My body’s everyday clean-up team

My liver, kidneys, and gut do important jobs.

The tiny idea



My liver, kidneys, and gut each do important jobs to help process food and move waste through my body.

Look inside: what is happening?

The liver, kidneys, and gut work as a team

1. **Liver**
   changes many substances
2. **Kidneys**
   filter blood and make urine
3. **Gut**
   moves food through
4. **Stool + urine**
   carry some waste out

Try this

Match each helper to its job: liver—changes substances; kidneys—filter blood; gut—moves food along.
Remember: My body has many helpers working together every day, and I can learn what helps me feel cared for.

A scripture to keep

“The worth of souls is great in the sight of God.”

Doctrine & Covenants 18:10

A true thing about me

My worth does not change on hard days.

The science, in plain words

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What this lesson means

The liver, kidneys, and digestive system process substances and move waste as part of ordinary body function. In wellness conversations, this is often called detoxification or pathway support. Research is exploring whether some autistic people have different needs in areas such as digestion, nutrient status, or oxidative balance; each person's health picture is individual. Nutrition, hydration, fiber, sleep, movement, and care for symptoms are practical foundations. Families who are interested in additional approaches can discuss the goal, options, and safety plan with a clinician who knows the child.

A few supportive next steps

- Notice patterns in digestion, drinking, energy, sleep, and comfort; share concerns with her clinician.
- Fiber foods and regular fluids can support comfortable digestion; the clinician can help if constipation, pain, or urinary symptoms appear.
- When exploring supplements or other pathway supports, review the product, dose, medicines, and follow-up plan with a clinician or pharmacist.

Keep this in view

In my faith, I believe God designed our bodies with a capacity to heal through Him, in His name and in His timing, and gives each of us wisdom, tools, and direction for our unique journeys. A clinician can help us explore health questions.

Sources to explore

NIDDK, Your Kidneys and How They Work

NIDDK, Eating, Diet, and Nutrition for Constipation in Children

American Academy of Pediatrics, Complementary and Integrative Therapies for Autism (updated 2026)

Sources checked September 2026. Research can change; these links are for further reading.