

Why you should Love Your Liver

The word liver is derived from the Old English word for *Life*

Your liver is a large hardworking organ that requires about 3 pints per minute of blood to pass through it to perform its over 1000 various functions.

- Your liver is a unique organ. It has 2 different blood supplies.
- Your liver is the largest organ of your body aside from your skin.
- Your liver is the "General" and the brain of the digestive system.
- Your liver is primary organ for regulating carbohydrate metabolism.
- Your liver is primary organ for regulating fat metabolism.
- Your liver is primary organ for regulating protein metabolism.
- Your liver filters all lymph through the lymphatic drainage system.
- The liver is an internal cleanser and detoxifies many substances and utilizes many detoxification pathways.
- The liver helps to reduce the toxic load in the body. When the cells of the liver have to work too hard, the liver becomes overburdened, inflamed and swollen. A healthy liver will support and help to keep the body weight stable and ideal.
- Your liver is the primary energy organ.
- Your liver produces 1 quart of bile everyday.
- A healthy liver weighs no more than about 3lbs.

The liver cells produce and secrete a yellow green substance called bile which is necessary for the emulsifying and absorption of fat from the small intestine. Bile will lubricate the entire small and large intestine to keep your digestion flowing. Bile is a liquid consisting of water, bile salts, pigments, cholesterol, lecithin, lipids & electrolytes. Bile salts are made by the liver cells from cholesterol which either comes from the diet or is made by the liver. If there is too much cholesterol in the bile, over time the bile will begin to precipitate into gallstones. Healthy production of bile in the liver can be upset by a poor diet & by deficiencies of the amino acids glycine and taurine.

A liver that is loved and healthy will make you look much younger!

Symptoms of an Unhealthy Liver:

- allergic conditions
- poor digestion
- nausea
- weight gain
- constipation
- irritable bowel syndrome
- depression
- brain fog
- mood swings

- headaches
- high blood pressure
- fluid retention
- unstable blood sugar
- hypoglycemia
- unable to tolerate fatty food
- chronic fatigue syndrome
- bloating & gas

Natural Therapies

Scientific literature reports the results of research using natural or alternative treatments for liver conditions. Note that the vast majority of natural or alternative treatments act by having an antioxidant effect. As with almost all disease processes, research has demonstrated that good antioxidant levels are necessary for optimum health and to protect us from the physical assaults of trauma and disease. Some therapies act by having an effect on the immune system (an immune-modulating effect). Other therapies have anti-inflammatory benefits. Additionally, some agents act by having both antioxidant mechanisms and immune modulating mechanisms.

For the liver to continue to perform essential functions, even when damaged, a healthy intake of vitamins, minerals, and essential trace elements from dietary sources such as fruits and vegetables is important. However, few people can consistently include enough fruits and vegetables in their daily diets to protect them from degenerative conditions, especially those related to age-related diseases; toxic agents; carcinogens; inflammatory agents; free-radical damage; and immune suppression. As an adjunct to maintaining a healthy diet, supplements can:

1. Maintain healthy metabolic functioning
2. Neutralize free-radical damage
3. Increase levels of glutathione, the liver's natural antioxidant
4. Detoxify the liver

Related Products

- Xeneplex
- Liver Restore
- Glytamins
- Chlorella