
- Nuts and seeds
- Extra virgin olive oil
- Butter
- Ghee
- MCT oil
- Tallow or other animal fats

Carbohydrates

Focus more on **complex carbohydrates** and less on refined sugars.

Complex carbohydrates are made of longer chains of sugar molecules. They digest slowly, provide steady energy, and are rich in fibre, vitamins, and minerals. Examples include:

- Whole grains (brown rice, oats, quinoa)
- Legumes (beans, lentils, chickpeas)
- Vegetables (especially starchy ones like sweet potatoes, carrots, squash)

Simple carbohydrates are single or double sugar molecules. They digest quickly and can cause spikes in blood sugar. Examples include:

- Table sugar, honey, syrups
- Candy, pastries, cakes
- Sweetened drinks like soda

Consuming too much sugar can overload the liver. Excess sugar is converted directly into fat in the liver and muscles, which may lead to non-alcoholic fatty liver disease (NAFLD). This condition can significantly reduce liver function over time.

Fibre

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Fibre supports liver health, blood sugar balance, and daily detoxification.

Why fibre matters:

- Helps bind toxins, excess hormones, and bile acids so they can be excreted
- Feeds beneficial gut bacteria, which support the gut–liver axis
- Slows digestion, stabilising blood sugar
- Supports healthy bowel movements, reducing toxic load

Aim for **25–35 g fibre per day** from:

- Vegetables
- Legumes
- Whole grains
- Nuts and seeds
- Fruits (especially berries)
- Ground flaxseed and chia seeds

A simple tip: **Fill half your plate with vegetables at least twice a day.**

Cruciferous Vegetables (Highly Important for the Liver)

Cruciferous vegetables are especially powerful for liver detoxification because they contain compounds (sulforaphane, indole-3-carbinol) that support Phase I and Phase II detox pathways, helping the liver neutralise and eliminate toxins efficiently.

Examples include:

- | | |
|--------------------|--------------------|
| • Broccoli | • Bok choy |
| • Cauliflower | • Rocket (arugula) |
| • Brussels sprouts | • Watercress |
| • Cabbage | • Radishes |
| • Kale | |

Daily target:

Aim for 150–200 g of cruciferous vegetables per day (roughly 1–2 cups cooked or 2–3 cups raw).

How they support detoxification:

- Stimulate liver enzymes involved in processing chemicals and hormones
- Support safe breakdown of oestrogen metabolites
- Increase glutathione (the body’s master antioxidant)
- Improve detoxification of alcohol, pollutants, and chemical exposure
- Help reduce inflammation

Tip: Lightly steaming cruciferous vegetables maximises nutrient absorption while being gentle on digestion.

Foods to Avoid or Limit

To support your liver and overall health, try to minimise:

- Ultra-processed foods: ready-made breakfasts, chips, snacks, powders, etc.
- Sugary soft drinks (including many “sugar-free” versions if they encourage a sweet taste habit)
- Fast food and junk food, which often use poor-quality oils and additives
- Foods with many preservatives, artificial colours, flavours, and taste enhancers
- Frequent sweets, candy bars, syrups
- Heavily smoked or deep-fried foods
- Trans fats, margarine, industrial sauces, and mayonnaise (homemade versions in moderation are a better option)

Bowel regularity

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Aim for **daily bowel movements** — at least once, preferably twice a day. Good hydration, fibre, movement, and stress management all help. Regular elimination supports overall metabolic balance and comfort.

Physical Activity

Just like any organ in the body, the liver benefits from regular physical activity and moderate exercise. Movement also helps the gallbladder (a muscular organ) and supports circulation and lymphatic flow.

Benefits of physical activity:

- Improves blood circulation
- Boosts lymphatic drainage
- Delivers oxygen more efficiently to cells
- Helps open “dormant” capillaries in both limbs and internal organs
- Supports removal of metabolic waste products

You don't need extreme workouts. Choose activities you enjoy:

- Walking
- Cycling
- Tennis or other sports
- Swimming
- Horseback riding
- Dancing
- Ice skating

The key is consistency. Regular movement over the long term supports the liver, gallbladder, cardiovascular system, and mental health.

Supplements for Liver Support

Important: Before starting any supplement — especially if you have health conditions, take medication, or are pregnant or breastfeeding — consult a healthcare professional.

Supplements can **support** liver function best when combined with good nutrition, regular sleep, stress management, and physical activity.

Supplements cannot compensate for poor lifestyle habits.

Research on many liver-support supplements is still developing. Some are better studied than others, and effects can vary from person to person. The following is **general information**, not a personalised prescription.

Note! You're free to purchase your supplements from any retailer you prefer. If you choose to order through naturaldispensary.co.uk, you can use my practitioner code for a 10% discount **NABU10**.

Lecithin



Lecithin is a phospholipid found in many foods. It may help support bile composition and fluidity, which can be useful for digestion and liver function.

- Often considered “food-like” and generally well tolerated for many people.
- May be helpful for those with [gallbladder issues](#), but this should be discussed with a doctor.

Suggested use:

Common doses are up to about 3 grams per day with meals (for example, 1000 mg three times daily), but follow product instructions and professional guidance.

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Taurine



Taurine is an amino acid that can:

- Support bile composition
- Acts as an antioxidant
- Help stabilise cell membranes

Evidence suggests it may support metabolic and liver health in some contexts, but more research is needed for long-term use in otherwise healthy individuals.

Suggested use:

Often taken on an empty stomach in the first half of the day. Typical supplemental doses are around 500–1000 mg per day for a limited period (e.g. about 2 months), but this should be individualised.

NAC (N-acetylcysteine)



NAC is a precursor to glutathione, it is hepatoprotective, reduces oxidative stress and inflammation, supports all phases of liver detoxification. However, NAC can interact with medications and may influence blood pressure or blood sugar in some people.

Suggested use: 500–600 mg once or twice daily on an empty stomach; course 1–1.5 months. It can also be taken situationally — for example, I take one before going to the hairdresser.

B Vitamins (B-complex):



B vitamins are crucial for:

- Liver enzyme function

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- Energy production
- Nervous system health

Deficiency can affect multiple organs, including the liver.

Suggested use:

A B-complex is usually taken in the morning, with or without food, following manufacturer dosage instructions. Some people are sensitive to higher doses of certain B vitamins, so start cautiously and consult a professional if you have conditions like anxiety, heart issues, or methylation problems.

Sulphur



Sulphur is a cornerstone nutrient for phase II liver detoxification. Without sufficient sulphur, this phase of detox “lags.” While sulphur is naturally found in many foods, supplementation (often MSM) may help support these processes in people with high chemical or environmental exposure, though individual tolerance varies.

It also supports **skin, hair, and nail health**. Sulphur is essential for almost all metabolic and enzymatic processes because many proteins contain sulphur-containing amino acids.

Suggested use:

Typical doses are around 500 mg 1–2 times per day, or 1000 mg once per day, often taken with vitamin C in a similar dose. Courses are usually limited (for example, up to 12 weeks). Some people experience digestive discomfort or headaches; if so, reduce the dose or stop and seek advice.

Artichoke



Artichoke is one of my favourite liver-support supplements — gentle, safe, and even suitable for use during pregnancy. Artichoke (leaf extract) is a gentle, food-derived supplement that may:

- Support bile production and flow
- Aid digestion
- Support liver function

It is often well tolerated, but in pregnancy or breastfeeding, any supplement — including artichoke — should only be used under medical guidance, as robust safety data are limited.

Suggested use: Usually taken with meals. Courses might last up to about 3 months, following product instructions and professional advice.

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Glutathione

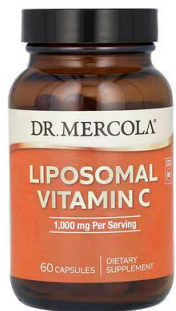


Glutathione acts like a superhero protecting our body from toxins. It gets depleted quickly under stress, alcohol, high sugar intake, smoking, and exposure to toxins or illnesses. Levels naturally drop with age. Glutathione is essential because it activates a key antioxidant enzyme system called glutathione peroxidase, which protects the liver from toxic damage, helps the body detox, and reduces oxidative stress. Oxidative stress is one of the main reasons for premature aging and cardiovascular problems.

Suggested use:

Typical supplemental doses may range from around 150–750 mg per day for short courses (e.g. 1 month), depending on the product. Discuss with a healthcare professional, particularly if you have chronic illness or take regular medication.

Vitamin C



Vitamin C is essential for:

- Antioxidant defences
- Collagen synthesis (skin, hair, nails, joints)
- Immune function

It also supports various enzyme systems, including some involved in detoxification.

Suggested use:

Common doses are 500–1000 mg once or twice daily for 1–2 months. Higher doses can cause digestive upset in some people.

Omega-3 Fatty Acids



Omega-3 fats can help:

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- Support healthy lipid and cholesterol balance
- Support brain and heart health
- Contribute to hormone and inflammatory balance

They may also indirectly support liver health via metabolic benefits.

Suggested use:

Preventive doses are often ≤ 2000 mg combined EPA+DHA per day with meals, for 2–4 months or longer under guidance. If you take blood thinners or have a bleeding disorder, check with your doctor.

Alpha-Lipoic Acid (ALA)



ALA is an antioxidant that:

- Helps neutralise free radicals
- Supports glucose metabolism
- May play a role in metal chelation

It can affect blood sugar and thyroid hormones, so it's important to use it carefully.

Suggested use:

Typically taken separately from minerals and other supplements, sometimes before sleep or on an empty stomach. Doses vary (e.g. 100–600 mg) and courses may last a few months, but this should be decided with a professional, especially if you have diabetes, thyroid conditions, or take medication.

Black Cumin Oil



Black cumin oil has antioxidant and anti-inflammatory properties and may support cholesterol balance and general immunity.

However, it can potentially interact with blood-thinning or blood-sugar-lowering medications.

Suggested use:

Follow manufacturer instructions and discuss with a healthcare professional if you take any regular medication or have a bleeding or metabolic disorder.

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Complex Formulas



Some products combine several liver-supporting ingredients in one formula (e.g. herbs, phospholipids, vitamins).

Suggested use:

- Follow manufacturer instructions.
- Avoid taking multiple complex formulas at the same time to reduce the risk of interactions or overload.
- Use them for limited periods (for example, 1–2 months) unless advised otherwise by a professional.

How to Create a Supplementation Plan

A supplement plan can include several nutraceuticals, but you do not need — and should not try — to take everything at once.

You might, for example:

- Use one or two key supplements for 1–2 months
- Take a break (e.g. 1 month)
- Then, if needed, rotate to a different combination

Your plan should consider:

- Your medical history
- Medications
- Pregnancy or breastfeeding status
- Lab results (where available)
- Your symptoms and goals

Here are some examples:

Example 1:

-Taurine: morning, before breakfast
-Lecithin: with meals, 3 times a day
-B vitamins: after breakfast
-Sulphur: evening, with dinner

Example 2:

NAC: morning, before food
Omega-3: morning, with breakfast
Lecithin: with meals, 3 times a day
B vitamins: after breakfast
Artichoke: with meals, 3 times a day
Vitamin C: at lunch

Example 3:

Liver support complexes can be combined with lecithin, B vitamins, Vitamin C, Omega-3, and black cumin oil.

Note: consult a healthcare professional for individual dosage and timing, especially if you combine multiple supplements or have ongoing health issues.

Remember: sleep, nutrition, movement, and exposure reduction are the foundation. Supplements can help support these efforts, but cannot replace them.

Thank you for reading this guide. I hope it helps you support your liver and overall wellbeing — and that you begin to feel real improvements in your daily life.

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If you'd like a personalised plan tailored to your health, lifestyle, and work environment, I would be honoured to support you on your wellness journey.

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With care,

Your nutritionist,

Natalia Brebu

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