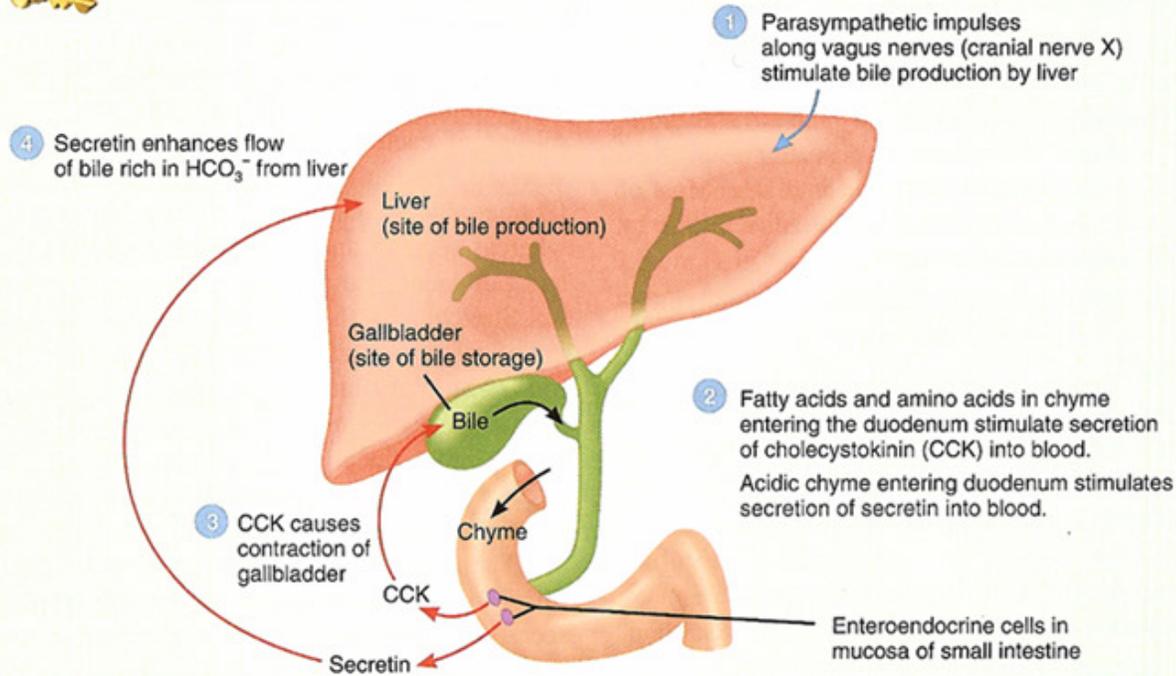


## LIVER-GALLBLADDER



Bile salts in bile promote absorption of dietary lipids by emulsifying them.



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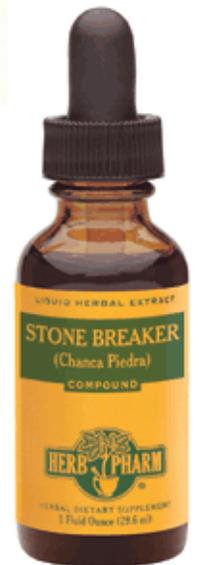
**Liver and Gallbladder with Dr. Richard Anderson**  
**Foods to Eat for Liver Health**  
**Medium-Chain Fatty Acids**  
**Liver-Gallbladder Detox**

### See also:

[Royal Break-Stone Tea \(Chanca Piedra\)](#)  
[Liver Detoxification Pathways \(file\)](#)  
**Glutathione**  
**Honoring and Releasing Practice by David Rainoshek**  
**N-Acetyl Cysteine**  
**Whey Protein (Undenatured)**  
**Selenium**

### Books:

[The Liver and Gallbladder Miracle Cleanse by Andreas Moritz](#)  
[Natural Therapy for Your Liver by Christopher Hobbs](#)  
[Cleanse and Purify Thyself by Dr. Richard Anderson](#)  
[Eating for Beauty by David Wolfe](#)



**Articles:** [What Conventional Medicine Won't Dare Tell You About Gallbladder Removal Surgery by Mike Adams](#)

**Websites:** [www.curezone.com](http://www.curezone.com)

**Audio/Video:** [DVD: Crazy Sexy Cancer with Kris Carr](#)  
[The Story of Stuff](#)  
[High Fructose Corn Syrup and the Liver](#)  
[Chanca Piedra \(Break Stone Tea\) in the Amazon](#)

**Publications:**

**Organizations:** Health Force Nutritionals  
[Liver Rescue 4 by Jameth Sheridan, ND](#)

**People:** Dr. Hulda Clark  
Jameth Sheridan, ND  
Dr. Richard Anderson

**Integral Nutrition:** Whey Protein (undenatured)  
N-Acetyl Cysteine  
Angstrom Selenium  
Brazil Nuts  
Magnesium  
Bitter Herbs  
Stone Breaker (Chanca Piedra)  
Coffee Enema  
Wheatgrass Implant  
No Cooked Oil of Any Kind  
Dandelion and Dandelion Root Tea  
Silymarin  
Beets  
Lemon  
Morning Water with Lemon  
Milk Thistle Seed and Milk Thistle Seed Extract  
B-Complex Vitamins  
Essential Fatty Acids (EFAs)  
Zinc  
Magnesium  
Vitamin C  
Vitamin E

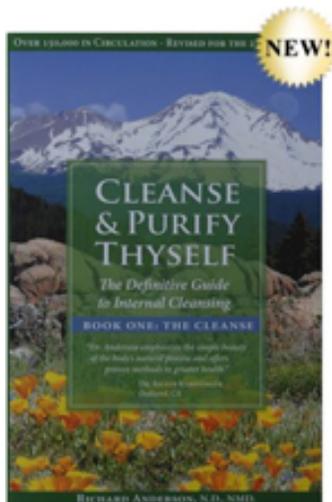
**Conventional:** "You Can't Cleanse the Liver"  
Pharmaceuticals  
Charcoal-Broiled Meats  
Environmental/Industrial Toxins

Terms:

**Glutathione**

## LIVER AND GALLBLADDER

Source: *Cleanse and Purify Thyself: Book 2* by Dr. Richard Anderson (209-215)



The health and vitality of all organs, glands, and cells, are dependent upon the liver. Even our intelligence, attitudes, emotions and overall energy are largely related to the liver. This is why cleansing the liver can be a very emotional, as well as a physical process. Our ability to repel disease or recover from dis-ease is also very much associated with this incredible organ. There are more than 500 known functions that the liver performs, most of which are essential for life. Along with the heart and brain, the liver is one of the most important organs in the body. No one can be healthy without a strong, clean liver. The liver is so important that if you cut off a chunk of it, it will grow back every time.

**Notice: Live-er.** The name itself gives us an idea of how important this organ really is. It is the largest gland in the body, weighing about 4 pounds. Some people believe that at least 90% of the Western World's population have sluggish livers.

**100% of people with cancer, AIDS, diabetes, heart problems, yeast infections, digestive problems, parasites, immune problems, etc. have liver problems.**

Yet how many doctors help their patients cleanse and strengthen the liver?

Following is a very abbreviated list from the 500 different known functions of the liver. Note the ones you think are essential for life.

### JUST A FEW KNOWN FUNCTIONS OF THE LIVER

- Stores protein.
- Stores glycogen.
- Degrades proteins into energy or into fats.
- Converts ammonia into urea.
- Forms one-half of all the body's lymph.
- Formulates lipoproteins.
- Synthesizes cholesterol and phospholipids.
- Converts carbohydrates and proteins to fat. Metabolizes protein, carbohydrates, fats.
- Stores Vitamins A, B-12, and D.
- Stores copper and iron.
- Detoxifies body from drugs.
- Neutralizes certain poisons.
- Metabolizes vitamins and minerals.
- Converts galactose and fructose to glucose.

Helps to maintain alkaline pH of bowel.  
 Excretes excess calcium from blood into bile. Removes dying red blood cells from blood.  
 Produces bile for digestion and assimilation of fats. Converts L-Cysteine into Glutathione.  
 Maintains normal blood glucose levels between meals. Converts the B Vitamins into usable forms.  
 Makes Glucose Tolerance Factor (GTF).  
 Controls endocrine hormones.  
 Regulates blood clotting.  
 Converts Vitamin D into usable form.  
 Formulates globulins, necessary for the immune system. Plays an essential role in red blood cell production. Makes iron utilization possible.  
 Manufactures Vitamin A.  
 Stores sugar for future energy.  
 Produces important enzymes.  
 Supplies glucose to muscles.  
 Maintains equilibrium.  
 Formulates antibodies.  
 Helps to maintain alkaline pH of bowel.  
 Produces critical life-saving enzymes.  
 Controls saliva pH.

## How Liver Problems Originate

Physiologically, we develop liver weakness after we have abused our bodies by long-term eating of acid-forming foods, processed foods and other unhealthy foods. These include foods that are unnatural to the human body, like meat, sugar, white flour, white rice, foods cooked in oil, etc. Bad diet gradually weakens the digestive system, and do you know what organ takes the brunt of a bad diet? Yes, the liver. All the food that is absorbed from the small intestine, goes directly to the liver, by way of the portal vein. The liver and bowel then must deal with all the harmful chemicals from the bad food. Food colorings, preservatives, heavy metals, fried oils, partially digested proteins, etc., all take their toll upon our precious liver and digestive system. It is for these reasons, that cleansing the bowels is absolutely the most important treatment in helping to rejuvenate the liver.

## Things that Harm the Liver

Chemotherapy	Oils not cold pressed
Vaccines	Pasteurized milk
Alcohol	White sugar
Tobacco	Overeating
Constipation alternating with diarrhea	Coffee
Medications and food chemicals	Excessive fatigue
Cooked animal fats	Overcooking
Foods cooked in oil	Fluoride from water
Other drugs	Chlorine from water
Cod-liver oil	Salt: sodium chloride
	Cooked wheat, especially white bread

Margarine  
Large amounts of meat in diet

Lack of exercise

## Emotions Affect the Liver, Too

*More than any other organ, the liver is affected by negative thoughts and feelings. Anger and fear, and all their emotional tributaries harm the liver more than anything else. With the exception of injury, 99% of all dis-ease has an association with toxic waste settlement in conjunction with unconscious negative thoughts and feelings. This is why when people cleanse or take herbs to cleanse and strengthen the liver, strong emotions surface. This emotional cleansing is a key part of the process.*

## A Toxic liver Results from a Toxic Bowel, and Leads to Dis-ease

When the bowel is overburdened with the wrong foods, and/or negative emotions cause physical stress and toxicity, the liver must work overtime to save the life of the body. Every vein from the digestive tract empties into the liver, which filters out toxins and waste. The skin and lungs are the body's first line of defense against toxins, the bowel is next, then the liver.

If the liver is unable to perform its' full function, it will not only become even more toxic, but all the other organs become challenged. Prior to the first sign of dis-ease, the effectiveness of the liver has been reduced. First come negative thoughts and feelings, then toxins from poor diet, which cause congestion and contamination, then the liver becomes overburdened until it becomes weak. This results in a lack of oxygen and nutrients to cells, and the inability of the cells to rid themselves of their waste.

## Problems Related to Liver Weakness

Abscesses	Proneness to insect bites
Anal itching	Inability to tolerate heat or cold
Adenoid and tonsil problems	Spasms in intestines
Anemia	Migraine headaches
Appendicitis	Problems with intestinal flora
Poor assimilation	Nervousness, anxiety
Bad breath	Obese and skinny people Vision trouble and ear trouble
Bronchitis	Red nose
Cancer	Difficult sleeping
Chills	Sticky mouth when waking up
Diabetes	Sleepiness after meals
Poor digestion	Strange yellow stool color
Enlarged spleen	Sinus trouble and head colds
Gas	Nervous depression
Mental fatigue	Jaundice - yellow coloration of the skin
Flat feet	Brown or dark spots on face and on back of hands
Hemorrhoids	Nausea, especially if no appetite and feeling of
Dizziness and blind spells	
Hemorrhages	

heart trouble  
Feeling of pain around the right shoulder blade and shoulder  
Tongue coated with whitish, yellowish or greenish coating  
Frequent urination at night (example of how a weak liver can weaken the kidneys and bladder)  
Appearance of small bright red specks on

various places of the body  
Glandular imbalance, discomfort during menstrual period  
Headaches - especially when a feeling of heaviness in the whole head, especially if pain forms a circle around upper part of head and temples  
Intestinal inflammation, infections and fermentation

## What are the symptoms of a dysfunctional liver?

### Abnormal metabolism of fats (lipids)

#### leading to –

- Abnormalities in the level of fats in the blood stream e.g. elevated LDL cholesterol and reduced HDL cholesterol and elevated triglycerides.
- Arteries blocked with fat, leading to high blood pressure, heart attacks and strokes.
- Fatty liver and build up of fat in other body organs.
- Obesity and /or inability to lose weight
- Sluggish metabolism

### External signs

- Coated tongue
- Bad breath
- Red palms and soles
- Flushed facial appearance or excessive facial blood vessels (capillaries/veins)
- Acne rosacea
- Yellow conjunctiva on the eyes
- Red swollen itchy eyes (allergic eyes)
- Dark circles under the eyes
- Brownish spots and blemishes on the skin (liver spots)
- Rashes and itchy skin (pruritis)

### Digestive Problems

- Gall stones and gall bladder disease
- Intolerance to fatty foods
- Intolerance to alcohol
- Indigestion
- Reflux
- Nausea
- Abdominal bloating
- Constipation
- Irritable bowel syndrome
- Haemorrhoids

### Nervous System

- Depression
- Mood changes such as anger and irritability
- Poor concentration and "foggy brain"
- Overheating
- Recurrent headaches associated with nausea

### Immune dysfunction

- Allergies- sinus, hay fever, asthma, dermatitis, hives, etc.
- Skin rashes and inflammations
- Chemical and food sensitivities
- Auto-immune diseases
- Chronic Fatigue Syndrome and Fibromyalgia
- Recurrent viral, bacterial and parasitic infections

### Blood Sugar Problems

- Craving for sugar
- Hypoglycaemia
- Mature onset diabetes is common in those with a fatty liver

### Hormonal imbalance

- Intolerance to hormone replacement therapy (e.g. side effects)
- Menopausal symptoms such as hot flushes may be more severe
- Pre-menstrual syndrome may be more severe

## The Noble Liver Deserves Cooperation

The liver keeps us alive and buffers all our lousy food decisions; it deserves the best. The secret of a strong liver is purification.

**Cleansing the alimentary canal [Intestinal Tract and Colon] is the first and most important activity to help the liver.**

Herbs, specific nutritional supplements such as antioxidants, diet, and visualization are very effective in helping to cleanse and rebuild the liver function. For those who have indulged in fatty foods, specific nutrients are necessary to cleanse out the congestion of fats. Same thing with various chemicals and heavy metals; specific nutrients are essential. I have been studying this subject for a long time and continue to keep up to date on the latest clinical studies. I also experiment on myself. In short, I never stop looking for better ways to improve liver function. If you are interested in my latest formulas, you can return the card for more information at the back of the book.

## Liver Cleansing and Rebuilding Program

An effective liver cleansing and rebuilding program needs to include all of the following:

- ❑ specific herbs to cleanse and help rebuild the liver,
- ❑ specific nutrients to remove fats,
- ❑ specific nutrients to strengthen and protect the liver, and
- ❑ proper diet.

## Liver/Gallbladder Cleanse



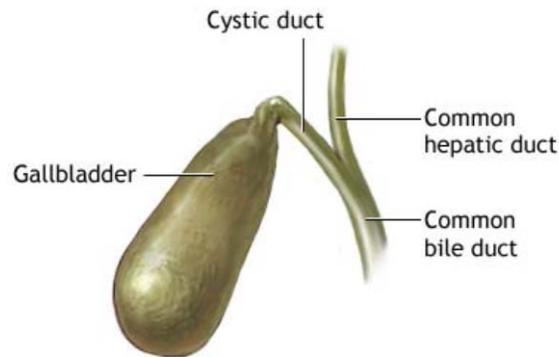
## Do You Have Gallstones?

Medical textbooks indicate that only 20% of Americans over 65 have gallstones. However, I have found that about 80% of those who has taken the gallbladder flush find gallstones. Perhaps, the 20% they refer to have chronic biliary calculi. This means the condition has become so severe that medical doctors feel that they must remove the gallbladder. Just as medical science will not use inexpensive, but highly effective cayenne pepper to prevent and stop heart attacks, so they also will not use the inexpensive, but highly effective gallbladder flush to successfully remove gallstones.

Insert from [The Anatomy Coloring Book](#) by Kapit and Elson (144)

### The Biliary System

The biliary system consists of an arrangement of ducts transporting bile from the liver cells that manufacture it to the gallbladder and to the second part of the duodenum.



ADAM.

<http://medicalimages.allrefer.com/large/gallbladder-anatomy.jpg>

**It is worth repeating: bile is formed in the liver (not the gallbladder).** It is a fluid consisting largely of water (97%), with bile salts and pigments... The gallbladder serves as a storage chamber for bile discharged from the liver. Bile is concentrated here several times. In response to the gastric or duodenal presence of fat, the gallbladder is stimulated to discharge its contents into the cystic duct. Bile saponifies and emulsifies fats, making them water soluble and amenable to digestion by lipase enzymes.

### Compare the Costs

Medical treatment for heart problems, may cost from a few thousand dollars, to a potential of 20 thousand (\$20,000+) or more, as compared to 15 dollars (\$15) or less of cayenne pepper and hawthorn berry herbs. Similarly, it may cost you about five dollars (\$5) for a gallbladder flush now and then, compared to several thousand dollars for operations, not to mention the severe trauma and side effects of the drugs they will use. Perhaps we should also mention that patients who have had their gallbladders removed usually have consistent and severe health problems for the rest of the lives. Obesity, constipation, gastrointestinal problems, and diabetes to mention a few. What a racket - and they have the nerve to call doctors who do not use the conventional drug and surgery methods, quacks.

### Symptoms

Prevention of dis-ease is a very wise process to follow. Most people who use a gallbladder flush do so to prevent future trouble. Those who wait until gallstones become a chronic condition may suffer

from the following symptoms:

<b>Problems Related to Gallstones</b>	
Dyspepsia (heartburn)	Ulcers
Colic (severe pain)	Fatty food intolerance
Belching	Bloating
Fullness	Nausea
Jaundice	Pancreatitis
Infections	Backaches
Dark complexion	High blood pressure
Slow pulse	Strong appetites
A quick, irritable temper	Coated tongue
Constipation	Headache
Dizziness	Pasty Complexion
Mucoid Plaque	

### **The Cause of Gallstones**

Although medical science has failed to recognize the cause of gallstones, it is no mystery to those who have studied physiology with the sincere desire of helping people to inexpensively solve their health problems.

**Gallstones are usually formed in conjunction with a deficiency of organic sodium.**

When the body becomes deficient in organic sodium, it will go to another part of the body and leach out sodium to be used in blood homeostasis. The easiest place the body can extract sodium without causing serious problems is from the bile. This extracting occurs at the gallbladder. When the sodium has been removed from the gall juice, the pH of the gall juice drops. If enough sodium is withdrawn, the pH can drop to a point where the bile, which should be alkaline, becomes extremely acid, and then calcium and cholesterol hardens. As it hardens, it forms gallstones. From this understanding, it is easy to see that to correct this condition, it is imperative to replenish the sodium reserves. A nearly 100% alkaline-forming diet is absolutely essential until one can pass the pH tests. Once we can pass the pH tests, chances are the bile will also return to its natural pH levels. Using natural alkalizing electrolyte supplements will assist the body in correcting the problem sooner. It is important to use the correct supplement, because when the body has been leached of its sodium, it will use up other minerals faster. Therefore, the alkalizing supplement must have high levels of organic sodium. The highest source is from goat milk whey. Do not use whey from cows; yes, it is cheaper, but extremely mucus forming.

My studies indicate that due to the high protein consumption in America, it is likely that most Americans have gallstones. After flushing the gallbladder, people will find out if they have been eating too much protein - too much acid-forming food. Seeing gallstones after the treatment is a sure sign that they have been eating too much acid-forming food.

## **DR. RICHARD ANDERSON GALLBLADDER FLUSH - INSTRUCTIONS FOR REMOVING GALLBLADDER STONES**

### **Instructions for Removing Gallstones**

This program takes **7 days**. You can start whenever it is convenient for you. Many people start on a Monday and end on Sunday, since the hardest part of the cleanse is the last part. Starting on a Monday allows you to keep a moderate work schedule through the week, and focus more on the flush over the weekend.

**MONDAY THROUGH SATURDAY LUNCH:** Drink apple cider or apple juice. Drink as much as you comfortably can, realizing that the more you drink, the softer the stones will become. Either get the juice freshly made or best of all, buy a box of organically grown apples from your friendly health food store and juice them up yourself. If you can't do that, then purchase organically grown apple juice and use that. Just make certain there are no additives.

During this week, eat no meat and stay away from dairy and wheat products. Have no sugar and, if possible, stay away from coffee.

**SATURDAY LUNCH:** Eat a good average vegetarian meal, although it is better and more effective to *just drink fruit juice*.

**Three or four hours after lunch** take a large dose of Dr. Anderson's formula for breaking up mucoid plaque and moving the bowels, along with the companion herbal formula for nutrition. However much of the first formula you took on the cleanse should be increased by 1/3 for this dose. You want your bowels to be moving fast for this situation.

**One hour after you take Dr. Anderson's formula for breaking up mucoid plaque and moving the bowels**, you can drink about 1 or 2 cups of prune juice. This will add even greater peristaltic activity.

Note: Some flushes recommend taking Epsom Salt (magnesium sulfate). **DO NOT DO THIS!!!**

Although magnesium sulfate is effective at moving the bowels because of its extreme toxicity, it will also calcify your epithelium wall, partially destroy your digestive tract, and use up valuable electrolytes. ***Epsom Salt is extremely destructive to the entire digestive system.***

**Just before or after dinner** you may take an enema for extra benefit and maximum results. Even better is to have a colonic. Call your friendly colon irrigation person and clean out really well.

**SATURDAY DINNER:** Drink freshly squeezed orange juice, lemon juice or some other citrus juice. That's dinner. And for some people it is the healthiest dinner they've ever had!

**Just before bed** measure out 4 ounces of warm, unrefined extra-virgin olive oil (or more, up to 8 ounces, if you want a stronger flush. On your first flush, start with 4 ounces to see how your body responds. You may increase with caution on subsequent flushes. Using too much too quickly will make you feel sick.) Mix the olive oil with a corresponding 4-8 ounces of fresh organic lemon juice at room temperature. Squeeze the juice yourself and mix the two well in a blender. If you don't have a blender, shake the mixture well in a quart jar. Then drink it! Yes, drinking it is required. It won't do you

any good if you don't! Just hold your nose and gulp it down as fast as you can. When you're done, take a big breath and think how good you are going to feel when you're done.

*Don't think about the taste!* If you think about the taste, read the next paragraph...

Sometimes people will feel slight to moderate nausea from this unusual combination. If you couldn't keep your mind off the taste and now feel a little weird in the stomach, don't let it bother you. It will soon pass.

Bring your attention back to how good you'll feel when you're all done.

**After drinking the mixture**, go directly to bed. Lie on your right side with your knees pulled up close to your chest. Try to go to sleep this way. If you can't sleep in this position, then at least remain in this position for 30 minutes to an hour - the longer the better.

**SUNDAY MORNING: ONE HOUR BEFORE BREAKFAST**, take a second dose of Dr. Anderson's bowel moving formula along with the companion herbal formula for nutrition. Half an hour later, drink as much prune juice as you can (up to 1 quart).

### **Completion of Gallstone Removal Flush and Follow Up**

**Sometime later Sunday morning** you should have a major bowel movement. Take a look at what comes out. Look for little green things. They usually range from light green to dark green and sometimes turquoise. Black stones may appear, but that is very rare in America. The form of the stones may range from a thick liquid (if you've drunk a lot of apple juice!) to the size of your thumb. The average size is a little larger than a watermelon seed to the size of a dime.

Most people see them easily. If you found a large number of stones (approx. ½ cup or more if they were all in a glob), you should do the flush again in another two weeks.

To prevent the problem from recurring, you should remove meat...(continued?!)

## **Foods to Eat for Liver Health**

Source: <http://www.alternativehealth.co.nz>

There are certain foods that help to protect and detoxify the liver itself so that it can perform better to detox the entire body:

- Apples contain pectin which helps to bind and excrete heavy metals right off the intestines. This directly helps to reduce the load of filtration on the liver.
- Beets, carrots, red onions and aubergine (eggplant) contain flavonoids and beta- carotene which are potent antioxidants.
- Garlic contains allicin and the mineral selenium, both antioxidants. It assists the removal of heavy metals from the liver.
- Eggs, brown rice and whole grains, broccoli and spinach contain B-complex vitamins
- which improve liver function and promote liver decongestion.

- Vitamin B-12 (methylcobalamin or hydroxocobalamin) helps to metabolize fats and improves liver health.
- Cruciferous vegetables such as cauliflower, broccoli, cabbage, Brussels sprouts, Bok Choy, kale, radishes, and turnips contain glucosinolates which help the liver produce enzymes for detoxification.
- Grapefruits are rich in antioxidants and help in natural detoxification of liver.
- Bitter vegetables such as bitter melon, dandelion greens, mustard greens and chicory promote the production and flow of bile.

### **Tips for a healthy liver:**

- Eat organically produced foods as much as possible to avoid toxic chemical residues.
- Avoid artificial flavorings and preservatives.
- Avoid damaged fats such as hydrogenated fats found in many processed foods.
- Use cold pressed oils and do not use them for cooking. Only a little butter, a saturated fat (coconut oil), should be used for cooking. Cooking with olive oil is still controversial. If used then do not heat it to a high temperature and add AFTER food has been removed from heat.
- Make sure your nuts and seeds are really fresh.
- Avoid excess saturated animal fat like sausage, bacon, salami, hot dogs, high fat dairy products like whole milk, ice cream and cheese.
- Alcohol is known to be a powerful toxin that will damage the liver.

Treating your liver well by following the above advice will have a huge impact on your health and longevity.

### **Foods to aid detoxification:**

- Beetroot and artichoke: helps with liver drainage
- Broccoli, cauliflower and other cruciferous vegetables: these aid cytochrome P450 activity
- Protein
- Radish, watercress: rich in sulphur
- Allium family vegetables: garlic, onions
- High fiber foods such as whole grains, psyllium, flax seeds, fruit and vegetables: fiber binds toxins and eliminates them through the GI tract

### **Supplements to aid liver detoxification:**

- B-complex vitamins: necessary co-factors used in Phase 1 detoxification
- Digestive enzymes: may be necessary to ensure that protein is adequately digested and glycine is readily available
- Essential fatty acids
- N-acetyl cysteine (NAC): an immediate precursor to glutathione, a potent antioxidant and among the most important detoxification nutrients for the liver
- Reduced glutathione
- Selenium, zinc, magnesium and manganese; possibly iron and copper if used with caution
- Taurine (a useful combination product is magnesium taurate)
- Vitamins C and E and beta carotene.

- Inositol & Methionine: lipotropic agents (help with the breakdown of fat in metabolism) that work to transport fat out of the liver
- High ORAC vegetable extract blend with polyphenols (a phytonutrient)

**Vitamins and minerals** – particularly the B vitamins – play a major role, acting as co-factors for many enzyme systems including those of liver detoxification, therefore making sure you consume enough of the B complex group of vitamins is of prime importance for optimum detoxification. Including plenty of whole grains which contain B vitamins in the diet as well as taking a good B complex supplement will aid the liver in this crucial role.

**Depletion of vitamin C** may also impair the detoxification process; vitamin C also prevents free radical formation. Vitamin C is found in citrus fruits and green leafy vegetables. However, in order to obtain optimum amounts supplementation is required. I recommend at least a few grams a day.

**Vitamin E and selenium** are co-factors for glutathione peroxidase activity as well as being powerful antioxidants. (Vitamin E also works synergistically with vitamin C.) Today, our diets are very low in selenium due to the depletion of the soil of this vital mineral. Supplementation is therefore important.

**Cruciferous vegetables such as broccoli, cauliflower, brussel sprouts and cabbage** in the diet have been shown to enhance Phase I activities. I use those when vegetable juicing on a frequent basis.

**Zinc** is another essential nutrient and acts as a co-factor for many enzyme systems. Zinc deficiency can cause a whole range of consequences. One important role that zinc plays is in the functioning of an enzyme alcohol dehydrogenase involved in the conversion of alcohols to aldehydes in Phase I detoxification. Therefore anyone who drinks alcohol should ensure they have optimum amounts of zinc in their diet.

### **Liver herbs to aid detoxification (traditionally known as 'blood cleansing' herbs):**

Dandelion root, beet leaf & Yellow Dock: cholagogue (stimulates liver secretions and bile flow)

Artichoke leaf: promotes regeneration of the liver and promotes blood flow in that organ, stimulates bile flow

Silymarin (bioflavonoid found in Milk Thistle): according to research, this herbal extract stabilizes the membranes of liver cells, preventing the entry of virus toxins and other toxic compounds including drugs. Supports the protection of the liver and promotes its regeneration.

Turmeric: a cholagogue like dandelion, but may irritate the gastric mucosa. Its advantages are its cheapness and ability to be used in cookery.

Note: These herbs are best combined with wild yam, which helps to prevent liver spasms caused by gall bladder-stimulating herbs. (Also see Secondary plant metabolites.)

### **Coffee Enema Helpful In Liver Detoxification**

The use of coffee in enemas for liver detoxification purposes is well known. It is a common herbalogical remedy that has been suggested by holistic and alternative medicine professionals for many years.

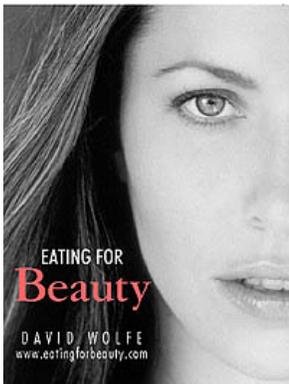
The coffee enema has been used for many years to detoxify the liver. It is a low-volume enema that remains only in the sigmoid colon. There is a duct between the sigmoid colon and the liver called the entero-hepatic circulation system. When the stool reaches this point, it contains many toxins, which are sent to the liver for detoxification.

## Coffee Enema For Liver Detoxification

The caffeine that is absorbed into the entero-hepatic system causes the liver ducts, including the bile ducts, to empty into the sigmoid colon and be eliminated. Releasing the toxins in the liver ducts, makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways. Coffee enemas will not waste minerals and electrolytes because they have already been absorbed in the previous sections of the intestines. The coffee enema is safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high.

## MEDIUM-CHAIN FATTY ACIDS (MCFAs)

Source: *Eating for Beauty* by David Wolfe (121)



Fats are chains of carbon atoms (of varying lengths) surrounded by quantities of hydrogen. The arrangement of hydrogen around a carbon chain determines its saturation. The more hydrogen, the more saturation, and the more stable the molecule.

The length of the carbon chain in fat determines many of its properties. Coconut butter is a saturated fat, but it consists primarily of medium chain fatty acids (MCFA's) of 8-12 carbon atoms in length. Some saturated fatty acids in meats, for example, range in length from 14 to 24 carbon atoms while some of those in urine, butter, and vinegar range in length from 2 to 6 carbon atoms

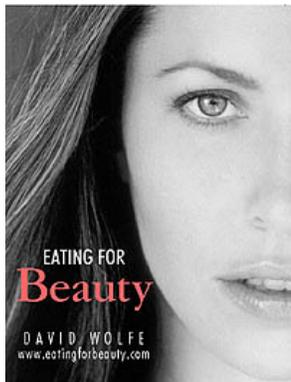
in length.

The MCFA's in coconut oil possess incredible properties.

The shorter MCFA chains require less energy and fewer enzymes to digest. **Coconut oil can be emulsified in digestion without burdening the liver or gallbladder.** Thus, coconut oil provides more energy, more quickly. Anyone who suffers from poor digestion—and especially liver or gallbladder trouble—would benefit from eating coconut oil.

## LIVER – GALLBLADDER DETOX

Source: *Eating for Beauty* by David Wolfe (151-153)



### Liver

Even if the diet is toxic and deficient, if the liver is still functioning at a high rate, the body will compensate for deficiencies through biological transmutation. Louis Kervran, in his fascinating book, *Biological Transmutations*, demonstrates that living organisms have a limited ability to transmute one element into another alchemically. That is, they can convert organic silica into calcium, or magnesium into calcium, or sodium into potassium, or manganese into iron, etc. Biological transmutations most often occur in the green leaves and roots of plants. In the human body, such transmutations occur in the liver and intestinal flora. It is extremely important to keep the liver functioning at an optimal level. If the liver function drops below a specific level, biological transmutation stops, and one's health is compromised.

One of the main goals of detoxification is to get the liver clean. The liver can completely rejuvenate itself even if only 10% functional. Fasting on juice or water can help the liver deal with an overload. Milk thistle seeds eaten whole and raw have been scientifically shown to accelerate healing in the liver. Dandelion and its juice are also beneficial for the liver.

One of the best ways I have discovered to increase liver function quickly is to do the following flush:

### Gall Bladder Flush

The gall bladder flush:

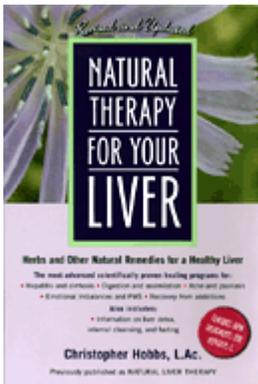
1. Fast 3 days on raw fresh apple juice (preferably made from sour green apples).
2. On Day 3, in the evening, suck on 5-7 cassia discs. Cassia is a wild pod-fruit possessing powerful laxative qualities (contact Nature's First Law at 888-RAW-FOOD to have cassia delivered to you).
3. At 3:00 pm on Day 4, at least two hours after your last drink, break the fast with 8 ounces (0.25 liters) of organic stone-crushed and cold-pressed olive oil drunk straight.
4. Follow with 8 ounces (0.25 liters) of freshly squeezed lemon juice.
5. Rest the remainder of the day. Lie down on your right side. Stay warm. Place a castor pack on your abdomen over your liver.
6. During the evening of Day 4, suck on 5-7 cassia discs.

This will flush "gravel" out of the gall bladder and bile ducts which will be pushed out in the stool (usually on the morning of Day 5). The "stones" will be ovoid in shape and may range in size from

smaller than a bell pepper seed to as large as a brazil nut. True stones consist of foreign cholesterol and starch (some stones may simply be saponified oil). Most people on a toxic diet have anywhere from 300-1500 "stones" of various sizes in their gall bladder and bile ducts. This flush dramatically increases liver function and bile flow as the bile ducts are a waste release area for the liver. Once cleared, the liver can detoxify itself and excrete its waste properly. Also, digestion will be enhanced.

## LIVER – GALLBLADDER DETOX

Source: [Natural Liver Therapy: Herbs and Other Natural Remedies for a Healthy Liver](#) by Christopher Hobbs, L.Ac. (23-24)  
[Updated book and cover shown below]



### HERBAL THERAPY

In this section I will discuss various types of herbal remedies for liver disorders. Liver and gallbladder "flushes" are useful for a wide range of imbalances. Specific herbs and herbal formulas, on the other hand, need to be selected according to a person's condition and constitution.

### THE LIVER FLUSH

Liver flushes are used to stimulate elimination of wastes from the body, to open and cool the liver, to increase bile flow, and to improve overall liver functioning. They also help purify the blood and the lymph. I have taken liver flushes for many years now and can heartily recommend them. And if you make the herbal formula right, it can be quite tasty. Here's how to make a liver flush:

1. Mix any fresh-squeezed citrus juices together to make 1 cup of liquid. Orange and grapefruit juices are good, but always mix in some lemon or lime. The final mix should have a sour taste—the more sour, the more cleansing and activating. This mixture can be watered down to taste with spring or distilled water.
2. Add 1-2 cloves of fresh-squeezed garlic, plus a small amount of fresh ginger juice, which you can obtain by grating ginger on a cheese or vegetable grater and then pressing the resulting fibers in a garlic press. (Note: Both garlic and ginger have shown amazing liver-protective qualities in recent studies (Hikino, 1986). Garlic contains strong antioxidant principles and also provides important sulfur compounds that the liver uses to build certain enzymes.)
3. Mix in 1 tablespoon of high-quality hemp oil, blend (or shake well in a glass container), and drink.
4. Follow the liver flush with two cups of cleansing herbal tea. I like "Polari- Tea", which consists of the herbs below. I make plenty of this tea and keep it in quart canning jars or juice bottles, so it is always available. You can also find pre-made teas at the market for liver cleansing—just look for ones with an approximation of ingredients in the Polari-Tea.
5. Drink the liver flush in the morning (preferably after some stretching and breathing exercises), then do not eat any other food for one hour.

### POLARI-TEA

Fennel (1 part)  
Fenugreek (1 part)  
Flax (1 part)

Licorice (1/4 part)  
Burdock (1/4 part)  
Peppermint (1 part)

Directions: Simmer the herbs for 20 minutes, then add 1 part peppermint and let the tea steep for an additional 10 minutes. For extra soothing properties, try adding 1/2 part marshmallow root (cut and sifted) to the initial tea blend.

Note: the Polaritea tends to be slightly "cooling." If you need a cooler formula, add oregon grape root and dandelion root; if you need a "warmer" formula, add ginger and cardamon.

#### **Q: When and how often should one take liver flushes?**

**A:** I usually do two full cycles of 10 days on, 3 days off in the spring and again in the fall, with a 3-day rest between each cycle. However, I know many people who benefit from a single 10-day flush once at each equinox time. In any case, though, if one really feels a need for a liver flush, any time is the right time. I have never seen anyone experience negative side effects from this procedure.

There are also several good commercial formulas for liver-cleansing available in natural food stores everywhere, both in bulk and in tea-bag form. One product I can recommend is a blend called "Puri-Tea," from herbalist Brigitte Mars. It contains peppermint, red clover, fennel, licorice, cleavers, dandelion, Oregon grape, burdock root, butternut bark, chickweed, parsley root, and nettles.

If you want more cleansing action than simple teas or formulas provide, try adding a fast with fresh fruit and vegetable juices. You can also take an enema each day. A good enema can be made by adding the juice of 1/2 of a lemon to 1 quart of tepid water (lemon-water in general is a good cleanser because citric and other plant acids in lemon juice can chelate, or bind with, and remove heavy metals and other toxic wastes accumulated in the body.) For more information on enemas, ask your Wellness Consultant.