

HEALTHY LIVER

The liver is the biggest organ in the body. It detoxifies many chemicals, manufactures hundreds of substances for the metabolism, produces bile for emulsifying fats, etc.

This awe-inspiring factory is affected by anger. This emotion can overheat the liver instantly. That leads to sharp increase of blood pressure. The frown lines often indicate that the individual has not dealt with his anger issues. Yellowish or brownish sclera indicates liver problems. White nails, eye complaints, nipple symptoms, groin itch, muscle and joint problems are liver related.

The liver is affected by what the person drinks, eats and inhales. Excessive caffeine, alcohol, sugar, drugs, oral contraceptives, fried foods, rancid fats, gluten, lactose, peanuts, soy damage the liver cells. Many pesticides, herbicides, insecticides, naphthalene, spray paints, heavy metals accumulate in the liver and cause serious diseases.

Many viruses, bacteria, fungi and parasites lead to severe liver function impairment. The liver regenerates very quickly. Even a small part of it could grow to the whole organ.

The first step is anger management.

The second step is lifestyle and diet changes. The third step is discontinuing the exposure to toxic substances.

The forth step is healing all viral, bacterial, fungal and parasitic infections.

The fifth step is liver detox/flush. It could be done in a few ways.

- The simplest way is drinking a fresh lemon juice (2-3 lemons) in distilled/filtered water (2-3 litres) per day.
- Another easy way is mixing 1 tablespoon of extra virgin cold pressed olive oil and 1 tablespoon of lemon juice taken on an empty stomach before breakfast or before sleep.
- Herbal detox with milk thistle, dandelion, turmeric, Chinese/Indian herbs is very efficient as well.

Consult a health practitioner for an individualized liver detox/flush protocol.

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