

Cleansing The Liver/Gallbladder

A Key Therapy To Gain and Keep Your Best Health

What does the liver do?

Your liver's job is to make sure that your body absorbs the nutrients it needs and dumps everything else that it doesn't need! Your liver's major duties are to:

- Metabolize protein, fat and carbohydrate to provide energy and nutrients
- Store vitamins, minerals and glucose
- Filter the blood by helping to remove harmful chemicals and bacteria
- Make bile, which breaks down the fats which you eat
- Help uptake and storage of fat-soluble vitamins: A, E, D and K
- Store extra blood that can be used in times of extra need or stress
- Make serum proteins which maintain fluid balance of the blood and act as carriers
- Help maintain electrolyte and water balance of the body's fluids
- Make immune substances, such as gamma globulin
- Break down and eliminates excess hormones, such as estrogen



recreational drug use such as marijuana, cocaine, and designer drugs. Many medical drugs, such as painkillers and cholesterol drugs, can adversely affect the liver. An estimated 5% of hospital patients in the U.S. suffer from significant adverse reactions to drugs prescribed by doctors. In fact, from 2 to 4% of all hospital admissions are from patient reactions to drugs prescribed by their doctors.

An ongoing stress for your liver is the excess hormones which it must break down, such as adrenalin, constantly being made by your body in response to over-active and fast-paced lives.

An Amazing Organ

Your liver is an amazing organ. Indeed, it is your "live-r"; it keeps you living. The liver is your major organ of digestion and assimilation, helping to provide vital nutrients that keep you healthy and repair diseased or damaged tissue. Your liver also helps to eliminate wastes from food and environmental toxins from your body. Liver disease is currently the fourth most common cause of death in the U.S. (after heart disease, strokes and cancer). How sad that the majority of deaths from liver disease could be prevented with proper eating habits as well as using natural liver cleansing agents.

Liver Stress Factors

Unfortunately, our fast-paced lives and fast food diets burden the liver with many stresses. Major liver stresses include eating fried foods, hydrogenated oils, processed food and foods with additives and preservatives (many are not declared on the label and others are disguised by misleading terms). In addition, the liver must battle environmental toxins such as lead emitted from gasoline, pesticides, herbicides, cleaning compounds, smog, and thousands of newly made chemicals every year.

Devastating liver stress factors come from alcohol and

What can go wrong?

As your liver becomes stressed, symptoms of liver toxicity begin to occur. When the liver is not working efficiently, it gets "backed up," so to speak.

Common symptoms of a poorly functioning liver:

1. Digestive problems (such as burping often, bloating, intestinal gas, stomach pain)
2. Food allergies and sensitivities
3. Chemical sensitivities (such as reactions to gasoline, cleaning agents, soaps, cosmetics, etc.)
4. Rashes, various kinds of skin problems
5. Eye problems (such as blurred vision, eye pain, decreasing eyesight, eye flutters or twitches, etc.)
6. Difficulty sleeping
7. Irritability, frequent anger, depression
8. Tendon or muscle problems (such as frequent sprains/strains, muscle injuries, delayed healing)
9. Swelling of the breasts
10. Menstrual problems (such as too little or too much blood flow, blood clotting, cramps)
11. Testicular problems
12. Headaches (especially pain at the vertex of the head, and throbbing headaches).

The Liver's Energetic Pathways

According to the science of acupuncture, the liver meridian (a major energy channel of the body) flows through different parts of the body, especially influencing the eyes, digestion, tendons, muscle, and the sexual organs. The ancient theory of Oriental Medicine also describes how the liver is related to anger. Thus, if a person is easily angered, a liver cleansing program may be needed to clear the "stuck" energy of a congested liver pathway.

Because we are all besieged with environmental toxins more than ever before, we recommend yearly "spring cleaning" of your liver. An easy-to-do Liver/Gallbladder Flush can help to "flush" and clear accumulated toxins. See the "Liver/Gallbladder Flush".

Cleansing the Liver

Clearing the liver bile ducts is one of the most powerful procedures that you can do to improve your body's overall health. For best results, it should be done after a basic cleansing and nutritional program have been followed for a period of time. Otherwise, a Liver Flush may be too strong and might cause too many cleansing symptoms.

Bile: The Body's Fat Emulsifier

One of the liver's main jobs is to make bile, an amazing 1 to 1½ quarts per day. The liver synthesizes bile and delivers it to the gallbladder through many tiny bile ducts. The gallbladder is the liver's storage reservoir for bile. When you eat fat, the stomach signals the gallbladder that fat is on the way. The gallbladder in turn contracts, sending bile into the small intestine to emulsify the fats.

Bile Sludge: From "Bad Fats"

For many people, including children, the biliary tubing is choked with gallstones due to eating the American diet, full of fried foods and hydrogenated oils. These toxic oils stagnate the bile. Chief offenders in the diet are margarine, mayonnaise, salad dressings, and even baked foods. When you eat a cracker, it doesn't seem like you are eating fried food, but in fact the oil in the cracker has been heated to a high temperature because it has been baked. Highly heated oils initiate destructive free radical cascades, stressing and aging the liver.

Normal bile is the consistency of a light oil. When the liver is subjected to dietary stress, the bile becomes thick like honey and forms sludge. This can form small clay-like balls and stones which lodge in the liver, along the biliary tract, and in the intestines.

Because of this clogging of the bile tubing, many people develop poor digestion, chronic allergies or allergic reactions such as sinus problems or hives. Often a scan or x-ray of the gallbladder shows nothing. Sludges of old, sticky bile and gallstones are often not in the gallbladder, but lodged in the liver or in the bile tubing. Many

Liver/Gallbladder Flush

Ingredients for one drink:

- ½ cup organic tomato juice
- 2 tablespoons organic virgin olive oil (not solvent extracted)
- ½ teaspoon grated, raw organic garlic
- 2 capsules (500 mg./cap) organic turmeric (open the capsules to add to the drink)

Instructions:

1. Mix the above ingredients together in a high-speed blender to make your first drink.
2. Drink this mixture (your first drink) first thing in the morning.
3. Wait 15 minutes, then drink a second drink (make the second drink using the same ingredients above again).
4. Wait 90 minutes before eating or drinking.
5. Repeat the Liver/Gallbladder Flush once a week for 2 months.

stones may be too small or not calcified, making visibility on x-ray almost impossible. Ultrasound may sometimes detect uncalcified gallstones, but not always.

Gallstones

There are over half a dozen varieties of gallstones, most which contain cholesterol crystals. These stones can be black, red, white, green, or tan-colored. The most common is the pea-green color. As the stones grow and become more numerous, they clog the tubing, creating back pressure on the liver, causing it to make less bile. Imagine what would happen if your garden hose had marbles in it. Much less water would flow, which in turn, would decrease the

ability of the hose to squirt out the marbles.

Bile: A Natural Parasite Killer

With gallstones, much less cholesterol leaves the body because bile flow in the small intestine is needed to precipitate excess cholesterol from the blood. As a consequence of reduced bile flow, cholesterol levels may rise, even though the person may eat a good diet. Bile is a key factor that naturally kills many pathogens, such as parasites, which commonly enter the digestive tract via food. If the bile flow weakens, the digestion becomes less efficient, paving the way for more infection.

Since gallstones are porous, they can pick up bacteria, cysts, viruses, and parasites that are passing through the liver. In this way, nests of infection can form, continuously burdening the body's defense systems. The body's immune system must fight ceaselessly to keep these harmful organisms in check. Yet the body cannot rid itself completely of the beachhead of these organisms without first purging these bile formations. Intestinal bloating and other chronic digestive problems are difficult to clear permanently without eliminating the gallstones and gallstone sludge from the liver and intestines.

Kicking Out Old Problems

The Liver/Gallbladder Flush, after it has been repeated for a period of time (typically once a week for 8 weeks) in addition to a good diet, nutritional supplement and exercise program, has helped many people dramatically improve their digestion, the keystone for good health. Many have found that years of old allergies to food, chemicals, scents, etc. have disappeared after a series of flushes.

Incredibly, after a Liver/Gallbladder Flush series, internal pathways can open, which has resulted in the elimination of many types of pain, such as shoulder, upper arm, and upper back pain. This is because many types of external body pain originate from a nerve reflex arc that can link to congested organs, in this case, the liver and gallbladder. Once the reflex is cleared, the pain can be cleared.

After an initial period of cleansing with the Liver/Gallbladder Flush, repeat it once or twice each year for continued clearance.