

## LIVER

What causes liver malfunction and what can the average person do about it?

We believe there are six basic reasons for poor liver function.

1. Poisons which are cumulative in the system such as preservatives, insecticides and others. Even though the particular toxin does not accumulate in the liver - for example, sodium flouride - the liver suffers because the pancreas and kidney function is not up to par.
2. An improper diet ration - specifically low protein, high carbohydrate and high fat intake (particularly of saturated, hydrogenated fats). It is obvious that the low protein diet does not give you sufficient material for repairing and rebuilding. The high carbohydrate diet puts you on a high energy level right after eating, then subjects you to periods of virtual starvation because the pancreas has kicked out more insulin than is necessary to lower blood sugar levels and the entire system suffers from lack of vitality. On a high fat diet the liver must break down these substances into utilizable products. The liver often tries to store the fat in its own tissue, thus leaving less working area to be used for its many tasks.
3. Poor quality nutrients are next on the list. The liver again tries to make something out of a substance that has been robbed of all its native nutrient values. On this list must come the refined white flour products, white sugar products, and imitation foods which appear to be, and even taste, similar to the original, but are without

any vitamins, minerals or enzymes.

4. Probably the most common cause is overeating and overindulgence. The liver sucks up the food like a sponge. Overeating and overindulgence create excess work and even bring about liver fatigue; then poisons are allowed into the blood stream without proper detoxification.
5. Although drugs are sometimes useful in emergencies, they inflict great strain on the liver. Drugs are completely foreign and unnatural to the body. Their effectiveness lies in the fact that they create a reaction in the body which forces a particular organ to respond. Many times this response is that of a detoxification mechanism. The liver meanwhile is trying to eliminate the drug because it is a toxin. This is why the drug is effective for only a short period of time; the liver neutralizes its effect on the body.
6. The last factor - alcohol. Alcoholism is almost synonymous with cirrhosis of the liver. Alcohol acts much the same a drug, with the liver finally giving up the battle and beginning to lose functional capacity.

Hints: Avoid the before mentioned causes of liver disturbance; avoid constipation - the liver does double duty during such times; be sure your diet contains sufficient choline, inositol and lecithin; try to use a three day juice fast once every 30 to 60 days.

The regime for those suffering from liver disorders should be as follows: bed rest, good food with adequate B vitamins.

## LIVER/GALLBLADDER FLUSH

The Liver/Gallbladder Flush is an important detoxifying agent which will help restore the normal functional capacity of these organs. It is not recommended for persons under 25 years of age or person with known large gallstones. Listed below are the steps to follow:

1. Monday through Saturday noon, drink as much apple juice or apple cider as your appetite will permit in addition to regular meals and any supplements that may have been recommended. The apple juice should preferably be purchased from a health food store to assure there are no additives.
2. At noon on Saturday eat a normal lunch.
3. Three hours later, take 2 teaspoons of disodium phosphate dissolved in one ounce of hot water. The taste may be objectionable and may be followed by a little citrus juice, freshly squeezed if possible.
4. Two hours later, repeat step 3.
5. You may have grapefruit juice, grapefruit or other citrus fruits or juice for your evening meal.
6. At bedtime, you may have one of the following: a) 1/2 cup of unrefined olive oil followed by a small glass of grapefruit juice; b) 1/2 cup of warm, unrefined olive oil blended with 1/2 cup of lemon juice. Unrefined olive oil can be purchased from any health food store.

7. Following step 6, go immediately to bed and lie on your right side with your right knee pulled close to your chest for 30 minutes.

8. The next morning, one hour before breakfast, take 2 teaspoons of disodium phosphate dissolved in 2 ounces of hot water.

9. Be sure to continue with your normal diet and any nutritional program that has been recommended.

*NOTE:* Some persons have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice; this nausea will slowly disappear by the time you go to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs only in rare instances. This flushing of the liver and gallbladder stimulates and cleans these organs.

Persons who have chronically suffered from gallstones, biliousness, backaches, nausea, etc., occasionally find a small gall-stone type objects in the stool the following day. These objects are light to dark green in color. They are very irregular in shape, gelatinous in texture, and vary in size from grape seeds to cherry seeds. If there seems to be a large number of these objects in the stool, the flush should be repeated in 2 weeks.