

The Liver's Role and Why You Should Detoxify

What Does The Liver Do?

The liver is an organ that acts as a complex 'factory', responsible for the processing of carbohydrates (sugars), fats, proteins, and the synthesis (formation) of bile, glycogen, and serum proteins. The liver performs over 500 jobs, all necessary for life and health. The liver also acts as the primary organ of detoxification, protecting us from dietary, environmental and metabolic chemicals and toxins.

What Is A Toxic Or Sluggish Liver?

The symptoms of a toxic or 'sluggish', overworked liver are often diffuse and nonspecific and can involve nearly every organ or system in the body. Accumulated toxins circulating through the body will poison a person to a relative degree, depending on the amount and time component of the exposure and the liver's functional capability to metabolize the toxins.

What Are The Symptoms Of A Toxic Or Sluggish Liver?

Symptoms include, but are not limited to fatigue, low energy, overweight, poor digestion, bad breath, poor skin tone, various skin conditions.

Can A Toxic Or Sluggish Liver Be Reversed?

Yes. A unique feature of the liver is its ability to heal itself and regenerate cells, especially when supported by specific nutritional supplementation designed to detoxify the liver and support its various functions.

What Is Liver Cirrhosis?

Cirrhosis involves inflammation and degeneration of the liver, mainly caused by the chronic use of substances such as tobacco, alcohol and/or drugs, or long-term exposure to human-made chemicals (herbicides, pesticides, fertilizers, paints, cleaning products, solvents, petroleum products, etc.).

Can Nutrition Help A Toxic Or Sluggish Liver?

Yes. In fact, I have recently been working with a colleague of mine, Dr. Chuck Cochran, who has been researching the liver, its functions, and specific nutritional support intended to support liver and gall bladder function (they work together). After over twenty years, Dr. Cochran and his research team perfected a formula, Liver Support System, which assists the body in detoxifying and regenerating the liver (see the article: Reversing Liver Damage). The formula consists of a special hybrid artichoke and the herb sarsaparilla. It sounds like a simple formula, however the formulation process is quite complex.

Why Should a Person 'Detoxify' Their Body?

For many natural doctors and therapists, it is a commonly held belief that all Americans are having serious problems with at least three of the five organs of elimination and

detoxification. The five organs of elimination and detoxification are the colon (large intestine), kidneys, liver, lungs and skin.

Traditional medical doctors rarely receive any education related to nutritional support for the elimination and detoxification processes in the body. When was the last time you heard of a medical doctor putting a patient on a cellular, liver, or colon cleansed?

Common sense and logic dictate that if a living organism ingests, inhales, or absorbs more toxins, chemicals, and disease causing foods than their elimination and detoxification systems can handle, there will be congestion and a loss of the expression of vibrant health, relative to the amount of toxic buildup.

Various forms of toxic buildup in the body are contributing factors to many disease states, or limit the ability of the body to function properly. Detoxification is vitally important for people to be able to get well in many acute and chronic conditions. Many people who think they are 'healthy' have no idea how sick they are, or better stated, how 'well' they could be. Elimination of toxins from the body is one of the keys to experiencing vibrant health.

When the body is healthy and vibrant, the organs of elimination handle the removal of toxins and unwanted substances in the body. When these systems begin to break down or become overloaded due to congestion of these organs and their systems, a person's general quality of health will begin to diminish.

How Does the Body Become Toxic?

One of the main steps in achieving vibrant health is to remove congestion anywhere and everywhere from the body. The body's 'toxic waste elimination organs', found in every cell, the intestinal tract, liver, and kidneys, can become overburdened by exposure to man-made chemicals and heavy metals in our environment or in the foods we eat, or from the over-consumption of cooked, frozen, canned, or processed foods, alcohol, coffee, sugar (candy), fatty foods, drugs (prescription or recreational), and tobacco.

Another main source of toxins are those made in the body, such as excess mucous production in response to eating mainly cooked and refined foods (dead food), and auto-toxification from chemicals produced in the intestines from fermentation and incomplete digestion and assimilation of foods. Common symptoms associated with toxins accumulating in the colon and tissues of the body include general aches and pains, chronic tiredness, headaches, and skin 'reactions'.

What is Liver Detoxification?

The liver is an organ that acts as a complex 'factory', responsible for the processing of carbohydrates (sugars), fats, proteins, and the synthesis (formation) of bile, glycogen, and serum proteins. The liver also acts as the primary organ of detoxification, protecting us from environmental and metabolic toxins.

The most common substances causing liver toxicity include many prescription drugs and over-the-counter medications, recreational drugs, alcohol, tobacco, heavy metals, many human-made chemicals, food additives, chlorine and chlorine based products, herbicides,

pesticides, petroleum products, solvents and commercial cleaning products, formaldehyde, combustion by-products, household chemicals, fluorocarbons, glues and adhesives, fluoride & chlorine and other chemicals in tap water, and chemicals found in common office supplies and common personal care products.

A unique feature of the liver is its ability to heal itself and regenerate cells, especially when supported by nutritional supplementation and other effective therapeutic methods.