

How would doing a “liver cleanse” benefit me?

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We are constantly exposed to toxins that accumulate in our tissues. Periodically giving the liver a helping hand to increase its ability to handle those toxins is very beneficial to our health.

A toxin is any substance that causes harm to the body. External toxins include xenobiotics (herbicides, pesticides etc), toxic metals, caffeine, medications, smoking, alcohol and molds. Internal toxins are the waste products of our normal cellular metabolism, excess hormones as well as by-products of bacteria, fungi and viruses. .

The different systems involved in excreting these harmful toxins are the liver, blood, kidney, skin, lungs, spleen, digestive, lymphatic and immune systems. Think of the liver as a sewage treatment plant – the first step in breaking down the toxins or unwanted chemical substances into forms that can be eliminated by the other organ systems.

The two main detox pathways in the liver must function in harmony to process toxins properly. If one or both of these pathways is “sluggish”, harmful toxins can be absorbed back into the body, resulting in adverse effects like brain fog, fatigue, irritability, anger, free radical damage and carcinogenic (cancer-causing) tendencies.

Specific nutrients, botanicals, homeopathics and procedures can stimulate and balance the liver detox pathways. Vitamins A, B & E, the minerals zinc, calcium, & magnesium, and the amino acids methionine & choline are very important in phase I & II detox.

Lemon juice added to our drinking water stimulates bile production in the liver to carry fat-soluble toxins out into the intestines for excretion. Indole-3-carbinol found in and concentrated from the brassica family (cabbage, broccoli, bok choy) helps metabolize

estrogen into a “friendlier” estrogen in the Phase 1 pathway; calcium d-glucarate concentrated from potatoes (also found in brussel sprouts, apples, oranges, grapefruit) encourages phase II elimination of excess estrogen. Milk thistle, artichoke, turmeric and dandelion are very effective herbs in supporting the liver detox processes.

Castor oil applied over the abdomen and lower rib cage decreases inflammation and increases lymphatic flow to carry toxins out of the tissues and into the liver and intestine for processing.

Promoting liver detox with a liver cleanse is a powerful tool that is useful for promoting health and for treating a variety of conditions: migraine and tension headaches, gastrointestinal and gall bladder distress, hormonal imbalance resulting in pre-menstrual irritability and anger, infertility, endometriosis, and pre- & peri- menopause symptoms.

References:

Kaur, S. ***The Complete Natural Medicine Guide to Breast Cancer*** 2003