

Liver Puts the Live in Life



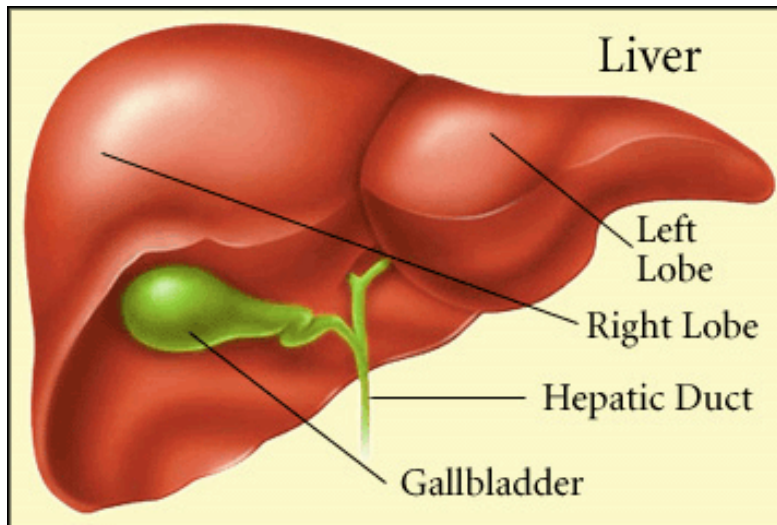
Imagine buying a new car, then running it without ever changing the oil filter. How long do you suppose it would take for the sludge to build up and clog the filter? Twenty thousand? Fifty thousand miles? Whatever the mileage, the car will only get a fraction of what it would have gotten with proper maintenance.

The liver is basically the body's oil filter. We have not been taught, nor do we think of the fact, the liver needs to be kept clean for the body to work properly.

The Science of the Liver and Gallbladder

The liver is a large asymmetrical shaped organ which generally weighs between 2.5 to 3.5 pounds. It performs the vital jobs of cleansing the blood and producing the bile used to digest fats. The liver has the ability to remove a wide variety of substances from the blood. A few include parasites, viruses, bacteria, dead cells, drugs and other chemicals. Any toxin in the blood has the potential of being removed by the liver.

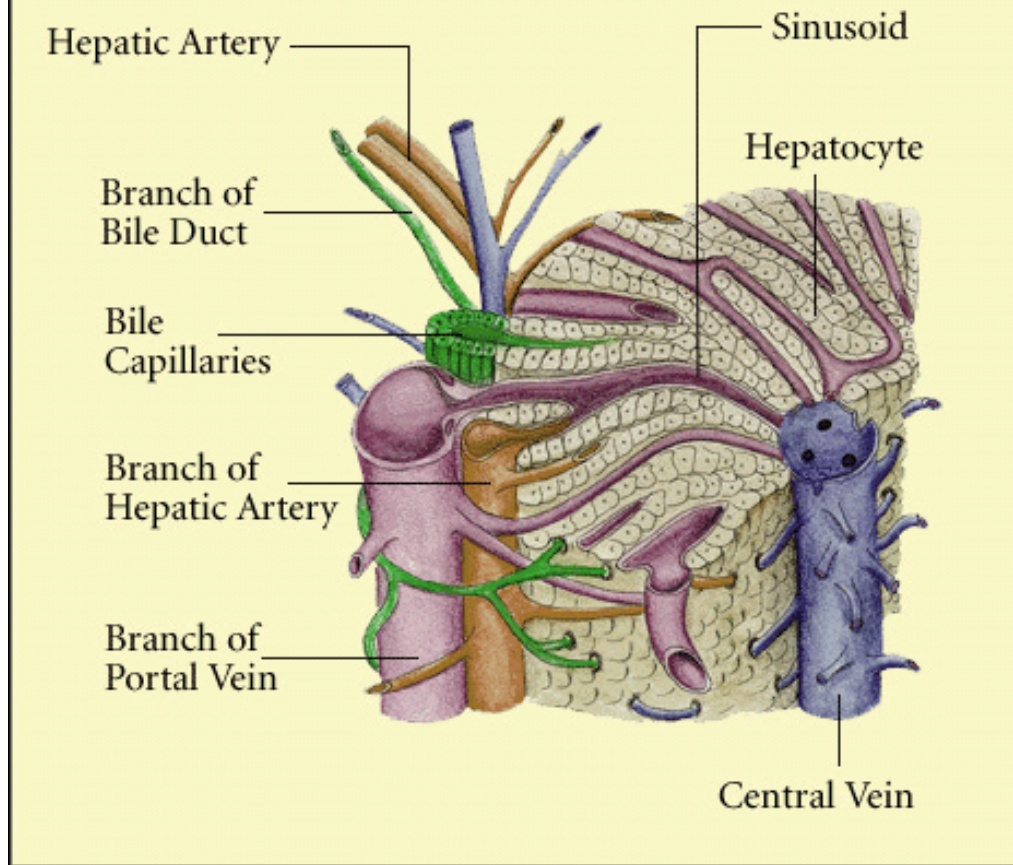
The liver has two distinct lobes separated by a ligament called the falciform. The right lobe is bigger than the left. Beneath the right lobe sits the gallbladder, a small organ which takes on the green color from the bile it holds.



Below is a graphic depicting the interior of the liver. As one can see by this diagram the liver is a complicated organ with a whole host of veins, arteries, capillaries and filtering cells.

The hepatocyte cells create the largest portion of the liver. The chemical processes of the liver occur within the hepatocyte cells. They produce the bile which flows into the gallbladder and small intestine by way of the bile ducts and capillaries. Bile is stored in the gallbladder until it is needed in the digestion of fat.

Liver Cross Section



The sinusoid transmits blood from both the portal vein and hepatic artery to the central vein. There are many other parts of the liver like the kupffer cells which break down dead cells, viruses and other microbes.

[The Ills of the Liver](#)

Globally one-tenth of the population suffers from a liver dysfunction. The main sign of such a dysfunction is a sluggishness caused by the burden of toxins in the body. This sluggishness can manifest itself into various diseases and tumors. Cirrhosis is a disease which directly affects the liver, yet many diseases that show up in other parts of the body have their root cause in the liver. Still other diseases have a dysfunctional liver as a contributing factor. When the liver becomes overloaded with toxins and unhealthy fats, the body can literally turn into a toxic waste area where it will use any means available to it for elimination. These toxins and fats will rise to the skin's surface in the form of blemishes and clumps of fatty tissue. The person often will develop fat around the belly area. The liver itself will gain a layer of fat around it which is called 'fatty liver'. The person's metabolism will decrease to such a degree that being tired will become the new norm.

Along with these ailments there is a vast number of other disorders that can strike the individual. A few include problems with digestion, blood sugar issues, nerve and immune dysfunctions. There are also several external signs not previously mentioned such as bad breath, rashes, dark circles under the eyes, eye irritation, liver spots, itchy skin and body odor.

America's most common problem that develops in conjunction with the liver is gallstones. Gallbladder operations are the most frequently performed surgery in the United States. Currently the majority of people have some gallstones, yet they are unaware of it because their body will not exhibit stress from the stones until the stones actually start clogging the gallbladder and making it difficult for the bile to flow.

The main reason why gallstones have become a major problem is due to the normal American diet. There is a reason why New York City has passed a law against serving trans (hydrogenated) fats in their restaurants. These fats slap around the cholesterol levels in the body by raising the bad cholesterol while lowering the good. Most gallstones contain cholesterol crystals and have at the center a clump of bacteria currently believed to be the remains of a dead parasite.

How to Improve Liver Functions

First, it should be emphasized the liver is a very forgiving organ with an amazing ability for regeneration. Through a change of diet and performing liver flushes, or Glytamin suppository detoxifications, much can be done to eliminate gallstones, improve energy and regain health.

Milk Thistle contains the active ingredient silymarin which helps to strengthen the liver's outer membrane from toxins. Silymarin also activates enzymes which help to repair the liver. It is also believed silymarin has a lowering effect on cholesterol which makes it harder for gallstones to develop.

Glytamin is a detoxification suppository especially designed to purge the liver and gallbladder while helping to rebuild the organs.

The Bio Cleanse is an ionic foot bath which detoxifies the body by supplying ions to cells which have lost an ion through injury, or the process of metabolizing energy. The Bio Cleanse helps to both repair cells and will cause toxins to be released for elimination. The Professional Bio Cleanse has an added technology of Rife frequency sequences. Two of the sequences are designed to eliminate parasites and pathogens. Saunas are a rejuvenating method of ridding the body of toxins.

Flushes and cleanses are a self-improvement method of helping the liver and gallbladder. Because liver flushes make a person uncomfortable it is advised one should consume mostly (70%) vegetables and juices for two weeks leading up to the flush. A person should also perform a parasite and kidney cleanse before doing a liver flush.

Liver flushes consist of mostly extra virgin olive oil, water and fresh squeezed lemon juice. However, there are several liver flush recipes on the internet which add other ingredients.

Maintaining the Liver

Diet, diet, diet. Yes diet is the best way to maintain a healthy liver and gallbladder. Fiber and proper water consumption is a requirement, for without fiber the bowel slows down, which in turn creates a happy haven for parasites, which contributes to the formation of gallstones. It's amazing how everything is connected to everything else.

It is sort of common sense what one should eat. Things like vegetables, seeds, grains, legumes, fish, shrimp, and eggs are all great. Skinless chicken and extra lean red meat in moderation is also good. Sugars, heavy creams and fats along with processed foods should be avoided.

Along with this, one should continue with the Milk Thistle and periodic cleansings with Glytamin. Maintaining a clean healthy liver is essential to a disease free lifestyle, and isn't that the reason you just read this article?



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