

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).

